

KETOVALE

tasteaholics

Proudly Represents

21-Day Keto Diet Weight Loss Meal Plan



GET YOUR CUSTOM KETO DIET PLAN

Dear KetoVale.com Readers,

First of all, thank you so much for being a part of our Keto Diet community!

We join forces with our friend Vicky and Rami, founders of [Tasteaholics](#) to share with you this complimentary 21-Day Low Carb Keto Meal Plan to help you succeed with the Keto Way of Eating.

How to use this plan:

- Each day will be between 1,500-1,700 calories (*designed for weight loss*).
- This meal plan is designed for 1 person. If you would like to use them for multiple people, simply multiply the ingredient quantities by the total number of people.
- Be flexible! Feel free to replace any of the recipes or ingredients with your personal choices and adjust the ingredient amounts to fit your macros and situation.
- If you follow a **very strict keto diet**, make sure to personalize this meal plan (including the snack list suggestion at the end) to make it work for you.

Before you go, feel free to check these useful resources:

- **The Complete Keto Diet Guide For Beginners:**
<https://www.ketovale.com/ketogenic-diet-guide/>
- **Keto Diet Food List: What to Eat and What to Avoid:**
<https://www.ketovale.com/ketogenic-diet-food-list/>
- **Ketogenic Diet Success Stories:**
<https://www.ketovale.com/ketogenic-diet-success-stories/>
- **Weekly Keto Meal Plans Subscription*:**
<https://www.ketovale.com/weekly>
- **Keto in Five eCookbook* - 120 Recipes 5 Ingredients & 5 Carbs:**
<https://www.ketovale.com/cookbook>

Also, read our story on our website [KetoVale.com](#) to learn more about us:
<https://www.ketovale.com/about/>

*Offers by our partner [Tasteaholics](#)

Keto Diet Planning Done For You



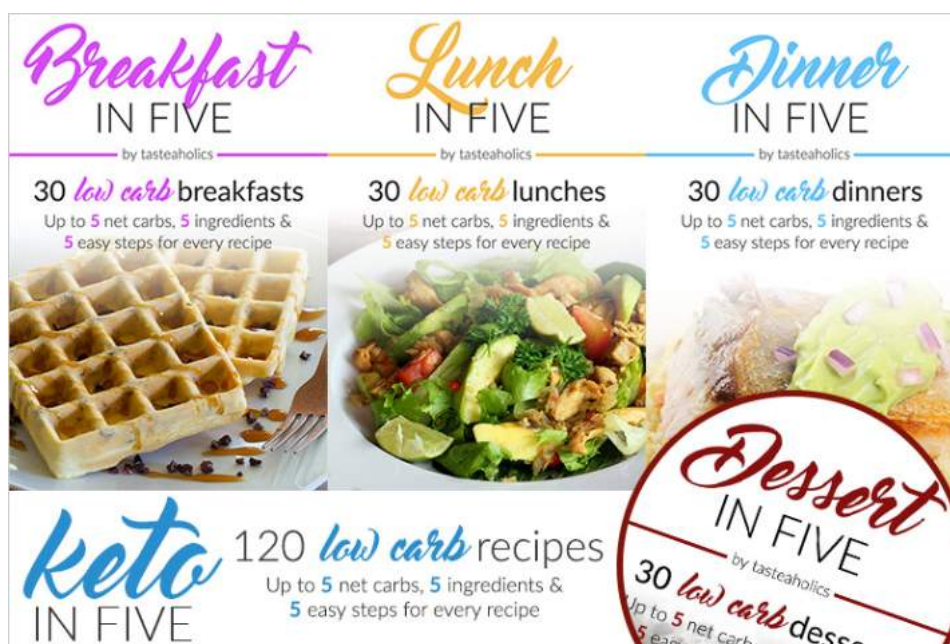
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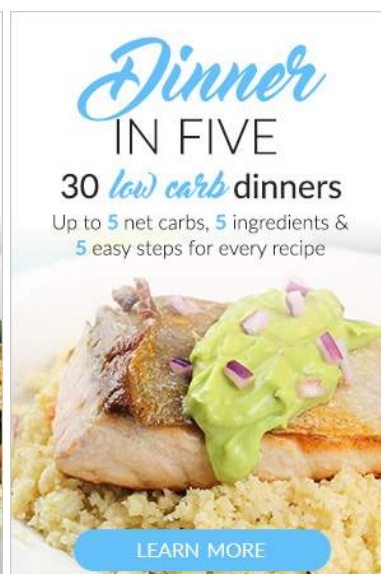
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WEEK 1

THIS WEEK AT A GLANCE

	BREAKFAST	LUNCH	DINNER	TOTAL MACROS
SUNDAY	Chorizo Breakfast Bake	Sesame Pork Lettuce Wraps	Avocado Lime Salmon	Calories: 1,520 Fat: 109g Protein: 110g Net Carbs: 16g
MONDAY	Leftover Chorizo Breakfast Bake with 3 Slices Thick-Cut Bacon	Spiced Pumpkin Soup	Leftover Avocado Lime Salmon	Calories: 1,570 Fat: 124g Protein: 92g Net Carbs: 16g
TUESDAY	Baked Eggs in Avocado	Easy Beef Curry	Rosemary Roasted Chicken and Veggies	Calories: 1,700 Fat: 128.5g Protein: 103g Net Carbs: 22g
WEDNESDAY	Lemon Poppy Ricotta Pancakes with 3 Slices Thick-Cut Bacon	Leftover Spiced Pumpkin Soup with ½ Medium Avocado	Leftover Rosemary Roasted Chicken and Veggies	Calories: 1,665 Fat: 130g Protein: 95.5g Net Carbs: 23.5g
THURSDAY	Leftover Lemon Poppy Ricotta Pancakes with 3 Slices Thick-Cut Bacon	Leftover Spiced Pumpkin Soup	Cheesy Sausage Mushroom Skillet with 1 Slice Thick-Cut Bacon	Calories: 1,650 Fat: 126g Protein: 100.5g Net Carbs: 22.5g
FRIDAY	Sweet Blueberry Coconut Porridge with 1 Slice Thick-Cut Bacon	Leftover Easy Beef Curry	Leftover Cheesy Sausage Mushroom Skillet	Calories: 1,670 Fat: 112g Protein: 100g Net Carbs: 33.5g
SATURDAY	Leftover Sweet Blueberry Coconut Porridge	Leftover Easy Beef Curry	Lamb Chops with Rosemary and Garlic	Calories: 1,625 Fat: 108g Protein: 110.5g Net Carbs: 27g

SHOPPING LIST

PROTEIN

- Bacon, thick-cut - 17 slices
- Beef chuck – 1 pound
- Chicken thighs, deboned - 4
- Chorizo sausage – 4 ounces
- Eggs – 7 large
- Lamb chops, bone-in – 2 (about 6 ounces meat)
- Pork, ground – 6 ounces
- Sausage, Italian – 6 ounces

DAIRY

- Almond milk, unsweetened – 1 cup
- Butter - 1 pound
- Cheddar cheese, shredded – 2 tablespoons
- Heavy cream – 5 tablespoons
- Mozzarella cheese, shredded – ½ cup
- Ricotta cheese, whole-milk – 6 ounces

PRODUCE

- Asparagus – ¼ pound
- Avocado – 2 medium
- Bell pepper, green – small
- Bell pepper, red – 1 medium
- Blueberries – 60g
- Butter lettuce – 4 leaves
- Carrots – 2 small
- Celery – 1 stalk
- Cilantro – 1 bunch
- Garlic – 1 head
- Ginger – 1 piece
- Lemon – 1 large

- Lime – 1
- Mushrooms, sliced – 4 ounces
- Onion, yellow – 2 small, 2 medium
- Parsnip – 1 small
- Rosemary – 1 bunch
- Zucchini – 1 small

PANTRY ITEMS

- Almond flour – ¼ cup
- Baking powder
- Balsamic vinegar
- Chicken broth – 1 cup
- Coconut flour – ¼ cup
- Coconut milk, canned – 1 can
- Coconut oil
- Curry powder
- Dried oregano
- Dried thyme
- Egg white protein powder
- Garlic powder
- Ground cinnamon
- Ground flaxseed – ¼ cup
- Ground nutmeg
- Liquid stevia
- Marinara sauce – ¼ cup
- Olive oil
- Onion powder
- Pepper
- Poppy seeds – 1 tablespoon
- Powdered erythritol
- Pumpkin puree – ½ cup
- Salt
- Sesame oil
- Sesame seeds – 1 tablespoon
- Shaved coconut – ¼ cup

- Soy sauce

CHORIZO BREAKFAST BAKE

Calories: 450 Fat: 36 g Protein: 25 g Total Carbs: 5.5 g Fiber: 1 g Net Carbs: 4.5 g

Prep Time: 10 minutes

Cook Time: 12 minutes

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup diced red pepper
- ½ cup diced yellow onion
- 4 ounces chorizo sausage
- 2 large eggs
- Salt and pepper
- 2 slices thick-cut bacon, cooked

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease a two ramekins.
2. Heat the oil in a skillet over medium-high heat.
3. Add the peppers and onions and cook for 4 to 5 minutes until browned.
4. Divide the vegetable mixture between the two ramekins.
5. Chop the chorizo and divide between the ramekins.
6. Crack an egg into each ramekin and season with salt and pepper to taste.
7. Bake for 10 to 12 minutes until the egg is set to the desired level.
8. Crumble the bacon over top and serve hot. Makes 2 servings.

BAKED EGGS IN AVOCADO

Calories: 610 Fat: 54 g Protein: 20 g Total Carbs: 18 g Fiber: 13.5 g Net Carbs: 4.5 g

Prep Time: 5 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 medium avocado
- 2 tablespoons lime juice
- 2 large eggs
- Salt and pepper
- 2 tablespoons shredded cheddar cheese

INSTRUCTIONS

1. Preheat the oven to 450°F and cut the avocado in half.
2. Scoop out some of the flesh from the middle of each avocado half.
3. Place the avocado halves upright in a baking dish and brush with lime juice.
4. Crack an egg into each and season with salt and pepper.
5. Bake for 10 minutes then sprinkle with cheese.
6. Let the eggs bake for another 2 to 3 minutes until the cheese is melted. Serve hot.

LEMON POPPY RICOTTA PANCAKES

Calories: 370 Fat: 26 g Protein: 29.5 g Total Carbs: 6.5 g Fiber: 1 g Net Carbs: 5.5 g

Prep Time: 10 minutes

Cook Time: 20 minutes

INGREDIENTS

- 1 large lemon, juiced and zested
- 6 ounces whole milk ricotta
- 3 large eggs
- 10 to 12 drops liquid stevia
- ¼ cup almond flour
- 1 scoop egg white protein powder
- 1 tablespoon poppy seeds
- ¾ teaspoons baking powder
- ¼ cup powdered erythritol
- 1 tablespoon heavy cream

INSTRUCTIONS

1. Combine the ricotta, eggs, and liquid stevia in a food processor with half the lemon juice and the lemon zest – blend well then pour into a bowl.
2. Whisk in the almond flour, protein powder, poppy seeds, baking powder, and a pinch of salt.
3. Heat a large nonstick pan over medium heat.
4. Spoon the batter into the pan, using about ¼ cup per pancake.
5. Cook the pancakes until bubbles form in the surface of the batter then flip them.
6. Let the pancakes cook until the bottom is browned then remove to a plate.
7. Repeat with the remaining batter.
8. Whisk together the heavy cream, powdered erythritol, and reserved lemon juice and zest.
9. Serve the pancakes hot drizzled with the lemon glaze. Makes 2 servings.

SWEET BLUEBERRY COCONUT PORRIDGE

Calories: 390 Fat: 22 g Protein: 10 g Total Carbs: 37 g Fiber: 22 g Net Carbs: 15 g

Prep Time: 5 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 cup unsweetened almond milk
- ¼ cup canned coconut milk
- ¼ cup coconut flour
- ¼ cup ground flaxseed
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Pinch salt
- 60 grams fresh blueberries
- ¼ cup shaved coconut

INSTRUCTIONS

1. Warm the almond milk and coconut milk in a saucepan over low heat.
2. Whisk in the coconut flour, flaxseed, cinnamon, nutmeg, and salt.
3. Turn up the heat and cook until the mixture bubbles.
4. Stir in the sweetener and vanilla extract then cook until thickened to the desired level.
5. Spoon into two bowls and top with blueberries and shaved coconut. Makes 2 servings.

SESAME PORK LETTUCE WRAPS

Calories: 500 Fat: 29 g Protein: 49 g Total Carbs: 10.5 g Fiber: 3 g Net Carbs: 7.5 g

Prep Time: 10 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 tablespoon olive oil
- ¼ cup diced yellow onion
- ¼ cup diced green pepper
- 2 tablespoons diced celery
- 6 ounces ground pork
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 4 leaves butter lettuce, separated
- 1 tablespoon toasted sesame seeds

INSTRUCTIONS

1. Heat the oil in a skillet over medium heat.
2. Add the onions, peppers, and celery and sauté for 5 minutes until tender.
3. Stir in the pork and cook until just browned.
4. Add the onion powder and garlic powder then stir in the soy sauce and sesame oil.
5. Season with salt and pepper to taste then remove from heat.
6. Place the lettuce leaves on a plate and spoon the pork mixture evenly into them.
7. Sprinkle with sesame seeds to serve.

SPICED PUMPKIN SOUP

Calories: 250 Fat: 20 g Protein: 10 g Total Carbs: 8 g Fiber: 2 g Net Carbs: 6 g

Prep Time: 15 minutes

Cook Time: 40 minutes

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 small yellow onion, chopped
- 2 cloves minced garlic
- 1 teaspoon minced ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Salt and pepper to taste
- ½ cup pumpkin puree
- 1 cup chicken broth
- 3 slices thick-cut bacon
- ¼ cup heavy cream

INSTRUCTIONS

1. Melt the butter in a large saucepan over medium heat.
2. Add the onions, garlic and ginger and cook for 3 to 4 minutes until the onions are translucent.
3. Stir in the spices and cook for 1 minute until fragrant. Season with salt and pepper.
4. Add the pumpkin puree and chicken broth then bring to a boil.
5. Reduce heat and simmer for 20 minutes then remove from heat.
6. Puree the soup using an immersion blender then return to heat and simmer for 20 minutes.
7. Cook the bacon in a skillet until crisp then remove to paper towels to drain.
8. Add the bacon fat to the soup along with the heavy cream. Crumbled the bacon over top to serve. Makes 3 servings.

EASY BEEF CURRY

Calories: 550 Fat: 34 g Protein: 50 g Total Carbs: 14 g Fiber: 5 g Net Carbs: 9 g

Prep Time: 20 minutes

Cook Time: 40 minutes

INGREDIENTS

- 1 medium yellow onion, chopped
- 1 tablespoon minced garlic
- 1 tablespoon grated ginger
- 1 ¼ cups canned coconut milk
- 1 pound beef chuck, chopped
- 2 tablespoons curry powder
- 1 teaspoon salt
- ½ cup fresh chopped cilantro

INSTRUCTIONS

1. Combine the onion, garlic and ginger in a food processor and blend into a paste.
2. Transfer the paste to a saucepan and cook for 3 minutes on medium heat.
3. Stir in the coconut milk then simmer gently for 10 minutes.
4. Add the chopped beef along with the curry powder and salt.
5. Stir well then simmer, covered, for 20 minutes.
6. Remove the lid and simmer for another 20 minutes until the beef is cooked through.
7. Adjust seasoning to taste and garnish with fresh chopped cilantro. Makes 3 servings.

AVOCADO LIME SALMON

Calories: 570 Fat: 44 g Protein: 36 g Total Carbs: 12g Fiber: 8 g Net Carbs: 4 g

Prep Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

- 100 grams chopped cauliflower
- 1 large avocado
- 1 tablespoon fresh lime juice
- 2 tablespoons diced red onion
- 2 tablespoons olive oil
- 2 (6-ounce) boneless salmon fillets
- Salt and pepper

INSTRUCTIONS

1. Place the cauliflower in a food processor and pulse into rice-like grains.
2. Grease a skillet with cooking spray and heat over medium heat.
3. Add the cauliflower rice and cook, covered, for 8 minutes until tender. Set aside.
4. Combine the avocado, lime juice and red onion in a food processor and blend smooth.
5. Heat the oil in a large skillet over medium-high heat.
6. Season the salmon with salt and pepper then add to the skillet skin-side down.
7. Cook for 4 to 5 minutes until seared then flip and cook for another 4 to 5 minutes.
8. Serve the salmon over a bed of cauliflower rice topped with the avocado cream. Makes 2 servings.

ROSEMARY ROASTED CHICKEN AND VEGGIES

Calories: 540 Fat: 40.5 g Protein: 33 g Total Carbs: 12 g Fiber: 3.5 g Net Carbs: 8.5 g

Prep Time: 15 minutes

Cook Time: 35 minutes

INGREDIENTS

- 4 deboned chicken thighs
- Salt and pepper
- 1 small zucchini, sliced
- 2 small carrots, peeled and sliced
- 1 small parsnip, peeled and sliced
- 2 cloves garlic, sliced
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 2 teaspoons fresh chopped rosemary

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease a small rimmed baking sheet with cooking spray.
2. Place the chicken thighs on the baking sheet and season with salt and pepper.
3. Arrange the veggies around the chicken then sprinkle with sliced garlic.
4. Whisk together the remaining ingredients then drizzle over the chicken and veggies.
5. Bake for 30 minutes then broil for 3 to 5 minutes until the skins are crisp. Makes 2 servings.

CHEESY SAUSAGE AND MUSHROOM SKILLET

Calories: 630 Fat: 48 g Protein: 33 g Total Carbs: 11 g Fiber: 2 g Net Carbs: 9 g

Prep Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 tablespoon coconut oil
- 6 ounces Italian sausage, crumbled
- 4 ounces sliced mushrooms
- 1 small yellow onion, chopped
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- Salt and pepper
- ¼ cup marinara sauce
- ¼ cup water
- ½ cup shredded mozzarella cheese

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Heat the oil in large cast-iron skillet over medium heat until smoking.
3. Add the sausages and cook until browned and almost cooked through.
4. Remove the sausages to a cutting board and let cool for a few minutes.
5. Add the mushroom and onion to the skillet and cook for 3 to 4 minutes until browned.
6. Slice the sausages and add them back to the skillet.
7. Stir in the oregano, thyme, salt and pepper.
8. Pour in the sauce and water then stir well. Transfer the skillet to the oven and cook for 10 minutes.
9. Sprinkle with mozzarella then cook another 5 minutes until melted. Makes 2 servings.

LAMB CHOPS WITH ROSEMARY AND GARLIC

Calories: 685 Fat: 52 g Protein: 50.5 g Total Carbs: 6 g Fiber: 3 g Net Carbs: 3 g

Prep Time: 35 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 tablespoon coconut oil, melted
- 1 teaspoon fresh chopped rosemary
- 1 clove garlic, minced
- 2 bone-in lamb chops (about 6 ounces meat)
- 1 tablespoon butter
- Salt and pepper
- ¼ pound fresh asparagus, trimmed
- 1 tablespoon olive oil

INSTRUCTIONS

1. Combine the coconut oil, rosemary, and garlic in a shallow dish.
2. Add the lamb chops then turn to coat – let marinate in the fridge overnight.
3. Let the lamb rest at room temperature for 30 minutes.
4. Heat the butter in a large skillet over medium-high heat.
5. Add the lamb chops and cook for 6 minutes then season with salt and pepper.
6. Turn the chops and cook for another 6 minutes or until cooked to the desired level.
7. Let the lamb chops rest for 5 minutes before serving.
8. Meanwhile, toss the asparagus with olive oil, salt and pepper then spread on a baking sheet.
9. Broil for 6 to 8 minutes until charred, shaking occasionally. Serve hot with the lamb chops.

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