

ALL DAY KETO MEAL PLAN						
WEEK 29/ 7 days						
	Sunday - Day 1	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	ROASTED ASPARAGUS WITH EGG AND HOLLANDAISE	291	26	9	5	3
Lunch:	CREAMY WHITE FISH CURRY	236.3	11.1	21.2	3	3
Side:	KETO VEGAN FLATBREAD	132	6.6	6	14.6	6.5
Dinner:	VEGETABLE MASALA	268	10.3	10	11.8	6
Side:	TOFU SALAD	101	5.6	5.9	7.6	5.2
Dessert:	NO BAKE CHOCOLATE CHEESECAKE	238	23	6	10	5
	TOTAL	1266.3	82.6	58.1	52	28.7
	Monday- Day 2	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	KETO CREAM CHEESE PANCAKES	387	40	21	12	6
Lunch:	VEGAN KETO SPINACH AND KETO LASAGNE	284	19	18	0	8
Side:	CHEESY DROP BISCUIT	154	11.9	5.7	4.7	2.2
Dinner:	KETO CAJUN TOFU ZUCCHINI BOATS	470	37	21.3	5.8	4.9
Side:	GRILLED BROCOLLI	133	1	14	3.6	2.5
Dessert:	STRAWBERRY DOUGHNUT HOLES	80	6.8	2.3	4.2	1.9
	TOTAL	1508	115.7	82.3	30.3	25.5
	Tuesday - Day 3	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	CREAMY KETO CHIA PUDDING	253.5	19.35	7.8	15	2.55
Lunch:	PANEER KABOBS WITH RED PEPPER CUCUMBER SALAD	334	26	14	14	12
Side:	BABA GHANOUSH	114	9.5	2.2	6.9	3.8
Dinner:	EASY VEGETARIAN PATTIES WITH MARINARA SAUCE	320	5	3	10	6
Side:	FRIED MOZZARELLA STICKS	185	14.4	11.4	3.4	2.2
Dessert:	MINI CHEESECAKE	175	16	3.8	12.8	1.8
	TOTAL	1381.5	90.25	42.2	62.1	28.35
	Wednesday - Day 4	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	KETO ALMOND BREAD FRENCH TOAST	239	23	7	5	3
Lunch:	SPICY ALMOND TOFU	400	29	24	10	5
Side:	KETO CAULIFLOWER MASH	59	1	5	2	1
Dinner:	CLASSIC TUNA MELTS	338	26.2	17.8	3.6	1.6
Side:	ROASTED VEGETABLE TRAY	113	7	2	11	8
Dessert:	KETO CHEESE CAKE BROWNIES	211	20.7	4.9	4.9	2.8
	TOTAL	1360	86.2	55.8	31.6	18.6
	Thursday - Day 5	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	CHIA PUDDING WITH BLUEBERRIES	288	22.4	8	18.9	5.4
Lunch:	MUSHROOM RISOTTO	263	20	13	11	7
Side:	KETO GARLIC BREAD	174	14	6	4	2
Dinner:	KETO PERSONAL VEGETARIAN PIZZA	479	25.4	33.2	14.85	9.65
Side:	GARDEN SALAD	192.2	1	2	3	3.2
Dessert:	CHOCO CHIP COOKIES	110	10	3	7.3	2.6
	TOTAL	1506.2	92.8	65.2	59.05	29.85
	Friday - Day 6	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	KETO BAGEL WITH CREAM CHEESE & EGG SCRAMBLE	300	31	23	12	8
Lunch:	THAI PANEER BOX	244	28.76	19.04	13.66	10.06
Side:	KETO PARSNIP FRIES	35	10	0	6	4
Dinner:	ASIAN PORTABELLO MUSHROOM SALAD	162	14	2	6	5
Side:	CAULIFLOWER RICE	81	6	2.3	6	3.5
Dessert:	CHOCOLATE FUDGE BROWNIE	96	8.6	2.7	8	1.7
	TOTAL	918	98.36	49.04	51.66	32.26
	Saturday - Day 7	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	EASY CURRIED TOFU SCRAMBLE WITH BAGEL	279	5	11	9	6
Lunch:	CHILE LIME COD WITH CREAMED SPINACH	387	19	44	11	5.5
Side:	KETO ZOODLES	0	12	2.5	6.5	4.5
Dinner:	CRISPY BOK CHOY AND TOFU STIR FRY	398.59	30.43	24.11	8.29	6.68
Side:	GREEK SALAD	226	20	5	6	4
Dessert:	PEANUT BUTTER COOKIES	90	7	4	2	1
	TOTAL	1380.59	93.43	90.61	42.79	27.68