



FREE KETO SUCCESS PLANNER

Zero guesswork, day by day

Your 7-Day Keto *Starter Plan*

A complete day-by-day plan — breakfast, lunch, dinner, a daily focus tip, and a simple checklist — so your first week runs itself.

7 Full Days

21 Meals

Daily Checklist

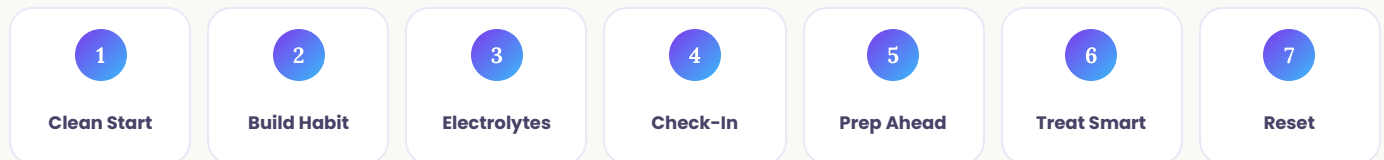
Beginner Friendly



BEFORE YOU BEGIN

How to Use This Plan

Follow the days in order, or jump to whichever day matches where you are. Each day gives you three meals, one focus tip, and a short checklist — that's it. No calorie math required.



BEFORE DAY 1

Clear out the obvious high-carb staples — bread, cereal, sugary snacks — and stock up on eggs, meat, fish, cheese, olive oil, butter, and low-carb vegetables. That's all the prep you need.

☐ Groceries stocked

☐ Pantry cleared

☐ Water bottle ready

1

DAY ONE · MONDAY

Clean Start

Keep it simple today — the goal is just to eat three keto meals, nothing more.



BREAKFAST

Avocado & egg scramble



LUNCH

Greek salad + grilled chicken



DINNER

Garlic butter salmon + greens

TODAY'S FOCUS

Don't worry about being perfect — just avoid bread, rice, pasta, and sugar today. Everything else can wait.



8 glasses of water



No added sugar



10-min walk

"Small, consistent choices beat big, perfect plans."

2

DAY TWO • TUESDAY

Build the Habit

Repetition makes this easier. Reusing yesterday's structure is exactly the point.



BREAKFAST

Greek yogurt + nuts



LUNCH

Tuna lettuce wraps



DINNER

Beef stir-fry + broccoli

TODAY'S FOCUS

Mild tiredness or a headache today is normal — it's your body adjusting fuel sources. Add a pinch of salt to your water.



8 glasses of water

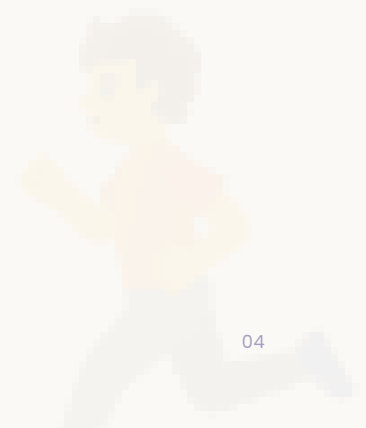


Added electrolytes



10-min walk

"The habit is built in the repeats, not the highlights."



3

DAY THREE · WEDNESDAY

Watch Your Electrolytes

Most "keto flu" symptoms trace back to low sodium, potassium, or magnesium — today's about fixing that.



BREAKFAST

Cheese & bacon omelet



LUNCH

Leftover beef stir-fry



DINNER

**Baked chicken thighs +
zucchini**

TODAY'S FOCUS

Add a magnesium-rich food (avocado, leafy greens, or nuts) and don't shy away from salting your food — it matters more on keto.

☐

8 glasses of water

☐

Magnesium-rich food

☐

10-min walk

"Salt and water aren't optional — they're part of the plan."

4

DAY FOUR · THURSDAY

Midweek Check-In

Pause and notice how you feel — energy, hunger, sleep. This tells you more than the scale does right now.



BREAKFAST

Chia pudding + berries



LUNCH

Cobb salad



DINNER

Pork chops + cauliflower mash

TODAY'S FOCUS

Still feeling low-energy? Try adding a bit more fat to your meals — it's your main fuel source now, so don't under-eat it.

☐

8 glasses of water

☐

Energy check-in

☐

10-min walk

"Progress feels boring right before it feels obvious."

5

DAY FIVE · FRIDAY

Prep Ahead

Set tomorrow and the weekend up for success with a little batch prep today.



BREAKFAST

Avocado & egg scramble



LUNCH

Salmon salad



DINNER

Shrimp & garlic butter zoodles

TODAY'S FOCUS

Cook two proteins in bulk tonight — future you gets 15-minute dinners instead of starting from scratch each night.



8 glasses of water



Batch-cooked a protein



10-min walk

"Future you is already thanking present you for this."

6

DAY SIX • SATURDAY

Treat Smart

Weekends often mean eating out — here's how to stay on track without missing out.



BREAKFAST

Keto pancakes



LUNCH

Chicken Caesar (no croutons)



DINNER

Steak + roasted asparagus

TODAY'S FOCUS

Eating out? Choose grilled protein, ask for extra vegetables instead of fries or rice, and get sauces on the side.



8 glasses of water



Checked menu ahead



10-min walk

"Enjoying a meal out doesn't mean abandoning the plan."

7

DAY SEVEN · SUNDAY

Review & Reset

You made it through your first week. Take ten minutes today to plan for the next one.



BREAKFAST

Cheese & bacon omelet



LUNCH

Leftovers / meal prep



DINNER

Baked cod + green beans

TODAY'S FOCUS

Judge this week by consistency, not the scale. Note two or three meals that worked well and repeat them next week.



8 glasses of water



Planned next week



10-min walk

"One good week is proof you can build a second one."



One Week Down

Ready for meals built around your own goals instead of a generic template? Head back to the planner and build your personalized plan.

[Click here for more →](#)

Disclaimer: This guide is for general educational purposes only and is not medical advice, diagnosis, or treatment. Individual nutrition needs vary — consult a doctor or registered dietitian before starting any new diet, especially if you are pregnant, breastfeeding, or managing a medical condition.