

KETOVALE

tasteaholics

Proudly Represents

7-Day Keto Diet Weight Loss Meal Plan



Dear KetoVale.com Readers,

First of all, thank you so much for being a part of our Keto Diet community!

We join forces with our friend Vicky and Rami, founders of [Tasteaholics](#) to share with you this complimentary 7-Day Low Carb Keto Meal Plan to help you succeed with the Keto Way of Eating.

How to use this plan:

- Each day will be between 1,500-1,700 calories (*designed for weight loss*).
- This meal plan is designed for 1 person. If you would like to use them for multiple people, simply multiply the ingredient quantities by the total number of people.
- Be flexible! Feel free to replace any of the recipes or ingredients with your personal choices and adjust the ingredient amounts to fit your macros and situation.
- If you follow a **very strict keto diet**, make sure to personalize this meal plan (including the snack list suggestion at the end) to make it work for you.

Before you go, feel free to check these useful resources:

- **The Complete Keto Diet Guide For Beginners:**
<https://www.ketovale.com/ketogenic-diet-guide/>
- **Keto Diet Food List: What to Eat and What to Avoid:**
<https://www.ketovale.com/ketogenic-diet-food-list/>
- **Ketogenic Diet Success Stories:**
<https://www.ketovale.com/ketogenic-diet-success-stories/>
- **Weekly Keto Meal Plans Subscription*:**
<https://www.ketovale.com/weekly>
- **Keto in Five eCookbook* - 120 Recipes 5 Ingredients & 5 Carbs:**
<https://www.ketovale.com/cookbook>

Also, read our story on our website [KetoVale.com](#) to learn more about us:
<https://www.ketovale.com/about/>

*Offers by our partner [Tasteaholics](#)

Have You Tried These?

Breakfast IN FIVE

30 *low carb* breakfasts

Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe

[LEARN MORE](#)



Lunch IN FIVE

30 *low carb* lunches

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Dinner IN FIVE

30 *low carb* dinners

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Dessert IN FIVE

30 *low carb* desserts

Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe

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LOW CARB
WEEKLY
meal plans

delivered straight to your inbox!

- ✓ easy & delicious low carb recipes
- ✓ shopping lists
- ✓ leftovers & keto snack ideas
- ✓ all macros calculated

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THIS WEEK AT A GLANCE

	BREAKFAST	LUNCH	DINNER	TOTAL MACROS
SUNDAY	Cauliflower Breakfast Hash	Creamy Peppercorn Beef	Marinara Poached Cod With ½ Medium Avocado	Calories: 1,620 Fat: 105.5g Protein: 129g Net Carbs: 29g
MONDAY	Bacon Shell Breakfast Tacos	Leftover Creamy Peppercorn Beef	Cheesesteak Stuffed Portobellos	Calories: 1,615 Fat: 110g Protein: 130.5g Net Carbs: 16.5g
TUESDAY	Leftover Cauliflower Breakfast Hash with 3 Slices Thick-Cut Bacon	Loaded Zucchini Skins with 1 ounce Turkey Jerky	Spaghetti Squash Pizza Cups	Calories: 1,635 Fat: 121g Protein: 102.5g Net Carbs: 37.5g
WEDNESDAY	Leftover Bacon Shell Breakfast Tacos	Dill Pickle Reubens	Leftover Cheesesteak Stuffed Portobellos with 1 Slice Thick-Cut Bacon	Calories: 1,665 Fat: 124.5g Protein: 104g Net Carbs: 20g
THURSDAY	Ham and Cheese Breakfast Rolls	Leftover Dill Pickle Reubens	Leftover Marinara Poached Cod with 1 Slice Thick-Cut Bacon	Calories: 1,590 Fat: 117.5g Protein: 106g Net Carbs: 21g
FRIDAY	Leftover Bacon Shell Breakfast Tacos	Leftover Cheesesteak Stuffed Portobellos	Leftover Spaghetti Squash Pizza Cups with 2 Slices Thick-Cut Bacon	Calories: 1,650 Fat: 121.5g Protein: 109g Net Carbs: 27g
SATURDAY	Leftover Ham and Cheese Breakfast Rolls	Leftover Dill Pickle Reubens	Leftover Cheesesteak Stuffed Portobellos with 1 Slice Thick-Cut Bacon	Calories: 1,600 Fat: 116.5g Protein: 108.5g Net Carbs: 20g

SHOPPING LIST

PROTEIN

- Bacon, thick-cut - 26 slices
- Beef, 1-inch sirloin – 1 pound 12 ounces
- Cod, boneless – 2 (8-ounce) fillets
- Corned beef – ¼ pound
- Eggs – 14 large
- Ham, deli – 4 slices
- Pepperoni – 2 ounces
- Turkey jerky – 1 ounce

DAIRY

- Almond milk – cups
- Butter – 4 tablespoons
- Cheddar cheese, shredded – 2 ½ cups
- Heavy cream – 1 cup
- Mayonnaise – ¼ cup
- Mozzarella, shredded – 1 cup
- Parmesan, grated – ¼ cup
- Provolone, shredded – 1 cup
- Sour cream – 5 tablespoons
- Swiss cheese – 3 slices

PRODUCE

- Avocado – 1 small, ½ medium
- Bell pepper, green – 1 small
- Bell pepper, red – 2 small
- Cauliflower – 1 small head
- Chives – 1 bunch
- Garlic – 1 head
- Green beans – 2 cups
- Onion, green – 1 stalk
- Onion, yellow – 2 small, 2 medium
- Parsley – 1 bunch

- Portobello caps – 4 large
- Romaine lettuce – 2 cups
- Spaghetti squash – 1 small
- Zucchini – 1 medium

PANTRY ITEMS

- Bay leaves - 2
- Chili powder
- Coconut oil
- Dill pickles, large – 3
- Garlic powder
- Ketchup, low-sugar
- Marinara, low-carb – 3 cups
- Olive oil
- Pepper, black
- Pickle relish
- Powdered erythritol
- Salt
- Smoked paprika
- Whole peppercorns – 2 tablespoons
- Worcestershire sauce

CAULIFLOWER BREAKFAST HASH

Calories: 440 Fat: 27.5 g Protein: 31 g Total Carbs: 19 g Fiber: 5.5 g Net Carbs: 13.5 g

Prep Time: 10 minutes

Cook Time: 15 minutes

INGREDIENTS

- 4 slices thick-cut bacon
- 1 medium yellow onion, chopped
- 1 small red pepper, chopped
- 1 small head cauliflower, chopped
- Pinch smoked paprika
- Salt and pepper
- 1 tablespoon water
- 1 clove minced garlic
- 1 green onion, sliced thin
- 4 large eggs
- ½ cup shredded cheddar cheese

INSTRUCTIONS

1. Cook the bacon until crisp then drain on paper towel and crumble.
2. Reheat the skillet over medium heat and add the onion, peppers, and cauliflower.
3. Sauté for 5 minutes until the veggies start to soften then season with paprika, salt, and pepper.
4. Add the water then cover and cook for 5 minutes.
5. Stir in the garlic and green onions then cook for 1 minute, stirring often.
6. Make four depressions in the mixture and crack an egg into each.
7. Sprinkle with cheese and bacon then season with salt and pepper to taste.
8. Cover and cook for 5 to 6 minutes until the eggs are done. Makes 2 servings.

BACON SHELL BREAKFAST TACOS

Calories: 630 Fat: 53 g Protein: 32 g Total Carbs: 8 g Fiber: 4.5 g Net Carbs: 3.5 g

Prep Time: 10 minutes

Cook Time: 25 minutes

INGREDIENTS

- o 12 strips bacon, uncooked
- o Salt and pepper
- o 6 large eggs
- o 2 tablespoons heavy cream
- o 1 tablespoon butter
- o 1 tablespoon chopped chives
- o 1/3 cup shredded cheddar cheese
- o 1 small avocado, sliced
- o 3 tablespoons sour cream

INSTRUCTIONS

1. Preheat the oven to 400°F and line a baking sheet with foil.
2. Take four strips of bacon and weave them together into a square then repeat for a total of three.
3. Season with salt and pepper then place another baking sheet on top to flatten the bacon.
4. Bake for 18 to 20 minutes until the bacon is crisp.
5. Whisk together the eggs and heavy cream in a bowl then season with salt and pepper.
6. Melt the butter in a skillet and cook the eggs until just set.
7. Stir in the chives and shredded cheese.
8. Divide the egg mixture among the four bacon wraps and fold them into taco shells.
9. Top with sliced avocado and sour cream to serve. Makes 3 servings.

HAM AND CHEESE BREAKFAST ROLLS

Calories: 565 Fat: 45 g Protein: 36.5 g Total Carbs: 4.5 g Fiber: 1 g Net Carbs: 3.5 g

Prep Time: 5 minutes

Cook Time: 10 minutes

INGREDIENTS

- 4 large eggs, whisked
- ¼ cup heavy cream
- 2 tablespoons fresh chopped chives
- Salt and pepper
- 1 tablespoon butter
- 1 cup shredded cheddar cheese, divided
- 4 slices deli ham

INSTRUCTIONS

1. Whisk together the eggs, heavy cream, chives, salt and pepper.
2. Melt the butter in a medium skillet over medium heat.
3. Pour in half the egg mixture, tilting to spread, then cook for 2 minutes.
4. Sprinkle with ½ cup cheese and cook for another 2 minutes.
5. Slide onto a plate and top with 2 slices of ham then roll it up tightly.
6. Repeat with the remaining ingredients. Serves 2.

CREAMY PEPPERCORN BEEF

Calories: 550 Fat: 34.5 g Protein: 53 g Total Carbs: 6 g Fiber: 1 g Net Carbs: 5 g

Prep Time: 15 minutes

Cook Time: 10 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 small yellow onion, sliced
- 12 ounces 1-inch sirloin steak
- ¾ cup heavy cream
- 2 tablespoons whole peppercorns
- Salt
- 2 cups chopped lettuce

INSTRUCTIONS

1. Heat the oil in a skillet over medium heat.
2. Add the onions and sauté until translucent then remove to a bowl.
3. Increase the heat to high and add the steak – sear for 5 minutes on each side.
4. Remove the steak to a cutting board and slice into strips.
5. Return the onion and steak to the skillet then add the heavy cream and peppercorns.
6. Simmer for 5 to 10 minutes then season with salt.
7. Serve hot over a bed of lettuce. Makes 2 servings.

LOADED ZUCCHINI SKINS

Calories: 440 Fat: 38.5 g Protein: 18 g Total Carbs: 8.5 g Fiber: 2.5 g Net Carbs: 6 g

Prep Time: 10 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 medium zucchini
- 1 tablespoon olive oil
- Pinch chili powder (optional)
- Pinch paprika
- Salt and pepper
- ½ cup shredded cheddar cheese
- 2 slices thick-cut bacon, cooked and chopped
- 2 tablespoons sour cream

INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Slice the zucchini in half lengthwise and scoop out the seeds – cut each half into three pieces.
3. Place the zucchini on a baking sheet and brush with oil.
4. Sprinkle with chili powder, paprika, salt and pepper then bake 5 minutes.
5. Top each piece with cheese and bacon then bake 10 minutes more.
6. Serve hot with sour cream.

DILL PICKLE REUBENS

Calories: 500 Fat: 41 g Protein: 19.5 g Total Carbs: 10.5 g Fiber: 2.5 g Net Carbs: 8 g

Prep Time: 10 minutes

Cook Time: 0 minutes

INGREDIENTS

- 3 large dill pickles
- ¼ cup mayonnaise
- 1 tablespoon low-sugar ketchup
- 1 tablespoon pickle relish
- 1 teaspoon Worcestershire sauce
- ¼ pound thinly sliced corned beef
- 3 slices Swiss cheese

INSTRUCTIONS

1. Slice the pickles in half lengthwise and scoop out the seeds.
2. Whisk together the mayonnaise, ketchup, relish, and Worcestershire in a small bowl.
3. Spread the sauce on the bottom half of each pickle.
4. Top with corned beef and cheese then the other half of each pickle.
5. Secure everything together with toothpicks. Makes 3 servings.

MARINARA POACHED COD

Calories: 425 Fat: 23.5 g Protein: 43 g Total Carbs: 14 g Fiber: 5 g Net Carbs: 9 g

Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 small yellow onion, chopped
- 2 cloves minced garlic
- ½ cup low-carb marinara sauce
- 2 bay leaves, halved
- Salt and pepper
- 1 cup water
- 2 (8-ounce) cod fillets, boneless
- 1 tablespoon butter
- 2 cups green beans, trimmed

INSTRUCTIONS

1. Heat the oil in a skillet over medium heat.
2. Add the onion and garlic and sauté for 5 minutes.
3. Pour in the marinara sauce then add the bay leaf, salt and pepper.
4. Stir in 1 cup of water and simmer for 5 minutes.
5. Add the cod then reduce heat and cook, covered, on low for 10 minutes, flipping after 5 minutes.
6. In a separate pan, sauté the green beans in butter then serve together. Makes 2 servings.

CHEESESTEAK STUFFED PORTOBELLOS

Calories: 435 Fat: 22.5 g Protein: 45.5 g Total Carbs: 9.5 g Fiber: 1.5 g Net Carbs: 8 g

Prep Time: 15 minutes

Cook Time: 20 minutes

INGREDIENTS

- 4 large Portobello mushrooms caps
- 1 tablespoon olive oil
- Salt and pepper
- 1 tablespoon butter
- 1 medium yellow onion, sliced
- 1 small red pepper, sliced
- 1 small green pepper, sliced
- 1 pound 1-inch sirloin steak, sliced thin
- 1 cup shredded provolone cheese

INSTRUCTIONS

1. Preheat the oven to 350°F and line a baking sheet with foil.
2. Remove the stems from the mushroom caps and brush with olive oil.
3. Season with salt and pepper and place stem-side up on the baking sheet.
4. Heat the butter in a skillet over medium heat.
5. Add the onions and peppers and sauté for 5 minutes until tender, then remove from skillet.
6. Reheat the skillet and add the steak. Sauté for 5 to 6 minutes until done.
7. Toss the steak with the peppers and onions, seasoning with salt and pepper to taste.
8. Spoon the mixture into the mushroom caps and sprinkle with cheese.
9. Bake for 20 minutes until the cheese is melted. Makes 4 servings.

SPAGHETTI SQUASH PIZZA CUPS

Calories: 385 Fat: 30 g Protein: 17.5 g Total Carbs: 16.5 g Fiber: 2 g Net Carbs: 14.5 g

Prep Time: 60 minutes

Cook Time: 25 minutes

INGREDIENTS

- 1 small spaghetti squash (about 3 cups)
- 1 tablespoon olive oil
- Salt and pepper
- 4 tablespoons grated parmesan
- 1 teaspoon garlic powder
- 1 ½ cups low-carb tomato sauce
- 1 cup shredded mozzarella cheese
- 2 ounces chopped pepperoni
- Fresh chopped parsley

INSTRUCTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. Cut the spaghetti squash in half and drizzle the cut sides with oil.
3. Place the halves cut-side down on the baking sheet and bake for 50 minutes.
4. Cool the squash for 10 minutes then shred the flesh with a fork into a bowl.
5. Stir in the parmesan and garlic powder then season with salt and pepper.
6. Press the squash into a muffin pan, using ¼ cup per tin, pressing into the bottom and sides.
7. Bake for 15 minutes then spoon in the tomato sauce.
8. Top with mozzarella and chopped pepperoni then bake 10 minutes more.
9. Sprinkle with fresh parsley to serve. Makes 2 servings.

KETO-FRIENDLY SNACKS

If at any point during the day you begin to feel hungry, make sure to have some keto-friendly snacks on hand. You shouldn't be hungry between meals, but sometimes in the beginning of your ketogenic diet, you need some time to adjust. These keto-friendly snacks are here to help!

- Pork rinds – great with just about anything
- Nuts (walnuts, pecans, brazil nuts, macadamias)
- Seeds – sunflower, pumpkin, chia, flax, etc.
- *Laughing Cow* cheese (full fat only)
- Hummus – dip pork rinds, carrots, celery, peppers or your favorite low carb vegetable! Enjoy hummus sparingly.
- Dark chocolate (75% and above) or any stevia sweetened chocolate (like *Lily's* or *ChocoPerfection*)
- Seaweed
- String cheese
- Jerky
- Cocoa nibs – a great, quick, sugarless alternative to chocolate bars
- Avocados – all you need is a little sea salt for a great high-fiber snack
- Sardines – sprinkle some *Old Bay* seasoning and chow down!
- Nut butters – peanut, almond, cashew, coconut, etc. Make sure there's no sugar added.
- Pickles
- Sugar-free Jell-O
- *Quest* bars

COMMON ALLERGENS

To make our Low Carb Weekly Meals Plans easy to use and versatile, we've included the most common food allergens and what you can substitute for them.

- Coconut
 - Coconut oil may be replaced with butter or other types of oils in a 1:1 ratio.
 - Every ¼ cup of coconut flour may be replaced with 1 cup of almond flour in many recipes. Reduce liquids by half as well.
- Dairy
 - Heavy cream may be replaced with coconut cream in a 1:1 ratio.
 - Butter may be replaced with coconut oil in a 1:1 ratio.
 - Cheese can usually be omitted in some recipes but you can opt for using a vegan cheese. Be sure to check the carbs on the nutrition label!
 - Mayonnaise may be used in place of cream cheese and sour cream in some recipes in a 1:1 ratio.
 - Unsweetened coconut milk yogurt may be used in place of dairy yogurt in a 1:1 ratio.
 - Avocado may be added for texture and fat.
- Eggs
 - For every egg a recipe uses, replace with 2 tablespoons of chia seed (or flax seed) which has been soaked in 2.5 tablespoons of water for 5 minutes.
- Nuts
 - Replace nuts used in most recipes with your favorite seeds, such as pumpkin seeds, sunflower seeds and chia or flax.
 - Nut butters may be replaced with more tolerable nut or seed butters or tahini.
 - For every 1 cup of almond flour, replace with ¼ cup coconut flour and double the recipe's liquids.
- Shellfish
 - Replace shellfish like shrimp with any other meat you like and can eat.

IF YOU LOVE OUR MEAL PLANS...

You'll fall in love with our [Keto in Five](#) ecookbook series!

Each book is full of [30 low carb & gluten-free recipes](#) each using [only 5 ingredients](#) and [having up to 5 grams of net carbs](#). There's nothing easier than that.

Keto dieters all over the world have been enjoying the simplicity and flavors of our Keto in Five recipes. Don't miss out on them!

Click the books below to learn more about each one:



Breakfast
IN FIVE
by tasteaholics

30 *low carb* breakfasts
Up to **5** net carbs, **5** ingredients &
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THANK YOU!

We hope you've enjoyed these recipes!

Low carb dieting shouldn't be hard... but it shouldn't be bland either. Our goal is to provide you with fun, exciting and versatile recipes you can use every single day.

If you have any questions regarding the recipes, your account, billing or just have a suggestion you'd like to see us implement, feel free to contact us at hello@tasteholics.com – we respond to emails every day and would love to hear what you have to say.

Vicky & Rami
(and the entire Tasteholics team)