

A week of meals.

A little less guesswork.

7-day keto diet meal plan

21 meals, 8 original meal ideas and one complete grocery list. All quantities in this PDF are for ONE person. The website can scale groceries for 1-4 people. No signup required.

Daily estimates: about 1,890-1,960 calories, 24-30 g net carbs and 51-60 g total carbs. This is not a strict 20 g plan or a personal calorie prescription. Net carbs = total carbs minus fiber.

DAY	BREAKFAST	LUNCH	DINNER	DAILY ESTIMATE
1	Spinach eggs & avocado	Lemon chicken & avocado salad	Lemon salmon & roasted broccoli	23.7 g net carbs 1,954 kcal 55.4 g total carbs
2	Berry, chia & walnut yogurt	Avocado egg crunch salad	Chicken & cauliflower skillet	29.2 g net carbs 1,939 kcal 59.9 g total carbs
3	Mushroom & feta omelet	Lemon chicken & avocado salad	Golden tofu & zucchini skillet	24.2 g net carbs 1,891 kcal 52.0 g total carbs
4	Spinach eggs & avocado	Golden tofu & zucchini skillet	Lemon salmon & roasted broccoli	25.2 g net carbs 1,959 kcal 57.3 g total carbs
5	Berry, chia & walnut yogurt	Chicken & cauliflower skillet	Avocado egg crunch salad	29.2 g net carbs 1,939 kcal 59.9 g total carbs
6	Mushroom & feta omelet	Lemon chicken & avocado salad	Lemon salmon & roasted broccoli	24.1 g net carbs 1,927 kcal 51.2 g total carbs
7	Spinach eggs & avocado	Avocado egg crunch salad	Golden tofu & zucchini skillet	24.6 g net carbs 1,936 kcal 57.1 g total carbs

Before you start

Discuss a restrictive diet with your clinician or registered dietitian, especially with diabetes or diabetes medicines, pregnancy or breastfeeding, kidney or liver conditions, or a history of disordered eating. This guide is not for children or for treating a medical condition. See page 7 for the sources and limitations.

Your one-week shopping list.

For one person, all 21 meals. These are edible weights used, not package sizes. Round packages up and allow for avocado skin/pits, lemon peel and trimming. Eggs exclude shells. Ounces are weight, not fluid ounces.

Produce

- [] Spinach
400 g / 14.1 oz
- [] Avocado flesh
1280 g / 45.2 oz
- [] Romaine lettuce
450 g / 15.9 oz
- [] Cucumber, unpeeled
420 g / 14.8 oz
- [] Tomatoes
150 g / 5.3 oz
- [] Lemon juice
180 g / 6.3 oz
- [] Broccoli florets
540 g / 19.0 oz
- [] Raspberries
70 g / 2.5 oz
- [] Cauliflower
360 g / 12.7 oz
- [] White mushrooms
400 g / 14.1 oz
- [] Zucchini, unpeeled
480 g / 16.9 oz

Protein

- [] Boneless skinless chicken breast (raw)
770 g / 27.2 oz
- [] Atlantic salmon fillet (raw)
510 g / 18.0 oz
- [] Firm tofu, calcium-set
600 g / 21.2 oz

Eggs & dairy

- [] Eggs
21 large eggs / 1050 g
- [] Plain whole-milk Greek yogurt
200 g / 7.1 oz
- [] Feta cheese
140 g / 4.9 oz

Pantry

- [] Olive oil
325 g / 11.5 oz
- [] Unsalted almonds
165 g / 5.8 oz
- [] Unsalted walnuts
265 g / 9.3 oz
- [] Chia seeds
50 g / 1.8 oz

Also check your pantry: optional salt, black pepper, and water as needed. Snacks, drinks, substitutions and extra sauces are not included.

Prep twice, not seven days at once.

Freeze later-week raw chicken and fish promptly, or shop again midweek. Thaw in the refrigerator. Refrigerate cooked food within 2 hours (1 hour above 90°F/32°C), at 40°F/4°C or below. Use cooked leftovers within 3–4 days or freeze. Reheat to 165°F/74°C.

01 / BREAKFAST / ABOUT 15 MINUTES

Spinach eggs & avocado

INGREDIENTS FOR ONE

Eggs
2 large eggs / 100 g
Spinach
60 g / 2.1 oz
Avocado flesh
100 g / 3.5 oz
Olive oil
10 g / 0.4 oz
Unsalted almonds
25 g / 0.9 oz

HOW TO MAKE IT

1. Wash the spinach and slice the avocado. Roughly chop the almonds.
2. Warm the olive oil in a nonstick skillet over medium-low heat. Add spinach and cook until wilted, about 2 minutes.
3. Beat in the eggs and stir gently until completely set; egg dishes should reach 160°F (71°C). Serve with the avocado and almonds.

Plan ahead: Make fresh. Keep the almonds separate until serving.

PER PERSON: 550 kcal | 5.7 g net carbs | 16.8 g total carbs | 11.1 g fiber | 21.6 g protein | 46.9 g fat

Contains: Eggs, tree nuts (almonds). Edible weights before cooking; all listed oil included. Optional salt and pepper are not counted.

02 / BREAKFAST / ABOUT 5 MINUTES

Berry, chia & walnut yogurt

INGREDIENTS FOR ONE

Plain whole-milk Greek yogurt
100 g / 3.5 oz
Chia seeds
25 g / 0.9 oz
Unsalted walnuts
40 g / 1.4 oz
Raspberries
35 g / 1.2 oz

HOW TO MAKE IT

1. Stir the chia seeds into the plain yogurt with 2–4 tablespoons of water per person to loosen it.
2. Cover and refrigerate for at least 20 minutes, or overnight. Stir again; add a little water if too thick.
3. Top with the washed raspberries and chopped walnuts. Use plain, unsweetened yogurt; check its label against the estimate.

Plan ahead: Mix the night before; keep refrigerated. Add the nuts when you eat.

Plus 20 minutes to chill

PER PERSON: 498 kcal | 10.6 g net carbs | 24.2 g total carbs | 13.6 g fiber | 19.6 g protein | 39.0 g fat

Contains: Milk, tree nuts (walnuts). Edible weights before cooking; all listed oil included. Optional salt and pepper are not counted.

03 / BREAKFAST / ABOUT 20 MINUTES

Mushroom & feta omelet

INGREDIENTS FOR ONE

Eggs
3 large eggs / 150 g
White mushrooms
80 g / 2.8 oz
Spinach
50 g / 1.8 oz
Feta cheese
30 g / 1.1 oz
Olive oil
10 g / 0.4 oz
Avocado flesh
70 g / 2.5 oz

HOW TO MAKE IT

1. Slice the mushrooms and wash the spinach. Beat the eggs in a bowl.
2. Heat the oil in a nonstick skillet. Cook the mushrooms for 4–5 minutes, then add the spinach and wilt.
3. Pour in the eggs, reduce the heat and cook until set. Add the feta, fold, and cook until the center reaches 160°F (71°C). Serve with the avocado.

Plan ahead: Slice the mushrooms ahead; cook the eggs when ready to eat.

PER PERSON: 524 kcal | 6.0 g net carbs | 12.6 g total carbs | 6.6 g fiber | 28.4 g protein | 41.4 g fat

Contains: Eggs, milk. Edible weights before cooking; all listed oil included. Optional salt and pepper are not counted.

04 / LUNCH OR DINNER / ABOUT 25 MINUTES

Lemon chicken & avocado salad

INGREDIENTS FOR ONE

Boneless skinless chicken breast (raw)
150 g / 5.3 oz
Avocado flesh
100 g / 3.5 oz
Romaine lettuce
70 g / 2.5 oz
Cucumber, unpeeled
60 g / 2.1 oz
Tomatoes
50 g / 1.8 oz
Olive oil
20 g / 0.7 oz
Lemon juice
15 g / 0.5 oz
Unsalted walnuts
20 g / 0.7 oz

HOW TO MAKE IT

1. Cut the raw chicken into even strips. Heat half the olive oil in a skillet and cook the chicken, turning, until every piece reaches 165°F (74°C). This usually takes 8–12 minutes.
2. Wash and chop the lettuce, cucumber and tomato. Slice the avocado and put everything in a bowl.
3. Whisk the remaining oil with the lemon juice. Add the chicken and walnuts, then dress just before serving.

Plan ahead: Cook chicken ahead if useful; refrigerate separately. Cut avocado and dress the salad at serving time.

PER PERSON: 681 kcal | 8.3 g net carbs | 18.7 g total carbs | 10.5 g fiber | 40.5 g protein | 52.0 g fat

Contains: Tree nuts (walnuts). Edible weights before cooking; all listed oil included. Optional salt and pepper are not counted.

05 / LUNCH OR DINNER / ABOUT 30 MINUTES

Lemon salmon & roasted broccoli

INGREDIENTS FOR ONE

Atlantic salmon fillet (raw)
170 g / 6.0 oz
Broccoli florets
180 g / 6.3 oz
Olive oil
20 g / 0.7 oz
Lemon juice
15 g / 0.5 oz
Avocado flesh
80 g / 2.8 oz

HOW TO MAKE IT

1. Heat the oven to 400°F (205°C). Toss washed broccoli florets with half the olive oil on a baking sheet; roast for 10 minutes.

2. Add the salmon and brush with the remaining oil. Roast another 12–15 minutes, checking that the fish reaches 145°F (63°C). Timing varies with fillet thickness.

3. Finish with the lemon juice and serve with sliced avocado. Use the listed oil across the fish and vegetables, rather than adding extra.

Plan ahead: Cook fish close to mealtime. Frozen individual fillets help make a second batch later in the week.

PER PERSON: 723 kcal | 9.7 g net carbs | 19.8 g total carbs | 10.1 g fiber | 41.4 g protein | 55.2 g fat

Contains: Fish (salmon). Edible weights before cooking; all listed oil included. Optional salt and pepper are not counted.

06 / LUNCH OR DINNER / ABOUT 30 MINUTES

Chicken & cauliflower skillet

INGREDIENTS FOR ONE

Boneless skinless chicken breast (raw)
160 g / 5.6 oz
Cauliflower
180 g / 6.3 oz
Spinach
60 g / 2.1 oz
Olive oil
25 g / 0.9 oz
Feta cheese
40 g / 1.4 oz
Unsalted walnuts
25 g / 0.9 oz

HOW TO MAKE IT

1. Chop the cauliflower finely (or use plain fresh cauliflower rice). Cut raw chicken into small, even pieces.

2. Heat half the oil in a wide skillet. Cook the chicken until it reaches 165°F (74°C), then transfer to a clean plate.

3. Add the remaining oil and cauliflower. Cook for 6–8 minutes, adding a splash of water if needed. Wilt in the spinach, return the chicken, then fold in crumbled feta and chopped walnuts.

Plan ahead: Good for a second portion: chill promptly and reheat leftovers to 165°F (74°C).

PER PERSON: 741 kcal | 9.5 g net carbs | 16.1 g total carbs | 6.6 g fiber | 50.7 g protein | 54.8 g fat

Contains: Milk, tree nuts (walnuts). Edible weights before cooking; all listed oil included. Optional salt and pepper are not counted.

07 / LUNCH OR DINNER / ABOUT 30 MINUTES

Golden tofu & zucchini skillet

INGREDIENTS FOR ONE

Firm tofu, calcium-set
200 g / 7.1 oz
Zucchini, unpeeled
160 g / 5.6 oz
White mushrooms
80 g / 2.8 oz
Olive oil
20 g / 0.7 oz
Unsalted almonds
30 g / 1.1 oz
Lemon juice
15 g / 0.5 oz

HOW TO MAKE IT

1. Drain and pat the tofu dry, then cube it. Slice the zucchini and mushrooms. Roughly chop the almonds.
2. Heat half the oil in a nonstick skillet. Cook the tofu for 8–10 minutes, turning to brown several sides; transfer to a plate.
3. Add the remaining oil, zucchini and mushrooms. Cook for 5–7 minutes until tender. Return the tofu, warm through and finish with lemon juice and almonds.

Plan ahead: Use firm, calcium-set tofu; protein and calories vary a lot by brand. Recheck the package if substituting.

PER PERSON: 687 kcal | 9.8 g net carbs | 20.6 g total carbs | 10.8 g fiber | 45.3 g protein | 53.2 g fat

Contains: Soy, tree nuts (almonds). Edible weights before cooking; all listed oil included. Optional salt and pepper are not counted.

08 / LUNCH OR DINNER / ABOUT 20 MINUTES

Avocado egg crunch salad

INGREDIENTS FOR ONE

Eggs
3 large eggs / 150 g
Romaine lettuce
80 g / 2.8 oz
Cucumber, unpeeled
80 g / 2.8 oz
Avocado flesh
100 g / 3.5 oz
Olive oil
15 g / 0.5 oz
Unsalted walnuts
25 g / 0.9 oz
Lemon juice
15 g / 0.5 oz

HOW TO MAKE IT

1. Cover the eggs with water in a saucepan. Bring to a boil, reduce to a gentle simmer and cook about 10–12 minutes, until whites and yolks are firm. Cool under cold water and peel.
2. Wash and chop the romaine and cucumber, then slice the avocado and eggs.
3. Whisk the olive oil and lemon juice. Toss with the vegetables and walnuts; arrange the eggs on top.

Plan ahead: Keep boiled eggs refrigerated. Assemble and dress the salad just before eating.

PER PERSON: 700 kcal | 9.1 g net carbs | 19.6 g total carbs | 10.5 g fiber | 26.2 g protein | 60.6 g fat

Contains: Eggs, tree nuts (walnuts). Edible weights before cooking; all listed oil included. Optional salt and pepper are not counted.

The numbers & the context.

Estimated daily nutrition per person. Grams except calories. Extra food and substitutions will change the totals.

DAY	KCAL	NET CARBS	TOTAL CARBS	FIBER	PROTEIN	FAT	SAT. FAT
1	1954	23.7	55.4	31.7	103.5	154.2	24.5
2	1939	29.2	59.9	30.6	96.5	154.4	27.6
3	1891	24.2	52.0	27.8	114.3	146.7	25.3
4	1959	25.2	57.3	32.0	108.4	155.4	24.1
5	1939	29.2	59.9	30.6	96.5	154.4	27.6
6	1927	24.1	51.2	27.1	110.4	148.7	28.5
7	1936	24.6	57.1	32.4	93.1	160.7	24.7

How these estimates work

Ingredient grams x USDA nutrient value per 100 g / 100, summed into recipes and days before rounding. Calories use USDA energy values. All measured oil is counted; cooking losses and retention factors are not modeled. Generic foods differ from brands. Net carbs subtract fiber only, with no sugar alcohols. A number cannot confirm ketosis. This plan does not establish micronutrient adequacy.

Clinical context

Keto definitions vary. Many versions described by Harvard restrict total carbs below 50 g/day; this example uses a net-carb approach and has higher total carbs. ADA guidance discourages a ketogenic eating pattern for people taking SGLT inhibitors because of ketoacidosis risk. Do not change diabetes medication yourself. This is educational material from the KaloCam team, not an individualized treatment plan.

Sources & editorial note

USDA FoodData Central – SR Legacy, April 2018

Harvard Nutrition Source – ketogenic diet review

ADA Standards of Care 2026 – section 9, recommendation 9.39

FoodSafety.gov – cooking temperatures and storage

Prepared October 15, 2026. Not reviewed by a registered dietitian; recipes have not been kitchen-tested. Ingredient-level data and full methodology are available in the [online guide](#). Corrections: wangwei01@funconnectsg.com.