

# Discover the Ultimate 30-Day Keto On Budget Meal Plan: Delicious and Affordable Recipes to Fuel Your Weight Loss Journey

Welcome to the ultimate guide for a 30-day keto on budget meal plan! If you're on a tight budget but still want to enjoy the benefits of a keto lifestyle, you're in the right place. We have carefully curated a collection of mouthwatering keto recipes that are not only delicious but also affordable. With our budget-friendly meal plan, you can embark on your weight loss journey without breaking the bank.

## Why Choose a Keto Diet?

The ketogenic diet, or keto diet for short, has gained immense popularity in recent years. This low-carb, high-fat diet has been proven to be effective for weight loss and numerous health benefits. By drastically reducing your carbohydrate intake and replacing it with healthy fats, your body enters a state of ketosis. In ketosis, your body becomes a fat-burning machine, using stored fat as its primary source of energy. This process results in quick and sustainable weight loss.

## How to Do Keto on a Budget?

While the idea of a keto diet may sound appealing, many people assume it's expensive. However, with a little planning and knowledge, you can follow a keto diet without breaking the bank. Here are some tips on how to do keto on a budget:

### 5 Day Keto on a Budget Meal Plan: The Keto

**Queens** by Lara Clevenger ([Print Replica] Kindle Edition)

★★★★☆ 4 out of 5

Language : English

File size : 5847 KB



Screen Reader : Supported  
Print length : 336 pages  
Lending : Enabled



1. Shop for Affordable Ingredients: Prioritize affordable keto-friendly foods such as eggs, chicken thighs, ground beef, canned fish, and non-starchy vegetables.
2. Buy in Bulk: Look for discounts and sales on items like meat, cheese, and nuts. Buy them in bulk and freeze them for later use.
3. Meal Prep: Plan your meals in advance and batch cook them. This will save you time, money, and ensure you always have keto-friendly options available.
4. Stick to Simple Recipes: Complicated recipes often require expensive ingredients. Stick to simpler recipes that use basic pantry staples.
5. Use Leftovers: Don't let food go to waste. Repurpose leftovers into new meals to save money and reduce food wastage.
6. Grow Your Own Herbs: Fresh herbs can add flavor to your meals without breaking your budget. Consider growing your own herbs at home.

## **A Delicious 30-Day Meal Plan**

Now that you know how to follow a keto diet on a budget, let's dive into the delicious 30-day meal plan we have prepared for you. Each day offers a variety of

tasty dishes that are easy to make and affordable.

## Day 1: Avocado Bacon and Eggs



Start your keto journey with a bang! This breakfast recipe combines creamy avocado, crispy bacon, and perfectly cooked eggs to provide a filling and nutritious start to your day. It's a simple yet delicious dish that will keep you satisfied until lunchtime.

## Day 2: Chicken Stir-Fry

Keto On \$5 a Day | www.KetoConnect.net | Meal Plan

### Keto on \$5 a Day

A Cheap and Simple 5 Day Keto Shopping and Meal Plan

The Shopping Guide will list the amount you need to buy for 2 people. The amount in parentheses is for 1 person. The meal plan has been tested and is shared because you are getting started on a ketogenic diet or people that want to lose weight and eat well.

**Meats (Purchased)**

This Meal Plan is Designed for 2 People. Use 'Shop' and 'Prep' Steps in Half for 1 Person Plan!

#### Shop

	Amount	Cost
Whole Chicken	10 lbs	\$10
Ground Pork	2 lbs	\$6
P Bacon	1 lb	\$5
Eggs	2 doz	\$3
Avocado	2	\$4
Produce (Estimated)	4 bags	\$4
Lettuce	3 heads	\$3
Butter	8 oz	\$3
Almonds	5 oz	\$3
Cheese	8 oz	\$2
Salad Dressing	16 oz	\$1

#### Prep

Saute 20-25 minutes. Pour @ 200 F.

Cook bacon and beef in pan. Cook eggs like you'd do with meat. Broil @ 300 F for 30 minutes.

Place eggs in pan, cover with water. Bring to a simmer. Shut off heat and cover for 15 minutes.

Place strips on a baking sheet and bake @ 350 for 15 minutes.

#### Eat

**Day 1** The \$500 Keto Connect Diet

**-WHEAT-** Top Chop, Cook Chicken, Ground Beef, Shredded Beef, Almonds

**-DOW-** Bacon, Eggs, Cheese, Butter, Avocado, Lettuce, Salad Dressing, Almonds

**Day 2** The \$500 Keto Connect Diet

**-WHEAT-** Top Chop, Cook Chicken, Ground Beef, Shredded Beef, Almonds

**-DOW-** Bacon, Eggs, Cheese, Butter, Avocado, Lettuce, Salad Dressing, Almonds

**Day 3** The \$500 Keto Connect Diet

**-WHEAT-** Top Chop, Cook Chicken, Ground Beef, Shredded Beef, Almonds

**-DOW-** Bacon, Eggs, Cheese, Butter, Avocado, Lettuce, Salad Dressing, Almonds

**Day 4** The \$500 Keto Connect Diet

**-WHEAT-** Top Chop, Cook Chicken, Ground Beef, Shredded Beef, Almonds

**-DOW-** Bacon, Eggs, Cheese, Butter, Avocado, Lettuce, Salad Dressing, Almonds

**Day 5** The \$500 Keto Connect Diet

**-WHEAT-** Top Chop, Cook Chicken, Ground Beef, Shredded Beef, Almonds

**-DOW-** Bacon, Eggs, Cheese, Butter, Avocado, Lettuce, Salad Dressing, Almonds

Printable Shopping List  
Printable Meal Plan  
Grocery List Video  
Meal Prep Video  
Sample Day of Eating Video

www.KetoConnect.net

Photo credit

This vibrant and flavorful chicken stir-fry is packed with low-carb vegetables and tender chicken. It's a quick and easy recipe that will impress your taste buds without straining your budget.

## Day 3: Spinach and Feta Stuffed Chicken Breast



Elevate your keto dinner with this exquisite spinach and feta stuffed chicken breast. The combination of juicy chicken, creamy feta, and nutrient-rich spinach makes for a satisfying and delicious meal.

#### **Day 4: Cauliflower Fried Rice**

Keto Diet 101 Day 1 | www.KetoConnect.net | Meal Plan

## Keto on \$5 a Day

A Cheap and Simple 5 Day Keto Shopping and Meal Plan

The Shopping Guide and Meal Plan combined here cost for a 1200 calorie per day ketogenic diet for 2 people with extra calories to add up to 1500 calories a day. This meal plan has been tested and is great for people that are getting started on a ketogenic diet or people that want to keep and enjoy their plan.

This Meal Plan is Designed for 2 People. Cut 'Shop' and 'Prep' Steps in Half for 1 Person Plan!

### Shop

	Amount	Cost
Whole Chicken	10 lbs	\$10
Ground Beef	2 lbs	\$6
Pork	1 lb	\$5
Eggs	2 doz.	\$3
Avocado	2	\$4
Prepared Cauliflower	4 bags	\$4
Lettuce	3 heads	\$3
Butter	8 oz	\$3
Almonds	5 oz	\$3
Cheese	8 oz	\$3
Salad Dressing	16 oz	\$1

### Prep

Take 20-25 minutes Pre-Prep @ 200¢.

Cook bacon and heat in pan. Crack eggs into muffin tin, add cheese. Bake @ 350 for 20 minutes.

Place eggs in pot, cover with water. Bring to a simmer. Shut off heat and cover for 11 minutes.

Place slices in a baking sheet and bake @ 350 for 15 minutes.

### Eat

**Day 1** No left-overs!

**Breakfast:** Bacon, Egg, Cheese, Cauliflower  
**Lunch:** Ground Beef, Cauliflower, Cheese  
**Dinner:** Chicken, Cauliflower, Cheese

**Day 2** No left-overs!

**Breakfast:** Bacon, Egg, Cheese, Cauliflower  
**Lunch:** Pork, Cauliflower, Cheese  
**Dinner:** Chicken, Cauliflower, Cheese

**Day 3** No left-overs!

**Breakfast:** Bacon, Egg, Cheese, Cauliflower  
**Lunch:** Chicken, Cauliflower, Cheese  
**Dinner:** Pork, Cauliflower, Cheese

**Day 4** No left-overs!

**Breakfast:** Bacon, Egg, Cheese, Cauliflower  
**Lunch:** Chicken, Cauliflower, Cheese  
**Dinner:** Pork, Cauliflower, Cheese

**Day 5** No left-overs!

**Breakfast:** Bacon, Egg, Cheese, Cauliflower  
**Lunch:** Chicken, Cauliflower, Cheese  
**Dinner:** Pork, Cauliflower, Cheese

Printable Shopping List  
 Printable Meal Plan  
 Grocery List Video  
 Meal Prep Video  
 Sample Day of Eating Video  
[www.KetoConnect.net](http://www.KetoConnect.net)

Craving your favorite Chinese takeout? This cauliflower fried rice recipe will satisfy your cravings while keeping you in ketosis. With cauliflower as the star ingredient, you won't even miss the rice!

## Day 5: Lemon Garlic Salmon



# 7-DAY KETO DIET MEAL PLAN TO LOSE 10 POUNDS

fitwirr.com

## DAY 1

**Breakfast:** Scrambled egg lettuce wrap with avocado

**Snack:** Nuts

**Lunch:** kale salad with grilled chicken with olive oil dressing

**Dinner:** Steak with cauliflower rice



## DAY 2

**Breakfast:** Baked egg in an avocado cup

**Snack:** Macadamia nuts

**Lunch:** Tuna salad with a side of green salad

**Snack:** Sliced cheese or cold cut turkey roll-ups

**Dinner:** Chinese Beef and broccoli



## DAY 3

**Breakfast:** Full-fat Greek yogurt topped with chia seeds and crushed Walnuts

**Snack:** Turkey jerky (look for no added sugar type)

**Lunch:** Cauliflower fried rice

**Dinner:** Roast beef with sautéed mushroom and zucchini



## DAY 4

**Breakfast:** Blackberry protein shake with kale and almond butter

**Snack:** Zucchini parmesan chips

**Lunch:** Chicken tenders made with almond flour on a bed of greens with cucumbers and goat cheese

**Snack:** Bacon deviled eggs

**Dinner:** Grilled shrimp topped with a lemon butter sauce



## DAY 5

**Breakfast:** Fried eggs with bacon and a side of greens.

**Snack:** 1/2 cup coconut chips

**Lunch:** Grass-fed burger in a lettuce "bun" topped with avocado and a side salad.

**Snack:** Celery sticks dipped in almond butter.

**Dinner:** Meatloaf on a bed of watercress salad



GET THE FULL-MENU : FITWIRR.COM

Indulge in the rich flavors of this lemon garlic salmon. Packed with omega-3 fatty acids and bursting with zesty flavors, this dish is both healthy and budget-friendly.

Repeat these recipes for the next 25 days to complete your 30-day keto on budget meal plan. Feel free to mix and match based on your preferences and dietary needs. Don't forget to experiment with spices and herbs to add variety to your meals!

Embarking on a keto diet doesn't have to cost a fortune. With our 30-day keto on budget meal plan, you can enjoy delicious and affordable recipes while achieving your weight loss goals. By following our tips on how to do keto on a budget and incorporating our carefully curated meal plan, you'll be well on your way to a healthier, slimmer you. Say goodbye to pricey fad diets and hello to a sustainable, budget-friendly keto lifestyle!



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Think you can't do keto on a budget? We're here to prove you wrong!

In our Budget 5 day keto meal plan, we show you how to eat a keto diet on less than \$5 per day! Yep, you heard us right!

For less than \$5 per day you can eat delicious keto meals, bullet proof coffee and delicious desserts!

We've even provided you with a printable calendar to put on your fridge and a printable keto grocery list so you only buy what you need to help you save more money!

What's included in the 5 day Keto on a budget meal plan

-5 days worth of keto meals with macros for each meal

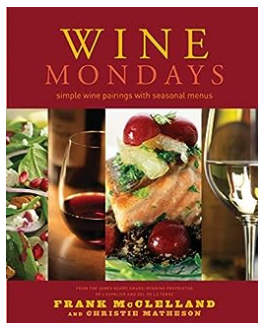
-Bulletproof coffee

-Keto Meals



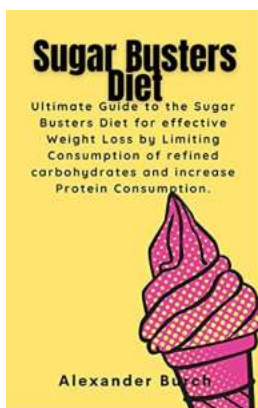
- Keto Snacks
- Keto Fat Bombs
- Printable calendar for your fridge
- Printable grocery list

If you love this 5 day budget keto meal plan, you'll love our blog and recipes! Find out more at [TheKetoQueens.com](http://TheKetoQueens.com)



## Wine Mondays: Simple Wine Pairings And Seasonal Menus

Wine Mondays are here to make your start of the week a little more enjoyable. Whether you're a wine connoisseur or just starting your journey into the world of...



## The Ultimate Guide To The Sugar Busters Diet For Effective Weight Loss By Limiting

Are you tired of trying different diets without seeing the desired weight loss results? Look no further! The Sugar Busters Diet is here to help you...



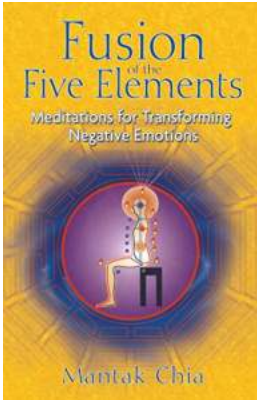
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Are you tired of struggling with your weight loss journey? Do you find it challenging to stick to a healthy eating plan because you feel restricted and uninspired in the...



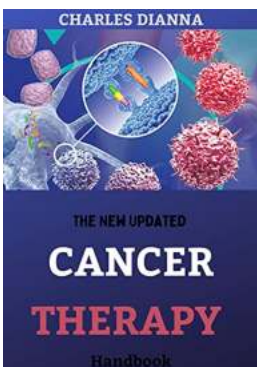
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