

Keto DIET PLANNER

Week 1 : Diet planner

Early morning

- ✓ Luke warm water with lemon + 1 tsp ghee OR
- ✓ Luke warm water with overnight soaked chia seeds (1 tsp) OR
- ✓ Black coffee with a pinch of cinnamon

Breakfast

- ✓ 2 pcs almond flour paratha + paneer bhurji OR
- ✓ Omelette (3 eggs) with avocado slices OR
- ✓ Masala scrambled eggs with cheese and sautéed spinach

Mid-morning

- ✓ Mixed nuts (almonds, walnuts, macadamia) + green tea OR
- ✓ Keto coconut laddoo with black coffee OR
- ✓ Greek yogurt with chia seeds and flaxseeds

Lunch

- ✓ 2 pcs almond flour roti + paneer butter masala + salad OR
- ✓ Grilled chicken with spinach stir fry OR
- ✓ Cauliflower rice + egg curry + cucumber raita

Snacks (evening)

- ✓ Cheese cubes with green tea OR
- ✓ Flaxseed crackers with avocado dip OR
- ✓ Roasted peanuts with lemon water

Dinner

- ✓ Zucchini noodles with creamy paneer sauce OR
- ✓ Eggplant stir fry with coconut milk curry OR
- ✓ Keto soup (mushroom/broccoli) with butter toast (almond flour)

Week 2 : Diet planner

Early morning

- ✓ Warm turmeric water with black pepper OR
- ✓ Black coffee with coconut oil OR
- ✓ Luke warm water with soaked walnuts

Breakfast

- ✓ Keto dosa with paneer stuffing + coconut chutney OR
- ✓ Scrambled eggs with butter-fried mushrooms OR
- ✓ Avocado egg salad with flaxseed crackers

Mid-morning

- ✓ Roasted pumpkin seeds + green tea OR
- ✓ Keto smoothie (almond milk, chia, peanut butter) OR
- ✓ Cottage cheese cubes with flaxseeds

Lunch

- ✓ 2 pcs coconut flour roti + methi paneer + cucumber salad OR
- ✓ Grilled fish with ghee stir-fried vegetables OR
- ✓ Egg curry with spinach cauliflower rice

Snacks (evening)

- ✓ Almonds + herbal tea OR
- ✓ Cheese crackers with guacamole OR
- ✓ Flaxseed laddoo with green tea

Dinner

- ✓ Pulao with butter paneer OR
- ✓ Eggplant lasagna (cheese-based) OR
- ✓ Chicken curry with keto naan

Week 3 : Diet planner

Early morning

- ✓ Beetroot juice with soaked almonds OR
- ✓ Warm lemon water with coconut oil OR
- ✓ Black coffee with a pinch of cinnamon

Breakfast

- ✓ 2 pcs almond flour paratha with paneer bhurji OR
- ✓ Masala cheese omelette with sautéed capsicum OR
- ✓ Keto pancakes with peanut butter

Mid-morning

- ✓ Roasted peanuts + green tea OR
- ✓ Keto smoothie (coconut milk, flaxseeds, chia) OR
- ✓ Greek yogurt with walnuts

Lunch

- ✓ 2 pcs almond roti + palak paneer + cucumber salad OR
- ✓ Keto fried rice (cauliflower-based) with chicken curry OR
- ✓ Egg curry with sautéed mushrooms

Snacks (evening)

- ✓ Keto laddoo with lemon tea OR
- ✓ Avocado slices with sea salt OR
- ✓ Cheese cubes with nuts

Dinner

- ✓ Broccoli soup with almond flour toast OR
- ✓ Keto dal khichdi (cauliflower rice) + butter paneer OR
- ✓ Eggplant stir fry with butter chicken

Week 4 : Diet planner

Early morning

- ✓ ACV (2 tsp) with warm water OR
- ✓ Ginger lemon water OR
- ✓ Black coffee with coconut oil

Breakfast

- ✓ Keto dosa with peanut coconut chutney OR
- ✓ Scrambled eggs with cheese and sautéed veggies OR
- ✓ Masala paneer bhurji with almond flour roti

Mid-morning

- ✓ Boiled egg with green tea OR
- ✓ Keto smoothie (almond milk, peanut butter) OR
- ✓ Roasted flaxseeds + herbal tea

Lunch

- ✓ 2 pcs almond flour roti + methi paneer OR
- ✓ Grilled chicken with sautéed bell peppers OR
- ✓ Egg curry with coconut cauliflower rice

Snacks (evening)

- ✓ Keto nuts bhel with lemon tea OR
- ✓ Roasted seeds + coconut water OR
- ✓ Cheese cubes with nuts

Dinner

- ✓ Cauliflower upma + butter paneer OR
- ✓ Keto dal khichdi + stir-fried veggies OR
- ✓ Zucchini noodles with cheese sauce