

Simple Basic Keto Meal Plan

Coffee: Coffee with one teaspoon of Mct oil when training early (Just coffee is fine if you can make it to 11:00)

Brunch: Bacon, eggs and tomatoes with Avo



Coffee / Water / Snack otherwise only when you are hungry and plan it!

Evening Snack: Biltong, Nuts, Cheese, Olives / Cracker with cream cheese with basil pesto (Wine)

Brunch: Meatballs and vegetable stew / Zucchini noodles

Coffee / Water / Snack otherwise only when you are hungry and plan it!



Evening Snack: Full Cream Yogurt with blueberries

Brunch: Skillet - Oven baked vegetables with Chicken

Coffee / Water / Snack otherwise only when you are hungry and plan it!

Evening Snack: A handful of nuts and celery sticks with guacamole and salsa



Coffee: Coffee with one teaspoon of Mct oil when training early (Just coffee is fine if you can make it to 11:00)



Brunch: Omelette with bacon and Avo



Coffee / Water / Snack otherwise only when you are hungry and plan it!

Evening Snack: Mac and Cheese with bacon pieces / Salami pieces (Cauliflower with cream, cheese and bacon/salami pieces)



Brunch: Skillet Bacon, mushrooms, tomatoes with a poached egg and Sour Cream / Avo

Coffee / Water / Snack otherwise only when you are hungry and plan it!

Evening Snack: Broccoli / Cracker with cream cheese with basil pesto



Brunch: Chicken salad with Avo and Broccoli

Coffee / Water / Snack otherwise only when you are hungry and plan it!

Evening Snack: Full Cream Yogurt with blueberries / raspberries and Biltong/Nuts



Coffee: Coffee with one teaspoon of Mct oil (Just coffee is fine if you can make it to 12:00)

Lunch: Fish with asparagus/bacon oven baked with rosemary (Wine)

Coffee / Water

Evening Snack: Full Cream Yogurt with blueberries / raspberries



Brunch: Cheesy Gem Squash with Mince and mushroom filling as well as Salad or Vegetables

Coffee / Water / Snack otherwise only when you are hungry and plan it!

Evening Snack: Biltong, Nuts, Cheese, Olives / Cracker with cream cheese with basil pesto (Wine)



Coffee: Coffee with one teaspoon of Mct oil (Just coffee is fine if you can make it to 12:00)

Lunch: Baked Chicken with roasted vegetables, desert ice cream with dark chocolate (Wine)

Coffee / Water

Evening Snack: Full Cream Yogurt with blueberries / raspberries and Biltong/Nuts



Saturday Braai

Snack: Light!

If the braai is in the evening start with a brunch like a Bacon skillet with Tomato and avo with Sour cream

Coffee: Coffee is fine if you can make it to 11:00 / Light Snack / Brunch

Braai: Steak or Chichen or Lamb with Salad or Greens



Saturday

Breakfast: Yogurt and Berries with nuts

Braai in mid-day: Steak or Chichen or Lamb with Salad or Greens



Skip brunch!

Dinner: Cheese slices with nuts