

PERFECT KETO

CREATING YOUR KETO DIET MEAL PLAN

INTRODUCTION TO KETO MEAL PLANNING

For success on a ketogenic diet, planning is key. This guide will teach you how to create a ketogenic diet meal plan to fit your needs and goals.

CREATING YOUR KETO MEAL PLAN

To help you create the best meal plan for you, we've broken it down into five steps:

1



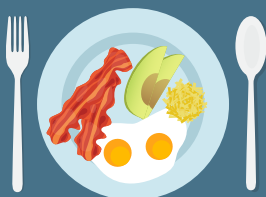
SET YOUR GOALS

2



CALCULATE YOUR MACROS

3



PLAN YOUR MEALS

4



GO SHOPPING

5



GO FOR IT!

Let's get started!

1. SET YOUR GOALS

What is your goal for eating a ketogenic diet? Whether it's weight loss, better mental clarity, disease prevention, or better overall health, think about what results you'd like to see. Write them down somewhere you can see them each day.

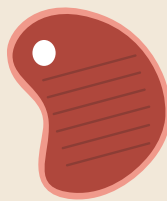
Having this in mind beforehand will help tailor your meal plans to your needs, as well as make it easier to stick to your keto diet.

2. CALCULATE YOUR MACROS

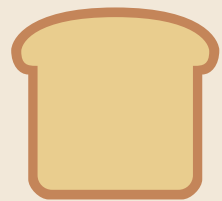
Macronutrient ratios are very important on the ketogenic diet. You can use our macro calculator [here](#) to figure out how many fat, protein, and carb grams to stick to each day. Remember the macro ratios on a keto diet:



HIGH FAT:
70-80%



MODERATE PROTEIN:
20-25%



LOW CARB:
5-10% OR LESS

Starting from here will help you determine what and how much of each category to eat based on your specific body composition and lifestyle.

3. PLAN YOUR MEALS

Based on your daily macros, plan what you'll eat! You might plan for a few days or for the whole week at a time.

We've included two cheat sheets at the end of this PDF, **Keto Diet Foods List** and **Foods to Avoid on Keto**, which you can use when planning your ketogenic diet meals. Use the powers of the internet or ketogenic diet cookbooks to search for keto-friendly meals that sound good and fit within your macros.

3. PLAN YOUR MEALS

Most keto recipes, like those on [Perfect Keto's website](#), will list macro breakdown so you don't have to calculate it. If they don't you can enter ingredients into a diet app like KetoDietApp to get macros and calorie count.

Decide which meals you'll have each day. It helps to list them out on a sheet of paper. Consider:

- How many people in your home will be eating the meals (how many servings you'll need to make)
- Whether or not you plan to make enough for leftovers the next day
- How you want to structure each day. For example, do you plan to eat breakfast, or will you just have lunch and dinner most days?

Once your meals are planned out, make a shopping list with the ingredients you'll need for each meal. Organize the ingredients by categories, such as "Meats," "Dairy," "Vegetables," etc.

Now, time to head to the store!

4. GO SHOPPING

A good rule of thumb: shop the perimeter of the store first. That's where the fresh produce, meats, and dairy products live.

You might need to visit the inside aisles for oils and other specialty keto things, but shopping on the outside first reduces overwhelm, helps you focus on the healthiest foods, and makes it easy to resist any junky packaged stuff that certainly isn't keto-friendly (out of sight, out of mind).

Above all, stick to your list!

5. GO FOR IT!

You have your ingredients. You have your meals planned. The next specifics will depend on what works best for you.

Maybe you need to prep and cook most of your meals ahead of time and store them for easy grab 'n go. Or, you might prefer to make them a little at a time. Consider what fits your schedule and lifestyle most.

There's no better time than now to get started. Making any new change can seem like a lot, but having a plan reduces the overwhelm and sets you up for success.

Need some inspiration? Check out our sample days of meal plans below!

SAMPLE KETO MEAL PLANS

The following are our three separate days of meal planning you can use for inspiration. The example macros are set for a single person who is eating 1,800 calories per day and sticking to 100 grams or less of protein (less than 25% of calories), 22 grams or less of carbs (about 5% of calories), and 150 grams of fat (75% of calories).

DAY #1 MEALS

DAY 1: BREAKFAST

1 serving Keto Brunch Spread

1 tbsp grass-fed butter

1 cup black coffee with 1 scoop Perfect Keto MCT Oil Powder

MACROS

FAT:



57G

PROTEIN:



17G

CARBS:



3G

CALORIES:



528

DAY 1: LUNCH

1 serving White Turkey Chili
2 cups mixed leafy greens with 1 tbsp olive oil

MACROS

FAT:



44.5G

PROTEIN:



28.8G

CARBS:



5.5G

CALORIES:



568

DAY 1: DINNER

1 serving Cheesy Broccoli Meatza
2 cups cauliflower cooked in 2 tbsp butter

MACROS

FAT:



47G

PROTEIN:



32G

CARBS:



12G

CALORIES:



603

DAY 1: DESSERT

1 MCT Fat Bomb

MACROS

FAT:



8G

PROTEIN:



1G

CARBS:



2G

CALORIES:



81

MACROS FOR THE DAY

FAT:



156.5G

PROTEIN:



78.8G

CARBS:



21.5G

CALORIES:



1,780

DAY #2 MEALS

DAY 2: BREAKFAST

1 serving Chocolate Pancakes with Blueberry Butter
1 Perfect Keto Matcha Latte with MCT Oil Powder

MACROS

FAT:



57G

PROTEIN:



26.6G

CARBS:



11.5G

CALORIES:



611

DAY 2: LUNCH

1 serving Crispy Cheesy Chicken Salad

MACROS

FAT:



36.4G

PROTEIN:



55G

CARBS:



8.1G

CALORIES:



575

DAY 2: DINNER

4 oz Grilled Ribeye Steak
2 tbsp butter
2 cups mixed leafy greens with 1 tbsp avocado oil and salt

MACROS

FAT:



62G

PROTEIN:



20G

CARBS:



1G

CALORIES:



636

MACROS FOR THE DAY

FAT:



155.4G

PROTEIN:



101.6G

CARBS:



20.6G

CALORIES:



1,822

DAY #3 MEALS

DAY 3: BREAKFAST

1 serving Turkey Sausage Frittata
4 slices bacon fried in 1 tbsp butter
1 cup coffee or tea with MCT Oil Powder

MACROS

FAT:



49.7

PROTEIN:



24.7G

CARBS:



5.5G

CALORIES:



572

DAY 3: LUNCH

¼ pound ground beef
½ head romaine lettuce leaves
1 serving Bone Broth

MACROS

FAT:



38G

PROTEIN:



26.25G

CARBS:



1.5G

CALORIES:



500.5

DAY 3: DINNER

1 serving Portobello Bun Cheeseburger
 1 serving Celeriac Everything Oven Fries
 1 serving Homemade Keto Mayo

MACROS

FAT:



40.2G

PROTEIN:



31.1G

CARBS:



13.1G

CALORIES:



539

DAY 3: DESSERT

2 Macadamia Nut Fat Bombs

MACROS

FAT:



33.8G

PROTEIN:



1.6G

CARBS:



1.8G

CALORIES:



198

MACROS FOR THE DAY

FAT:



161.7G

PROTEIN:



83.65G

CARBS:



22G

CALORIES:



1,809.5

Now, go out and make your own keto meal plan!

CHEAT SHEET: KETOGENIC DIET FOODS

Below is a comprehensive list of the best ketogenic diet foods, separated into their respective categories.

SATURATED AND MONOUNSATURATED FATS

- Butter or ghee
- Avocados
- Macadamia nuts
- Coconut butter
- Cocoa butter
- Egg yolks (go with pasture-raised for the extra few bucks) #TreatYoself
- Coconut oil, Olive oil, MCT oil, or Avocado oil
- Nuts and seeds or nut butter (choose fattier nuts like macadamia nuts or almonds)
- Fatty fish

POLYUNSATURATED FATS

Keep in mind that you want a good balance of omega-3s and omega-6s, which are essential fatty acids you must get from your diet and are important for many things, including proper nerve and brain function and reducing the risk for heart disease, Alzheimer's disease, type 2 diabetes, and brain function decline with old age.

Although omega-6 is essential, too much is inflammatory to the body, so be mindful of your intake of sources higher in omega-6, such as peanuts and plant oils like corn oil or sunflower oil. Focus mostly on omega-3s from fish like trout, salmon, tuna, and mackerel or take a high-quality fish oil supplement.

Also, be mindful of nuts because they do contain some carbs, especially cashews, pistachios, and almonds.

PROTEINS

- **BEEF**, preferably fattier cuts like steak, veal, roast, ground beef, and stews.
- **POULTRY**, including chicken, quail, duck, turkey, and wild game—try to focus on the darker, fattier meats.
- **PORK**, including pork loin, tenderloin, chops, ham, bacon, and ground.
- **FISH**, including mackerel, tuna, salmon, trout, halibut, cod, catfish, and mahi-mahi.
- **SHELLFISH**, including oysters, clams, crab, mussels, and lobster.
- **ORGAN MEATS**, including heart, liver, tongue, kidney, and offal.
- **EGGS**, including deviled, fried, scrambled, and boiled. Use the whole egg.
- **LAMB**
- **GOAT**

Beware of meats that contained processed ingredients, sauces, or cured meats with added sugars. These can easily increase your carb and sugar intake.

Helpful Protein Guides:

- [A Guide to Buying Healthy Meat](#)
- [A Guide to Buying Healthy Seafood](#)

VEGETABLES

Think low-carb and non-starchy. Choose leafy greens first, including:

- Kale
- Spinach
- Swiss chard
- Bok choy
- Lettuce
- Radicchio
- Brussels sprouts
- Broccoli

VEGETABLES

Other options include:

- Onions
- Bell peppers
- Asparagus
- Kohlrabi
- Celery
- Cucumber
- Zucchini
- Spaghetti squash
- Cauliflower

FRUITS

Fruits must be limited and eaten in VERY small amounts, as they have a high sugar content. When you do eat fruits, choose lower-sugar options like:

- Strawberries
- Blueberries
- Raspberries
- Cherries
- Cranberries
- Mulberries

For fruits and vegetables, fresh or frozen is fine, and organic is best but not required. For more help, check out our [Guide to Buying Healthy Produce](#).

DAIRY

See our [Guide to Buying Healthy Dairy](#).

Most dairy products get the green light on keto. Just opt for the full-fat version and preferably organic and raw, if possible. Remember, fat is fuel, and the reason we would eat dairy is for the high-quality fat. Don't be fooled by the "[low-fat yogurt with mountains of fruit sugar added is healthy](#)" garbage claims.

DAIRY

- Full-fat yogurts
- Mayonnaise
- Heavy cream
- Sour cream
- Cottage cheese
- Cream cheese
- Hard cheeses like parmesan, swiss, feta, and cheddar
- Soft cheese like brie, Monterrey jack, mozzarella, and bleu cheese

CONDIMENTS, SPICES, & SWEETENERS

When it comes to topping foods on the keto diet, homemade is always best. When possible, it's best to make your own versions of sauces and other condiments to keep at home. That being said, we know life is busy, so here are some pre-made condiments that are safe to use:

SAUCES AND CONDIMENTS

- Yellow mustard
- Ketchup without added sugars (or sugar alcohols)
- Mayonnaise (preferably made from cage-free eggs)
- Horseradish
- Hot sauces
- Worcestershire sauce
- Sauerkraut without added sugars
- High-fat salad dressings with low or no added sugars

HERBS AND SPICES

A lot of traditional seasonings and sauces aren't ketogenic diet-friendly because they contain added sugars and carbs, so herbs and spices really become your best friends here. Just make sure they don't contain any sugars and are purely the herb or spice itself. Examples include:

- Basil
- Oregano
- Parsley

HERBS AND SPICES

- Rosemary
- Thyme
- Cilantro
- Cayenne pepper
- Chili powder
- Cumin
- Cinnamon
- Nutmeg
- Lemon or lime juices
- Salt and Pepper

SWEETENERS

Sweeteners are tricky, so choose with caution if you do use them. The best option is to avoid sweet foods as much as possible so you lose the taste for them and don't have to deal with cravings, but when you do use sweeteners, here are some things to keep in mind:

1. Only use low glycemic index sweeteners, as they won't affect your blood sugar levels or contribute to your carb intake.
2. Try to stay away from sweeteners (even low/no-calorie or low/no-sugar) that use the sugar alcohol maltitol (which is high glycemic) or filler ingredients like dextrose or maltodextrin.

Here are some safe, low-glycemic sweetener options:

- **STEVIA** (preferably liquid form, as the powder can sometimes have dextrose or maltodextrin added as binders)
- **ERYTHRITOL** (it's not digested by the body, so it contributes no carbs or glycemic load)
- **MONK FRUIT**
- **XYLITOL**

You can often find blends of the above sweeteners at the store too. Just make sure there are no other added ingredients you need to avoid.

SUPPLEMENTS

EXOGENOUS KETONES

The purpose of [exogenous ketone supplements](#) is to provide the body with extra ketones (energy). Ketone supplements can be a huge help when transitioning into a state of ketosis or entering a [fasted state](#).

Exogenous ketones help you get back into ketosis at any time, instead of having to wait for at least a couple days. They can be taken in between meals to provide a quick punch of ketones or before a workout for additional energy.

Learn more on our [Perfect Keto Base Product Page](#).

MCT OILS AND POWDERS

MCT is short for medium chain triglyceride. [MCTs are a type of fat](#) that can be readily used for energy by your body and do not have to be shuttled around your digestive system before use.

They are precursors to ketones and help your body burn fat instead of burning carbs. They are also beneficial for weight loss, energy, and digestion.

[Perfect Keto MCT Oil Powder](#) adds an unflavored creaminess that is incredible in coffee, tea, and any smoothie you can think of.

COLLAGEN PROTEIN SUPPLEMENTS

[Collagen](#) is a type of protein – 1 of over 10,000 in your body. Collagen is the most abundant protein in your body, accounting for 25-35% of all protein. It can be considered the glue that holds your body together.

Most other animal-based protein powders can be inflammatory to many people. Casein and whey are known allergens and egg protein can be quite inflammatory. Collagen protein from grass-fed beef is made in the same way that bone broth is made, low and slow heating to preserve the nutrition.

For more on collagen: [When and How to Use Keto Collagen Protein](#).

MICRONUTRIENT SUPPLEMENTS

One of the toughest parts of keto is that it cuts out lots of starchy fruits and vegetables that are high in carbohydrates. However, they are also packed with nutrients. [Keto Micro Greens](#) is the solution to getting enough nutrition from produce, while eating a low carb ketogenic diet. Perfect Keto Micro Greens Powder is 14 servings of 22 different fruits and vegetables, plus MCT fats for absorption.

PERFECT KETO MICRONUTRIENT GREENS INGREDIENTS

- **GREENS AND VEGGIE BLEND:** 4.5 grams of raw and organic greens and vegetables from 12 different sources.
- **BERRY AND FRUIT BLEND:** 4.5 grams of raw and organic berries and fruits from 10 different sources.
- **MCT POWDER:** 3.5 grams. We use fat from coconut oil so you absorb the vitamins, minerals and nutrients in plants.
- **LIVER SUPPORT AND DIGESTIVE ENZYMES:** Without this, you would waste a lot of the benefit and micronutrients of the product.

Keto Micro Greens is what a multivitamin should be. For more: [How to Use Micro Greens Powder](#)

CHEAT SHEET: FOODS TO AVOID ON KETO

Any diet plan you follow will include foods that are “no-nos”, but when you’re following a ketogenic diet, the list of keto foods to avoid is even more important. The main reason is because too many carb- or protein-centric foods can bring you out of ketosis and slow down the body’s fat burning capabilities.

CARBOHYDRATE FOODS TO AVOID

All grains—and foods that are made from grains, even whole grains—should be avoided because they contain too many carbs and will interfere with ketosis, slowing weight loss. That includes the following:

- Wheat
- Barley
- Oats
- Rice

CARBOHYDRATE FOODS TO AVOID

- Rye
- Corn
- Quinoa
- Millet
- Sorghum
- Bulgur
- Amaranth
- Sprouted grains
- Buckwheat
- Breads made from any of the above
- Pastas made from any of the above
- Cookies, crackers, or pizza crusts made from any of the above

BEANS AND LEGUMES

While beans do provide nutrition for those on a regular diet, they're not fit for the ketogenic diet due to their high starch (carb) content. Avoid beans including:

- Kidney beans
- Chickpeas
- Black beans
- Lentils
- Green peas
- Lima beans
- Pinto beans
- Great northern beans (white beans)
- Fava beans

MOST FRUITS

Almost all fruits are non-compliant because they're very high in sugar and carbs. That includes tropical fruits, fruit juices, dried fruits, and fruit smoothies (for the most part). If you do have fruits, make sure they're lower-sugar options like blueberries, blackberries, and raspberries, and eat them very sparingly. Fruits to avoid include:

- Bananas

MOST FRUITS

- Pineapples
- Papaya
- Apples
- Oranges
- Grapes
- Mangos
- Tangerines
- All fruit juices
- Fruit smoothies
- Dried fruits like raisins, dates, dried mango, etc
- Fruit syrups
- Fruit concentrates

STARCHY VEGETABLES

As a general rule, it's good to avoid any vegetables that grow beneath the ground and focus more on the leafy greens. The high starch content of some vegetables, like those in the list below, is problematic because—like with beans—high-starch means high-carb.

- Sweet potatoes
- Yams
- Potatoes
- Carrots
- Parsnips
- Peas
- Yucca
- Corn
- Squashes (spaghetti, butternut, and acorn)
- Artichoke
- Cherry tomatoes

ALCOHOL

This is a big one because very few people are immediately willing to sacrifice alcohol. Although it might not be quite as detrimental to ketosis like high-carb foods, too much alcohol can easily slow down fat loss in ketosis. Plus, many alcohol drinks do have carbs to watch out for, such as:

- Beers
- Wines (especially sweet wines)
- Cocktails
- Mixers containing juices, flavored syrups, and sodas
- Flavored liquors

If you ARE drinking, best to reach for hard liquor first (is that the first time you've ever heard that suggestion?) Even though it's also made from carb sources, those sugars are converted to ethyl alcohol during the distillation and fermentation process. Alcohol is ethanol, which is readily broken down into sugar. Make no mistake, from your cells perspective, drinking a glass of wine is just like sipping some soda.

SUGARS

Did you know that [sugar has 56 different names](#) on nutritional labels today? There are hidden sugars everywhere. While there might certainly be better options for overall health, sugar is still sugar, and it'll still kick you out of ketosis. Sugars to avoid:

- Honey
- Agave nectar
- Maple syrup
- Raw sugar
- Turbinado sugar
- High-fructose corn syrup
- Cane sugar

PROTEIN FOODS TO AVOID ON A KETOGENIC DIET

What? Avoid protein? Yes. Check out our other important articles, [How I Fixed the Biggest Ketosis Mistakes](#) and [The Keto Diet vs The Atkins Diet](#) for more.

MILK AND LOW-FAT DAIRY

Full-fat dairy products like yogurt, butter, heavy cream, and sour cream are okay on the ketogenic diet, but avoid all other milk and low- and reduced-fat dairy products. Not only is it too high in carb content, but pasteurized milk is hard to digest for most people, is lacking in beneficial bacteria, and might also contain harmful hormones. Raw milk is okay in small amounts, just don't forget to account for the carbs. Dairy products to avoid:

- Milk (minus some raw milk)
- Shredded cheese (they often contain potato starch)
- Low-fat or reduced-fat dairy products like:
 - Fat-free butter substitutes (these should be removed from the face of the earth)
 - Low-fat cream cheese
 - Evaporated skim milk
 - Low-fat whipped topping
 - Fat-free or low-fat yogurts (these usually contain a TON of added sugars)

FACTORY FARMED ANIMAL PRODUCTS

As much as possible, choose animal products that are organic and grass-fed. Perfect Keto founder has a tremendous series on [why source matters and guides on how to buy good foods](#). It shouldn't be so difficult, but it is.

- Avoid grain-fed meats and dairy, as they are lower in nutrients.
- Try to stay away from factory-farmed fish and pork products, which are high in omega-6s (that are inflammatory in too-large amounts). Plus, factory-farmed fish is more often than not high in mercury.
- Processed meats like hot dogs and packaged sausages are often better avoided as well, since they usually contain nitrates that are harmful and possibly even cancerous to the body.

FAT FOODS TO AVOID ON A KETOGENIC DIET

UNHEALTHY (INFLAMMATORY) OILS

Unprocessed and nutritious oils, such as coconut oil, virgin olive oil, and macadamia nut oils, are great sources of saturated and unsaturated fats. However, beware of harmful processed vegetable oils like:

- Soybean oil
- Canola oil
- Corn oil
- Grapeseed oil
- Peanut oil
- Sesame oil
- Sunflower oil

See our full guide on [Good Fats vs Bad Fats](#) for more.

OTHER RED FLAGS TO AVOID ON A KETOGENIC DIET

PROCESSED/PACKAGED FOODS

The oils mentioned above are often found in unhealthy processed and packaged products. Couple that with the fact that manufacturers stuff packaged products with lots of extra sugar, trans fats, preservatives, and other junk that's just bad news. Avoid packaged and processed foods like:

- Fast food
- Commercially baked goods like cookies and cakes
- Margarines
- Candies
- Sodas and soft drinks
- Ice creams
- Foods with carrageenan (such as almond milk products)
- Foods with sulfites (like gelatin and dried fruits)
- Wheat gluten
- MSG

PROCESSED/PACKAGED FOODS

Beware of packaged foods that label themselves as “low-carb” or “zero-carb” too, such as diet drinks, sugar free gums or candies, or Atkins products. Although they might be low in carb content per serving, a serving size is likely very small and not satiating. Plus, they might have added gluten or artificial additives or flavors. Better to stay clear of these if possible and focus instead of whole food ketogenic foods.

ARTIFICIAL SWEETENERS

Artificial sweeteners might seem okay since they aren't sugar, but approach with caution. People react to them differently, but they can sometimes affect blood sugar levels or cause issues like extra cravings. Some people even find artificial sweeteners disrupt their ketosis. Artificial sweeteners to avoid/be wary of:

- Equal
- Splenda
- Acesulfame
- Aspartame
- Saccharin
- Sucralose