



7 Day Keto
Vegetarian Meal Plan
with
Shopping List

Weekly

KETO VEGETARIAN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Avocado and spinach smoothie Calories: 300, Net Carbs: 5g, Fat: 25g, Protein: 15g	Zucchini noodles with pesto Calories: 400, Net Carbs: 8g, Fat: 35g, Protein: 10g	Grilled eggplant and halloumi Calories: 500, Net Carbs: 7g, Fat: 45g, Protein: 15g	Almonds, celery with almond butter Calories: 300, Net Carbs: 10g, Fat: 15g, Protein: 20g
TUE	Coconut yogurt with walnuts Calories: 350, Net Carbs: 6g, Fat: 30g, Protein: 14g	Mixed greens salad Calories: 400, Net Carbs: 7g, Fat: 35g, Protein: 10g	Cauliflower rice stir-fry Calories: 400, Net Carbs: 7g, Fat: 35g, Protein: 18g	Macadamia nuts, cheese slices Calories: 300, Net Carbs: 5g, Fat: 15g, Protein: 13g
WED	Scrambled eggs with vegetables Calories: 350, Net Carbs: 5g, Fat: 28g, Protein: 18g	Chilled avocado soup Calories: 400, Net Carbs: 8g, Fat: 35g, Protein: 10g	Stuffed bell peppers Calories: 500, Net Carbs: 12g, Fat: 40g, Protein: 18g	Pumpkin seeds, cucumber with cream cheese Calories: 300, Net Carbs: 10g, Fat: 22g, Protein: 19g
THU	Chia pudding Calories: 300, Net Carbs: 5g, Fat: 25g, Protein: 15g	Roasted vegetable salad Calories: 400, Net Carbs: 10g, Fat: 30g, Protein: 10g	Eggplant lasagna Calories: 450, Net Carbs: 8g, Fat: 35g, Protein: 22g	Sunflower seeds, Greek yogurt Calories: 250, Net Carbs: 7g, Fat: 20g, Protein: 13g
FRI	Keto smoothie Calories: 350, Net Carbs: 6g, Fat: 30g, Protein: 14g	Caprese salad Calories: 400, Net Carbs: 5g, Fat: 35g, Protein: 12g	Portobello mushroom pizzas Calories: 450, Net Carbs: 7g, Fat: 40g, Protein: 16g	Olives, cheese cubes Calories: 300, Net Carbs: 10g, Fat: 15g, Protein: 20g
SAT	Low-carb granola Calories: 300, Net Carbs: 5g, Fat: 25g, Protein: 15g	Stuffed avocado Calories: 400, Net Carbs: 7g, Fat: 35g, Protein: 12g	Zucchini boats Calories: 470, Net Carbs: 10g, Fat: 40g, Protein: 16g	Brazil nuts, kale chips Calories: 300, Net Carbs: 10g, Fat: 20g, Protein: 15g
SUN	Keto Pancakes Calories: 350, Net Carbs: 6g, Fat: 30g, Protein: 14g	Creamy Broccoli Soup Calories: 400, Net Carbs: 8g, Fat: 34g, Protein: 14g	Cauliflower Steak with Asparagus and Hollandaise Sauce Calories: 450, Net Carbs: 10g, Fat: 38g, Protein: 12g	Bell Pepper Slices with Hummus Calories: 140, Net Carbs: 5g, Fat: 8g, Protein: 6g

These are just guidelines and ideas. It's important to adjust portion sizes and ingredients according to your own dietary needs and preferences.

Shopping

L I S T

Dairy & Eggs

Eggs
Halloumi cheese
Feta cheese
Mozzarella cheese
Ricotta cheese
Greek yogurt
Coconut yogurt
Butter
Cheese slices (various types)
Heavy cream or coconut
cream

Vegetables

Avocados
Spinach
Zucchini
Eggplant
Mixed salad greens (lettuce,
arugula, etc.)
Cucumbers
Bell peppers
Cauliflower
Broccoli
Asparagus
Mushrooms
Cherry tomatoes
Portobello mushrooms

Fruits

Berries (strawberries,
blueberries, etc.) - in
moderation
Lemons or limes (for juice)

Nuts & Seeds

Almonds
Walnuts
Macadamia nuts
Pine nuts
Chia seeds
Pumpkin seeds
Sunflower seeds
Brazil nuts
Peanuts
Low-carb granola (or
ingredients to make your own)

Shopping

L I S T

Pantry Staples

Almond milk (unsweetened)

Olive oil

Coconut oil

Balsamic vinegar

Low-carb protein powder

(vegan, if preferred)

Almond flour

Coconut flour

Low-carb pesto sauce

Tomato sauce (low-carb,
sugar-free)

Low-carb sweeteners (like
stevia or erythritol)

Spices (salt, pepper, garlic
powder, etc.)

Soy sauce or tamari (for stir-
fry)

Protein Sources

Tofu

Black soybeans (or other low-
carb beans if available)

Halloumi or other grillable
cheese

Snack Foods

Almond butter

Cream cheese

Hummus (low-carb)

Olives

Miscellaneous

Unsweetened cocoa powder
(for smoothies)

Cinnamon

Recipes

K E T O V E G E T A R I A N M E A L P L A N

Day 1

Breakfast: Avocado and Spinach Smoothie

- Blend 1/2 avocado, a handful of spinach, 1 cup of almond milk, 1 tablespoon of chia seeds, and 1 scoop of low-carb vegan protein powder.

Lunch: Zucchini Noodles with Pesto

- Spiralize 2 zucchinis for noodles. Toss with 2 tablespoons of pesto sauce and top with a sprinkle of pine nuts.

Dinner: Grilled Eggplant and Halloumi

- Slice 1 eggplant and 200g halloumi. Grill until browned, drizzle with olive oil and herbs.

Day 2

Breakfast: Coconut Yogurt with Walnuts

- Serve a bowl of unsweetened coconut yogurt topped with a handful of walnuts and a sprinkle of cinnamon.

Lunch: Mixed Greens Salad

- Combine mixed greens, 1 diced avocado, 1/2 sliced cucumber, a handful of olives, and crumbled feta cheese. Dress with olive oil.

Dinner: Cauliflower Rice Stir-Fry

- Sauté cauliflower rice with tofu and mixed vegetables in coconut oil. Season with soy sauce or tamari.

Recipes

K E T O V E G E T A R I A N M E A L P L A N

Day 3

Breakfast: Scrambled Eggs with Spinach and Mushrooms

- Scramble eggs with a handful of spinach and sliced mushrooms cooked in butter.

Lunch: Chilled Avocado Soup

- Blend 2 avocados, 1 cup of vegetable broth, and 1/2 cup of coconut cream. Chill and serve.

Dinner: Stuffed Bell Peppers

- Stuff bell peppers with a mixture of cooked cauliflower rice, black soybeans, and cheese. Bake until tender.

Day 4

Breakfast: Chia Pudding

- Mix 3 tablespoons of chia seeds with 1 cup of almond milk. Let sit overnight. Top with a few berries before serving.

Lunch: Roasted Vegetable Salad

- Roast a mix of vegetables. Serve over greens and drizzle with olive oil and balsamic vinegar.

Dinner: Eggplant Lasagna

- Layer sliced eggplant with spinach, ricotta, and tomato sauce. Bake until bubbly.

Recipes

K E T O V E G E T A R I A N M E A L P L A N

Day 5

Breakfast: Keto Smoothie

- Blend spinach, peanut butter, almond milk, and low-carb protein powder.

Lunch: Caprese Salad

- Layer sliced tomatoes and mozzarella cheese with basil leaves. Drizzle with olive oil.

Dinner: Portobello Mushroom Pizzas

- Top portobello mushroom caps with tomato sauce and cheese. Bake until the cheese melts.

Day 6

Breakfast: Low-Carb Granola

- Serve low-carb granola with unsweetened almond milk.

Lunch: Spinach and Feta Stuffed Avocado

- Halve an avocado and fill with a mixture of spinach and feta cheese.

Dinner: Zucchini Boats

- Scoop out zucchini halves and fill with a mix of ricotta cheese and herbs. Bake until tender.

Recipes

K E T O V E G E T A R I A N M E A L P L A N

Day 7

Breakfast: Keto Pancakes

- Mix almond flour, eggs, almond milk, baking powder, and sweetener. Fry small pancakes in butter. Serve with Greek yogurt.

Lunch: Creamy Broccoli Soup

- Sauté garlic and onion, add broccoli and broth, blend. Add cream and cheese.

Dinner: Cauliflower Steak

- Slice cauliflower into 'steaks', roast. Serve with grilled asparagus and hollandaise sauce.

These recipes are meant to be simple and adaptable to your taste preferences and dietary needs. These are just guidelines and ideas.