

THE KETO TABLE

7 Day Low Carb Menu and Shopping Plan

Suggested meal portions for one person, with a shopping list, batch preparation and storage guidance.
the-keto-table.pages.dev

How to use this plan

- Suggested portions for 1 adult over 7 days (21 meals and 7 snacks). For 2 people, double the listed batch and meal quantities. Adjust portions to your needs.
- Shop once using the grocery list. Check your fridge and pantry first.
- Two batch-prep sessions on Sunday and Wednesday, plus cooking as needed each day. Preparation times vary with equipment and experience.
- These are meal ideas with suggested portions, not step-by-step recipes.
- Carbohydrate totals are not provided. Check portion sizes and product labels when planning your meals.

Day 1 Sunday

Breakfast: Scrambled eggs with spinach & feta (3 eggs, handful of spinach, 30g feta)

Lunch: Grilled chicken salad with avocado (150g diced grilled chicken, mixed greens, ½ avocado, olive oil)

Dinner: Salmon with roasted broccoli (bake 2 fillets — eat one, refrigerate one for tomorrow's lunch; broccoli roasted in olive oil)

Snack: A handful of almonds (about 30g)

Day 2 Monday

Breakfast: Greek yogurt with chia seeds & raspberries (150g full-fat yogurt, 1 tbsp chia, small handful of raspberries)

Lunch: Leftover salmon salad in lettuce leaves (the fillet reserved from Day 1 dinner, flaked over greens)

Dinner: Chicken thigh skillet with zucchini (2 thighs, 1 zucchini, garlic, olive oil)

Snack: Celery sticks with cream cheese

Day 3 Tuesday

Breakfast: Cheese & veggie omelet (3 eggs, 30g cheddar, peppers, mushrooms)

Lunch: Tuna salad stuffed avocados (1 can tuna, mayo, 1 avocado)

Dinner: Beef stir-fry with cabbage (cook 300g ground beef with shredded cabbage, soy sauce, sesame oil — eat half, refrigerate half for tomorrow's lunch)

Snack: 2 hard-boiled eggs

Evening (5 min): Mix the chia pudding for tomorrow's breakfast (3 tbsp chia, 200ml coconut milk, cinnamon).

Day 4 Wednesday

Breakfast: Chia pudding made with coconut milk (prepared last night)

Lunch: Leftover beef stir-fry (reserved from Day 3 dinner)

Dinner: Baked chicken wings with cauliflower mash (8 wings, cauliflower, butter)

Snack: Cucumber slices with guacamole (1 avocado)

Day 5 Thursday

Breakfast: Fried eggs with avocado (2 eggs fried in butter, ½ avocado)

Lunch: Chicken & bacon lettuce wraps (100g cooked diced chicken frozen on Sunday; move this portion to the refrigerator Wednesday evening to thaw; 2 bacon strips, lettuce leaves, mayo)

Dinner: Zucchini noodles with meat sauce (2 zucchini, spiralized; bolognese sauce made Wednesday: 150g ground beef, crushed tomatoes, garlic)

Snack: A small piece of dark chocolate (85%+, about 20g)

Day 6 Friday

Breakfast: Small almond-flour pancakes (suggested ingredients: 1 egg, about 30g almond flour, water as needed and butter; follow a suitable tested recipe)

Lunch: Cobb salad (100g cooked diced chicken frozen on Sunday; move this portion to the refrigerator Thursday evening to thaw; 2 bacon strips, 1 hard-boiled egg, 1/2 avocado, blue cheese, greens)

Dinner: Sheet-pan sausage with peppers and onions (cook 4 sausages with 2 peppers, 1 onion and olive oil; eat half and refrigerate half promptly for Day 7 lunch)

Snack: Mixed nuts (about 30g)

Day 7 Saturday

Breakfast: Veggie frittata (cook a batch with 6 eggs, remaining vegetables and cheese; eat one-third today and refrigerate or freeze the other two portions for after this plan)

Lunch: Leftover sausage & peppers (reserved from Day 6 dinner — half the sheet pan)

Dinner: Slow-cooker pulled pork with coleslaw (cook the 500g pork shoulder batch; serve about 150g cooked pork with bagged coleslaw mix and a suitable sugar-free BBQ rub; refrigerate or freeze extra pork promptly)

Snack: Cheese cubes with olives

The One Trip Grocery List

Shopping list for the menu and listed batches. Check your pantry and package use-by dates before shopping. Some batches provide extra portions after Day 7.

Proteins: Eggs ×18 · Chicken thighs ×8 · Chicken wings ×8 · Salmon fillets ×2 · Ground beef 450g · Pork shoulder 500g · Sausages ×4 · Bacon strips ×4 · Canned tuna ×1

Dairy & fats: Feta · Cheddar · Blue cheese · Cream cheese · Butter · Full-fat Greek yogurt · Coconut milk (1 can) · Olive oil · Sesame oil · Mayonnaise

Vegetables: Spinach · Mixed greens · Lettuce (1 head) · Broccoli (1 head) · Cauliflower (1 head) · Zucchini x3 · Cabbage (1/2 head) · Bell peppers x3 · Onions x2 · Mushrooms · Celery · Cucumber · Avocados x4 · Bagged coleslaw mix (1 small bag, about 200g, with a use-by date covering Day 7)

Pantry: Almonds · Mixed nuts · Chia seeds · Almond flour · Olives · Dark chocolate 85%+ · Raspberries (frozen fine) · Canned crushed tomatoes (400g)

Flavor: Garlic · Soy sauce · Sugar-free BBQ rub · Salt · Pepper · Cinnamon

Preparation and storage schedule

Sunday batch prep: Grill 8 chicken thighs; bake 2 salmon fillets; roast broccoli and cauliflower; hard-boil 3 eggs (2 for Day 3 snack and 1 for Day 6 salad). Refrigerate portions for Days 1-2 and the roasted cauliflower for Day 4.

Freeze two separate 100g portions of cooked diced chicken on Sunday: label one Day 5 and one Day 6. Thaw the Day 5 portion in the refrigerator Wednesday evening and the Day 6 portion Thursday evening.

Wednesday batch prep: Cook 150g ground beef with crushed tomatoes and garlic for Day 5 dinner; refrigerate promptly. Cook 4 bacon strips for Days 5-6 and refrigerate. The 300g beef stir-fry is cooked on Day 3. Mix the chia pudding on Day 3 evening.

Raw ingredients bought Sunday: freeze the wings, the separate 300g and 150g ground-beef portions, the sausages and the pork shoulder. Transfer beef for Day 3 to the refrigerator Monday evening; wings and sauce beef Tuesday evening; sausages Thursday evening; pork Thursday evening for Saturday. Allow enough refrigerator thawing time; cook only after fully thawed.

Safe food storage

Use these storage limits with prompt cooling, clean handling and a refrigerator at 4°C (40°F) or below. Freezer times describe quality; keep frozen foods at -18°C (0°F) or below.

- Cooked meat and poultry: refrigerate for 3-4 days; freezer quality guideline 2-6 months.
- Raw poultry, ground meat and raw sausage: refrigerate for only 1-2 days. Freeze on shopping day if cooking later.
- Cooked bacon prepared at home: refrigerate for 4-5 days.
- Hard-boiled eggs: refrigerate for up to 1 week. Cooked fish: refrigerate for 3-4 days.
- Refrigerate perishables within 2 hours, or within 1 hour above 32°C (90°F). Divide cooked batches into shallow containers for rapid cooling.
- Thaw the portions in this plan in the refrigerator. Cook poultry to 74°C (165°F), ground beef to 71°C (160°F), and pork roasts to 63°C (145°F) with a 3-minute rest. Reheat leftovers to 74°C (165°F).

Sources

[FoodSafety.gov Cold Food Storage Chart](#)

[USDA FSIS Leftovers and Food Safety](#)

[USDA FSIS Bacon and Food Safety](#)

General cooking and meal-planning information — not medical advice. Talk to a qualified professional before making significant dietary changes. Nutritional values vary by brand and portion; this plan does not provide medical nutrition therapy.