

PERFECT KETO

A 7-DAY KETO
DIET MEAL PLAN
UNDER 2,200
DAILY CALORIES

INTRODUCTION TO KETO MEAL PLANNING

To find success on a ketogenic diet, planning is key. This guide will teach you how to create a 7-day keto diet meal plan to fit your needs and macro goals all while staying under 2,200 daily calories.

CREATING YOUR KETO MEAL PLAN

Let's be honest: If your idea of planning your meals means picking the fastest drive-thru lane, you're going to have a hard time on a ketogenic diet.

That's because getting and staying in ketosis requires a bit of calculation and planning up front to score maximum wins long term.

To help you create the best meal plan for your body, we've broken down our guide into four easy steps:

1



SET YOUR GOALS

2



CALCULATE YOUR MACROS

3



PLAN YOUR MEALS

4



START COOKING!

Now that you know what to expect, let's jump right in.

1. SET YOUR GOALS

Why do you want to start a ketogenic diet, anyway?

Do you want to finally lose that stubborn excess body weight you've been lugging around? Are you looking for better mental clarity and more energy?

Will you be hoping a ketogenic diet lowers your blood sugar and cholesterol levels?

Are you focused solely on shredding fat and building muscle or do you simply want better overall health?

Whatever your reasons and intentions, think about the results you're hoping to achieve on keto. Now write them down and post them somewhere you can see every day.

Remembering why you started will make it easier to stick to your keto diet along the way.

2. CALCULATE YOUR MACROS

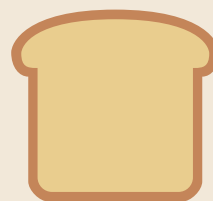
Macronutrient ratios are everything on a ketogenic diet. The macro ratios on a keto diet typically look like this:



HIGH FAT:
70-75% OF
YOUR CALORIES



MODERATE PROTEIN:
20-25%



LOW CARB:
5-10% OR LESS

Start by using our [keto macro calculator here](#) to help you determine what and how much of each category to eat based on your specific body composition and lifestyle.

You'll have a rough estimate of how many grams of fat, protein and carbs your meals need to cover over the course of one day. This will make it easier to plan your meals.

3. PLAN YOUR MEALS

Based on your daily macros, pick one day each week to sit down and plan out your meals for the next seven days.

It's a chore worth doing once instead of thinking about what to eat every single day.

We have your first week on a keto diet covered today, but after that you'll want to check our [new recipes on the Perfect Keto website](#) and add them to your repertoire so you're never bored.

All the recipes we share list the macro breakdown so you don't have to calculate anything complicated.

If you stumble upon a recipe without a macro count, just enter the ingredients into a diet app like KetoDietApp or MyFitnessPal and you'll have the macros and calorie count totaled for you.

And guess what?

We've included a cheat sheet at the end of this guide -- the **Ultimate Keto Diet Foods List** -- so you can plan your ketogenic diet meals around the right foods ASAP.

To start, it helps to figure out which meals you'll have each day. When you list them out on a sheet of paper, think about:

- How many people in your home will be eating the meals (i.e., How many servings will you need to make?)
- Whether you plan to make enough for leftovers for lunch the next day
- How you want to structure each day (Do you plan to eat breakfast every morning, or will you just have lunch and dinner most days?)

Once your meals are planned out, make a shopping list with the ingredients you'll need for every one and head out to the store.

4. START COOKING!

You have your meals planned. You have your ingredients.

Now you'll need to decide if you want to prep and cook most of your meals on your day off and store them for easy grab 'n go during your hectic work week, or prepare each meal the day you plan to eat it.

Consider what fits your schedule and lifestyle most and work around that. Anything else will just be too difficult and trick you into giving up.

While making any new change can seem overwhelming at first, having a plan in place will set you up for success in the long run.

So let's check out a sample 7-day ketogenic diet menu plan now.

SAMPLE 7-DAY KETO MENU PLAN UNDER 2,200 CALORIES

Don't know what to eat on a keto diet?

We've got you covered for seven days of meal planning so you'll have inspiration come breakfast, lunch, dinner and dessert time.

The example macros are set for a single person who is eating 2,200 calories per day and sticking to 140 grams or less of protein, 30 grams or less of carbs and around 175 grams of fat.





Your macros may be a bit different so feel free to mix and match meals from different days to fit yours.

Using our [healthy keto snack list](#) and paying attention to how your body feels when you have more/less of each macro will help you adjust accordingly.

DAY #1 MEALS





DAY 1: BREAKFAST

1 serving Keto Brunch Spread

| | | | | |
|--------|--|--|---|--|
| MACROS | FAT: | PROTEIN: | CARBS: | CALORIES: |
| |  38G |  17G |  3G |  426 |





DAY 1: LUNCH

1 serving Chicken Caesar Salad

| | | | | |
|--------|--|--|---|--|
| MACROS | FAT: | PROTEIN: | CARBS: | CALORIES: |
| |  23G |  35.5G |  7G |  391 |

DAY 1: SNACK

1 Hard Boiled Egg
1 oz. Cheddar Cheese
1 oz. Almonds

| | | | | |
|--------|--|--|---|--|
| MACROS | FAT: | PROTEIN: | CARBS: | CALORIES: |
| |  28G |  19G |  3.5G |  354 |

DAY 1: DINNER

1 serving [Superfood Meatballs](#)
1 serving [Keto Creamed Spinach](#)

MACROS

FAT:



36G

PROTEIN:



36G

CARBS:



7G

CALORIES:



485

DAY 1: DESSERT

1 serving [Low Carb Decadent Keto Cheesecake](#)

MACROS

FAT:



49G

PROTEIN:



12G

CARBS:



7.5G

CALORIES:



517

MACROS FOR THE DAY

FAT:



174G

PROTEIN:



119.5G

CARBS:



28G

CALORIES:







2,173

DAY #2 MEALS





DAY 2: BREAKFAST

1 serving Easy Keto Breakfast Tacos

| | | | | |
|--------|--|--|---|---|
| MACROS | FAT:  29G | PROTEIN:  20G | CARBS:  2G | CALORIES:  360 |
|--------|--|--|---|---|





DAY 2: LUNCH

1 serving Low Carb Crispy Keto "Fried" Chicken
1 serving Smokey Keto BBQ Sauce
1 cup Steamed Broccoli with 1 tbsp Grass-fed Butter

| | | | | |
|--------|--|--|--|---|
| MACROS | FAT:  38.5G | PROTEIN:  34G | CARBS:  11.5G | CALORIES:  619 |
|--------|--|--|--|---|

DAY 2: SNACK

1 oz. Macadamia Ntuts
1 MCT Fat Bomb

| | | | | |
|--------|--|---|---|---|
| MACROS | FAT:  30G | PROTEIN:  3G | CARBS:  3G | CALORIES:  285 |
|--------|--|---|---|---|

DAY 2: DINNER

1 serving [Lemon Herb Low Carb Keto Meatloaf](#)
1 serving [Cheesy Bacon Brussels Sprout Casserole](#)

MACROS

FAT:



56G

PROTEIN:



47G

CARBS:



8G

CALORIES:



669

DAY 2: DESSERT

1 serving [Perfect Keto Chocolate Mousse](#)

MACROS

FAT:



14G

PROTEIN:



17.5G

CARBS:



6G

CALORIES:



248

MACROS FOR THE DAY

FAT:



167.5G

PROTEIN:



121.5G

CARBS:



30.5G

CALORIES:







2,181

DAY #3 MEALS





DAY 3: BREAKFAST

1 serving **Bacon, Egg & Cheese Breakfast Casserole**

| | | | | |
|--------|--|--|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  38G |  43G |  2G |  437 |





DAY 3: LUNCH

1 serving **White Turkey Chili**
2 cups Mixed Leafy Greens with 1 tbsp Olive Oil

| | | | | |
|--------|--|--|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  44.5G |  29G |  5.5G |  568 |

DAY 3: SNACK

1 serving **Chocolate Sea Salt Peanut Butter Bites**
1 oz. Almonds

| | | | | |
|--------|--|---|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  25G |  9G |  3.5G |  286 |

DAY 3: DINNER

- 1 serving [Portobello Bun Cheeseburger](#)
- 1 serving [Celeriac Everything Oven Fries](#)
- 1 serving [Homemade Keto Mayo](#)

MACROS

FAT:



40G

PROTEIN:



31G

CARBS:



13G

CALORIES:



539

DAY 3: DESSERT

- 1 serving [Keto Brownies with Peppermint Crunch](#)

MACROS

FAT:



18G

PROTEIN:



5G

CARBS:



4G

CALORIES:



205

MACROS FOR THE DAY

FAT:



165.5G

PROTEIN:



117G

CARBS:



28G

CALORIES:







2,035

DAY #4 MEALS





DAY 4: BREAKFAST

1 serving Keto Oatmeal

| | | | | |
|--------|--|--|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  44G |  31G |  1G |  584 |


DAY 4: LUNCH

1 serving Turkey Sausage Frittata
4 slices bacon fried in 1 tbsp butter
1 cup coffee or tea with MCT Oil Powder

| | | | | |
|--------|--|--|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  50G |  25G |  5.5G |  572 |

DAY 4: SNACK

1 oz. Mozzarella Cheese
2 oz. Ham Cold Cuts

| | | | | |
|--------|--|--|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  10G |  19G |  2G |  160 |

DAY 4: DINNER

1 serving [Keto Poke with Ahi Tuna and Citrus](#)





| MACROS | FAT: | PROTEIN: | CARBS: | CALORIES: |
|--------|---|---|---|---|
| |  |  |  |  |
| | 33G | 39G | 10G | 445 |

DAY 4: DESSERT

1 [Perfect Keto Collagen Mug Cake](#)

| MACROS | FAT: | PROTEIN: | CARBS: | CALORIES: |
|--------|---|---|---|---|
| |  |  |  |  |
| | 43.5 | 27G | 4G | 535 |





MACROS FOR THE DAY

| FAT: | PROTEIN: | CARBS: | CALORIES: |
|---|---|--|---|
|  |  |  |  |
| 180.5G | 141G | 22.5G | 2,296 |

DAY #5 MEALS


DAY 5: BREAKFAST

1 Avocado Breakfast Bowl

| | | | | |
|--------|--|--|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  40G |  25G |  3G |  500 |



DAY 5: LUNCH

1 serving Fathead Pizza: Low Carb Keto Pizza
2 cups Mixed Leafy Greens with 1 serving MCT Powder Garlic Dressing

| | | | | |
|--------|--|--|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  33G |  15G |  4G |  372 |

DAY 5: SNACK

1 serving Smoked Salmon Pate On Cucumber

| | | | | |
|--------|--|--|---|--|
| | FAT: | PROTEIN: | CARBS: | CALORIES: |
| MACROS |  40G |  18G |  4G |  450 |

DAY 5: DINNER

4 oz. Grass-fed Skirt Steak
1 serving [Rosemary Cauliflower Mash and Gravy](#)
1 serving [Low-Carb Stuffing](#)

MACROS

FAT:



54.5G

PROTEIN:



35G

CARBS:



8G

CALORIES:



673

DAY 5: DESSERT

2 servings [Buttery Coconut Vanilla Keto Cookies](#)

MACROS

FAT:



18G

PROTEIN:



4G

CARBS:



4G

CALORIES:



192

MACROS FOR THE DAY

FAT:



185.5G

PROTEIN:



141G

CARBS:



22.5G

CALORIES:







2,187

DAY #6 MEALS





DAY 6: BREAKFAST

1 serving Keto Power Breakfast with Green Sauce

| | | | | |
|--------|--|--|---|--|
| MACROS | FAT: | PROTEIN: | CARBS: | CALORIES: |
| |  27G |  10.5G |  7G |  305 |



DAY 6: LUNCH

1 serving Shrimp Stir Fry with Baked Cauliflower Rice

| | | | | |
|--------|--|--|---|--|
| MACROS | FAT: | PROTEIN: | CARBS: | CALORIES: |
| |  25G |  25G |  9G |  357 |

DAY 6: SNACK

1 serving Keto Cheesy Buffalo Chicken Dip
1 cup Bite-Sized Celery Dippers

| | | | | |
|--------|--|--|---|--|
| MACROS | FAT: | PROTEIN: | CARBS: | CALORIES: |
| |  17G |  17G |  3G |  232 |

DAY 6: DINNER

1 serving Crispy Skin Salmon with Pesto Cauliflower Rice

MACROS

FAT:



51G

PROTEIN:



34G

CARBS:



10G

CALORIES:



647

DAY 6: DESSERT

1 Keto Collagen Chocolate Smoothie

MACROS

FAT:



49.5G

PROTEIN:



14G

CARBS:



2.5G

CALORIES:



500

MACROS FOR THE DAY

FAT:



169.5G

PROTEIN:



100.5G

CARBS:



31.5G

CALORIES:



2,041

DAY #7 MEALS

DAY 7: BREAKFAST

1 **Keto Bulletproof Coffee**

1 Hard Boiled Egg

1 oz. Swiss Cheese

MACROS

FAT:



44G

PROTEIN:



15G

CARBS:



.5G

CALORIES:



462

DAY 7: LUNCH

1 serving **Low Carb Keto Lasagna**

2 cups Mixed Leafy Greens with 1 serving **MCT Powder Garlic Dressing**

MACROS

FAT:



40G

PROTEIN:



36G

CARBS:



13G

CALORIES:



594

DAY 7: SNACK

1 serving **Rich and Creamy Keto Broccoli Cheese Soup**

2 oz. No-Sugar Beef Jerky

MACROS

FAT:



27G

PROTEIN:



35G

CARBS:



6G

CALORIES:



425

DAY 7: DINNER

1 serving [Creamy Mushroom Chicken](#)

1 cup Cauliflower Roasted with 1 tbsp Avocado Oil and topped with 2 slices Crumbled Bacon

MACROS

FAT:



40G

PROTEIN:



31G

CARBS:



5G

CALORIES:



487

DAY 7: DESSERT

1 serving [Perfect Keto Mocha Fat Bombs](#)

1 serving [Perfect Keto Frappuccino](#)

MACROS

FAT:



15G

PROTEIN:



11.5G

CARBS:



4.5G

CALORIES:



156

MACROS FOR THE DAY

FAT:



166G

PROTEIN:



128.5G

CARBS:



29G

CALORIES:



2,124

SAMPLE 7-DAY KETO MENU PLAN UNDER 2,200 CALORIES

Ok, so those are a lot of recipes -- and that may scare you if you presently use your kitchen more for storage than sauteing.

But you'll probably want to start out making one or two new recipes a week, eating the leftovers and then trying two new ones to see what you like best.

Don't worry about getting your daily macro numbers right on the nose every day as long as you're within a few grams (think: less than 5g deviation from your target).

Generally, it's better to stay under versus over your macros when it comes to your protein and carbs since too much of these will kick you out of ketosis.

Going over your fat macro (within reason) will not immediately kick you out of ketosis but it will halt your weight loss efforts.

So now that you have an outline, let's go over the basics of meal planning so you can create your own keto menu plan for the next seven days.

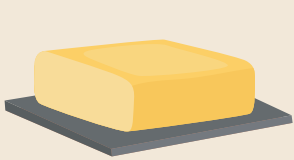
CHEAT SHEET: KETOGENIC DIET FOODS

We won't tell anyone if you copy our 7-day keto menu plan for the whole month. But you'll want to switch out certain components so you never feel limited or bored.

Don't stress about falling off the wagon.

Below you'll find a quick list of the best ketogenic diet foods by category so you only pick from the approved list and avoid everything else:

SATURATED AND MONOUNSATURATED FATS



GRASS-FED BUTTER
OR GHEE



COCONUT OIL



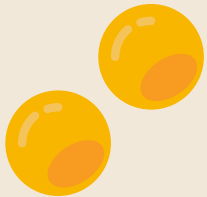
MCT OIL



OLIVE OIL



AVOCADOS /
AVOCADO OIL



EGG YOLKS



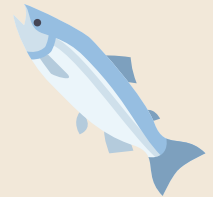
MACADAMIA NUTS



ALMONDS AND
ALMOND BUTTER



SEEDS*



FATTY FISH**

*SEEDS: like Chia, Hemp, and Flax

**FATTY FISH: including Mackerel, Tuna, Sardines, and Salmon

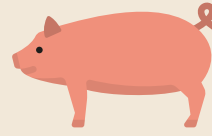
PROTEINS



GRASS-FED BEEF



POULTRY



PORK



FISH



SHELLFISH



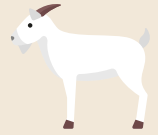
ORGAN MEATS



EGGS



LAMB



GOAT

- **GRASS-FED BEEF:** preferably fattier cuts like steak, veal, roast, ground beef, and stew meat.
- **POULTRY:** including chicken, quail, duck and turkey; try to focus on the darker, fattier meats.
- **PORK:** including pork loin, tenderloin, chops, ham, bacon, and ground.
- **FISH:** in addition to the fatty fish above, try halibut, cod, catfish, and mahi-mahi.
- **SHELLFISH:** including oysters, clams, crab, mussels, shrimp, and lobster.
- **ORGAN MEATS:** like heart, liver, tongue, kidney, and offal.
- **EGGS:** Always use the whole egg.
- **LAMB** and **GOAT**

Stay away from processed meats that contain suspect ingredients, sauces or added sugars. These can unknowingly increase your carb and sugar intake and derail your efforts.

VEGETABLES

Think low glycemic load, low-carb and non-starchy:



KALE



SPINACH



SWISS CHARD



BOK CHOY



ROMAINE LETTUCE



ARUGULA



BRUSSELS SPROUTS



BROCCOLI



BELL PEPPERS



ASPARAGUS



CELERY



CUCUMBER



RADISH



ZUCCHINI



CAULIFLOWER



MUSHROOM

FRUITS

Fruits must be limited and eaten in VERY small amounts as they have a high sugar content. When you do eat fruits, choose lower-sugar options like:



RASPBERRIES



BLACKBERRIES



BLUEBERRIES



STRAWBERRIES

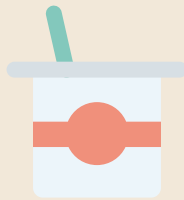


CRANBERRIES

For fruits and vegetables, it doesn't matter whether it's fresh or frozen, but organic is best (though not required).

DAIRY

Most dairy products get the green light on keto. Just opt for the full-fat version (low-fat versions remove fat and add sugar) and preferably organic and raw, if possible, like:



FULL-FAT YOGURTS



HEAVY CREAM



SOUR CREAM



COTTAGE CHEESE



CREAM CHEESE



HARD CHEESES*



SOFT CHEESE**

***HARD CHEESES:** like Parmesan, Swiss, Feta, and Cheddar

****SOFT CHEESE:** like Brie, Monterrey Jack, Mozzarella, and Bleu

CONDIMENTS, SPICES, & SWEETENERS

When it comes to topping foods on the keto diet, homemade is always best so you can control the sugar count.

Since life is hectic, here are some pre-made condiments that are safe to use:

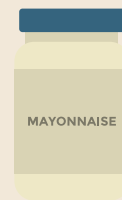
SAUCES AND CONDIMENTS



YELLOW MUSTARD



KETCHUP*



ONE MINUTE MAYO



HORSERADISH



SOY SAUCE



SAUERKRAUT**



HIGH-FAT SALAD DRESSINGS***

***KETCHUP**: without added sugars (or sugar alcohols)

****SAUERKRAUT**: without added sugars

*****HIGH-FAT SALAD DRESSINGS**: with low or no added sugars

HERBS AND SPICES

You'll need to toss most of your prepared spice mixes as many contain sugar or carbs as fillers. As long as you stick to dried herbs and spices only, you should be in safe flavortown.

A few examples include:



BASIL



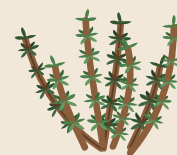
OREGANO



PARSLEY



ROSEMARY



THYME



CILANTRO



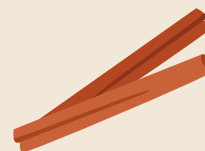
CAYENNE PEPPER



CHILI POWDER



CUMIN



CINNAMON



NUTMEG



TURMERIC



GARLIC



LEMON OR LIME JUICES



SALT & PEPPER

SWEETENERS

Sweeteners can be tricky so keep these two rules in mind:

1. **Only use low glycemic index sweeteners.** These won't affect your blood sugar levels or contribute to your carb intake.
2. **Avoid sugar alcohol-based sweeteners** (even low/no-calorie or low/no-sugar) or fillers like maltitol, dextrose or maltodextrin. These can cause gas, bloating and diarrhea.

The safest, low-glycemic sweetener options on keto include:



STEVIA



ERYTHRITOL



MONK FRUIT

- **STEVIA:** preferably in liquid form as the powder can sometimes have dextrose or maltodextrin added as a binding agent.
- **ERYTHRITOL:** which is not digested by the body and doesn't have any carbs or glycemic load when digested.
- **MONK FRUIT:** Extracts from this fruit are 300–400 times sweeter than cane sugar, but it doesn't have any effect on your blood sugar.

These are the basics of your ketogenic grocery list. If you want to take your fat burning to the next level, you'll need to get on board with supplements.

SUPPLEMENTS

Train harder, find more energy and optimize your vitamin intake using keto-friendly dietary supplements such as:

EXOGENOUS KETONES



The purpose of [exogenous ketone supplements](#) is to provide your body with extra ketones (i.e., energy). Ketone supplements can be a huge help when you're transitioning into a state of ketosis or entering a fasted state.

EXOGENOUS KETONES

Exogenous ketones help you get back into ketosis at any time, instead of having to wait a couple of days. You can take them between meals for a quick punch of ketones or before a workout to help you slay gym day.

MCT OILS AND POWDERS



MCT is short for medium chain triglyceride. MCTs are precursors to ketones and help your body burn fat instead of burning carbs. They're super beneficial for weight loss, energy and digestion because they can be readily used by your body and do not have to be shuttled around your digestive system first.

You can try [MCT Oil Powder](#), [Liquid C8 MCT Oil](#), and even [MCT Oil Capsules](#) to see what your body likes best.

COLLAGEN PROTEIN SUPPLEMENTS



There are over 10,000 types of proteins in your body yet collagen is the most abundant. Accounting for 25-35% of all your body's protein, it's considered the glue holding your body together.

While most other animal-based protein powders contain casein and whey, which can be inflammatory and hard to digest for some people, [collagen protein from grass-fed beef](#) is made low and slow to preserve the nutrition and absorb quickly.

For more info on collagen, check out: [When and How to Use Keto Collagen Protein](#).

MICRONUTRIENT SUPPLEMENTS



Since you have to cut out several starchy fruits and veggies when you're on keto, you miss out on all the vitamins, antioxidants and nutrients these carby powerhouses provide.

[Keto Micro Greens](#) is the solution to getting enough nutrition from produce while staying in ketosis. It contains a:

- **GREENS AND VEGGIE BLEND** of raw, organic greens and vegetables from 12 different sources.
- **BERRY AND FRUIT BLEND** of raw, organic berries and fruits from 10 different sources.
- **MCT POWDER**. Made from coconut oil, MCTs helps you absorb the vitamins, minerals and nutrients from the greens and fruits and give you a boost of energy too.
- **LIVER SUPPORT AND DIGESTIVE ENZYMES** to help you get the most out of this micronutrient blend. These enzymes help make sure all these goodies are absorbed and used by your body.

Find out more here: [How to Use Micro Greens Powder](#)

NOW YOU'RE READY TO START YOUR KETO LIFE

Whatever your reasons for wanting to start a ketogenic diet, you're more than prepared to crush your new keto life with today's guide in your back pocket.

Once you figure out your macros, it's all about finding low-carb foods you like to meet your goals. Use our 7-day keto menu plan to start and then take advantage of our cheat list of approved keto foods to create your own delicious meals.

Toss in a few supplements to boost your health and your body's fat burning potential and you'll be well on your way to fast weight loss and high energy levels in no time.