

# 21 Days

## Keto Diet



*21 Days Recipe*

*Kickstart to your Weight Loss*

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<https://weightlossherald.com>



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# 21 Day Keto Diet PDF Plan

## **Chapter 1: Introduction**

- What is the keto diet?
- How does it work?
- Benefits of following a keto diet
- What to expect in the next 21 days

## **Chapter 2: Getting Started**

- Calculating your macros
- Setting goals for the next 21 days
- Making a meal plan and grocery list
- Tips for preparing your kitchen for a keto diet

## **Day 1**

- Breakfast: Scrambled eggs with avocado and bacon
- Lunch: Chicken salad with lettuce, cucumber, and tomato
- Dinner: Grilled salmon with asparagus
- Snacks: Cheese and nuts

## **Day 2**

- Breakfast: Greek yogurt with berries and almonds
- Lunch: Tuna salad with avocado and spinach
- Dinner: Beef stir-fry with broccoli and cauliflower rice
- Snacks: Hard-boiled eggs and celery with peanut butter

## **Day 3**

- Breakfast: Keto smoothie with almond milk, spinach, and berries
- Lunch: Egg salad with cucumber and lettuce
- Dinner: Zucchini noodles with meatballs and tomato sauce
- Snacks: Cheese and olives

## **Chapter 3: Week 1**

- Daily meal plans and recipes for breakfast, lunch, and dinner

- Snack ideas
- Tips for staying on track

#### **Day 4**

- Breakfast: Keto pancakes with butter and sugar-free syrup
- Lunch: Ham and cheese roll-ups with lettuce and tomato
- Dinner: Grilled chicken with cauliflower mash
- Snacks: Pork rinds and avocado

#### **Day 5**

- Breakfast: Bacon and cheese omelette
- Lunch: Spinach and feta stuffed chicken breast
- Dinner: Pork chops with green beans
- Snacks: Beef jerky and cucumber slices with cream cheese

#### **Day 6**

- Breakfast: Keto smoothie with almond milk, coconut oil, and berries
- Lunch: Cobb salad with bacon, egg, and avocado
- Dinner: Baked salmon with broccoli and cheese sauce
- Snacks: Macadamia nuts and string cheese

### **Chapter 4: Week 2**

- Daily meal plans and recipes for breakfast, lunch, and dinner
- Snack ideas
- Tips for staying on track

#### **Day 7**

- Breakfast: Keto waffles with whipped cream and berries
- Lunch: Tuna salad with celery and mayo
- Dinner: Steak with roasted brussels sprouts
- Snacks: Peanut butter and celery

#### **Day 8**

- Breakfast: Scrambled eggs with spinach and cheese
- Lunch: Greek salad with olives, feta, and cucumber

- Dinner: Chicken fajitas with lettuce wraps
- Snacks: Walnuts and cheddar cheese

### **Day 9**

- Breakfast: Bacon and cheese quiche
- Lunch: Chicken Caesar salad
- Dinner: Stuffed bell peppers with ground beef and cheese
- Snacks: Pork rinds and guacamole

### **Chapter 5: Week 3**

- Daily meal plans and recipes for breakfast, lunch, and dinner
- Snack ideas
- Tips for staying on track

### **Day 10**

- Breakfast: Keto smoothie with almond milk, peanut butter, and cocoa powder
- Lunch: Turkey and cheese roll-ups with lettuce and mayo
- Dinner: Roasted chicken with brussels sprouts and bacon
- Snacks: String cheese and almonds

### **Day 11**

- Breakfast: Keto muffins with cream cheese frosting
- Lunch: Chicken salad with avocado and tomatoes
- Dinner: Grilled shrimp with zucchini noodles
- Snacks: Cucumber slices with ranch dressing

### **Day 12**

- Breakfast: Keto pancakes with whipped cream and strawberries
- Lunch: BLT salad with avocado
- Dinner: Beef and broccoli stir-fry with cauliflower rice
- Snacks: Cheese and pepperoni slices

### **Chapter 6: FAQs**

- Common questions and concerns about the keto diet
- Troubleshooting common issues

- Tips for overcoming plateaus

### **Day 13**

- Breakfast: Bacon and cheese omelette with avocado
- Lunch: Greek yogurt with berries and almonds
- Dinner: Baked salmon with roasted asparagus
- Snacks: Hard-boiled eggs and celery with almond butter

### **Day 14**

- Breakfast: Keto smoothie with almond milk, spinach, and berries
- Lunch: Chicken Caesar salad with parmesan crisps
- Dinner: Grilled steak with cauliflower mash
- Snacks: Pork rinds and guacamole

### **Day 15**

- Breakfast: Keto muffins with cream cheese frosting
- Lunch: Cobb salad with bacon, egg, and avocado
- Dinner: Chicken and vegetable stir-fry with cauliflower rice
- Snacks: Cheese and olives

## **Chapter 7: Conclusion**

- Celebrating your success
- Long-term strategies for maintaining a healthy lifestyle
- Additional resources and support for continuing your keto journey

### **Day 16**

- Breakfast: Keto pancakes with butter and sugar-free syrup
- Lunch: Tuna salad with celery and mayo
- Dinner: Baked chicken with roasted vegetables
- Snacks: String cheese and macadamia nuts

### **Day 17**

- Breakfast: Scrambled eggs with bacon and cheese
- Lunch: Spinach and feta stuffed chicken breast
- Dinner: Grilled salmon with asparagus

- Snacks: Cheese and nuts

### **Day 18**

- Breakfast: Greek yogurt with berries and almonds
- Lunch: Chicken salad with lettuce, cucumber, and tomato
- Dinner: Beef stir-fry with broccoli and cauliflower rice
- Snacks: Hard-boiled eggs and celery with peanut butter

### **Day 19**

- Breakfast: Keto smoothie with almond milk, spinach, and berries
- Lunch: Egg salad with cucumber and lettuce
- Dinner: Zucchini noodles with meatballs and tomato sauce
- Snacks: Cheese and olives

### **Day 20**

- Breakfast: Bacon and cheese quiche
- Lunch: Cobb salad with bacon, egg, and avocado
- Dinner: Stuffed bell peppers with ground beef and cheese
- Snacks: Pork rinds and guacamole

### **Day 21**

- Breakfast: Keto waffles with whipped cream and berries
- Lunch: Tuna salad with avocado and spinach
- Dinner: Pork chops with green beans
- Snacks: Beef jerky and cucumber slices with cream cheese

### **Appendix: Recipes**

- A collection of all the recipes featured in the book, organized by meal and week.

Note: The above structure is just a suggestion and can be modified as per the specific requirements.

Also, the suggested meal plan is just an example and can be adjusted as per individual preferences and dietary requirements.



# Introduction 21 Day Keto Diet PDF Plan

## Chapter 1: Introduction

If you're interested in improving your health and losing weight, you may have heard about the [keto diet](#). This eating plan has gained popularity in recent years due to its ability to help people lose weight and improve their overall health. In this ebook, we will take a closer look at the keto diet and provide you with a 21-day meal plan to help you get started.

What is the keto diet? The keto diet, short for ketogenic diet, is a low-carb, [high-fat eating plan](#) that has been shown to help people lose weight, improve their blood sugar levels, and reduce their risk of chronic diseases such as diabetes, heart disease, and cancer. The diet involves drastically reducing your intake of carbohydrates and replacing them with healthy fats and protein.

How does it work? When you reduce your carbohydrate intake, your body enters a state called ketosis. During ketosis, your body starts to burn fat for energy instead of carbohydrates. This can lead to significant weight loss, as well as other health benefits such as improved blood sugar control, increased energy, and reduced inflammation.

Benefits of following a [keto diet](#) Aside from weight loss, the keto diet has been shown to offer a number of other health benefits. Some of these benefits include:

- Improved blood sugar control
- Reduced inflammation
- Lowered risk of chronic diseases such as diabetes and heart disease
- Increased energy levels
- Improved mental clarity and focus

What to expect in the next 21 days Over the next 21 days, we will provide you with a detailed meal plan that will help you transition to the keto diet and start seeing results. We will provide you with breakfast, lunch, dinner, and snack

options for each day, as well as recipes and tips to help you stay on track. By the end of the 21 days, you should feel more energized, have better control over your appetite, and be on your way to achieving your weight loss and health goals.

## **Chapter 2: Getting Started**

Before you begin the 21-day keto diet, it's important to take a few steps to set yourself up for success. In this chapter, we'll cover some key steps to help you get started on the right foot.

**Calculating your macros** One of the most important aspects of the keto diet is understanding your macronutrient needs. Macronutrients, or macros, are the three main nutrients your body needs for energy: carbohydrates, protein, and fat. To follow the keto diet, you will need to significantly reduce your intake of carbohydrates and increase your intake of [healthy fats](#). Use an online macro calculator to determine how much of each macronutrient you should be consuming each day.

**Setting goals for the next 21 days** It's important to set clear goals for yourself before starting any new diet or exercise plan. Take some time to think about what you hope to achieve over the next 21 days. Maybe you want to lose a certain amount of weight, improve your energy levels, or just feel more comfortable in your own skin. Whatever your goals may be, write them down and refer back to them throughout your journey.

**Making a meal plan and grocery list** To make sure you stay on track with your macros and meet your goals, it's important to plan out your meals and snacks in advance. Take some time to create a meal plan for the next 21 days, including breakfast, lunch, dinner, and snacks. Don't forget to make a grocery list based on your meal plan so you have all the ingredients you need on hand.

**Tips for preparing your kitchen for a keto diet** Finally, it's important to prepare your kitchen for a [keto diet](#). This may involve cleaning out your pantry and fridge of any non-keto-friendly foods, stocking up on healthy fats such as avocados and nuts, and investing in some keto-friendly cooking tools such as a spiralizer for making zucchini noodles or a high-powered blender for making keto smoothies. Making sure your kitchen is equipped for a keto diet can help make the transition easier and more enjoyable.

By following these key steps, you'll be well on your way to success with the 21-day keto diet.

## 21 Day Keto Diet PDF Plan (Day Wise)

### Day 1

Congratulations on starting your 21-day keto diet journey! Here's a sample meal plan to get you started.

Breakfast: Scrambled eggs with avocado and bacon Ingredients:

- 2 eggs
- 1/2 avocado
- 2 slices of bacon
- Salt and pepper to taste

Instructions:

1. In a frying pan, cook the bacon until crispy. Set aside on a paper towel to drain.
2. In a bowl, whisk the eggs together with salt and pepper.
3. Add the egg mixture to the frying pan and cook until scrambled.
4. Serve with sliced avocado and crumbled bacon on top.

Lunch: Chicken salad with lettuce, cucumber, and tomato Ingredients:

- 4 oz cooked chicken breast, shredded
- 2 cups of mixed greens
- 1/2 cucumber, sliced
- 1/2 tomato, diced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a large bowl, mix together the chicken, mixed greens, cucumber, and tomato.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper to make a dressing.
3. Drizzle the dressing over the salad and toss to combine.

Dinner: Grilled salmon with asparagus Ingredients:

- 6 oz salmon fillet
- 6 asparagus spears
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat a grill or grill pan to medium-high heat.
2. Brush the salmon fillet and asparagus with olive oil and season with salt and pepper.
3. Grill the salmon and asparagus for 6-8 minutes, or until the salmon is cooked through and the asparagus is tender.

Snacks: Cheese and nuts Enjoy a small portion of your favorite cheese and a handful of mixed nuts as a midday snack.

Remember to track your macros and adjust portion sizes as needed to meet your daily goals. Good luck on Day 1!

## Read

[21 Day Ketogenic Diet Meal Plan - Ultimate Keto](#)

[The Smoothie Diet: 21 Day Rapid Weight Loss Program](#)

## Day 2

Welcome to Day 2 of your 21-day keto diet! Here's a delicious meal plan to keep you on track.

Breakfast: Greek yogurt with berries and almonds Ingredients:

- 1/2 cup plain Greek yogurt
- 1/4 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup almonds, chopped
- 1 tsp honey (optional)

Instructions:

1. In a small bowl, mix together the Greek yogurt and honey (if using).
2. Top with mixed berries and chopped almonds.

Lunch: Tuna salad with avocado and spinach Ingredients:

- 1 can of tuna, drained
- 1/2 avocado, diced
- 2 cups fresh spinach
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the drained tuna, diced avocado, and fresh spinach.
2. In a small bowl, mix together the olive oil, balsamic vinegar, salt, and pepper to make a dressing.
3. Drizzle the dressing over the salad and toss to combine.

Dinner: Beef stir-fry with broccoli and cauliflower rice Ingredients:

- 4 oz sirloin steak, sliced
- 1 cup broccoli florets
- 1/2 cup cauliflower rice



- 1 tbsp coconut oil
- 2 cloves garlic, minced
- 2 tbsp soy sauce
- Salt and pepper to taste

Instructions:

1. In a frying pan, heat the coconut oil over medium heat.
2. Add the sliced steak and cook for 3-5 minutes, or until browned.
3. Add the minced garlic and cook for an additional 1-2 minutes.
4. Add the broccoli florets and cauliflower rice to the pan and cook until tender.
5. Add the soy sauce and salt and pepper to taste.

Snacks: Hard-boiled eggs and celery with peanut butter Ingredients:

- 2 hard-boiled eggs
- 1 stalk celery, sliced
- 1 tbsp natural peanut butter

Instructions:

1. Peel and slice the hard-boiled eggs.
2. Spread the peanut butter on the celery slices.
3. Enjoy as a midday or evening snack.

Remember to track your macros and adjust portion sizes as needed to meet your daily goals. Good luck on Day 2!

### Day 3

Congrats on making it to Day 3 of your 21-day keto diet! Here's a delicious meal plan to keep you going.

Breakfast: Keto smoothie with almond milk, spinach, and berries Ingredients:

- 1 cup unsweetened almond milk
- 1 cup fresh spinach
- 1/2 cup mixed berries (strawberries, raspberries, blueberries)
- 1 tbsp almond butter
- 1 scoop vanilla protein powder (optional)
- Ice cubes

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Add ice cubes to thicken the smoothie to your desired consistency.
3. Serve and enjoy!

Lunch: Egg salad with cucumber and lettuce Ingredients:

- 2 hard-boiled eggs, chopped
- 1/2 cucumber, diced
- 2 cups mixed lettuce greens
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the chopped eggs, diced cucumber, and mixed greens.
2. In a small bowl, mix together the mayonnaise, Dijon mustard, salt, and pepper to make a dressing.
3. Drizzle the dressing over the salad and toss to combine.

Dinner: Zucchini noodles with meatballs and tomato sauce Ingredients:

- 1 zucchini, spiralized into noodles
- 4-6 homemade or store-bought meatballs
- 1/2 cup low-sugar tomato sauce
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. In a frying pan, heat the olive oil over medium heat.
2. Add the zucchini noodles and cook for 3-5 minutes, or until tender.
3. In another frying pan, cook the meatballs according to package directions.
4. Warm the tomato sauce in a small saucepan or in the microwave.
5. Serve the zucchini noodles with the meatballs and tomato sauce on top.

Snacks: Cheese and olives Enjoy a small portion of your favorite cheese and a few olives as a midday or evening snack.

Remember to track your macros and adjust portion sizes as needed to meet your daily goals. Good luck on Day 3!

## Day 4

Welcome to Day 4 of your 21-day keto diet! Here's a delicious meal plan to keep you on track.

Breakfast: Keto pancakes with butter and sugar-free syrup Ingredients:

- 2 eggs
- 2 oz cream cheese
- 1/2 tsp vanilla extract
- 1/2 cup almond flour
- 1/2 tsp baking powder
- Butter and sugar-free syrup for serving

Instructions:

1. In a blender, combine the eggs, cream cheese, and vanilla extract.
2. Add the almond flour and baking powder and blend until smooth.
3. Heat a frying pan over medium heat and grease with butter or cooking spray.
4. Pour the batter onto the pan to make pancakes of your desired size.
5. Cook for 2-3 minutes on each side, or until golden brown.
6. Serve with butter and sugar-free syrup.

Lunch: Ham and cheese roll-ups with lettuce and tomato Ingredients:

- 4 oz deli ham
- 2 slices cheddar cheese
- 2 lettuce leaves
- 2 slices tomato

Instructions:

1. Lay the ham slices flat on a cutting board.
2. Place a slice of cheese on each ham slice.
3. Roll up the ham and cheese together.
4. Serve with lettuce leaves and tomato slices.

Dinner: Grilled chicken with cauliflower mash Ingredients:

- 4 oz chicken breast
- 1/2 head cauliflower
- 1/4 cup heavy cream
- 1 tbsp butter
- Salt and pepper to taste

Instructions:

1. Preheat a grill or grill pan to medium-high heat.
2. Season the chicken breast with salt and pepper.
3. Grill the chicken for 6-8 minutes on each side, or until cooked through.
4. Meanwhile, chop the cauliflower into small florets and steam until tender.
5. Mash the cooked cauliflower with a fork or potato masher.
6. Stir in the heavy cream and butter and season with salt and pepper to taste.

Snacks: Pork rinds and avocado Ingredients:

- 1 oz pork rinds
- 1/2 avocado, sliced

Instructions:

1. Serve the pork rinds with sliced avocado on the side.
2. Enjoy as a midday or evening snack.

Remember to track your macros and adjust portion sizes as needed to meet your daily goals. Good luck on Day 4!

## Read

[21 Day Ketogenic Diet Meal Plan - Ultimate Keto](#)

[The Smoothie Diet: 21 Day Rapid Weight Loss Program](#)



## Day 5

Welcome to Day 5 of your 21-day keto diet! Here's a delicious meal plan to keep you on track.

Breakfast: Bacon and cheese omelette Ingredients:

- 3 eggs
- 2 slices bacon, chopped
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste

Instructions:

1. In a bowl, whisk the eggs with salt and pepper.
2. Cook the bacon in a frying pan until crispy, then remove from pan.
3. Pour the eggs into the same pan and cook over medium heat for 1-2 minutes.
4. Sprinkle the cheese and bacon over one half of the omelette.
5. Use a spatula to fold the other half of the omelette over the filling.
6. Cook for an additional 1-2 minutes, or until the cheese is melted.

Lunch: Spinach and feta stuffed chicken breast Ingredients:

- 4 oz chicken breast
- 1/4 cup chopped spinach
- 1 oz crumbled feta cheese
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F.
2. Cut a slit lengthwise down the middle of the chicken breast to create a pocket.
3. Stuff the pocket with spinach and feta cheese.
4. Season the outside of the chicken breast with salt and pepper.
5. Bake for 20-25 minutes, or until the chicken is cooked through.

Dinner: Pork chops with green beans Ingredients:

- 4 oz pork chops
- 1/2 cup green beans, trimmed
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F.
2. Season the pork chops with salt and pepper.
3. Heat the olive oil in a frying pan over high heat.
4. Sear the pork chops on both sides until browned.
5. Transfer the pork chops to a baking dish and bake for 10-12 minutes, or until cooked through.
6. Steam the green beans until tender and serve as a side dish.

Snacks: Beef jerky and cucumber slices with cream cheese Ingredients:

- 1 oz beef jerky
- 1/2 cucumber, sliced
- 1 oz cream cheese

Instructions:

1. Serve the beef jerky with cucumber slices and cream cheese on the side.
2. Enjoy as a midday or evening snack.

Remember to track your macros and adjust portion sizes as needed to meet your daily goals. Good luck on Day 5!

## Day 6

Welcome to Day 6 of your 21-day keto diet! Here's a delicious meal plan to keep you on track.

Breakfast: Keto smoothie with almond milk, coconut oil, and berries Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup frozen mixed berries
- 1 tbsp coconut oil

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve and enjoy!

Lunch: Cobb salad with bacon, egg, and avocado Ingredients:

- 2 cups chopped romaine lettuce
- 2 hard-boiled eggs, chopped
- 2 strips bacon, cooked and crumbled
- 1/2 avocado, chopped
- 1/4 cup crumbled blue cheese
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the lettuce, eggs, bacon, avocado, and blue cheese.
2. In a small bowl, whisk together the olive oil, red wine vinegar, salt, and pepper.
3. Drizzle the dressing over the salad and toss to combine.

Dinner: Baked salmon with broccoli and cheese sauce Ingredients:

- 4 oz salmon fillet
- 1 cup broccoli florets
- 1/4 cup shredded cheddar cheese

- 2 tbsp heavy cream
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F.
2. Place the salmon fillet on a baking sheet and season with salt and pepper.
3. Bake for 12-15 minutes, or until cooked through.
4. Steam the broccoli until tender.
5. In a small saucepan, heat the heavy cream and cheddar cheese over low heat, stirring until melted.
6. Serve the salmon with the broccoli and drizzle the cheese sauce over the top.

Snacks: Macadamia nuts and string cheese Ingredients:

- 1 oz macadamia nuts
- 1 string cheese

Instructions:

1. Serve the macadamia nuts and string cheese together as a midday or evening snack.
2. Enjoy!

Remember to track your macros and adjust portion sizes as needed to meet your daily goals. Good luck on Day 6!

## Day 7

Welcome to Day 7 of your 21-day keto diet! Here's a tasty meal plan to help you stay on track.

Breakfast: Keto waffles with whipped cream and berries Ingredients:

- 1 cup almond flour
- 2 tbsp coconut flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/4 cup heavy cream
- 1/4 cup unsweetened almond milk
- 2 eggs
- 1 tsp vanilla extract
- Whipped cream
- Berries

Instructions:

1. In a large bowl, whisk together the almond flour, coconut flour, baking powder, and salt.
2. In a separate bowl, whisk together the heavy cream, almond milk, eggs, and vanilla extract.
3. Pour the wet ingredients into the dry ingredients and mix until well combined.
4. Heat a waffle iron and coat with cooking spray.
5. Pour the batter onto the waffle iron and cook according to the manufacturer's instructions.
6. Serve the waffles with whipped cream and berries.

Lunch: Tuna salad with celery and mayo Ingredients:

- 1 can tuna, drained
- 1 stalk celery, chopped
- 2 tbsp mayonnaise
- Salt and pepper to taste

Instructions:



1. In a small bowl, combine the tuna, celery, mayonnaise, salt, and pepper.
2. Mix well.
3. Serve over a bed of lettuce.

Dinner: Steak with roasted brussels sprouts Ingredients:

- 6 oz sirloin steak
- 1 cup brussels sprouts, halved
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F.
2. Season the steak with salt and pepper.
3. Heat a skillet over high heat and add the steak.
4. Cook for 2-3 minutes per side, or until cooked to your desired level of doneness.
5. Transfer the steak to a plate and let rest for 5 minutes.
6. Toss the brussels sprouts with olive oil, salt, and pepper.
7. Spread the brussels sprouts out on a baking sheet and roast for 15-20 minutes, or until tender.
8. Serve the steak with the roasted brussels sprouts.

Snacks: Peanut butter and celery Ingredients:

- 2 stalks celery
- 2 tbsp peanut butter

Instructions:

1. Cut the celery into sticks.
2. Spread peanut butter on each stick.
3. Serve as a midday or evening snack.

Remember to track your macros and adjust portion sizes as needed to meet your daily goals. Congratulations on completing your first week of the 21-day keto diet!

## Day 8

Breakfast: Scrambled eggs with spinach and cheese

Ingredients:

- 2 eggs
- 1 handful of fresh spinach
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste
- 1 tablespoon butter or oil

Instructions:

1. Crack the eggs into a bowl and whisk them together with salt and pepper.
2. Heat the butter or oil in a nonstick skillet over medium heat.
3. Add the spinach to the skillet and cook for 1-2 minutes until it wilts.
4. Pour the eggs into the skillet and stir gently until the eggs are cooked through but still soft.
5. Sprinkle the shredded cheese on top of the eggs and stir gently until the cheese is melted and bubbly.
6. Serve hot.

Lunch: Greek salad with olives, feta, and cucumber

Ingredients:

- 2 cups chopped romaine lettuce
- 1/4 cup sliced cucumber
- 1/4 cup pitted kalamata olives
- 1/4 cup crumbled feta cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the romaine lettuce, cucumber, olives, and feta cheese.

2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
3. Drizzle the dressing over the salad and toss to coat.
4. Serve cold.

Dinner: Chicken fajitas with lettuce wraps

Ingredients:

- 1 pound boneless, skinless chicken breasts, sliced into strips
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 1 head of lettuce, leaves separated
- Optional toppings: shredded cheese, sour cream, avocado, salsa

Instructions:

1. In a large skillet, heat the olive oil over medium-high heat.
2. Add the chicken strips to the skillet and sprinkle with chili powder, cumin, garlic powder, salt, and pepper. Cook for 5-7 minutes or until browned and cooked through.
3. Add the sliced peppers and onions to the skillet and cook for an additional 3-5 minutes or until the vegetables are tender.
4. Spoon the chicken and vegetables onto lettuce leaves and add any desired toppings.
5. Wrap the lettuce leaves around the filling and enjoy.

Snacks: Walnuts and cheddar cheese

Ingredients:

- 1/4 cup walnuts
- 1 ounce cheddar cheese, sliced or cubed

Instructions:

1. Combine the walnuts and cheddar cheese on a small plate.
2. Serve and enjoy.

## **Read**

**[21 Day Ketogenic Diet Meal Plan - Ultimate Keto](#)**

**[The Smoothie Diet: 21 Day Rapid Weight Loss Program](#)**

## Day 9

### Breakfast: Bacon and cheese quiche

1. Preheat the oven to 375°F (190°C).
2. Cook 4 strips of bacon until crispy, then chop into small pieces.
3. In a mixing bowl, whisk together 6 large eggs, 1/4 cup of heavy cream, 1/2 teaspoon of salt, and 1/4 teaspoon of black pepper.
4. Grease a 9-inch pie dish with butter or cooking spray.
5. Sprinkle the chopped bacon and 1 cup of shredded cheddar cheese evenly on the bottom of the pie dish.
6. Pour the egg mixture over the bacon and cheese.
7. Bake for 25-30 minutes, until the quiche is set and the top is golden brown.
8. Let it cool for a few minutes, then slice and serve.

### Lunch: Chicken Caesar salad

1. Grill or bake 2 chicken breasts until fully cooked, then slice into thin strips.
2. In a large bowl, mix together 4 cups of chopped romaine lettuce, 1/4 cup of Caesar dressing, and 1/4 cup of grated parmesan cheese.
3. Add the sliced chicken to the bowl and toss until the lettuce is coated in dressing.
4. Serve in a bowl or on a plate.

### Dinner: Stuffed bell peppers with ground beef and cheese

1. Preheat the oven to 375°F (190°C).
2. Cut off the tops of 4 bell peppers and remove the seeds and membranes.
3. Brown 1 pound of ground beef in a skillet over medium-high heat, then drain any [excess fat](#).
4. Add 1 diced onion, 2 minced garlic cloves, and 1 diced tomato to the skillet and cook until the vegetables are tender.
5. Stir in 1/2 teaspoon of salt, 1/4 teaspoon of black pepper, and 1 cup of cooked cauliflower rice.
6. Spoon the beef and vegetable mixture into the hollowed-out bell peppers.
7. Top each pepper with 1/4 cup of shredded cheddar cheese.
8. Place the peppers in a baking dish and bake for 30-35 minutes, until the peppers are tender and the cheese is melted and bubbly.



## Snacks: Pork rinds and guacamole

1. Crush 1/2 cup of pork rinds into small pieces.
2. In a bowl, mix together 1 mashed avocado, 1 tablespoon of lime juice, 1 minced garlic clove, and 1/4 teaspoon of salt.
3. Serve the guacamole with the crushed pork rinds for dipping.

## Day 10:

Breakfast: Keto smoothie with almond milk, peanut butter, and cocoa powder

Ingredients:

- 1 cup unsweetened almond milk
- 2 tbsp natural peanut butter
- 1 tbsp unsweetened cocoa powder
- 1/2 cup ice
- Liquid stevia (optional)

Instructions:

1. Add almond milk, peanut butter, cocoa powder, and ice to a blender.
2. Blend until smooth.
3. Taste and add liquid stevia if desired.
4. Pour into a glass and serve.

Lunch: Turkey and cheese roll-ups with lettuce and mayo

Ingredients:

- 4 slices turkey breast
- 4 slices cheddar cheese
- 4 large lettuce leaves
- 2 tbsp mayonnaise

Instructions:

1. Lay out turkey slices on a cutting board.
2. Place a slice of cheese on top of each turkey slice.
3. Lay a lettuce leaf on top of each cheese slice.
4. Spread mayonnaise on top of the lettuce leaves.
5. Roll up the turkey slices tightly.
6. Cut each roll-up in half and serve.

Dinner: Roasted chicken with brussels sprouts and bacon

### Ingredients:

- 4 chicken thighs
- 1 lb brussels sprouts, trimmed and halved
- 4 slices bacon, chopped
- 2 tbsp olive oil
- Salt and pepper

### Instructions:

1. Preheat oven to 400°F (200°C).
2. Season chicken thighs with salt and pepper.
3. Heat olive oil in a large oven-safe skillet over medium-high heat.
4. Add chicken thighs and cook until browned on both sides, about 3-4 minutes per side.
5. Remove chicken thighs from skillet and set aside.
6. Add chopped bacon to the skillet and cook until crispy.
7. Add brussels sprouts to the skillet and toss to coat in the bacon fat.
8. Season brussels sprouts with salt and pepper.
9. Return chicken thighs to the skillet, nestling them among the brussels sprouts.
10. Transfer skillet to the oven and bake for 25-30 minutes, until chicken is cooked through and brussels sprouts are tender.
11. Serve hot.

### Snacks: String cheese and almonds

#### Ingredients:

- 1 string cheese
- 1/4 cup almonds

#### Instructions:

1. Cut string cheese into bite-size pieces.
2. Place cheese pieces and almonds in a bowl.
3. Toss to combine.
4. Serve.

## Day 11

### • Breakfast: Keto muffins with cream cheese frosting

1. Preheat your oven to 350°F (180°C) and line a muffin tin with paper liners.
2. In a mixing bowl, whisk together 2 cups of almond flour, 1/4 cup of coconut flour, 1 teaspoon of baking powder, 1/2 teaspoon of baking soda, and 1/4 teaspoon of salt.
3. In another mixing bowl, beat together 3 large eggs, 1/2 cup of unsweetened almond milk, 1/3 cup of granulated sweetener, 1/4 cup of melted coconut oil, and 1 teaspoon of vanilla extract.
4. Add the dry ingredients to the wet ingredients and mix until well combined.
5. Spoon the batter into the muffin tin, filling each muffin cup about 2/3 full.
6. Bake for 20-25 minutes or until a toothpick inserted into the center of a muffin comes out clean.
7. Let the muffins cool completely before frosting them with a mixture of 4 ounces of cream cheese, 1/4 cup of powdered sweetener, and 1/2 teaspoon of vanilla extract.

### • Lunch: Chicken salad with avocado and tomatoes

1. In a mixing bowl, combine 2 cups of cooked and shredded chicken breast, 1 diced avocado, 1 diced tomato, 1/4 cup of diced red onion, and 1 tablespoon of chopped fresh parsley.
2. In a small bowl, whisk together 2 tablespoons of mayonnaise, 1 tablespoon of lemon juice, 1/2 teaspoon of garlic powder, and 1/4 teaspoon of salt.
3. Pour the dressing over the chicken mixture and toss to coat.
4. Serve the chicken salad on a bed of lettuce or in a lettuce wrap.

### • Dinner: Grilled shrimp with zucchini noodles

1. Preheat your grill to medium-high heat.
2. In a mixing bowl, combine 1 pound of raw shrimp, 2 cloves of minced garlic, 1 tablespoon of olive oil, 1/2 teaspoon of smoked paprika, 1/4 teaspoon of salt, and 1/4 teaspoon of black pepper.
3. Skewer the shrimp and grill them for 2-3 minutes per side or until cooked through.
4. In a separate pan, heat 1 tablespoon of olive oil over medium heat.

5. Add 4 cups of zucchini noodles and cook for 2-3 minutes or until tender.
6. Serve the grilled shrimp over the zucchini noodles.

- Snacks: Cucumber slices with ranch dressing

1. Wash and slice a cucumber into thin rounds.
2. In a small bowl, whisk together 1/4 cup of mayonnaise, 1/4 cup of sour cream, 2 tablespoons of chopped fresh chives, 1 tablespoon of chopped fresh dill, 1 tablespoon of lemon juice, and 1/4 teaspoon of garlic powder.
3. Serve the cucumber slices with the ranch dressing for dipping.

## Day 12

### • Breakfast: Keto pancakes with whipped cream and strawberries

1. In a mixing bowl, combine 1/2 cup of almond flour, 1 tablespoon of coconut flour, 1 teaspoon of baking powder, 1/4 teaspoon of salt, and 1/4 teaspoon of cinnamon.
2. In another mixing bowl, whisk 2 large eggs, 2 tablespoons of melted butter, and 1/4 cup of unsweetened almond milk together.
3. Combine the wet ingredients with the dry ingredients and mix well until smooth.
4. Heat a non-stick skillet over medium heat and melt some butter.
5. Use a 1/4 cup measure to pour the batter onto the skillet and cook until bubbles form on the surface, then flip the pancake and cook the other side until golden brown.
6. Serve with whipped cream and sliced strawberries on top.

### • Lunch: BLT salad with avocado

1. Preheat the oven to 400°F (200°C).
2. Arrange 4 slices of bacon on a baking sheet and bake in the preheated oven until crispy, about 15-20 minutes.
3. Cut 1/2 an avocado into cubes and set aside.
4. Cut 2 cups of romaine lettuce into bite-size pieces and add them to a large salad bowl.
5. Add 1 cup of cherry tomatoes (halved) and the cubed avocado to the salad bowl.
6. Once the bacon is done, chop it into bite-size pieces and add it to the salad bowl.
7. To make the dressing, whisk together 1/4 cup of mayonnaise, 1 tablespoon of lemon juice, and 1 tablespoon of Dijon mustard in a small mixing bowl.
8. Pour the dressing over the salad and toss everything together.

### • Dinner: Beef and broccoli stir-fry with cauliflower rice

1. Cut 1 pound of beef sirloin steak into thin strips and set aside.
2. Cut 2 cups of broccoli florets into bite-size pieces and set aside.
3. Cut 1/2 an onion into thin slices and set aside.
4. Heat a large skillet over high heat and add 2 tablespoons of avocado oil.
5. Once the skillet is hot, add the beef strips and stir-fry for about 2-3 minutes until browned on all sides.

6. Remove the beef from the skillet and set aside.
7. Add the sliced onion to the skillet and stir-fry for about 1-2 minutes until softened.
8. Add the broccoli florets to the skillet and stir-fry for about 2-3 minutes until they start to become tender.
9. Return the beef to the skillet and stir everything together.
10. Season with salt, pepper, and garlic powder to taste.
11. To make the cauliflower rice, cut 1 head of cauliflower into small florets and pulse them in a food processor until they resemble rice.
12. Heat a separate skillet over medium heat and add 1 tablespoon of butter.
13. Once the butter is melted, add the cauliflower rice and stir-fry for about 5-7 minutes until tender.
14. Serve the beef and broccoli stir-fry on top of the cauliflower rice.

- Snacks: Cheese and pepperoni slices

1. Cut 2-3 slices of cheese into bite-size pieces.
2. Arrange 10-12 slices of pepperoni on a plate.
3. Serve the cheese and pepperoni slices together as a snack.

## Chapter 12: FAQs

The keto diet can be a challenging journey for some people, and it's common to have questions and concerns along the way. In this chapter, we will address some of the most frequently asked questions about the keto diet and provide tips for troubleshooting common issues and overcoming plateaus.

1. **What are the common side effects of the keto diet?** Answer: The most common side effects of the keto diet include headaches, fatigue, irritability, and constipation. These symptoms usually occur during the first few days of starting the diet, and they typically subside after the body adjusts to using ketones as its primary source of fuel.
2. **Can I eat carbs on the keto diet?** Answer: The keto diet is a low-carb, high-fat diet that restricts carbohydrates to 20-50 grams per day. While some people may be able to maintain ketosis with slightly higher carb intake, it's generally recommended to stick to the recommended range to ensure optimal results.

3. **How much protein can I eat on the keto diet?** Answer: Protein intake should be moderate on the keto diet, as too much protein can kick you out of ketosis. Aim for around 0.6-0.8 grams of protein per pound of body weight per day.
4. **Can I eat dairy on the keto diet?** Answer: Yes, dairy is allowed on the keto diet, as long as it fits within your daily carb and calorie limits. High-fat dairy products such as cheese, cream, and butter are particularly beneficial for the keto diet.

5. **How do I know if I'm in ketosis?** Answer: There are several ways to determine if you're in ketosis, including measuring ketones in the blood, urine, or breath. However, it's important to note that the presence of ketones does not necessarily guarantee that you're burning fat for fuel or experiencing the full benefits of the keto diet.
6. **What if I'm not losing weight on the keto diet?** Answer: If you're not seeing results on the keto diet, it may be helpful to track your food intake more closely and make sure you're sticking to your daily carb and calorie limits. You may also want to consider adjusting your macros or incorporating more physical activity into your routine.

7. **What are some tips for overcoming plateaus on the keto diet?** Answer: Plateaus are common on the keto diet, and they can be frustrating. To overcome a plateau, you may want to try adjusting your macros, increasing your physical activity, or incorporating intermittent fasting into your routine. It's also important to be patient and trust the process, as weight loss can be a slow and steady process on the keto diet.



## Day 13

### • Breakfast: Bacon and cheese omelette with avocado

1. Whisk 3 eggs in a bowl and season with salt and pepper.
2. Heat a non-stick skillet over medium-high heat and add 1 tablespoon of butter.
3. Add the whisked eggs to the skillet and sprinkle shredded cheese and diced cooked bacon on top.
4. Once the edges of the omelette start to brown, fold it in half and cook until the cheese is melted and the eggs are cooked through.
5. Serve the omelette with sliced avocado on top.

### • Lunch: Greek yogurt with berries and almonds

1. In a bowl, add a serving of plain Greek yogurt.
2. Add a handful of mixed berries (such as strawberries, blueberries, and raspberries) on top of the yogurt.
3. Sprinkle sliced almonds on top for some added crunch.

### • Dinner: Baked salmon with roasted asparagus

1. Preheat the oven to 400°F (200°C).
2. Season a salmon fillet with salt, pepper, and a drizzle of olive oil.
3. Place the salmon fillet on a baking sheet lined with parchment paper and bake for 12-15 minutes, or until the salmon is cooked through.
4. While the salmon is baking, prepare the asparagus. Rinse the asparagus and trim the ends off. Place the asparagus on a baking sheet, drizzle with olive oil, and sprinkle with salt and pepper.
5. After the salmon has been in the oven for about 8-10 minutes, add the asparagus to the oven and bake for the remaining 4-5 minutes, or until the asparagus is tender and slightly crispy.
6. Serve the baked salmon with the roasted asparagus on the side.

### • Snacks: Hard-boiled eggs and celery with almond butter

1. Boil a few eggs for about 8-10 minutes, then cool them in ice water.
2. Peel the eggs and slice them in half.
3. Cut celery sticks into bite-sized pieces.

4. Spread some almond butter on the celery sticks.
5. Serve the hard-boiled egg halves and celery sticks with almond butter as a snack.

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## Day 14

### Breakfast: Keto smoothie with almond milk, spinach, and berries

- In a blender, add 1 cup of almond milk, a handful of fresh spinach, and a cup of mixed berries.
- Blend until smooth and creamy.
- Pour the smoothie into a glass and enjoy.

### Lunch: Chicken Caesar salad with parmesan crisps

- Preheat the oven to 400°F (200°C).
- On a baking sheet, sprinkle grated parmesan cheese in small circles and bake for 5-7 minutes or until golden brown.
- Remove the parmesan crisps from the oven and let them cool.
- In a bowl, combine chopped romaine lettuce, sliced chicken breast, and Caesar dressing.
- Top the salad with the parmesan crisps.

### Dinner: Grilled steak with cauliflower mash

- Preheat the grill to medium-high heat.
- Season a steak with salt and pepper.
- Grill the steak for 3-4 minutes on each side or until desired doneness is reached.
- Let the steak rest for a few minutes before slicing.
- In a pot of boiling water, cook cauliflower florets until tender.
- Drain the water and add in butter, salt, and pepper to taste.
- Mash the cauliflower until it reaches a smooth consistency.
- Serve the steak with the cauliflower mash on the side.

### Snacks: Pork rinds and guacamole

- In a bowl, mash a ripe avocado.
- Add diced tomatoes, diced onions, lime juice, salt, and pepper to taste.
- Mix all the ingredients together to make the guacamole.
- Serve the guacamole with pork rinds as a keto-friendly snack.

## Day 15

### Breakfast: Keto muffins with cream cheese frosting

1. Preheat the oven to 350°F (175°C).
2. In a mixing bowl, whisk together 2 cups of almond flour, 1/2 cup of granulated erythritol, 1 tsp of baking powder, and a pinch of salt.
3. In a separate bowl, whisk together 3 large eggs, 1/2 cup of unsweetened almond milk, and 1 tsp of vanilla extract.
4. Pour the wet ingredients into the dry ingredients and mix until well combined.
5. Add 1/4 cup of melted coconut oil and mix again.
6. Stir in 1/2 cup of blueberries.
7. Spoon the batter into a muffin tin lined with paper cups, filling each cup about 3/4 full.
8. Bake for 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean.
9. Allow the muffins to cool for 5-10 minutes before removing them from the tin.
10. To make the cream cheese frosting, mix together 4 oz of softened cream cheese, 2 tbsp of butter, 1/4 cup of powdered erythritol, and 1 tsp of vanilla extract until smooth.
11. Frost the cooled muffins with the cream cheese frosting and serve.

### Lunch: Cobb salad with bacon, egg, and avocado

1. Cook 2 slices of bacon in a skillet over medium-high heat until crispy. Remove from the skillet and let cool on a paper towel-lined plate. Once cool, crumble the bacon.
2. Hard-boil 2 eggs by placing them in a saucepan, covering them with water, and bringing the water to a boil. Once boiling, turn off the heat and let the eggs sit in the hot water for 10-12 minutes. Drain the hot water and run cold water over the eggs to cool them quickly. Peel the eggs and slice them.
3. Cut 1/2 an avocado into bite-sized pieces.
4. In a large salad bowl, arrange a bed of mixed greens. Add 2-3 cherry tomatoes, sliced cucumber, sliced red onion, and crumbled blue cheese.
5. Add the crumbled bacon, sliced egg, and avocado pieces to the salad.
6. Drizzle with olive oil and balsamic vinegar, and season with salt and pepper to taste.

7. Toss the salad until all ingredients are evenly distributed.

Dinner: Chicken and vegetable stir-fry with cauliflower rice

1. Cut 2 boneless, skinless chicken breasts into bite-sized pieces.
2. In a small bowl, mix together 2 tbsp of soy sauce, 1 tbsp of rice vinegar, 1 tsp of sesame oil, 1 tsp of honey, and a pinch of red pepper flakes.
3. Heat 1 tbsp of olive oil in a wok or large skillet over high heat. Add the chicken and stir-fry for 4-5 minutes, or until cooked through.
4. Remove the chicken from the pan and set aside.
5. Add 1 tbsp of olive oil to the pan and add 1 sliced bell pepper, 1 sliced zucchini, and 1 sliced carrot. Stir-fry for 2-3 minutes, or until the vegetables are tender-crisp.
6. Add 1 cup of chopped broccoli florets and 1/4 cup of sliced green onions. Stir-fry for an additional 1-2 minutes.
7. Add the cooked chicken back to the pan and pour the sauce over the chicken and vegetables. Stir-fry for 1-2 minutes

## Day 16

### Breakfast: Keto pancakes with butter and sugar-free syrup

- In a mixing bowl, combine 1 cup almond flour, 1/4 cup coconut flour, 2 tsp baking powder, and 1/4 tsp salt.
- In a separate bowl, whisk together 4 large eggs, 1/4 cup unsweetened almond milk, and 2 tbsp melted butter.
- Pour the wet ingredients into the dry ingredients and stir until smooth.
- Heat a nonstick skillet over medium heat and spray with cooking spray. Scoop 1/4 cup of the batter onto the skillet and cook until bubbles form on the surface, then flip and cook until golden brown.
- Repeat until all the batter is used up.
- Serve the pancakes with butter and sugar-free syrup.

### Lunch: Tuna salad with celery and mayo

- Drain 2 cans of tuna and transfer to a mixing bowl.
- Add 1/4 cup chopped celery, 2 tbsp chopped red onion, 2 tbsp mayo, and 1 tsp Dijon mustard. Mix well.
- Season with salt and pepper to taste.
- Serve the tuna salad on a bed of lettuce or with low-carb crackers.

### Dinner: Baked chicken with roasted vegetables

- Preheat the oven to 400°F (200°C).
- Season 4 chicken breasts with salt, pepper, and your choice of spices. Place the chicken in a baking dish.
- Cut 2 bell peppers, 1 red onion, and 2 zucchinis into bite-sized pieces. Toss with olive oil, salt, pepper, and any other seasonings you like.
- Spread the vegetables around the chicken in the baking dish.
- Bake for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender.
- Serve the chicken and vegetables hot out of the oven.

### Snacks: String cheese and macadamia nuts

- Simply enjoy 1 or 2 sticks of string cheese and a handful of macadamia nuts as a satisfying snack.

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## Day 17

### Breakfast: Scrambled eggs with bacon and cheese

1. Crack 2-3 eggs into a bowl and whisk until fully combined.
2. Preheat a non-stick skillet over medium heat and add 2 slices of bacon. Cook until crispy.
3. Remove bacon from the skillet and chop into small pieces.
4. Add the whisked eggs to the skillet and stir gently with a spatula.
5. When the eggs begin to set, add the chopped bacon and a handful of shredded cheddar cheese to the skillet.
6. Continue to stir the eggs until fully cooked and the cheese is melted and bubbly.
7. Serve hot.

### Lunch: Spinach and feta stuffed chicken breast

1. Preheat the oven to 375°F (190°C).
2. Butterfly 2 chicken breasts by cutting them horizontally along one side and opening them like a book.
3. Place 1 cup of fresh spinach leaves on each opened chicken breast.
4. Sprinkle 2-3 tablespoons of crumbled feta cheese over the spinach.
5. Fold the chicken breast back over and secure with toothpicks.
6. Place the stuffed chicken breasts on a baking sheet and bake for 25-30 minutes or until the internal temperature reaches 165°F (74°C).
7. Remove from the oven and let rest for 5 minutes before serving.

### Dinner: Grilled salmon with asparagus

1. Preheat a grill to medium-high heat.
2. Season 2 salmon fillets with salt and pepper.
3. Coat 1 bunch of asparagus spears with olive oil and season with salt and pepper.
4. Grill the salmon fillets for 3-4 minutes per side or until the internal temperature reaches 145°F (63°C).
5. Grill the asparagus spears for 2-3 minutes per side or until slightly charred and tender.
6. Serve the salmon and asparagus hot.

### Snacks: Cheese and nuts



1. Slice 2-3 ounces of your favorite cheese into bite-sized pieces.
2. Measure out 1/4 cup of your favorite nuts, such as almonds or walnuts.
3. Arrange the cheese and nuts on a plate and enjoy as a snack.

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## Day 18:

### Breakfast: Greek yogurt with berries and almonds

1. Scoop 1-2 cups of Greek yogurt into a bowl.
2. Wash a handful of fresh berries (such as blueberries, strawberries, or raspberries) and slice them if necessary.
3. Sprinkle the berries over the yogurt.
4. Add a handful of almonds on top.
5. Enjoy!

### Lunch: Chicken salad with lettuce, cucumber, and tomato

1. Preheat a grill or grill pan to medium-high heat.
2. Season chicken breasts with salt and pepper and grill for 6-8 minutes per side or until cooked through.
3. Once the chicken has cooled, chop it into bite-sized pieces.
4. Wash and chop lettuce, cucumber, and tomato into small pieces.
5. Combine the chicken, lettuce, cucumber, and tomato in a large bowl.
6. Drizzle your desired dressing (such as ranch or Caesar) over the top and toss to combine.
7. Serve and enjoy!

### Dinner: Beef stir-fry with broccoli and cauliflower rice

1. Cut 1-2 pounds of beef (such as sirloin or flank steak) into thin strips.
2. In a large wok or skillet, heat a tablespoon of oil over medium-high heat.
3. Add the beef to the pan and cook for 3-4 minutes or until browned on all sides.
4. Remove the beef from the pan and set aside.
5. Add 2-3 cups of chopped broccoli to the same pan and cook for 2-3 minutes.
6. Add 2-3 cups of cauliflower rice to the pan and cook for an additional 2-3 minutes.
7. Add the beef back to the pan and stir to combine.
8. In a small bowl, whisk together 1/4 cup soy sauce, 2 tablespoons of rice vinegar, and 1 tablespoon of sesame oil.
9. Pour the sauce over the stir-fry and stir to coat.
10. Serve and enjoy!

## Snacks: Hard-boiled eggs and celery with peanut butter

1. Place 2-3 eggs in a pot and cover with water.
2. Bring the water to a boil and then reduce to a simmer.
3. Cook the eggs for 10-12 minutes.
4. Remove the eggs from the pot and let them cool before peeling.
5. Cut the eggs in half and sprinkle with salt and pepper if desired.
6. Wash and cut celery into sticks.
7. Spread peanut butter on top of the celery sticks.
8. Enjoy!

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## Day 19:

### Breakfast - Keto smoothie with almond milk, spinach, and berries:

1. Gather ingredients: almond milk, fresh spinach, mixed berries (such as strawberries, blueberries, and raspberries).
2. Combine the almond milk, spinach, and mixed berries in a blender.
3. Blend on high until smooth and creamy.
4. Pour the smoothie into a glass and enjoy.

### Lunch - Egg salad with cucumber and lettuce:

1. Boil eggs until they are hard-boiled.
2. Once the eggs are cool, peel them and chop them into small pieces.
3. In a separate bowl, mix the chopped eggs with mayonnaise, mustard, salt, and pepper until well combined.
4. Wash and chop the lettuce and cucumber.
5. Mix the egg salad with the chopped lettuce and cucumber.
6. Serve and enjoy.

### Dinner - Zucchini noodles with meatballs and tomato sauce:

1. Preheat the oven to 375°F (190°C).
2. In a mixing bowl, combine ground beef, almond flour, egg, salt, and pepper.
3. Mix well and form into meatballs.
4. Bake the meatballs for 15-20 minutes, or until they are cooked through.
5. In a separate pan, heat olive oil over medium heat.
6. Add chopped onion and minced garlic to the pan and cook until softened.
7. Add canned tomatoes and let the mixture simmer until it thickens.
8. Spiralize the zucchini into noodles.
9. In a separate pan, heat olive oil over medium heat.
10. Add the zucchini noodles and cook for a few minutes until softened.
11. Serve the zucchini noodles with the tomato sauce and meatballs on top.
12. Enjoy!

### Snacks - Cheese and olives:

1. Cut cheese into small pieces.

2. Place the cheese and olives on a plate.
3. Serve and enjoy!

## Day 20:

### Breakfast - Bacon and cheese quiche:

1. Preheat the oven to 375°F (190°C).
2. In a mixing bowl, whisk together 6 eggs and 1/2 cup of heavy cream.
3. Add in 1/2 cup of shredded cheddar cheese, 6 slices of crumbled bacon, and a pinch of salt and pepper. Mix well.
4. Grease a 9-inch pie dish with butter or cooking spray. Pour the egg mixture into the dish.
5. Bake in the oven for 25-30 minutes, or until the top is golden brown and the center is set.

### Lunch - Cobb salad with bacon, egg, and avocado:

1. Cook 3 strips of bacon in a skillet over medium heat until crispy. Remove and place on a paper towel to drain excess grease.
2. In a large bowl, add 2 cups of chopped romaine lettuce, 1/2 cup of cherry tomatoes, 1/2 cup of diced cucumber, 1/2 cup of crumbled blue cheese, and 1 diced avocado.
3. Slice 2 hard-boiled eggs and add them to the bowl.
4. Crumble the cooked bacon and add it to the bowl as well.
5. Drizzle with your preferred dressing and toss to combine.

### Dinner - Stuffed bell peppers with ground beef and cheese:

1. Preheat the oven to 375°F (190°C).
2. Cut off the tops of 4 bell peppers and remove the seeds and membranes from inside.
3. In a skillet over medium heat, cook 1 pound of ground beef until browned.
4. Add in 1/2 cup of diced onion and 1 minced garlic clove. Cook for 2-3 minutes, or until the onion is translucent.
5. Stir in 1 cup of cauliflower rice, 1/2 cup of tomato sauce, and a pinch of salt and pepper. Cook for an additional 3-4 minutes.
6. Stuff the beef mixture into the bell peppers and place them upright in a baking dish.
7. Top each pepper with 1/4 cup of shredded cheddar cheese.
8. Bake in the oven for 30-35 minutes, or until the cheese is melted and bubbly.

### Snacks - Pork rinds and guacamole:

1. Mash 1 ripe avocado in a bowl and mix in 1 tablespoon of lime juice and a pinch of salt and pepper.
2. Serve the guacamole with 1 cup of pork rinds for dipping.

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**Day 21:**

### Breakfast: Keto waffles with whipped cream and berries

1. Preheat a waffle maker.
2. In a mixing bowl, whisk together 2 eggs, 2 tablespoons of melted butter, 1/4 cup of almond flour, 1/4 teaspoon of baking powder, 1/4 teaspoon of vanilla extract, and a pinch of salt.
3. Pour the batter onto the waffle maker and cook until golden brown.
4. Top the waffles with whipped cream and berries.

### Lunch: Tuna salad with avocado and spinach

1. Drain a can of tuna and transfer it to a mixing bowl.
2. Add 1/2 an avocado, mashed, 1 tablespoon of mayo, 1 tablespoon of chopped celery, 1 tablespoon of chopped onion, 1 tablespoon of chopped pickles, and a pinch of salt and pepper.
3. Mix everything together.
4. Serve the tuna salad over a bed of spinach leaves.

### Dinner: Pork chops with green beans

1. Preheat the oven to 375°F.
2. Season pork chops with salt, pepper, and any desired herbs or spices.
3. Heat a skillet over medium-high heat, add a tablespoon of oil, and sear the pork chops on both sides until golden brown.
4. Transfer the pork chops to a baking dish and bake in the oven for 15-20 minutes, or until cooked through.
5. While the pork chops are cooking, steam a handful of green beans until tender.
6. Serve the pork chops with the green beans.

### Snacks: Beef jerky and cucumber slices with cream cheese

1. Cut cucumber into slices.
2. Spread a dollop of cream cheese on each cucumber slice.
3. Enjoy the cucumber slices with cream cheese alongside some beef jerky.



## 21 Day Keto Diet PDF Plan Appendix: Recipes

Here is an appendix of all the recipes featured in this book, organized by meal and week:

**Week 1:** • Breakfast: Keto smoothie with almond milk, spinach, and berries • Lunch: Turkey and cheese roll-ups with lettuce and mayo • Dinner: Baked salmon with roasted asparagus • Snacks: String cheese and almonds

**Week 2:** • Breakfast: Bacon and eggs with avocado • Lunch: Greek salad with grilled chicken • Dinner: Beef and broccoli stir-fry with cauliflower rice • Snacks: Cheese and olives

**Week 3:** • Breakfast: Keto muffins with cream cheese frosting • Lunch: Chicken Caesar salad with parmesan crisps • Dinner: Grilled steak with cauliflower mash • Snacks: Pork rinds and guacamole

**Week 4:** • Breakfast: Keto pancakes with butter and sugar-free syrup • Lunch: Tuna salad with celery and mayo • Dinner: Baked chicken with roasted vegetables • Snacks: String cheese and macadamia nuts

**Week 5:** • Breakfast: Greek yogurt with berries and almonds • Lunch: Spinach and feta stuffed chicken breast • Dinner: Grilled salmon with asparagus • Snacks: Cheese and nuts

**Week 6:** • Breakfast: Scrambled eggs with bacon and cheese • Lunch: Chicken salad with lettuce, cucumber, and tomato • Dinner: Beef stir-fry with broccoli and cauliflower rice • Snacks: Hard-boiled eggs and celery with peanut butter

**Week 7:** • Breakfast: Keto smoothie with almond milk, peanut butter, and cocoa powder • Lunch: Cobb salad with bacon, egg, and avocado • Dinner: Stuffed bell peppers with ground beef and cheese • Snacks: Pork rinds and guacamole

**Week 8:** • Breakfast: Keto waffles with whipped cream and berries • Lunch: Tuna salad with avocado and spinach • Dinner: Pork chops with green beans • Snacks: Beef jerky and cucumber slices with cream cheese

Note: These recipes are just a sample of what you can enjoy while following a ketogenic diet.

There are many variations and options available to make your meals both delicious and satisfying.

Always consult with a healthcare professional before starting any new dietary regimen.

## **Read**

**[21 Day Ketogenic Diet Meal Plan - Ultimate Keto](#)**

**[The Smoothie Diet: 21 Day Rapid Weight Loss Program](#)**

**[14 Days Rapid Soup Diet](#)**

# 21 day keto diet Plan Final Thought

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**The keto diet has gained popularity in recent years** due to its potential benefits for weight loss, improved blood sugar control, and other health conditions. Here are some of the main benefits of the keto diet:

1. **Weight loss:** The keto diet can be effective for weight loss, as it promotes the use of stored [fat](#) for energy instead of glucose. This can lead to a reduction in body fat and body weight.
2. **Improved blood sugar control:** By limiting carbohydrates, the keto diet can help to improve blood sugar levels and insulin sensitivity. This can be beneficial for people with type 2 diabetes or prediabetes.
3. **Reduced inflammation:** The keto diet may have anti-inflammatory effects, which can help to reduce the risk of chronic diseases such as heart disease, cancer, and Alzheimer's disease.
4. **Improved brain function:** The keto diet has been shown to improve cognitive function and reduce symptoms of neurological disorders such as epilepsy, Parkinson's disease, and Alzheimer's disease.
5. **Increased energy levels:** The keto diet promotes the use of fat for energy, which can lead to sustained energy levels throughout the day.
6. **Improved cholesterol levels:** The keto diet can lead to a reduction in LDL cholesterol (the "bad" cholesterol) and an increase in HDL cholesterol (the "good" cholesterol), which can improve overall heart health.
7. **Reduced hunger and cravings:** The high-fat, low-carb nature of the keto diet can help to reduce hunger and cravings, which can be beneficial for people trying to lose weight.

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Thanks

**Chrissy**