

7-Day Winter Keto Meal Plan





Welcome to Your 7-Day Winter Keto Reset Meal Plan

Winter is a powerful season to reset—not just your diet, but your mindset, habits, and energy. The colder months often call for comfort, warmth, and nourishment. That’s exactly what this plan delivers—without the carb crashes or sugar traps.

This 7-day guide is designed to gently support your transition back into fat-burning mode, using the principles from my Consistently Keto NZ program. You’ll find real food recipes made from accessible ingredients, structured into two satisfying meals a day—no snacking required. Why? Because when your body is truly nourished, it doesn’t need snacks to keep going. And when your chemistry aligns, you’re free from cravings, energy dips, and the mental burden of constant food decisions.

Each meal is warming, satiating, and designed to keep your blood sugar stable while nurturing your metabolic health. Whether you’re returning to keto after a break or simply want a clean, focused reset, this plan gives you the structure—and simplicity—you need to feel great again.

Inside, you’ll find:

- A complete 7-day meal plan (no snacking!)
- Easy-to-follow recipes using NZ-friendly seasonal ingredients
- A detailed shopping list to streamline your week
- Macronutrient breakdowns for every meal

Let this be the week you reclaim your energy, mental clarity, and metabolic flexibility—one delicious winter meal at a time.

Marielle x

PREKURE Certified Health Coach | Metabolic Nutrition Coach of the Year 2024



7-Day Winter Keto Meal Plan

Day 1

Meal 1: Keto Mince & Cauliflower Hash with Fried Eggs

Meal 2: Creamy Chicken & Spinach Soup

Day 2

Meal 1: Keto Breakfast Casserole (eggs, bacon, zucchini, cheese)

Meal 2: Lamb Shoulder Roast with Garlic Cauli-Mash & Green Beans

Day 3

Meal 1: Scrambled Eggs with Mushrooms & Avocado (in beef tallow)

Meal 2: Bunless Beef Burgers with Egg, Cheese, and Slaw

Day 4

Meal 1: Leftover Lamb Stir-fry (cabbage, garlic, ginger, coconut aminos)

Meal 2: Creamy Broccoli & Bacon Bake

Day 5

Meal 1: Keto "Porridge" (chia, flax, coconut milk, cinnamon)

Meal 2: Chicken Thighs Roasted in Herb Butter with Roasted Brussels Sprouts

Day 6

Meal 1: Omelette with Spinach, Tomato, Feta, and Basil

Meal 2: Slow-Cooked Pork Belly with Sauerkraut & Steamed Silverbeet

Day 7

Meal 1: Reheated Breakfast Casserole or Leftovers

Meal 2: Creamy Keto Curry (coconut cream, chicken, spinach, curry paste) with Cauliflower Rice

This meal plan is simply a starting point—an invitation to explore, not a strict set of rules. While every recipe here is designed to support your keto lifestyle through the winter months, your journey is unique. I hope these meals spark new ideas, give you confidence in the kitchen, and encourage you to create your own nourishing, keto-friendly routines that suit your tastes and goals.

Remember, you're never alone on this journey. I'm always here to help you brainstorm alternatives, adjust for preferences or intolerances, or troubleshoot when you're feeling stuck. Flip to the last page of this guide for details on how to get in touch—I'd love to hear from you.

Day 1

Meal 1: Keto Mince & Cauliflower Hash with Fried Eggs

Ingredients:

- 250 g ground beef or lamb
- ½ head cauliflower (riced)
- ½ red onion (chopped)
- 2 garlic cloves (minced)
- 1tbsp olive oil or tallow
- salt & pepper
- 2 eggs

Instructions:

1. Sauté onion & garlic in oil until soft.
2. Add mince and brown.
3. Stir in riced cauliflower; season; cook for 5–7 min.
4. Fry eggs separately and serve on top.

Meal 2: Creamy Chicken & Spinach Soup

Ingredients:

- 250 g cooked shredded chicken
- 2 cups chicken broth
- ½ cup coconut cream
- 2 cups fresh spinach
- ½ onion (chopped)
- 1 clove garlic (minced)
- salt, pepper & thyme

Instructions:

1. Sauté onion & garlic.
2. Add chicken & broth; simmer.
3. Add spinach until wilted.
4. Stir in coconut cream and thyme; simmer 5 min.



• Keto Mince & Cauliflower Hash with Fried Eggs: • Total Carbs: 10g • Net Carbs: 6g • Fat: 35g • Protein: 30g
• Creamy Chicken & Spinach Soup: • Total Carbs: 8g • Net Carbs: 5g • Fat: 25g • Protein: 28g

Day 2

Meal 1: Keto Breakfast Casserole

Ingredients:

- 6 eggs
- 3 slices bacon, chopped
- 1 zucchini, grated
- 1/2 cup grated cheese
- Salt and pepper

Instructions:

1. Preheat oven to 180°C (350°F).
2. Fry bacon until crispy. In a bowl, mix eggs, cheese, grated zucchini, and bacon.
3. Pour into a greased baking dish and bake for 25-30 minutes until set and golden.



Meal 2: Lamb Shoulder Roast with Garlic Cauli-Mash & Green Beans

Ingredients:

- 1kg lamb shoulder
- 3 cloves garlic, sliced
- 1 tbsp rosemary
- 1 head cauliflower
- 2 tbsp butter or olive oil
- 1 cup green beans

Instructions:

1. Preheat oven to 160°C (320°F). Pierce lamb and insert garlic slices, rub with rosemary, salt, and pepper.
2. Roast lamb covered for 3 hours, then uncovered for 30 mins to brown.
3. Steam cauliflower until soft, then blend with butter/oil until smooth.
4. Steam the green beans until just tender. Serve lamb with mash and beans.

· Keto Breakfast Casserole: · Total Carbs: 6g · Net Carbs: 4g · Fat: 28g · Protein: 24g

· Lamb Shoulder Roast with Garlic Cauli-Mash & Green Beans: · Total Carbs: 10g · Net Carbs: 7g · Fat: 40g · Protein: 35g

Day 3

Meal 1: Scrambled Eggs with Mushrooms & Avocado

Ingredients:

- 4 eggs
- 1 tbsp beef tallow or butter
- ½ cup mushrooms, sliced
- ½ avocado, sliced
- Salt & pepper



Instructions:

1. Heat tallow in a skillet and sauté mushrooms until golden.
2. Whisk eggs with salt and pepper, pour into the pan, stir gently until just set.
3. Serve with fresh avocado slices.

Meal 2: Bunless Beef Burgers with Egg, Cheese & Slaw

Ingredients:

- 2 beef burger patties
- 2 eggs
- 2 slices cheddar cheese
- 1 cup coleslaw (cabbage, mayo, vinegar)
- Salt & pepper

Instructions:

1. Season and cook burger patties until done.
2. Fry eggs separately.
3. Top each patty with cheese and a fried egg.
4. Serve with fresh coleslaw on the side; on a bed of lettuce or wrapped in lettuce.

Day 4

Meal 1: Leftover Lamb Stir-Fry

Ingredients:

- 1 cup leftover lamb, chopped
- 1 cup shredded cabbage (or a mix of cabbage and spinach)
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1 tbsp coconut aminos (or tamari if preferred)
- 1 tbsp olive oil or tallow
- Salt & pepper to taste
- Optional: sesame oil drizzle or chilli flakes for garnish

Instructions:

1. Heat the oil in a large frying pan or wok over medium-high heat.
2. Add garlic and ginger, sauté for 1 minute until fragrant.
3. Toss in shredded cabbage and stir-fry for 3–4 minutes until it softens slightly but still has bite.
4. Add chopped leftover lamb and coconut aminos. Stir everything together and heat through (about 2–3 minutes).
5. Season with salt, pepper, and optional garnishes. Serve hot.

Meal 2: Creamy Broccoli & Bacon Bake

Ingredients:

- 1 head broccoli, chopped
- 3 slices bacon, chopped
- ½ cup cream or coconut cream
- ½ cup grated cheese
- Salt & pepper

Instructions:

1. Preheat oven to 180 °C.
2. Steam broccoli until just tender.
3. Fry bacon until crispy.
4. Mix broccoli, bacon, cream, and cheese in a baking dish. Season and bake for 15–20 minutes until bubbly and golden

· Leftover Lamb Stir-fry: · Total Carbs: 6g · Net Carbs: 4g · Fat: 25g · Protein: 27g

· Creamy Broccoli & Bacon Bake: · Total Carbs: 8g · Net Carbs: 5g · Fat: 35g · Protein: 20g

Day 5

Meal 1: Keto 'Porridge'

Ingredients:

- 2 tbsp chia seeds
- 2 tbsp flaxseed meal
- 1/2 cup coconut milk
- 1/2 tsp cinnamon
- 1/4 tsp vanilla (optional)

Instructions:

1. Combine all ingredients in a bowl or saucepan.
2. Let sit for 5-10 minutes, or gently warm over low heat to thicken.
3. Serve warm with extra coconut milk if needed.

Meal 2: Chicken Thighs Roasted in Herb Butter with Roasted Brussels Sprouts

Ingredients:

- 4 chicken thighs (bone-in, skin-on)
- 2 tbsp herb butter (or plain with herbs)
- 1 cup Brussels sprouts, halved
- Salt and pepper

Instructions:

1. Preheat oven to 200°C (390°F).
2. Spread herb butter under the chicken skin and season well.
3. Place chicken and sprouts on a baking tray. Roast for 30-40 minutes until golden and crispy.

· Keto 'Porridge': · Total Carbs: 9g · Net Carbs: 4g · Fat: 20g · Protein: 10g

· Chicken Thighs Roasted in Herb Butter with Roasted Brussels Sprouts: · Total Carbs: 6g

· Net Carbs: 4g · Fat: 40g · Protein: 32g

Day 6

Meal 1: Omelette with Spinach, Tomato, Feta, and Basil

Ingredients:

- 3 eggs
- 1/2 cup fresh spinach
- 1/2 tomato, diced
- 1/4 cup crumbled feta
- Fresh basil, chopped

Instructions:

1. Beat eggs and pour into a hot nonstick pan.
2. Add spinach, tomato, and feta. Cook gently until eggs set.
3. Top with basil before folding and serving.



Meal 2: Slow-Cooked Pork Belly with Sauerkraut & Steamed Silverbeet

Ingredients:

- 500-800g pork belly
- 1 cup sauerkraut
- 2 cups chopped silverbeet
- Salt, pepper, and olive oil

Instructions:

1. Slow-roast pork belly at 160°C (320°F) for 2-3 hours until tender, then increase to 220°C (430°F) to crisp skin.
2. Steam silverbeet and drizzle with olive oil.
3. Serve pork belly with warm sauerkraut and silverbeet.

·Omelette with Spinach, Tomato, Feta, and Basil: · Total Carbs: 5g· Net Carbs: 3g· Fat: 30g· Protein: 22g
·Slow-Cooked Pork Belly with Sauerkraut & Steamed Silverbeet: · Total Carbs: 4g· Net Carbs: 2g· Fat: 45g· Protein: 30g

Day 7

Meal 1: Reheated Breakfast Casserole or Leftovers

Ingredients:

- Leftover keto breakfast casserole or any earlier meal

Instructions:

1. Reheat gently in oven or microwave until hot. Enjoy! Leftovers are king!

Meal 2: Creamy Keto Curry with Cauliflower Rice

Ingredients:

- 250g chicken, chopped
- 1 tbsp curry paste
- 1/2 can coconut cream
- 2 cups fresh spinach
- 1/2 head cauliflower, riced

Instructions:

1. Sauté chicken with curry paste until browned.
2. Add coconut cream and simmer until cooked through.
3. Stir in spinach to wilt.
4. Steam or microwave riced cauliflower and serve under curry.



• Reheated Breakfast Casserole or Leftovers: • Total Carbs: 6g• Net Carbs: 4g• Fat: 28g• Protein: 24g
• Creamy Keto Curry with Cauliflower Rice: • Total Carbs: 10g• Net Carbs: 6g• Fat: 35g• Protein: 30g

READY FOR THE

Next Step?

Unlock the Power of the Ketogenic Lifestyle—your secret to living beautifully and vibrantly!

Imagine reaching your health and weight-loss goals, effortlessly maintaining your ideal weight for life, and building lasting habits that support the best version of yourself.

Book your Keto Strategy Session today, and let's create a personalized, step-by-step plan that ensures your success—both now and in the long term. This is the first step toward a transformation you'll be glad you made.

I'm excited to embark on this journey with you, and I look forward to meeting you soon.

Marielle x



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