

# 28 DAY EGG DIET FOR KETO

28 Day Egg Recipes Inside



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# Day 1 : 28 Day Egg Diet

**Breakfast:** One egg omelet with spinach, tomatoes, and cheese

**Lunch:** A salad topped with grilled chicken, hard-boiled egg, avocado, and crumbled blue cheese

**Dinner:** Grilled salmon served with a side of roasted Brussels sprouts, asparagus, and mushrooms

# Day 2 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs cooked in butter with chopped bacon pieces and shredded cheese on top of toast slices

**Lunch:** Homemade egg salad sandwich made from scratch using boiled eggs mixed together with mayo or olive oil dressing (no need for bread)

**Dinner:** Chicken breast stuffed with spinach, feta cheese, cherry tomatoes, mushrooms

# Day 3 : 28 Day Egg Diet

**Breakfast:** One egg omelet cooked in butter with diced ham, onion, and green bell pepper

**Lunch:** Grilled chicken salad with mixed greens, roasted red peppers, grilled chicken breast, crumbled blue cheese, and balsamic vinaigrette dressing

**Dinner:** One-pot shrimp skillet made with bacon, sausage, mushrooms, onions, and garlic

# Day 4 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled chicken wrap using grilled chicken breast pieces, avocado, tomato, and lettuce with ranch dressing

**Dinner:** Spaghetti squash with meat sauce. Meat sauce can be made from ground beef, turkey, pork, or chicken

# Day 5 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Turkey club sandwich using thick-cut bacon, avocado, tomato, and lettuce with mayo or mustard dressing on sourdough bread

**Dinner:** One-pot chicken cacciatore made with bone-in thighs, potatoes, peppers, onions, and mushrooms

# Day 6 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs mixed with diced ham and shredded cheese served over toast slices

**Lunch:** Grilled tuna salad with mixed greens, tomatoes, and balsamic vinaigrette dressing

**Dinner:** One-pot slow cooker chili made from scratch using ground beef (or turkey), beans, peppers, and onions

# Day 7 : 28 Day Egg Diet

**Breakfast:** Hard-boiled eggs served over toast slices with avocado slices on top

**Lunch:** Grilled chicken salad with mixed greens, tomatoes, cucumbers, and grilled chicken breast. Served with a side of ranch dressing or balsamic vinaigrette dressing

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms



# Day 8 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs cooked in butter or coconut oil with chopped bacon pieces and shredded cheese

**Lunch:** Egg salad sandwich made from scratch using boiled eggs mixed together with mayo or olive oil dressing (no need for bread)

**Dinner:** Grilled salmon served with a side of roasted Brussels sprouts, asparagus, and mushrooms

# Day 9 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs cooked in butter or coconut oil with chopped bacon pieces and shredded cheese

**Lunch:** Egg salad sandwich made from scratch using boiled eggs mixed together with mayo or olive oil dressing (no need for bread)

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms

# Day 10 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Turkey club sandwich using thick-cut bacon, avocado, tomato, and lettuce with mayo or mustard dressing on sourdough bread

**Dinner:** One-pot chicken cacciatore made with bone-in thighs, potatoes, peppers, and onions

# Day 11 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs mixed with diced ham and shredded cheese served over toast slices

**Lunch:** Grilled tuna salad with mixed greens, tomatoes, and balsamic vinaigrette dressing

**Dinner:** One-pot slow cooker chili made from scratch using ground beef (or turkey), beans, peppers, and onions

# Day 12 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Turkey club sandwich using thick-cut bacon, avocado, tomato, and lettuce with mayo or mustard dressing on sourdough bread

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms

# Day 13 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs cooked in butter or coconut oil with chopped bacon pieces and shredded cheese

**Lunch:** Grilled chicken salad mixed greens, cucumbers, tomatoes, grilled chicken breast pieces. Served with a side of ranch dressing or balsamic vinaigrette dressing

**Dinner:** Spaghetti squash with meat sauce. Meat sauce can be made from ground beef, turkey, pork, or chicken

# Day 14 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs cooked in butter or coconut oil with chopped bacon pieces and shredded cheese

**Lunch:** Grilled shrimp served over a bed of cabbage slaw topped with avocado slices and ranch dressing (no need for bread)

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms

# Day 15 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Egg salad sandwich made from scratch using boiled eggs mixed together with mayo or olive oil dressing (no need for bread)

**Dinner:** One-pot chicken cacciatore made with bone-in thighs, potatoes, peppers, and onions



# Day 16 : 28 Day Egg Diet

**Breakfast:** Omelet with spinach, mushrooms, tomatoes, and shredded cheese

**Lunch:** Grilled chicken wrap using grilled chicken breast pieces, avocado, tomato, and lettuce with ranch dressing

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms

# Day 17 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled chicken salad mixed greens, cucumbers, tomatoes, grilled chicken breast pieces. Served with a side of ranch dressing or balsamic vinaigrette dressing

**Dinner:** Hamburger steak served with mashed potatoes and green beans

# Day 18 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled chicken salad mixed greens, cucumbers, tomatoes, grilled chicken breast pieces. Served with a side of ranch dressing or balsamic vinaigrette dressing

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks and sliced mushrooms

# Day 19 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled salmon salad with mixed greens, tomatoes, grilled salmon pieces. Served with a side of balsamic vinaigrette dressing

**Dinner:** One-pot chicken cacciatore made with bone-in thighs, potatoes, peppers, and onions

# Day 20 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs cooked in butter or coconut oil with chopped bacon pieces and shredded cheese

**Lunch:** Taco salad using ground beef, lettuce, tomatoes, and cheese. Served with a side of sour cream

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms

# Day 21 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled chicken salad mixed greens, cucumbers, tomatoes, grilled chicken breast pieces. Served with a side of ranch dressing or balsamic vinaigrette dressing

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms

# Day 22 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs cooked in butter or coconut oil with chopped bacon pieces and shredded cheese

**Lunch:** Grilled chicken wrap using grilled chicken breast pieces, avocado, tomato, and lettuce with ranch dressing

**Dinner:** Grilled steak served with mashed potatoes and green beans

# Day 23 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled shrimp served over a bed of cabbage slaw topped with avocado slices and ranch dressing (no need for bread)

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms



# Day 24 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled chicken salad mixed greens, cucumbers, tomatoes, grilled chicken breast pieces. Served with a side of ranch dressing or balsamic vinaigrette dressing

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms

# Day 25 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled chicken salad mixed greens, cucumbers, tomatoes, grilled chicken breast pieces. Served with a side of ranch dressing or balsamic vinaigrette dressing

**Dinner:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms

# Day 26 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** Grilled salmon salad with mixed greens, tomatoes, grilled salmon pieces. Served with a side of balsamic vinaigrette dressing

**Dinner:** One-pot chicken cacciatore made with bone-in thighs, potatoes, peppers, and onions

# Day 27 : 28 Day Egg Diet

**Breakfast:** Scrambled eggs cooked in butter or coconut oil with chopped bacon pieces and shredded cheese

**Lunch:** Grilled chicken wrap using grilled chicken breast pieces, avocado, tomato, and lettuce with ranch dressing

**Dinner:** Grilled steak served with mashed potatoes and green beans

# Day 28 : 28 Day Egg Diet

**Breakfast:** Bacon and egg breakfast sandwich on a toasted English muffin

**Lunch:** One-pot shrimp skillet made with bacon pieces, sausage chunks, and sliced mushrooms. Served with a side of garlic bread

**Dinner:** Grilled pork chops served with a side of mashed sweet potatoes and steamed broccoli

# CUSTOM KETO DIET



- ✓ Calculates your ideal macros for keto
- ✓ Low-carb meals based on your food preferences
- ✓ Personalized keto meal plan for 60 days
- ✓ Step-by-step recipe instructions
- ✓ Downloadable grocery list for the next 7 days

[CREATE YOUR MEAL PLAN >>](#)

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