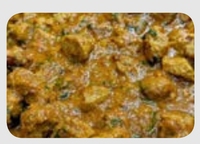


7 Days Keto-Diet Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM							
	Glass of fresh sugar-free juice (Preferably Lauki juice)	Glass of fresh lemon juice with Honey	100 Grams of wheatgrass juice	A glass of Chana Water soaked overnight	A glass of Chirata water soaked overnight	A lemon water mixed with one spoon apple cider vinegar	4 piece almond soaked overnight
9 AM							
	Breakfast – Paneer Bhurjee and Quinoa and Soy flour roti. Between these periods drink lots of water	Breakfast – Paneer Paratha followed by bullet coffee. Drink lots of water in this time frame	9 AM – A bowl of Salad Don't forget to drink lots of water in between	Paneer pakoda. Drink water, this will balance your metabolism	Drink a glass of Green smoothie (Spinach, Tomato, Cucumber, Carrots)	Rava Idli with coconut chutney (No Sambhar Drink at least 3 – 6 Glasses of water here.	Green Smoothie
1 PM							
	Lunch – Soya bean sabzi or curry with Quinoa or soya flour roti	Broccoli sabji and 2 Quinoa chapatti	Soyabean green peas Kheema with 2 Quinoa flour roti	Spinach or Kale Sabji with grated cheese and 2 – 3 Quinoa flour roti	Green Salad, Palak Paneer 2 Quinoa and soy flour roi	Paneer cooked with mixed vegetables (except Potato and veggies high on Carbs)	2 – 3 Quinoa Methi Roti, Soyabean mutter and a small bowl clear soup.
5 PM							
	Roasted chana (a handful should suffice) and green tea	Roasted Chana with green tea	An Apple	A handful of Roasted chana followed by green tea	Green Tea handful of dry fruits (Almonds, Nuts, Anjeer etc.)	Bullet Coffee and a handful of dry fruits	Bullet Coffee followed by handful of Roasted chana
7 PM							
	Cucumber or carrot	A handful of peanuts	Beet and cucumber	Cucumber and carrot	Half Beetroot and half carrot	Cucumber	Pear fruit
9 PM							
	Dinner – Vegetable soup, Spinach sabji and 2 – 3 quinoa or soy flour roti.	Lotus stem soup and a bowl of green salad	Black Dal and 2 – 3 Soy flour roti	Vegetable soup with limited butter in it.	Zero Oil Paneer Matar with 2 – 3 Quinoa and soya flour roti.	Palak paneer, 2 Jowar roti, and Lotus stem sabji	Palak Paneer and 2 – 3 Soy flour roti

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