



2 Week Ketogenic Diet Plan

<http://KetoDietApp.com/Blog>

New Year's resolutions should not be about losing weight. Instead, I hope this diet plan will be your inspiration for eating healthy and feeling great all year round, not just after the Holiday season.

And it's not just this diet plan. You can find a complete list of [all freely available diet plans here](#). I created several diet plans that are suitable for anyone: keto/ paleo, keto/ primal, keto/ vegetarian diet plans or even a meal plan for the fat fast! All diet plans include a shopping list and easy to make recipes so you won't have to spend too much time in the kitchen.

Note: this diet plan has been updated to make it more convenient so you can spend less time in the kitchen!

Before I get to my new diet plan, I'd like to answer some of the most frequently asked questions about KetoDiet and this challenge...

Do I need KetoDiet app to follow your challenges?

No, you don't need the [KetoDiet app](#) to follow any of the [KetoDiet challenges](#).

Will you make the planner feature available also for the iPhone?

As you may know, the iPhone app does not support planning and monitoring ([see comparison here](#)). However, we have been working on bringing all the features of the iPad to the iPhone and KetoDiet will soon become universal. Once that happens, there will be a big giveaway! You can [learn more about our projects here](#).

Will you make KetoDiet for Android, Windows, etc.?

Yes, our ultimate goal is to make KetoDiet available on many more platforms so everyone can use it. Again, you can [learn more about our projects here](#).










Can we add this diet plan to the KetoDiet App?

Many of you have been asking whether there is an option to "add" my diet plans directly to the app with a single tap. Although this is in our todo list for 2015/ 2016 along many other features, right now you have to add every meal to the planner and your day individually (see screenshots below).

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This post contains a free recipe. Do you want to add **Vanilla Keto Smoothie** to your custom meals?

Yes, add it to my custom meals

You can find your Custom Meals, in Planner > Add > Custom

Vanilla Keto Smoothie

This post has 9 comments

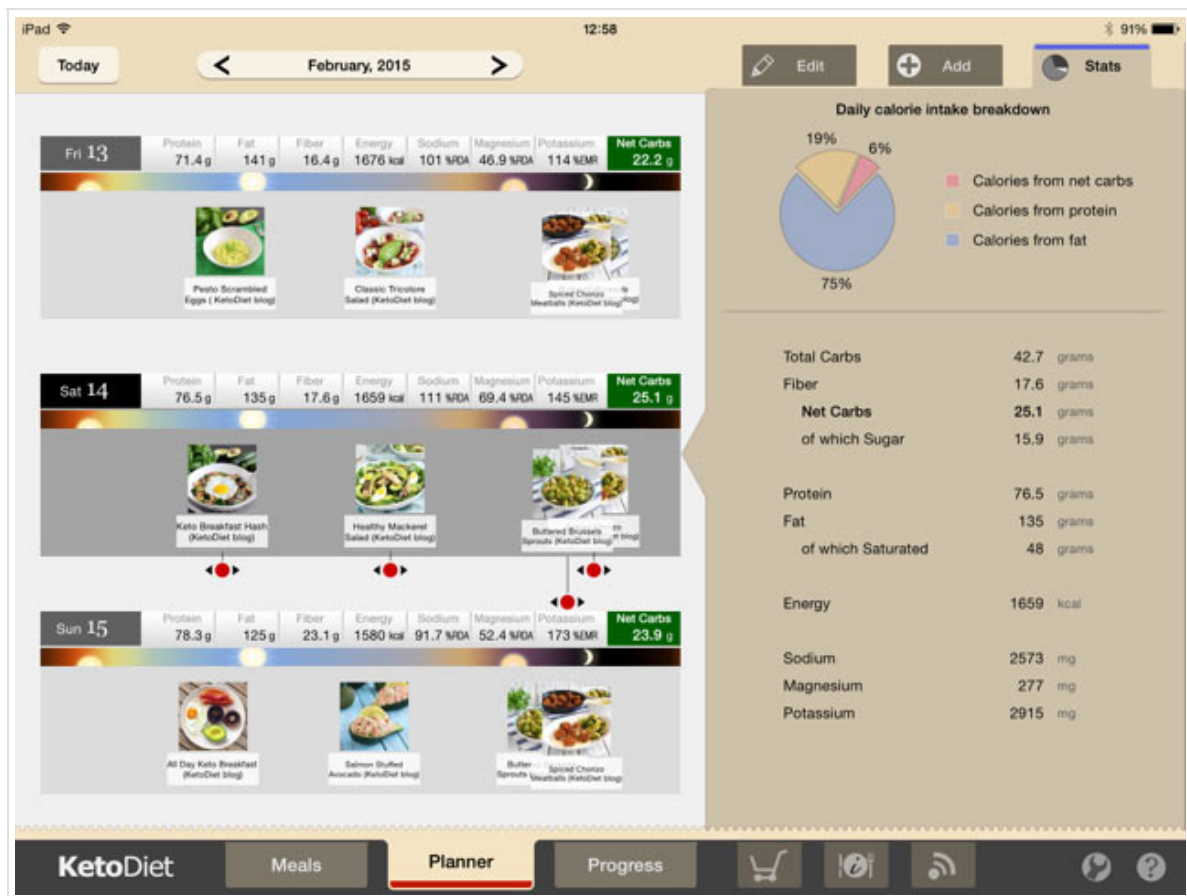


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KetoDiet blog (open in Safari to leave a comment)

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KetoDiet Meals Planner Progress



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. Feel free to swap lunch for dinner, breakfast for lunch, etc. in the same day. You can also swap whole days if you like.
3. Make 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. 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](#).

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'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!](#)
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.
8. If you don't feel hungry, don't eat, even if it means you will skip a meal.

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 some of the paleo-friendly [diet plans from this list](#). There is even a keto-friendly vegetarian diet plan for those who don't eat meat.
- Pork, lamb and fatty fish (salmon, mackerel, sardines) can be substituted with one another because they have a similar nutrition profile
- If you don't eat bacon, use roast beef or beef chorizo sausage instead
- Instead of [Ultimate Keto Buns](#) you can try [Nut-free Keto Buns](#)
- 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.
- The following recipes can be substituted with one another: [Vanilla Keto Smoothie](#) or [Chocolate Keto Smoothie](#) or [Pumpkin Smoothie](#)

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 here](#).

And here is a [an overview of this diet plan in PDF!](#)

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

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

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

*Total carbs: 9.8 g, Fiber: 3.5 g, **Net carbs: 6.3 g**, Protein: 25.5 g, Fat: 37.5 g, Calories: 503 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: 37.5 g, Fiber: 21.2 g, **Net carbs: 16.3 g**, Protein: 69
g, Fat: 136 g, Calories: 1645 kcal, Magnesium: 246 mg (62 % RDA), Potassium: 2303
mg (115 % EMR), Keto ratio (carbs : protein : fat) is 4 : 18 : 78*

Day 2

Breakfast

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

Total carbs: 9.8 g, Fiber: 3.5 g, **Net carbs: 6.3 g**,
Protein: 25.5 g, Fat: 37.5 g, Calories: 503 kcal,
Magnesium: 40 mg (10 % RDA), Potassium: 625
mg (31 % 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

Easy Paprika Chicken ([recipe is here](#)) served with 1 ½ cup (180 g/ 6.3 oz) cauli-rice ([recipe is here](#))

Total carbs: 15 g, Fiber: 5.3 g, **Net carbs: 9.8 g**, Protein: 27.2 g, Fat: 61.2 g, Calories: 714 kcal,
Magnesium: 65 mg (16 % RDA), Potassium: 1018 mg (51 % EMR)



Total daily values: Total carbs: 38.7 g, Fiber: 16.3 g, **Net carbs: 22.4 g**, Protein: 79.7 g, Fat: 133 g, Calories: 1681 kcal, Magnesium: 179 mg (45 % RDA), Potassium: 2766 mg (138 % EMR), Keto ratio (carbs : protein : fat) is 6 : 20 : 75

Day 3

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

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

Total carbs: 9.8 g, Fiber: 3.5 g, **Net carbs: 6.3 g**,
Protein: 25.5 g, Fat: 37.5 g, Calories: 503 kcal,
Magnesium: 40 mg (10 % RDA), Potassium: 625
mg (31 % EMR)



Dinner

Easy Paprika Chicken ([recipe is here](#)) served
with 1 ½ cup (180 g/ 6.3 oz) cauli-rice ([recipe is
here](#))

Total carbs: 15 g, Fiber: 5.3 g, **Net carbs: 9.8 g**,
Protein: 27.2 g, Fat: 61.2 g, Calories: 714 kcal,
Magnesium: 65 mg (16 % RDA), Potassium:
1018 mg (51 % EMR)



Total daily values: Total carbs: 40.3 g, Fiber: 17.7 g, **Net carbs: 22.6 g**, Protein: 72.2
g, Fat: 140 g, Calories: 1707 kcal, Magnesium: 148 mg (37 % RDA), Potassium: 2951
mg (147 % EMR), Keto ratio (carbs : protein : fat) is 6 : 18 : 77

Day 4

Breakfast

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

Total carbs: 9.8 g, Fiber: 3.5 g, **Net carbs: 6.3 g**,
Protein: 25.5 g, Fat: 37.5 g, Calories: 503 kcal,
Magnesium: 40 mg (10 % RDA), Potassium: 625
mg (31 % 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

Easy Paprika Chicken ([recipe is here](#)) served with 1 ½ cup (180 g/ 6.3 oz) cauli-rice ([recipe is here](#))

Total carbs: 15 g, Fiber: 5.3 g, **Net carbs: 9.8 g**, Protein: 27.2 g, Fat: 61.2 g, Calories: 714 kcal,
Magnesium: 65 mg (16 % RDA), Potassium: 1018 mg (51 % EMR)



Total daily values: Total carbs: 38.5 g, Fiber: 16.4 g, **Net carbs: 22.1 g**, Protein: 69.7 g, Fat: 135 g, Calories: 1654 kcal, Magnesium: 164 mg (41 % RDA), Potassium: 2519 mg (126 % EMR), Keto ratio (carbs : protein : fat) is 6 : 18 : 77

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

Easy Paprika Chicken ([recipe is here](#)) served with 1 ½ cup (180 g/ 6.3 oz) cauli-rice ([recipe is here](#))

Total carbs: 15 g, Fiber: 5.3 g, **Net carbs: 9.8 g**,
Protein: 27.2 g, Fat: 61.2 g, Calories: 714 kcal,
Magnesium: 65 mg (16 % RDA), Potassium:
1018 mg (51 % 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: 55.8 g, Fiber: 34.2 g, **Net carbs: 21.6 g**, Protein: 63.9 g, Fat: 140 g, Calories: 1677 kcal, Magnesium: 227 mg (57 % RDA), Potassium: 2793 mg (130 % EMR), Keto ratio (carbs : protein : fat) is 5 : 16 : 79

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: 26 mg (6 % RDA), Potassium: 327
mg (16 % EMR)*



Lunch

Ultimate Keto Bun with Avocado & Bacon

- 1 Ultimate Keto Bun OR Nut-free Keto Buns, halved and toasted served with:
- 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

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)



Total daily values: Total carbs: 41.3 g, Fiber: 24.3 g, **Net carbs: 17 g**, Protein: 64.7 g, Fat: 137 g, Calories: 1605 kcal, Magnesium: 231 mg (58 % RDA), Potassium: 2605 mg (130 % EMR), Keto ratio (carbs : protein : fat) is 4 : 17 : 79

Day 7

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

Ultimate Keto Bun with Avocado & Bacon

- 1 Ultimate Keto Bun OR Nut-free Keto Buns, halved and toasted served with:
- 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

Perfect Pork Chops with Keto Gravy ([recipe is here](#)) served with Creamy Keto Mash ([recipe is here](#))

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: 49.5 g, Fiber: 23.3 g, **Net carbs: 26.2 g**, Protein: 67.7 g, Fat: 153 g, Calories: 1798 kcal, Magnesium: 295 mg (74 % RDA), Potassium: 3239 mg (162 % EMR), Keto ratio (carbs : protein : fat) is 6 : 15 : 79

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

*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

Perfect Pork Chops with Keto Gravy ([recipe is here](#)) served with Creamy Keto Mash ([recipe is here](#))

*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: 35.7 g, Fiber: 12.9 g, **Net carbs: 22.8 g**, Protein: 84.7 g, Fat: 137 g, Calories: 1704 kcal, Magnesium: 196 mg (49 % RDA), Potassium: 2782 mg (139 % EMR), Keto ratio (carbs : protein : fat) is 5 : 20 : 75

Day 9

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 % 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

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

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: 47.3 g, Fiber: 26 g, **Net carbs: 21.3 g**, Protein: 76.8 g, Fat: 147 g, Calories: 1783 kcal, Magnesium: 210 mg (53 % RDA), Potassium: 2883 mg (144 % EMR), Keto ratio (carbs : protein : fat) is 5 : 18 : 77

Day 10

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

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

Total carbs: 17.6 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

Pan-roasted Salmon with Creamy Keto Mash

- 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, herbs such as dill and a dash of lemon juice
- 1 serving [Creamy Keto Mash](#)

Total carbs: 11.7 g, Fiber: 3.9 g, **Net carbs: 7.8 g**, Protein: 36.1 g, Fat: 51.9 g, Calories: 660 kcal,
Magnesium: 79 mg (20 % RDA), Potassium: 1253 mg (63 % EMR)



Total daily values: Total carbs: 32.7 g, Fiber: 13.6 g, **Net carbs: 19.1 g**, Protein: 75.7 g, Fat: 144 g, Calories: 1709 kcal, Magnesium: 174 mg (44 % RDA), Potassium: 2523 mg (126 % EMR), Keto ratio (carbs : protein : fat) is 5 : 18 : 77

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

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

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)



Total daily values: Total carbs: 38.4 g, Fiber: 17 g, **Net carbs: 21.4 g**, Protein: 83.2 g, Fat: 131 g, Calories: 1634 kcal, Magnesium: 196 mg (49 % RDA), Potassium: 2465 mg (123 % EMR), Keto ratio (carbs : protein : fat) is 5 : 21 : 74

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

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

Total carbs: 17.6 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

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)



Total daily values: Total carbs: 38.6 g, Fiber: 16.4 g, **Net carbs: 22.2 g**, Protein: 71.4 g, Fat: 141 g, Calories: 1676 kcal, Magnesium: 187 mg (47 % RDA), Potassium: 2298 mg (114 % EMR), Keto ratio (carbs : protein : fat) is 5 : 17 : 77

Day 13

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

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

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)



Total daily values: Total carbs: 42.7 g, Fiber: 17.6 g, **Net carbs: 25.1 g**, Protein: 76.5 g, Fat: 135 g, Calories: 1659 kcal, Magnesium: 277 mg (69 % RDA), Potassium: 2915 mg (145 % EMR), Keto ratio (carbs : protein : fat) is 6 : 19 : 75

Day 14

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

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)



Total daily values: Total carbs: 47 g, Fiber: 23.1 g, **Net carbs: 23.9 g**, Protein: 78.3 g, Fat: 125 g, Calories: 1580 kcal, Magnesium: 209 mg (52 % RDA), Potassium: 3459 mg (173 % EMR), Keto ratio (carbs : protein : fat) is 6 : 20 : 74



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), small amounts of kombucha (beware of carbs)
- [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 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)