

Vegan keto meal plan

Seven populated days, daily macro targets, a shopping list grouped by aisle, and a prep-day routine.

How to use this plan

- Set the patient's calorie target first, then scale portions. The macros below assume 2,000 kcal a day.
- Every meal is plant-based and keto-compatible. No eggs, no dairy, no honey.
- Net carbs shown are estimates for a standard portion. Track the patient's own portions for accuracy.
- Swap any meal for another in the same row of the plan. The carb figures stay close enough to hold.

Before you start

- Screen for pregnancy, nursing, eating-disorder history and any medication that needs steady carbohydrate intake.
- Agree a B12 source and a vitamin D3 source from lichen, not animal origin.
- Warn the patient about week-one electrolyte loss, and set a salt and fluid plan.
- Book a review at week two, then at week six.

Daily macro targets

Macronutrient	Share of calories	Grams at 2,000 kcal	Where it comes from
Fat	70-75%	155-165 g	Avocado, olive oil, coconut oil, MCT oil, nuts, seeds, tahini
Protein	20-25%	100-125 g	Seitan, tofu, tempeh, hemp seeds, pumpkin seeds, nutritional yeast
Net carbs	5-10%	25-50 g	Leafy greens, cruciferous vegetables, zucchini, small berry portions

Every day in this plan lands between 20 g and 26 g of net carbs, so there is headroom under the 25-50 g ceiling for an extra vegetable portion. Net carbs = total carbohydrate minus fiber.

The 7-day plan

Day 1

Batch-cooked tofu and seitan from prep day

Breakfast	Sliced avocado on toasted flax and chia keto bread, nutritional yeast, olive oil, sea salt	5 g
Lunch	Tofu stir-fry with cauliflower rice, sesame oil and coconut aminos	7 g
Snack	Macadamia nuts, 30 g	2 g
Dinner	Seitan strips with roasted Brussels sprouts and tahini dressing	8 g
Day total	Fat-led, protein around 110 g	22 g

Day 2

Chia pudding soaked the night before

Breakfast	Chia pudding with unsweetened coconut milk, cinnamon and six raspberries	6 g
Lunch	Kale and avocado salad with hemp seeds, lemon and extra virgin olive oil	5 g
Snack	Celery sticks with unsweetened almond butter	3 g
Dinner	Tempeh curry with coconut milk, spinach and zucchini noodles	9 g
Day total	Fat-led, protein around 105 g	23 g

Day 3

Lowest-carb day of the week

Breakfast	Tofu scramble with spinach, turmeric and nutritional yeast, cooked in coconut oil	4 g
Lunch	Seitan lettuce wraps with cucumber, tahini and coconut aminos	6 g
Snack	Pumpkin seeds, 30 g	2 g
Dinner	Roasted cauliflower steak with walnut pesto and arugula	8 g
Day total	Fat-led, protein around 100 g	20 g

Day 4

Second prep batch: tempeh and broccoli

Breakfast	Unsweetened coconut yogurt with ground flaxseed, pecans and cinnamon	5 g
Lunch	Zucchini noodle salad with marinated tofu and sunflower seed dressing	7 g
Snack	Green olives and macadamia nuts	2 g
Dinner	Tempeh and broccoli bake with coconut cream and nutritional yeast	9 g
Day total	Fat-led, protein around 110 g	23 g

Day 5

Quick breakfast for a busy morning

Breakfast	Green smoothie with spinach, half an avocado, MCT oil and unsweetened almond milk	6 g
Lunch	Cabbage and tofu slaw with tahini-lime dressing and hemp seeds	6 g
Snack	Unsweetened coconut chips with pecans	3 g
Dinner	Seitan skewers with grilled asparagus and olive oil	7 g
Day total	Fat-led, protein around 115 g	22 g

Day 6

No cooking needed at lunch

Breakfast	Flax porridge with hemp seeds, coconut milk and cinnamon	5 g
Lunch	Avocado and cucumber nori rolls with sesame seeds and tamari	6 g
Snack	Kale chips baked with nutritional yeast and olive oil	3 g
Dinner	Tofu and bell pepper stir-fry with coconut aminos and sesame oil	9 g
Day total	Fat-led, protein around 100 g	23 g

Day 7

Cook once, eat the leftovers Monday

Breakfast	Tofu and mushroom scramble with olive oil and fresh herbs	5 g
Lunch	Warm broccoli salad with tempeh and walnut dressing	8 g
Snack	Chia pudding with four strawberries	4 g
Dinner	Cauliflower risotto with shredded seitan and nutritional yeast	9 g
Day total	Fat-led, protein around 115 g	26 g

Shopping list for one week

Quantities suit one adult for seven days. Double the protein column if two people follow the plan together.

Protein

- ☐ Firm tofu, 900 g
- ☐ Tempeh, 400 g
- ☐ Seitan, 500 g
- ☐ Hemp seeds, 250 g
- ☐ Pumpkin seeds, 200 g
- ☐ Nutritional yeast, one jar

Fats, nuts and oils

- ☐ Avocados, 7
- ☐ Extra virgin olive oil
- ☐ Coconut oil and MCT oil
- ☐ Toasted sesame oil
- ☐ Tahini, one jar
- ☐ Unsweetened almond butter
- ☐ Sunflower seed butter
- ☐ Macadamia nuts, 200 g
- ☐ Pecans, 150 g • walnuts, 150 g
- ☐ Green olives • unsweetened coconut chips

Vegetables

- ☐ Spinach, 400 g • kale, 300 g
- ☐ Arugula, 100 g • romaine lettuce, 1 head
- ☐ Cauliflower, 2 heads
- ☐ Broccoli, 500 g
- ☐ Brussels sprouts, 400 g
- ☐ White cabbage, half a head
- ☐ Zucchini, 4 • asparagus, 250 g
- ☐ Bell peppers, 2 • cucumbers, 2
- ☐ Celery, 1 bunch • mushrooms, 250 g
- ☐ Lemons, 2 • limes, 2 • fresh herbs

Chilled and non-dairy

- ☐ Unsweetened almond milk, 1 L
- ☐ Canned coconut milk, 2
- ☐ Coconut cream, 1 small can
- ☐ Unsweetened coconut yogurt, 400 g
- ☐ Raspberries, one small pack
- ☐ Strawberries, one small pack

Pantry and seasonings

- ☐ Chia seeds, 250 g
- ☐ Ground flaxseed, 250 g
- ☐ Flax and chia keto bread, or the mix to bake it
- ☐ Nori sheets, one pack
- ☐ Coconut aminos or tamari
- ☐ Apple cider vinegar
- ☐ Sea salt • black pepper
- ☐ Turmeric • cinnamon • smoked paprika
- ☐ Dried oregano • garlic powder
- ☐ Stevia or erythritol

Supplements to discuss

- ☐ Vitamin B12
- ☐ Vitamin D3 from lichen
- ☐ Algae-based omega-3, DHA and EPA
- ☐ Iodine
- ☐ Electrolytes for weeks one and two

Confirm each one with the patient's dietitian or physician before they start.

Prep day: 60 to 90 minutes

Run the oven and the stove together

1. **Press the tofu** for 20 minutes while the oven heats to 400 °F. Cube it, toss it in coconut oil and tamari, and bake for 30 minutes.
2. **Fill the second tray** with Brussels sprouts, broccoli florets and cauliflower steaks. Roast alongside the tofu.
3. **Steam the tempeh** for 10 minutes to soften its bitterness, then marinate it in coconut aminos and sesame oil.
4. **Blitz the second cauliflower** into rice and refrigerate it raw. It cooks in four minutes on the night.
5. **Make two dressings:** tahini with lemon and water, and walnut pesto with olive oil and nutritional yeast.
6. **Soak two jars of chia pudding** and portion the nuts into 30 g bags so snacks are never weighed at the cupboard.

Storage and week-one care

- Baked tofu and tempeh keep four days chilled. Freeze the seitan in single portions.
- Roasted vegetables keep four days. Dressings keep five.
- Chia pudding holds three days, so soak it twice in the week.
- Salt meals deliberately in week one, and aim for 2 to 3 quarts of water a day.
- Fatigue, headache or cramp in the first week usually means sodium, potassium or magnesium, not failure.
- Log weight once a week, at the same time of day, not daily.

What trips people up

The mistake	What to do instead
✗ Undereating fat	Fat is the fuel here. Add avocado, olive oil or nuts to a meal that looks light, or ketosis never arrives.
✗ Leaning on processed vegan food	Mock meats, vegan cheese and plant-based burgers can carry 10 to 15 g of net carbs a serving. Keep them out of the week.
✗ Ignoring electrolytes	Most week-one quitting is sodium loss, not willpower. Salt the food and supplement if symptoms persist.
✓ Rotating the same three proteins	Seitan, tofu and tempeh cover protein between them. Hemp seeds and nutritional yeast top up the rest.