

The 7 Day No-Cook Keto Meal Plan



on a Budget



Day One

- B - Bacon and Egg Salad Boats
- L - Spicy Italian Rollups
- D - Tuna Salad Stuffed Avocados

Day Three

- B - BLT Boats
- L - Cool Philly Cheese Rollups
- D - Spicy Italian Salad

Day Five

- B - Bacon and Egg Salad Boats
- L - Spicy Italian Rollups
- D - Tuna Salad Stuffed Avocados

Day Seven

- B - Bacon and Egg Salad Boats
- L - Spicy Italian Rollups
- D - Tuna Salad Stuffed Avocados

Day Two

- B - Smoked Salmon Rolls
- L - Supreme Pizza Kabobs
- D - Buffalo Chicken Lettuce Boats

Day Four

- B - Smoked Salmon Rolls
- L - Supreme Pizza Kabobs
- D - Buffalo Chicken Lettuce Boats

Day Six

- B - BLT Boats
- L - Cool Philly Cheese Rollups
- D - Spicy Italian Salad

No-Cook Snack Ideas

- Beef Jerky
- String Cheese
- Boiled Eggs
- Avocado
- Dill Pickles
- Spinach Salad
- Cucumber Slices with Guacamole
- Celery Stalks with Nut Butter
- Fresh Broccoli Florets with Ranch
- Pork Rinds
- Olives
- Canned Tuna
- Smoked Salmon
- Deli Meat Slices
- Sunflower Seeds

Less than \$4/meal!

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Shopping list and recipes at www.farmsteadchic.com



Recipes

(in alphabetical order)

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Bacon and Egg Salad Boats

Ingredients

- 2 large eggs, boiled and diced
- 1/4 medium red onion, diced
- 1 tbsp. mayonnaise
- 1/2 tsp. prepared yellow mustard
- sea salt, to taste
- freshly ground black pepper, to taste
- 3 large green leaf lettuce leaves, washed and dried
- 2 slices pre-cooked bacon, microwaved and chopped (can substitute real bacon bits)

Instructions

1. Combine first 6 ingredients.
2. Fill lettuce leaves with equal amounts of egg salad mixture.
3. Top with warmed bacon or real bacon bits.

BLT Boats

Ingredients

- 4 medium green leaf lettuce leaves
- 1 tbsp. mayonnaise
- 4 slices precooked bacon (can substitute real bacon bits)
- 1/2 medium Roma tomato, seeded and diced

Instructions

1. Spread the mayonnaise on each lettuce leaf evenly.
2. Layer each slice of warmed bacon on a lettuce leaf.
3. Divide diced tomatoes among the lettuce leaves.

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Buffalo Chicken Lettuce Wraps

Ingredients

- 1/2 c. diced rotisserie chicken
- 1 tbsp. buffalo wing sauce
- 2 oz. cream cheese, softened
- 1 medium celery stalk, chopped
- 3 large green leaf lettuce leaves

Instructions

1. Mix first four ingredients.
2. Scoop evenly into lettuce leaves.

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Cool Philly Cheese Rollups

Ingredients

- 2 oz. deli roast beef (approx. 3 slices)
- 3 slices ultra thin sliced provolone
- 1/2 green bell pepper, julienned
- 3 scallions, trimmed (stalks only)

Instructions

1. Lay roast beef slice flat and layer with a slice of cheese.
2. Place 1/3 of the green pepper pieces and 1 scallion crosswise on one end of the roast beef slice so that the scallion is sticking out on the top and bottom.
3. Roll the roast beef and cheese around the scallion and pepper.
4. Repeat with other two wraps.

Smoked Salmon Rolls

Ingredients

- 2 oz. cream cheese
- 1/4 tsp. dried dill
- 4 oz. smoked salmon
- 1 tbsp. capers

Instructions

1. Mix cream cheese and dill.
2. Spread cream cheese mixture evenly on the salmon slices.
3. Roll up and secure with a toothpick.

Pizza Kabobs

Ingredients

- 1 oz. hard salami (approx 3 deli slices)
- 1 oz. Pepperoni slices (approx 3 deli slices)
- 2 oz. fresh mini mozzarella pearls
- 8 large pitted black olives
- 1/2 c. jarred whole mushrooms
- 4-in. wooden kabob skewers

Instructions

1. Cut salami and pepperoni slices in half.
2. Divide all ingredients among six skewers and thread onto the skewers.

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Spicy Italian Rollups

Ingredients

- 1 oz. hard salami (approx 3 deli slices)
- 1 oz. pepperoni slices (approx 3 deli slices)
- 1 oz. deli ham, divided into thirds
- 9 hot banana pepper rings
- 3 slices ultra thin sliced provolone cheese

Instructions

1. Layer one slice salami, one slice pepperoni, one piece of the ham and one slice of cheese.
2. Top with three hot banana pepper rings.
3. Roll up and secure with a toothpick.

Spicy Italian Salad

Ingredients

- 5 oz. fresh spinach
- 1 c. chopped green leaf lettuce
- 1 oz. hard salami (approx 3 deli slices)
- 1 oz. pepperoni slices (approx 3 deli slices)
- 1 oz. deli ham (approx. 1 deli slice)
- 1/2 medium Roma tomato, seeded and diced
- 2 oz. fresh mini mozzarella pearls
- 15 hot banana pepper rings
- 2 tbsp. Primal Kitchen Italian Dressing

Instructions

1. Layer salad ingredients in a large bowl.
2. Drizzle with dressing.

Tuna Salad Stuffed Avocados

Ingredients

- 1 - 5 oz. can light tuna in water
- 1 medium stalk celery, diced
- 1/4 medium red onion, diced
- 2 tbsp. mayonnaise
- sea salt and freshly cracked black pepper, to taste
- 1/2 avocado in skin, pit removed

Instructions

1. Mix first four ingredients.
2. Add salt and pepper to taste.
3. Spoon into avocado.

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Shopping List

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Dairy & Eggs

- 1 - 7.6 oz. package ultra thin provolone cheese
- 8 oz cream cheese
- 8 oz. fresh mini mozzarella pearls
- 1 package hard boiled eggs, half dozen

Deli Counter/Meats

- 1/4 lb. deli roast beef
- 1/2 lb. hard salami
- 1/2 lb. deli pepperoni
- 1/2 lb. deli ham
- 1 c. diced rotisserie chicken
- 2 - 2.5 oz. packages pre-cooked bacon
- 3 - 3 oz. packages smoked salmon

Canned and Jarred Foods

- 3 - 5 oz. cans light tuna
- 12 oz. jar banana pepper rings
- 3.5 oz. non-pareil capers
- 6 oz. can large black pitted olives
- 7 oz. jar whole mushrooms

Produce Section

- 2 medium red onions
- 2 large heads green leaf lettuce
- 2 medium Roma tomatoes
- 1 med green bell pepper
- 1 bunch scallions
- 10 oz bag fresh spinach
- 1 bunch celery stalks
- 2 avocados

Condiments and Spices

- 16 oz. jar mayonnaise
- 8 oz. bottle prepared yellow mustard
- Sea salt
- Freshly ground black pepper
- 4 tbsp. Primal Kitchen Italian Dressing
- Dried dill
- 12 oz. bottle Buffalo wing sauce

Other (Optional)

- toothpicks to secure wraps
- 4-inch kabob skewers

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