

Day Sample Ketogenic Meal Plan

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Breakfast	1 Shake It Vanilla Shake	2 Poached Eggs with Spinach, Mushrooms & Tomato (3 handfuls in total)	1 Shake It Dairy Free Chocolate Shake	1 Keto Bar	1 Shake It Chocolate Shake	Mini Frittatas with Spinach & Tomato	Spicy Breakfast Eggs
Snack	3 Finger Portion of Nuts	Half a Caramel Keto Bar	1 Boiled Egg	3 Finger Portion of Nuts	1 Boiled Egg	Half a Cherry Coconut Keto Bar	3 Finger Portion of Nuts
Lunch	Mini Frittatas with Spinach and Tomato 1 Nectarine	1 Bowl of Shake It Spring Vegetable Soup, Garnished with Parsley & Black Pepper	Thai Fish Soup	Herb Baked Salmon & Vegetables	Pear, Feta & Walnut Chicken Salad	1 Shake It Vanilla Shake	Slow Cooked Lamb Shoulder with Bbq Vegetable Salad
Snack	1 Boiled Egg	3 Finger Portion of Nuts	Half a Caramel Keto Bar	Half a Cherry Coconut Keto Bar	Half a Vanilla Nougat Keto Bar	3 Finger Portion of Nuts	Half a Vanilla Nougat Keto Bar
Dinner	Fish Burger	Roast Chicken & Vegetables (3 Handfuls of Salad & Vinegar Dressing with 1 Palm-Sized Portion of Roast Chicken)	Pork & Pistachio Terrine	Steak & Salad (3 Handfuls of Salad & Vinegar Dressing with 1 Palm-Sized Portion of Steak)	Pesto Lamb with Stuffed Capsicums	Spanish Chicken Casserole	1 Bowl of Shake It Spring Vegetable Soup, Garnished with Parsley & Black Pepper

For these recipes and many more, check out the Shake It Recipe Book!