

7-Day

KETO MEDITERRANEAN MEAL PLAN

MONDAY

Breakfast: [Mediterranean keto flatbread](#)
Lunch: [Superfood salmon salad bowl](#)
Snack: [Collard greens wraps](#)
Dinner: [Italian keto chicken parmesan with cabbage pasta](#)

TUESDAY

Breakfast: [Spinach and feta breakfast scramble](#) (Remove the bacon)
Lunch: [Chopped mediterranean salad with sun-dried tomato vinaigrette](#)
Snack: [Feta cheese stuffed bell peppers](#)
Dinner: [Keto pesto chicken casserole with feta cheese and olives](#)

WEDNESDAY

Breakfast: [Keto Caprese omelet](#)
Lunch: [Keto Parma ham Mediterranean plate](#)
Snack: [Green beans and avocado](#)
Dinner: [Gyro meat](#)

THURSDAY

Breakfast: [Low-carb vegetarian Mediterranean breakfast plate](#)
Lunch: [Grilled eggplant salad with mozzarella](#)
Snack: [Keto lemon ice cream](#)
Dinner: [Grilled white fish with zucchini and kale pesto](#)

FRIDAY

Breakfast: [Keto goat cheese and mushroom frittata](#)
Lunch: [Keto chicken pesto stew with zoodles](#)
Snack: [Kale salad with goat cheese and pomegranate](#)
Dinner: [Mediterranean tomato stew with calamari](#)

SATURDAY

Breakfast: [Tuna stuffed avocado](#)
Lunch: [Good for you greek salad](#)
Snack: [Eggplant dip](#) for your choice of veggie snack
Dinner: [Oven-roasted za'atar chicken breasts](#)

SUNDAY

Breakfast: [Low-carb granola with yogurt and raspberries](#)
Lunch: [Italian keto meatballs with mozzarella cheese](#)
Snack: [Caprese snack](#)
Dinner: [Keto salmon with pesto and spinach](#)