



The 7-Day Easy Keto Meal Plan

**Quick, low-carb meals for busy people —
simple ingredients, minimal cleanup.**

Welcome! 🙌

You're busy. Keto shouldn't add more to your plate (pun intended). This plan is built around one idea: **simple meals, few ingredients, minimal cleanup**. Most dinners come together in about 30 minutes.

Repeat meals are your friend. Leftovers = tomorrow's lunch. Less cooking, less thinking.

Keep it flexible. Swap any protein or veg you prefer. This is a template, not a rulebook.

Simple > perfect. Consistency beats a "perfect" plan you can't stick to.

How this works

Breakfasts are fast & repeatable · **Lunches** are mostly leftovers/no-cook · **Dinners** are the quick main event. A full **grocery list** is at the back.

Approximate net carbs are listed per meal (a typical target is under ~20–25g/day — adjust to what works for you).

A quick note: This plan is for general information and to make keto easier — it isn't medical or nutritional advice. If you have health conditions, check with your doctor before changing your diet. Individual results and needs vary.

Your 7-Day Plan

Days 1–4

Day 1

Breakfast: Scrambled eggs + avocado + a few cherry tomatoes **~4g net**

Lunch: Tuna-avocado salad — tuna, mashed avocado, lime, everything bagel seasoning, over greens **~5g net**

Dinner: Garlic Butter Chicken Thighs + roasted broccoli **~6g net**

💡 Cook extra chicken tonight — it's tomorrow's lunch.

Day 2

Breakfast: Full-fat Greek yogurt (unsweetened) + a few berries + walnuts **~7g net**

Lunch: Leftover garlic chicken over a quick salad **~5g net**

Dinner: 15-Minute Beef & Broccoli Stir-Fry **~8g net**

Day 3

Breakfast: Scrambled eggs + cheese + spinach **~3g net**

Lunch: Leftover beef & broccoli **~8g net**

Dinner: Sheet-Pan Salmon + asparagus **~5g net**

💡 One pan = almost no cleanup.

Day 4

Breakfast: Greek yogurt + berries + walnuts **~7g net**

Lunch: Cobb-style salad — greens, egg, avocado, bacon, cheese, ranch **~6g net**

Dinner: Cheesy Taco Skillet (over lettuce, skip the shell) **~9g net**

Your 7-Day Plan

Days 5–7

Day 5

Breakfast: Scrambled eggs + avocado **~4g net**

Lunch: Leftover taco skillet in lettuce wraps **~9g net**

Dinner: Creamy Tuscan Chicken + zucchini noodles or side salad **~8g net**

Day 6

Breakfast: Cheese & veggie omelet **~4g net**

Lunch: Leftover Tuscan chicken **~8g net**

Dinner: Bunless Burgers + roasted green beans **~7g net**

Day 7

Breakfast: Greek yogurt + berries + walnuts (or eggs) **~7g net**

Lunch: Leftover-buffet — clean out the fridge **~6g net**

Dinner: Easy Baked Keto Chicken Parm (low-sugar marinara + mozzarella) + side salad **~9g net**

3 Keep-It-Simple Recipes

The quick ones people ask about.

Garlic Butter Chicken Thighs · ~20 min

You need: 6 chicken thighs, 3 tbsp butter, 4 cloves garlic (minced), salt, pepper, 1 head broccoli.

1. Season chicken with salt & pepper.
2. Sear thighs in a hot pan (skin-side down) ~6–7 min until golden, flip, cook through.
3. Lower heat, add butter + garlic, spoon over chicken 1–2 min.
4. Roast broccoli at 425°F with olive oil + salt ~18 min.

15-Minute Beef & Broccoli Stir-Fry · ~15 min

You need: 1 lb ground beef (or sliced steak), 1 head broccoli (florets), 3 tbsp soy sauce or coconut aminos, 1 tbsp sesame oil, 1 clove garlic, pinch of ginger.

1. Brown the beef in a hot pan; remove.
2. Stir-fry broccoli 4–5 min (splash of water, cover to steam).
3. Return beef, add sauce + garlic + ginger, toss 1 min. Serve.

Sheet-Pan Salmon · ~20 min

You need: 4 salmon fillets, 1 bunch asparagus, olive oil, 1 lemon, salt, pepper.

1. Heat oven to 400°F. Line a sheet pan.
2. Arrange salmon + asparagus, drizzle olive oil, salt, pepper, squeeze lemon.
3. Bake ~12–15 min until salmon flakes. Done.

Your Grocery List

For one person for the week — scale up for family. Adjust for any swaps.

Proteins

- ☐ Chicken thighs (6)
- ☐ Chicken breasts (4–5)
- ☐ Ground beef (2 lbs)
- ☐ Salmon fillets (4)
- ☐ Canned tuna (2)
- ☐ Bacon (1 pack)
- ☐ Eggs (1 dozen+)

Dairy

- ☐ Butter
- ☐ Full-fat Greek yogurt (unsweetened)
- ☐ Shredded cheese (cheddar + mozzarella)
- ☐ Parmesan
- ☐ Heavy cream

Produce

- ☐ Avocados (4–5)
- ☐ Broccoli (2 heads)
- ☐ Asparagus (1 bunch)

- ☐ Spinach (1 bag)
- ☐ Salad greens (2 bags)
- ☐ Zucchini (2)
- ☐ Bell peppers (2)
- ☐ Green beans (1 bag)
- ☐ Cherry tomatoes
- ☐ Lemon + lime
- ☐ Garlic
- ☐ Berries (small)

Pantry / Staples

- ☐ Olive oil
- ☐ Sesame oil
- ☐ Soy sauce / coconut aminos
- ☐ Taco seasoning (no added sugar)
- ☐ Low-sugar marinara
- ☐ Everything bagel seasoning
- ☐ Walnuts
- ☐ Ranch (full-fat)
- ☐ Salt, pepper, ginger

You did it! 🎉

The honest secret to making keto stick: have quick meals ready so you never hit the "what's for dinner?" panic.

Want the done-for-you version — fast, foolproof keto recipes for every night, built around the Instant Pot? Here's the exact resource we use & recommend (60-day money-back guarantee):

[See Instant Pot Keto →](#)

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