



Many of you were interested in a detailed week's plan for my [30-Day Clean Eating Challenge](#). I understand it could be quite tricky to follow all the rules, so I worked hard over the last couple of days to create a delicious 7-day menu! I tried to make it easy to follow, so you won't have to spend too much time cooking. I've created two plans:

- One weekly plan for [everyone](#) (download a print-friendly version of the [SHOPPING LIST](#) [here](#))
- One weekly plan for [those who already have one of my apps or book](#).

For this of you who have a busy life style, also check out my [7-Day Grab & Go Keto/Paleo Diet Plan](#).

As a reminder, **although I usually do use dairy products and healthy low-carb sweeteners, this challenge includes neither**. One of the reasons is that if [your weight is stalling](#), [avoiding dairy products and all sweeteners may help](#). In a nutshell, during my challenge, you won't be eating *any*

grains, sweeteners, dairy, legumes, most fruits and starchy vegetables, while keeping your net carbs intake at 25-30 grams per day or less. To learn more about what to eat and what to avoid, [check out my 30 Day Clean Eating Challenge post](#).

Although the exact macronutrient ratio, especially the protein intake, varies for all individuals, the carbs intake is recommended to be at around 25 grams of net carbs [in order to get in ketosis](#). You can calculate your *ideal protein intake* using [KetoDiet Buddy](#). Remember, the ketogenic diet is naturally satiating and you won't need to count calories.

Some tips Before Getting Started

- *Do your shopping in advance* and don't buy anything you won't need to eat. Some foods may not last if you buy them a week in advance. In such case, place them in the freezer or buy just a few days before you cook.
- If you need to take any food with you to work, *cook it the day before*.
- *Be prepared - check the plan and always have the essential low-carb foods ready in the fridge* (hard-boiled eggs, crispy bacon, chicken strips, bone broth, [mayonnaise](#), [pesto](#), [mustard](#), etc.)
- If you don't like an ingredient I used in this plan, substitute it with another ingredient with *similar amount of net carbs* (beef with pork, blackberries with raspberries, etc.)
- *Feel free to swap meals* (dinner for lunch, etc.) according to your needs.
- *Snacks are not always needed*, you can use them to sate your appetite.
- Keep an eye on your *intake of magnesium, potassium and sodium*. You can add more foods rich in electrolytes, just [check out my post here](#). Electrolytes are essential for your health and weight loss, especially over the first few days of the ketogenic diet. For those who use KetoDiet iPad app, it's perfectly normal to have values higher than the RDA / EMR.
- If you want to *avoid pesticides in fruits or vegetables*, check out [this list of fruits and vegetables](#). It will tell you which ones are worth getting organic.

According to the weekly meal plan below, your carbs intake will always stay under 20-25 grams (it's recommended to stay below 25 grams of net carbs if you have just started). If you need a snack, opt for healthy suggestions from [this list](#).

7-Day Diet Plan

Day 1

Breakfast

All Day Keto Breakfast - Egg, bacon, ½ avocado with pink Himalayan salt or sea salt, 2 portobello or other mushrooms, 1 tbsp ghee. You can have a few bacon rashers.



Lunch

Autumn Oxtail Stew - In case you cook just for yourself, make 2 servings and keep the rest for tomorrow. You can use any other type of beef suitable for slow-cooking. If you don't have bone broth at home, you can get ready-made one, just avoid products with additives. You'll use the second serving throughout the week. If you need to take it to work, prepare it on a day in advance and place the meat and lettuce in separate boxes before heating.



Dinner

Grilled Chicken & Blackberry Salad - You can use fresh or frozen berries (thawed). If you don't have blackberries, use raspberries, strawberries or even cherry tomatoes. Tomatoes have less carbs, so you can use twice the amount. Also, instead of fruit vinegar, you can use your own sugar-free vinegar or just olive oil. You can save time by cooking the chicken in advance and have it ready in the fridge.



Net carbs: 18 grams + add more for snacks

Day 2

Breakfast

Omelet topped with ½ serving of [Autumn Oxtail Stew](#) - Use the remaining oxtail from yesterday as filling for your omelet made from 3 eggs, 1 tbsp ghee and salt (pink Himalayan or sea salt).



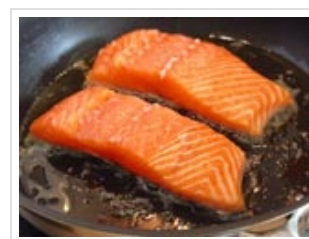
Lunch

[Caprese Skewers](#) with 1 avocado instead of mozzarella cheese and crispy bacon rashers or a few slices of high-quality pastured ham. You can simply prepare a salad without skewers and place in a container to take with you to work. Also, be aware that my home-made pesto includes parmesan cheese. To prepare a dairy-free pesto recipe, simply blend 2 cloves garlic, ¼ cup almonds, ¼ cup extra virgin olive oil, 1 bunch basil, splash of lemon juice and ¼ tsp salt.



Dinner

Baked or pan-roasted fish with a big bowl of green salad (greens such as lettuce, spinach, chard, rocket, spring onion, olive oil and lemon juice). Have a look at [this recipe for simple baked salmon](#). If you don't like salmon, use other types of fatty fish such as mackerel or trout.

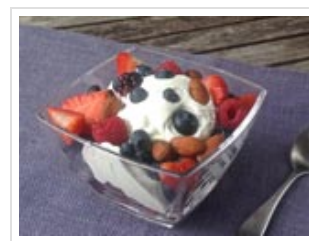


Net carbs: 16 grams + add more for snacks

Day 3

Breakfast

Creamed coconut milk with nuts and berries - ¼ cup blackberries, raspberries or strawberries (fresh or frozen), handful of almonds and ½ cup creamed coconut milk with a pinch of cinnamon (avoid sweeteners). To find out how to "cream" coconut milk, [have a look at my post here](#). Make sure you place the can in the fridge overnight before you use it.



Lunch

Keto tuna salad - 1 tin tuna, 1 small head crunchy lettuce, 2 hard-boiled eggs, 1 spring onion, splash of fresh lemon juice, salt, 2 tbsp home-made mayo.



Dinner

Cajun Chicken Tacos - Avoid cream (use coconut milk or beef bone broth instead).

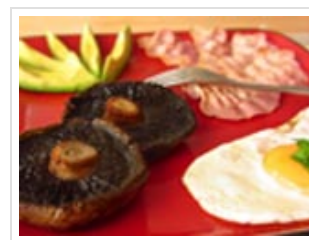
Net carbs: 20 grams + add more for snacks



Day 4

Breakfast

All Day Keto Breakfast - Egg, bacon, ½ avocado with pink Himalayan salt or sea salt, 2 portobello or other mushrooms, 1 tbsp ghee. You can have a few bacon rashers.



Lunch

Pumpkin & Beef Sauté - In case you make it just for yourself, prepare 2 servings and keep the rest for tomorrow.



Dinner

Baked or pan-roasted fish with a big bowl of green salad (greens such as lettuce, spinach, chard, rocket, spring onion, olive oil and lemon juice). Have a look at [this recipe for simple baked salmon](#). If you don't like salmon, use other types of fatty fish such as mackerel or trout.



Net carbs: 20 grams + add more for snacks

Day 5

Breakfast

Keto Omelet Wrap - Avoid cream cheese and butter, use ghee, lard or coconut oil instead of butter. You can use ham or cooked meat instead of smoked salmon.



Lunch

Pumpkin & Beef Sauté (leftover from yesterday).



Dinner

Cajun Chicken Tacos - Avoid cream (use coconut milk or beef bone broth instead).

Net carbs: 19 grams + add more for snacks



Day 6

Breakfast

Egg & Celeriac Nests with crispy bacon rashers.



Lunch

BBQ Pork Ribs - Make $\frac{1}{2}$ the recipe if it's just for you. Eat with pan-roasted asparagus (1 bunch) drizzled with olive oil and lemon. The net carbs in asparagus are similar to leafy greens (1.8 g net carbs per 100 g / 3.5 oz) - eat to satiety.



Dinner

Butter-roasted Prawn & Blackberry Salad - Included at the [bottom of this post](#). If you don't have blackberries, use raspberries, strawberries or even cherry tomatoes. Tomatoes have less carbs, so you can use twice the amount. Also, instead of fruit vinegar, you can use your own sugar-free vinegar or just olive oil.



Net carbs: 19 grams + add more for snacks

Day 7

Breakfast

Shamrock Eggs with Braised Spinach - 2 green pepper rings, 2 eggs, cup of spinach (or more), bacon, ¼ onion, 1 tbsp ghee, salt.



Lunch

BBQ Pork Ribs - Leftover from yesterday. Eat with pan-roasted asparagus (1 bunch) drizzled with olive oil and lemon. The net carbs in asparagus are similar to leafy greens (1.8 g net carbs per 100 g / 3.5 oz) - eat to satiety.



Dinner

Keto Omelet Wrap - Avoid cream cheese and butter, use ghee, lard or coconut oil instead of butter. You can use ham or cooked meat instead of smoked salmon.

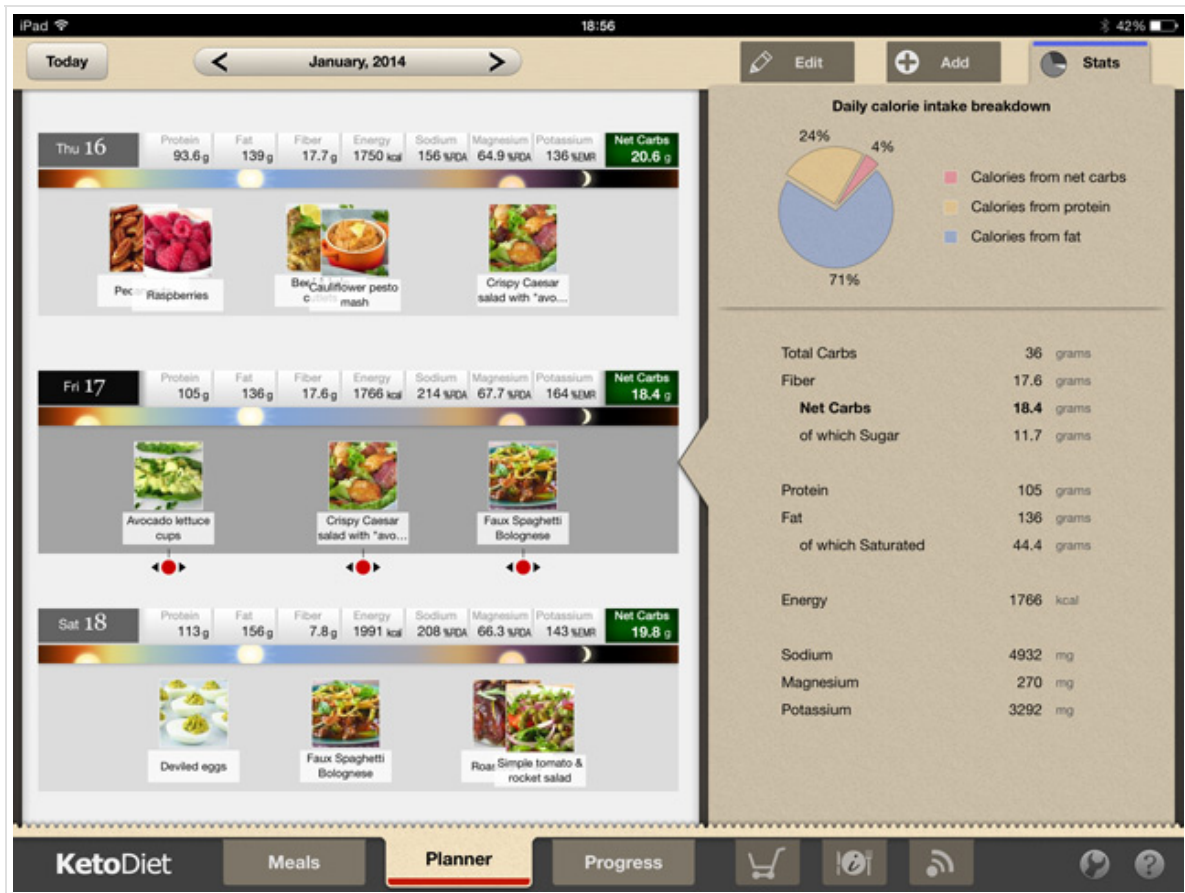
Net carbs: 16 grams + add more for snacks



7-Day Diet Plan for KetoDiet users

Note that this meal plan does not contain snacks. As individual requirements vary, you can add healthy snacks [from this list](#) to sate your appetite.

Some recipes contain home-made ingredients. If you don't have them ready in your fridge, you'll have to add them to the basket in KetoDiet separately. Also, make sure you have selected the right amount of servings when adding to the basket!



Day 1

Breakfast

Breakfast ham cups - Avoid cheese and eat with ½ avocado.



Lunch

Simple grilled trout, eat with *Crispy marinated asparagus* - You will need to make *Basil pesto* or any other dairy-free pesto for the fish.



Dinner

Thai-style chicken with "peanut" sauce - You can use any home-made nut butter (avoid peanut butter), eat with *Broccoli & cauliflower purée*.

Net carbs: 22 grams + add more for snacks



Day 2

Breakfast

Ultimate keto coffee - avoid stevia and any sweeteners. It's very satiating but if it's not enough, have an extra snack or try *Poached eggs on a bed of spinach* instead (the same amount of net carbs).



Lunch

Leftover *Thai-style chicken with "peanut" sauce*, eat with *Broccoli & cauliflower purée*.



Dinner

Smoked salmon & avocado salad.

Net carbs: 21 grams + add more for snacks



Day 3

Breakfast

½ avocado, hard-boiled egg and *Crispy bacon* or a few slices of high-quality pastured ham.



Lunch

Warm Niçoise salad with quail eggs - You can use 1 regular egg and tinned tuna instead of quail eggs and fresh tuna (the net carbs will be the same).



Dinner

Beef & kale cutlets, eat with *Crispy marinated asparagus*.

Net carbs: 17 grams + add more for snacks



Day 4

Breakfast

Pecan nuts and ½ cup berries (raspberries, strawberries or blackberries) - You can add ½ of creamed coconut milk with a pinch of cinnamon (avoid sweeteners). To find out how to "cream" coconut milk, [have a look at my post here](#). Make sure you place the can in the fridge overnight before you use it.



Lunch

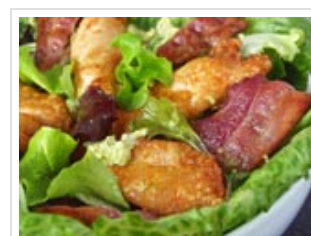
Leftover *Beef & kale cutlets* and *Cauliflower pesto mash*.



Dinner

Crispy Caesar salad with "avonnaise" - Use dairy-free options for "breading" (flax meal, coconut flour, almond flour or crushed pork rinds).

Net carbs: 20 grams + add more for snacks



Day 5

Breakfast

Avocado lettuce cups - you can add *Crispy bacon*.



Lunch

Crispy Caesar salad with "avonnaise" - Use the leftover chicken.



Dinner

Faux Spaghetti Bolognese - Avoid optional ingredients and cheese.

Net carbs: 18 grams + add more for snacks



Day 6

Breakfast

Devilled eggs - Add ham or avocado if needed.



Lunch

Leftover *Faux Spaghetti Bolognese* - Avoid optional ingredients and cheese.



Dinner

Roasted Lamb, eat with *Simple tomato & rocket salad*.

Net carbs: 19 grams + add more for snacks



Day 7

Breakfast

Red cabbage & zucchini pancakes - Add avocado, ham or *Crispy bacon* if needed.



Lunch

Leftover *Roasted Lamb* and *Grilled zucchini*.



Dinner

Sardines & avocado spicy wraps - you can use any fish like salmon or tuna.

Net carbs: 18 grams + add more for snacks



Healthy Low-carb Snacks and Extras:

- Coffee with coconut milk or almond milk or [Low-Carb Cappuccino](#) or [Ultimate Keto Coffee](#)
- 1 cup [bone broth](#) (best home-made)
- ½ avocado with pink Himalayan salt
- 1 hard-boiled egg with pink Himalayan salt (always have some ready in the fridge!)
- Crispy bacon rashers (make in advance and keep in the fridge)
- Ham roll-ups (ham filled with cucumber, avocado or pepper)
- 2-3 celery sticks with 2 tbsp [Home-made Coconut & Pecan Butter](#) or any other nut butter (avoid peanut butter)

- Fermented foods: sauerkraut, 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)
- Very occasionally, a serving of [Mushroom Chips](#), [Spicy Zucchini Chips](#), [Rosemary & Garlic Eggplant Chips](#) (avoid soured cream) or [Orange-scented Celeriac Chips](#)
- 1 piece of [Chocolate Coconut Candies](#) with NO sweetener