



2 Week Vegetarian Keto Diet Plan

<http://KetoDietApp.com/Blog>

Are you ready for the [60-Day KetoDiet Summer Challenge](#)? :-)

I've been working hard over the last few months so that I can finally put together a vegetarian keto diet plan! Meeting the macronutrient targets proved to be a real challenge. Although there are several [vegetarian recipes](#) on my blog, not all are sufficient in protein.

How do I get enough protein on a vegetarian keto diet plan?

Unless you eat *eggs and/or dairy*, it's difficult to meet your daily protein requirements on a vegetarian keto diet plan. Do not underestimate the importance of [sufficient protein](#) - it's as important as your carb intake. Insufficient protein will result in muscle loss, you will burn less calories at rest and feel more hungry. Although fat makes [a low-carb diet filling](#), studies show that protein is the most satiating macronutrient by far. A common mistake for low-carbers is that they eat less protein in fear that they will go out of ketosis (as a result of gluconeogenesis). However, the truth is that you'd have to eat significantly more protein consistently to disrupt ketosis. Finally, your daily protein requirements will

vary based on your activity and lifestyle - make sure [you know your ideal "average" protein intake](#).

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 (e.g. freeze half of the [Vegetarian Keto Lasagna](#) for next week - see the meal plan).
3. Prepare the [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.
4. 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](#).
5. 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](#).)
6. *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 dairy 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*. If you need to add snacks and more food to serve with the meals, **have a look at this list**.
7. 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.

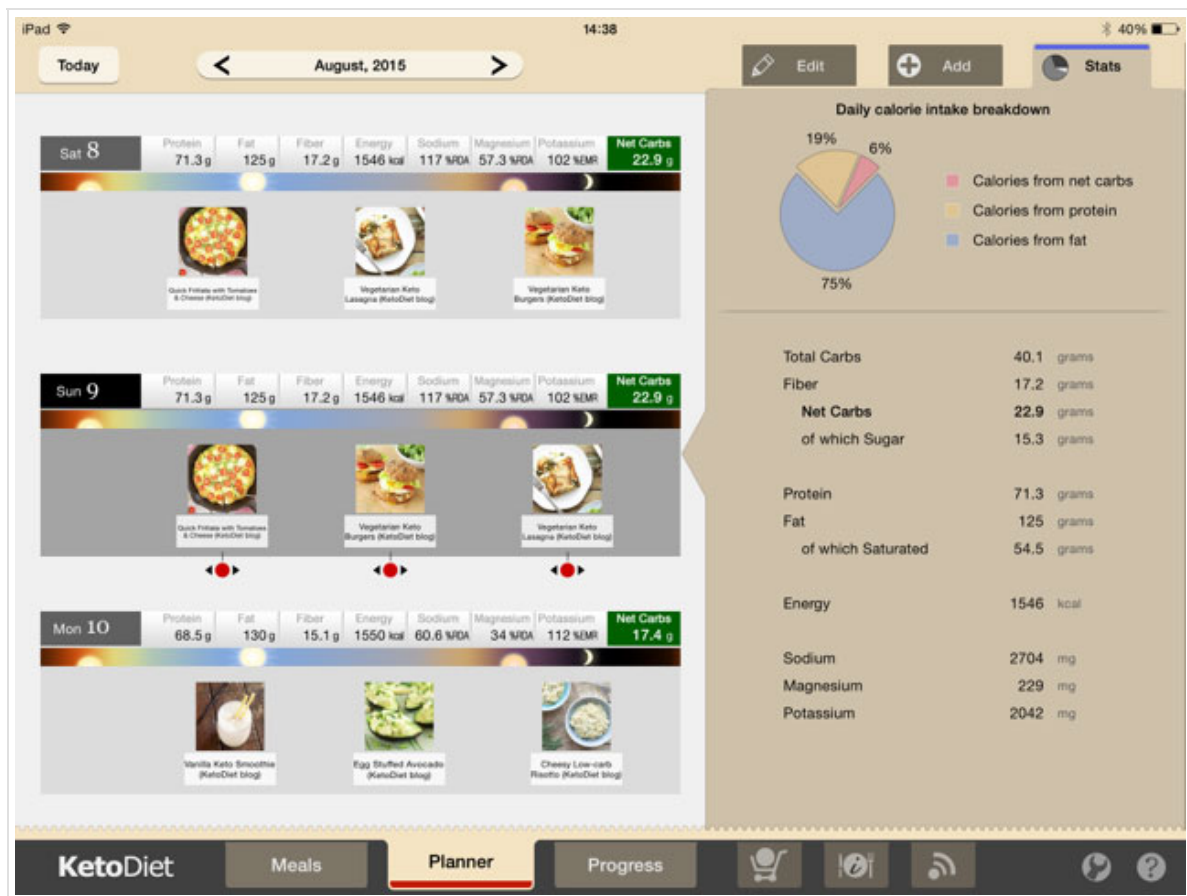
8. Lastly, if you don't feel hungry, don't eat, even if it means you will skip a meal.

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.)

If you use the [KetoDiet iPad App](#), you can add these meals 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 Vegetarian 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

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

*Total carbs: 7.2 g, Fiber: 2.7 g, **Net carbs: 4.4 g**,
Protein: 34.5 g, Fat: 46 g, Calories: 570 kcal,
Magnesium: 45 mg (11 % RDA), Potassium: 560
mg (28 % EMR)*



Lunch

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

*Total carbs: 15.3 g, Fiber: 10.6 g, **Net carbs: 4.8 g**,
Protein: 16.5 g, Fat: 56.8 g, Calories: 616 kcal,
Magnesium: 63 mg (16 % RDA), Potassium: 959
mg (48 % EMR)*



Dinner

3 Pesto Egg Muffins ([recipe is here](#))

*Total carbs: 5.9 g, Fiber: 2.1 g, **Net carbs: 3.8 g**, Protein: 20.6 g, Fat: 30.6 g, Calories: 377 kcal,
Magnesium: 56 mg (14 % RDA), Potassium: 418 mg (21 % EMR)*



Total daily values: Total carbs: 28.3 g, Fiber: 15.4 g, **Net carbs: 13 g**, Protein: 71.5 g, Fat: 133 g, Calories: 1564 kcal, Magnesium: 164 mg (41 % RDA), Potassium: 1938 mg (97 % EMR), Keto ratio (carbs : protein : fat) is 3 : 19 : 78

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 2

Breakfast

Perfect Spinach & Feta Omelet ([recipe is here](#))

Total carbs: 9.7 g, Fiber: 2.8 g, **Net carbs: 7 g**, Protein: 30.9 g, Fat: 55.5 g, Calories: 659 kcal, Magnesium: 107 mg (27 % RDA), Potassium: 997 mg (50 % EMR)



Lunch

2 Pesto Egg Muffins ([recipe is here](#))

Total carbs: 3.9 g, Fiber: 1.4 g, **Net carbs: 2.5 g**, Protein: 13.7 g, Fat: 20.4 g, Calories: 251 kcal, Magnesium: 38 mg (9 % RDA), Potassium: 278 mg (14 % EMR)

serve with *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, 1-2 tbsp lemon juice, salt and pepper to taste.



Total carbs: 4.4 g, Fiber: 1.4 g, **Net carbs: 2.9 g**, Protein: 1.7 g, Fat: 13.8 g, Calories: 140 kcal, Magnesium: 18 mg (5 % RDA), Potassium: 316 mg (16 % EMR)

Dinner

Classic Tricolore Salad ([recipe is here](#))

Total carbs: 17.7 g, Fiber: 9 g, **Net carbs: 8.6 g**, Protein: 19.2 g, Fat: 50.7 g, Calories: 581 kcal, Magnesium: 70 mg (18 % RDA), Potassium: 942 mg (47 % EMR)



Total daily values: Total carbs: 35.7 g, Fiber: 14.6 g, **Net carbs: 21.1 g**, Protein: 65.5 g, Fat: 140 g, Calories: 1632 kcal, Magnesium: 232 mg (58 % RDA), Potassium: 2534 mg (126 % EMR), Keto ratio (carbs : protein : fat) is 5 : 16 : 78

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 3

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

Classic Tricolore Salad ([recipe is here](#))

*Total carbs: 17.7 g, Fiber: 9 g, **Net carbs: 8.6 g**,
Protein: 19.2 g, Fat: 50.7 g, Calories: 581 kcal,
Magnesium: 70 mg (18 % RDA), Potassium: 942
mg (47 % EMR)*



Dinner

3 Pesto Egg Muffins ([recipe is here](#))

*Total carbs: 5.9 g, Fiber: 2.1 g, **Net carbs: 3.8 g**, Protein: 20.6 g, Fat: 30.6 g, Calories: 377 kcal,
Magnesium: 56 mg (14 % RDA), Potassium: 418 mg (21 % EMR)*



Total daily values: Total carbs: 29.2 g, Fiber: 11.7 g, **Net carbs: 17.5 g**, Protein: 74.4 g, Fat: 126 g, Calories: 1525 kcal, Magnesium: 152 mg (38 % RDA), Potassium: 1959 mg (98 % EMR), Keto ratio (carbs : protein : fat) is 5 : 20 : 76

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 4

Breakfast

Perfect Spinach & Feta Omelet ([recipe is here](#))

Total carbs: 9.7 g, Fiber: 2.8 g, **Net carbs: 7 g**, Protein: 30.9 g, Fat: 55.5 g, Calories: 659 kcal, Magnesium: 107 mg (27 % RDA), Potassium: 997 mg (50 % EMR)



Lunch

2 Pesto Egg Muffins ([recipe is here](#))

Total carbs: 3.9 g, Fiber: 1.4 g, **Net carbs: 2.5 g**, Protein: 13.7 g, Fat: 20.4 g, Calories: 251 kcal, Magnesium: 38 mg (9 % RDA), Potassium: 278 mg (14 % EMR)



Dinner

2 servings Authentic Greek Salad ([recipe is here](#))

Total carbs: 22.5 g, Fiber: 6.6 g, **Net carbs: 15.9 g**, Protein: 18.7 g, Fat: 55.5 g, Calories: 647 kcal, Magnesium: 74 mg (19 % RDA), Potassium: 908 mg (45 % EMR)



Total daily values: Total carbs: 36.2 g, Fiber: 10.8 g, **Net carbs: 25.4 g**, Protein: 63.3 g, Fat: 131 g, Calories: 1558 kcal, Magnesium: 219 mg (55 % RDA), Potassium: 2184 mg (109 % EMR), Keto ratio (carbs : protein : fat) is 7 : 16 : 77

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 5

Breakfast

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

Total carbs: 7.2 g, Fiber: 2.7 g, **Net carbs: 4.4 g**,
Protein: 34.5 g, Fat: 46 g, Calories: 570 kcal,
Magnesium: 45 mg (11 % RDA), Potassium: 560
mg (28 % EMR)



Lunch

Easy Avocado & Egg Salad ([recipe is here](#))

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

Vegetarian Keto Lasagna ([recipe is here](#))

Total carbs: 13.9 g, Fiber: 5.9 g, **Net carbs: 8 g**, Protein: 20.8 g, Fat: 38 g, Calories: 473 kcal,
Magnesium: 81 mg (20 % RDA), Potassium: 753 mg (37.7 % EMR)

serve with *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, 1-2 tbsp lemon juice, salt and pepper to taste.

Total carbs: 4.4 g, Fiber: 1.4 g, **Net carbs: 2.9 g**, Protein: 1.7 g, Fat: 13.8 g, Calories: 140 kcal,

Magnesium: 18 mg (5 % RDA), Potassium: 316 mg (16 % EMR)



Total daily values: Total carbs: 39 g, Fiber: 17.7 g, **Net carbs: 21.4 g**, Protein: 73.9 g, Fat: 134 g, Calories: 1620 kcal, Magnesium: 203 mg (51 % RDA), Potassium: 2505 mg (125 % EMR), Keto ratio (carbs : protein : fat) is 5 : 19 : 76

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 6

Breakfast

Quick Frittata with Tomatoes and Cheese ([recipe is here](#))

Total carbs: 7.4 g, Fiber: 1.2 g, **Net carbs: 6.2 g**, Protein: 26.7 g, Fat: 32.6 g, Calories: 435 kcal, Magnesium: 32 mg (8 % RDA), Potassium: 414 mg (21 % EMR)



Lunch

Vegetarian Keto Lasagna ([recipe is here](#))

Total carbs: 13.9 g, Fiber: 5.9 g, **Net carbs: 8 g**,
Protein: 20.8 g, Fat: 38 g, Calories: 473 kcal,
Magnesium: 81 mg (20 % RDA), Potassium: 753
mg (37.7 % EMR)



Dinner

Vegetarian Keto Burger ([recipe is here](#))

Total carbs: 18.8 g, Fiber: 10.1 g, **Net carbs: 8.7 g**,
Protein: 23.7 g, Fat: 55.1 g, Calories: 637 kcal,
Magnesium: 116 mg (29 % RDA), Potassium:
874 mg (44 % EMR)



Total daily values: Total carbs: 40.1 g, Fiber: 17.2 g, **Net carbs: 22.9 g**, Protein: 71.3 g, Fat: 125 g, Calories: 1546 kcal, Magnesium: 229 mg (57 % RDA), Potassium: 2042 mg (102 % EMR), Keto ratio (carbs : protein : fat) is 6 : 19 : 75

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 7

Breakfast

Quick Frittata with Tomatoes and Cheese ([recipe is here](#))

Total carbs: 7.4 g, Fiber: 1.2 g, **Net carbs: 6.2 g**,
Protein: 26.7 g, Fat: 32.6 g, Calories: 435 kcal,
Magnesium: 32 mg (8 % RDA), Potassium: 414
mg (21 % EMR)



Lunch

Vegetarian Keto Burger (recipe is [here](#))

Total carbs: 18.8 g, Fiber: 10.1 g, **Net carbs: 8.7 g**,
Protein: 23.7 g, Fat: 55.1 g, Calories: 637 kcal,
Magnesium: 116 mg (29 % RDA), Potassium:
874 mg (44 % EMR)



Dinner

Vegetarian Keto Lasagna (recipe is [here](#))

Total carbs: 13.9 g, Fiber: 5.9 g, **Net carbs: 8 g**, Protein: 20.8 g, Fat: 38 g, Calories: 473 kcal,
Magnesium: 81 mg (20 % RDA), Potassium: 753 mg (37.7 % EMR)



Total daily values: Total carbs: 40.1 g, Fiber: 17.2 g, **Net carbs: 22.9 g**, Protein: 71.3 g, Fat: 125 g, Calories: 1546 kcal, Magnesium: 229 mg (57 % RDA), Potassium: 2042 mg (102 % EMR), Keto ratio (carbs : protein : fat) is 6 : 19 : 75

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 8

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

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

Total carbs: 15.3 g, Fiber: 10.6 g, **Net carbs: 4.8 g**, Protein: 16.5 g, Fat: 56.8 g, Calories: 616 kcal, Magnesium: 63 mg (16 % RDA), Potassium: 959 mg (48 % EMR)



Dinner

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

Total carbs: 11.6 g, Fiber: 4 g, **Net carbs: 7.6 g**, Protein: 17.4 g, Fat: 28.8 g, Calories: 366 kcal, Magnesium: 48 mg (12 % RDA), Potassium: 682 mg (34 % EMR)



Total daily values: Total carbs: 32.6 g, Fiber: 15.1 g, **Net carbs: 17.4 g**, Protein: 68.5 g, Fat: 130 g, Calories: 1550 kcal, Magnesium: 136 mg (34 % RDA), Potassium: 2240 mg (112 % EMR), Keto ratio (carbs : protein : fat) is 5 : 18 : 77

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 9

Breakfast

All-Day Vegetarian Keto Breakfast: 1 large fried egg, ½ medium avocado (75 g / 2.6 oz), 1 oz / 30 g

cheddar cheese, 1 cup white or brown mushrooms (70 g / 2.5 oz), ½ cup cooked spinach (90 g / 3.2 oz), ⅓ cup sauerkraut (50 g / 1.7 oz) - you can [make your own](#), 2 tbsp ghee, salt and pepper to taste.

To prepare the meal, I simply cook the spinach and mushrooms in 1 tbsp ghee and the egg in the remaining ghee, season with salt and pepper to taste and serve with sliced cheese, avocado and drained sauerkraut.



*Total carbs: 15.7 g, Fiber: 9 g, **Net carbs: 6.7 g**, Protein: 19.8 g, Fat: 55.5 g, Calories: 623 kcal, Magnesium: 128 mg (32 % RDA), Potassium: 1305 mg (65 % EMR)*

Lunch

Quick Keto McMuffin ([recipe is here](#))

*Total carbs: 9.4 g, Fiber: 6.5 g, **Net carbs: 2.9 g**, Protein: 26.5 g, Fat: 54.6 g, Calories: 626 kcal, Magnesium: 130 mg (33 % RDA), Potassium: 405 mg (20 % EMR)*



Dinner

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

*Total carbs: 11.6 g, Fiber: 4 g, **Net carbs: 7.6 g**, Protein: 17.4 g, Fat: 28.8 g, Calories: 366 kcal, Magnesium: 48 mg (12 % RDA), Potassium: 682 mg (34 % EMR)*



Total daily values: Total carbs: 36.7 g, Fiber: 19.5 g, **Net carbs: 17.2 g**, Protein: 63.6 g, Fat: 138 g, Calories: 1616 kcal, Magnesium: 306 mg (77 % RDA), Potassium: 2393 mg (119 % EMR), Keto ratio (carbs : protein : fat) is 4 : 16 : 79

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 10

Breakfast

Perfect Spinach & Feta Omelet ([recipe is here](#))

Total carbs: 9.7 g, Fiber: 2.8 g, **Net carbs: 7 g**, Protein: 30.9 g, Fat: 55.5 g, Calories: 659 kcal, Magnesium: 107 mg (27 % RDA), Potassium: 997 mg (50 % EMR)



Lunch

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

Total carbs: 11.6 g, Fiber: 4 g, **Net carbs: 7.6 g**, Protein: 17.4 g, Fat: 28.8 g, Calories: 366 kcal, Magnesium: 48 mg (12 % RDA), Potassium: 682 mg (34 % EMR)



Dinner

All-Day Vegetarian Keto Breakfast: 1 large fried egg, ½ medium avocado (75 g / 2.6 oz), 1 oz / 30 g cheddar cheese, 1 cup white or brown mushrooms (70 g / 2.5 oz), ½ cup cooked spinach (90 g / 3.2 oz), ½ cup sauerkraut (50 g / 1.7 oz) - you can [make your own](#), 2 tbsp ghee, salt and pepper to taste.

To prepare the meal, I simply cook the spinach and mushrooms in 1 tbsp ghee and the egg in the remaining ghee, season with salt and pepper to taste and serve with sliced cheese, avocado and drained sauerkraut.



Total carbs: 15.7 g, Fiber: 9 g, **Net carbs: 6.7 g**, Protein: 19.8 g, Fat: 55.5 g, Calories: 623 kcal, Magnesium: 128 mg (32 % RDA), Potassium: 1305 mg (65 % EMR)

Total daily values: Total carbs: 37 g, Fiber: 15.8 g, **Net carbs: 21.2 g**, Protein: 68 g, Fat: 139 g, Calories: 1649 kcal, Magnesium: 282 mg (71 % RDA), Potassium: 2985 mg (149 % EMR), Keto ratio (carbs : protein : fat) is 5 : 17 : 78

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 11

Breakfast

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

Total carbs: 7.2 g, Fiber: 2.7 g, **Net carbs: 4.4 g**,
Protein: 34.5 g, Fat: 46 g, Calories: 570 kcal,
Magnesium: 45 mg (11 % RDA), Potassium: 560
mg (28 % EMR)



Lunch

Authentic Greek Salad ([recipe is here](#))

Total carbs: 11.3 g, Fiber: 3.3 g, **Net carbs: 8 g**,
Protein: 9.3 g, Fat: 27.8 g, Calories: 323 kcal,
Magnesium: 37 mg (9 % RDA), Potassium: 454
mg (23 % EMR)

serve with 1 [Keto Bun](#)



Total carbs: 12.4 g, Fiber: 8.1 g, **Net carbs: 4.2 g**,
Protein: 10.1 g, Fat: 15.2 g, Calories: 208 kcal, Magnesium: 95 mg (24 % RDA), Potassium: 389 mg (20 % EMR)

Dinner

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

Total carbs: 11.6 g, Fiber: 4 g, **Net carbs: 7.6 g**, Protein: 17.4 g, Fat: 28.8 g, Calories: 366 kcal, Magnesium: 48 mg (12 % RDA), Potassium: 682 mg (34 % EMR)

serve with *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, 1-2 tbsp lemon juice, salt and pepper to taste.



Total carbs: 4.4 g, Fiber: 1.4 g, **Net carbs: 2.9 g**, Protein: 1.7 g, Fat: 13.8 g, Calories: 140 kcal, Magnesium: 18 mg (5 % RDA), Potassium: 316 mg (16 % EMR)

Total daily values: Total carbs: 46.8 g, Fiber: 19.6 g, **Net carbs: 27.2 g**, Protein: 73 g, Fat: 131 g, Calories: 1609 kcal, Magnesium: 242 mg (61 % RDA), Potassium: 2402 mg (120 % EMR), Keto ratio (carbs : protein : fat) is 7 : 18 : 75

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 12

Breakfast

All-Day Vegetarian Keto Breakfast: 1 large fried egg, ½ medium avocado (75 g / 2.6 oz), 1 oz / 30 g cheddar cheese, 1 cup white or brown mushrooms (70 g / 2.5 oz), ½ cup cooked spinach (90 g / 3.2 oz), ⅓ cup sauerkraut (50 g / 1.7 oz) - you can [make your own](#), 2 tbsp ghee, salt and pepper to taste.

To prepare the meal, I simply cook the spinach and mushrooms in 1 tbsp ghee and the egg in the remaining ghee, season with salt and pepper to taste and serve with sliced cheese, avocado and drained sauerkraut.

Total carbs: 15.7 g, Fiber: 9 g, **Net carbs: 6.7 g**, Protein: 19.8 g, Fat: 55.5 g, Calories: 623 kcal, Magnesium: 128 mg (32 % RDA), Potassium: 1305 mg (65 % EMR)



Lunch

Vegetarian Keto Lasagna ([recipe is here](#))

*Total carbs: 13.9 g, Fiber: 5.9 g, **Net carbs: 8 g**,
Protein: 20.8 g, Fat: 38 g, Calories: 473 kcal,
Magnesium: 81 mg (20 % RDA), Potassium: 753
mg (37.7 % EMR)*

serve with *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, 1-2 tbsp lemon juice, salt and pepper to taste.



*Total carbs: 4.4 g, Fiber: 1.4 g, **Net carbs: 2.9 g**, Protein: 1.7 g, Fat: 13.8 g, Calories: 140 kcal,
Magnesium: 18 mg (5 % RDA), Potassium: 316 mg (16 % EMR)*

Dinner

Quick Keto McMuffin ([recipe is here](#))

Total carbs: 9.4 g, Fiber: 6.5 g, **Net carbs: 2.9 g**,
Protein: 26.5 g, Fat: 54.6 g, Calories: 626 kcal,
Magnesium: 130 mg (33 % RDA), Potassium:
405 mg (20 % EMR)



Total daily values: Total carbs: 47.6 g, Fiber: 23.9 g, **Net carbs: 23.6 g**, Protein: 59.2 g, Fat: 143 g, Calories: 1673 kcal, Magnesium: 286 mg (72 % RDA), Potassium: 3250 mg (162 % EMR), Keto ratio (carbs : protein : fat) is 6 : 15 : 80

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 13

Breakfast

Quick Frittata with Tomatoes and Cheese ([recipe is here](#))

Total carbs: 7.4 g, Fiber: 1.2 g, **Net carbs: 6.2 g**,
Protein: 26.7 g, Fat: 32.6 g, Calories: 435 kcal,
Magnesium: 32 mg (8 % RDA), Potassium: 414 mg (21 % EMR)



Lunch

Vegetarian Keto Lasagna ([recipe is here](#))

Total carbs: 13.9 g, Fiber: 5.9 g, **Net carbs: 8 g**,
Protein: 20.8 g, Fat: 38 g, Calories: 473 kcal,
Magnesium: 81 mg (20 % RDA), Potassium: 753
mg (37.7 % EMR)



Dinner

Easy Avocado & Egg Salad ([recipe is here](#))

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)



Total daily values: Total carbs: 30.7 g, Fiber: 13.6 g, **Net carbs: 17.1 g**, Protein: 74
g, Fat: 125 g, Calories: 1535 kcal, Magnesium: 243 mg (61 % RDA), Potassium: 1572
mg (79 % EMR), Keto ratio (carbs : protein : fat) is 5 : 20 : 75

For recommended snacks and extras, [see this list at the end of the diet plan.](#)

Day 14

Breakfast

Quick Frittata with Tomatoes and Cheese ([recipe is here](#))

Total carbs: 7.4 g, Fiber: 1.2 g, **Net carbs: 6.2 g**,
Protein: 26.7 g, Fat: 32.6 g, Calories: 435 kcal,
Magnesium: 32 mg (8 % RDA), Potassium: 414
mg (21 % EMR)



Lunch

Quick Keto McMuffin ([recipe is here](#))

Total carbs: 9.4 g, Fiber: 6.5 g, **Net carbs: 2.9 g**,
Protein: 26.5 g, Fat: 54.6 g, Calories: 626 kcal,
Magnesium: 130 mg (33 % RDA), Potassium:
405 mg (20 % EMR)



Dinner

Vegetarian Keto Lasagna ([recipe is here](#))

Total carbs: 13.9 g, Fiber: 5.9 g, **Net carbs: 8 g**, Protein: 20.8 g, Fat: 38 g, Calories: 473 kcal,
Magnesium: 81 mg (20 % RDA), Potassium: 753 mg (37.7 % EMR)

serve with *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, 1-2 tbsp lemon juice, salt and pepper to taste.

Total carbs: 4.4 g, Fiber: 1.4 g, **Net carbs: 2.9 g**, Protein: 1.7 g, Fat: 13.8 g, Calories: 140 kcal,

Magnesium: 18 mg (5 % RDA), Potassium: 316 mg (16 % EMR)



Total daily values: Total carbs: 35 g, Fiber: 15 g, **Net carbs: 20 g**, Protein: 75.7 g, Fat: 139 g, Calories: 1675 kcal, Magnesium: 261 mg (65 % RDA), Potassium: 1888 mg (94 % EMR), Keto ratio (carbs : protein : fat) is 6 : 18 : 75

For recommended snacks and extras, [see this list at the end of the diet plan.](#)



Recipe Substitutions:

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

- If you don't eat dairy, you can use coconut milk instead of cream or more eggs instead of cheese. You can also try my dairy-free [7-Day Grab & Go Keto/Paleo Diet Plan](#). However, this diet plan is not vegetarian.
- Instead of a [Keto Bun](#): 1 [Low-carb Bagel](#) or a 1-2 slices of [Low-Carb "Rye" Bread](#) or [these buns \(no psyllium\)](#) or [Nut-free Keto Buns](#)
- All the following can be substituted with one another (small nutritional differences): [Chocolate Keto Smoothie](#) or [Vanilla Keto Smoothie](#) or [Pumpkin Smoothie](#) or [Leprechaun Protein Smoothie](#)
- You can try other breakfast options like [pancakes and waffles](#) or [granola](#) but I've tried to keep the sweet meals to a minimum and include only quick breakfast meals, especially for

the week days.

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 ready in the fridge!)
- 1 piece of any [fat bombs](#) from my blog
- Coffee with cream, coconut milk or almond milk *or* [Low-Carb Cappuccino](#)
- 1 cup vegetable stock, best home-made
- Veggie, egg & 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), small amounts of kombucha (beware of carbs)
- 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 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)