

The background image shows two white plates of food. The plate on the left contains a cooked dish, possibly a chicken or fish fillet, topped with a sauce and garnished with fresh herbs and red bell peppers. The plate on the right contains a fresh salad with mixed greens, cherry tomatoes, and cucumber. The text is overlaid on a green semi-transparent background on the right side of the image.

7-DAY INDIAN KETO DIET PLAN & RECIPES FOR EASY WEIGHT LOSS

By Priya Dogra

(ISSA-Certified Nutrition Coach & Fitness Trainer)

Monday– Day 1

Breakfast

Keto Bulletproof Coffee

- Boil a mug of water, and add a teaspoon of coffee to it.
- Once the coffee and water starts boiling, add half a teaspoon of coconut oil to it.
- Let it simmer for a few minutes, before straining it in a cup.
- Add the artificial sweetener of your choice and stir.

KETO
FOR
INDIA

Bulletproof Coffee Full Recipe

Monday



Lunch

Mutton Seekh Kebab

- Get a packet of ready made seekh kebab from a food store.
- Take a non-stick pan, and shallow fry 1 seekh kebab in ghee.
- Cut fried kebab into small roundels and pack it in a small Tupperware container.
- Sprinkle some chaat masala on it and enjoy eating.

Monday



Omelette Cooked In Butter With Bacon

- Whisk 2 eggs together
- Add salt and pepper
- Fry in 2 teaspoons of butter
- Add 2 Bacon (Pan fried)

To the whisked eggs add a spoonful of fresh cream, before pouring it on a hot non-stick pan. Once it is cooked to a fine golden color on one side, flip it. Let it cook some more and take it off the pan to eat



Blanched Broccoli With Salt and Pepper

Broccoli comes very handy in Keto. It is a versatile ingredient that can be incorporated in all three meals.

- Blanch 1 Cup Broccoli for 3 minutes
- Add salt and pepper for taste.
- Drain well and Serve

Evening Snacks

Yogurt and Cottage Cheese

In evening, have yogurt and cottage cheese in moderation. You can also have a handful of peanuts or can replace peanuts with 6 almonds and 4 halves of walnuts.

Monday



Dinner

Keto Spinach Egg Omelette

INGRIDIENTS

For Egg Mixture

- 2 Eggs
- ¼ Cup of Chopped and Thawed Frozen Spinach
- 2 tablespoon of Mushrooms
- 2 ½ tablespoons of Cream Cheese
- ½ teaspoon of Red Chilli Flakes
- ¼ teaspoon of Cayenne Pepper
- 1/8 teaspoon of Pink Salt

Additional

- ¼ Cup of Cheddar Cheese
- 3 teaspoons of Butter or Ghee (For Frying)

Monday



Procedure

- Take a bowl and mix all the ingredients in it
- Heat the butter or ghee in a non-stick frying pan
- Pour the egg mixture in the pan and fry for 2 minutes on a medium heat setting
- Use a spatula for properly cooking the omelette from both sides
- Sprinkle some cheddar cheese on the omelette and let it melt
- Fold the omelette before serving



Tuesday– Day 2

Breakfast

Keto Bulletproof Coffee

- Boil a mug of water, and add a teaspoon of coffee to it.
- Once the coffee and water starts boiling, add half a teaspoon of coconut oil to it.
- Let it simmer for a few minutes, before straining it in a cup.
- Add the artificial sweetener of your choice and stir.

Tuesday



Hard Boiled Eggs With Mutton Seekh Kebab

Have a single mutton kebab and 3 hard boiled eggs in breakfast. You can change the ratio according to your preference. Use ghee to shallow fry kebab.

Have the eggs and Kebab with homemade mayo or mint chutney or homemade mayo.

Mint Chutney

INGRIDIENTS

- 250 gms Mint leaves, washed and chopped
- 100 gms coriander or cilantro leaves, washed and chopped
- Juice of 2 to 3 lemons
- 1 medium red onion sliced
- 4 to 5 green chilies roughly chopped
- Pink and White salt for taste
- Red chilly powder for taste
- Few drops of stevia optional

Tuesday



Grind all of the ingredients in a blender, till the consistency becomes a fine paste. Store chutney in an airtight container.

Mayo

INGRIDIENTS

- 2 eggs
- Juice of 1 lime
- Half a liter olive oil (I use Figaro)
- ½ tbsp salt
- 4 drops of artificial sweetener
- ½ tbsp. white vinegar
- ½ tsp white pepper
- ½ tsp black pepper
- ½ tsp mustard powder

In a blender crack eggs, add salt, sugar, mustard powder, black and white pepper. Now start adding olive oil. Keep running the blender till the paste becomes very thick. Enjoy!



Lunch

Shallow Fried Cottage Cheese

INGRIDIENTS

- 100 gms cottage cheese
 - ½ tsp of turmeric powder
 - ½ tsp of chilly powder
 - ½ tsp coriander powder
 - 1 tsp salt
 - ½ tsp chaat masala (optional)
 - ½ tsp dried mango powder
- Make a thick paste of all dry masalas with water or oil
 - Apply the paste on all sides and let the cheese rest for 15-20 minutes
 - Heat a griddle, and fry cheese in ghee
 - Wait till the cheese gets lovely golden color on all sides.
 - After you're done frying, let the cheese cool down, and then cut it into small cubes
 - Sprinkle chat masala and lemon drops before you serve

Tuesday



Snacks

Half Cup Of Cut Strawberries

Have some chopped strawberries or some almonds or peanuts. You can also just grab a glass of salted and chilled buttermilk.

Buttermilk/Lassi (250 ml)

Make your lassi or buttermilk more interesting by adding 1/2 tbsp of roasted cumin powder and a sprig of fresh mint to it.



Dinner

Shredded Chicken Breast In Soya Sauce

- Just cut a chicken breast in fine slices.
- In a bowl add soya sauce, black pepper and chilly flakes (optional).
- Let it rest for half an hour or so. Now heat a wok and throw in a few cloves of garlic and just toss till pink.
- Now add the chicken and cook on high heat.
- The chicken will be ready in no time and it tastes delicious.

INGRIDIENTS

- 1 chicken breast
- 2 cloves of garlic
- 1 tbsp soya sauce
- 1 tbsp of Ghee
- Salt if required
- ½ tsp of black pepper



Wednesday – Day 3

Breakfast

Masala Omelette With Cheese with Smoked Bacon

- Whisk the eggs with salt and pepper till they become nice and fluffy
- Now add the herbs, mushrooms and green chilly to the eggs.
- On a hot pan put some ghee, and pour the egg mixture on it.
- When slightly cooked, shred the cheese slice in the middle and fold the omelet.
- Cook till it turns nice golden and have with 2 Bacon (Pan fried).

Wednesday



Lunch

Parboiled Cauliflower in Mayo With Mutton Seekh kebab

- Boil the cauliflower for about ten minutes in water.
- Add some salt.
- Strain the cauliflower and toss it in butter.
- Mix them with some homemade sugarless Mayo.

Mutton Seekh Kebab

- Get a packet of ready made seekh kebab from a food store.
- Once the coffee and water starts boiling, add half a teaspoon of coconut oil to it.
- Cut fried kebab into small roundels and pack it in a small Tupperware container.
- Sprinkle some chaat masala on it and enjoy eating.

Wednesday



Snacks

Peanuts Oil Roasted and Salted

Grab a packet (30 gms) of peanut from the closest store to have as an evening snack.

Dinner

Keto Butter Chicken/Murg Makhani

- Combine in a bowl the chicken pieces, the garlic and ginger paste, salt, red chilly powder and yogurt. Let it sit in the refrigerator for two to three hours.
- Now take a wok and melt the butter in it. Drop the cinnamon stick and the crushed cardamom in it.

Wednesday



- Next, add the chicken and cook it on high heat till it turns a nice golden. You can also grill it on a pan.
- Add the tomato puree and lower the heat. Keep stirring from time to time till the chicken is fully cooked.
- Add the cumin powder, coriander paste and the garam masala.
- The coconut milk or cream can be added now, cook for a few more minutes and garnish with the coriander. Add a little food colour if you want it to look red.

INGRIDIENTS

- 1 kg of chicken thighs
- Paste of 3 garlic cloves
- Paste of ½ inch piece of ginger
- 1 tsp garam masala
- 1 tbsp fresh Coriander or Cilantro green paste
- 1 tsp cumin powder
- 1 tbsp red chili (optional)
- ½ cup full fat Greek yogurt
- 4 tbsp of butter
- 2 cardamoms green
- 1 cinnamon stick
- 1 cup coconut milk
- ½ cup chopped coriander for garnish
- 2 tbsp Tomato puree optional
- Pink and White Salt to taste



Thursday– Day 4

Breakfast

Scrambled Eggs with Chicken Sausages

Have scrambled egg's omelette made of 3 eggs, and have it with 2 chicken sausages.

Lunch

Chicken Malai Tikka

- In a bowl put the chicken, sprinkle salt and mix the half the ginger garlic paste.

Thursday



- Set it aside in the refrigerator for at least half an hour.
- In another bowl add the processed cheese and some more salt, cream, cheese and now add the heavy cream to it
- Whisk till a smooth paste is formed.
- Next blend in the greek yogurt to this mixture and whisk some more.

INGRIDIENTS

- Boneless Chicken cut into 1 inch pieces 500 gms
- Ginger Garlic Paste 2 tsp
- Heavy Cream 2 tbsp
- Greek Yogurt 2 tbsp
- Green Chilly Paste 2 to 3 tsp (optional)
- Garam Masala 1 tsp or Green Cardamom Powder ½ tsp
- Black and White pepper ½ tsp each
- ½ cup of grated processed Cheese
- Melted Butter for basting
- Lemon Juice 1 tsp
- Chaat Masala ½ tsp (optional)
- Salt to taste



Dinner

Chicken Seekh Kebab

- Grind together the mince, green chilly and fresh coriander.
- Now add the rest of the ingredients and mix well.
- Divide the mixture into equal proportions.
- Pat the mixture and form patties or with moist hands give it the shape of kebabs over skewers.
- Mixture should not be overly moist or very dry.
- Preheat the oven to 200 degrees and cook the kebabs in it for 15 to 20 minutes.
- You can also barbecue them, but remember to baste them with butter or ghee at least two to three times.

Thursday



INGRIDIENTS

- Chicken mince, preferably with fat 500 gm
- 2 to 3 green chilies chopped
- Coriander leaves chopped ½ cup
- 2 tsp Ginger Garlic Paste
- 1 tsp roasted cumin powder
- 1 tsp Garam Msala
- ½ tsp Kashmiri or Deghi Red chilly powder
- Melted Butter or Ghee for basting
- Lemon Juice 1 tsp
- Chaat Masala ½ tsp (optional)
- Salt to taste

Never overcook the kebabs, always remove them from the fire when moist, not dry.



Friday– Day 5

Breakfast

Protein Shake

Lunch

Shami Kebab with Greek Yogurt and Sliced Strawberries

- To the washed and drained mince add the Bengal gram.
- Use 2 tbsp for 12 kebabs.
- To this mixture add the ginger, garlic and all the other ingredients except the herbs.

Friday



- To the washed and drained mince add the Bengal gram.
- Use 2 tbsp for 12 kebabs.
- To this mixture add the ginger, garlic and all the other ingredients except the herbs.
- Cook on a low heat till well cooked and dry.
- Now let it cool off.
- Blend this mixture in a food processor till a fine paste is formed.
- Add the herbs to this paste and give it the form of a dough.
- At this stage you can beat the egg and add it to the dough.
- flatten them out like a kebab and dip them in the egg before frying.

INGREDIENTS

- Mutton mince without fat 500 gms
- 2 tbsp soaked Split Bengal gram
- 1 tbsp Psyllium Husk powder
- 2 tsp Ginger and Garlic paste
- 1 tsp Garam Masala
- 1 stick cinnamon/1 tsp Cinnamon powder
- Half cup chopped fresh Coriander
- Mint leaves a handful chopped
- 1 beaten egg
- Ghee for frying
- Salt to taste



Dinner

Chicken Broth, Hard Boiled eggs and Honey Smoked Bacon

- Put Chicken Necks in a pressure cooker with a few cloves of garlic, a piece of ginger and a small chopped onion.
- Let them cook for almost 45 minutes on low heat, allowing all the juices to come out.
- Add salt and pepper according to taste.
- Then Have 3 boiled eggs with the broth.

Plus you can have 3 smoked chicken bacon. Please adjust the portions according to your macros.



Saturday– Day 6

Breakfast

Scrambled Eggs With Bulletproof Coffee

- Beat three eggs to a fluffy stage with salt and pepper.
- Add some ghee to a pan and pour in the egg mixture. Sprinkle in some oregano, chilly flakes.
- Add a dash of Sriracha to make them really hot and mouth watering. Have them with easy bulletproof coffee.

Get the recipe of bulletproof coffee in the beginning of this diet plan.

Saturday



Lunch

Capsicum/Peppers Stuffed With Cottage Cheese (Paneer)

- Completely deseed the capsicums and cut out their tops.
- In a bowl add the cottage cheese, onions, lemon juice, cumin powder, turmeric salt and red chilli powder.
- Mix well and add ½ tsp of olive oil and mix more.
- Stuff the capsicums with this cheese stuffing.
- Now either cover the capsicums with foil or attach the tops back with a toothpick.
- Apply some olive oil to the capsicums on the outside too, in order to enhance the grilling process.
- Preheat the oven and set the mode to oven and grill. Grill properly until the skin of the capsicum looks all shriveled up.

Saturday



INGRIDIENTS

- 3 to 4 Capsicums/ Peppers
- ½ to 1 cup Cottage Cheese grated
- ½ cup of onions Chopped (optional)
- 1 tsp cumin powder
- 2 tsp Lemon juice
- 1/2 tsp Turmeric powder
- 1/2 tsp Red Chilly powder, optional
- ¼ tsp Chilli powder
- 2 tsp Olive Oil
- White and Pink Salt to taste

Cauliflower Rice

- Cut the florets of a cauliflower and put them in a food processor.
- Make a fine fluffy mixture that resembles rice.
- In a wok add some ghee, a few cloves of garlic and fry till golden.
- Now add the cauliflower, salt, pepper and a pinch of chilly flakes.
- Cook some more, but prevent the rice from looking like a mash.
- You can also add some freshly chopped cilantro or coriander at the end.
- Your Keto friendly fried rice is ready.

Saturday



Dinner

Keto Tandoori Chicken

- Start by making incisions all over the chicken with a fork or a knife.
- Make a paste of half of the red chilly powder, lemon juice and salt. Apply it thoroughly over the chicken and let it rest for half an hour.
- In the Greek yogurt add the rest of the Kashmiri red chilly powder, ginger garlic paste, lemon juice, garam masala powder, two tablespoons of olive oil and salt.
- Rub this marinate on the chicken and set it in the fridge for three to four hours.

INGRIDIENTS

- 1 whole Chicken cut into 12 or 8 pieces or just chicken legs
- 2 tsp Kashmiri red chilly powder
- 2 tbsp lemon Juice
- 1 cup Greek Full Fat yogurt
- 2 tsp Ginger paste
- 2 tsp Garlic paste
- ½ tsp Garam masala powder
- ½ tsp Chaat masala
- Salt to taste
- Red Food colour, optional



Sunday- Day 7

Breakfast

Keto Cheese Rollups

INGRIDIENTS

- 2 ounces of butter
- 8 ounces of sliced cheddar/edam/provolone cheese

- Cut thin pieces of butter using a cheese slicer or knife.
- Place a slice of butter on every cheese slice and roll them up.
- Ensure both are taken out of the refrigerator at the same time, so that they are easy to handle.
- You can add finely chopped parsley, paprika powder, salt flakes, and other herbs to give additional flavor to the already delectable Keto cheese rollups.

Sunday



Lunch

Keto Quesadillas

- Preheat the oven to 400°F
- Take a bowl for beating the egg with the egg whites in it. Add cream cheese to the
- Take another bowl for mixing coconut flour, psyllium husk powder, and salt in it.
- Add this mixture to the batter and whisk for a little more till you obtain a smoothly blend mixture. Let it stay for a few more minutes.
- Put a parchment paper on a baking sheet and spread the batter in a square shape over the parchment paper using a spatula.
- Bake each tortilla for about 5 to 7 minutes and then cut into 6 smaller pieces.

Sunday



- Place a skillet over medium-high heat setting and add butter, or oil, to it. Place a tortilla in the skillet and sprinkle with some leafy greens and cheese before topping with another tortilla to get a quesadilla.
- Fry each quesadilla on each side for about 1 to 2 minutes.

INGREDIENTS

- 6 ounces of cream cheese
- 2 eggs
- 2 egg whites
- 1 1/2 teaspoons of ground psyllium husk powder
- 1 tablespoon of coconut flour
- 1/2 teaspoon salt

Dinner

Yummie Spinach Pie

- Take a skillet and saute garlic, onion, and mushrooms in butter until turning tender. Then, remove and set aside.
- Now, add some fresh spinach leaves to the skillet and cook until well wilted.

Sunday



- Try to eliminate as much water as possible from the spinach.
- Take a medium-sized bowl and whisk eggs in it. Add softened cream cheese and whisk once more.
- Mix veggies and 1 cup of grated cheese and pour it into a casserole dish or deep-dish pie plate
- Now pour the cream cheese and eggs mixture on it, enough to cover it from all sides.
- Bake the pie at 350°F for about 45 minutes or until it turns brown.

INGREDIENTS

- 250 gms of fresh spinach leaves
- 80 gms ounces of softened cream cheese or cheese spread
- 12 sliced mushrooms
- 4 eggs
- 1 cup grated cheddar cheese or any hard cheese
- 1 teaspoon of minced garlic
- 1/2 onion (chopped)
- 1/4 cup of butter



A top-down view of a white ceramic bowl filled with a keto-friendly meal. The bowl is topped with a generous amount of shredded yellow and white cheese, a dollop of white sour cream garnished with black pepper and green herbs, and pieces of browned meat and vegetables. The bowl sits on a light-colored wooden surface.

Thank You

My Website

www.ketoforindia.com

My Email Address

priyadogra2006@gmail.com