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Keto Diet *Plan*

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Keto Diet Plan

THE KEY FEATURES OF A KETO DIET PLAN ARE:



Low Carbohydrates (5-10% of total calories)

- Typically 20-50g of net carbs per day
- Avoid bread, pasta, rice, sugar, high-carb fruits (bananas, apples)
- Focus on low-carb vegetables (leafy greens, zucchini, cauliflower, broccoli)

High Healthy Fats (70-75% of total calories)

- Healthy fats: Avocados, olive oil, coconut oil, nuts, seeds, butter
- Fatty fish: Salmon, sardines, mackerel
- Full-fat dairy: Cheese, heavy cream

Moderate Protein (20-25% of total calories)

- Lean meats: Chicken, beef, pork, lamb
- Eggs: A staple keto-friendly protein
- Dairy-based protein: Cheese, Greek yogurt

No Processed Sugars or Starches

- No white flour, sugary snacks, sodas, or high-carb grains
- Use natural keto-friendly sweeteners (stevia, monk fruit, erythritol)

Encourages Ketosis (Fat-burning state)

- The goal is to switch from burning glucose (carbs) to burning fat for energy
- Ketones become the primary fuel for the body

Electrolyte Balance & Hydration

- Drink plenty of water to prevent dehydration
- Increase sodium, potassium, and magnesium (via food or supplements) to avoid the "Keto flu"



1 Week

Keto Diet Plan

MONDAY

Breakfast: Scrambled eggs with cheese, avocado, and bacon
Snack: Almonds and cheddar cheese cubes
Lunch: Grilled chicken Caesar salad (no croutons) with Parmesan and creamy dressing
Snack: Celery sticks with peanut butter
Dinner: Ribeye steak with garlic butter and roasted Brussels sprouts

WEDNESDAY

Breakfast: Omelet with mushrooms, spinach, and goat cheese
Snack: Handful of walnuts and pork rinds
Lunch: Tuna salad with mayo and chopped cucumbers on a bed of lettuce
Snack: Pepperoni slices with guacamole
Dinner: Baked chicken breast with cheesy broccoli

FRIDAY

Breakfast: Scrambled eggs with chorizo and avocado
Snack: Pork rinds with guacamole
Lunch: Turkey and cheese roll-ups with lettuce and mustard
Snack: Cucumbers with ranch dressing
Dinner: Grilled lamb chops with roasted cauliflower

SUNDAY

Breakfast: Cheese omelet with avocado and hot sauce
Snack: A handful of Brazil nuts
Lunch: Keto taco salad (ground beef, cheese, sour cream, lettuce, salsa)
Snack: Keto fat bombs (made from coconut oil, cocoa powder, and peanut butter)
Dinner: Grilled steak with buttered green beans

TUESDAY

Breakfast: Avocado and smoked salmon with cream cheese on a lettuce wrap
Snack: Hard-boiled eggs with sea salt
Lunch: Chicken thighs with sautéed spinach in butter
Snack: Olives and cheese slices
Dinner: Grilled salmon with creamy cauliflower mash

THURSDAY

Breakfast: Chia seed pudding with unsweetened almond milk and berries
Snack: Macadamia nuts and dark chocolate (85% or higher)
Lunch: Cobb salad with avocado, boiled eggs, grilled chicken, bacon, and blue cheese
Snack: String cheese and a handful of pecans
Dinner: Zucchini noodles with creamy Alfredo sauce and grilled shrimp

SATURDAY

Breakfast: Keto pancakes with butter and sugar-free syrup
Snack: Almonds and coconut flakes
Lunch: Egg salad lettuce wraps with bacon
Snack: Cheese crisps and olives
Dinner: Baked salmon with garlic butter asparagus



1 Week

Keto Grocery List

Healthy Fats & Oils (Main Energy Source)

- Avocados
- Extra virgin olive oil
- Coconut oil
- Butter & ghee
- MCT oil (for coffee & smoothies)
- Nuts (almonds, walnuts, pecans, macadamia)
- Seeds (chia, flaxseeds, sunflower, pumpkin)
- Nut butters (almond butter, peanut butter - no added sugar)

Proteins (Moderate Intake)

- Eggs (organic, pasture-raised if possible)
- Chicken (breast, thighs, drumsticks)
- Beef (steak, ground beef, brisket)
- Pork (chops, bacon, sausage - check for sugar content)
- Turkey (ground, breast)
- Fish (salmon, tuna, sardines, mackerel)
- Shellfish (shrimp, crab, lobster)
- Tofu & Tempeh (for plant-based keto)

Dairy & Alternatives

- Cheese (cheddar, mozzarella, Parmesan, cream cheese)
- Heavy cream
- Greek yogurt (full-fat, unsweetened)
- Cottage cheese (low-carb option)

Low-Carb Vegetables (For Fiber & Nutrients)

- Leafy greens (spinach, kale, arugula, romaine)
- Cruciferous veggies (broccoli, cauliflower, Brussels sprouts)
- Zucchini
- Bell peppers
- Asparagus
- Mushrooms
- Cucumbers
- Eggplant
- Green beans



Pantry Staples & Keto-Friendly Condiments

- Almond flour & coconut flour (for keto baking)
- Monk fruit, stevia, or erythritol (sugar-free sweeteners)
- Unsweetened cocoa powder
- Bone broth (for electrolytes)
- Sugar-free mustard, mayo, hot sauce
- Apple cider vinegar
- Herbs & spices (garlic powder, turmeric, oregano)

KETO MEAL PREP GUIDE

PLAN YOUR MEALS

- Choose 2-3 breakfast options, 3-4 lunch/dinner meals, and snacks for variety
- Stick to simple, batch-cooked recipes to save time

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MEAL PREP IDEAS

Breakfast Options (Make-Ahead & Easy to Grab)

- Egg muffins (eggs, cheese, bacon, spinach baked in muffin tins)
- Chia pudding (chia seeds + unsweetened almond milk + keto sweetener)
- Avocado & smoked salmon with boiled eggs

Lunch/Dinner (Batch Cook & Store)

- Grilled chicken with roasted veggies (broccoli, zucchini, bell peppers)
- Keto taco bowls (ground beef, cheese, lettuce, guacamole)
- Salmon with garlic butter asparagus
- Cauliflower fried rice with shrimp & coconut aminos

Snack Ideas (Easy & Keto-Friendly)

- Cheese & almonds
- Celery sticks with peanut butter
- Pork rinds with guacamole
- Dark chocolate (85% or higher) with macadamia nuts

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MEAL PREP IDEAS

- Pre-cook proteins: Grill or bake chicken, beef, or salmon ahead of time
- Roast or steam veggies: Store in containers for easy reheating
- Make sauces & dressings: Keto-friendly ranch, garlic butter, pesto
- Use portioned meal containers: Helps with easy grab-and-go meals

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