



7-DAY  
VEGETARIAN  
KETO MEAL  
PLAN: WHAT  
TO EAT AND  
AVOID

E-BOOK

[quickerweightloss.com](https://quickerweightloss.com)



# Vegetarian Keto Diet Plan

## Foods to Eat

- Vegetables: spinach, kale, broccoli, cauliflower, tomatoes, cucumbers, peppers, etc.
- Fruits: berries, apples, oranges, etc.
- Nuts and seeds: almonds, walnuts, sunflower seeds, pumpkin seeds.
- Healthy fats: olive oil, avocado oil.
- Protein sources: tofu, tempeh, eggs (if you eat them), quinoa



# Vegetarian Keto Diet Plan

## Foods to Avoid

- Grains: wheat flour products like bread and pasta; corn products like tortillas and chips; rice products like cereal and crackers.
- Sugary foods: candy bars; breakfast cereals; ice cream and other frozen desserts.
- Beans: kidney beans, black beans, chickpeas, and lentils.
- Starchy vegetables: potatoes, sweet potatoes, and yams.



# 7 Day Vegetarian Keto Meal Plan

## Days 1-2

### Day 1

- - Breakfast: spinach and feta eggs
- - Lunch: roasted portobello caps with roasted kale
- - Dinner: black bean quesadillas with avocado

### Day 2

- - Breakfast: bacon and egg cups
- - Lunch: roasted cauliflower with tahini sauce
- - Dinner: lentil shepherd's pie



# 7 Day Vegetarian Keto Meal Plan

## Days 3-4

### Day 3

- Breakfast: keto smoothie
- Lunch: vegan wrap with avocado mayo
- Dinner: salmon with pesto sauce

### Day 4

- Breakfast: almond butter toast with banana slices
- Lunch: roasted Brussels sprouts with hazelnuts
- Dinner: butternut squash soup with grilled cheese sandwiches



# 7 Day Vegetarian Keto Meal Plan

## Days 5-6

### Day 5

- Breakfast: keto oatmeal
- Lunch: kale salad with avocado dressing
- Dinner: vegan chickpea curry

### Day 6

- Breakfast: keto frittata with baby spinach and tomatoes
- Lunch: avocado toast with spinach, tomatoes and hummus
- Dinner: stuffed peppers with quinoa and marinara sauce



# 7 Day Vegetarian Keto Meal Plan

## Day 7

### Day 7

- Breakfast: almond butter toast with banana slices
- Lunch: roasted Brussels sprouts with hazelnuts
- Dinner: butternut squash soup with grilled cheese sandwiches



# Full Shopping List of Vegetarian Keto Meal Plan

- Vegetables: spinach, kale, broccoli, cauliflower, tomatoes, cucumbers, peppers, etc.
- Fruits: berries, apples, oranges, etc.
- Nuts and seeds: almonds, walnuts, sunflower seeds, pumpkin seeds.
- Healthy fats: olive oil, avocado oil.
- Protein sources: tofu tempeh eggs (if you eat them), quinoa.
- Grains: wheat flour products like breads and pasta; corn products like tortillas and chips; rice products like cereal and crackers.
- Sugary foods: candy bars; breakfast cereals; ice cream and other frozen desserts.
- Beans: kidney beans black beans chickpeas and lentils.
- Starchy vegetables: potatoes, sweet potatoes and yams.