MY PANTRY DIET

7-Day Plan From Your Pantry

Keto edition, built by My Pantry Diet

Seven days of breakfasts, lunches and dinners that fit the Keto pattern, planned the way the app does it: start from what a typical kitchen already has, repeat nothing all week, and shop only for what is missing. Every meal is a real recipe from our library, with its ingredients and steps on the pages that follow.

Very low carbohydrate, higher fat, with net carbs counted every day. Meals lean on eggs, meat, fish, cheese, nuts, oils and low-carb vegetables, and skip bread, rice, pasta, sugar and most fruit.

Already in your kitchen

This plan assumes these staples are on hand. In the app you scan a receipt or type what you have, and every plan starts from your real shelves.

- Egg, large 12 piece
- Chicken thigh, boneless skinless 1000 g
- Butter, unsalted 250 g
- Cheddar cheese 300 g
- Spinach, fresh 400 g
- Avocado 4 piece
- Olive oil, extra virgin 500 ml
- Broccoli florets 500 g
- Salmon fillet, Atlantic 600 g
- Cauliflower florets 1 piece
- Bacon 300 g
- Heavy cream 250 ml
- Garlic 6 piece
- Onion, yellow 3 piece

Your week

Day 1

Breakfast	Shrimp & spinach omelet with avocado	440 kcal
Lunch	Lemony sardines on smashed avocado	481 kcal
Dinner	Lemon herb chicken thighs with broccoli	463 kcal

Per serving (estimates)		1850 kcal · 145 g protein · 49 g carbs · 127 g fat

Day 2

Breakfast	Spinach egg-white scramble with avocado	604 kcal
Lunch	Lemon chicken & hazelnut kale salad	641 kcal
Dinner	Seared scallops over garlicky spinach & pecans	498 kcal
Per serving (estimates)		1867 kcal · 121 g protein · 50 g carbs · 140 g fat

Day 3

Breakfast	Spinach & olive egg-white frittata	455 kcal
Lunch	Salmon, cucumber & avocado bowl	500 kcal
Dinner	Rosemary lamb with Brussels sprouts	451 kcal
Per serving (estimates)		1644 kcal · 119 g protein · 44 g carbs · 114 g fat

Day 4

Breakfast	Thyme pork patties with avocado & spinach	556 kcal
Lunch	Lemon shrimp & avocado zoodles with pine nuts	602 kcal
Dinner	Pork tenderloin with walnut-parsley pesto & zucchini	596 kcal
Per serving (estimates)		1754 kcal · 125 g protein · 43 g carbs · 129 g fat

Day 5

Breakfast	Turkey & avocado breakfast bowl	389 kcal
Lunch	Steak salad with avocado & tomato	442 kcal

Dinner	Turkey meatballs with zucchini noodles	455 kcal
Per serving (estimates)		1480 kcal · 115 g protein · 44 g carbs · 99 g fat

Day 6

Breakfast	Salmon, avocado & spinach breakfast bowl	508 kcal
Lunch	Pork tenderloin with crunchy almond slaw	560 kcal
Dinner	Egg & avocado crunchy cabbage salad	415 kcal
Per serving (estimates)		1750 kcal · 120 g protein · 46 g carbs · 128 g fat

Day 7

Breakfast	Trout & avocado breakfast plate with dill	477 kcal
Lunch	Lamb & kale skillet with olives	368 kcal
Dinner	Pecan-crusted turkey cutlet with Brussels sprouts	620 kcal
Per serving (estimates)		1769 kcal · 141 g protein · 48 g carbs · 118 g fat

Shopping list: only what's missing

What the week needs beyond the staples above, grouped by aisle. Quantities are for the servings planned.

produce

- Arugula 45 g
- Avocado 616.3 g
- Basil, fresh 5 g
- Brussels sprouts 270 g
- Cabbage, green 250 g
- Cherry tomatoes 197.5 g
- Cilantro, fresh 2.5 g
- Cucumber 187.5 g
- Dill, fresh 5 g
- Kale 172.5 g
- Lemon 90 g
- Lime 12.5 g
- Mixed salad greens 130 g
- Parsley, fresh 10 g
- Red onion 15 g
- Spinach, fresh 157.5 g
- Zucchini 450 g

meat

- Beef sirloin steak, trimmed 150 g
- Chicken breast, boneless skinless 150 g
- Ground turkey, 93% lean 330 g
- Lamb leg, trimmed 395 g
- Pork tenderloin 532.5 g
- Turkey breast cutlet 170 g

seafood

- Rainbow trout fillet 125 g
- Sea scallops 187.5 g
- Shrimp, raw, peeled 280 g

eggs

- Egg whites, liquid 780 g

canned

- Marinara sauce, low sodium 80 g
- Salmon, canned, drained 125 g
- Sardines, canned in olive oil, drained 135 g

pantry

- Almond flour 15 g
- Avocado oil 25 g
- Hemp seeds, hulled 71.3 g
- Pine nuts 20 g

spices

- Cumin, ground 1.5 g
- Italian seasoning 1 g
- Oregano, dried 1.3 g
- Rosemary, dried 1.8 g
- Thyme, dried 1 g

condiments

- Apple cider vinegar 6.3 g
- Avocado oil mayonnaise 18.8 g
- Balsamic vinegar 8.8 g
- Dijon mustard 5 g
- Kalamata olives, pitted 60 g

snacks

- Almonds, raw 31.3 g
- Hazelnuts 30 g
- Pecans 96.3 g
- Pumpkin seeds, hulled 22.5 g

- Sunflower seeds, hulled 18.8 g
- Walnuts 61.3 g

The recipes

Shrimp & spinach omelet with avocado

Serves 1 · 5 min prep · 7 min cook

Ingredients

- 180 g Egg whites, liquid
- 80 g Shrimp, raw, peeled
- 60 g Spinach, fresh
- 80 g Avocado
- 10 ml Olive oil, extra virgin
- 10 g Pumpkin seeds, hulled

Steps

1. Sauté chopped shrimp and spinach in the oil 2 to 3 minutes.
2. Pour in the egg whites; cook until set and fold.
3. Serve with sliced avocado and pumpkin seeds.

Per serving (estimates): 440 kcal · 42 g protein · 11 g carbs · 7 g fibre · 27 g fat · 448 mg sodium

Lemony sardines on smashed avocado

Serves 1 · 5 min prep · 0 min cook

Ingredients

- 90 g Sardines, canned in olive oil, drained
- 100 g Avocado
- 30 g Arugula
- 5 ml Olive oil, extra virgin
- 15 g Hemp seeds, hulled
- 10 g Lemon

Steps

1. Mash the avocado with lemon juice.
2. Spread on a plate, top with sardines and arugula, drizzle with oil and scatter hemp seeds.

Per serving (estimates): 481 kcal · 30 g protein · 12 g carbs · 8 g fibre · 38 g fat · 293 mg sodium

---

Lemon herb chicken thighs with broccoli

Serves 2 · 8 min prep · 25 min cook

Ingredients

- 360 g Chicken thigh, boneless skinless
- 20 ml Olive oil, extra virgin
- 300 g Broccoli florets
- 40 g Lemon
- 2 g Oregano, dried
- 6 g Garlic

Steps

1. Heat oven to 425°F. Toss chicken and broccoli with oil, garlic, oregano and lemon.
2. Roast 22–25 minutes until chicken reaches 165°F.

Per serving (estimates): 463 kcal · 38 g protein · 13 g carbs · 5 g fibre · 29 g fat · 202 mg sodium

Spinach egg-white scramble with avocado

Serves 1 · 4 min prep · 6 min cook

Ingredients

- 200 g Egg whites, liquid
- 1 piece Egg, large
- 100 g Avocado
- 60 g Spinach, fresh
- 5 ml Olive oil, extra virgin
- 20 g Hemp seeds, hulled
- 15 g Pecans

Steps

1. Wilt spinach in oil.
2. Add whisked egg and whites; stir gently until just set.
3. Serve with sliced avocado, hemp seeds and chopped pecans.

Per serving (estimates): 604 kcal · 39 g protein · 16 g carbs · 10 g fibre · 46 g fat · 459 mg sodium

---

Lemon chicken & hazelnut kale salad

Serves 1 · 10 min prep · 12 min cook

Ingredients

- 150 g Chicken breast, boneless skinless
- 60 g Kale
- 30 g Hazelnuts
- 75 g Avocado
- 15 ml Olive oil, extra virgin
- 10 g Lemon

Steps

1. Massage chopped kale with lemon juice and half the oil.
2. Sear the chicken in the rest of the oil 5 to 6 minutes a side until cooked through; slice.
3. Top the kale with chicken, avocado and toasted hazelnuts.

Per serving (estimates): 641 kcal · 43 g protein · 18 g carbs · 10 g fibre · 48 g fat · 119 mg sodium

Seared scallops over garlicky spinach & pecans

Serves 1 · 5 min prep · 8 min cook

Ingredients

- 150 g Sea scallops
- 120 g Spinach, fresh
- 25 g Pecans
- 20 ml Olive oil, extra virgin
- 2 g Garlic
- 5 g Lemon

Steps

1. Pat scallops dry; sear in half the oil 2 minutes a side.
2. Wilt spinach with garlic in the rest of the oil.
3. Serve scallops on the spinach with toasted pecans and lemon.

Per serving (estimates): 498 kcal · 32 g protein · 13 g carbs · 5 g fibre · 38 g fat · 684 mg sodium

---

Spinach & olive egg-white frittata

Serves 1 · 5 min prep · 8 min cook

Ingredients

- 200 g Egg whites, liquid
- 30 g Kalamata olives, pitted
- 60 g Spinach, fresh
- 25 g Walnuts
- 15 ml Olive oil, extra virgin
- 50 g Cherry tomatoes

Steps

1. Wilt spinach in the oil in an ovenproof pan; add halved tomatoes and sliced olives.
2. Pour in the egg whites; cook 3 minutes, then broil 2 to 3 minutes until set.
3. Scatter toasted walnuts over.

Per serving (estimates): 455 kcal · 28 g protein · 10 g carbs · 5 g fibre · 35 g fat · 603 mg sodium

Salmon, cucumber & avocado bowl

Serves 2 · 8 min prep · 12 min cook

Ingredients

- 280 g Salmon fillet, Atlantic
- 200 g Cucumber
- 150 g Avocado
- 80 g Mixed salad greens
- 30 g Lemon
- 15 ml Olive oil, extra virgin
- 4 g Dill, fresh

Steps

1. Roast salmon at 400°F for 12 minutes.
2. Toss cucumber and greens with lemon and oil.
3. Serve salmon flaked over the salad with avocado and dill.

Per serving (estimates): 500 kcal · 31 g protein · 13 g carbs · 7 g fibre · 37 g fat · 102 mg sodium

---

Rosemary lamb with Brussels sprouts

Serves 1 · 6 min prep · 18 min cook

Ingredients

- 170 g Lamb leg, trimmed
- 150 g Brussels sprouts
- 12 ml Olive oil, extra virgin
- 1 g Rosemary, dried
- 4 g Garlic

Steps

1. Rub lamb with rosemary and garlic.
2. Roast lamb and halved sprouts with oil at 425°F for 18 minutes.
3. Rest lamb 5 minutes, slice.

Per serving (estimates): 451 kcal · 45 g protein · 15 g carbs · 6 g fibre · 24 g fat · 149 mg sodium

Thyme pork patties with avocado & spinach

Serves 1 · 8 min prep · 10 min cook

Ingredients

- 150 g Pork tenderloin
- 100 g Avocado
- 60 g Spinach, fresh
- 5 ml Olive oil, extra virgin
- 15 g Pecans
- 10 g Hemp seeds, hulled
- 1 g Thyme, dried

Steps

1. Finely chop or pulse the pork with thyme; shape 3 patties.
2. Cook in the oil 4 to 5 minutes a side until cooked through; wilt spinach in the pan.
3. Serve with sliced avocado, chopped pecans and hemp seeds.

Per serving (estimates): 556 kcal · 40 g protein · 14 g carbs · 10 g fibre · 41 g fat · 134 mg sodium

Lemon shrimp & avocado zoodles with pine nuts

Serves 1 · 10 min prep · 6 min cook

Ingredients

- 180 g Shrimp, raw, peeled
- 150 g Zucchini
- 100 g Avocado
- 20 g Pine nuts
- 15 ml Olive oil, extra virgin
- 3 g Garlic
- 10 g Lemon
- 5 g Basil, fresh

Steps

1. Spiralize the zucchini.
2. Sauté shrimp and garlic in oil 3 to 4 minutes until pink; add zoodles 1 minute.
3. Off the heat, fold in diced avocado, lemon juice, basil and toasted pine nuts.

Per serving (estimates): 602 kcal · 43 g protein · 18 g carbs · 9 g fibre · 44 g fat · 235 mg sodium

Pork tenderloin with walnut-parsley pesto & zucchini

Serves 1 · 8 min prep · 22 min cook

Ingredients

- 170 g Pork tenderloin
- 30 g Walnuts
- 10 g Parsley, fresh
- 20 ml Olive oil, extra virgin
- 150 g Zucchini
- 3 g Garlic
- 5 g Lemon

Steps

1. Blend walnuts, parsley, garlic, lemon juice and most of the oil into a pesto.
2. Roast the pork at 425°F 18 to 22 minutes to 145°F; rest 5 minutes.
3. Sauté sliced zucchini in the rest of the oil; serve with sliced pork and pesto.

Per serving (estimates): 596 kcal · 43 g protein · 11 g carbs · 4 g fibre · 44 g fat · 108 mg sodium

---

Turkey & avocado breakfast bowl

Serves 1 · 4 min prep · 8 min cook

Ingredients

- 120 g Ground turkey, 93% lean
- 75 g Avocado
- 50 g Spinach, fresh
- 50 g Cherry tomatoes
- 8 ml Olive oil, extra virgin
- 1 g Cumin, ground

Steps

1. Brown turkey with cumin in oil; add spinach to wilt.
2. Top with avocado and tomatoes.

Per serving (estimates): 389 kcal · 26 g protein · 11 g carbs · 7 g fibre · 29 g fat · 133 mg sodium

Steak salad with avocado & tomato

Serves 1 · 5 min prep · 8 min cook

Ingredients

- 150 g Beef sirloin steak, trimmed
- 80 g Mixed salad greens
- 60 g Avocado
- 60 g Cherry tomatoes
- 15 g Red onion
- 10 ml Olive oil, extra virgin
- 8 ml Balsamic vinegar

Steps

1. Sear steak 3–4 minutes per side; rest and slice.
2. Toss greens, avocado, tomatoes and onion with oil and balsamic; top with steak.

Per serving (estimates): 442 kcal · 38 g protein · 13 g carbs · 7 g fibre · 27 g fat · 113 mg sodium

Turkey meatballs with zucchini noodles

Serves 2 · 10 min prep · 18 min cook

Ingredients

- 300 g Ground turkey, 93% lean
- 1 piece Egg, large
- 30 g Almond flour
- 160 g Marinara sauce, low sodium
- 300 g Zucchini
- 2 g Italian seasoning
- 10 ml Olive oil, extra virgin

Steps

1. Mix turkey, egg, almond flour and seasoning; roll 10 meatballs.
2. Brown in oil, add marinara, simmer 12 minutes.
3. Serve over raw or lightly sautéed zoodles.

Per serving (estimates): 455 kcal · 38 g protein · 15 g carbs · 5 g fibre · 28 g fat · 249 mg sodium

Salmon, avocado & spinach breakfast bowl

Serves 1 · 4 min prep · 5 min cook

Ingredients

- 100 g Salmon, canned, drained
- 100 g Avocado
- 60 g Egg whites, liquid
- 50 g Spinach, fresh
- 10 ml Olive oil, extra virgin
- 15 g Hemp seeds, hulled

Steps

1. Wilt spinach in the oil; scramble in the egg whites until just set.
2. Top with flaked salmon, sliced avocado and hemp seeds.

Per serving (estimates): 508 kcal · 39 g protein · 12 g carbs · 8 g fibre · 37 g fat · 447 mg sodium

---

Pork tenderloin with crunchy almond slaw

Serves 1 · 10 min prep · 22 min cook

Ingredients

- 170 g Pork tenderloin
- 100 g Cabbage, green
- 15 g Avocado oil mayonnaise
- 25 g Almonds, raw
- 5 ml Apple cider vinegar
- 10 ml Avocado oil

Steps

1. Sear then roast the pork in the oil at 425°F 18 to 22 minutes to 145°F; rest and slice.
2. Toss shredded cabbage with mayo, vinegar and sliced almonds.

Per serving (estimates): 560 kcal · 43 g protein · 11 g carbs · 6 g fibre · 39 g fat · 182 mg sodium

Egg & avocado crunchy cabbage salad

Serves 2 · 10 min prep · 9 min cook

Ingredients

- 4 piece Egg, large
- 250 g Cabbage, green
- 150 g Avocado
- 20 g Pumpkin seeds, hulled
- 25 g Lime
- 15 ml Olive oil, extra virgin
- 5 g Cilantro, fresh

Steps

1. Hard-boil the eggs 9 minutes; cool and quarter.
2. Shred cabbage and toss with lime, oil and cilantro.
3. Top with eggs, avocado and pumpkin seeds.

Per serving (estimates): 415 kcal · 19 g protein · 17 g carbs · 9 g fibre · 33 g fat · 172 mg sodium

---

Trout & avocado breakfast plate with dill

Serves 1 · 5 min prep · 6 min cook

Ingredients

- 100 g Rainbow trout fillet
- 100 g Avocado
- 50 g Cucumber
- 10 ml Olive oil, extra virgin
- 2 g Dill, fresh
- 15 g Sunflower seeds, hulled

Steps

1. Pan-cook the trout in half the oil 3 minutes a side, or use leftover cooked trout; flake.
2. Arrange with sliced avocado and cucumber; drizzle the rest of the oil.
3. Finish with dill and sunflower seeds.

Per serving (estimates): 477 kcal · 26 g protein · 13 g carbs · 8 g fibre · 38 g fat · 62 mg sodium

Lamb & kale skillet with olives

Serves 2 · 6 min prep · 12 min cook

Ingredients

- 300 g Lamb leg, trimmed
- 150 g Kale
- 30 g Kalamata olives, pitted
- 40 g Onion, yellow
- 5 g Garlic
- 1 g Rosemary, dried
- 12 ml Olive oil, extra virgin

Steps

1. Sear cubed lamb in oil with rosemary; remove.
2. Soften onion and garlic; add kale and olives; return lamb 3 minutes.

Per serving (estimates): 368 kcal · 38 g protein · 10 g carbs · 4 g fibre · 20 g fat · 238 mg sodium

---

Pecan-crusted turkey cutlet with Brussels sprouts

Serves 1 · 8 min prep · 18 min cook

Ingredients

- 170 g Turkey breast cutlet
- 35 g Pecans
- 30 g Egg whites, liquid
- 120 g Brussels sprouts
- 15 ml Avocado oil
- 5 g Dijon mustard

Steps

1. Brush the cutlet with mustard and egg white; press on finely chopped pecans.
2. Roast with halved sprouts tossed in oil at 425°F 15 to 18 minutes, until the turkey is cooked through.

Per serving (estimates): 620 kcal · 52 g protein · 16 g carbs · 8 g fibre · 41 g fat · 228 mg sodium

Want next week planned from your own pantry?

My Pantry Diet builds a week like this from what is actually in your fridge, freezer and pantry, with 0 repeats, a shopping list for only what is missing, and barcode, receipt and label scanning that is free forever.

https://mypantrydiet.com

My Pantry Diet does not diagnose, treat, or prevent any disease. Talk to your doctor before changing your diet or exercise, especially if you take medication.

© 2026 Cloud10 Solutions LLC. Nutrition values are estimates from food databases and our recipe calculations; check the package label when it matters. My Pantry Diet is a wellness tool, not medical advice.