

Clean Keto 1 Week Meal Plan

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Note: Some recipes are naturally keto, while others are easily adapted with simple swaps like cauliflower rice or unsweetened coconut milk. Many casseroles make generous portions — plan for leftovers for lunch or dinner the next day.

Legend: (K) Keto-Friendly • (A) Easily Adapted for Keto • (HP) Higher-Protein Option

Monday

- **Breakfast (K):** Starbucks Egg White Bites in the Oven
- **Lunch (A):** Trader Joe's Chicken Shawarma Bowl (use cauliflower rice)
- **Dinner (K):** Bacon Ranch Keto Chicken and Rice Casserole

Tuesday

- **Breakfast (K):** Keto Breakfast Casserole
- **Lunch (A):** Leftover Chicken Shawarma in lettuce wraps
- **Dinner (K):** Air Fryer Mahi Mahi with roasted broccoli

Wednesday

- **Breakfast (K):** Keto Coffee or Chia Pudding with unsweetened almond milk
- **Lunch (HP):** Trader Joe's Harvest Hash with sausage over cauliflower rice
- **Dinner (K):** Cajun Salmon Alfredo over spaghetti squash

Thursday

- **Breakfast (A):** Avocolada Smoothie (keto modified with unsweetened coconut milk)
- **Lunch (K):** Spinach Artichoke Chicken Casserole
- **Dinner (HP):** Keto Italian Turkey Broccoli Casserole

Friday

- **Breakfast (K):** Eggs & sautéed spinach in avocado oil
- **Lunch (K):** Simple Keto Salad with olive oil, avocado, and nuts
- **Dinner (K):** Keto Chicken Parmesan Casserole

Saturday

- **Breakfast (HP):** Lazy Keto Brunch Plate — eggs, bacon, avocado
- **Lunch (HP):** Keto Snack Plate — cheese, boiled eggs, olives
- **Dinner (K):** Trader Joe's Meatball Spaghetti Bake with zucchini noodles

Sunday

- **Breakfast (K):** Keto Coffee + collagen
- **Lunch (A):** Leftover casserole bowl — combine chicken, veggies, and sauce
- **Dinner (K):** Air Fryer Mahi Mahi lettuce wrap tacos with avocado crema

Tips for Success

- Keep daily carbs below ~50 g to maintain ketosis.
- Choose organic, grass-fed meats and wild-caught seafood when possible.
- Cook with avocado oil, coconut oil, or ghee instead of vegetable oils.
- Batch-cook casseroles or proteins on Sundays and plan for leftovers.
- Reuse leftovers for quick lunches or next-day dinners.
- Hydrate and replenish electrolytes daily.