

KETO DIET PLAN

1. FOR NON-VEGETARIAN

KEY FOOD USED

- Protein: Eggs, paneer, chicken, fish, mutton
 - Fats: Ghee, coconut oil, olive oil, butter
 - Low/no-carb veg (optional): Spinach, methi, coriander (in trace amounts only)
 - No grains, legumes, starchy vegetables, dairy milk, fruits, nuts
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Day 1

Breakfast:

- 4 egg omelette with cheese (25g protein)
- 100g grilled paneer (18g protein)

Lunch:

- 200g tandoori chicken thighs (40g protein)
- Butter/ghee for cooking

Dinner:

- 3 boiled eggs (18g protein)
- 50g paneer cubes (9g protein) sautéed in ghee

Total Protein: ~110g

Net Carbs: <5g

Day 2

Breakfast:

- 3 eggs scrambled in butter (18g protein)
- 50g grilled fish (12g protein)

Lunch:

- 200g chicken tikka (no yogurt marinade, use lime/ghee/spices) (40g protein)

Dinner:

- 100g paneer bhurji (18g protein)
- 2 boiled eggs (12g protein)

Total Protein: ~100g

Net Carbs: ~3–5g

Day 3

Breakfast:

- Bulletproof coffee (no protein)
- 4 boiled eggs (24g protein)

Lunch:

- 200g grilled mutton seekh kebab (42g protein)

Dinner:

- 150g grilled paneer + 1 egg (27g protein)

Total Protein: ~100–105g

Net Carbs: ~5g

Day 4

Breakfast:

- 3-egg omelette with 30g cheese (21g protein)

Lunch:

- 150g fish fry in coconut oil (30g protein)
- 1 boiled egg (6g protein)

Dinner:

- 100g paneer tikka (18g protein)
- 3 egg bhurji (18g protein)

Total Protein: ~100g

Net Carbs: <5g

Day 5

Breakfast:

- 4 scrambled eggs + 30g paneer (27g protein)

Lunch:

- 200g chicken curry (no onion, no tomato—use yogurt + spices) (40g protein)

Dinner:

- 100g grilled fish + 2 eggs (33g protein)

Total Protein: ~100g

Net Carbs: ~4–6g

Day 6

Breakfast:

- 3 eggs fried in ghee (18g protein)
- 50g paneer cubes (9g protein)

Lunch:

- 200g mutton curry (44g protein)

Dinner:

- 2 boiled eggs + 100g grilled paneer (30g protein)

Total Protein: ~101g

Net Carbs: <6g

Day 7

Breakfast:

- 3 egg omelette with cheese (21g protein)

Lunch:

- 150g grilled chicken breast (33g protein)
- 2 eggs (12g protein)

Dinner:

- 150g paneer + 1 egg (33g protein)

Total Protein: ~99–102g

Net Carbs: ~5g

Notes:

- You can increase or decrease the quantity to match your exact macros.
- Use only spices with minimal or no carbs: turmeric, salt, pepper, chili powder.
- Avoid onions, tomatoes, yogurt (unless full-fat and in small quantity), lemon (use sparingly).
- Drink plenty of water and take electrolytes (salt, magnesium, potassium) if you're on strict keto.

Daily Averages (Estimated)

Calories:

~1,400–1,700 kcal/day

Protein:

~100–110g/day (~400–440 kcal)

Fat:

~100–120g/day (~900–1,080 kcal)

Net Carbs:

<6g/day (~24 kcal max)

Breakdown of fat types (approximate across the week):

- Saturated fat: ~60–70g/day
- Monounsaturated fat: ~25–35g/day
- MCTs (from coconut oil/ghee): ~10–15g/day
- Omega-3s: Moderate if oily fish is included

Fat Breakdown (Healthy Fats)

Fat Source		Fat Type
Eggs	~5g fat/egg (mostly sat & mono)	~15–20g/day
Paneer	High in saturated fat	~20–35g/day
Chicken, Mutton, Fish	Varies (depends on cut/oil used)	~20–30g/day
Cooking Fats (ghee, butter, coconut oil, olive oil)	MCTs, sat, mono	

2. VEGETERIAN KETO DIET PLAN

Day 1 (FOR VEGETARIAN)

Breakfast:

- Paneer bhurji (100g paneer) with spinach – 270 kcal, 20g protein
- Black coffee or green tea

Lunch:

- Palak paneer (150g paneer) with 1 tbsp ghee – 400 kcal, 30g protein
- Cucumber raita (100g Greek yogurt) – 60 kcal, 6g protein

Snack:

- Roasted peanuts (30g) – 170 kcal, 7g protein

Dinner:

- Grilled tofu tikka (150g tofu) – 400 kcal, 37g protein
- Steamed broccoli with butter – 100 kcal, 3g protein

Total: ~1400 kcal, ~103g protein

Day 2

Breakfast:

- Tofu scramble with bell peppers (100g tofu) – 200 kcal, 18g protein
- Herbal tea

Lunch:

- Keto paneer butter masala (150g paneer) – 400 kcal, 30g protein
- Cabbage stir-fry in ghee – 80 kcal, 2g protein

Snack:

- Sunflower seeds (25g) – 150 kcal, 5g protein

Dinner:

- Soya chunks curry (50g dry chunks) – 350 kcal, 30g protein
- Sauteed zucchini with coconut oil – 100 kcal, 3g protein

Total: ~1380 kcal, ~103g protein

Day 3

Breakfast:

- Greek yogurt (200g) with chia seeds – 250 kcal, 20g protein

Lunch:

- Methi malai paneer (150g paneer) – 400 kcal, 30g protein
- Stir-fried bell pepper and mushrooms – 100 kcal, 5g protein

Snack:

- Almonds (20g) – 140 kcal, 5g protein

Dinner:

- Grilled tofu (150g) with green chutney – 400 kcal, 40g protein
- Steamed cauliflower – 80 kcal, 3g protein

Total: ~1370 kcal, ~103g protein

Day 4

Breakfast:

- Protein smoothie: Unsweetened almond milk + 1 scoop plant-based protein + spinach – 200 kcal, 25g protein

Lunch:

- Keto baingan bharta with 1 tbsp ghee – 250 kcal, 5g protein
- Paneer tikka (100g paneer) – 300 kcal, 20g protein

Snack:

- Flaxseed crackers (homemade, 30g) – 150 kcal, 5g protein

Dinner:

- Soya kebabs (50g chunks) with grilled veggies – 350 kcal, 35g protein
- Mint-coriander chutney – 50 kcal, 2g protein

Total: ~1350 kcal, ~102g protein

Day 5

Breakfast:

- Scrambled paneer with methi leaves (100g paneer) – 270 kcal, 20g protein

Lunch:

- Tofu butter masala (150g tofu) – 400 kcal, 35g protein
- Cucumber salad – 50 kcal, 2g protein

Snack:

- Greek yogurt (100g) with 1 tsp peanut butter – 150 kcal, 10g protein

Dinner:

- Mushroom stir-fry with spinach – 100 kcal, 5g protein
- Grilled paneer (100g) – 300 kcal, 25g protein

Total: ~1370 kcal, ~97g protein (adjust paneer/tofu slightly to reach 100g)

Day 6

Breakfast:

- Protein smoothie with almond milk, spinach, and 1 scoop whey/plant protein – 200 kcal, 25g protein

Lunch:

- Kadai paneer (150g paneer) with ghee – 400 kcal, 30g protein
- Sauteed cabbage with cumin – 80 kcal, 2g protein

Snack:

- Pumpkin seeds (30g) – 160 kcal, 8g protein

Dinner:

- Tofu stir-fry with bell peppers (150g tofu) – 400 kcal, 35g protein
- Mint yogurt dip (50g yogurt) – 50 kcal, 3g protein

Total: ~1390 kcal, ~103g protein

Day 7

Breakfast:

- Omelette-style tofu bhurji with coriander (100g tofu) – 200 kcal, 20g protein

Lunch:

- Paneer makhani (150g paneer) with spinach – 400 kcal, 30g protein

- Zucchini sautéed in butter – 80 kcal, 3g protein

Snack:

- Flaxseed yogurt bowl (100g Greek yogurt + 1 tbsp flaxseed) – 150 kcal, 10g protein

Dinner:

- Soya curry (50g soya chunks) – 350 kcal, 30g protein
- Stir-fried green beans – 100 kcal, 5g protein

Total: ~1380 kcal, ~98g protein

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