

## Beginner Keto Diet Food List

It'll be a handy guide for food shopping for the meals.

The following keto foods are part of this 7-day meal plan.

### Protein:

Grass-fed beef (organic preferred, eggs).

Fish and seafood (salmon, shrimps )

Dark meat chicken (organic preferred).

Bacon

Beef (organic preferred)

Tuna

Even though 75% of calories come from fat on the keto diet, you still need protein.

Just make sure you consume them in moderation.

### Oil and Fats:

Avocado oil

Coconut oil

Olive oil

Ghee butter

Butter

Heavy cream

Full-fat Greek yogurt

Cheese

### Fruits and Veggies:

Avocado

Leafy greens (kale, spinach, bell pepper broccoli, lettuce, and arugula)

Celery

Asparagus

Cauliflower

Blackberries

Cilantro

Tomatoes

Bell peppers

Mushroom

Zucchini

Watercress

### Nuts and Seeds:

Walnuts

Almonds

pecans

Brazil nuts

Macadamias

Hazelnuts

Almonds  
pistachios  
Pine nuts  
cashews  
Flax seeds  
Chia seeds  
Nut butter  
Coconut chips  
Dairy Products:  
Cheddar cheese  
Feta cheese  
Other cheese of your choice

Beverages:  
Water  
Almond milk  
Bone Broth  
Plain tea  
Black coffee

This is not a comprehensive keto diet food list. It just covers the foods in this 7-day meal plan.

#### 7-Day Keto Diet Menu Sample

Here's your 7-Day sample Keto Diet meal plan for weight loss. The key is to stay high-fat, low-carb, with a moderate amount of protein.

#### Day 1:

Breakfast: Scrambled egg lettuce wrap with avocado and cilantro  
Snack: Nuts Lunch: kale salad with grilled chicken with olive oil dressing.  
Snack: bell pepper with guacamole  
Dinner: Steak with cauliflower rice

#### Day 2:

Breakfast: Baked egg in an avocado cup  
Snack: Macadamia nuts  
Lunch: Tuna salad with a side of green salad  
Snack: Sliced cheese or cold cut turkey roll-ups  
Dinner: Chinese Beef and broccoli

#### Day 3:

Breakfast: Full-fat Greek yogurt topped with chia seeds and crushed walnuts  
Snack: Turkey jerky (look for no added sugar type)  
Lunch: Cauliflower fried rice  
Snack: Sliced cheese  
Dinner: Roast beef with sautéed mushroom and zucchini

Day 4:

Breakfast: Blackberry protein shake with kale and almond butter

Snack: Zucchini parmesan chips

Lunch: Chicken tenders made with almond flour on a bed of greens with cucumbers and goat cheese

Snack: Bacon deviled eggs

Dinner: Grilled shrimp topped with a lemon butter sauce with a side of asparagus

Day 5:

Breakfast: Fried eggs with bacon and a side of greens.

Snack: 1/2 cup coconut chips

Lunch: Grass-fed burger in a lettuce "bun" topped with avocado and a side salad.

Snack: Celery sticks dipped in almond butter.

Dinner: Meatloaf on a bed of watercress salad

Day 6:

Breakfast: Feta cheese and spinach omelet.

Snack: Bacon wrapped asparagus.

Lunch: Chicken wings with celery sticks.

Snack: Cocoa Coconut milk smoothie

Dinner: Grilled chicken with bell peppers and tomatoes

Day 7:

Breakfast: Full-fat Greek yogurt with coconut chips and pumpkin seeds

Snack: Cheese crisp

Lunch: Chicken salad wraps

Snack: Peanut butter fat bombs

Dinner: Grilled salmon with a side of cauliflower rice