



1400 calories: 2 meals



**Weekly meal planner
for ketogenic diet**

BY YOUR DIETITIAN
ANETA FLORCZYK

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Weekly meal planner

Monday

BREAKFAST : TUNA SALAD
DINNER : KETO CARBONARRA

Tuesday

BREAKFAST : CAMEMBERT IN BACON WITH RASPBERRIES
DINNER : TOMATO CREAM SOUP

Wednesday

BREAKFAST : KETOGENIC BUNS, HAM SAUSAGES, EXTRA BUTTER, TOMATO
DINNER : TOMATO CREAM SOUP

Thursday

BREAKFAST : KETO BUNS, ROLLS WITH TURKEY AND CELERY
DINNER : PANCAKES WITH LETTUCE AND PARMA HAM

Friday

BREAKFAST : EGG IN ZUCCHINI NEST
DINNER : TUNA SALAD

Saturday

BREAKFAST : KETO BUNS, HAM SAUSAGES, EXTRA BUTTER
PICKLED CUCUMBERS
DINNER: KETO BUNS, HALLOUMI ON A GREEN QUILT

Sunday

BREAKFAST : PANCAKES WITH CHOCOLATE
DINNER: KETO BUNS, HAMBURGER

Makros:

MONDAY: CAL: 1396.8, P: 70.1, F: 110.5, C: 24.6
TUESDAY: CAL: 1414.8, P: 69.2, F: 115.2, C: 23.2
WEDNESDAY: CAL: 1426.7, P: 61.0, F: 115.3, C: 27.8
THURSDAY: CAL: 1394.0, P: 62.4, F: 117.9, C: 12.9
FRIDAY: CAL: 1392.6, P: 72.9, F: 109.2, C: 22.0
SATURDAY: CAL: 1415.2, P: 63.2, F: 114.5, C: 17.9
SUNDAY: CAL: 1438.9, P: 74.5, F: 112.8, C: 20.4

Monday

Breakfast

CAL: 534.6,
P: 35.7, F: 36.6, C: 11.7

TUNA SALAD

AVOCADO - 140 G (1 X PIECE),
TUNA IN GRAVY - 100 G (3,3 X SPOON),
TOMATO - 80 G (0.7 X PIECE),
BLACK OLIVES - 45 G (3 X SPOON),
EDAM FAT CHEESE - 35 G (2.3 X SLICE),
ARUGULA - 20 G (1 X HANDFUL),
LAMB'S LETTUCE - 20 G (1 X HANDFUL),
GROUND SWEET PEPPER - 5 G (1 X TEASPOON),
GROUND BLACK PEPPER - 1 G (1 X PINCH),
HIMALAYAN SALT - 1 G (1 X PINCH).

Dinner

CAL: 862.2,
P: 34.4, F: 73.9, C: 12.9

KETO CARBONARA

ZUCCHINI - 250 G (0.8 X PIECE),
BONELESS SMOKED BACON - 100 G (1 X PORTION),
CREAM, 30% FAT - 80 G (4 X SPOON),
CULTIVATED MUSHROOM, FRESH - 50 G (2.5 X PIECE),
CHEESE, PARMESAN - 20 G (2.5 X SPOON),
MASCARPONE CHEESE - 20 G (0.8 X SPOON),
ONION - 20 G (0.2 X PIECE),
CHICKEN EGG YOLK - 20 G (1 X PIECE),
CLARIFIED BUTTER - 7 G (0.5 X SPOON),
PARSLEY, LEAVES - 6 G (1 X TEASPOON),
GARLIC - 5 G (1 X CLOVE),
HIMALAYAN SALT - 3 G (3 X PINCH),
GROUND BLACK PEPPER - 2 G (2 X PINCH)

Recipe

COMBINE ALL CHOPPED INGREDIENTS
IN A BOWL AND SEASON TO TASTE.

Recipe

WASH THE MUSHROOMS AND CUT
THEM INTO THIN SLICES.
PREPARE THE NOODLES FROM THE
COURGETTES WITH A VEGETABLE
SHARPENER OR A SHARP KNIFE.
SALT AND SET ASIDE FOR 5 MIN.
IN A FRYING PAN, FRY THE BACON
CUT INTO THIN STRIPS UNTIL CRISPY.
ADD BUTTER, MUSHROOMS,
CHOPPED ONION, GARLIC AND
PEPPER.
AS THE VEGETABLES SOFTEN, ADD
THE MASCARPONE, MIX THOROUGHLY.
MIX THE CREAM WITH THE YOLK BY
2/3 PARMESAN.
ADD THE ZUCCHINI DRAINED FROM
THE WATER TO THE PAN, FRY FOR 1-2
MINUTES.
POUR ALL THE CREAM SAUCE OVER IT
AND FRY FOR A FEW SECONDS,
SEASON TO TASTE.
PUT THE FINISHED DISH ON A PLATE,
SPRINKLE THE REST OF THE PARME-
SAN CHEESE AND PARSLEY ON IT.



Tuesday

Breakfast

CAL: 669.2,
P: 37.2, F: 56.2, C: 2.7

CAMEMBERT IN BACON WITH RASPBERRY

CHEESE, FULL-FAT CAMEMBERT - 120 G (1 X PACKAGE),
BONELESS SMOKED BACON - 60 G (0.6 X PORTION),
RASPBERRIES - 30 G (0.5 X HANDFUL),
FLAKED ALMONDS - 10G (1 X SPOON),
OLIVE OIL - 10G (1 X SPOON).

Recipe

PREHEAT THE OVEN TO 180°Celsius
CUT CAMEMBERT IN HALF (LIKE A SANDWICH)
LINE THE MIDDLE OF THE CHEESE WITH
RASPBERRIES, FOLD IT AND WRAP IT
WITH SLICES BACON.
DRIZZLE WITH OLIVE OIL, SPRINKLE
WITH ALMONDS AND BAKE FOR ABOUT
20 MINUTES THE CHEESE WILL START TO
MELT AND THE BACON WILL TURN
GOLDEN.

Dinner

CAL: 745.6 ,
P: 32.0, F: 59.0 , C: :20.5

TOMATO CREAM SOUP

(RECIPE FOR 2 PORTIONS) EAT 1 OF 2 SERVINGS
CHICKEN BROTH (HOMEMADE) - 240 G (1 X GLASS),
TOMATO - 240 G (2 X PIECE),
CANNED TOMATOES (SLICED) - 200 G (2 X PORTION),
CHEESE, MOZZARELLA (BALLS) - 90 G (12.9 X PIECE),
MASCARPONE CHEESE - 75G (3.1 X SPOON),
CHEESE, PARMESAN - 50G (6.2 X SPOON),
ONION - 40 G (0.4 X PIECE),
PUMPKIN, SEEDS, SHELLLED - 30 G (3 X SPOON),
CLARIFIED BUTTER - 30 G (2 X SPOON),
DRIED TOMATOES (IN OIL WITH HERBS, DRAINED) - 30 G (2 X PIECE),
BASIL (FRESH) - 10 G (10 X LEAF),
GARLIC - 5 G (1 X CLOVE),
HIMALAYAN SALT - 3 G (3 X PINCH),
OREGANO (DRIED) - 3G (1 X TEASPOON),
GROUND BLACK PEPPER - 2 G (2 X PINCH).

Recipe

IN A POT, HEAT THE BUTTER, ADD
CHOPPED GARLIC, ONION AND
DRIED TOMATOES.
SAUTÉ THE WHOLE THING.
ADD CHOPPED PEELED TOMATOES
AND CANNED TOMATOES.
COOK THE WHOLE THING THROUGH
FEW MINUTES.
ADD FRESH BASIL AND SPICES AS
DESIRED AND COOK A FEW MINUTES.
BLEND EVERYTHING WITH A
BLENDER, ADD PARMESAN AND
MASCARPONE, COOK UNTIL THE
CHEESES MELT.
ADJUST THE THICKNESS OF THE
SOUP WITH THE BROTH.
POUR THE READY SOUP INTO
BOWLS AND DECORATE WITH
CHEESE MOZZARELLA, PUMPKIN
SEEDS, AND BASIL LEAF.
DIVIDE EVERYTHING INTO 2 PORTIONS.



Wednesday

Breakfast

CAL: 681.1,
P: 29.0, F: 56.3, C: 7.3

KETOGENICS BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS

WATER - 375 G (1.5 X GLASS),
ALMOND FLOUR - 200 G (20 X SPOON),
WHOLE CHICKEN EGGS - 168 G (3 X PIECE),
PLANTAIN HUSK (SHELL) - 70 G (0.7 X PORTION),
APPLE CIDER VINEGAR FROM RIPE APPLES - 6 G (2 X TEASPOON),
BAKING POWDER - 6 G (2 X TEASPOON),
HIMALAYAN SALT - 3 G (3 X PINCH).

Recipe

PREHEAT THE OVEN TO 180°Celsius.
BOIL THE WATER.
MIX THE REMAINING INGREDIENTS IN
A BOWL.
POUR BOILING WATER OVER EVERYTHING
AND USE A MIXER TO COMBINE.
AFTER A FEW MINUTES, WHEN THE
DOUGH HAS COOLED DOWN, FORM 10 BUNS.
PLACE THE ROLLS ON A BAKING TRAY
LINED WITH BAKING PAPER AND BAKE
FOR ABOUT 40-50 MINUTES.
1 SERVING IS 2 ROLLS.

Dinner

CAL: 745.6 ,
P: 32.0, F: 59.0 , C: :20.5

TOMATO CREAM SOUP

EAT 1 OF 2 SERVINGS

THE DISH SHOULD NOW BE READY.
YOU CAN FIND THE RECIPE ABOVE.



Thursday

Breakfast

CAL: 713.7,
P: 34.1, F: 57.9, C: 6.7

ROLLS WITH TURKEY AND CELERY

RIBBED CELERY - 67 G (1.5 X STEM)
EDAM FAT CHEESE - 45 G (3 X SLICE)
TURKEY BREAST FILLET (SMOKED) - 40 G (0.4 X PIECE)
HOMEMADE MAYONNAISE WITH SUNFLOWER OIL - 30 G (3 X TEASPOON)

KETOGENIC BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS
THE DISH SHOULD NOW BE READY.
YOU CAN FIND THE RECIPE ABOVE.

Recipe

SPREAD THE SLICES OF TURKEY FILLET OVER THE CHEESE SLICES, BRUSH MAYONNAISE. IN THE MIDDLE, PUT THE CELERY STALKS AND ROLL IN ROLLS.

Dinner

CAL: 680.3 ,
P: 28.3, F: 60.0 , C: 6.2

PANCAKES WITH LETTUCE AND PARMA HAM

WHOLE CHICKEN EGGS - 112 G (2 X PIECE),
CREAM, 30% FAT - 60 G (3 X SPOON),
PARMA HAM (PROSCIUTTO) - 50 G (3.3 X SLICE),
AVOCADO - 30 G (0.2 X PIECE),
RED PEPPER - 20 G (0.1 X PIECE),
SPINACH - 20 G (0.8 X HANDFUL),
MAYONNAISE (WITH RAPESEED OIL) - 15 G (0.5 X SPOON),
OLIVE OIL - 10 G (1 X SPOON),
LETTUCE - 10 G (2 X LEAF).

Recipe

COMBINE THE EGGS WITH THE CREAM AND SPINACH USING A BLENDER. FRY THE PANCAKES IN THE OLIVE OIL. BRUSH THE PANCAKES WITH MAYONNAISE, PUT A LEAF OF LETTUCE AND HAM, ADD AVOCADO AND PAPRIKA. WRAP IT.



Friday

Breakfast

CAL: 647.4,
P: 29.2, F: 54.2, C: 8.2

EGG IN ZUCCHINI NEST

WHOLE CHICKEN EGGS - 168 G (3 X PIECE),
ZUCCHINI - 150 G (0.5 X PIECE),
AVOCADO - 70 G (0.5 X PIECE),
BONELESS SMOKED BACON - 30 G (0.3 X PORTION),
OLIVE OIL - 20 G (2 X SPOON),
GROUND SWEET PEPPER - 3 G (0.6 X TEASPOON),
HIMALAYAN SALT - 1 G (1 X PINCH),
GROUND BLACK PEPPER - 1 G (1 X PINCH).

Dinner

CAL: 745.2 ,
P: 43.7, F: 55.0 , C: 13.8

TUNA SALAD

AVOCADO - 210 G (1.5 X PIECE),
TUNA IN GRAVY - 120 G (4 X SPOON),
TOMATO - 100 G (0.8 X PIECE),
EDAM FAT CHEESE - 45 G (3 X SLICE),
ARUGULA - 20 G (1 X HANDFUL),
LAMB'S LETTUCE - 20 G (1 X HANDFUL),
OLIVE OIL - 10 G (1 X SPOON),
GROUND SWEET PEPPER - 5 G (1 X TEASPOON),
HIMALAYAN SALT - 1 G (1 X PINCH),
GROUND BLACK PEPPER - 1 G (1 X PINCH),
LEMON - 0 G (0 X PIECE).

USING A VEGETABLE SHARPENER, PREPARE THE PASTA FROM ZUCCHINI OR CUT INTO THIN STRIPS.

IN A FRYING PAN, HEAT THE OLIVE OIL, FRY THE BACON AND ADD ZUCCHINI, FRY FOR 1-2 MINUTES.

ARRANGE THE NOODLES IN THE SKILLET IN THE FORM OF NESTS AND ADD THE EGGS. SPRINKLE WITH SALT AND PEPPER AND COVER, FRY UNTIL EGG WHITE WILL TURN OFF AND THE YOLK WILL BE SLIGHTLY LIQUID. SPRINKLE THE WHOLE WITH RED PEPPER FLAKES, SERVE WITH SALTED AVOCADO.

Recipe

PUT ALL THE SLICED INGREDIENTS TOGETHER IN A BOWL, SEASON TO TASTE, DRIZZLE WITH OLIVE OIL AND LEMON JUICE.

Recipe



Saturday

Breakfast

CAL: 621.7,
P: 26.1, F: 51.5, C: 6.1

KETOGENIC BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.

HAM SAUSAGES

HAM SAUSAGES - 100 G (2.5 X PIECE)

EXTRA BUTTER

EXTRA BUTTER - 5 G (1 X TEASPOON)

PICKLED CUCUMBERS

CUCUMBERS, PICKLED - 60 G (1 X PIECE)

Dinner

CAL: 793.5 ,
P: 37.1, F: 63.0 , C: 11.8

KETOGENIC BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.

HALLOUMI ON A GREEN QUILT

HALLOUMI CHEESE - 100 G (1 X PORTION),
CHERRY TOMATOES - 60 G (3 X PIECE),
CUCUMBER - 40 G (1 X PIECE),
SPINACH - 20 G (0.8 X HANDFUL),
ARUGULA - 20 G (1 X HANDFUL),
SUNFLOWER, SEEDS, SHELLLED - 10G (1 X SPOON),
OLIVE OIL - 10G (1 X SPOON),
BALSAMIC VINEGAR - 3G (1 X TEASPOON).

CUT THE CHEESE INTO MEDIUM-THICK SLICES.

IN A FRYING PAN, HEAT A SMALL AMOUNT OF FAT AND FRY THE CHEESE UNTIL GOLDEN COLOR.

ARRANGE THE ARUGULA, SPINACH AND CHOPPED VEGETABLES ON A PLATE.

SPRINKLE IT ALL WITH YOUR FAVORITE HERBS.

PUT WARM CHEESE ON TOP.

IN A DRY FRYING PAN, ROAST THE SUNFLOWER SEEDS AND SPRINKLE OVER THE SALAD.

SPRINKLE THE DISH WITH OLIVE OIL AND BALSAMIC VINEGAR.

Recipe



Sunday

Breakfast

CAL: 687.1,
P: 18.2, F: 61.7, C: 13.8

PANCAKES WITCH CHOCOLATE

WHOLE CHICKEN EGGS - 112 G (2 X PIECE),
CREAM, 30% FAT - 60 G (3 X SPOON),
MASCARPONE CHEESE - 24G (1 X SPOON),
BITTER CHOCOLATE - 18 G (3 X CUBES),
COCONUT OIL (SOLID) - 15G (0.8 X TABLESPOON),
LINSEED (FRESHLY GROUND) - 5 G (1 X TEASPOON),
ERYTROL / ERYTHRITOL - 5 G (1 X TEASPOON).

Recipe

Eggs, flaxseeds, erythritol and cream and combine mixer.
Fry 3 pancakes in oil.
Brush with mascarpone and sprinkle with grated chocolate.
Wrap it.

Dinner

CAL: 751.8 ,
P: 56.3, F: 51.1 , C: 6.6

HAMBURGER

BEEF MEAT (FRESHLY GROUND SIRLOIN) - 180 G (1.8 X PORTION),
TOMATO - 30 G (0.2 X PIECE),
ICEBERG LETTUCE - 20 G (1 X LEAF),
BONELESS SMOKED BACON - 20 G (0.2 X PORTION),
HOMEMADE MAYONNAISE WITH SUNFLOWER OIL - 10 G (1 X TEASPOON),
OLIVE OIL - 10G (1 X SPOON),
RED ONION - 10 G (0.1 X PIECE),
HIMALAYAN SALT - 1 G (1 X PINCH),
GROUND BLACK PEPPER - 1 G (1 X PINCH).

Recipe

Cut the tomato and onion, fry the bacon to keep it crispy.
Season the ground beef to taste and fry in fat.
Put the finished meat on the lettuce leaves, add the tomato and onion and mayonnaise.
Put the crispy bacon on top.
Wrap the burger in lettuce.

KETOGENIC BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.



Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
FISHES AND SEAFOOD			DAIRY		
TUNA IN GRAVY	220 G	7.3 X TABLESPOON	WHOLE CHICKEN EGGS	560 G	10 X PIECE
DRINKS			CREAM, 30% FAT	200 G	10 X SPOON
WATER	375 G	1.5 X GLASS	EDAM FAT CHEESE	125 G	8.3 X SLICE
SPICES AND HERBS			CHEESE, FULL-FAT CAMEMBERT	120 G	1 X PACK
GROUND SWEET PEPPER	13 G	2.6 X TEASPOON	MASCARPONE CHEESE	119 G	5 X SPOON
HIMALAYAN SALT	13 G	13 X PINCH	HALLOUMI CHEESE	100 G	1 X PORTION
GROUND BLACK PEPPER	8 G	8 X PINCH	CHEESE, MOZZARELLA (BALLS)	90 G	12.9 X PIECE
OREGANO (DRIED)	3 G	1 X TEASPOON	CHEESE, PARMESAN	70 G	8.8 X TABLESPOON
MEAT AND MEAT PRODUCTS			CHICKEN EGG YOLK	20 G	1 X PIECE
HAM SAUSAGES	220 G	5.5 X EACH	FRUITS AND VEGETABLES		
SMOKED BONELESS BACON	210 G	2.1 X PORTION	TOMATO	510 G	4.2 X PIECE
BEEF (FRESHLY GROUND FROM TENDERLOIN)	180 G	1.8 X PORTION	AVOCADO	450 G	3.2 X PIECE
PARMA HAM (PROSCIUTTO)	50 G	3.3 X SLICE	ZUCCHINI	400 G	1.3 X PIECE
TURKEY BREAST FILLET (SMOKED)	40 G	0.4 X PIECE	CANNED TOMATOES (SLICED)	200 G	2 X PORTION
NUTS AND GRAINS			RIBBED CELERY	67 G	1.5 X STALK
ALMOND FLOUR	200 G	20 X SPOON	ONION	60 G	0.6 X PIECE
PUMPKIN, SEEDS, SHELLED	30 G	3 X SPOON	CUCUMBERS, PICKLED	60 G	1 X PIECE
FLAKED ALMONDS	10 G	1 X TABLESPOON	CHERRY TOMATOES	60 G	3 X PIECE
SUNFLOWER SEEDS, SHELLED	10 G	1 X SPOON	ARUGULA	60 G	3 X HANDFUL
LINSEED (FRESHLY GROUND)	5 G	1 X TEASPOON	CULTIVATED MUSHROOM, FRESH	50 G	2.5 X EACH
FATS			BLACK OLIVES	45 G	3 X SPOON
OLIVE OIL	70 G	7 X SPOON	CUCUMBER	40 G	1 X PIECE
CLARIFIED BUTTER	37 G	2.5 X SPOON	LAMB'S LETTUCE	40 G	2 X HANDFUL
MAYONNAISE (WITH RAPESEED OIL)	15 G	0.5 X TABLESPOON	SPINACH	40 G	1.6 X HANDFUL
COCONUT OIL (DENSE)	15 G	0.8 X TABLESPOON	RASPBERRIES	30 G	0.5 X HANDFUL
EXTRA BUTTER	10 G	2 X TEASPOON	DRIED TOMATOES (IN OIL WITH HERBS, DRAINED)	30 G	2 X EACH
OTHER			RED PEPPER	20 G	0.1 X PIECE
CHICKEN BROTH (HOMEMADE)	240 G	1 X GLASS	ICEBERG LETTUCE	20 G	1 X LEAF
PLANTAIN HUSK (SHELL)	70 G	0.7 X SERVING	BASIL (FRESH)	10 G	10 X LEAF
HOMEMADE MAYONNAISE WITH OIL SUNFLOWER	40 G	4 X TEASPOON	RED ONION	10 G	0.1 X PIECE
BITTER CHOCOLATE	18 G	3 X CUBE	GARLIC	10 G	2 X CLOVE
APPLE CIDER VINEGAR FROM RIPE APPLES	6 G	2 X TEASPOON	LETTUCE	10 G	2 X LEAF
BAKING POWDER	6 G	2 X TEASPOON	PARSLEY, LEAVES	6 G	1 X TEASPOON
ERYTROL / ERYTHRITOL	5 G	1 X TEASPOON	LEMON	0 G	1 X PIECE
BALSAMIC VINEGAR	3 G	1 X TEASPOON			

CAL: CALORIES P: PROTEIN F: FATS C: CARBOHYDRATES

THE NUTRITIONAL VALUE AND WEIGHT OF THE PRODUCTS REFER TO THE EDIBLE PARTS.

TO PREPARE THE MENU, THE DATABASE OF PRODUCTS AND FOODS WAS USED.

