

A stylized illustration of a forest path. A light brown path winds from the bottom center towards the middle ground, flanked by lush green foliage and ferns in the foreground. In the background, tall, thin trees with green canopies stand against a soft, yellowish-green sky, creating a misty or sunlit atmosphere. The entire scene is framed by a thin brown border.

# **COURAGEOUS BEGINNINGS**

**7-DAY DIET PLAN**



# Courageous Beginnings – 7-Day Simplified Diet Plan

*This 7-day diet plan is designed to support your healing journey with Keto-friendly, anti-inflammatory meals that minimize sugar. Each day includes a breakfast, lunch, and dinner option, focusing on simple, nourishing foods.*

Healing is  
possible



## Day 1

- **Breakfast: Avocado & Egg Fat Bomb**
  - Mash 1/2 avocado with 1 boiled egg, a pinch of salt, and 1 tsp olive oil. Serve on a lettuce leaf.
  - *Why:* High in healthy fats, low in carbs, and anti-inflammatory.
- **Lunch: Spinach & Salmon Salad**
  - Toss 2 cups spinach with 4 oz canned salmon (in olive oil), 1 tbsp olive oil, and a squeeze of lemon.
  - *Why:* Omega-3s from salmon reduce inflammation; spinach provides antioxidants.
- **Dinner: Turmeric Chicken with Broccoli**
  - Bake 1 chicken thigh with 1 tsp olive oil, 1/2 tsp turmeric, and a pinch of salt at 375°F for 25 minutes. Serve with 1 cup steamed broccoli drizzled with 1 tsp melted butter.
  - *Why:* Turmeric is anti-inflammatory; chicken and broccoli are low-carb and nutrient-dense.

## Day 2

- **Breakfast: Keto Chia Pudding**
  - Mix 2 tbsp chia seeds with 1 cup unsweetened almond milk and a pinch of cinnamon. Let sit for 10 minutes.
  - *Why:* Chia seeds are high in fiber and healthy fats, with zero sugar.
- **Lunch: Cucumber & Avocado Salad**
  - Slice 1/2 cucumber and 1/2 avocado, drizzle with 1 tbsp olive oil, and add a pinch of salt.
  - *Why:* Avocado provides healthy fats; cucumber is hydrating and low-carb.
- **Dinner: Garlic Butter Steak with Asparagus**
  - Pan-sear a 4 oz sirloin steak in 1 tbsp butter with 1 minced garlic clove. Serve with 1 cup steamed asparagus drizzled with 1 tsp olive oil.
  - *Why:* High in protein and healthy fats, with no carbs or sugars.



## Day 3

- **Breakfast: Coconut Yogurt with Flaxseeds**
  - Mix 1/2 cup unsweetened coconut yogurt with 1 tbsp flaxseeds.
  - *Why:* Coconut yogurt is Keto-friendly; flaxseeds add fiber and omega-3s.
- **Lunch: Egg Salad Lettuce Wraps**
  - Mix 2 boiled eggs with 1 tbsp mayo (no sugar) and a pinch of salt. Wrap in 2 large lettuce leaves.
  - *Why:* Eggs provide protein; lettuce keeps it low-carb.
- **Dinner: Baked Salmon with Zucchini**
  - Bake a 4 oz salmon fillet with 1 tsp olive oil and a pinch of salt at 375°F for 15 minutes. Serve with 1 cup sautéed zucchini (in 1 tsp olive oil).
  - *Why:* Salmon is anti-inflammatory; zucchini is low-carb and nutrient-rich.

## Day 4

- **Breakfast: Almond Butter & Celery Sticks**
  - Spread 1 tbsp almond butter (no sugar) on 2 celery sticks.
  - *Why:* Almond butter provides healthy fats; celery is low-carb and hydrating.
- **Lunch: Chicken & Avocado Wrap**
  - Shred 4 oz grilled chicken, mix with 1/2 avocado, and wrap in 2 large lettuce leaves.
  - *Why:* High in protein and healthy fats, with minimal carbs.
- **Dinner: Pork Chops with Cauliflower Mash**
  - Pan-sear a 4 oz pork chop in 1 tbsp butter. Serve with 1 cup mashed cauliflower (boil cauliflower, mash with 1 tbsp heavy cream and a pinch of salt).
  - *Why:* Low-carb comfort food with healthy fats.



## Day 5

- **Breakfast: Scrambled Eggs with Spinach**
  - Scramble 2 eggs in 1 tsp butter with 1 cup spinach.
  - *Why:* Eggs provide protein; spinach adds antioxidants.
- **Lunch: Tuna & Olive Salad**
  - Mix 4 oz canned tuna (in olive oil) with 5 black olives, 1 tbsp olive oil, and a squeeze of lemon.
  - *Why:* Tuna is high in protein; olives add healthy fats.
- **Dinner: Shrimp & Avocado Salad**
  - Sauté 4 oz shrimp in 1 tsp olive oil. Toss with 1/2 avocado, 1 cup spinach, and 1 tbsp olive oil-lemon dressing.
  - *Why:* Shrimp and avocado are anti-inflammatory and low-carb.

## Day 6

- **Breakfast: Keto Green Smoothie**
  - Blend 1 cup spinach, 1/2 avocado, 1 cup unsweetened almond milk, and 1 tbsp MCT oil.
  - *Why:* Nutrient-dense, high-fat, and low-carb to support ketosis.
- **Lunch: Turkey & Cheese Roll-Ups**
  - Roll 4 oz sliced turkey with 2 slices cheddar cheese (no sugar).
  - *Why:* High in protein and fats, with zero carbs.
- **Dinner: Beef Stir-Fry with Broccoli**
  - Sauté 4 oz ground beef in 1 tbsp olive oil with 1 cup broccoli and 1 tsp garlic powder.
  - *Why:* Beef provides protein; broccoli is anti-inflammatory and low-carb.



## **Day 7**

- **Breakfast: Boiled Eggs with Avocado**
  - Serve 2 boiled eggs with 1/2 avocado and a pinch of salt.
  - *Why:* Simple, high-fat, and protein-rich to start the day.
- **Lunch: Zucchini Noodles with Pesto**
  - Sauté 1 cup zucchini noodles in 1 tbsp olive oil, top with 1 tbsp pesto (no sugar).
  - *Why:* Zucchini noodles are a low-carb pasta alternative; pesto adds healthy fats.
- **Dinner: Chicken Thighs with Brussels Sprouts**
  - Bake 1 chicken thigh with 1 tsp olive oil and a pinch of salt at 375°F for 25 minutes. Serve with 1 cup roasted Brussels sprouts (in 1 tsp olive oil).
  - *Why:* High in protein and healthy fats, with anti-inflammatory benefits.

## **Tips for Success**

- Avoid all processed sugars and high-carb foods (e.g., bread, pasta, fruit juices).
- Use unsweetened almond or coconut milk for beverages.
- Check labels for hidden sugars in condiments like mayo or pesto.
- Drink 8–10 glasses of water daily to stay hydrated.

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