

# Meal Planning Example List

Use these sheets to help you pick out your meals for the week and add them to your calendar. You are not limited to these meals. See the list of cookbooks and recipe resources at the end.

## Breakfast

Baked Spinach and Prosciutto Egg Cups (Mealime)  
205 cal  
2 net carbs

Breakfast Skillet of Greens, Eggs and Ham (Mealime)  
273 cal  
7 net carbs

Quinoa, Orange and Blueberry Breakfast Salad (Mealime)  
425 cal  
41 net carbs

Lemon Blueberry Oatmeal with Almonds (Mealime)  
383 calories  
46 net carbs

Oikos Triple Zero Yogurt  
100 cal  
7 net carbs

Oatmeal (not instant) with any combination of berries, nuts, cinnamon, chia seeds, etc



Chaffles (for those doing low carb)

- google some recipes or ask me for some good ones and I will share
- To make low carb waffles

Bacon

Fried eggs with butter, salt, and pepper

Coffee with heavy whipping cream and no carb sweeteners

Breakfast sausage links (be sure it isn't too sweet by checking the carb count on the package)

Smoked salmon and cream cheese

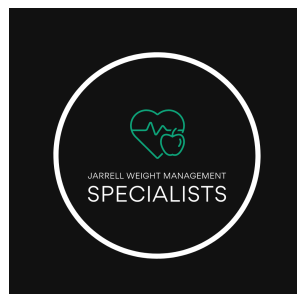
Bacon and cheese omelette

Scrambled eggs (milk, butter in pan, add 2 to 3 eggs mixed with a dash of cream)

Lengthwise sliced cucumber filled with cream cheese and topped with ham, salami, smoked salmon or similar

Scrambled eggs with spinach (and meat) – throw some butter in the pan, (heat or fry meat), sauté with fresh spinach and eggs

Breakfast burger: cook eggs and bacon then roll into a beef patty with cheese then cook until yummy



## Lunch

Turkey Sandwich - Dave's Bread, lettuce, pickle, sliced Turkey, mustard  
320 cal  
36 net carbs (choose low carb bread if needed)

Turkey Burger - Dave's bread, lettuce, pickle, mustard  
440 cal  
36 net carbs (choose low carb bread if needed)

Tuna Sandwich - canned tuna mixed with mustard, maybe olive oil Mayo or yogurt, lemon juice, pickles, onion, Dave's bread  
360 cal  
36 net carbs (choose low carb bread if needed)

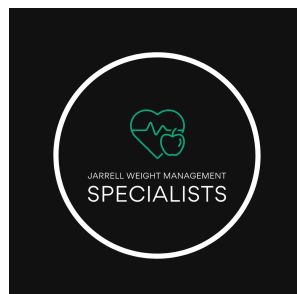
Salads of your choice with topped meat (smoked Turkey, chicken, steak, shrimp, salmon, tuna)

Wraps of your choice with meat, lettuce, beans, etc. Choose whole grain or low carb if needed

Slice of roast beef, tomato, lettuce, melted provolone, and mayo wrapped in the shape of a taquito

Keto sandwich: take a few slices of leafy green lettuce head and wrap a sandwich into it. Safe options include most meats, mayo, salt, pepper, cheese, and small amounts of tomato or onions.

Sautéed chicken or fish over mixed green salad with side of creamy dressing  
Half a chicken breast pan fried in butter then topped with avocado slices and cheese



Flaxseed wrap with whatever cold meat and salad you like

Portobello mushroom tuna melt

Vegetables, avocado, and fish wrapped in Nori sheets

Tuna or chicken salad: tuna, mayo, celery, onion (small amount), pickle, tomato (small amount) wrapped in lettuce



## Dinner

Spicy Edamame Salad with Creamy Ginger Peanut Butter Dressing and Avocado (Mealime)

588 cal

19 net carbs

Creamy Tuscan Chicken with Mushrooms, Spinach and Cherry Tomatoes (Mealime)

649 cal

12 net carbs

Pan Fried Tilapia with Quinoa, Cucumber and Feta Salad (Mealime)

515 cal

32 net carbs

Deer Chilli - ground deer burger, red beans, mushrooms, chilli powder (my recipe, I can share if you ask)

356 cal

23 net carbs

Fathead dough (for those doing low carb)

- Used for pizza
- Google recipes or ask me for some good ones and I will share.

Meat + Sides

- See lists below

Steak seasoned with salt and pepper

Chicken broiled after seasoning with salt, pepper or most chicken rubs (check the label for potential carbs, nothing sweet)



Asian stir-fry with beef, pork, or chicken and non-starchy vegetables (with spaghetti squash noodles if you like)

Rotisserie chicken with a side of vegetable

Sautéed mushrooms and onions with a splash of cream and chicken stock, served over chicken (or other meat)

Crustless bacon and cheddar quiche

Baked tilapia with vegetables

Baked or pan fried salmon

Tacos using microwaved cheese shells or large leaves of lettuce

Stuffed mushrooms

Coconut ginger soup

Caesar salad with chicken, pork, beef, or shrimp

Broccoli in hollandaise sauce or béarnaise with any kind of meat or salmon

Leaf spinach sautéed in olive oil with lemon zest and juice with any kind of fish or chicken and mashed cauliflower (puréed with cream cheese, butter, and nutmeg)

Green asparagus tossed in olive oil and garlic baked in the oven until browned with any kind of fish or meat and mashed cauliflower

Shepherds pie with mashed cauliflower

Cauliflower pizza



## **Meats**

Chicken - Baked, Grilled, Smoked

Turkey - Baked, Grilled, Smoked

Tuna

Salmon

Tilapia

Beef tenderloin

Filet mignon

Lean Steak

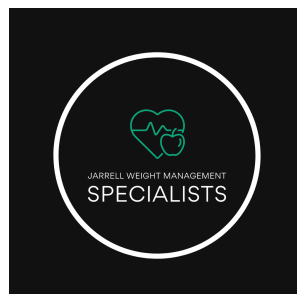
Shrimp

Deer/Venison

Duck

Eggs

Bacon



## Sides

Riced Cauliflower Steamfresh

180 cal

8 net carbs

Brussels Sprouts Simply Steam

170 cal

11 net carbs

Mediterranean Style Quinoa Greenwise

380 cal

44 net carbs

Asparagus Spears Steamable

60 cal

6 net carbs

Green Beans Steamfresh

105 cal

11 net carbs

Cauliflower Steamfresh

80 cal

4 net carbs

Veggie Spirals (Zucchini) - for pasta replacement

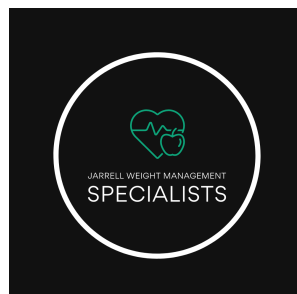
60 cal

4 net carbs

Baked sweet potato or sweet potato fries

Seasoned mushrooms

Pan seared bell pepper, onions, banana pepper, squash, zucchini, etc





## Meal Replacement

Optimum Nutrition protein shake  
2 scoops  
240 cal  
6 net carbs

Quest Hero Bar  
190 cal  
4 net carbs

Premier Protein Products  
Can be bought in grocery stores  
Shakes, Bars, etc

Orgain  
Buy online  
Shakes, Bars, etc

Unjury  
Buy online  
Shakes, Bars, etc



## Snacks

(See separate Snack list, always pair a carb with a protein)

Walnuts

Almonds

Celery

Cucumber

Cauliflower

Grape tomatoes (cherubs)

Blueberries (fresh or frozen)

Blackberries (fresh or frozen)

Strawberries (fresh or frozen)

Buffalo style chicken wings with small amount of ranch or blue cheese dressing

1 to 2 ounces of your favorite cheese, with pickles and olives if you like

Cup of tea with cream

Cup of coffee with cream (decaf if after lunch)

Cheese sticks

Salami slices

Fried non-breaded mushrooms in butter

Macadamia, walnuts, pecans, hazelnut, almonds

Laughing cow cheese wedges

Beef jerky

Hard-boiled eggs

Deviled eggs

Pork rinds

Flavored seaweed

Toasted flaxseed

Eggplant hummus on cheese or cucumber slices

Low-carb chips: round slice of cheddar or provolone cheese in microwave for two minutes



## **Cookbooks**

Wholesome Yum Easy Keto Cookbook

The Defined Dish

Mediterranean Diet Cookbook: 550 Quick, Easy and Healthy Mediterranean Diet Recipes for Everyday Cooking

## **Low Carb Websites and Phone Apps:**

[dietdoctor.com](https://dietdoctor.com)

[reddit.com/r/ketorecipes](https://reddit.com/r/ketorecipes)

Carb Manager App

Instagram: Keto Recipes

Mealime App

