



7 DAY MEAL PLAN

"TAKE CARE OF YOUR BODY,
IT'S THE ONLY PLACE YOU
HAVE TO LIVE"

- Jim Rohn



KETO
nutrition



INNOVATION | PERFORMANCE | RESULTS



THANKS FOR DOWLOADING

THE MEALS ARE SUGGESTIONS TO A DAILY PLAN. ADDITIONAL FOODS CAN BE ADDED OR REMOVED OR DAYS REPEATED TO ACHIEVE THE MACRO NUTRIENT AND CALORIE REQUIREMENT FOR YOUR INDIVIDUAL NEEDS. WE RECOMMENDED USING A MEAL TRACKING APP ([MYFITNESSPAL.COM](https://www.myfitnesspal.com)) TO GUIDE USE ON YOUR DAILY MEAL CHOICES AND OUTCOMES.

Calories 1437kcal | Carbs 41g | Fat 89g | Protein 101g | Sodium 1481mg | Sugar 21g

DAY 1

BREAKFAST

Nuts, almonds, 5 almonds
Thick & Creamy Greek Style Natural Yoghurt, 80 g
Organic Apple Cider Vinegar with the 'Mother', 1 tbsp
Omega-3 Fish Oil 1000mg - Fish Oil Tablets, 2 softgel
Whey Protein, 15 g (2 scoops)
Thickened Cream, 5 ml
Moccona - Classic Medium Roast, 2 g in 200mL of water
Penut Cashew Mix Roasted & Salted, 15 g
Tasty Natural Cheddar Cheese Block, 25 g

DINNER

Homemade - Pulled Pork Barbecue, 100 g
Fresh - Chicken Roast Quarter, 120 g
Green - Olives, 10 olives
Thickened Cream, 5 ml
Mixed Berries, 25 g
Thick & Creamy Greek Style Natural Yoghurt, 60 g

LUNCH

Thin rice cakes, 2 rice cakes
Tuna (In Brine), 0.6 container (120 gs ea.)
Tomatoes - Red, 20 g
Feta - Feta, 25 g
Cross and Blackwell - Mayonnaise, 5 ml

SNACKS

Coconut Oil, 1 tablespoon
Moccona - Classic Medium Roast, 2 g in 200 ml of water
Full Cream Milk, 25 ml
Penut Cashew Mix Roasted & Salted, 30 g

Calories 2026kcal | Carbs 45g | Fat 145g | Protein 116g | Sodium 1687mg | Sugar 10g

DAY 2

BREAKFAST

Salami sliced, 20 g
Egg, whole, raw, fresh, 3 large
Salmon Oil 1000mg - Capsules, 6 softgel
Coffee - Instant, regular, 2 tsp(s)
Tasty Natural Cheddar Cheese Block, 25 g
Penut Cashew Mix Roasted & Salted, 30 g

DINNER

Tasty Natural Cheddar Cheese Block, 25 g
Tomatoes - Red, 30 g
Cross and Blackwell - Mayonnaise, 5 ml
Avocado, 30 g
Minced Beef, 100 g
Wraps - wholegrain, 45 g

LUNCH

Portview - Sardines in oil, 125 g

SNACKS

Organic Apple Cider Vinegar with the 'Mother', 1 tbsp
Coffee - Instant, regular, 2 tsp(s)
Coconut Oil, 2 tbsp
Penut Cashew Mix Roasted & Salted, 30 g

DAY 3

Calories 1641kcal | Carbs 59g | Fat 98g | Protein 127g | Sodium 2257mg | Sugar 29g

BREAKFAST

Egg, whole, raw, fresh, 4 large
Peanut Cashew Mix Roasted & Salted, 30 g
Salmon Oil 1000mg - Capsules, 2 softgel
Whey Protein, 30 g (2 scoops)

DINNER

Fresh - Chicken Roast Quarter, 252 g
Garden Salad, 0.5 bowl
Green - Olives, 6 olives
Sour cream, 1 tbsp(s)
Roasted Sweet Potatoes, 0.5 cup

LUNCH

Green - Olives, 8 olives
Almonds, 5 almonds
Salami sliced, 20 g
Roasted Sweet Potatoes, 0.5 cup

SNACKS

Peanut Cashew Mix Roasted & Salted, 30 g
Organic Apple Cider Vinegar with the 'Mother', 1 tbsp
Lindt - Lindt 90% Dark Chocolate, 2 squares

DAY 4

Calories 2153kcal | Carbs 45g | Fat 119g | Protein 149g | Sodium 1415mg | Sugar 34g

BREAKFAST

Keto Nut Butter Gel Coffee - Nut Butter, 20 g
Egg, whole, raw, fresh, 4 large
Oil - Olive, 2 tablespoon
Coffee - Instant, regular, 2 tsp(s)

DINNER

Homemade Vegetable Beef Stew - Beef Stew, 2 cups
Roasted Sweet Potatoes, 0.5 cup

LUNCH

Green - Olives, 11 olives
Chicken Roast Quarter, 84 g
Salami sliced, 20 g

SNACKS

Sweet & sour cucumbers, 2 pieces
Peanut Cashew Mix Roasted & Salted, 30 g
Mixed Berries, 20 g
Thick & Creamy Greek Style Natural Yoghurt, 50 g
Red Wine, 2 glass (5 fl oz.)

Calories 1868kcal | Carbs 53g | Fat 108g | Protein 106g | Sodium 1005mg | Sugar 14g

DAY 5

BREAKFAST

Whey Protein, 30 g (2 scoops)
Bcaa - Bcaa, 10 g

LUNCH

Green - Olives, 11 olives
Salmon Oil 1000mg - Capsules, 2 softgel
Kt - Beef Stew In Crockpot, 1 cup

DINNER

Quiche, 4 pieces
Tossed Green Salad, 85 gram
Veg Soup - Veg Soup With Fresh Veggies, 1 cup
Oil - Olive, 2 tablespoon
Feta - Feta, 25 g

SNACKS

Peanut Cashew Mix Roasted & Salted, 60 gram
Coffee - Instant, regular, 2 tsp(s)
Thickened Cream, 5 ml
Green Apple - Medium Green Apple, 30 g
Organic Apple Cider Vinegar with the 'Mother', 2 tbsp

Calories 1835kcal | Carbs 69g | Fat 129g | Protein 81g | Sodium 1344mg | Sugar 22g

DAY 6

BREAKFAST

Egg, whole, raw, fresh, 4 large
Butter, 20 g
Oil, coconut, 1 tbsp
Forresters - Penut Cashew Mix Roasted & Salted, 30 g
Thick & Creamy Greek Style Natural Yoghurt, 50 g

LUNCH

Home - Quiche, 1 pieces
Green - Olives, 10 olives
Salmon Oil 1000mg - Capsules, 2 softgel
Peanut Cashew Mix Roasted & Salted, 30 g
Mixed Nuts, Fruit and Seeds, 12.5 g

DINNER

Sashimi - Salmon Sashimi, 3 slices
Sushi - Safeway - California Roll, 2 pieces
Sushi Sushi - Smoked Salmon Handroll, 160 g

SNACKS

Oil, coconut, 1 tbsp
Organic Apple Cider Vinegar with the 'Mother', 2 tbsp
Coffee - Instant, regular, 2 tsp(s)
Thick & Creamy Greek Style Natural Yoghurt, 50 g
Rooibos, 1 cup

Calories 2537kcal | Carbs 67g | Fat 184g | Protein 133g | Sodium 1331mg | Sugar 28g

DAY 7

BREAKFAST

Egg, whole, raw, fresh, 3 large
Penut Cashew Mix Roasted & Salted, 30 g
Oil, coconut, 1 tbsp
Salted, 2 tbsp(s)
Coffee - Instant, regular, 2 tsp(s)
Thick & Creamy Greek Style Natural Yoghurt, 80 g

DINNER

Carrots - Carrot Fresh, Cooked, 0.25 cup
Roasted Sweet Potatoes, 0.5 cup
Broccoli, raw, 0.6 cup chopped
Butter - Salted, 2 tbsp(s)
Roasted Leg of Lamb, 255 g

LUNCH

Sardines In Tomato Sauce, 110 g
Green - Olives, 8 olives
Penut Cashew Mix Roasted & Salted, 60 g
Mixed Nuts, Fruit and Seeds, 25 g

SNACKS

Coffee - Instant, regular, 2 tsp(s)
Red Wine - Red Wine, 1 glass (5 fl oz.)



"A HEALTHY OUTSIDE STARTS
FROM THE INSIDE"

- Robert Urich

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