

KETO DIET

MEAL PLAN

WEEK 1

Diet Prescription 2000 kcal

Carbohydrates	40 g
Protein	70 g
Fat	170 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Bacon Strips (60 g) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Pritong Talong (3 pcs) Egg (Boiled, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Avocado (Large, 1/2 pc) Whole Mushrooms (Sauteed, 4 pcs) Brewed Coffee Hot/Cold (1 cup)	Bacon Strips (60 g) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Pritong Talong (3 pcs) Egg (Boiled, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Avocado (Large, 1/2 pc) Whole Mushrooms (Sauteed, 4 pcs) Brewed Coffee Hot/Cold (1 cup)	Bacon Strips (60 g) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)
LUNCH	Pork Dinuguan (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Chicken Breast (Baked, 2-3 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Pork Giniling w/ Green Peas and Carrots (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Ginisang Repolyo w/ Scrambled Egg (1 cup, 1 pc) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Fried Tilapia (2-3 mbs) Camote Leaves (1/2 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Tortang Talong (1 medium-sized) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Sinigang na Hipon w/ Kangkong, Talung at Okra (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)
DINNER	Chicken Inasal (2-3 mbs) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Bicol Express (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Nilagang Bangus w/ Talbos ng Kamote at Kamatis (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Ampalaya con carne Corned Beef / Giniling (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Pinakbet (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Tinolang Manok w/ sayote (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Pritong Bangus Belly (2-3 mbs) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)

*mbs - matchbox size (all meet must be 2-3 mbs per meal)



To learn more about the diet meal plan, visit
<https://filipiknow.net/keto-meal-plan-philippines/>
 or scan here



KETO DIET MEAL PLAN

WEEK 2

Diet Prescription 2000 kcal

Carbohydrates 40 g
Protein 70 g
Fat 170 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Small Danggit (2-3 pcs) Egg (Scrambled, 1 pc) Brewed Coffee Hot/Cold (1 cup) <input type="checkbox"/>	Ham (thin slices, 2-3 pcs) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup) <input type="checkbox"/>	Keto Butter Loaf w/ Cheese Spread (2 pcs, 2 Tbsps) Brewed Coffee Hot/Cold (1 cup) <input type="checkbox"/>	Small Danggit (2-3 pcs) Egg (Scrambled, 1 pc) Brewed Coffee Hot/Cold (1 cup) <input type="checkbox"/>	Ham (thin slices, 2-3 pcs) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup) <input type="checkbox"/>	Keto Butter Loaf w/ Cheese Spread (2 pcs, 2 Tbsps) Brewed Coffee Hot/Cold (1 cup) <input type="checkbox"/>	Small Danggit (2-3 pcs) Egg (Scrambled, 1 pc) Brewed Coffee Hot/Cold (1 cup) <input type="checkbox"/>
LUNCH	Bulalo (w/o corn and potatoes) (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses) <input type="checkbox"/>	Pork Binagoongan w/ Tafong (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses) <input type="checkbox"/>	Fried Galunggong (1 pc) Adobong Kangkong Vinegar / Coco Aminos (1/2 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses) <input type="checkbox"/>	Kinilaw na Tuna (1 cup) Ensaladang Talong (1/2 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses) <input type="checkbox"/>	Fried Chicken Thigh No Breading (2-3 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses) <input type="checkbox"/>	Adobong Atay at Balun-balunan Vinegar / Coco Aminos (1/2 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses) <input type="checkbox"/>	Ginataang Sigarilyas w/ Pork Giniling (1 cup, 2 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses) <input type="checkbox"/>
DINNER	Sauteed Squid w/ Carrots and Green Beans (2-3 mbs) Cauliflower Rice (1/2 cup) Green Tea w/ Chia Seeds (Warm, 1 glass, 1 Tbsp) <input type="checkbox"/>	Adobong Sitaw w/ Pork Giniling (1 cup) Cauliflower Rice (1/2 cup) Green Tea w/ Chia Seeds (Warm, 1 glass, 1 Tbsp) <input type="checkbox"/>	Sauteed Upo w/ Chicken Breast (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Green Tea w/ Chia Seeds (Warm, 1 glass, 1 Tbsp) <input type="checkbox"/>	Pork Giniling w/ Carrots and Quail Eggs (1 cup, 2-3 pcs) Cauliflower Rice (1/2 cup) Green Tea w/ Chia Seeds (Warm, 1 glass, 1 Tbsp) <input type="checkbox"/>	Dinengdeng w/ banas Kalabasa, Talong, Sitaw (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Green Tea w/ Chia Seeds (Warm, 1 glass, 1 Tbsp) <input type="checkbox"/>	Sinigang na Bangus (1 cup) Cauliflower Rice (1/2 cup) Green Tea w/ Chia Seeds (Warm, 1 glass, 1 Tbsp) <input type="checkbox"/>	Beef Broccoli (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Green Tea w/ Chia Seeds (Warm, 1 glass, 1 Tbsp) <input type="checkbox"/>

*mbs - matchbox size (all meat must be 2-3 mbs per meal)



To learn more about the diet meal plan, visit <https://filipiknow.net/keto-meal-plan-philippines/> or scan here



KETO DIET

MEAL PLAN

WEEK 3

Diet Prescription 2000 kcal

Carbohydrates	40 g
Protein	70 g
Fat	170 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pork Tocino (Sugar-Free, 60 g) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Keto Butter Loaf w/ Peanut Butter (2 pcs, 2 Tbsps) Brewed Coffee Hot/Cold (1 cup)	Beef Tapa (60 g) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Pork Tocino (Sugar-Free, 60 g) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Keto Butter Loaf w/ Peanut Butter (2 pcs, 2 Tbsps) Brewed Coffee Hot/Cold (1 cup)	Beef Tapa (60 g) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Pork Tocino (Sugar-Free, 60 g) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)
LUNCH	Bistek Tagalog (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Pininyahang Manok (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Sauteed Pechay w/ Chicken Breast (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Tokwa't Baboy (1 cup) Lato at Kamatis (1/2 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Dinengdeng w/ banas Kalabasa, Talong, Sitaw (1 cup, 2-3 mbs) Green Tea w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Monggo w/ Ampalaya Leaves (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Fish Escabeche w/ Pepper and Carrots (1 cup, 2 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses)
DINNER	Garlic Buttered Shrimp (2-3 pcs medium-sized) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Sauteed Togue w/ Tokwa at Carrots (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Fried Tilapia w/ Fresh Tomatoes (2-3 mbs, 1-2 pcs) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Sauteed Cabbage w/ Carrots and Scrambled Egg (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Sauteed Upo w/ Lean Pork (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Bagis (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Tortang Talong 2 Eggs (1 pc medium-sized) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)

*mbs - matchbox size (all meat must be 2-3 mbs per meal)



To learn more about the diet meal plan, visit <https://filipiknow.net/keto-meal-plan-philippines/> or scan here



KETO DIET

MEAL PLAN

WEEK 4

Diet Prescription 2000 kcal

Carbohydrates	40 g
Protein	70 g
Fat	170 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Meat Loaf (2-3 slices) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Pritong Talong (3 pcs) Egg (Boiled, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Chicken Hotdog (Small, 1-2 pcs) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Meat Loaf (2-3 slices) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Pritong Talong (3 pcs) Egg (Boiled, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Chicken Hotdog (Small, 1-2 pcs) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)	Meat Loaf (2-3 slices) Egg (Sunny-side up, 1 pc) Brewed Coffee Hot/Cold (1 cup)
LUNCH	Sauteed Patola w/ Sardines (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Kinilaw na Tuna (1 cup) Ensaladang Talong (1/2 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Fried Bangus Belly (2-3 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Pork Giniling w/ Green Peas and Carrots (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Sauteed Repolyo w/ Scrambled Eggs (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Pininyahang Manok (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Water (1-2 glasses)	Adobong Pusit Vinegar / Coco Aminos (1 cup) Cauliflower Rice (1/2 cup) Water (1-2 glasses)
DINNER	Pinakbet w/ Pork (1 cup, 2-3 mbs) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Nilagang Baboy na may Repolyo (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Sauteed Squid w/ Carrots and Green Beans (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Paksiw na Pompano (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Sinigang na Bangus (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Pinangat na Sapsap (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)	Dinakdakan (1 cup) Cauliflower Rice (1/2 cup) Lemon Water w/ Chia Seeds (Warm, 1 glass, 1 Tbsp)

*mbs - matchbox size (all meet must be 2-3 mbs per meal)



To learn more about the diet meal plan, visit <https://filipiknow.net/keto-meal-plan-philippines/> or scan here

