

Sample Keto Diet Meal Plan

Breakfast: Cheese Omelet

- Shredded sharp cheddar cheese
- Egg- 3 large eggs

Lunch: BLT Salad

- Hellman's Mayo 2 TB
- Shredded sharp cheese ¼ cup
- Romaine lettuce one cup
- Tomato-one
- Bacon – four pieces

Dinner: bunless burger with melted cheese and avocado

- Asparagus 4 ounces
- Avocado – 1 medium
- Burger – one patty

Snacks: cheese stick (one stick) nuts and almonds

Based on a 2000 calorie diet

Data collected from Myfitnesspal.com

KETOGENIC DIET MEAL PLAN

Breakfast: Cheese Omelet

Shredded sharp cheddar cheese - Cheese, 0.25 cup
Egg - Egg, 3 large

Lunch: BLT Salad

Hellman's - Mayo, 2 tbsp
Shredded sharp cheddar cheese - Cheese, 0.25 cup
Romaine lettuce - Chopped romaine, 1 cup
Walmart - Tomato, 1 tomato
Bacon - Bacon, 4 pieces

Dinner: Bunless Burger with Melted Cheese and Avocado

Asparagus - Steamed, 4 oz
Avocado - Avocado, 1 medium
Lucerne - Cheese slice cheddar, 1 slice
Kroger - Burger, 1 patty

Snacks:

Cheese stick - Cheese stick, 1 stick
Nuts, almonds, 0.5 cup, whole

Based on a 2000 calorie diet

Data collected from Myfitnesspal.com