

7-Day No-Cook Mini Meal Plan (Beginner-Friendly)

Day-by-day menu (zero-cook)

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Below is a clear, **7-day keto Mini meal plan**. Each row lists meals for the day with quick notes for scaling, swaps, and time-saving hacks.

Day	Breakfast	Lunch	Snack	Dinner	Quick Notes
Day 1	Coffee with heavy cream or Better Half ; 2 hard-boiled/deviled egg halves	Mixed greens + rotisserie chicken + avocado + Primal Kitchen ranch	String cheese + small handful of pepitas (Pumpkin seed)	Salami & cheese roll-ups + raw cauliflower florets + blue cheese dressing	Make extra chicken for next-day lunch; choose clean-label rotisserie
Day 2	Full-fat Greek yogurt with hemp seeds and a few raspberries	Sliced roast beef + shredded cheese + pickles + mixed greens	Quest Bar or beef stick	Canned salmon mixed with mayo on avocado halves + sunflower seeds	Use single-serve tuna or salmon to speed assembly
Day 3	Avocado half topped with canned tuna and a drizzle of olive oil	Deviled eggs + prosciutto + mixed greens with Caesar dressing	Pork rinds + cream cheese dip	Shredded rotisserie chicken + shredded cheese + raw broccoli with ranch	Leftover chicken makes an easy dinner and next-day lunch
Day 4	Coffee with heavy whipping cream; string cheese	Salad with mixed greens, pine nuts, shredded cheese, and deli pork	Celery sticks with cream cheese and smoked salmon	Salami & cheese roll-ups + avocado slices + pepitas	Swap pine nuts for sunflower seeds for cost savings
Day 5	Better Half creamer coffee + Greek yogurt with seeds	Rotisserie chicken + mayo + celery (chicken “salad”) on greens	Single-serve cheese/protein roll-up	Canned salmon salad (mayo, mustard) + raw cauliflower	Mix mayo with mustard or olive oil for variety
Day 6	Hard-boiled eggs + avocado	Deli pork slices + shredded cheese + mixed greens with olive oil & vinegar	Quest Bar or salted nuts	Deviled eggs + prosciutto + pepitas on a green salad	Buy pre-peeled eggs to cut prep time
Day 7	Coffee with heavy whipping cream; string cheese	Salad with canned tuna, avocado, pine nuts, and ranch	Beef stick + pickles	Mixed greens + shredded rotisserie chicken + shredded cheese + Caesar dressing	Finish week with leftover chicken; scale portions as needed

Use this **zero-cook meal plan** as a beginner's guide to keto. These lazy keto hacks save time and reduce decision fatigue. For more ideas, rotate through quick meals and recipes. Always check food labels and keep keto-friendly snacks like salted seeds or broth on hand.