

Your Free 7-Day Keto Meal Prep Plan

Simple low-carb recipes for beginners — one grocery list, two prep sessions, zero guesswork.

How to use this plan: Shop once using the grocery list at the end. Cook proteins in bulk on Day 1 and Day 6. Leftovers are built into the plan on purpose — cook once, eat twice. Drink plenty of water and add salt to taste, especially in week one.

The plan

Day 1 — Settle in Sunday

Breakfast	Scrambled eggs with spinach & feta (3 eggs, handful of spinach, 30g feta)
Lunch	Grilled chicken salad with avocado (150g chicken, mixed greens, half an avocado, olive oil)
Dinner	Salmon with roasted broccoli (150g salmon fillet, broccoli roasted in olive oil)
Snack	A handful of almonds (about 30g)

Day 2 — Easy Monday

Breakfast	Greek yogurt with chia seeds & raspberries (150g full-fat yogurt, 1 tbsp chia, small handful of raspberries)
Lunch	Leftover salmon salad wrapped in large lettuce leaves
Dinner	Chicken thigh skillet with zucchini (2 thighs, 1 zucchini, garlic, olive oil)
Snack	Celery sticks with cream cheese

Day 3 — Midweek rhythm

Breakfast	Cheese & veggie omelet (3 eggs, 30g cheddar, peppers, mushrooms)
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Lunch	Tuna salad stuffed avocados (1 can tuna, mayo, 1 avocado)
Dinner	Beef stir-fry with cabbage (150g ground beef, shredded cabbage, soy sauce, sesame oil)
Snack	2 hard-boiled eggs

Day 4 — Keep it simple

Breakfast	Chia pudding made with coconut milk (3 tbsp chia, 200ml coconut milk, cinnamon) — prep the night before
Lunch	Leftover beef stir-fry from Day 3
Dinner	Baked chicken wings with cauliflower mash (6 wings, cauliflower, butter)
Snack	Cucumber slices with guacamole

Day 5 — Almost Friday

Breakfast	Fried eggs with avocado (2 eggs fried in butter, half an avocado)
Lunch	Chicken & bacon lettuce wraps (leftover chicken, 2 bacon strips, large lettuce leaves, mayo)
Dinner	Zucchini noodles with meat sauce (2 zucchini spiralized, leftover bolognese-style sauce)
Snack	A small piece of dark chocolate (85%+, about 20g)

Day 6 — Weekend cooking

Breakfast	Almond-flour pancakes with butter (makes 4 small pancakes)
Lunch	Cobb salad (chicken, bacon, egg, avocado, blue cheese, greens)
Dinner	Sheet-pan sausage with peppers and onions (4 sausages, 2 peppers, 1 onion, olive oil)
Snack	Mixed nuts (about 30g)

Day 7 — Prep day

Breakfast	Veggie frittata (6 eggs, whatever vegetables remain, cheese) — also preps lunches
Lunch	Leftover sausage & peppers from Day 6

Dinner	Slow-cooker pulled pork with coleslaw (500g pork shoulder, bagged coleslaw, sugar-free BBQ rub)
Snack	Cheese cubes with olives

The One-Trip Grocery List

Everything for all 7 days. Check your fridge and pantry first — you probably own half the flavor aisle already.

Proteins

Eggs (18), chicken thighs (6), chicken breast (300g), salmon fillets (2), ground beef (300g), pork shoulder (500g), sausages (4), bacon (6 strips), canned tuna (2)

Dairy & fats

Feta, cheddar, blue cheese, cream cheese, butter, full-fat Greek yogurt, coconut milk (1 can), olive oil, sesame oil, mayonnaise

Vegetables

Spinach, mixed greens, lettuce, broccoli, cauliflower, zucchini (4), cabbage, peppers, onions, mushrooms, celery, cucumber, avocado (4), tomatoes

Pantry

Almonds, mixed nuts, walnuts, chia seeds, almond flour, coconut flour, olives, dark chocolate 85%+, raspberries (frozen is fine)

Flavor

Garlic, soy sauce, sugar-free BBQ rub, salt, pepper, cinnamon, erythritol or monk fruit for desserts

Two prep sessions

Sunday (45 min): grill the chicken thighs + salmon; roast broccoli and cauliflower; hard-boil 4 eggs; make the chia pudding for Day 4.

Friday or Saturday (40 min): bake the frittata; brown the ground beef; slice vegetables for wraps and snacks; portion nuts into bags.

General cooking and meal-planning information — not medical advice. Talk to a qualified professional before making significant dietary changes. Nutritional values vary by brand and portion; this plan does not provide medical nutrition therapy.