



Tips before you get started

1. If you only cook for yourself, freeze or refrigerate the remaining servings or halve the recipes if needed.
2. Prepare 5 keto buns in advance (you can make the full recipe of 10). Freeze to keep fresh and defrost at room temperature the night before or in the oven just before serving.
3. You shouldn't need any snacks between the meals but if you do, make sure you have some keto-friendly snacks at hand. [Here is a list of snacks you can try](#) and here is a complete [keto diet food list](#).
4. Very low-carb diets (below 20 grams of net carbs) are *often deficient in magnesium*. I recommend you take [magnesium supplements](#) or add snacks high in magnesium such as nuts. Also, if you get any [symptoms of "keto-flu"](#), make sure you eat additional sodium (I use

[pink Himalayan salt](#))

5. *This diet plan may not be suitable for everyone.* You'll have to make small adjustments. If you need to have less protein, reduce the portions of meat and eggs. Don't worry about small [excess of protein](#), it will not kick you out of ketosis. In fact, protein will keep hunger at bay. If you need to add more fat (or less), focus on added oils and fatty foods when making your adjustments. You can find your ideal macros using [KetoDiet Buddy!](#)
6. Some recipes are higher in total carbs & fibre. If you fear that fibre will impair your weight loss, have a look at my post here: [Total Carbs or Net Carbs: What Really Counts?](#) Fibre can, in fact, help you lose weight.

Recipe substitutions

If you don't like certain ingredients or are intolerant to some foods, here are options you can try:

- If you are dairy intolerant, try my [7-Day Grab & Go Keto/Paleo Diet Plan](#)
- Pork, lamb and fatty fish (salmon, mackerel, sardines) can be substituted with one another
- Instead of [Ultimate Keto Buns](#): 1 [Easy Low-carb Bagel](#) or a 1-2 slices of [Low-Carb "Rye" Bread](#)
- Chia pudding - you don't need to make all three recipes listed in the plan (pumpkin, berry and chocolate). All have similar nutrition facts and can be used interchangeably.
- [Ultimate keto Coffee](#) or [Pumpkin Smoothie](#) instead of [Vanilla Keto Smoothie](#) or [Keto Mexican Chocolate Shake](#)

Using these alternatives won't significantly change the nutrition facts. Keep in mind that the shopping list is created using the standard option.

You can download your [weekly SHOPPING LIST for Week 1](#) and [here for Week 2](#).

2 Week Keto Diet Plan

Note that **the nutrition facts of this meal plan do not include extra snacks**. As individual requirements vary, you can add healthy snacks [from this list](#) to sate your appetite. In simple words, if you feel hungry, add fat and protein-based meals or snacks!

Day 1

Breakfast

Zucchini Breakfast Hash ([recipe is here](#))

*Total carbs: 9.1 g, Fiber: 2.5 g, **Net carbs: 6.6 g**,
Protein: 17.4 g, Fat: 35.5 g, Calories: 422 kcal,
Magnesium: 53 mg (13 % RDA), Potassium: 775
mg (39 % EMR)*



Lunch

Easter Frittata ([recipe is here](#))

*Total carbs: 10.1 g, Fiber: 3.5 g, **Net carbs: 6.6 g**,
Protein: 25.5 g, Fat: 37.5 g, Calories: 504 kcal,
Magnesium: 40 mg (10 % RDA), Potassium: 625
mg (31 % EMR)*



Dinner

Salmon with Creamy Spinach & Hollandaise Sauce ([recipe is here](#))

Total carbs: 6.5 g, Fiber: 2.8 g, **Net carbs: 3.7 g**,
Protein: 34 g, Fat: 72.6 g, Calories: 813 kcal,
Magnesium: 143 mg (36 % RDA), Potassium:
1314 mg (66 % EMR)



Total daily values: Total carbs: 25.7 g, Fiber: 8.9 g, **Net carbs: 16.8 g**, Protein: 76.8 g, Fat: 145 g, Calories: 1740 kcal, Magnesium: 236 mg (59 % RDA), Potassium: 2714 mg (135 % EMR), Keto ratio (carbs : protein : fat) is 4 : 18 : 78

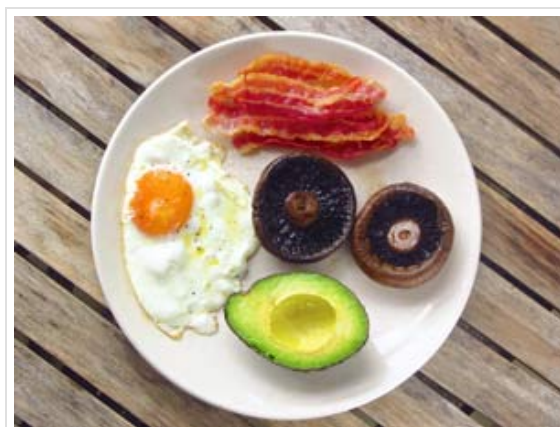
Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 2

Breakfast

All Day Keto Breakfast ([recipe is here](#))

Total carbs: 15.5 g, Fiber: 8.9 g, **Net carbs: 6.6 g**, Protein: 19.5 g, Fat: 41.3 g, Calories: 489 kcal,
Magnesium: 43 mg (11 % RDA), Potassium:
1307 mg (65 % EMR)



Lunch

Mediterranean Low-carb Risotto ([recipe is here](#))

*Total carbs: 10.2 g, Fiber: 4 g, **Net carbs: 6.2 g**,
Protein: 41 g, Fat: 33.4 g, Calories: 504 kcal,
Magnesium: 78 mg (20 % RDA), Potassium:
1113 mg (56 % EMR)*



Dinner

Easter Frittata ([recipe is here](#))

*Total carbs: 10.1 g, Fiber: 3.5 g, **Net carbs: 6.6 g**,
Protein: 25.5 g, Fat: 37.5 g, Calories: 504 kcal,
Magnesium: 40 mg (10 % RDA), Potassium: 625
mg (31 % EMR)*



Total daily values: *Total carbs: 35.8 g, Fiber: 16.5 g, **Net carbs: 19.4 g**, Protein: 86 g, Fat: 112 g, Calories: 1498 kcal, Magnesium: 161 mg (40 % RDA), Potassium: 3046 mg (152 % EMR), Keto ratio (carbs : protein : fat) is 5 : 24 : 71*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 3

Breakfast

Pesto Scrambled Eggs ([recipe is here](#))

*Total carbs: 3.3 g, Fiber: 0.7 g, **Net carbs: 2.6 g**,
Protein: 20.4 g, Fat: 41.5 g, Calories: 467 kcal,
Magnesium: 25 mg (6 % RDA), Potassium: 327
mg (16 % EMR)*



Lunch

Ultimate Keto Bun with Avocado & Bacon

- 1 Ultimate Keto Bun, halved and toasted - both have the same amount of net carbs
- 2 tbsp butter
- 2 small slices bacon, crisped up (30 g / 1.1 oz)
- ½ cup cherry tomatoes (75 g / 2.6 oz)
- ½ avocado (100 g / 3.5 oz)
- 2 leaves green lettuce (28 g / 1 oz)



*Total carbs: 24.1 g, Fiber: 16.2 g, **Net carbs: 8 g**, Protein: 17.4 g, Fat: 61.5 g, Calories: 673 kcal,
Magnesium: 131 mg (33 % RDA), Potassium: 1155 mg (58 % EMR)*

Dinner

Mediterranean Low-carb Risotto ([recipe is here](#))

Total carbs: 10.2 g, Fiber: 4 g, **Net carbs: 6.2 g**,
Protein: 41 g, Fat: 33.4 g, Calories: 504 kcal,
Magnesium: 78 mg (20 % RDA), Potassium:
1113 mg (56 % EMR)



Total daily values: Total carbs: 37.6 g, Fiber: 20.9 g, **Net carbs: 16.8 g**, Protein: 78.7 g, Fat: 136 g, Calories: 1645 kcal, Magnesium: 235 mg (59 % RDA), Potassium: 2596 mg (129 % EMR), Keto ratio (carbs : protein : fat) is 4 : 21 : 75

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 4

Breakfast

Vanilla Keto Smoothie ([recipe is here](#))

Total carbs: 5.6 g, Fiber: 0.5 g, **Net carbs: 5.1 g**,
Protein: 34.6 g, Fat: 45.2 g, Calories: 566 kcal,
Magnesium: 26 mg (6 % RDA), Potassium: 598 mg (30 % EMR)



Lunch

Paleo Stuffed Avocado ([recipe is here](#))

If you don't like sardines, replace the filling with:

- 3 oz / 85 g tuna, 1 tbsp mayo, 1 spring onion, salt and dash of lemon juice OR
- 3 oz / 85 g salmon, 2 tbsp cream cheese, dill, salt and dash of lemon juice



*Total carbs: 19.5 g, Fiber: 14 g, **Net carbs: 5.5 g**, Protein: 27.2 g, Fat: 52.6 g, Calories: 633 kcal, Magnesium: 99 mg (25 % RDA), Potassium: 1410 mg (71 % EMR)*

Dinner

Keto Mexican Rice ([recipe is here](#))

*Total carbs: 10.1 g, Fiber: 3.7 g, **Net carbs: 6.4 g**, Protein: 17.6 g, Fat: 31 g, Calories: 385 kcal, Magnesium: 39 mg (10 % RDA), Potassium: 763 mg (38 % EMR)*



Total daily values: *Total carbs: 35.3 g, Fiber: 18.3 g, **Net carbs: 17 g**, Protein: 79.5 g, Fat: 128 g, Calories: 1585 kcal, Magnesium: 163 mg (41 % RDA), Potassium: 2772 mg (138 % EMR), Keto ratio (carbs : protein : fat) is 4 : 21 : 75*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 5

Breakfast

Chocolate Chia Pudding ([recipe is here](#))

*Total carbs: 21.2 g, Fiber: 14.9 g, **Net carbs: 6.3 g**, Protein: 9.5 g, Fat: 26.6 g, Calories: 329 kcal, Magnesium: 63 mg (16 % RDA), Potassium: 364 mg (18 % EMR)*



Lunch

Keto Mexican Rice ([recipe is here](#))

*Total carbs: 10.1 g, Fiber: 3.7 g, **Net carbs: 6.4 g**, Protein: 17.6 g, Fat: 31 g, Calories: 385 kcal, Magnesium: 39 mg (10 % RDA), Potassium: 763 mg (38 % EMR)*



Dinner

Perfect Ribeye Steak with Gremolata ([recipe is here](#)) served with [Creamy Keto Mash](#)

*Total carbs: 12.7 g, Fiber: 4.4 g, **Net carbs: 8.3 g**, Protein: 41.7 g, Fat: 90.2 g, Calories: 1024 kcal, Magnesium: 97 mg (24 % RDA), Potassium: 1477 mg (74% EMR)*



Total daily values: Total carbs: 44 g, Fiber: 22.9 g, **Net carbs: 21.1 g**, Protein: 68.8 g, Fat: 147 g, Calories: 1740 kcal, Magnesium: 198 mg (50 % RDA), Potassium: 2605 mg (130 % EMR), Keto ratio (carbs : protein : fat) is 5 : 16 : 79

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 6

Breakfast

Pesto Scrambled Eggs ([recipe is here](#))

Total carbs: 3.3 g, Fiber: 0.7 g, **Net carbs: 2.6 g**, Protein: 20.4 g, Fat: 41.5 g, Calories: 467 kcal, Magnesium: 25 mg (6 % RDA), Potassium: 327 mg (16 % EMR)



Lunch

Keto Mexican Rice (recipe is [here](#))

*Total carbs: 10.1 g, Fiber: 3.7 g, **Net carbs: 6.4 g**, Protein: 17.6 g, Fat: 31 g, Calories: 385 kcal, Magnesium: 39 mg (10 % RDA), Potassium: 763 mg (38 % EMR)*



Dinner

Pork Chops with Creamy Keto Mash

- 1 medium pork chop (150 g / 5.3 oz) fried in 1 tbsp ghee (you can [make your own](#)) or lard and seasoned with salt and pepper
- 1 serving [Creamy Keto Mash](#)



*Total carbs: 10.9 g, Fiber: 3.9 g, **Net carbs: 7 g**, Protein: 34.4 g, Fat: 56.5 g, Calories: 690 kcal, Magnesium: 66 mg (16 % RDA), Potassium: 1110 mg (56% EMR)*

Total daily values: *Total carbs: 24.3 g, Fiber: 8.2 g, **Net carbs: 16.1 g**, Protein: 72.4 g, Fat: 128 g, Calories: 1544 kcal, Magnesium: 129 mg (33 % RDA), Potassium: 2201 mg (110 % EMR), Keto ratio (carbs : protein : fat) is 4 : 19 : 77*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 7

Breakfast

Pumpkin Pie Chia Pudding ([recipe is here](#))

*Total carbs: 20.8 g, Fiber: 14.2 g, **Net carbs: 6.6 g**, Protein: 8.1 g, Fat: 22.4 g, Calories: 295 kcal, Magnesium: 39 mg (10 % RDA), Potassium: 283 mg (14.2 % EMR)*



Lunch

Pork Chops with Creamy Keto Mash

- 1 medium pork chop (150 g / 5.3 oz) fried in 1 tbsp ghee (you can [make your own](#)) or lard and seasoned with salt and pepper
- 1 serving [Creamy Keto Mash](#)

*Total carbs: 10.9 g, Fiber: 3.9 g, **Net carbs: 7 g**, Protein: 34.4 g, Fat: 56.5 g, Calories: 690 kcal, Magnesium: 66 mg (16 % RDA), Potassium: 1110 mg (56% EMR)*



Dinner

Paleo Stuffed Avocado ([recipe is here](#))

If you don't like sardines, replace the filling with:

- 3 oz / 85 g tuna, 1 tbsp mayo, 1 spring onion, salt and dash of lemon juice OR
- 3 oz / 85 g salmon, 2 tbsp cream cheese, dill, salt and dash of lemon juice



*Total carbs: 19.5 g, Fiber: 14 g, **Net carbs: 5.5 g**, Protein: 27.2 g, Fat: 52.6 g, Calories: 633 kcal, Magnesium: 99 mg (25 % RDA), Potassium: 1410 mg (71 % EMR)*

Total daily values: *Total carbs: 51.2 g, Fiber: 32 g, **Net carbs: 19.2 g**, Protein: 69.7 g, Fat: 131 g, Calories: 1619 kcal, Magnesium: 203 mg (51 % RDA), Potassium: 2805 mg (140 % EMR), Keto ratio (carbs : protein : fat) is 5 : 18 : 77*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 8

Breakfast

Brussels Sprout and Bacon Hash ([recipe is here](#))

*Total carbs: 11.6 g, Fiber: 4.5 g, **Net carbs: 7.1 g**, Protein: 20 g, Fat: 20 g, Calories: 31.6 kcal, Magnesium: 45 mg (11 % RDA), Potassium: 809 mg (41 % EMR)*



Lunch

Ultimate Keto Bun with Avocado & Bacon

- 1 Ultimate Keto Bun, halved and toasted - both have the same amount of net carbs
- 2 tbsp butter
- 2 small slices bacon, crisped up (30 g / 1.1 oz)
- ½ cup cherry tomatoes (75 g / 2.6 oz)
- ½ avocado (100 g / 3.5 oz)
- 2 leaves green lettuce (28 g / 1 oz)



*Total carbs: 24.1 g, Fiber: 16.2 g, **Net carbs: 8 g**, Protein: 17.4 g, Fat: 61.5 g, Calories: 673 kcal, Magnesium: 131 mg (33 % RDA), Potassium: 1155 mg (58 % EMR)*

Dinner

Cajun Chicken Tacos ([recipe is here](#))

*Total carbs: 9 g, Fiber: 2.6 g, **Net carbs: 6.4 g**, Protein: 40.6 g, Fat: 35.4 g, Calories: 521 kcal,*

Magnesium: 70 mg (17.4 % RDA), Potassium:
816 mg (41 % EMR)



Total daily values: Total carbs: 44.7 g, Fiber: 23.2 g, **Net carbs: 21.5 g**, Protein: 78 g, Fat: 128 g, Calories: 1595 kcal, Magnesium: 245 mg (61 % RDA), Potassium: 2781 mg (139 % EMR), Keto ratio (carbs : protein : fat) is 6 : 20 : 74

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 9

Breakfast

Keto Mexican Chocolate Shake ([recipe is here](#))

Total carbs: 14.4 g, Fiber: 8.2 g, **Net carbs: 6.2 g**, Protein: 6 g, Fat: 52.1 g, Calories: 503 kcal, Magnesium: 75 mg (19 % RDA), Potassium: 385 mg (19 % EMR)



Lunch

Cajun Chicken Tacos ([recipe is here](#))

*Total carbs: 9 g, Fiber: 2.6 g, **Net carbs: 6.4 g**, Protein: 40.6 g, Fat: 35.4 g, Calories: 521 kcal, Magnesium: 70 mg (17.4 % RDA), Potassium: 816 mg (41 % EMR)*



Dinner

Pan-roasted salmon with green beans

- 1 medium salmon fillet (150 g / 5.3 oz) pan fried on 1 tbsp ghee (you can [make your own](#)) and seasoned with salt, pepper and a dash of lemon juice
- 1 serving [Green Beans with Lemon and Almonds](#)



*Total carbs: 11.1 g, Fiber: 3.8 g, **Net carbs: 7.3 g**, Protein: 36 g, Fat: 33.8 g, Calories: 489 kcal, Magnesium: 91 mg (23 % RDA), Potassium: 956 mg (48 % EMR)*

Total daily values: *Total carbs: 34.5 g, Fiber: 14.5 g, **Net carbs: 19.9 g**, Protein: 82.6 g, Fat: 121 g, Calories: 1514 kcal, Magnesium: 235 mg (59 % RDA), Potassium: 2158 mg (107 % EMR), Keto ratio (carbs : protein : fat) is 5 : 22 : 73*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 10

Breakfast

Vanilla Keto Smoothie ([recipe is here](#))

*Total carbs: 5.6 g, Fiber: 0.5 g, **Net carbs: 5.1 g**,
Protein: 34.6 g, Fat: 45.2 g, Calories: 566 kcal,
Magnesium: 26 mg (6 % RDA), Potassium: 598
mg (30 % EMR)*



Lunch

*Easy Avocado Salad ([recipe is here](#)) - serve with
vinaigrette (included in the recipe) or with 2 tbsp
mayonnaise (you can [make our own](#))*

*Total carbs: 22.2 g, Fiber: 15.5 g, **Net carbs: 6.7
g**, Protein: 14.2 g, Fat: 65.6 g, Calories: 699 kcal,
Magnesium: 109 mg (27 % RDA), Potassium:
1522 mg (76 % EMR)*



Dinner

Spicy Cauliflower Soup ([recipe is here](#)), serve with 1 [Ultimate Keto Bun](#)

*Total carbs: 22.9 g, Fiber: 11.7 g, **Net carbs: 11.2 g**, Protein: 20.8 g, Fat: 34.3 g, Calories: 459 kcal,
Magnesium: 129 mg (32 % RDA), Potassium: 1080 mg (54 % EMR)*



Total daily values: Total carbs: 50.7 g, Fiber: 27.7 g, **Net carbs: 23 g**, Protein: 69.6 g, Fat: 145 g, Calories: 1725 kcal, Magnesium: 263 mg (66 % RDA), Potassium: 3200 mg (160 % EMR), Keto ratio (carbs : protein : fat) is 5 : 17 : 78

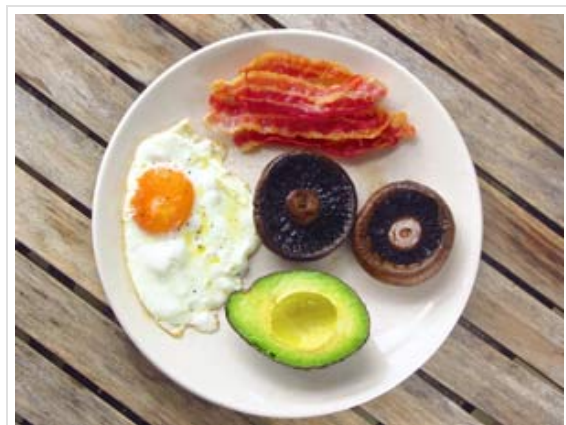
Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 11

Breakfast

All Day Keto Breakfast ([recipe is here](#))

Total carbs: 15.5 g, Fiber: 8.9 g, **Net carbs: 6.6 g**, Protein: 19.5 g, Fat: 41.3 g, Calories: 489 kcal, Magnesium: 43 mg (11 % RDA), Potassium: 1307 mg (65 % EMR)



Lunch

Spicy Cauliflower Soup ([recipe is here](#)), serve with 1 [Ultimate Keto Bun](#)

*Total carbs: 22.9 g, Fiber: 11.7 g, **Net carbs: 11.2 g**, Protein: 20.8 g, Fat: 34.3 g, Calories: 459 kcal, Magnesium: 129 mg (32 % RDA), Potassium: 1080 mg (54 % EMR)*



Dinner

Salmon with Creamy Spinach & Hollandaise Sauce ([recipe is here](#))

*Total carbs: 6.5 g, Fiber: 2.8 g, **Net carbs: 3.7 g**, Protein: 34 g, Fat: 72.6 g, Calories: 813 kcal, Magnesium: 143 mg (36 % RDA), Potassium: 1314 mg (66 % EMR)*



Total daily values: *Total carbs: 45 g, Fiber: 23.5 g, **Net carbs: 21.5 g**, Protein: 74.2 g, Fat: 148 g, Calories: 1761 kcal, Magnesium: 316 mg (79 % RDA), Potassium: 3702 mg (185 % EMR), Keto ratio (carbs : protein : fat) is 5 : 17 : 78*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 12

Breakfast

Pesto Scrambled Eggs ([recipe is here](#))

*Total carbs: 3.3 g, Fiber: 0.7 g, **Net carbs: 2.6 g**,
Protein: 20.4 g, Fat: 41.5 g, Calories: 467 kcal,
Magnesium: 25 mg (6 % RDA), Potassium: 327
mg (16 % EMR)*



Lunch

*Spicy Cauliflower Soup ([recipe is here](#)), serve
with 1 [Ultimate Keto Bun](#)*

*Total carbs: 22.9 g, Fiber: 11.7 g, **Net carbs:**
11.2 g, Protein: 20.8 g, Fat: 34.3 g, Calories: 459
kcal, Magnesium: 129 mg (32 % RDA),
Potassium: 1080 mg (54 % EMR)*



Dinner

*Spicy Chorizo Meatballs ([recipe is here](#)), serve with [Buttered Brussels Sprouts](#) and [Keto Cheese Sauce](#) and **optionally** with [Keto Cheese Sauce](#) (cheese sauce not included in the nutrition facts, + 1 g net carbs and 200 Kcal)*

*Total carbs: 17.6 g, Fiber: 6.6 g, **Net carbs: 11 g**, Protein: 31.8 g, Fat: 49.5 g, Calories: 627 kcal,
Magnesium: 92 mg (23 % RDA), Potassium: 1029 mg (52 % EMR)*



Total daily values: Total carbs: 44.8 g, Fiber: 19.1 g, **Net carbs: 25.8 g**, Protein: 77.9 g, Fat: 145 g, Calories: 1751 kcal, Magnesium: 252 mg (63 % RDA), Potassium: 2478 mg (123 % EMR), Keto ratio (carbs : protein : fat) is 6 : 18 : 76

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 13

Breakfast

Berry Chia Pudding ([recipe is here](#))

Total carbs: 20.3 g, Fiber: 14.5 g, **Net carbs: 5.8 g**, Protein: 7.9 g, Fat: 22.4 g, Calories: 288 kcal, Magnesium: 36 mg (9 % RDA), Potassium: 230 mg (12 % EMR)



Lunch

Spicy Chorizo Meatballs ([recipe is here](#)), serve with [Buttered Brussels Sprouts](#) and **optionally** with [Keto Cheese Sauce](#) (cheese sauce not included in the nutrition facts, + 1 g net carbs and 200 Kcal)

Total carbs: 17.6 g, Fiber: 6.6 g, **Net carbs: 11 g**, Protein: 31.8 g, Fat: 49.5 g, Calories: 627 kcal, Magnesium: 92 mg (23 % RDA), Potassium: 1029 mg (52 % EMR)



Dinner

Quick Beef Ragù with "Zoodles" ([recipe is here](#))

Total carbs: 8.3 g, Fiber: 2.6 g, **Net carbs: 5.7 g**, Protein: 37.8 g, Fat: 51.1 g, Calories: 645 kcal, Magnesium: 83 mg (21 % RDA), Potassium: 1191 mg (60 % EMR)



Total daily values: Total carbs: 46.2 g, Fiber: 23.7 g, **Net carbs: 22.5 g**, Protein: 77.5 g, Fat: 123 g, Calories: 1561 kcal, Magnesium: 210 mg (53 % RDA), Potassium: 2451 mg (122 % EMR), Keto ratio (carbs : protein : fat) is 6 : 21 : 73

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Day 14

Breakfast

Keto Mexican Chocolate Shake ([recipe is here](#))

*Total carbs: 14.4 g, Fiber: 8.2 g, **Net carbs: 6.2 g**, Protein: 6 g, Fat: 52.1 g, Calories: 503 kcal, Magnesium: 75 mg (19 % RDA), Potassium: 385 mg (19 % EMR)*



Lunch

Quick Beef Ragù with "Zoodles" ([recipe is here](#))

*Total carbs: 8.3 g, Fiber: 2.6 g, **Net carbs: 5.7 g**, Protein: 37.8 g, Fat: 51.1 g, Calories: 645 kcal, Magnesium: 83 mg (21 % RDA), Potassium: 1191 mg (60 % EMR)*



Dinner

Pan-roasted salmon with green beans

- 1 medium salmon fillet (150 g / 5.3 oz) pan fried on 1 tbsp ghee (you can [make your own](#)) and seasoned with salt, pepper and a dash of lemon juice
- 1 serving [Green Beans with Lemon and Almonds](#)

Total carbs: 11.1 g, Fiber: 3.8 g, **Net carbs: 7.3 g**, Protein: 36 g, Fat: 33.8 g, Calories: 489 kcal, Magnesium: 91 mg (23 % RDA), Potassium: 956 mg (48 % EMR)



Total daily values: Total carbs: 33.7 g, Fiber: 14.6 g, **Net carbs: 19.2 g**, Protein: 79.8 g, Fat: 137 g, Calories: 1639 kcal, Magnesium: 248 mg (62 % RDA), Potassium: 2534 mg (126 % EMR), Keto ratio (carbs : protein : fat) is 5 : 20 : 76

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

Healthy Low-carb Snacks and Extras:

- 1 piece of any [FAT BOMBS](#) from my blog
- Coffee with cream, coconut milk or almond milk or [Low-Carb Cappuccino](#)
- 1 cup bone broth (best home-made)
- ½ avocado with [pink Himalayan salt](#)
- 1 hard-boiled egg with with pink Himalayan salt (always have some ready in the fridge!)
- Crispy bacon slices (make in advance and keep in the fridge)
- Ham & cheese roll-ups
- 2-3 celery sticks with 2 tbsp [Home-made Coconut & Pecan Butter](#) or any other nut butter (avoid peanut butter)
- Fermented foods: sauerkraut ([recipe is here](#)), kimchi (add to your breakfast), kombucha

- Pork rinds / cracklings instead of chips (avoid products with additives)
- Nuts and seeds, handful, raw or roasted with sea salt (net carbs per serving: almonds - 2.8 g, pecans - 1.3 g, walnuts - 2.1 g, macadamias - 1.6 g, hazelnuts - 2.1 g, brazil nuts - 1.4 g, pine nuts - 2.8 g, sunflower seeds - 3.4 g, pumpkin seeds - 1.3 g) - soaking nuts is highly recommended, I've written more about [soaking nuts here](#)
- Berries, fresh or frozen (net carbs per serving: ½ cup blackberries - 3.1 g, ½ cup raspberries - 3.3 g, ½ cup strawberries - 4.1 g or ¼ cup blueberries - 4.5 g)
- Coconut oil (pour a tablespoon of coconut oil into silicon ice trays and keep in the fridge for a quick fat-burning snack)