



Ketogenic Diet: 1 Week Example Meal Plan

Ketogenic Diet:1 Week Example Meal Plan

Eradication Of Sugar Cravings

Sugar cravings will lead to insulin troubles and, therefore, lead to additional weight gaining concerns. Without a reduction in how much sugar is going into your body on a regular basis, you are fighting a tough battle.

You need to eradicate sugar from your diet. It is full of carbs and will hurt your chances.

The best solution is to go on this diet, which is built around removing sugar and doing it immediately.



>>> [We Recommend The Keto Beginning for a Complete Beginners Guide to Keto](#) <<<

Ketogenic Diet: 1 Week Example Meal Plan

Monday

- Breakfast: Egg, tomato, basil and goat cheese omelet
- Lunch: Chicken salad with olive oil and feta cheese
- Dinner: Salmon with asparagus cooked in butter

Tuesday

- Breakfast: A ketogenic milkshake (no idea? [Try this one!](#))
- Lunch: Shrimp salad with olive oil and avocado
- Dinner: Pork chops with Parmesan cheese, broccoli and salad

Wednesday

- Breakfast: Bacon, eggs and tomatoes
- Lunch: Almond milk, peanut butter, cocoa powder and stevia milkshak
- Dinner: Meatballs, cheddar cheese and vegetables

Thursday

- Breakfast: Ham and cheese omelet with vegetables
- Lunch: Ham and cheese slices with nuts
- Dinner: White fish, egg and spinach cooked in coconut oil

Friday

- Breakfast: Sugar-free yogurt with peanut butter, cocoa powder and stevia
- Lunch: Beef stir-fry cooked in coconut oil with vegetables
- Dinner: Burger with bacon, egg and cheese, (just make sure to skip the bun)

Ketogenic Diet: 1 Week Example Meal Plan

Saturday

- Breakfast: Omelet with avocado, salsa, peppers, onion and spices
- Lunch: A handful of nuts and celery sticks with guacamole and salsa
- Dinner: Chicken stuffed with pesto and cream cheese, along with vegetables

Sunday

- Breakfast: Fried eggs with bacon and mushrooms
- Lunch: Burger with salsa, cheese and guacamole
- Dinner: Steak and eggs with a side salad

Summary

This is a powerful diet. It might be the one to change your life. Weight loss is a predicament of its own where each day is a challenge to become better and stronger.

You will wake up every morning and rush to the mirror hoping change has occurred, but without the right diet, you will only see flubber hanging from your waist, thighs, and face.

Give this diet a real opportunity to make amends for previous mistakes you've made. It is the structured diet your body is screaming out for and not making this change is utterly pointless.