



30-Day Ketogenic Diet Meal Plan

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Day 1

- Breakfast: Cheesy Bacon & Egg Muffins
- Lunch: Butter Coffee
- Dinner: Keto Mushroom Chicken with Brussels Sprouts and Bacon

Day 2

- Breakfast: Cinnamon Rolls
- Lunch: Spinach and Feta Stuffed Chicken Breast
- Dinner: Zucchini Noodles with Avocado Pesto

Day 3

- Breakfast: Keto Pancakes with Butter
- Lunch: Salmon Salad with Avocado
- Dinner: Chicken Alfredo with Broccoli

Day 4

- Breakfast: Keto Smoothie with Almond Butter
- Lunch: Beef and Vegetable Stir Fry
- Dinner: Shrimp Scampi with Zoodles

Day 5

- Breakfast: Bacon and Eggs
- Lunch: Greek Salad with Olives and Feta
- Dinner: Steak with Garlic Butter and Asparagus

Day 6

- Breakfast: Keto Breakfast Burrito
- Lunch: Turkey Lettuce Wraps
- Dinner: Pork Chops with Mushroom Sauce

Day 7

- Breakfast: Avocado Deviled Eggs
- Lunch: Cauliflower Pizza
- Dinner: Lamb Chops with Garlic Spinach

Day 8

- Breakfast: Scrambled Eggs with Cheese
- Lunch: Bun-less Burgers
- Dinner: Salmon with Lemon

Day 9

- Breakfast: Greek Yogurt with Berries
- Lunch: Stuffed Bell Peppers
- Dinner: Chicken with Pesto

Day 10

- Breakfast: Omelets with Vegetables
- Lunch: Egg Muffins with Spinach, Cheese, and Bacon
- Dinner: Stir Fry with Cauliflower Rice

Day 11

- Breakfast: Cheesy Bacon & Egg Muffins
- Lunch: Butter Coffee
- Dinner: Keto Mushroom Chicken with Brussels Sprouts and Bacon

Day 12

- Breakfast: Cinnamon Rolls
- Lunch: Spinach and Feta Stuffed Chicken Breast
- Dinner: Zucchini Noodles with Avocado Pesto

Day 13

- Breakfast: Keto Pancakes with Butter
- Lunch: Salmon Salad with Avocado
- Dinner: Chicken Alfredo with Broccoli

Day 14

- Breakfast: Keto Smoothie with Almond Butter
- Lunch: Beef and Vegetable Stir Fry
- Dinner: Shrimp Scampi with Zoodles

Day 15

- Breakfast: Bacon and Eggs
- Lunch: Greek Salad with Olives and Feta
- Dinner: Steak with Garlic Butter and Asparagus

Day 16

- Breakfast: Keto Breakfast Burrito
- Lunch: Turkey Lettuce Wraps
- Dinner: Pork Chops with Mushroom Sauce

Day 17

- Breakfast: Avocado Deviled Eggs
- Lunch: Cauliflower Pizza
- Dinner: Lamb Chops with Garlic Spinach

Day 18

- Breakfast: Scrambled Eggs with Cheese
- Lunch: Bun-less Burgers
- Dinner: Salmon with Lemon

Day 19

- Breakfast: Greek Yogurt with Berries
- Lunch: Stuffed Bell Peppers
- Dinner: Chicken with Pesto

Day 20

- Breakfast: Omelets with Vegetables
- Lunch: Egg Muffins with Spinach, Cheese, and Bacon
- Dinner: Stir Fry with Cauliflower Rice

Day 21

- Breakfast: Cheesy Bacon & Egg Muffins
- Lunch: Butter Coffee
- Dinner: Keto Mushroom Chicken with Brussels Sprouts and Bacon

Day 22

- Breakfast: Cinnamon Rolls
- Lunch: Spinach and Feta Stuffed Chicken Breast
- Dinner: Zucchini Noodles with Avocado Pesto

Day 23

- Breakfast: Keto Pancakes with Butter
- Lunch: Salmon Salad with Avocado
- Dinner: Chicken Alfredo with Broccoli

Day 24

- Breakfast: Keto Smoothie with Almond Butter
- Lunch: Beef and Vegetable Stir Fry
- Dinner: Shrimp Scampi with Zoodles

Day 25

- Breakfast: Bacon and Eggs
- Lunch: Greek Salad with Olives and Feta
- Dinner: Steak with Garlic Butter and Asparagus

Day 26

- Breakfast: Keto Breakfast Burrito
- Lunch: Turkey Lettuce Wraps
- Dinner: Pork Chops with Mushroom Sauce

Day 27

- Breakfast: Avocado Deviled Eggs
- Lunch: Cauliflower Pizza
- Dinner: Lamb Chops with Garlic Spinach

Day 28

- Breakfast: Scrambled Eggs with Cheese
- Lunch: Bun-less Burgers
- Dinner: Salmon with Lemon

Day 29

- Breakfast: Greek Yogurt with Berries
- Lunch: Stuffed Bell Peppers

- Dinner: Chicken with Pesto

Day 30

- Breakfast: Omelets with Vegetables
- Lunch: Egg Muffins with Spinach, Cheese, and Bacon
- Dinner: Stir Fry with Cauliflower Rice

Disclaimer

The meal plan and recommendations provided are for "informational purposes only" and are not medical, nutritional, or personalized advice. Always consult a qualified healthcare provider, dietitian, or nutritionist before starting any diet, especially if you have medical conditions (e.g., diabetes, heart/kidney issues), are pregnant/breastfeeding, or take medications. Nutritional needs vary, and this plan may not suit everyone. Results described are general and not guaranteed. Monitor your health closely and discontinue if adverse effects occur (fatigue, dizziness, etc.). The creators and publishers are not liable for risks, damages, or health complications arising from the use of this content. Prioritize professional guidance over generalized suggestions.

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