

14 Day Boiled Egg Diet Plan for Keto



14 DAY BOILED EGG DIET

Week 1

DAY 1

2 boiled eggs and a piece of fruit

A salad with boiled eggs and vegetables

One cup of boiled lentils with a boiled egg

DAY 2

2 boiled eggs and a piece of fruit

A sandwich with boiled eggs and vegetables

One cup of cooked brown rice with a boiled egg

DAY 3

A slice of toast with 1 boiled egg

A salad with boiled eggs and vegetables

2 boiled eggs and a piece of fruit

DAY 4

A smoothie made with 1 banana, 1 cup of milk, and 1 boiled egg

A salad with boiled eggs and vegetables

A piece of fish with steamed vegetables

DAY 5

Omelet made with 1 egg and 2 egg whites, served with fruit

A salad with boiled eggs and vegetables

Grilled chicken breast with steamed broccoli

DAY 6

A slice of toast with peanut butter and banana

A salad with boiled eggs and vegetables

One cup of pasta with tomato sauce

DAY 7

Two boiled eggs and a piece of fruit

A salad with boiled eggs and vegetables

A piece of chicken and steamed vegetables

BREAKFAST

LUNCH

DINNER

14 DAY BOILED EGG DIET

Week 2

DAY 8

A smoothie made with 1 banana, milk & a boiled egg

A salad with boiled eggs and vegetables

Grilled chicken breast with steamed broccoli

DAY 9

Omelet made with 1 egg and 2 egg whites, served with fruit

A salad with boiled eggs and vegetables

One cup of pasta with tomato sauce

DAY 10

2 boiled eggs and a piece of fruit

A salad with boiled eggs and vegetables

A piece of fish with steamed vegetables

DAY 11

A slice of toast with 1 boiled egg

A salad with boiled eggs and vegetables

2 boiled eggs and a piece of fruit

DAY 12

2 boiled eggs and a piece of fruit

A salad with boiled eggs and vegetables

Grilled chicken breast with steamed broccoli

DAY 13

A smoothie made with 1 banana, 1 cup of milk, 1 boiled egg

A salad with boiled eggs and vegetables

One cup of pasta with tomato sauce

DAY 14

Omelet made with 1 egg & 2 egg whites, served with fruit

A salad with boiled eggs and vegetables

Grilled chicken breast with steamed broccoli & a piece of fruit

BREAKFAST

LUNCH

DINNER