Keto Kitchen

FREE STARTER GUIDE

7-Day Keto Starter

A full week of real Keto Kitchen recipes, the shopping list, a Sunday prep plan and plain answers for your first week.

7	22	25 g
DAYS	APP RECIPES	NET CARBS A DAY, OR LESS

7-day plan · Shopping list · Sunday prep · First-week tips · Checklist

Keto in plain words

What this way of eating is, the one number you count, and how this week works.

Keto is a way of eating that keeps carbs very low. You fill your plate with meat, fish, eggs, cheese, butter and low-carb vegetables. You skip sugar, bread, pasta, rice and potatoes.

Net carbs: the number we count

> Net carbs = **total carbs** minus **fiber** minus **sugar alcohols** like erythritol and allulose

Fiber is the part of a plant you don't digest, so keto cooks take it off the total.[2] Erythritol and allulose are sweeteners that add almost no usable carbs, so they come off too.[3] Example: 100 grams of cauliflower has 5 g of total carbs, and 2 g of that is fiber. 5 minus 2 = 3 g net carbs.[2]

Every recipe in the Keto Kitchen app shows net carbs per serving in big print. That is the number this plan adds up.

How low is "low"?

Diet Doctor, one of the biggest keto guides, tells beginners to stay under 50 g of net carbs a day, and ideally under 20 g.[1] Many keto plans aim for somewhere in that 20 to 50 g range. **This plan keeps every day at 25 g or less, snack included.** The days land between 13.5 g and 21.6 g.

How this week works

- **Every meal is a real recipe in the app.** Search the title in Keto Kitchen to cook it.
- **Planned for 4 people.** Most recipes make 4 servings. Two breakfasts are written for 1 person, so make them 4 times. Cooking for 1 or 2? Make half.
- **Cook once, eat twice.** A dinner marked MAKE 2X is doubled, and the extra half is the next day's lunch.
- **Sunday does the heavy lifting.** One afternoon of prep covers 2 breakfasts, a lunch and several snacks.
- **18 of the 22 recipes take 30 minutes or less** from start to finish.
- **Snacks are optional.** The daily numbers already include them, so you are covered either way.

> **Please read:** This is a cooking guide, not medical advice. Check with your doctor before big diet changes, especially if you take medication.

Your 7-day plan

Every title below is a recipe in the Keto Kitchen app. The last column is that day's total net carbs per person, snack included. Start any day you like; the day names assume a Monday.

DAY	BREAKFAST	LUNCH	DINNER	SNACK (OPTIONAL)	NET CARBS
Day 1 Mon	Spinach, Mushroom & Feta Egg Cups PREPPED SUNDAY	Classic Chicken Salad PREPPED SUNDAY	Garlic Butter Steak and Asparagus Skillet + Garlic Butter Cauliflower Rice	Rosemary Chili Roasted Nuts PREPPED SUNDAY	**16.6 g**
Day 2 Tue	Cream Cheese Pancakes (No Flour)	Classic Tuna Salad	Beef Egg Roll in a Bowl MAKE 2X	Rosemary Chili Roasted Nuts PREPPED SUNDAY	**14.5 g**
Day 3 Wed	Spinach, Mushroom & Feta Egg Cups PREPPED SUNDAY	Beef Egg Roll in a Bowl LEFTOVERS	Sheet-Pan Lemon Butter Salmon and Asparagus	Instant Pot Hard-Boiled Eggs (5-5-5) PREPPED SUNDAY	**13.5 g**
Day 4 Thu	Bacon & Egg Skillet Scramble	Classic Egg Salad SUNDAY EGGS	Lemon Butter Chicken Thighs MAKE 2X + Garlic Butter Cauliflower Rice MAKE 2X	Instant Pot Hard-Boiled Eggs (5-5-5) PREPPED SUNDAY	**13.8 g**
Day 5 Fri	Smoked Salmon & Avocado Breakfast Bowls	Lemon Butter Chicken Thighs LEFTOVERS + Garlic Butter Cauliflower Rice LEFTOVERS	Taco Skillet with Zucchini and Peppers MAKE 2X	Everything Bagel Parmesan Crisps MADE DAY 4	**21.6 g**
Day 6 Sat	Classic Chaffles	Taco Skillet with Zucchini and Peppers LEFTOVERS	Shrimp and Broccoli Stir Fry	Everything Bagel Parmesan Crisps MADE DAY 4	**19.4 g**
Day 7 Sun	Breakfast Sausage Patties & Eggs	Chicken Caesar Salad	Skillet Pork Chops with Mushroom Cream Sauce + Garlic Butter Zoodles	Rosemary Chili Roasted Nuts MADE DAY 6	**18.1 g**

Reading the tags. PREPPED SUNDAY is made ahead (page 7). MAKE 2X means cook a double batch tonight. LEFTOVERS is the second half of last night's double batch. SUNDAY EGGS uses 8 of the eggs you hard-boil on Sunday.

How each day adds up

Net carbs per serving come straight from each recipe in the app, rounded to 0.1 g. B, L, D and S are breakfast, lunch, dinner and snack. Times are total time for the recipe.

DAY 1 · MON

B	Spinach, Mushroom & Feta Egg Cups · 45 min	4.1 g
L	Classic Chicken Salad · 70 min	1.3 g
D	Garlic Butter Steak and Asparagus Skillet · 25 min	3.1 g
	Garlic Butter Cauliflower Rice · 15 min	4.9 g
S	Rosemary Chili Roasted Nuts · optional	3.2 g
	Day total (meals only 13.4 g)	16.6 g

DAY 2 · TUE

B	Cream Cheese Pancakes (No Flour) · 20 min	4.1 g
L	Classic Tuna Salad · 25 min	1.3 g
D	Beef Egg Roll in a Bowl · 25 min	5.9 g
S	Rosemary Chili Roasted Nuts · optional	3.2 g
	Day total (meals only 11.3 g)	14.5 g

DAY 3 · WED

B	Spinach, Mushroom & Feta Egg Cups · 45 min	4.1 g
L	Beef Egg Roll in a Bowl · 25 min	5.9 g
D	Sheet-Pan Lemon Butter Salmon and Asparagus · 27 min	2.8 g
S	Instant Pot Hard-Boiled Eggs (5-5-5) · optional	0.7 g
	Day total (meals only 12.8 g)	13.5 g

DAY 4 · THU

B	Bacon & Egg Skillet Scramble · 12 min	4.1 g
L	Classic Egg Salad · 30 min	1.7 g
D	Lemon Butter Chicken Thighs · 30 min	2.4 g
	Garlic Butter Cauliflower Rice · 15 min	4.9 g
S	Instant Pot Hard-Boiled Eggs (5-5-5) · optional	0.7 g
	Day total (meals only 13.1 g)	13.8 g

DAY 5 · FRI

B	Smoked Salmon & Avocado Breakfast Bowls · 25 min	4.6 g
L	Lemon Butter Chicken Thighs · 30 min	2.4 g
	Garlic Butter Cauliflower Rice · 15 min	4.9 g
D	Taco Skillet with Zucchini and Peppers · 30 min	7.8 g
S	Everything Bagel Parmesan Crisps · optional	1.9 g
	Day total (meals only 19.7 g)	21.6 g

DAY 6 · SAT

B	Classic Chaffles · 25 min	2.7 g
L	Taco Skillet with Zucchini and Peppers · 30 min	7.8 g
D	Shrimp and Broccoli Stir Fry · 25 min	7.0 g
S	Everything Bagel Parmesan Crisps · optional	1.9 g
	Day total (meals only 17.5 g)	19.4 g

DAY 7 · SUN

B	Breakfast Sausage Patties & Eggs · 15 min	2.3 g
L	Chicken Caesar Salad · 35 min	3.1 g
D	Skillet Pork Chops with Mushroom Cream Sauce · 30 min	3.9 g
	Garlic Butter Zoodles · 35 min	5.6 g
S	Rosemary Chili Roasted Nuts · optional	3.2 g
	Day total (meals only 14.9 g)	18.1 g

> These are good estimates, not lab tests. Brands differ a little, so a label can move a number up or down. Even then, every day has room to spare under 25 g.

Shopping list

For 4 people, every meal, all 7 days. Amounts are added up from the recipes and rounded up to what stores sell. Check your fridge and pantry first.

MEAT & SEAFOOD

- [ ] **Chicken breast, boneless, skinless**: 3 lb
  Chicken Salad, Caesar
- [ ] **Chicken thighs, boneless, skinless**: 3 lb
  Lemon Butter Thighs, 2x
- [ ] **Top sirloin steak, 1 inch thick**: 1½ lb
- [ ] **Ground beef, 80/20**: 5 lb
  Egg Roll 2x, Taco Skillet 2x
- [ ] **Boneless pork loin chops, 1 inch thick**: 4 chops (1½ lb)
- [ ] **Salmon fillets, 6 oz each**: 4 (1½ lb)
- [ ] **Large shrimp, peeled and deveined**: 1½ lb
- [ ] **Cold-smoked salmon (lox)**: 8 oz
- [ ] **Bacon**: 16 slices (about 1 lb)
  check the label for sugar
- [ ] **Breakfast sausage patties**: 16
  check the label for sugar
- [ ] **Tuna in water, 5 oz cans**: 3 cans

EGGS & DAIRY

- [ ] **Large eggs**: 8 dozen
  the plan uses 88; 24 get hard-boiled Sunday
- [ ] **Butter**: 6 sticks (1½ lb)
  about 43 tbsp in all
- [ ] **Heavy cream**: 1 pint
  1¼ cups used
- [ ] **Cream cheese**: 2 blocks, 8 oz each
  12 oz used
- [ ] **Feta, crumbled**: 8 oz
- [ ] **Mozzarella, low-moisture, shredded**: 8 oz (2 cups)
  Chaffles
- [ ] **Parmesan, from a wedge**: 1 lb
  about 15 oz used; the crisps need it freshly shredded, not the shaker kind
- [ ] **Cheddar or Monterey Jack, shredded**: 12 oz (3 cups)
  Taco Skillet 2x

PRODUCE

- [ ] **Cauliflower**: 3 medium heads (about 2 lb each)
  or 60 oz bagged riced cauliflower
- [ ] **Asparagus**: 2 lb
- [ ] **Mushrooms, white or cremini**: 1½ lb
- [ ] **Fresh spinach**: 6 oz
- [ ] **Broccoli florets**: 1 lb (about 5 cups)
- [ ] **Green cabbage**: 1 medium head (about 2 lb)
- [ ] **Zucchini**: 6 medium
  4 for zoodles, 2 for tacos
- [ ] **Green bell peppers**: 2
- [ ] **Romaine hearts**: 2
- [ ] **Butter lettuce**: 2 heads
  for the salads
- [ ] **Cucumber**: 1
- [ ] **Avocados**: 4
- [ ] **Lemons**: 6
- [ ] **Celery**: 1 bunch
  5 stalks used
- [ ] **Green onions**: 2 bunches
  10 used
- [ ] **Onions**: 1 small yellow, 1 small red
- [ ] **Garlic**: 4 heads
  about 44 cloves
- [ ] **Fresh ginger**: 1 piece, 3 inches
- [ ] **Fresh herbs**: parsley (1 bunch), rosemary, thyme, dill or chives

Shopping list continued

Pantry items last well past this week, so you buy most of them only once.

PANTRY

- [ ] **Avocado-oil mayo**: about 2 cups (two 12 oz jars)
- [ ] **Avocado oil and olive oil**: 1 bottle each
  about 7 tbsp of each
- [ ] **Toasted sesame oil**: 1 small bottle
  3 tbsp
- [ ] **Soy sauce or tamari**: 1 bottle
  10 tbsp
- [ ] **Dijon mustard**: 1 jar
  4 tbsp
- [ ] **Sugar-free sriracha**: 1 bottle
  check the label
- [ ] **Chicken broth**: 1 carton (32 oz)
  1½ cups used; check the label for sugar
- [ ] **Diced tomatoes with green chiles, 10 oz**: 2 cans
  check the label for sugar
- [ ] **Dill pickles**: 1 small jar
  check the label for sugar
- [ ] **Raw almonds, pecan halves, walnut halves**: 1½ cups of each
  Roasted Nuts 3x
- [ ] **Fine blanched almond flour**: ¼ cup
  Chaffles
- [ ] **Erythritol-monk fruit blend**: 2 tbsp
  Pancakes
- [ ] **Everything bagel seasoning**: 1 jar
  about 10 tsp
- [ ] **Small amounts**: anchovy paste, Worcestershire, unseasoned rice vinegar, vanilla extract, baking powder, xanthan gum, sesame seeds

SPICE RACK

- [ ] **Salt and black pepper**: plenty
- [ ] **Garlic powder, red pepper flakes, cayenne**
- [ ] **Smoked paprika and paprika**
- [ ] **Chili powder (2 tbsp), ground cumin (4 tsp), dried oregano (2 tsp)**
- [ ] **Ground cinnamon, dried dill**

Save time. The Garlic Butter Cauliflower Rice recipe lets you use 20 oz of bagged riced cauliflower instead of a whole head, and pre-cut broccoli florets skip the chopping.

Label check. Bacon, sausage, broth, pickles, canned tomatoes and sauces can hide sugar. Turn the package over and look for sugar in the ingredient list. Our *Keto Pantry & Swaps* guide shows the names sugar hides under.

Sunday prep

One afternoon the day before Day 1. Do these in this order and the first half of the week is mostly done.

1. **Start the Classic Chicken Salad.** Poach the chicken first, since it needs to chill before you mix it. This is Day 1 lunch. The recipe says it keeps 3 days in the fridge.
2. **Hard-boil 24 eggs** with *Instant Pot Hard-Boiled Eggs (5-5-5)*, in 3 batches of 8. No Instant Pot? Boil them on the stove the way the *Classic Egg Salad* recipe does. Write the date on the carton. The FDA says to eat hard-cooked eggs within 1 week.[6] You need 16 for snacks on Days 3 and 4, and 8 for the Day 4 egg salad.
3. **Bake a double batch of Spinach, Mushroom & Feta Egg Cups** (24 cups) for Days 1 and 3. Cool them, then refrigerate. The FDA says to eat cooked egg dishes within 3 to 4 days.[6]
4. **Roast 2 batches of Rosemary Chili Roasted Nuts** for the Day 1 and Day 2 snacks. Store them in a jar with a tight lid. The recipe says they keep 3 days.
5. **Get the vegetables ready.** Wash and dry the lettuce and herbs. Snap the woody ends off the asparagus.
6. **Check your labels.** Read the ingredients on the bacon, sausage, broth, pickles and canned tomatoes. Swap anything with added sugar.

Small jobs later in the week

- [ ] **Day 2 dinner:** make Beef Egg Roll in a Bowl 2x. Pack half for Day 3 lunch.
- [ ] **Day 4 dinner:** make Lemon Butter Chicken Thighs 2x and Garlic Butter Cauliflower Rice 2x. Pack half for Day 5 lunch.
- [ ] **Day 4 evening:** bake Everything Bagel Parmesan Crisps 2x for Days 5 and 6. The recipe says they keep 3 days in an airtight container at room temperature.
- [ ] **Day 5 dinner:** make Taco Skillet with Zucchini and Peppers 2x. Pack half for Day 6 lunch.
- [ ] **Day 6 evening:** roast 1 batch of Rosemary Chili Roasted Nuts for Day 7.

> **Leftover safety.** Get cooked food into the fridge within 2 hours, or within 1 hour if the room is hotter than 90°F. Keep the fridge at 40°F or colder.[7] Split a big hot batch into shallow containers so it cools fast.[6]

First-week tips

What to expect and what helps, in plain words. No promises: everybody is different.

1. Drink water

Keep a full glass or bottle where you can see it and sip through the day. Diet Doctor's advice for new keto eaters is to keep up your fluids and salt.[1]

2. Salt your food

Don't be shy with the salt shaker, and a cup of warm, salty broth is an easy way to get more. Both are on Diet Doctor's list for the first weeks.[1] If a doctor has told you to limit salt, ask them first.

3. Know about "keto flu"

"Keto flu" is the name people use for a few days of feeling tired, headachy or foggy after cutting carbs. A 2020 study read hundreds of online posts about it. About 1 in 3 people in those forums said they had it. The most common complaints were flu-like feelings, headache, tiredness, nausea, dizziness and "brain fog." Reports peaked in the first week and faded by about week 4.[5] The fix people suggested most often was more salt.[5]

You might feel some of this, or none of it. If you feel really unwell, stop and call your doctor.

4. Eat until you are satisfied

Eat enough to feel full, not stuffed.[1] The serving sizes in each recipe are a guide, not a rule. Still hungry? Have the optional snack, or an extra hard-boiled egg.

5. Watch the sneaky carbs

Sauces, ketchup, coffee creamers and sweetened almond milk add up fast. Check labels before you pour.

6. Keep it simple

You don't need to count anything this week. The math is done: follow the plan and every day stays at 25 g or less.

> **Please read:** This is a cooking guide, not medical advice. Check with your doctor before big diet changes, especially if you take medication.

My week checklist

Print this page and stick it on the fridge. Tick a box after each meal.

BEFORE DAY 1

- ☐ Shopping done (pages 5 and 6)
- ☐ Labels checked for sugar
- ☐ Chicken Salad made
- ☐ 24 eggs hard-boiled and dated
- ☐ 24 Egg Cups baked
- ☐ 2 batches of nuts roasted

EVERY DAY

	DAY 1 MON	DAY 2 TUE	DAY 3 WED	DAY 4 THU	DAY 5 FRI	DAY 6 SAT	DAY 7 SUN
Breakfast	☐	☐	☐	☐	☐	☐	☐
Lunch	☐	☐	☐	☐	☐	☐	☐
Dinner	☐	☐	☐	☐	☐	☐	☐
Snack (optional)	☐	☐	☐	☐	☐	☐	☐
Water, all day	☐	☐	☐	☐	☐	☐	☐
Salted my food	☐	☐	☐	☐	☐	☐	☐
Net carbs	16.6 g	14.5 g	13.5 g	13.8 g	21.6 g	19.4 g	18.1 g
How I felt							

NOTES

Sources

Every fact in this guide was checked against these pages in October 2026. Net carbs, servings and times come from the recipes in the Keto Kitchen app.

1. Diet Doctor. A keto diet for beginners.
   https://www.dietdoctor.com/low-carb/keto
2. Diet Doctor. Carbohydrates on keto, including “What are net carbs?”
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4. U.S. FDA. The Declaration of Allulose and Calories from Allulose on Nutrition and Supplement Facts Labels, guidance, October 2020.
   https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-declaration-allulose-and-calories-allulose-nutrition-and-supplement-facts-labels
5. Bostock ECS, Kirkby KC, Taylor BV, Hawrelak JA. Consumer Reports of “Keto Flu” Associated With the Ketogenic Diet. Frontiers in Nutrition 7:20 (2020).
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6. U.S. FDA. What You Need to Know About Egg Safety.
   https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-egg-safety
7. U.S. FDA. Are You Storing Food Safely?
   https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely

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Keto Kitchen · 7-Day Keto Starter. Recipe names in this guide match the Keto Kitchen app, where you will find the full steps, timers and net carbs for each one.