

# ONE WEEK CLEAN KETO MEAL PLAN

In this section, you'll get a taste of what one week of dairy-free, clean keto looks like. Use it as a guide when planning your meals as you embark on your new keto eating template.

## Sunday

### • Breakfast

Breakfast Egg Wrap

<https://www.forkly.com/recipes/low-carb-breakfast-egg-wrap/>

*\* Add ½ cup of mixed berries to round out your plate.*

### • Lunch

Green Olive Tuna Salad

<http://theroguecookie.com/green-olive-tuna-salad-2/>

*\* Pair with your favorite low carb, raw veggie, and a dairy-free dip.*

### • Dinner

Quick & Easy Salmon Foil Packets

<https://heathercooan.com/quick-easy-salmon-foil-packets/>

Garlic & Chive Cauliflower Mash

<https://www.ibreatheimhungry.com/garlic-chive-cauliflower-mash-low-carb-dairy-free/>



### • Dessert

Miracle Brownies

<http://theroguecookie.com/dairy-free-miracle-brownies/>

# Monday

## • Breakfast

No Egg Breakfast Bake with Sausage And Peppers

<https://kalynskitchen.com/low-carb-no-egg-breakfast-bake/>

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## • Lunch

Keto BBQ Wings

<https://fluffychixcook.com/best-keto-bbq-barbeque-wings-low-carb-sugar-free/>

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Crispy Bacon Brussels Sprouts

<https://heathercooan.com/crispy-bacon-brussels-sprouts/>

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## • Dinner

Crockpot BBQ Pork Ribs

<https://heathercooan.com/crockpot-bbq-pork-ribs/>

Bacon Green Beans

<https://www.theharvestskillet.com/recipe/bacon-green-beans-keto-whole30/>

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Sugar-Free Deviled Eggs

<https://mariamindbodyhealth.com/deviled-eggs/>

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## • Dessert

Vanilla Ice Cream

<https://heathercooan.com/vanilla-ice-cream/>



# Tuesday

## • Breakfast

Keto Granola

<https://healthfulpursuit.com/2016/04/no-nuts-keto-granola-dust/>

*\* Add a handful of keto-friendly berries to the granola.*

## • Lunch

Cream of Mushroom Soup

<http://theroguecookie.com/diary-free-grain-free-cream-of-mushroom-soup/>

Egg Salad

<https://heathercooan.com/egg-salad/>

## • Dinner

Roasted Chicken Leg Quarters

<http://theroguecookie.com/roasted-chicken-leg-quarters/>

Creamy Broccoli and Mushroom Casserole

<https://www.yummly.com/recipe/Creamy-Broccoli-and-Mushroom-Casserole-1396046>

## • Dessert

3 Ingredient Chocolate Coconut Cups

<https://thebigmansworld.com/3-ingredient-keto-chocolate-coconut-cups/>



PALEO | VEGAN | GLUTEN FREE

**3 INGREDIENT  
HOMEMADE  
KETO CUPS**

SUGAR FREE | LOW CARB

# Wednesday

## • Breakfast

Vegan Coconut Flour Pancakes

<http://www.foodiefiasco.com/vegan-coconut-flour-pancakes-gluten-freegrain-freelow-carblow-calorie/>

*\* Add a side of bacon or sausage patties to your plate and a handful of strawberries.*

## • Lunch

Spaghetti Squash with Tuna and Tomato Sauce

<http://theroguecookie.com/spaghetti-squash-with-tuna-and-tomato-sauce/>

*\* You can include a side salad with homemade dairy-free ranch dressing.*

## • Dinner

Steak & Cauliflower Casserole

<https://thecastawaykitchen.com/2018/03/cheesy-cauliflower-and-crispy-steak-casserole-dairy-free-keto-paleo-whole30/>

*\* Follow the dairy-free version on the middle of the page*

## • Dessert

Almond Dream Cake

<https://prettypies.com/almond-dreamcake-keto/>





# Thursday

## • Breakfast

Crispy Flaxseed Waffles

<https://www.healthfulpursuit.com/2015/07/low-carb-grain-free-flaxseed-waffles/>

*\* Add a handful of your favorite berries to top these waffles off and a pat or two of butter.*

## • Lunch

Bacon-Wrapped BBQ Shrimp

<https://ibreatheimhungry.com/low-carb-bacon-wrapped-bbq-shrimp-recipe/>

No-Potato Salad

<https://ketodietapp.com/Blog/lchf/low-carb-potato-salad>



## • Dinner

Chicken & Creamy Dill Sauce

<https://www.ibreatheimhungry.com/keto-chicken-creamy-dill-sauce-dairy-free/>

Roasted Rutabaga with Rosemary & Onions

<https://lowcarbmaven.com/roasted-rutabaga/>

## • Dessert

Chocolate Silk Pie

<https://www.ruled.me/dairy-free-keto-chocolate-silk-pie/>

# Friday

## • Breakfast

Maple Chicken Breakfast Sausage

<http://peaceloveandlowcarb.com/maple-chicken-breakfast-sausage/>

*\* Add a side of eggs and an onion/bell pepper mix fried in butter or ghee.*

## • Lunch

Homemade Chicken Soup

<https://heathercooan.com/homemade-chicken-soup/>

5-Ingredient Keto Bread

<https://www.wholesomeyum.com/recipes/easy-paleo-keto-bread-recipe/>

## • Dinner

Dijon Shrimp Over Sauerkraut

<https://heathercooan.com/dijon-shrimp-over-sauerkraut/>

Broccoli Salad

<https://ketoinpearls.com/keto-broccoli-salad-dairy-free-gluten-free/>

## • Dessert

Banana Bread

<https://heathercooan.com/keto-banana-bread/>



# Saturday

## • Breakfast

Hot Cinnamon Flax Meal Porridge

<http://www.dietplan-101.com/low-carb-hot-cinnamon-flax-meal-porridge-recipe/>

## • Lunch

Keto, Dairy-Free Taco Salad

<https://www.primaverakitchen.com/ground-beef-taco-salad/>

## • Dinner

Lamb Sliders

<https://www.dietdoctor.com/recipes/keto-lamb-sliders>

Rutabaga Fries

<https://www.wholesomeyum.com/keto-rutabaga-fries-recipe/>



## • Dessert

Peanut Butter Cookies

<https://heathercooan.com/peanut-butter-cookies/>

Snacks help to take the edge off your hunger when first starting a keto lifestyle. When you're feeling hungry between meals, opt for [dairy-free fat bombs](#), non-starchy veggies, and berries.