

# 7-Day Weight Loss *Keto Meal Plan* for Beginners

## MONDAY

DAY 1

CRANBERRY PANCAKES  
EASY LETTUCE WRAPS  
PEANUT BUTTER ENERGY BALLS  
GARLIC BUTTER CHICKEN BREASTS



## TUESDAY

DAY 2

LEEK BACON OMELETTE  
ROSEMARY FOCACCIA  
PEANUT BUTTER COOKIES  
KETO RAMEN



## WEDNESDAY

DAY 3

COCONUT FLOUR PANCAKES  
CREAMY PUMPKIN SOUP  
RASPBERRY CHEESECAKE BITES  
CHICKEN PAD THAI



## THURSDAY

DAY 4

FATHEAD BAGELS  
ZUCCHINI FRITTATA  
KETO DORITOS  
GROUND BEEF STUFFED PEPPERS



## FRIDAY

DAY 5

COCONUT FLOUR CREPES  
EASY BLT SALAD  
KETO TORTILLA CHIPS  
CAULIFLOWER RISOTTO



## SATURDAY

DAY 6

PUMPKIN PANCAKES  
BROCCOLI QUICHE  
ALMOND BUTTER COOKIES  
ZUCCHINI ALFREDO



## SUNDAY

DAY 7

CHOCOLATE CHAFFLES  
KOREAN BBQ STEAK SALAD  
MATCHA ENERGY BALLS  
PHILLY CHEESESTEAK CASSEROLE



## LOSE 10 POUNDS

LOSE WEIGHT AND START EATING WELL USING THIS  
SIMPLE 7-DAY MEAL PLAN WITH DELICIOUS, SUGAR-  
FREE, AND HEALTHY RECIPES.

**ketodiet**yum

# Keto Diet Recipes Weight Loss

**JR Anderson**



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