

Day	Breakfast	Lunch	Dinner
<i>Day 1 (Monday)</i>	Omelette Cooked in Butter with skinless chicken fillets, Black Coffee	Mutton Seekh Kebab	Omelet
<i>Day 2 (Tuesday)</i>	Hard-Boiled Eggs with Mutton Seekh Kebab, Mint Chutney	Shallow Fried Cottage Cheese	Shredded Chicken Breast in Soya Sauce
<i>Day 3 (Wednesday)</i>	Masala Omelette with Cheese with Smoked Chicken slices	Parboiled Cauliflower in Mayo with Mutton Seekh kebab	Keto Butter Chicken/Murg Makhani
<i>Day 4 (Thursday)</i>	Scrambled Eggs with Chicken Sausages	Chicken Malai Tikka	Chicken Seekh Kebab
<i>Day 5 (Friday)</i>	Protein shake	Shammi Kebab with Greek Yogurt and Sliced Strawberries	Chicken Broth, Hard Boiled eggs, Honey Smoked Bacon
<i>Day 6 (Saturday)</i>	Scrambled Eggs with Black Coffee	Capsicum/Peppers stuffed with Cottage Cheese (Paneer)	Keto Tandoori Chicken
<i>Day 7 (Sunday)</i>	Keto Cheese Rolls / Fritters	Keto Quesadillas	Spinach Pie

7 Diet Plan by Dt. Priyanka Jaiswal