

14 Day Egg Diet Menu by Eato

Day 1

- Breakfast: Japanese tamagoyaki (rolled omelet, sugar-free)
- Lunch: Egg drop soup with scallions
- Dinner: Thai basil chicken stir-fry topped with fried egg

Day 2

- Breakfast: Korean steamed eggs (gyeran jjim)
- Lunch: Spanish tortilla with olive oil, zucchini instead of potato
- Dinner: Western steak and eggs

Day 3

- Breakfast: Chinese tomato and egg stir-fry
- Lunch: Indonesian telur balado (chili eggs)
- Dinner: Keto ramen with poached egg (shirataki noodles)

Day 4

- Breakfast: Indian masala omelet
- Lunch: Greek egg salad with olives and lemon and olive oil dressing
- Dinner: Japanese sukiyaki with raw egg dip

Day 5

- Breakfast: Mediterranean spinach and feta frittata
- Lunch: Deviled eggs with herbs and mustard + leafy greens
- Dinner: Italian carbonara with shirataki noodles

Day 6

- Breakfast: Shakshuka (spiced tomato base, no bread)
- Lunch: Vietnamese bánh xèo (egg pancake, flour-free)
- Dinner: Egg curry laksa with zucchini noodles

Day 7

- Breakfast: French herb omelette (parsley, chives, tarragon) with olive oil and half a grapefruit
- Lunch: Cobb salad with boiled eggs, bacon, avocado
- Dinner: Chinese eggplant and egg stir-fry

Day 8

- Breakfast: Poached eggs with avocado and lemon
- Lunch: Egg foo young with low-carb sauce
- Dinner: Baked eggs Florentine (spinach and cream)

Day 9

- Breakfast: Keto egg muffins with bacon and spinach
- Lunch: Stir-fried bitter melon with eggs (Chinese style)
- Dinner: Middle Eastern shakshuka with eggplant

Day 10

- Breakfast: Chawanmushi (Japanese savory egg custard)
- Lunch: Indian egg curry (no rice, paired with greens)
- Dinner: Steamed fish with Cantonese egg custard topping

Day 11

- Breakfast: Century egg with silken tofu and soy sauce
- Lunch: Western Nicoise-style salad with eggs and tuna (no potatoes)
- Dinner: Bagheri-style whole egg + resistance-inspired dinner (egg with veggies and meat)

Day 12

- Breakfast: Vietnamese egg coffee (sugar-free keto version)
- Lunch: Western egg-stuffed bell peppers
- Dinner: Japanese oyakodon over cauliflower rice

Day 13

- Breakfast: Western scrambled eggs with smoked salmon
- Lunch: Pombo-Rodrigues style omelette lunch with veggies
- Dinner: Chinese hot pot with poached eggs in broth

Day 14

- Breakfast: Classic Western boiled eggs with herb butter
- Lunch: Bonnema-style egg + high fiber salad
- Dinner: Spanish baked eggs with chorizo, peppers, and onions

Foods to avoid while on the egg diet

During the egg diet, there are some foods that should be avoided, and ensuring that you have minimal intake, namely, carbohydrates.

- Anything high in carbohydrates
- Bread, pastries and confectionaries
- Sugary foods like soda, juices (especially those with added sugar), ice cream, candies, and desserts.
- Potatoes, sweet potatoes, carrots, legumes
- Most fruits including bananas, apples and oranges
- Sauces that include hidden carbs