Keto Eating Schedule: 4 Simple Printable Charts + Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/keto-eating-schedule/

Your Keto Eating Schedule: 4 Printable Daily Charts

Each chart runs on the same low-carb food rules. Only the clock changes, so shift any time earlier or later to fit when you wake up.

Schedule 1: Classic Three Meals (No Fasting)

Who it suits: Keto beginners, families eating dinner together, early workouts, and anyone who gets shaky when meals run late.

Time	What to do	Keto example
7:00 AM	Wake up, drink water	Large glass of water
7:30 AM	Breakfast	Eggs, spinach, half an avocado
10:30 AM	Snack only if hungry	Cheese stick or almonds
12:30 PM	Lunch	Chicken salad, olive oil dressing
3:30 PM	Fluid check	Broth or sparkling water
6:30 PM	Dinner	Salmon, roasted broccoli, butter
8:30 PM	Kitchen closed	Herbal tea if wanted

Schedule 2: 14:10 Window (8 AM to 6 PM)

Who it suits: Early risers, evening snackers, and anyone trying a first gentle overnight fast.

Time	What to do	Keto example
7:00 AM	Wake up, water, coffee	Black coffee or plain tea
8:00 AM	Window opens: breakfast	Full-fat plain Greek yogurt, walnuts
12:30 PM	Lunch	Tuna lettuce wraps, cucumber
3:00 PM	Snack if needed	Celery with peanut butter
5:30 PM	Dinner	Pork chops, green beans
6:00 PM	Window closes	Water or plain tea only
9:30 PM	Bedtime	Fast continues overnight

Schedule 3: 16:8 Window (Noon to 8 PM)

Who it suits: People who already skip breakfast, desk workers, and anyone who has been steady on keto for a few weeks.

Time	What to do	Keto example
7:00 AM	Wake up, water, coffee	Water, black coffee
10:00 AM	Hunger and energy check	Water or plain tea
12:00 PM	Window opens: first meal	Bunless burger, side salad
3:30 PM	Snack or mini meal	Hard-boiled eggs, olives
7:00 PM	Last meal	Shrimp stir-fry, cauliflower rice
8:00 PM	Window closes	Water or herbal tea
10:00 PM	Bedtime	Fast runs until noon

Schedule 4: 18:6 Window (Noon to 6 PM)

Who it suits: Experienced keto eaters who feel well on 16:8. This one is optional, never a goal you have to hit.

Time	What to do	Keto example
7:00 AM	Wake up, water, coffee	Water, black coffee
11:00 AM	Check for dizziness	Water; eat early if unwell
12:00 PM	Window opens: big protein meal	Steak, zucchini, olive oil
3:00 PM	Second small meal	Turkey roll-ups, cheese, cucumber
5:30 PM	Final meal	Chicken thighs, asparagus
6:00 PM	Window closes	Water or plain tea
10:00 PM	Bedtime	Fast continues overnight

Rules That Apply to Every Schedule

- **Carbs:** Many keto plans land around 20 to 50 grams of net carbs a day (total carbs minus fiber), though needs vary.
- **Protein:** Aim for a palm-sized portion at every meal.
- **Vegetables:** Fill about half your plate with leafy or non-starchy veggies.
- **Fasting hours:** Stick to water, black coffee and plain tea.
- **Fluids and salt:** Drink regularly and salt your food to taste.
- **Stop signs:** Dizzy, faint or unwell? Eat something and rethink the plan.

Eat until comfortably full inside your window. Fasting windows are a tool, not a test.