

# Free keto diet plan for women 14 Days



Day / Meals	Breakfast	Lunch	Dinner
Monday	Half prepared with butter with a few lettuce leaves	Roast chicken with yogurt	Hamburger with ketogenic bread
Tuesday	Boiled eggs with coffee or tea	Tuna salad with cucumber	Pumpkin pasta with stir-fried meatballs
Wednesday	Cheese omelette with tea	Pumpkin pasta with stir-fried meatballs	Cauliflower Salad
Thursday	Smoothie (Almond Milk + Peanut Butter + Favorite Vegetables + Favorite Protein Powder)	Chicken and mushroom dumplings with spinach and tomato salad	Lettuce salad with cheese and almonds (or walnuts)
Friday	Egg salad	Chicken and mushroom dumplings	Cauliflower and Cheese Grilled Steak
Saturday	Pepper fried eggs	Pepper, cream cheese roll, celery slices, cherry tomatoes, almonds	Diet Caesar Salad
Sunday	Vegetable omelette	Diet Caesar Salad	Fried pork in a pan

One of best ways for weight loss is keto diet

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Day / Meals	Breakfast	Lunch	Dinner
Monday	Egg salad	Pumpkin with minced meat	Creamy cauliflower soup
Tuesday	Almond and strawberry milk smoothie	Pumpkin with minced meat	Fish burger with grilled cheese and vegetables
Wednesday	Boiled eggs with vegetables	Fish burger with grilled cheese and vegetables	Mini pizza with cauliflower paste
Thursday	Eat fried eggs with cheese and vegetables	Chicken shawarma on lettuce leaves	Mini pizza with cauliflower paste
Friday	Tomato omelette	Chicken shawarma on lettuce leaves	Greek salad
Saturday	Milk and blackberry (or strawberry) smoothie	Grilled salmon with spinach salad	Roasted chicken
Sunday	Fried eggs with zucchini	Grilled chicken with salad	Fried pork in a pan

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