

10 EASY KETO FRIENDLY HIGH PROTEIN MEALS

Quick to Prepare. Delicious to Eat. Perfect for Your Goals.



1

AVOCADO CHICKEN SALAD

- Grilled chicken
- Avocado, mayo, lime
- Mixed greens



2

KETO CHEESEBURGER BOWL

- Ground beef
- Cheddar cheese
- Lettuce, tomato, pickles,
- Onion, special sauce



3

GARLIC BUTTER SHRIMP

- Shrimp
- Garlic, butter, lemon
- Zucchini noodles



4

STEAK & ASPARAGUS

- Ribeye or sirloin steak
- Garlic herb butter
- Roasted asparagus



5

BAKED SALMON

- Salmon fillet
- Olive oil, lemon, garlic
- Steamed broccoli



6

TURKEY & SPINACH SKILLET

- Ground turkey
- Spinach, cream cheese
- Parmesan, spices



7

EGG MUFFIN CUPS

- Eggs
- Cooked bacon or sausage
- Cheese, spinach, bell peppers



8

TUNA SALAD LETTUCE WRAPS

- Tuna
- Mayo, celery, onion
- Lettuce leaves



9

CREAMY PARMESAN CHICKEN

- Chicken breast
- Heavy cream, parmesan
- Garlic, spinach



10

KETO TACO SALAD

- Ground beef
- Lettuce, cheese, sour cream
- Salsa, avocado