

7 - Day

Intermittent Fasting Keto

Meal Plan

by Sylvie Pajot, certified Health Coach

Day 1

1,654 calories

125 grams of fat, 23 grams of net carbs (don't put coconut milk in your coffee to not go over 20 grams), 54 grams of protein

Breakfast: Coffee with 1/4 cup coconut milk (98 calories, 9 grams of fat, 3 grams of carbs, 1 gram of protein)

Lunch: Healthy Fats-Rich Lunch Salad (778 calories, 69 grams of fats, 9 grams of net carbs, 19 grams of protein)

Half a head of romaine lettuce

Half an avocado

3 Tbsp Hemp Hearts

1 ounce of goat feta

Half a cucumber

8 Queen Stuffed Olives

1 Tbsp extra virgin olive oil

1 Tbsp lemon juice

Chop all the ingredients and mix. Sprinkle with hemp hearts and drizzle with olive oil and lemon juice.

Dinner: Breaded Chicken Breast with Half an Avocado (778 calories, 47 grams of fats, 11 grams of net carbs, 34 grams of protein)

One chicken breast

1/4 cup of almond meal

onion powder, garlic powder and salt to taste

Half an avocado

1 Tbsp of coconut oil

Slice your chicken breast in strips. Mix the almond meal (or buy almond flour) with your seasonings. Coat your chicken breast in the mixture and fry in coconut oil. Season your avocado with salt and pepper to eat as a side.



Hi! My name is Sylvie!

I am a certified health coach and yoga instructor. I help women love their bodies over 40. I offer resources that will help you feel energized, strong and confident.

Welcome to this 7-Day Intermittent Fasting Keto Meal Plan.

You don't need to eat keto long-term but I created this meal plan to help you become fat-adapted. Follow a strict keto diet for 7-14 days to teach your body to switch from burning glucose for energy to burning ketones for energy! Once you have experience the switch, understanding your body's cues becomes a lot easier. You can now gain true food freedom and reach your goal weight by simply maintaining your metabolic flexibility.

Learn more and get another free meal plan in my post [How to Keto Diet for Weight Loss and Health: Wait! It's Not What You Think!](#)

For further tips and guidance, get in touch with me:

[Instagram](#)

[Facebook group](#)

[email](#)

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Day 2

1,687 calories

135 grams of fat, 21 grams of net carbs (don't put coconut milk in your coffee to not go over 20 grams), 54 grams of protein

Breakfast: Coffee with 1/4 cup coconut milk (98 calories, 9 grams of fat, 3 grams of carbs, 1 gram of protein)

Lunch: Healthy Fats-Rich Lunch Salad or Antipasto Salad (Check out day 4 for the recipe)

Half a head of romaine lettuce
Half an avocado
3 Tbsp Hemp Hearts
1 ounce of goat feta
Half a cucumber
8 Queen Stuffed Olives
1 Tbsp extra virgin olive oil
1 Tbsp lemon juice

Chop all the ingredients and mix. Sprinkle with hemp hearts and drizzle with olive oil and lemon juice.

Dinner: Ground Beef Stir Fry (811 calories, 57 grams of fats, 9 grams of net carbs, 57 grams of protein)

1 cup spinach
1 cup broccoli
1/4 of a large red bell pepper
1 1/2 cup cooked ground beef
Half an avocado
1 Tbsp of coconut oil
1 Tbsp Tamari sauce

Saute the broccoli and the red bell pepper in coconut oil. Add the Tamari sauce and the cooked ground beef. Add the spinach and cook until wilted. Serve with a half of an avocado.



Day 3

1,771 calories

151 grams of fat, 14 grams of net carbs, 69 grams of protein

Breakfast: Coffee with 1/4 cup coconut milk (98 calories, 9 grams of fat, 3 grams of carbs, 1 gram of protein)

Lunch: Healthy Fats-Rich Lunch Salad (778 calories, 69 grams of fats, 9 grams of net carbs, 19 grams of protein)

Half a head of romaine lettuce

Half an avocado

3 Tbsp Hemp Hearts

1 ounce of goat feta

Half a cucumber

8 Queen Stuffed Olives

1 Tbsp extra virgin olive oil

1 Tbsp lemon juice

Chop all the ingredients and mix. Sprinkle with hemp hearts and drizzle with olive oil and lemon juice.

Dinner: Salmon with avocado (895 calories, 73 grams of fats, 2 grams of net carbs, 49 grams of protein)

1 salmon steak (about 200 grams)

1 avocado

1 cup of spinach

1 Tbsp of coconut oil

1 Tbsp of extra virgin olive oil

Cook the salmon steak on the stove top in 1 Tbsp of coconut oil. Season to taste. Put on a plate with the avocado and the spinach. Drizzle the olive oil on the spinach and drizzle the mayonnaise on the salmon steak.



Day 4

1,545 calories

130 grams of fat, 14 grams of net carbs, 73 grams of protein

Breakfast: Coffee with 1/4 cup coconut milk (98 calories, 9 grams of fat, 3 grams of carbs, 1 gram of protein)

Lunch: Antipasto Salad (552 calories, 48 grams of fat, 9 grams of net carbs, 22 grams of protein)

Half a head of romaine lettuce

1/4 cup fresh parsley

1/4 cup diced mozzarella (preferably goat mozzarella)

1 Tbsp fresh basil

2 slices of prosciutto (about 35 grams)

1 canned artichoke heart (note: not one can, one artichoke heart)

1/4 cup canned chopped roasted red bell pepper

1 Tbsp chopped sundried tomatoes

5 olives of your choice

2 Tbsp extra virgin olive oil

Chop all the ingredients and mix. Drizzle with olive oil.

Dinner: Salmon with avocado (895 calories, 73 grams of fats, 2 grams of net carbs, 49 grams of protein)

1 salmon steak (about 200 grams)

1 avocado

1 cup of spinach

1 Tbsp of coconut oil

1 Tbsp of extra virgin olive oil

Cook the salmon steak on the stove top in 1 Tbsp of coconut oil. Season to taste. Put on a plate with the avocado and the spinach. Drizzle the olive oil on the spinach and drizzle the mayonnaise on the salmon steak.



Day 5

1,372 calories

151 grams of fat, 14 grams of net carbs (don't put coconut m,
69 grams of protein

Breakfast: Coffee with 1/4 cup coconut milk (98 calories, 9 grams of fat, 3 grams of carbs, 1 gram of protein)

Lunch: Antipasto Salad (552 calories, 48 grams of fat, 9 grams of net carbs, 22 grams of protein)

Half a head of romaine lettuce

1/4 cup fresh parsley

1/4 cup diced mozzarella (preferably goat mozzarella)

1 Tbsp fresh basil

2 slices of prosciutto (about 35 grams)

1 canned artichoke heart (note: not one can, one artichoke heart)

1/4 cup canned chopped roasted red bell pepper

1 Tbsp chopped sundried tomatoes

5 olives of your choice

2 Tbsp extra virgin olive oil

Chop all the ingredients and mix. Drizzle with olive oil.

Dinner: Ground turkey with riced cauliflower (722 calories, 50 grams of fat, 6 grams of net carbs, 44 grams of protein)

200 grams ground turkey

200 grams riced cauliflower

1 avocado

1 Tbsp of coconut oil

Cook the ground turkey on the stove top and season to taste. Saute the riced cauliflower in coconut oil. Serve with the avocado.



Day 6

1,429 calories

106 grams of fat, 14 grams of net carbs (don't put coconut m,
69 grams of protein

Breakfast: Coffee with 1/4 cup coconut milk (98 calories, 9 grams of fat, 3 grams of carbs, 1 gram of protein)

Lunch: Antipasto Salad (552 calories, 48 grams of fat, 9 grams of net carbs, 22 grams of protein)

Half a head of romaine lettuce

1/4 cup fresh parsley

1/4 cup diced mozzarella (preferably goat mozzarella)

1 Tbsp fresh basil

2 slices of prosciutto (about 35 grams)

1 canned artichoke heart (note: not one can, one artichoke heart)

1/4 cup canned chopped roasted red bell pepper

1 Tbsp chopped sundried tomatoes

5 olives of your choice

2 Tbsp extra virgin olive oil

Chop all the ingredients and mix. Drizzle with olive oil.

Dinner: Roast chicken with broccoli and feta cheese (779 calories, 49 grams of fat, 9 grams of net carbs, 15 grams of protein)

2 cups of chicken meat (favor dark meat)

1 cup broccoli

5 olives of your choice

2 Tbsp of coconut oil

2 ounces of goat feta

Saute the broccoli in coconut oil. Season to taste. Serve with chicken, olives and goat feta.



Day 7

1,598 calories

130 grams of fat, 12 grams of net carbs, 76 grams of protein

Breakfast: Coffee with 1/4 cup coconut milk (98 calories, 9 grams of fat, 3 grams of carbs, 1 gram of protein)

Lunch: Healthy Fats-Rich Lunch Salad (778 calories, 69 grams of fats, 9 grams of net carbs, 19 grams of protein)

Half a head of romaine lettuce

Half an avocado

3 Tbsp Hemp Hearts

1 ounce of goat feta

Half a cucumber

8 Queen Stuffed Olives

1 Tbsp extra virgin olive oil

1 Tbsp lemon juice

Chop all the ingredients and mix. Sprinkle with hemp hearts and drizzle with olive oil and lemon juice.

Dinner: Keto Fried Chicken with Sauerkraut - use leftover chicken from yesterday if you have any (722 calories, 52 grams of fats, 0 grams of net carbs, 56 grams of protein)

3 boneless chicken thighs (about 9-10 ounces)

1 cup spinach

1/4 cup fermented sauerkraut (such as the brand Bubbies)

3 Tbsp of coconut oil

Season and cook the chicken thighs in coconut oil. Add the spinach and cook until wilted. Serve with sauerkraut.



Daily Supplements

I am a firm believer in greens and and more greens to promote healing and sustain good health. That's why I love my Power Shake, I talk about it in many of my blog post and videos. The Power Shake, however, has too many carbs for the keto diet. When I experiment with the keto diet, I use the product More Greens instead. Click on these images to check out these quality products:

PowerShake



POWER SHAKE
APPLE-BERRY FLAVOR

USDA ORGANIC

purium

Net Wt. 1065g

Nutrition Facts	
30 servings per container	
Serving size 2 scoops (35.5g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	6%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 8g	
Vitamin D 0mcg 0%	Iron 5mg 30%
Calcium 60mg 6%	Potassium 470mg 13%
Vitamin E 15%	Vitamin C 2%
Vitamin A 430%	Vitamin K 240%
Thiamine 60%	Riboflavin 15%
Niacin 70%	Vitamin B6 60%
Folate 8%	Vitamin B12 200%
Pantothenic Acid 15%	Phosphorus 20%
Iodine 250%	Magnesium 20%
Zinc 6%	Selenium 4%
Copper 25%	Manganese 60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Rice Bran Solubles, Organic Oat Flour, Organic Spirulina, Organic Millet, Organic Carrot Juice Powder, Organic Wheatgrass Juice Powder, Organic Amaranth, Organic Alfalfa Leaf Juice Powder, Organic Oat Grass Juice Powder, Organic Buckwheat, Organic Quinoa, Organic Raspberry Flavor, Organic Apple Flavor, Organic Lo Han Berry Extract, Organic Cha Seed.

Suggested Use: Mix two scoops / 35.5 g (levelled but not packed down) with 10-20 oz. of cold water or your favorite non-dairy, creamy beverage. Take on an empty stomach 1-4 times per day. Best mixed in a shaker cup or bottle. Great prior to, during, and after exercise or activity.

USDA ORGANIC

NON GMO

GF
Gluten Free

VEGAN

USDA ORGANIC

purium

More Greens

