

# Speed Keto Weekly Menu

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Week 1	Breakfast	Lunch	Dinner	Exercise
1) Sunday	Electrolytes, BPC, Baked Ham & Egg Muffin Cups (p 90)	Tuna Salad (p 97)	Thai Chicken Bowl (p 105-106)	
2) Monday	Electrolytes, BPC, Morning Egg Scramble with Bacon (p 91)	Italian Wedding Soup (p 98)	Easy Shrimp and Asparagus Bake (p 107)	
3) Tuesday	Fasting - Electrolytes, BPC, chicken broth, tea throughout the day	Fasting	Fasting	30 minute walk
4) Wednesday	Fasting - Electrolytes, BPC, chicken broth, tea throughout the day	Fasting – may decide to continue through tomorrow OR until 2:00pm, then Italian Wedding Soup (p 98)	Fasting – may decide to continue through tomorrow OR Lemon & Thyme Chicken (p 108) and Marinated Tomato Salad (p 132)	30 minute walk
5) Thursday	If you've chosen to fast, Electrolytes, BPC, chicken broth, tea. If not, Bacon and Eggs (p 92)	Leftover Lemon & Thyme Chicken (p 108). If you fasted yesterday and have no leftovers, choose an alternate lunch from the recipes	Spaghetti Bolognese (p 109)	30 minute walk
6) Friday	Electrolytes, water, tea, coffee, Mini Breakfast Quiche (p 93)	Fasting – BPC in the afternoon	Coconut Beef Stew Curry (p 111)	30 minute walk
7) Saturday	BPC, Mini Breakfast Quiche leftover from yesterday breakfast	Deviled Egg (p 99) & Avocado Roll-Up (p 100)	Coconut Beef Stew leftover from yesterday dinner	30 minute walk
Week 2	Breakfast	Lunch	Dinner	Exercise
8) Sunday	BPC, Coconut, Ginger & Avocado Smoothie (p 88)	Salmon Skewers (p 101)	Chicken Drums (p 112) and Baked Brussels Sprouts (p 139)	
9) Monday	Fasting – BPC, electrolytes, chicken broth, water, tea throughout the day	Fasting	Cold plate of meat using Chicken Drums leftover from yesterday, one Deviled Egg, a few cherry tomatoes, sliced cucumber and a garlic dill pickle	30 minute walk
10) Tuesday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Grilled Steak (p 113) and Favorite Green Salad (p 133)	30 minute walk
11) Wednesday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Low & Slow Lamb Chops (p 115) with Cherry Tomato Salad (p 132)	30 minute walk
12) Thursday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Foil Baked Lemon Dill Haddock (p 116)	30 minute walk
13) Friday	BPC, Morning Coffee Smoothie (p 89)	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Roasted Chicken and Broccoli with Bacon Crumbles (p 117)	30 minute walk
14) Saturday	BPC, Mini Breakfast Quiche (p 93)	Italian Wedding Soup (p 98)	Chicken Caesar with Boiled Egg and Avocado (leftover chicken breast from yesterday) (p 118)	

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Week 3	Breakfast	Lunch	Dinner	Exercise
15) Sunday	BPC, Ham & Egg Muffin Cups (p 90)	Italian Wedding Soup leftover from yesterday lunch	Cabbage Roll Casserole (p 119)	
16) Monday	BPC, Ham & Egg Muffin Cups leftover from yesterday	Avocado Roll-Ups (p 100)	Cabbage Roll Casserole leftover from last night dinner	
17) Tuesday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Fasting	30 minute walk
18) Wednesday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting – may decide to continue through tomorrow OR until 2:00pm, then Avocado Boats with Tuna Salad (p 102)	Fasting – may decide to continue through tomorrow OR, Salmon Skewers (p 101)	30 minute walk
19) Thursday	If you've chosen to fast, Electrolytes, BPC, chicken broth, tea. If not, Morning Egg Scramble with Bacon (p 91)	Grilled Sausages (p 103) and Favorite Green Salad (p 133)	Curried Chicken (p 121)	
20) Friday	BPC, Mini Breakfast Quiche (p 93)	Fasting – Electrolytes, chicken broth, tea throughout the day	Bacon Wrapped Keto Chicken Fingers (p 122)	30 minute walk
21) Saturday	BPC, Mini Breakfast Quiche leftover from yesterday	Curried Chicken, leftover from Day 19 Thursday dinner	BLT Salad (p 124) using chicken fingers leftover from yesterday	
Week 4	Breakfast	Lunch	Dinner	Exercise
22) Sunday	BPC, Bacon and Eggs (p 92)	Tex Mex Style Burger (p 125) with Arugula, Avocado & Tomato Side Salad (p 134)	Grilled Steak (p 113) and Mock Potato Salad (p 137)	30 minute walk
23) Monday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Roasted Chicken and Broccoli with Bacon Crumbles (p 117)	30 minute walk
24) Tuesday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Spicy Tomato Chicken with Cauliflower Rice (p 126)	30 minute walk
25) Wednesday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Fried Pork Chop with Mushrooms & Green Beans (p 127)	30 minute walk
26) Thursday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Asian Beef Dinner Salad (p 128)	30 minute walk
27) Friday	BPC, Morning Egg Scramble with Bacon (p 91)	Fasting – Electrolytes, chicken broth, tea throughout the day	Spaghetti Bolognese (p 109)	30 minute walk
28) Saturday	Bacon and Eggs (p 92)	Tuna Salad (p 97)	Easy Shrimp and Asparagus Bake (p 107)	
Week 5	Breakfast	Lunch	Dinner	Exercise
29) Sunday	Breakfast Sausage & Eggs (p 95)	Deviled Egg (p 99) with Arugula, Avocado & Tomato Side Salad (p 134)	Grilled Steak (p 113) and Mock Potato Salad (p 137)	30 minute walk
30) Monday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Fasting	30 minute walk
31) Tuesday	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fast until 2:00pm, then Avocado Boats with Tuna Salad (p 102)	Asian Wings (p 130) with Marinated Tomato Salad (p 132)	30 minute walk