



Inspired by the very popular [7-Day Diet Plan](#), I've created another keto & paleo meal plan to help you stick with this and many other challenges to come. I wanted to keep this diet plan as simple and as "clean" as possible to help you maximise the benefits. That's why it's *dairy-free (paleo)* and *excludes some low-carb substitutes* like [bread](#) to minimise cravings. Finally, although it *includes a small amount of sweeteners* like stevia, you can skip them altogether.

No diet plan fits all and you may need to make small adjustments to fit your needs. [Here are all the other diet plans](#) you can try ("regular" ketogenic diet plan, vegetarian keto diet plan, a diet plan for the fat fast, etc).

## Tips Before You Get Started

1. Feel free to swap lunch for dinner, breakfast for lunch, etc. in the same day. You can also swap whole days if you like. If you don't like certain ingredients, have a look at the

[suggested substitutions](#).

2. If you only cook for yourself, freeze or refrigerate the remaining servings or halve the recipes if needed.
3. Have some *hard-boiled eggs* in the fridge ready to be used in recipes or for snacking. You shouldn't need any snacks between the meals but if you do, make sure you have some keto-friendly snacks at hand (eggs, cheese, nuts, etc). Here is a [list of snacks you can try](#) and here is a complete [keto diet food list](#).
4. Very low-carb diets (below 30 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 may have to make small adjustments. If you need to have less protein, reduce the portions of animal protein from 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. Body responses vary and you will need to try what works best for you.
7. Lastly, if you don't feel hungry, don't eat, even if it means you will skip a meal.

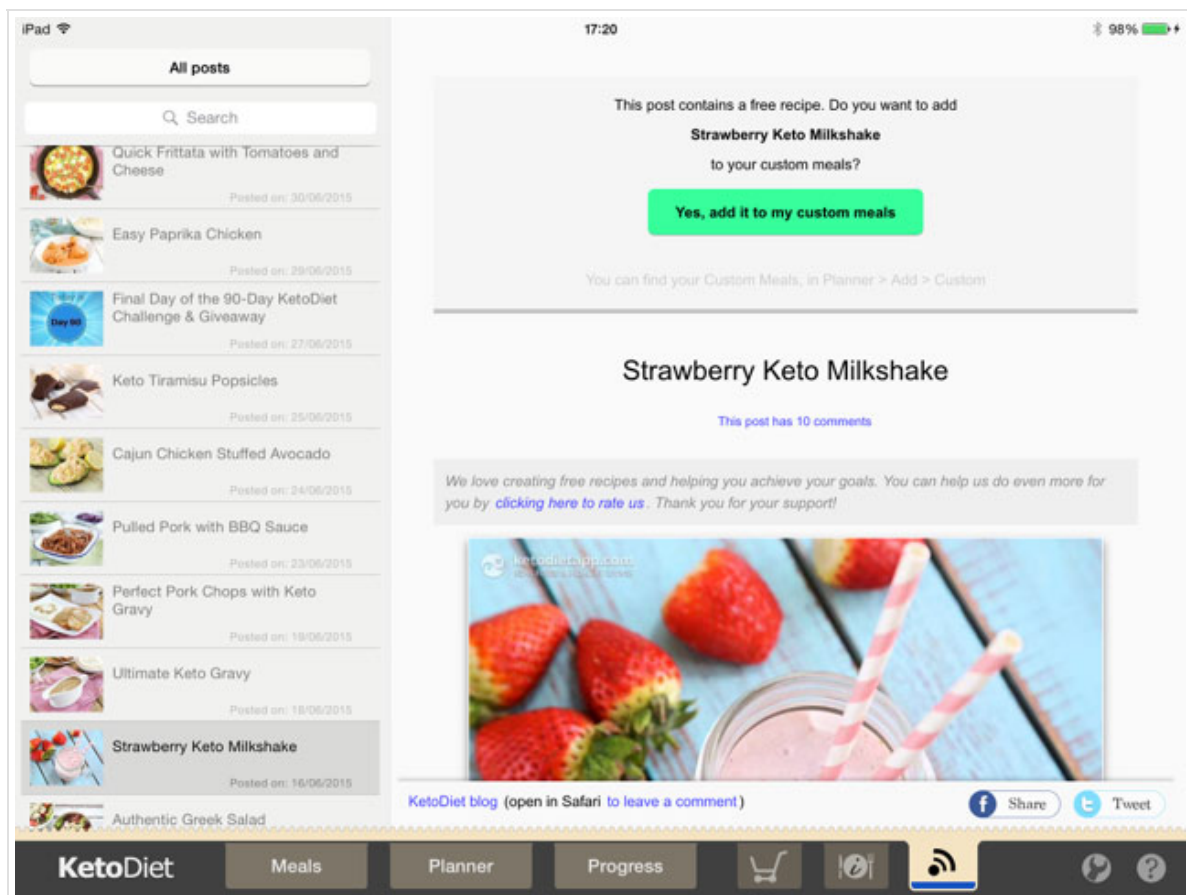
You can download your [weekly SHOPPING LIST for both weeks](#).

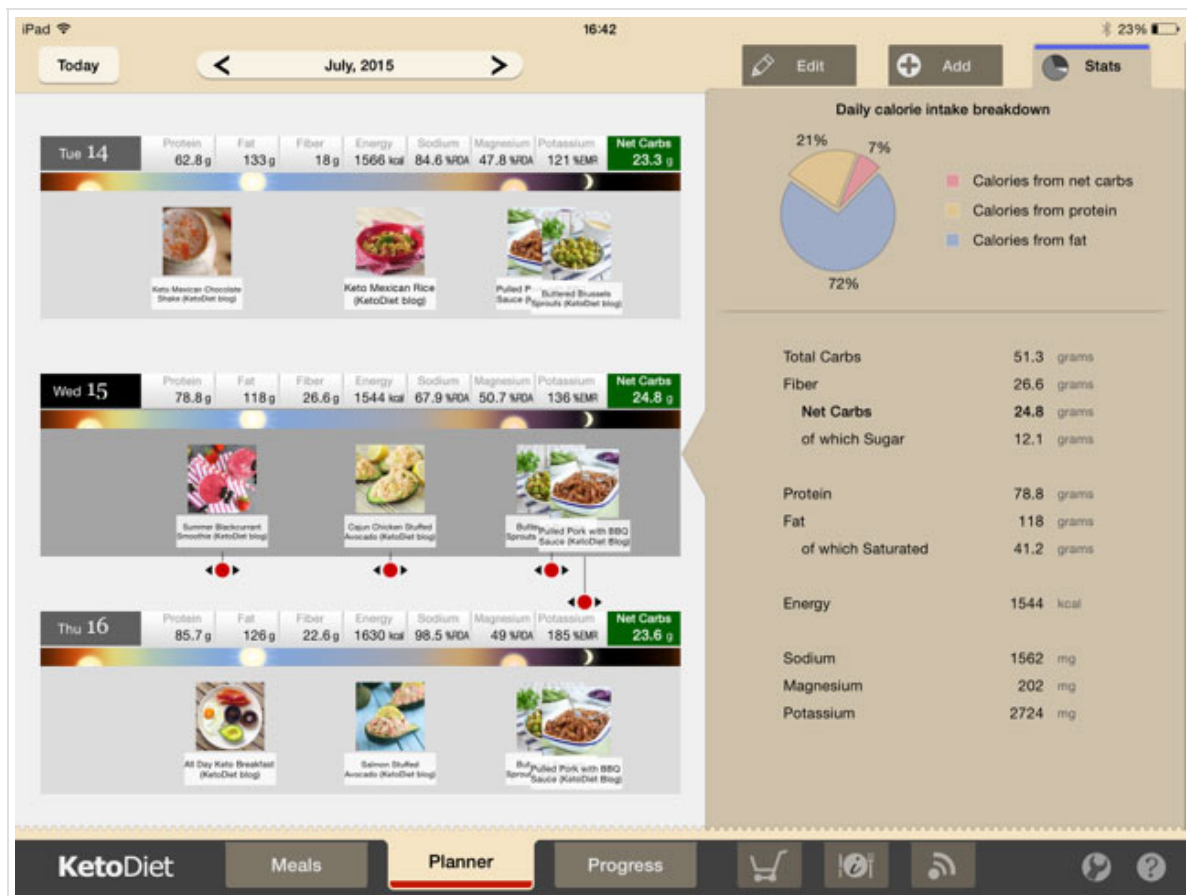
And here is a [quick overview of this diet plan in PDF](#). Although it's just a quick preview of the diet plan, we've been working on a complete ebook including recipes

so stay tuned! :-)

Also see [more diet plans here](#) ("regular" ketogenic diet plan, keto & paleo diet plan and diet plan for the fat fast.)

Note that you don't need to have my app to follow any of my diet plans and challenges. If you use the [KetoDiet iPad App](#), you can add these meals individually directly from my blog to the planner. If you don't have an iPad, just print this plan out. The good news is that [we have been working on a universal app](#) to bring the planning feature to the iPhone too! Also, there will be an Android app coming soon after :-)





**Disclaimer:** you should consult any dietary change with a professional, especially if you have a health condition such as diabetes or heart disease. There may need to be an adjustment to the medication you are taking.

## 2 Week Grab & Go Keto / Paleo 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

*Strawberry Keto Milkshake (recipe is here)*

Total carbs: 8.4 g, Fiber: 2 g, **Net carbs: 6.4 g**,  
Protein: 2.5 g, Fat: 27.4 g, Calories: 275 kcal,  
Magnesium: 35 mg (9 % RDA), Potassium: 234  
mg (12 % EMR)



## Lunch

Healthy Mackerel Salad ([recipe is here](#))

Total carbs: 16.1 g, Fiber: 8.5 g, **Net carbs: 7.6 g**,  
Protein: 27.3 g, Fat: 49.9 g, Calories: 609 kcal,  
Magnesium: 133 mg (33 % RDA), Potassium:  
1111 mg (56 % 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: 32.8 g, Fiber: 13.1 g, **Net carbs: 19.7 g**, Protein: 67.7 g, Fat: 128 g, Calories: 1530 kcal, Magnesium: 251 mg (63 % RDA), Potassium: 2537 mg (126 % EMR), Keto ratio (carbs : protein : fat) is 5 : 18 : 77

## Day 2

### Breakfast

Keto Zucchini 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

Easy Avocado & Egg Salad ([recipe is here](#)) - use mayo instead of sour cream

Total carbs: 13.7 g, Fiber: 7.6 g, **Net carbs: 6.1 g**, Protein: 17 g, Fat: 36.3 g, Calories: 436 kcal, Magnesium: 60 mg (15 % RDA), Potassium: 875 mg (44 % 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: 31 g, Fiber: 12.7 g, **Net carbs: 18.3 g**, Protein: 72.2 g, Fat: 123 g, Calories: 1504 kcal, Magnesium: 195 mg (49 % RDA), Potassium: 2841 mg (142 % EMR), Keto ratio (carbs : protein : fat) is 5 : 20 : 75*

## Day 3

### Breakfast

*Strawberry Keto Milkshake ([recipe is here](#))*

*Total carbs: 8.4 g, Fiber: 2 g, **Net carbs: 6.4 g**,  
Protein: 2.5 g, Fat: 27.4 g, Calories: 275 kcal,  
Magnesium: 35 mg (9 % RDA), Potassium: 234 mg (12 % EMR)*



### Lunch

*Healthy Mackerel Salad ([recipe is here](#))*

Total carbs: 16.1 g, Fiber: 8.5 g, **Net carbs: 7.6 g**, Protein: 27.3 g, Fat: 49.9 g, Calories: 609 kcal, Magnesium: 133 mg (33 % RDA), Potassium: 1111 mg (56 % 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: 32.8 g, Fiber: 13.1 g, **Net carbs: 19.7 g**, Protein: 67.7 g, Fat: 128 g, Calories: 1530 kcal, Magnesium: 251 mg (63 % RDA), Potassium: 2537 mg (126 % EMR), Keto ratio (carbs : protein : fat) is 5 : 18 : 77

## Day 4

### Breakfast

Keto Zucchini 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

Easy Avocado & Egg Salad ([recipe is here](#)) - use  
mayo instead of sour cream

Total carbs: 13.7 g, Fiber: 7.6 g, **Net carbs: 6.1  
g**, Protein: 17 g, Fat: 36.3 g, Calories: 436 kcal,  
Magnesium: 60 mg (15 % RDA), Potassium: 875  
mg (44 % 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: 31 g, Fiber: 12.7 g, **Net carbs: 18.3 g**, Protein: 72.2 g, Fat: 123 g, Calories: 1504 kcal, Magnesium: 195 mg (49 % RDA), Potassium: 2841 mg (142 % EMR), Keto ratio (carbs : protein : fat) is 5 : 20 : 75

## Day 5

### Breakfast

*Strawberry Keto Milkshake ([recipe is here](#))*

Total carbs: 8.4 g, Fiber: 2 g, **Net carbs: 6.4 g**, Protein: 2.5 g, Fat: 27.4 g, Calories: 275 kcal, Magnesium: 35 mg (9 % RDA), Potassium: 234 mg (12 % EMR)



### Lunch

*Cajun Chicken Stuffed Avocado ([recipe is here](#))*

Total carbs: 16.4 g, Fiber: 11 g, **Net carbs: 5.4 g**, Protein: 34.5 g, Fat: 50.6 g, Calories: 638 kcal, Magnesium: 78 mg (19 % RDA), Potassium: 1036 mg (52 % EMR)



### Dinner

Perfect Pork Chops with Keto Gravy ([recipe is here](#)) served with [Creamy Keto Mash](#) - for the gravy use coconut milk instead of cream

Total carbs: 16.4 g, Fiber: 4.7 g, **Net carbs: 11.7 g**, Protein: 33 g, Fat: 56.1 g, Calories: 702 kcal, Magnesium: 110 mg (28 % RDA), Potassium: 1308 mg (65 % EMR)



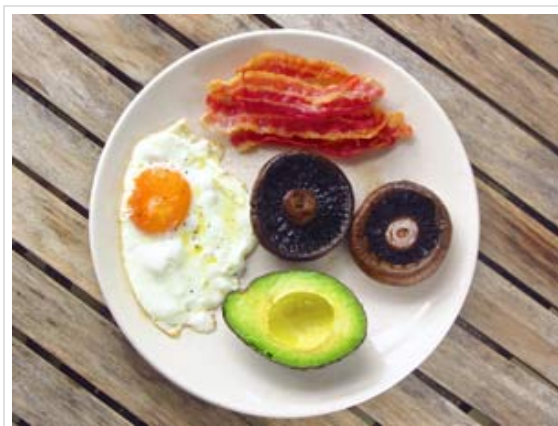
**Total daily values:** Total carbs: 41.1 g, Fiber: 17.7 g, **Net carbs: 23.5 g**, Protein: 70 g, Fat: 134 g, Calories: 1616 kcal, Magnesium: 223 mg (56 % RDA), Potassium: 2579 mg (129 % EMR), Keto ratio (carbs : protein : fat) is 6 : 18 : 76

## Day 6

### 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

Perfect Pork Chops with Keto Gravy ([recipe is here](#)) served with [Creamy Keto Mash](#) - for the gravy use

coconut milk instead of cream

*Total carbs: 16.4 g, Fiber: 4.7 g, **Net carbs: 11.7 g**, Protein: 33 g, Fat: 56.1 g, Calories: 702 kcal, Magnesium: 110 mg (28 % RDA), Potassium: 1308 mg (65 % 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: 42 g, Fiber: 17.3 g, **Net carbs: 24.7 g**, Protein: 70.2 g, Fat: 128 g, Calories: 1577 kcal, Magnesium: 192 mg (48 % RDA), Potassium: 3379 mg (169 % EMR), Keto ratio (carbs : protein : fat) is 6 : 18 : 76*

## Day 7

### 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

*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 Pork Chops with Keto Gravy* ([recipe is here](#)) served with *Creamy Keto Mash* - for the gravy use coconut milk instead of cream

Total carbs: 16.4 g, Fiber: 4.7 g, **Net carbs: 11.7 g**, Protein: 33 g, Fat: 56.1 g, Calories: 702 kcal, Magnesium: 110 mg (28 % RDA), Potassium: 1308 mg (65 % EMR)



**Total daily values:** Total carbs: 42 g, Fiber: 17.3 g, **Net carbs: 24.7 g**, Protein: 70.2 g, Fat: 128 g, Calories: 1577 kcal, Magnesium: 192 mg (48 % RDA), Potassium: 3379 mg (169 % EMR), Keto ratio (carbs : protein : fat) is 6 : 18 : 76

## Day 8

### Breakfast

*Keto Zucchini 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

*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

*Pulled Pork with BBQ Sauce ([recipe is here](#))  
served with [Creamy Keto Mash](#)*

*Total carbs: 16 g, Fiber: 5.2 g, **Net carbs: 10.8 g**, Protein: 38.6 g, Fat: 64.7 g, Calories: 799 kcal, Magnesium: 78 mg (19 % RDA), Potassium: 1348 mg (67 % EMR)*



**Total daily values:** Total carbs: 35.2 g, Fiber: 11.4 g, **Net carbs: 23.8 g**, Protein: 73.6 g, Fat: 131 g, Calories: 1608 kcal, Magnesium: 168 mg (42 % RDA), Potassium: 2886 mg (144 % EMR), Keto ratio (carbs : protein : fat) is 6 : 19 : 75

## 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

*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

*Pulled Pork with BBQ Sauce ([recipe is here](#)) served with [Buttered Brussels Sprouts](#) or [Green Beans with Lemon and Almonds](#)*

Total carbs: 16.8 g, Fiber: 6.2 g, **Net carbs: 10.6 g**, Protein: 39.2 g, Fat: 50.8 g, Calories: 677 kcal, Magnesium: 78 mg (20 % RDA), Potassium: 1282 mg (64 % EMR)



**Total daily values:** Total carbs: 41.3 g, Fiber: 18 g, **Net carbs: 23.3 g**, Protein: 62.8 g, Fat: 133 g, Calories: 1566 kcal, Magnesium: 191 mg (48 % RDA), Potassium: 2431 mg (121 % EMR), Keto ratio (carbs : protein : fat) is 6 : 16 : 78

## Day 10

### Breakfast

*Strawberry Keto Milkshake ([recipe is here](#))*



Total carbs: 8.4 g, Fiber: 2 g, **Net carbs: 6.4 g**,  
Protein: 2.5 g, Fat: 27.4 g, Calories: 275 kcal,  
Magnesium: 35 mg (9 % RDA), Potassium: 234  
mg (12 % EMR)



## Lunch

*Cajun Chicken Stuffed Avocado* ([recipe is here](#))

Total carbs: 16.4 g, Fiber: 11 g, **Net carbs: 5.4 g**, Protein: 34.5 g, Fat: 50.6 g, Calories: 638 kcal,  
Magnesium: 78 mg (19 % RDA), Potassium:  
1036 mg (52 % EMR)



## Dinner

*Pulled Pork with BBQ Sauce* ([recipe is here](#))  
served with *Buttered Brussels Sprouts* or *Green Beans with Lemon and Almonds*

Total carbs: 16.8 g, Fiber: 6.2 g, **Net carbs: 10.6 g**, Protein: 39.2 g, Fat: 50.8 g, Calories: 677 kcal,  
Magnesium: 78 mg (20 % RDA), Potassium:  
1282 mg (64 % EMR)



**Total daily values:** Total carbs: 41.6 g, Fiber: 19.1 g, **Net carbs: 22.5 g**, Protein: 76.2 g, Fat: 128 g, Calories: 1591 kcal, Magnesium: 190 mg (48 % RDA), Potassium: 2553 mg (127 % EMR), Keto ratio (carbs : protein : fat) is 6 : 20 : 74

## 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

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

Total carbs: 13.9 g, Fiber: 7.5 g, **Net carbs: 6.4 g**, Protein: 27 g, Fat: 34.6 g, Calories: 463 kcal, Magnesium: 75 mg (19 % RDA), Potassium: 1122 mg (56 % EMR)



### Dinner

*Pulled Pork with BBQ Sauce ([recipe is here](#))  
served with *Buttered Brussels Sprouts or Green  
Beans with Lemon and Almonds**

Total carbs: 16.8 g, Fiber: 6.2 g, **Net carbs: 10.6 g**, Protein: 39.2 g, Fat: 50.8 g, Calories: 677 kcal, Magnesium: 78 mg (20 % RDA), Potassium: 1282 mg (64 % EMR)



**Total daily values:** Total carbs: 46.2 g, Fiber: 22.6 g, **Net carbs: 23.6 g**, Protein: 85.7 g, Fat: 126 g, Calories: 1630 kcal, Magnesium: 196 mg (49 % RDA), Potassium: 3712 mg (185 % EMR), Keto ratio (carbs : protein : fat) is 6 : 22 : 72

## Day 12

### Breakfast

*Ultimate Keto Coffee ([recipe is here](#))*

Total carbs: 4.3 g, Fiber: 1.3 g, **Net carbs: 3.1 g**, Protein: 15.1 g, Fat: 45.5 g, Calories: 473 kcal, Magnesium: 211 mg (53 % RDA), Potassium: 1307 mg (20 % EMR)



### Lunch

*Cajun Chicken Stuffed Avocado ([recipe is here](#))*

Total carbs: 16.4 g, Fiber: 11 g, **Net carbs: 5.4 g**, Protein: 34.5 g, Fat: 50.6 g, Calories: 638 kcal, Magnesium: 78 mg (19 % RDA), Potassium: 1036 mg (52 % EMR)



## Dinner

Easy Paleo Pad Thai ([recipe is here](#))

Total carbs: 11.3 g, Fiber: 3.7 g, **Net carbs: 7.6 g**, Protein: 35.7 g, Fat: 39.4 g, Calories: 532 kcal, Magnesium: 108 mg (27 % RDA), Potassium: 596 mg (30 % EMR)



**Total daily values:** Total carbs: 31.4 g, Fiber: 15.4 g, **Net carbs: 16 g**, Protein: 85.3 g, Fat: 135 g, Calories: 1643 kcal, Magnesium: 212 mg (53 % RDA), Potassium: 1881 mg (94 % EMR), Keto ratio (carbs : protein : fat) is 4 : 21 : 75

## Day 13

### Breakfast

Vanilla Keto Smoothie ([recipe is here](#)) or Chocolate Keto Smoothie ([recipe is here](#)) - use coconut milk /

cream instead of sour cream and egg white protein powder or gelatine instead of whey protein powder

*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 Paleo Pad Thai ([recipe is here](#))*

*Total carbs: 11.3 g, Fiber: 3.7 g, **Net carbs: 7.6 g**, Protein: 35.7 g, Fat: 39.4 g, Calories: 532 kcal, Magnesium: 108 mg (27 % RDA), Potassium: 596 mg (30 % EMR)*



## Dinner

*Keto Zucchini 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)*



**Total daily values:** Total carbs: 25.4 g, Fiber: 6.2 g, **Net carbs: 19.2 g**, Protein: 87.7 g, Fat: 120 g, Calories: 1521 kcal, Magnesium: 187 mg (47 % RDA), Potassium: 1970 mg (99 % EMR), Keto ratio (carbs : protein : fat) is 5 : 23 : 72

## 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

*Keto Tuna Salad ([recipe is here](#))*

Total carbs: 5.4 g, Fiber: 1.5 g, **Net carbs: 3.9 g**, Protein: 41.4 g, Fat: 49.7 g, Calories: 626 kcal, Magnesium: 63 mg (16 % RDA), Potassium: 655 mg (33 % EMR)



### Dinner

*Keto Zucchini 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)*



**Total daily values:** *Total carbs: 28.8 g, Fiber: 12.1 g, **Net carbs: 16.6 g**, Protein: 64.7 g, Fat: 137 g, Calories: 1552 kcal, Magnesium: 189 mg (47 % RDA), Potassium: 1816 mg (91 % EMR), Keto ratio (carbs : protein : fat) is 4 : 17 : 79*

## Recipe Substitutions:

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

- Substitute fatty meats with one another if you like: pork, lamb and fatty fish (salmon, mackerel, sardines) can be substituted with one another because they have a similar nutrition profile.
- Substitute lean meats with one another if you like: e.g. tuna with chicken.
- If you don't eat bacon, use roast beef, beef chorizo sausage or smoked salmon instead.
- All the following can be substituted with one another (small nutritional differences): [Ultimate Keto Coffee](#) or [Chocolate Keto Smoothie](#) or [Keto Mexican Chocolate Shake](#)
- Other breakfast options are: [chia pudding](#) (several flavours you can choose from - berry, pumpkin, chocolate, etc.) or [low-carb granola](#) (avoid sweetener if you like).

Using these alternatives won't significantly change the nutrition facts. However, keep in mind that the shopping list is created without using any substitutions.

## Healthy Low-carb Snacks and Extras:

- if the portion size of some of the meals is too small, add a bowl of *Big Green Salad*: 4 cups mixed greens (120 g / 4.2 oz) - lettuce, rocket, spinach, etc. of choice mixed with 1 tbsp extra virgin olive oil or mayo, 1-2 tbsp lemon juice, salt and pepper to taste.
- ½ avocado with pink Himalayan salt
- 1 hard-boiled egg with pink Himalayan salt (always have some in the fridge)
- 1 piece of any [FAT BOMBS](#) from my blog
- Coffee with coconut milk or almond milk or [Low-Carb Cappuccino](#) or [Ultimate Keto Coffee](#)
- 1 cup [bone broth](#)
- Crispy bacon slices (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](#) or [Chicken Cracklings](#) instead of chips (avoid products with additives)
- Nuts and seeds, handful, raw or roasted with sea salt (net carbs per serving (1 oz): almonds - 2.7 g, pecans - 1.2 g, walnuts - 2 g, macadamias - 1.5 g, hazelnuts - 2 g, brazil nuts - 1.4 g, pine nuts - 2.7 g, sunflower seeds - 3.2 g, pumpkin seeds - 1.3 g) - soaking nuts is 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)
- [Crispy keto snacks](#) made with vegetables or meat.