



ACCELERATED WEIGHT LOSS

Optimal Weight Loss In Just 4 Weeks

BY

www.ruled.me



**One Month
Recipes Included**

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MAKE THE COMMITMENT

Before we look ahead into what meals you're going to be eating, I want you to take a moment to think about what comes ahead. It's going to be tough, and it's going to require quite a lot of willpower from you - especially in the beginning. You will have cravings for sugar, and you will have cravings for carbs. Mentally preparing for that and understanding why keto is great for you are the 2 main key points. Make sure that you've read the **Ultimate Guide to Keto** that came with this meal plan so that you're ready for what's ahead.

If you find that you're a person that can't trust yourself, try to prepare for that! Get rid of any high-carb foods and snacks that are in the house. Although you may not want to throw away food, it might be the thing that saves you thousands of dollars in the long run from medical bills.



BEING PREPARED

Make sure that your pantry is prepared. There are some specialty ingredients that are used in this meal plan, and ordering them or shopping for them in advance is a good way to make sure you're not scrambling at the last minute. Take some time to go through the meal plan before you start, to see what you need and what kind of meals you'll be eating.

Almost all of the specialty ingredients I order and use are available on Amazon. I find that Amazon is much cheaper in comparison to food markets such as Whole Foods and Trader Joe's. For better keeping, store all specialty ingredients in a cool dark place and they will last for months to come. You can find many brands of the products, but my personal recommendations are as follows:

ACCELERATED WEIGHT LOSS

Optimal weight loss in just 4 weeks

Intro

Week 1

Week 2

Week 3

Week 4

Recipes



Anthony's Almond
Flour



Bob's Red Mill
Golden Flaxseed
Meal



HealthWorks Chia
Seeds



SweetLeaf Sweet
Drops Liquid
Stevia



Natural Frontier
Maple Flavoring

Week 1 will be the most expensive of any week because this will be the time we get a lot of new ingredients. From specialty ingredients to spices to cheese, these will be re-used again and again into the 4th week and even beyond. This is because we only require a small amount of spice, a portion of vegetables, or a few ounces of cheese for 1 recipe.

Besides the specialty ingredients, make sure you review the shopping list and cross off anything you already have in your cupboard or refrigerator. This way, you're not wasting food and you're keeping your budget in place. A lot of the spices I use are commonly found in most people's homes, but some of them won't be. Making sure you have all the ingredients you need ahead of time will reduce the amount of stress you have, and increase the flavor of the meals - which is ultimately what we want!

Note: When buying coconut milk, make sure that you read the grocery list carefully. In week 1 and 3, you will need Unsweetened Coconut Milk from the carton. I choose So Delicious brand. But, in week 2, you will need coconut milk from the can.

VITAMINS AND MINERALS

While you should have a basic understanding of what macronutrients are, I haven't really talked too much about micronutrients. These are the vitamins and minerals that our body requires on a daily basis, and are vital to maintaining proper functions. Micronutrients are only needed in small quantities, which make it very easy to achieve your daily dose. Eating vegetables and proper amounts of meats will get you most of these vital nutrients your body craves, but I do suggest ordering a few supplements before diving into the world of keto.

These include:



Multivitamin
for Women



Multivitamin
for Men



Magnesium
Supplement



Vitamin D
Supplement



Potassium
Supplement

WATER

We left an elephant in the room and didn't talk about water this whole time. You have to drink it! Water is essential to the body, as two-thirds of our weight is water. Without water, we would die in only a few days – if we starved ourselves we could last up to a month. Drink it when you are going to the bathroom, drink it when your bladder is cramping, drink it after you finish going to the bathroom, just drink it like it's going out of fashion.

Fill up a large water bottle and carry it around with you so you know how much you are drinking. Keep count of how many times you are filling it up and make sure you always have your eye on it. I recommend drinking at least 100 oz. of water a day.

A good way to keep track of how many water bottles you've drank a day is to place a hair tie over the water bottle for each bottle you have finished. This way you don't forget or lose track!



SLEEP

Ghrelin is a hormone that's produced in the stomach and is released when we are hungry. It increases our appetite and the need to eat. Leptin, on the other hand, is produced in fat cells and is released to tell our brain that we're full. This, conversely, decreases appetite and increases our satiation (fullness).

In a study conducted by Stanford, scientists recorded the amount of hours 1,000 volunteers reported sleeping and tested their ghrelin, leptin, and body fat percentage levels. They found that in people that slept less than 8 hours a night, their hormones were a little bit out of whack. In fact, the people that slept less than 8 hours a night had increased levels of ghrelin (which makes you hungry), decreased levels of leptin (which gives the fullness effect), and higher body fat percentages than the people that got a good night's rest.

Not only does sleep play a part in regulating our leptin and ghrelin levels, it also plays a role in the production of human growth hormone. HGH helps preserve muscle and keeps our metabolism strong - with a lack of it, we see a reduction in our BMR (which results in less calories burnt by the body on a daily basis). There's also been some studies that show a lowering in HGH if we eat 3 hours prior to going to sleep, so it is quite good practice to end your dinner-time at least 4 hours before you are planning to go to bed.

If you're the type of person that can't fall asleep easily or stay asleep, I suggest trying some of the following things:

- Avoid food before bedtime.
- Follow a regular sleep schedule.
- Darken your bedroom as much as possible.
- Try natural supplements. This includes valerian root, melatonin, and kava.



MEAL PLAN OVERVIEW

We keep it simple and easy enough to keep this lifestyle viable on a weekly basis - even if you're a busy person. The focus is on quick and easy to prepare breakfasts and lunches, so not too much time is spent in the kitchen prior to work. When we move to dinner, we see some more time being spent in the kitchen, but on a less frequent basis. You may have to spend an hour cooking one night, but that night will give you leftovers for different days so that you can relax and take some time to yourself.

This meal plan assumes that you'll start on a Monday and work a full-time job. Make sure that you take some time on the weekend prior to starting this week to get your shopping done and pre-cook any meals that are needed for breakfast/lunch on Monday. It is also advantageous to read through 1-2 days ahead of meals so that you can have everything prepared in advance (*like cooked bacon, having lunch pre-packed and ready to take out the door, etc.*)

Option: If you're not a big fan of spinach, feel free to sub it out with another leafy green vegetable. You can sub spinach out for a Spring Salad Mix (*lettuce/leaves only*), broccoli or cauliflower at dinner time, or create your own vegetable side-dish that would suitably pair with a dish that has similar fat, protein, and caloric values.



ADDING VARIATION

After reading through the meal plan, you should be able to determine which kind of meals you'd like and which type of meals you don't. Although I always try to tell people to approach food with an open mind, I know that it's not possible with some cases. I definitely understand that, and you may be stressing out about having to eat something you don't enjoy.

If you find yourself needing some different variety of foods, you can use the accompanying cookbooks that you downloaded with this meal plan or you can also read ahead to see some common substitutions of recipes.



**Cooking by the
RULED Book**



**Keto-fied! Comfort
Foods Made Low Carb**

Feel free to substitute meals with the ones in both Cooking by the RULED Book, Keto-fied! Comfort Foods Made Low Carb, and Keto Slow Cooking Made Easy. You should be able to find a variety of options that are similar in macros in there, but if you still need more options, feel free to look at the recipes on the website: www.ruled.me

The good thing is, is that I use very similar spices and ingredients for a lot of meals. If you choose to sub out a meal for another one, you should still be able to do so with relatively no hassle at all. Simply take off the meat from the shopping list for a certain recipe, and add in another meat. For the most part, you should have everything else on hand!

To me, eating is all about enjoying the flavor and feeling satisfied afterward – so I hope you all enjoy this plan and enjoy the meals inside!

If you have any questions, comments, concerns, or feedback to give, I will always have an open ear and try my best to get back to you in a timely manner. Please feel free to send any inquiries (or just to say hi) to craig@ruled.me

SUBSTITUTIONS LIST

There are some specialty ingredients in the Accelerated Weight Loss meal plan. Some are harder to find in certain regions of the US and outside of the US. You can use the list below to substitute out harder to find items with things that are readily available.

- Rao's Tomato Sauce** ➡ This is one of the lowest carb tomato sauces you can find in the store. You can substitute it with any of the lowest carb tomato sauce you can find. It's increasingly common to find more artisanal sauces with lower carb counts. Aim for 4g net carbs (or less) per ½ cup.
- Reduced Sugar Ketchup** ➡ Ketchup is a sweet and sour/acidic element in most recipes. You can replace it with a small amount of vinegar and 1-2 drops of stevia to taste. Additionally, you can add a small amount of tomato paste to that for flavor (as we do use it in other recipes).
- Coconut Oil** ➡ Any high-heat oil will work in place of coconut oil, though the health benefits may be slightly decreased. Examples of replacements would be ghee or palm oil.
- Coconut Milk (from the can)** ➡ Since a small amount is called for over the entire meal plan, you could substitute heavy cream in place of this ingredient.
- Frank's Hot Sauce** ➡ You can use any water/vinegar/cayenne based hot sauce in place of this. Louisiana brand is an excellent, cheaper substitution.
- Worcestershire Sauce** ➡ You will need an ingredient to develop flavors and makes longer-cooked recipes taste better. You can use soy sauce, fish sauce, or store brand steak sauce (assuming it's very low carb) in its place.
- Mrs. Dash** ➡ You can use any all-purpose seasoning instead of this blend. Alternatively, if you have common spices such as onion and garlic powder, you can create a simple all-purpose seasoning at home.
- Green Chile** ➡ You need a subtle spice that's got good flavor. A good substitution would be a medium poblano pepper with 1/4 tsp. cayenne pepper added in.
- Hollandaise Sauce** ➡ You can create your own hollandaise sauce very easily. My favorite method is using the following recipe:
<http://www.seriousseats.com/recipes/2013/04/foolproof-2-minute-hollandaise-recipe.html>
- Dill Pickle** ➡ If you're not a fan of pickles, you can leave this ingredient out entirely. If you want to keep costs down, you can also purchase single serving pickles in small bags.
- Dried Chiles** ➡ You need to replicate a smoky, earthy flavor. Some liquid smoke and cayenne pepper could be a good alternative for this. If you need cheaper options, you can always seek out co-ops and places like whole foods. They normally have a small section where you can pick individual dried spices/items.
- Macadamia Nuts** ➡ If you're not a fan of macadamia nuts, there will need to be a similar source of fats to replace it. You can use avocado in the same number of calories as their fat profiles are almost identical.
- Goat Cheese** ➡ You can leave goat cheese out although it does add a tartness to the dish (which adds to the flavor profile). Feta cheese or tangy Greek yogurt may be substituted in place of it if you can find it easier. If you prefer not to have the tanginess, cream cheese or mascarpone cheese will do very well in its place.
- Sugar-Free Maple Syrup** ➡ You can opt between two choices in the store. My favorite is always Walden Farm's (0 calories), though there are many sugar-free maple syrups in the store. Double check to make sure they're not using a sweetener that ends in "ol." Alternatively, you can make your own if you have erythritol on hand. Find the recipe here:
<http://www.ruled.me/thick-sticky-maple-syrup/>

MONEY SAVING TIPS

There are some specialty ingredients in the Accelerated Weight Loss meal plan. Some are harder to find in certain regions of the US and outside of the US. You can use the list below to substitute out harder to find items with things that are readily available.



CHEESE

There's a few types of cheese that we use in the meal plan. Among these are cheddar, mozzarella, goat cheese, parmesan, and cream cheese. There are many types of cheeses, but some are necessary while others can be replaced. The mozzarella and parmesan cheese can be substituted with cheddar completely in all of the recipes in the meal plan.

This should help you buy in bulk and reduce costs. Always remember to buy in blocks and shred the cheese yourself. This is both cheaper and lower in carbs, as the pre-shredded cheese does have a starch coating.

Cream cheese can replace goat cheese, though it will not bring the same tang to the recipe that goat's cheese would. The pro to this is that it is much cheaper.



FROZEN VEGETABLES

Purchasing frozen vegetables can significantly save money, both in the short run and the long run. The great thing about them is that they last a very long time, so you don't have to worry about using a small amount and then wondering what to do with the rest. The national statistics also show that frozen vegetables are cheaper to buy than their fresh counterpart.

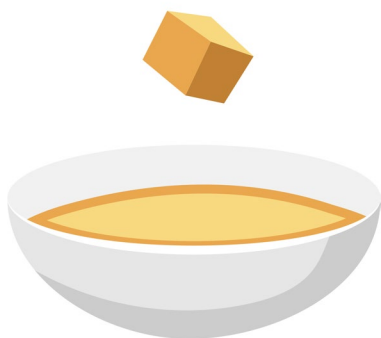
Frozen vegetables have other advantages too - including nutrient density. Some studies have shown that many frozen vegetables (especially greens) can have more nutrients than fresh vegetables.



CONDIMENTS

There's a myriad of condiments used throughout the meal plan, and they can get costly especially if you don't already have them on hand. You can usually get away with buying store-brand names when it comes to things like mustard or hot sauce (vinegar based sauces).

For specialty sauces like Sriracha, you can completely leave them out. Sriracha is just a spicy, slightly sweet sauce. You could use reduced sugar ketchup with cayenne pepper or just some hot sauce in its place.



CHICKEN/BEEF BROTH

Chicken and beef broth add up in costs quickly. It's much easier (and cheaper) to buy bouillon cubes in place of the broth. Typically, you get 6 cubes per package, which makes a total of 12 cups of broth. 3x more than the average container! The great thing is that the carb counts usually beat most other broths on the store shelf!



NUTS AND SEEDS

If you're the type of person that goes to multiple grocery stores for the best deals, then you probably know that some stores have a pick-it-yourself station. Picking and weighing exactly how much you need will keep costs and wastage down, especially when following a meal plan.

Make sure to take advantage of this when you can for smaller items like pumpkin seeds and macadamia nuts.



SPICES (FRESH/DRY)

Almost of the recipes call for some type of herb or spice. Depending on where you live, many spices can be much cheaper if they're dried (or much more expensive). Make sure you check prices to take advantage of any money you could save. Plus, dried spices last much longer!

If you're opting to use dried spices instead of fresh, you will have to reduce the amount by $\frac{2}{3}$. For example, 1 Tbsp. fresh garlic could be replaced with 1 tsp. garlic powder (sometimes even less).

Shopping List

1. almond flour ✓
2. chicken ✓
3. cheddar cheese ✓
4. eggs ✓
5. liquid stevia ✓
6. coconut oil ✓
7. paprika ✓
8. chinese cabbage ✓

PREPARING FOR SHOPPING

Small errors add up in pricing when you're shopping. Make sure that you double and triple check what you have in your house to keep your wastage costs down.

Always make sure that you double check your shopping list and pantry before going shopping. This is especially important for the first week as we use many common ingredients that most people have in their pantry. Go through the week's shopping list and check off any ingredients that you don't need to purchase at the store.

EXTRA MONEY SAVING SUBSTITUTIONS

There are a few ingredients that we don't use very often throughout the meal plan. There's a good list of possible substitutions already, so make sure to read through those first. Some of the ingredients are covered in both places, but it's well worth the read so that you have a basic starting point in mind. If you're trying to save money, cut as much out as possible and try to simplify what you're eating.

Mrs. Dash Seasoning ➡ Any all-purpose seasoning will work. Creating your own can also work very cheaply.

Pumpkin Seeds ➡ Use pick-and-pack systems at stores, or find at gas stations for cheap.

Goat Cheese ➡ Replace with cheaper feta or cream cheese (if you don't want the tang).

Hollandaise Sauce ➡ Make your own (recipe given in substitution list). It is very easy and saves a lot of money.

Sriracha ➡ Replace with hot sauce or leave out completely.

Worcestershire Sauce ➡ Many options for substitutions (see substitution list), but you can easily leave it out.

Ranch Dressing ➡ Make your own (recipe given in substitution list). It is very easy and saves a lot of money.

There's also a number of other spices that are used very little throughout the meal plan and can easily be left out or substituted for. If you're trying to save money, cut as much out as possible.

Celery Seeds ➡ Only ½ tsp. is used during the entire meal plan. It may be worth skipping out on this or replacing it with ½ fresh celery, chopped. Only do this if you can find single stalks of celery.

Parsley ➡ Only 1 tsp. is used during the entire meal plan. Much of the time as garnish. It does add flavor, but it's definitely something you can leave out.

Dried Chives ➡ Only 1 Tbsp. is used during the entire meal plan. You can replace this with one stalk of spring onion or just leave out altogether. If you have some onion powder, feel free to use a small amount in place of chives.

Mrs. Dash ➡ Only ½ tsp. is used during the entire meal plan. While it is a favorite of mine, there are many all-purpose seasonings out there (which you may have). It's also incredibly easy to make your own with what you have!

Italian Seasoning ➡ Only ¼ tsp. is used during the entire meal plan. It would be worth to leave this out if you don't have it on hand. The recipe already includes oregano. Feel free to add just a little more!

Nutmeg & Allspice ➡ Only ⅛ tsp. of each is used during the entire meal plan. They're in the same recipe with cinnamon, which is a pretty potent spice on its own. Most everyone has cinnamon and can just use that instead.

Maple Flavoring ➡ Only ½ tsp. of each is used during the entire meal plan. This is the same recipe as the nutmeg and allspice. Though it will be slightly blander, it will be worth the saving on this. You should have access to some sugar-free maple syrup (for other recipes in the plan), so you can use 1 Tbsp. of the syrup instead.

If you can cut all of these spices out of the meal plan (and don't currently own them), it can save you well over \$40 if you were to buy from a store. Many of these items are frequently used in my kitchen but have common replacements that many people have in their pantry. Make sure if you're saving money that you try to be as frugal as possible with how many spices you use. Stay thin and keep the wallet fat!

NIGHTSHADE FREE

Have food sensitivities, an autoimmune disorder, or leaky gut? Going nightshade free while following this meal plan is not too difficult.

While we can usually substitute or leave out nightshades from our recipes, it will have some slight impact on the final result. Tomatoes have a lot of liquid - we can replace the tomatoes with zucchini where necessary. Tomatoes are also sweet, so we add one drop of stevia for each ¼ cup of tomatoes we'd need. They're acidic, so we use vinegar to replicate the acidity in the recipes. Lastly, there are seasonings and a depth of flavor from cooking them.

Below, you'll find a list of the recipes that contain nightshades and what you can do to replace them:

Chicken Parmesan ➡ Replace tomato sauce with nightshade free "nomato" sauce

Chicken Enchilada Soup ➡ Replace 1 cup tomato with 1 cup chopped zucchini and 1/2 tbsp. vinegar.

Caprese Salad ➡ Replace tomato with zucchini slices marinated in 1 tsp. vinegar

Stuffed Poblano Pepper ➡ Cook the filling without the pepper and tomato, add 1/4 tbsp. vinegar for acidity. If you prefer to have some smokiness, add 2-3 drops of liquid smoke.

Italian Stuffed Meatballs ➡ Leave out the tomato paste.

Cheeseburger Muffins ➡ Leave out the tomato paste.

Bacon Cheeseburger Soup ➡ Leave out the tomato paste.

This is where substitutions will sometimes fall a little bit flat. Tomato sauce generally has salt, pepper, oregano, basil, garlic, and many other spices that create a rich and decadent sauce. You can replicate this by creating a zucchini "marinara" wherever tomato sauce is called for. One of my favorite recipes is here:

Nightshade Free "Nomato Sauce"

INGREDIENTS

1 lb. zucchini, chopped
1 large onion, chopped
3 cloves garlic, peeled
3 Tbsp. olive oil, divided
¾ tsp salt, divided
⅓ cup vegetable or chicken broth
¼ cup sunflower seeds
1-3 Tbsp. fresh lemon juice

PREPARATION

1. Preheat oven to 375°F.
2. Toss together chopped zucchini, onion, and garlic cloves with 1 Tbsp. of olive oil and ¼ tsp salt. Spread on a baking sheet or baking dish, and roast in preheated oven for 25-30 minutes or until browned. Set aside to cool.
3. Transfer cooled veggies to a food processor and add broth, sunflower seeds, and remaining ½ tsp salt. Process until smooth. Stream in the remaining 2 Tbsp. of olive oil and lemon juice to taste. Process until incorporated.

Keep refrigerated for up to 4 days.

COMMON MEAL PLAN SUBSTITUTIONS

I've been asked for substitutions for recipes in the meal plan - so here they are! If you happen to not be a fan of one of the recipes below that are in the meal plan, feel free to substitute the recipe by clicking the recipe name. Make sure to adjust the shopping list accordingly if you are going to substitute recipes.



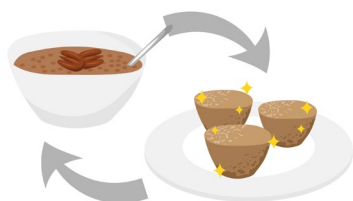
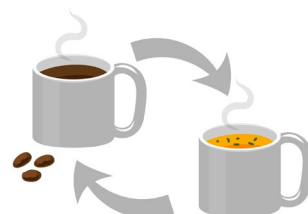
Bacon Avocado Muffins → Jalapeno Popper Egg Cups

<http://www.ruled.me/jalapeno-popper-egg-cups/>

Some people aren't fans of cooked avocado, so if you fall into this category feel free to use our replacement recipe!

Coffee/Tea

If you're not a fan of tea or coffee, you can use bone broth in place of these. You can find many 0 carb flavored teas that have a variety of flavors - make sure to try a few!



Cinnamon Roll Oatmeal → Cinnamon Sugar Donut Muffins

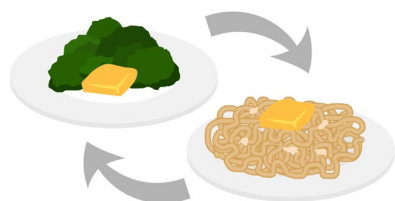
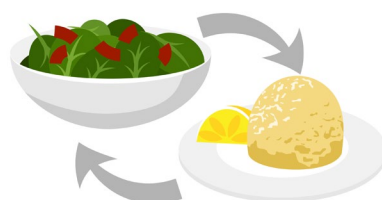
<http://www.ruled.me/cinnamon-sugar-donut-muffins/>

The cinnamon roll oatmeal is rather labor intensive to make, so if you are lacking on time then you could make the cinnamon sugar donut muffins instead. Double check ahead of time to make sure you have the ingredients on hand.

Simple Spinach Salad → Cumin Lemon Mug Cake

<http://www.ruled.me/cumin-sesame-lemon-mug-cake/>

Sometimes salads just get boring. You can either replace the spinach with a different (low-carb) spring mix, or you can get something a bit different in texture. If you make the mug cake, leave out the sesame seeds and reduce to 1 tbsp. of butter.



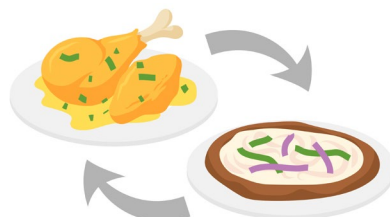
Steamed Broccoli with Butter

Any low-carb vegetable with butter can do as a quick replacement for the broccoli. If you're looking for something out of the ordinary, sauteed Miracle Noodles with minced garlic, soy sauce, and butter can be great. Aim for a small, lower calorie side dish with some added fats and higher fiber.

Low Carb Chicken Curry → 5 Minute Keto Pizza

<http://www.ruled.me/5-minute-keto-pizza/>

Make sure to add 1 oz. extra chicken (rotisserie or canned) to the pizza for protein. The curry chicken recipe requires a few extra spices that people don't often want to buy. If you're not a fan of curries, feel free to make this simple and tasty pizza instead!



Get social with us!



WEEK 1

SHOPPING LIST

PROTEIN

- 16 large Eggs
- 5 Chicken Thighs, Skin-on and Bone-in (~28 oz. Deboned)
- 7 slices Bacon
- ¼ lb. Ground Pork
- 5 oz. Chicken Breast
- 4 oz. Salmon Filet
- 1 lb. Ground Chicken

FATS & OILS

- 10 Tbsp. Butter
- 1½ cups Heavy Cream
- 10½ Tbsp. + 2 tsp. Olive Oil
- 2 Tbsp. Coconut Oil

DAIRY

- 5 oz. Mozzarella Cheese
- 7.5 oz. Cheddar Cheese
- 8 oz. Cream Cheese
- 1 oz. Goat Cheese
- 2 Tbsp. Parmesan Cheese

PRODUCE

- 3 medium Avocados
- 6 stalks Spring Onions
- 14 oz. Broccoli
- 6 Tbsp. Basil, chopped
- 2 cups Packed Arugula
- 6 oz. Baby Bella Mushrooms (also known as Cremini Mushrooms)
- 1 oz. Green Pepper
- ¼ Vine Tomato
- 1 inch Ginger
- 11 oz. Spinach
- 1 Lemon
- 1 Lime
- 1 small Onion
- 4 Tbsp. Cilantro
- 1 Poblano Pepper
- ½ medium Red Bell Pepper
- 2 cloves Garlic

CONDIMENTS

- 3 Tbsp. Mayonnaise
- 1 tsp. Brown Mustard
- 1 Tbsp. Rice Wine Vinegar
- 1 Tbsp. Reduced Sugar Ketchup
- ¼ cup Frank's Hot Sauce
- 3 cups Beef Broth
- ½ cup Chicken Broth
- ¼ cup Rao's Tomato Sauce
- 2 tsp. Sriracha
- 1½ cup Unsweetened Coconut Milk (from the carton)

SPICES & HERBS

- 1 tsp. Baking Powder
- 1 tsp. Onion Powder
- 1 tsp. Red Pepper Flakes
- ½ tsp. Oregano
- 2½ tsp. Garlic Powder
- ½ tsp. Paprika
- 1¼ tsp. Dried Tarragon
- ½ tsp. Celery Seed
- ¾ tsp. Dried Parsley
- ¾ tsp. Dried Dill Weed
- ¼ tsp. Cumin Salt
- ¼ tsp. Chili Powder
- 1 tsp. Dried Chives

SPECIALTY

- 1 Tbsp. Pumpkin Seeds
- 1 oz. Macadamia Nuts

OTHER

- 7 drops Liquid Stevia
- ½ tsp. Xanthan Gum
- 1½ Tbsp. Psyllium Husk Powder
- Coffee beans or grounds
- ½ cup + 2 Tbsp. Almond Flour
- ¼ cup + 3 Tbsp. Flaxseed Meal

WEEK 1

DAY 1



BREAKFAST

Bacon Avocado Muffins Speciality

Calories 435.5
Fats 37.7g
Net Carbs 4.0g
Protein 16.2g



BREAKFAST

Black Coffee

Calories 3.0
Fats 0.0g
Net Carbs 0.0g
Protein 0.0g

Notes: Save 4 more muffins for days 3 and 5 in the refrigerator. Save 6 muffins in the freezer for week 4.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 438.5 | Fats 37.7g | Net Carbs 4.0g | Protein 16.2g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Arugula, Mayo, Basil, Olive Oil Salad

Calories 374.0
Fats 34.0g
Net Carbs 2.0g
Protein 14.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the arugula will wilt before you get the chance to eat it.

+ SNACK

Coffee with Cream

Calories 53.0 - Fats 5.0g - Net Carbs 0.0g - Protein 0.0g

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 427.0 | Fats 39.0g | Net Carbs 2.0g | Protein 14.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Creamy Tarragon Chicken

Calories 490.0
Fats 40.0g
Net Carbs 5.0g
Protein 33.0g

Notes: Feel free to add steamed broccoli into the pan with the chicken to soak up some of the extra sauce.

+ Side

Steamed Broccoli with Butter

Calories 139.0 - Fats 10.0g - Net Carbs 5.0g - Protein 3.0g

| | | | | |
|---------------|----------------|------------|-----------------|---------------|
| DINNER TOTALS | Calories 629.0 | Fats 50.0g | Net Carbs 10.0g | Protein 36.0g |
|---------------|----------------|------------|-----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| Day Totals | Calories 1494.5 | Fats 126.7g | Net Carbs 16.0g | Protein 66.2g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 2



BREAKFAST

Spinach & Cheddar Scramble

Calories 447.0
Fats 36.0g
Net Carbs 2.5g
Protein 28.0g

Notes: When cooking scrambled eggs, try not to move them around in the pan too much. A few small stirs every minute will give you fluffier eggs.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 447.0 | Fats 36.0g | Net Carbs 2.5g | Protein 28.0g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Macadamia Nuts & Herbed Cream Cheese

Calories 406.0
Fats 39.0g
Net Carbs 4.0g
Protein 6.0g

Notes: Spice this up your own way by adding your favorite fresh herbs and mixing them into the cream cheese.

+ SNACK

Coffee with Cream

Calories 53.0 - Fats 5.0g - Net Carbs 0.0g - Protein 0.0g

| | | | | |
|--------------|----------------|------------|----------------|--------------|
| LUNCH TOTALS | Calories 459.0 | Fats 44.0g | Net Carbs 4.0g | Protein 6.0g |
|--------------|----------------|------------|----------------|--------------|



DINNER

Chicken Parmesan

Calories 530.0
Fats 42.7g
Net Carbs 2.75g
Protein 33.0g

Notes: If you want to save money, sub out Rao's for your favorite spaghetti sauce. Normally this adds a few extra carbs, but in most instances it is okay.

+ Side

Vegetable Medley

Calories 165.25 - Fats 15.25g - Net Carbs 3.6g - Protein 3.4g

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 695.3 | Fats 58.5g | Net Carbs 6.4g | Protein 36.4g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| Day Totals | Calories 1601.3 | Fats 138.0g | Net Carbs 12.9g | Protein 70.4g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 3



BREAKFAST
Bacon Avocado Muffins

Calories 435.5
Fats 37.7g
Net Carbs 4.0g
Protein 16.2g



BREAKFAST
Black Coffee

Calories 3.0
Fats 0.0g
Net Carbs 0.0g
Protein 0.0g

Notes: Save 2 more muffins for day 5 in the refrigerator.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 438.5 | Fats 37.7g | Net Carbs 4.0g | Protein 16.2g |
|------------------|----------------|------------|----------------|---------------|



LUNCH
Simple Spinach Salad

Calories 298.0
Fats 29.0g
Net Carbs 2.0g
Protein 6.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the spinach will wilt before you get the chance to eat it.

+ SNACK

Cream Cheese & Bacon
Calories 293.0 - Fats 25.0g - Net Carbs 2.0g - Protein 10.0g

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 591.0 | Fats 54.0g | Net Carbs 4.0g | Protein 16.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Chili Lime Meatballs

Calories 339.0
Fats 23.3g
Net Carbs 3.2g
Protein 32.7g

DINNER
Fast Guacamole

Calories 89.0
Fats 8.0g
Net Carbs 1.5g
Protein 1.0g

Notes: Save 1 serving for day 6 lunch. Put the other servings in the freezer (meatballs and guacamole separate) for week 4.

+ Side

Steamed Broccoli
Calories 39.0 - Fats 0.0g - Net Carbs 5.0g - Protein 3.0g

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 467.0 | Fats 31.3g | Net Carbs 9.7g | Protein 36.7g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| Day Totals | Calories 1496.5 | Fats 123.0g | Net Carbs 17.7g | Protein 68.8g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 4



BREAKFAST
Ketoproof Coffee/Tea

Calories 222.0
Fats 25.0g
Net Carbs 0.0g
Protein 0.0g



BREAKFAST
Fried Eggs

Calories 260.0
Fats 26.0g
Net Carbs 1.0g
Protein 14.0g

Notes: Feel free to sweeten the coffee/tea with stevia.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 482.0 | Fats 51.0g | Net Carbs 1.0g | Protein 14.0g |
|------------------|----------------|------------|----------------|---------------|



LUNCH
Crockpot Buffalo Chicken Soup

Calories 478.25
Fats 40.5g
Net Carbs 3.5g
Protein 18.25g

Notes: Save 1 serving for day 5 dinner. Put other 2 servings into freezer individually for week 4. Make in advance if needed. Reheat using a microwave at work, or bring in a thermos. Make sure that you stir the soup half-way through reheating.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 487.3 | Fats 40.5g | Net Carbs 3.5g | Protein 18.3g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Oven "Grilled" Asian Chicken Thighs

Calories 401.5
Fats 29.5g
Net Carbs 2.0g
Protein 29.5g

Notes: Eat 1 serving. Save 1 serving in the refrigerator for lunch tomorrow. Put the last 2 servings in the freezer.

| | |
|--------|---|
| + Side | Vegetable Medley |
| | Calories 165.25 - Fats 15.25g - Net Carbs 3.6g - Protein 3.4g |

Notes: Reheat by adding to a pan over medium heat until warmed through.

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 566.8 | Fats 44.8g | Net Carbs 5.6g | Protein 32.9g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| Day Totals | Calories 1527.0 | Fats 136.3g | Net Carbs 10.1g | Protein 65.2g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 5



BREAKFAST
Bacon Avocado Muffins
Speciality

Calories 435.5
Fats 37.7g
Net Carbs 4.0g
Protein 16.2g



BREAKFAST
Black Coffee

Calories 3.0
Fats 0.0g
Net Carbs 0.0g
Protein 0.0g

BREAKFAST TOTALS

Calories 438.5

Fats 37.7g

Net Carbs 4.0g

Protein 16.2g



LUNCH
Oven "Grilled" Asian
Chicken Thighs

Calories 401.5
Fats 29.5g
Net Carbs 2.0g
Protein 29.5g

Notes: Reheat in the microwave at work. Serve salad cold, under the chicken thigh so that it partially wilts.

+ SNACK

Spinach Salad

Calories 17.0 - Fats 0.0g - Net Carbs 1.0g - Protein 2.0g

LUNCH TOTALS

Calories 418.5

Fats 29.5g

Net Carbs 3.0g

Protein 31.5g



DINNER
Crockpot Buffalo
Chicken Soup

Calories 478.25
Fats 40.5g
Net Carbs 3.5g
Protein 18.25g

Notes: Reheat on stove-top over medium heat until warmed though.

+ Side

Steamed Broccoli with Butter

Calories 139.0 - Fats 10.0g - Net Carbs 5.0g - Protein 3.0g

DINNER TOTALS

Calories 617.3

Fats 50.5g

Net Carbs 8.5g

Protein 21.3g

Day Totals

Calories
1474.3

Fats
117.7g

Net Carbs
15.5g

Protein
68.9g

WEEK 1

DAY 6



BREAKFAST
Ketoproof Coffee/Tea

Calories 222.0
Fats 25.0g
Net Carbs 0.0g
Protein 0.0g



BREAKFAST
Fried Eggs

Calories 260.0
Fats 26.0g
Net Carbs 1.0g
Protein 14.0g

Notes: Feel free to sweeten the coffee/tea with stevia.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 482.0 | Fats 51.0g | Net Carbs 1.0g | Protein 14.0g |
|------------------|----------------|------------|----------------|---------------|



LUNCH
Chili Lime Meatballs

Calories 339.0
Fats 23.3g
Net Carbs 3.2g
Protein 32.7g

LUNCH
Fast Guacamole

Calories 89.0
Fats 8.0g
Net Carbs 1.5g
Protein 1.0g

Notes: Reheat in the microwave at work. Serve guacamole cold or room temperature.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 428.0 | Fats 31.3g | Net Carbs 4.7g | Protein 33.7g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Stuffed Poblano Pepper

Calories 378.0
Fats 28.0g
Net Carbs 5.0g
Protein 21.25g

Notes: If you're not a fan of mushrooms, feel free to substitute your favorite low carb vegetable in its place.

+

Side

Herbed Cream Cheese

Calories 203.0 - Fats 18.0g - Net Carbs 2.0g - Protein 4.0g

Notes: Don't include macadamia nuts.

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 581.0 | Fats 46.0g | Net Carbs 7.0g | Protein 25.3g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| Day Totals | Calories 1491.0 | Fats 128.3g | Net Carbs 12.7g | Protein 72.9g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 7



BREAKFAST

Spinach, Onion, & Goat Cheese Omelette

Calories 620.0
Fats 53.0g
Net Carbs 5.5g
Protein 25.0g

Notes: If you don't enjoy the tartness of goat cheese, feel free to use your own favorite cheese in place of it.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 620.0 | Fats 53.0g | Net Carbs 5.5g | Protein 25.0g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Simple Spinach Salad

Calories 298.0
Fats 29.0g
Net Carbs 2.0g
Protein 6.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the spinach will wilt before you get the chance to eat it.

| | | | | |
|--------------|----------------|------------|----------------|--------------|
| LUNCH TOTALS | Calories 298.0 | Fats 29.0g | Net Carbs 2.0g | Protein 6.0g |
|--------------|----------------|------------|----------------|--------------|



DINNER

Salmon with Tarragon Dill Cream Sauce

Calories 511.0
Fats 44.5g
Net Carbs 1.5g
Protein 22.5g

Notes: Dip broccoli in excess fat and sauce from the salmon.

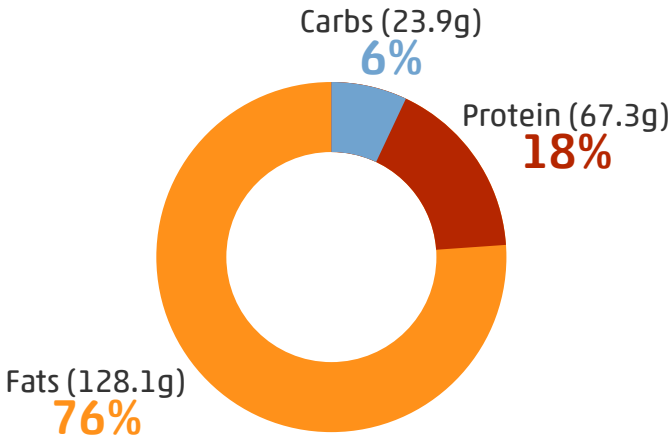
| | |
|--------|---|
| + Side | Steamed Broccoli |
| | Calories 39.0 - Fats 0.0g - Net Carbs 5.0g - Protein 3.0g |

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 550.0 | Fats 44.5g | Net Carbs 6.5g | Protein 25.5g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| Day Totals | Calories 1468.0 | Fats 126.5g | Net Carbs 13.0g | Protein 58.5g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1 TOTALS

| | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------|----------|-------------|--------------|--------------|------------------|----------------|
| DAILY GOAL | 1504 | 128 | ** | ** | 20 | 68 |
| Day 1 | 1494.5 | 126.7 | 29.7 | 13.7 | 16.0 | 66.2 |
| Day 2 | 1601.3 | 138.0 | 21.9 | 8.1 | 12.9 | 70.4 |
| Day 3 | 1496.5 | 123.0 | 36.0 | 18.3 | 17.7 | 68.8 |
| Day 4 | 1527.0 | 136.3 | 11.7 | 1.6 | 10.1 | 65.2 |
| Day 5 | 1474.3 | 117.7 | 28.2 | 12.7 | 15.5 | 68.9 |
| Day 6 | 1491.0 | 128.3 | 21.6 | 8.9 | 12.7 | 72.9 |
| Day 7 | 1468.0 | 126.5 | 18.0 | 5.0 | 13.0 | 58.5 |
| WEEK TOTALS | 10552.6 | 896.5 | 167.1 | 68.3 | 97.9 | 470.9 |
| DAILY AVERAGE | 1507.5 | 128.1 | 23.9 | 9.8 | 14.0 | 67.3 |



WEEK 2

SHOPPING LIST

PROTEIN

- 10 oz. Ground Beef (80/20)
- 12 oz. Rotisserie Chicken, shredded
- 2 Chicken Thighs, Skin-on and Bone-in (~10 oz. Deboned)
- 11 large Eggs
- 4 Chicken Drumsticks (~17 oz.)
- 16 slices Bacon

FATS & OILS

- 4½ Tbsp. Olive Oil
- 5 Tbsp. + 1 tsp. Butter
- ¼ cup + 1 Tbsp. Heavy Cream
- ¼ cup + 2 Tbsp. Coconut Oil
- ¼ cup Olives, sliced

DAIRY

- 4 oz. Mozzarella Cheese
- 10 oz. Cream Cheese
- 1 oz. Goat Cheese
- ¼ cup Parmesan Cheese

PRODUCE

- 4 stalks Celery
- 1½ medium Red Bell Pepper
- 6 cloves Garlic
- 1 Lime
- 10 medium Jalapeno Peppers
- 1 inch Ginger
- 1 Green Chile
- 2 Shallots
- ½ cup + 1 Tbsp. Cilantro
- 1 cup Diced Tomatoes
- 6 oz. Broccoli
- 4 oz. Baby Bella Mushrooms
- 1 small Avocado
- 11 oz. Spinach
- 1 stalk Lemongrass
- 1 oz. Green Pepper
- ¼ cup Basil, chopped

CONDIMENTS

- 6 Tbsp. Mayonnaise
- 1⅔ tsp. Brown Mustard
- ⅓ tsp. Frank's Hot sauce
- ½ Tbsp. Reduced Sugar Ketchup
- ½ tsp. Worcestershire Sauce
- ¼ cup Coconut Milk (from the can)
- 4 cups Chicken Broth
- 1½ Tbsp. Tomato Paste

SPICES & HERBS

- 2¼ tsp. Cumin
- 1½ tsp. Oregano
- 1⅛ tsp. Chili Powder
- ½ + ⅛ tsp. Cayenne Pepper
- 1 tsp. Turmeric Powder
- ½ tsp. Mrs. Dash
- ¼ tsp. Italian Seasoning
- ½ + ⅛ tsp. Onion Powder
- ⅛ tsp. Paprika
- ⅛ tsp. Garlic Powder
- 1 tsp. Baking Powder
- ½ tsp. Dried Parsley

SPECIALTY

- 1 cup Pecan Halves
- 1 Tbsp. Pumpkin Seeds

OTHER

- ¾ cup + 2 Tbsp. Almond Flour
- ½ cup + 1½ Tbsp. Flaxseed Meal
- ¼ cup Shredded Coconut, unsweetened
- 2 Tbsp. Sugar Free Maple Syrup
- 0.75 oz Pork Rinds

WEEK 2 DAY 1



BREAKFAST
Maple Pecan Fat Bomb Bars

Calories 453.9
Fats 45.7g
Net Carbs 3.0g
Protein 7.4g

Notes: Save the other 3 servings for breakfast on days 3, 5, and 7.

| | | | | |
|------------------|----------------|------------|----------------|--------------|
| BREAKFAST TOTALS | Calories 453.9 | Fats 45.7g | Net Carbs 3.0g | Protein 7.4g |
|------------------|----------------|------------|----------------|--------------|



LUNCH
Chicken Enchilada Soup

Calories 454.0
Fats 34.3g
Net Carbs 7.3g
Protein 23.0g

Notes: Store leftovers for day 4 and 6. Store 3 oz. leftover chicken meat in the fridge and freeze rest of the chicken meat. Reheat using a microwave at work, or bring in a thermos. Make sure that you stir the soup half-way through reheating.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 454.0 | Fats 34.3g | Net Carbs 7.3g | Protein 23.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Italian Stuffed Meatballs

Calories 508.5
Fats 40.25g
Net Carbs 3.25g
Protein 32.75g

Notes: Store leftovers for day 3 lunch. Serve spinach salad under the meatballs so that it partially wilts.

| | |
|--------|--|
| + Side | Spinach Salad Calories 114.0 - Fats 10.0g - Net Carbs 1.0g - Protein 2.0g |
|--------|--|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 622.5 | Fats 50.3g | Net Carbs 4.3g | Protein 34.8g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1530.4 | Fats 130.3g | Net Carbs 14.6g | Protein 65.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 2

DAY 2



BREAKFAST

Bacon, Red Pepper, & Mozzarella Frittata

Calories 508.3
Fats 43.0g
Net Carbs 4.8g
Protein 27.3g

Notes: Make in 9x9 baking pan, then slice into 6 strips. Eat 2 strips per serving.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 508.3 | Fats 43.0g | Net Carbs 4.8g | Protein 27.3g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Egg Salad Stuffed Avocado

Calories 408.3
Fats 36.0g
Net Carbs 5.3g
Protein 9.3g

Notes: Feel free to add extra hot sauce or garlic powder for an extra boost in flavor.

| | | | | |
|--------------|----------------|------------|----------------|--------------|
| LUNCH TOTALS | Calories 408.3 | Fats 36.0g | Net Carbs 5.3g | Protein 9.3g |
|--------------|----------------|------------|----------------|--------------|



DINNER

Low Carb Zesty Chicken Nuggets

Calories 361.3
Fats 23.8g
Net Carbs 0.8g
Protein 33.8g



LUNCH

Fry Sauce Dipping Sauce

Calories 105.0
Fats 10.0g
Net Carbs 0.5g
Protein 0.0g

Notes: Save leftovers for day 5 dinner. Start making the sauce and side dish once you have the chicken in the oven. It won't take long to cook.

| | |
|--------|--|
| + Side | Spinach Salad Calories 114.0 - Fats 10.0g - Net Carbs 1.0g - Protein 2.0g |
|--------|--|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 580.3 | Fats 43.8g | Net Carbs 2.3g | Protein 35.8g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1496.9 | Fats 122.8g | Net Carbs 12.4g | Protein 72.4g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 2

DAY 3



BREAKFAST

Maple Pecan Fat Bomb Bars

Calories 453.9
Fats 45.7g
Net Carbs 3.0g
Protein 7.4g

Notes: Feel free to use Walden Farm's brand Sugar Free Maple Syrup or your favorite sugar free store-bought maple syrup. You can also make your own if you don't have options.

BREAKFAST TOTALS

Calories 453.9

Fats 45.7g

Net Carbs 3.0g

Protein 7.4g



LUNCH

Italian Stuffed Meatballs

Calories 508.5
Fats 40.25g
Net Carbs 3.25g
Protein 32.75g

Notes: Reheat in the microwave at work.

LUNCH TOTALS

Calories 508.5

Fats 40.3g

Net Carbs 3.3g

Protein 32.8g



DINNER

3 Chicken Jalapeno Poppers

Calories 369.3
Fats 28.0g
Net Carbs 2.7g
Protein 21.7g

Notes: Store the extra jalapeno poppers in the refrigerator for use over the week. Use leftover rotisserie chicken from the refrigerator to make these.

+ Side

Creamed Spinach

Calories 166.0 - Fats 14.0g - Net Carbs 2.0g - Protein 4.0g

DINNER TOTALS

Calories 535.3

Fats 42.0g

Net Carbs 4.7g

Protein 25.7g

DAY TOTALS

Calories 1497.7

Fats 128.0g

Net Carbs 11.0g

Protein 65.9g

WEEK 2

DAY 4



BREAKFAST

Bacon, Red Pepper, & Mozzarella Frittata

Calories 508.3
Fats 43.0g
Net Carbs 4.8g
Protein 27.3g

Notes: Although I prefer them cold, feel free to microwave these if you prefer warm food in the morning.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 508.3 | Fats 43.0g | Net Carbs 4.8g | Protein 27.3g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Enchilada Soup

Calories 454.0
Fats 34.3g
Net Carbs 7.3g
Protein 23.0g

Notes: Reheat using a microwave at work, or bring in a thermos. Make sure that you stir the soup halfway through reheating.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 454.0 | Fats 34.3g | Net Carbs 7.3g | Protein 23.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Bacon Jalapeno Mug Cake

Calories 429.0
Fats 39.0g
Net Carbs 3.2g
Protein 14.5g

Notes: To get a more evenly cooked mug cake, use your finger to evenly distribute the batter in the mug. Wipe down the sides so it easily comes out.

+

Side

1 Chicken Jalapeno Popper

Calories 120.9 - Fats 9.2g - Net Carbs 0.8g - Protein 7.1g

Notes: Reheat in the microwave or quickly in a pan on high heat on the stove.

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 549.9 | Fats 48.2g | Net Carbs 4.0g | Protein 21.6g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1512.2 | Fats 125.6g | Net Carbs 16.1g | Protein 71.9g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 2

DAY 5



BREAKFAST

Maple Pecan Fat Bomb Bars

Calories 453.9
Fats 45.7g
Net Carbs 3.0g
Protein 7.4g

Notes: Try to minimize the time before you eat them once you take them out of the refrigerator.

| | | | | |
|------------------|----------------|------------|----------------|--------------|
| BREAKFAST TOTALS | Calories 453.9 | Fats 45.7g | Net Carbs 3.0g | Protein 7.4g |
|------------------|----------------|------------|----------------|--------------|



LUNCH

2 Chicken Jalapeno Poppers

Calories 246.2
Fats 18.7g
Net Carbs 1.8g
Protein 14.4g

Notes: Feel free to dice up jalapeno poppers and mix into your spinach salad for a different take on textures.

+ SNACK

Spinach Salad

Calories 114.0 - Fats 10.0g - Net Carbs 1.0g - Protein 2.0g

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 360.2 | Fats 28.7g | Net Carbs 2.8g | Protein 16.4g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Low Carb Zesty Chicken Nuggets

Calories 361.3
Fats 23.8g
Net Carbs 0.8g
Protein 33.8g

Notes: To reheate, place in oven at 400F for 5-10 minutes or until warmed through.

+ Side

Vegetable Medley

Calories 330.5 - Fats 30.5g - Net Carbs 7.2g - Protein 6.8g

Notes: Start making the side dish once you have the chicken nuggets in the oven. It won't take long to cook.

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 691.8 | Fats 54.3g | Net Carbs 8.0g | Protein 40.6g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1505.8 | Fats 128.6g | Net Carbs 13.8g | Protein 64.3g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 2

DAY 6



BREAKFAST

Bacon, Red Pepper, & Mozzarella Frittata

Calories 508.3
Fats 43.0g
Net Carbs 4.8g
Protein 27.3g

Notes: Although I prefer them cold, feel free to microwave these if you prefer warm food in the morning.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 508.3 | Fats 43.0g | Net Carbs 4.8g | Protein 27.3g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Enchilada Soup

Calories 454.0
Fats 34.3g
Net Carbs 7.3g
Protein 23.0g

Notes: Reheat using a microwave at work, or bring in a thermos. Make sure that you stir the soup halfway through reheating.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 454.0 | Fats 34.3g | Net Carbs 7.3g | Protein 23.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Bacon Jalapeno Mug Cake

Calories 429.0
Fats 39.0g
Net Carbs 3.2g
Protein 14.5g

Notes: To get a more evenly cooked mug cake, use your finger to evenly distribute the batter in the mug. Wipe down the sides so it easily comes out.

+ Side

1 Chicken Jalapeno Popper

Calories 120.9 - Fats 9.2g - Net Carbs 0.8g - Protein 7.1g

Notes: Reheat in the microwave or quickly in a pan on high heat on the stove.

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 549.9 | Fats 48.2g | Net Carbs 4.0g | Protein 21.6g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1512.2 | Fats 125.6g | Net Carbs 16.1g | Protein 71.9g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 2

DAY 7



BREAKFAST

Maple Pecan Fat Bomb Bars

Calories 453.9
Fats 45.7g
Net Carbs 3.0g
Protein 7.4g

Notes: Try to minimize the time that you eat them once you take them out of the refrigerator. They can get a little bit crumbly if they get warm.

| | | | | |
|------------------|----------------|------------|----------------|--------------|
| BREAKFAST TOTALS | Calories 453.9 | Fats 45.7g | Net Carbs 3.0g | Protein 7.4g |
|------------------|----------------|------------|----------------|--------------|



LUNCH

2 Chicken Jalapeno Poppers

Calories 246.2
Fats 18.7g
Net Carbs 1.8g
Protein 14.4g

Notes: Feel free to dice up jalapeno poppers and mix into your spinach salad for a different take on textures.

+ SNACK

Spinach Salad

Calories 114.0 - Fats 10.0g - Net Carbs 1.0g - Protein 2.0g

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 360.2 | Fats 28.7g | Net Carbs 2.8g | Protein 16.4g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Low carb Chicken Curry

Calories 528.8
Fats 37.3g
Net Carbs 5.5g
Protein 39.4g

Notes: Freeze leftovers in a plastic container for week 4.

+ Side

Steamed Broccoli with Butter

Calories 139.0 - Fats 10.0g - Net Carbs 5.0g - Protein 3.0g

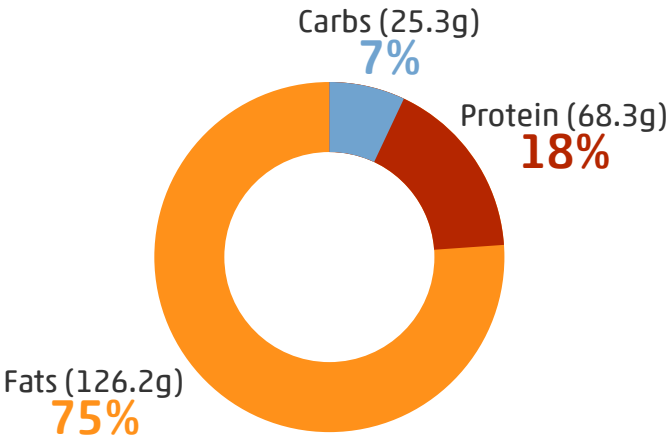
Notes: Feel free to pour the curry over the broccoli once it's on your plate. This way you get some sauce to eat with your broccoli.

| | | | | |
|---------------|----------------|------------|-----------------|---------------|
| DINNER TOTALS | Calories 667.8 | Fats 47.3g | Net Carbs 10.5g | Protein 42.4g |
|---------------|----------------|------------|-----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1481.9 | Fats 121.7g | Net Carbs 16.3g | Protein 66.2g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 2 TOTALS

| | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------|----------|-------------|--------------|--------------|------------------|----------------|
| DAILY GOAL | 1504 | 128 | ** | ** | 20 | 68 |
| Day 1 | 1530.4 | 130.3 | 26.9 | 12.3 | 14.6 | 65.1 |
| Day 2 | 1496.9 | 122.8 | 25.2 | 14.9 | 12.4 | 72.4 |
| Day 3 | 1497.7 | 128.0 | 22.8 | 11.3 | 11.0 | 65.9 |
| Day 4 | 1512.2 | 125.6 | 22.0 | 8.0 | 16.1 | 71.9 |
| Day 5 | 1505.8 | 128.6 | 28.8 | 15.1 | 13.8 | 64.3 |
| Day 6 | 1512.2 | 126.6 | 22.0 | 8.0 | 16.1 | 71.9 |
| Day 7 | 1481.9 | 121.7 | 29.3 | 13.0 | 16.3 | 66.2 |
| WEEK TOTALS | 10537.1 | 883.6 | 176.9 | 82.6 | 100.3 | 477.7 |
| DAILY AVERAGE | 1505.3 | 126.2 | 25.3 | 11.8 | 14.3 | 68.2 |



WEEK 3

SHOPPING LIST

PROTEIN

- 16 oz. Ground Beef (80/20)
- 5 slices Bacon
- 2 Chicken Thighs, Skin-on and Bone-in (~12 oz. Deboned)
- 4 oz. Salmon Filet
- 4 slices Prosciutto
- 15 large Eggs

FATS & OILS

- 9½ Tbsp. Butter
- ¾ cup + 1 Tbsp. Heavy Cream
- 6 Tbsp. + 2 tsp. Olive Oil
- 3 Tbsp. Duck Fat (or Olive Oil)

DAIRY

- 3.5 oz. Cream Cheese
- 8 oz. Mozzarella Cheese
- ¾ Tbsp. Parmesan Cheese
- 3 oz. Goat Cheese
- 5.5 oz. Cheddar Cheese

PRODUCE

- 1 large head Cauliflower
- 2 cups Packed Arugula
- 1 Lemon
- 6 Tbsp. Basil, chopped
- 20 oz. Broccoli
- 1¼ Red Bell Pepper
- ½ whole Jalapeno
- ½ Baby Dill Pickle
- 3 cloves Garlic
- ¼ medium Onion
- 1 Vine Tomato
- 10 oz. Spinach
- 1 inch Ginger
- 5 stalks Spring Onions
- 2 Tbsp. Cilantro, packed

CONDIMENTS

- 2 Tbsp. Mayonnaise
- 1 Tbsp. Mustard
- 1 Tbsp. Tomato Paste
- 2 Tbsp. Reduced Sugar Ketchup
- 1 Tbsp. Rice Wine Vinegar
- 1½ cups Chicken Broth
- 2 Tbsp. Sour Cream
- 2 Tbsp. Hollandaise Sauce (Trader Joe)
- 1¾ cups Unsweetened Coconut Milk (from the carton)
- 2 tsp. Sriracha

SPICES & HERBS

- ½ tsp. Dried Thyme
- ¼ + ⅛ tsp. Red Pepper Flakes
- ½ tsp. Paprika
- ¾ tsp. Cinnamon
- ½ tsp. Maple Flavor
- ¼ tsp. Vanilla
- ⅛ tsp. Nutmeg
- ⅛ tsp. Allspice
- 2 tsp. Dried Chives
- ½ tsp. Onion Powder
- 1¼ tsp. Garlic Powder
- ¾ tsp. Cumin
- 1 tsp. Dried Oregano
- ¾ tsp. Dried Tarragon
- ¾ tsp. Dried Dill Weed
- ¼ tsp. Dried Parsley
- 1 tsp. Baking Powder

SPECIALTY

- ½ cup Pecans
- 1 oz. Macadamia Nuts

OTHER

- ¼ cup + 3 Tbsp. Almond Flour
- 6½ Tbsp. Flaxseed Meal
- 2½ Tbsp. Chia Seed
- 14 drops Liquid Stevia
- ¼ tsp. Xanthan Gum

WEEK 3

DAY 1



BREAKFAST

Cinnamon Roll "Oatmeal"

Calories 401.5
Fats 36.5g
Net Carbs 4.0g
Protein 8.3g

Notes: Save leftovers for days 3 and 5 breakfast. Feel free to sweeten to your own tastes with stevia.

| | | | | |
|-------------------------|----------------|------------|----------------|--------------|
| BREAKFAST TOTALS | Calories 401.5 | Fats 36.5g | Net Carbs 4.0g | Protein 8.3g |
|-------------------------|----------------|------------|----------------|--------------|



LUNCH

Arugula, Mayo, Basil, Olive Oil Salad

Calories 444.0
Fats 39.0g
Net Carbs 2.0g
Protein 20.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the arugula will wilt before you get the chance to eat it. Use 3 oz. Mozzarella Cheese for lunch in today's salad.

| | | | | |
|---------------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 444.0 | Fats 39.0g | Net Carbs 2.0g | Protein 20.0g |
|---------------------|----------------|------------|----------------|---------------|



DINNER

Keto Cheeseburger Muffins

Calories 553.5
Fats 41.8g
Net Carbs 4.4g
Protein 32.0g

Notes: Save 2 muffins for day 3 dinner. Store leftovers in a plastic container in the refrigerator.

+

Side

Lemon Roasted Spicy Broccoli

Calories 138.1 - Fats 10.5g - Net Carbs 3.8g - Protein 5.7g

Notes: Store leftovers in a plastic container in the refrigerator.

| | | | | |
|----------------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 691.6 | Fats 52.3g | Net Carbs 8.2g | Protein 37.7g |
|----------------------|----------------|------------|----------------|---------------|

| | | | | |
|-------------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1537.1 | Fats 127.8g | Net Carbs 14.2g | Protein 66.0g |
|-------------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 2



BREAKFAST

Spinach, Onion, & Goat Cheese Omelette

Calories 620.0
Fats 53.0g
Net Carbs 5.5g
Protein 26.0g

Notes: If you don't enjoy the tartness of goat cheese, feel free to use your own favorite cheese in place of it.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 620.0 | Fats 53.0g | Net Carbs 5.5g | Protein 26.0g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Simple Caprese Salad

Calories 404.0
Fats 36.0g
Net Carbs 1.5g
Protein 18.5g

Notes: Feel free to add 1 oz. mixed greens with this to make it into a full salad. Use fresh mozzarella cheese if you want a traditional style Caprese Salad.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 404.0 | Fats 36.0g | Net Carbs 1.5g | Protein 18.5g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Oven "Grilled" Asian Chicken Thighs

Calories 401.5
Fats 29.5g
Net Carbs 2.0g
Protein 29.5g

Notes: Defrost all portions up to 2 days in advance. Save second portion for day 5 dinner.

| | |
|--------|---|
| + Side | Garlic Sauteed Spinach |
| | Calories 109.0 - Fats 10.0g - Net Carbs 1.5g - Protein 2.0g |

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 510.5 | Fats 39.5g | Net Carbs 3.5g | Protein 31.5g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1534.5 | Fats 128.5g | Net Carbs 10.5g | Protein 76.0g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 3



BREAKFAST

Cinnamon Roll "Oatmeal"

Calories 401.5
Fats 36.5g
Net Carbs 4.0g
Protein 8.3g

Notes: You can eat this cold, but you can also microwave for 30-45 seconds until warmed through.

| | | | | |
|-------------------------|----------------|------------|----------------|--------------|
| BREAKFAST TOTALS | Calories 401.5 | Fats 36.5g | Net Carbs 4.0g | Protein 8.3g |
|-------------------------|----------------|------------|----------------|--------------|



LUNCH

Simple Spinach Salad with Crumbled Bacon

Calories 433.0
Fats 39.5g
Net Carbs 1.0g
Protein 17.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the spinach will wilt before you get the chance to eat it.

| | | | | |
|---------------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 433.0 | Fats 39.5g | Net Carbs 1.0g | Protein 17.0g |
|---------------------|----------------|------------|----------------|---------------|



DINNER

Keto Cheeseburger Muffins

Calories 553.5
Fats 41.8g
Net Carbs 4.4g
Protein 32.0g

Notes: To reheat, either microwave or bake for 5-10 minutes in the oven at 350F until warmed through.

+ Side

Lemon Roasted Spicy Broccoli
 Calories 138.1 - Fats 10.5g - Net Carbs 3.8g - Protein 5.7g

Notes: To reheat, either cook on the stove-top in a pan on medium-high, or bake for 5-10 minutes in the oven at 400F until warmed through.

| | | | | |
|----------------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 691.6 | Fats 52.3g | Net Carbs 8.2g | Protein 37.7g |
|----------------------|----------------|------------|----------------|---------------|

| | | | | |
|-------------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1526.1 | Fats 128.3g | Net Carbs 13.2g | Protein 63.0g |
|-------------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 4



BREAKFAST
Spinach & Cheddar Scramble

Calories 447.0
Fats 36.0g
Net Carbs 2.5g
Protein 28.0g



BREAKFAST
Coffee with Cream

Calories 53.0
Fats 5.0g
Net Carbs 0.0g
Protein 0.0g

BREAKFAST TOTALS

Calories 500.0

Fats 41.0g

Net Carbs 3.0g

Protein 28.0g



LUNCH
Roasted Red Pepper & Cauliflower Soup

Calories 432.0
Fats 38.0g
Net Carbs 8.0g
Protein 8.5g

Notes: Make the night before and store in 2 separate containers. Reheat using a microwave at work, or bring in a thermos. Make sure that you stir the soup half-way through reheating.

LUNCH TOTALS

Calories 432.0

Fats 38.0g

Net Carbs 8.0g

Protein 8.5g



DINNER
Tex Mex Casserole

Calories 443.3
Fats 35.8g
Net Carbs 2.3g
Protein 30.0g

Notes: Store leftovers in the refrigerator in a plastic container for day 7 dinner.

+ Side

Steamed Broccoli with Butter

Calories 139.0 - Fats 10.0g - Net Carbs 5.0g - Protein 3.0g

DINNER TOTALS

Calories 582.3

Fats 45.8g

Net Carbs 7.3g

Protein 33.0g

DAY TOTALS

Calories 1514.3

Fats 124.8g

Net Carbs 17.8g

Protein 69.5g

WEEK 3

DAY 5



BREAKFAST

Cinnamon Roll "Oatmeal"

Calories 401.5
Fats 36.5g
Net Carbs 4.0g
Protein 8.3g

Notes: You can eat this cold, but you can also microwave for 30-45 seconds until warmed through.

| | | | | |
|-------------------------|----------------|------------|----------------|--------------|
| BREAKFAST TOTALS | Calories 401.5 | Fats 36.5g | Net Carbs 4.0g | Protein 8.3g |
|-------------------------|----------------|------------|----------------|--------------|



LUNCH

Bacon Cheddar Mug Cake

Calories 548.0
Fats 50.0g
Net Carbs 4.0g
Protein 23.0g

Notes: Take all raw ingredients with you, then mix and microwave when at work or when it is time for lunch.

| | | | | |
|---------------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 548.0 | Fats 50.0g | Net Carbs 4.0g | Protein 23.0g |
|---------------------|----------------|------------|----------------|---------------|



DINNER

Oven "Grilled" Asian Chicken Thighs

Calories 401.5
Fats 29.5g
Net Carbs 2.0g
Protein 29.5g

Notes: Reheat by placing into the oven at 400F for 10-15 minutes or until warmed through.

| | |
|---------------|--|
| + Side | Garlic Sauteed Spinach Calories 109.0 - Fats 10.0g - Net Carbs 1.5g - Protein 2.0g |
|---------------|--|

| | | | | |
|----------------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 510.5 | Fats 39.5g | Net Carbs 3.5g | Protein 31.5g |
|----------------------|----------------|------------|----------------|---------------|

| | | | | |
|-------------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1460.0 | Fats 126.0g | Net Carbs 11.5g | Protein 62.8g |
|-------------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 6



BREAKFAST

Cauliflower Breakfast Waffles

Calories 193.8
Fats 13.0g
Net Carbs 2.8g
Protein 15.1g

EXTRAS

Eggs Benedict

Calories 285.0
Fats 25.0g
Net Carbs 1.0g
Protein 22.5g

Notes: Make full waffle and store half for breakfast tomorrow.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 478.8 | Fats 38.0g | Net Carbs 3.8g | Protein 37.6g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Roasted Red Pepper & Cauliflower Soup

Calories 432.0
Fats 38.0g
Net Carbs 8.0g
Protein 8.5g

Notes: Reheat on stovetop over medium-low heat until warmed through.

| | | | | |
|--------------|----------------|------------|----------------|--------------|
| LUNCH TOTALS | Calories 432.0 | Fats 38.0g | Net Carbs 8.0g | Protein 8.5g |
|--------------|----------------|------------|----------------|--------------|



DINNER

Salmon with Tarragon Dill Cream Sauce

Calories 511.0
Fats 44.5g
Net Carbs 1.5g
Protein 22.5g

Notes: Dip broccoli in excess fat and sauce from the salmon.

| | |
|--------|---|
| + Side | Steamed Broccoli |
| | Calories 39.0 - Fats 0.0g - Net Carbs 5.0g - Protein 3.0g |

| | | | | |
|---------------|----------------|-----------|----------------|---------------|
| DINNER TOTALS | Calories 550.0 | Fats 4.5g | Net Carbs 6.5g | Protein 25.5g |
|---------------|----------------|-----------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1460.8 | Fats 120.5g | Net Carbs 18.3g | Protein 71.6g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 7



BREAKFAST
Cauliflower Breakfast Waffles

Calories 193.8
Fats 13.0g
Net Carbs 2.8g
Protein 15.1g

EXTRAS
Eggs Benedict

Calories 285.0
Fats 25.0g
Net Carbs 1.0g
Protein 22.5g

Notes: Use half-waffle and reheat in a pan on low heat. Make eggs benedict from scratch.

| | | | | |
|-------------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 478.8 | Fats 38.0g | Net Carbs 3.8g | Protein 37.6g |
|-------------------------|----------------|------------|----------------|---------------|



LUNCH
Macadamia Nuts & Herbed Cream Cheese

Calories 406.0
Fats 39.0g
Net Carbs 4.0g
Protein 6.0g

Notes: Spice this up your own way by adding your favorite fresh herbs and mixing them into the cream cheese.

+ SNACK

Coffee with Cream
 Calories 53 - Fats 5.0g - Net Carbs 0.0g - Protein 0.0g

| | | | | |
|---------------------|----------------|------------|----------------|--------------|
| LUNCH TOTALS | Calories 459.0 | Fats 44.0g | Net Carbs 4.0g | Protein 6.0g |
|---------------------|----------------|------------|----------------|--------------|



DINNER
Tex Mex Casserole

Calories 443.3
Fats 35.8g
Net Carbs 2.3g
Protein 30.0g

Notes: To reheat the casserole, place in the oven at 350F for 10-15 minutes or until warmed through.

+ Side

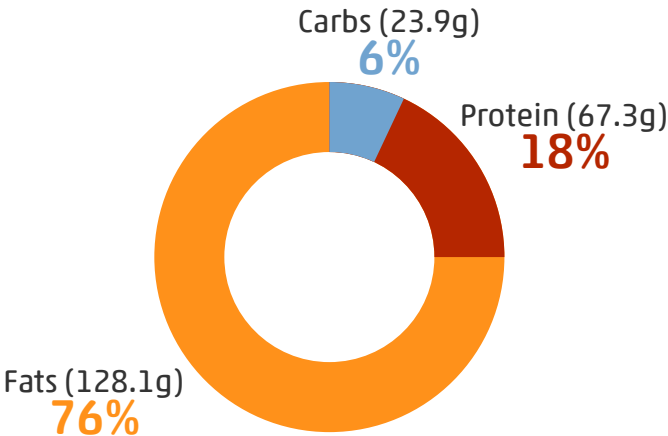
Steamed Broccoli with Butter
 Calories 139.0 - Fats 10.0g - Net Carbs 5.0g - Protein 3.0g

| | | | | |
|----------------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 582.3 | Fats 45.8g | Net Carbs 7.3g | Protein 33.0g |
|----------------------|----------------|------------|----------------|---------------|

| | | | | |
|-------------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1520.0 | Fats 127.8g | Net Carbs 14.8g | Protein 76.6g |
|-------------------|-----------------|-------------|-----------------|---------------|

WEEK 3 TOTALS

| | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------|----------|-------------|--------------|--------------|------------------|----------------|
| DAILY GOAL | 1504 | 128 | ** | ** | 20 | 68 |
| Day 1 | 1537.1 | 127.8 | 33.9 | 19.7 | 14.2 | 66.0 |
| Day 2 | 1534.5 | 128.5 | 14.0 | 3.5 | 10.5 | 76.0 |
| Day 3 | 1526.1 | 128.3 | 32.9 | 19.7 | 13.2 | 63.0 |
| Day 4 | 1514.3 | 124.8 | 25.8 | 8.0 | 17.8 | 69.5 |
| Day 5 | 1460.0 | 126.0 | 24.5 | 13.0 | 11.5 | 62.8 |
| Day 6 | 1460.8 | 120.5 | 26.3 | 8.0 | 18.3 | 71.6 |
| Day 7 | 1520.0 | 127.8 | 21.8 | 7.0 | 14.8 | 76.6 |
| WEEK TOTALS | 10552.8 | 883.7 | 179.2 | 78.9 | 100.3 | 485.6 |
| DAILY AVERAGE | 1507.5 | 126.2 | 25.6 | 11.3 | 14.3 | 69.4 |



WEEK 4

SHOPPING LIST

PROTEIN

- 8 large Eggs
- 9 slices Bacon
- 8 oz. Ground Beef (80/20)
- 4 Chicken Thighs, Skin-on and Bone-in (~18 oz. Deboned)
- 2 oz. Rotisserie Chicken

FATS & OILS

- 6 Tbsp. Unsalted Butter
- 2 Tbsp. Coconut Oil
- 2 Tbsp. + 1 tsp. Olive Oil
- 1/3 cup + 4 Tbsp. Heavy Cream

DAIRY

- 10 oz. Cream Cheese
- 4 oz. Shredded Cheddar
- 3 oz. Mozzarella Cheese
- 1 oz. Goat Cheese

PRODUCE

- 20 oz. Broccoli
- 1 medium Jalapeno
- 1/4 medium Onion
- 1 medium Dill Pickle
- 1 Lemon (1 tsp. juice)
- 6 oz. Spinach
- 2 cups Packed Arugula
- 1 stalk Spring Onion
- 2 Tbsp. Chopped Basil

CONDIMENTS

- 2 tsp. Brown Mustard
- 2 Tbsp. Ranch Dressing
- 3 Tbsp. Mayonnaise
- 2 1/2 cups Beef Broth
- 2 Tbsp. Tomato Paste
- 3 Tbsp. Frank's Hot sauce

SPICES & HERBS

- 1/2 tsp. Garlic Powder
- 1/2 tsp. Onion Powder
- 1/4 tsp. Red Pepper Flakes
- 3/4 tsp. Cumin
- 3/4 tsp. Chili Powder
- 1/4 tsp. Dried Parsley

SPECIALTY

- 1 Oz. Macadamia Nuts

OTHER

- 21 drops Liquid Stevia

WEEK 4

DAY 1



BREAKFAST

Bacon Avocado Muffins

Calories 435.5
Fats 37.7g
Net Carbs 4.0g
Protein 16.2g



BREAKFAST

Black Coffee

Calories 3.0
Fats 0.0g
Net Carbs 0.0g
Protein 0.0g

Notes: Defrost all servings up to 2 nights in advance by placing in the refrigerator.

BREAKFAST TOTALS

Calories 438.5

Fats 37.7g

Net Carbs 4.0g

Protein 16.2g



LUNCH

Crockpot Buffalo Chicken Soup

Calories 478.25
Fats 40.5g
Net Carbs 3.5g
Protein 18.25g

Notes: Defrost up to 2 nights in advance by placing in the fridge. Reheat using a microwave at work, or bring in a thermos. Make sure that you stir the soup half-way through reheating.

LUNCH TOTALS

Calories 478.3

Fats 40.5g

Net Carbs 3.5g

Protein 18.3g



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 660.2
Fats 54.3g
Net Carbs 1.7g
Protein 28.8g

Notes: Prepare in 9x9 baking dish. Cut into 4 servings once done. Save leftovers in a plastic container in the refrigerator.

+ Side

Steamed Broccoli

Calories 39.0 - Fats 0.0g - Net Carbs 5.0g - Protein 3.0g

Notes: Dip broccoli in excess chicken fat from the casserole.

DINNER TOTALS

Calories 699.2

Fats 54.3g

Net Carbs 1.7g

Protein 28.8g

DAY TOTALS

Calories 1576.9

Fats 132.5g

Net Carbs 9.2g

Protein 63.2g

WEEK 4

DAY 2



BREAKFAST
Ketoproof Coffee/Tea

Calories 222.0
Fats 25.0g
Net Carbs 0.0g
Protein 0.0g



BREAKFAST
Fried Eggs

Calories 260.0
Fats 26.0g
Net Carbs 1.0g
Protein 14.0g

Notes: Feel free to sweeten the coffee/tea with stevia.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 482.0 | Fats 51.0g | Net Carbs 1.0g | Protein 14.0g |
|------------------|----------------|------------|----------------|---------------|



LUNCH
Chili Lime Meatballs

Calories 339.0
Fats 23.3g
Net Carbs 3.2g
Protein 32.7g

LUNCH
Fast Guacamole

Calories 89.0
Fats 8.0g
Net Carbs 1.5g
Protein 1.0g

Notes: Defrost up to 2 days in advance. Reheat in the microwave at work. Serve guacamole cold or room temperature.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 428.0 | Fats 31.3g | Net Carbs 4.7g | Protein 33.7g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Bacon Cheeseburger Soup

Calories 561.0
Fats 47.3g
Net Carbs 4.3g
Protein 25.3g

Notes: Store leftovers in 2 separate containers in the refrigerator for day 5 dinner and day 7 lunch.

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 561.0 | Fats 47.3g | Net Carbs 4.3g | Protein 25.3g |
|---------------|----------------|------------|----------------|---------------|

DAY TOTALS

Calories 1471.0

Fats 129.7g

Net Carbs 10.0g

Protein 73.0g

WEEK 4

DAY 3



BREAKFAST
Scrambled Eggs with Spinach

Calories 314.0
Fats 25.0g
Net Carbs 2.5g
Protein 20.0g

Notes: If you prefer to have your spinach fully wilted, add it to the pan before the eggs to partially cook down.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 314.0 | Fats 25.0g | Net Carbs 2.5g | Protein 20.0g |
|------------------|----------------|------------|----------------|---------------|



LUNCH
Crockpot Buffalo Chicken Soup

Calories 478.25
Fats 40.5g
Net Carbs 3.5g
Protein 18.25g

Notes: Reheat using a microwave at work, or bring in a thermos. Make sure that you stir the soup halfway through reheating.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 478.3 | Fats 40.5g | Net Carbs 3.5g | Protein 18.3g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Buffalo Chicken Jalapeno Popper Casserole

Calories 660.2
Fats 54.3g
Net Carbs 1.7g
Protein 28.8g

Notes: Reheat in the oven by heating at 375F for 10-12 minutes or until warmed through.

| | |
|--------|---|
| + Side | Steamed Broccoli Calories 39.0 - Fats 0.0g - Net Carbs 5.0g - Protein 3.0g |
|--------|---|

Notes: Dip broccoli in excess chicken fat from the casserole.

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 699.2 | Fats 54.3g | Net Carbs 1.7g | Protein 28.8g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1491.4 | Fats 119.8g | Net Carbs 12.7g | Protein 70.0g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 4

DAY 4



BREAKFAST

Bacon Avocado Muffins

Calories 435.5
Fats 37.7g
Net Carbs 4.0g
Protein 16.2g



BREAKFAST

Black Coffee

Calories 3.0
Fats 0.0g
Net Carbs 0.0g
Protein 0.0g

BREAKFAST TOTALS

Calories 438.5

Fats 37.7g

Net Carbs 4.0g

Protein 16.2g



LUNCH

Arugula, Mayo, Basil, Olive Oil Salad

Calories 374.0
Fats 34.0g
Net Carbs 2.0g
Protein 14.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the arugula will wilt before you get the chance to eat it.

LUNCH TOTALS

Calories 374.0

Fats 34.0g

Net Carbs 2.0g

Protein 14.0g



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 660.2
Fats 54.3g
Net Carbs 1.7g
Protein 28.8g

Notes: Reheat in the oven by heating at 375F for 10-12 minutes or until warmed through.

+ Side

Steamed Broccoli

Calories 39.0 - Fats 0.0g - Net Carbs 5.0g - Protein 3.0g

DINNER TOTALS

Calories 699.2

Fats 54.3g

Net Carbs 6.7g

Protein 31.8g

DAY TOTALS

Calories 1511.7

Fats 126.0g

Net Carbs 12.7g

Protein 61.9g

WEEK 4

DAY 5



BREAKFAST

Spinach, Onion, and Goat Cheese Omelette

Calories 620.0
Fats 56.0g
Net Carbs 5.5g
Protein 25.0g

Notes: If you don't enjoy the tartness of goat cheese, feel free to use your own favorite cheese in place of it.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 620.0 | Fats 56.0g | Net Carbs 5.5g | Protein 25.0g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Bacon Ranch Salad

Calories 375.0
Fats 30.5g
Net Carbs 3.0g
Protein 23.0g

Notes: Defrost 2 oz. rotisserie chicken meat from week 2. Use this to make the salad.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 375.0 | Fats 30.5g | Net Carbs 3.0g | Protein 23.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Bacon Cheeseburger Soup

Calories 561.0
Fats 47.3g
Net Carbs 4.3g
Protein 25.3g

Notes: Reheat on stovetop over medium-low heat until warmed through.

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 561.0 | Fats 47.3g | Net Carbs 4.3g | Protein 25.3g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1556.0 | Fats 133.8g | Net Carbs 12.8g | Protein 73.3g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 4

DAY 6



BREAKFAST
Bacon Avocado Muffins

Calories 435.5
Fats 37.7g
Net Carbs 4.0g
Protein 16.2g



BREAKFAST
Black Coffee

Calories 3.0
Fats 0.0g
Net Carbs 0.0g
Protein 0.0g

BREAKFAST TOTALS

Calories 438.5

Fats 37.7g

Net Carbs 4.0g

Protein 16.2g



LUNCH
Macadamia Nuts &
Herbed Cream Cheese

Calories 406.0
Fats 39.0g
Net Carbs 4.0g
Protein 6.0g

Notes: Spice this up your own way by adding your favorite fresh herbs and mixing them into the cream cheese.

+ SNACK

Coffee with Cream

Calories 53.0 - Fats 5.0g - Net Carbs 0.0g - Protein 0.0g

LUNCH TOTALS

Calories 459.0

Fats 44.0g

Net Carbs 4.0g

Protein 6.0g



DINNER
Low Carb Chicken Curry

Calories 525.8
Fats 37.3g
Net Carbs 5.5g
Protein 39.4g

Notes: To reheat, take out of the freezer and place in a pan over medium heat. Heat until warmed through.

+ Side

Steamed Broccoli with Butter

Calories 139.0 - Fats 10.0g - Net Carbs 5.0g - Protein 3.0g

Notes: Optional: Cook the broccoli and butter into the chicken curry when reheating.

DINNER TOTALS

Calories 664.8

Fats 47.3g

Net Carbs 10.5g

Protein 42.4g

DAY TOTALS

Calories 1562.3

Fats 129.0g

Net Carbs 18.5g

Protein 64.6g

WEEK 4

DAY 7



BREAKFAST

Ketoproof Coffee/Tea

Calories 222.0
Fats 25.0g
Net Carbs 0.0g
Protein 0.0g

Notes: Feel free to sweeten the coffee/tea with stevia.

| | | | | |
|------------------|----------------|------------|----------------|--------------|
| BREAKFAST TOTALS | Calories 222.0 | Fats 25.0g | Net Carbs 0.0g | Protein 0.0g |
|------------------|----------------|------------|----------------|--------------|



LUNCH

Bacon Cheeseburger Soup

Calories 561.0
Fats 47.3g
Net Carbs 4.3g
Protein 25.3g

Notes: Reheat on stovetop over medium-low heat until warmed through.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 561.0 | Fats 47.3g | Net Carbs 4.3g | Protein 25.3g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 660.2
Fats 54.3g
Net Carbs 1.7g
Protein 28.8g

Notes: Defrost up to 2 days in advance. To reheat, place in oven at 375F for 10-12 minutes or until warmed through.

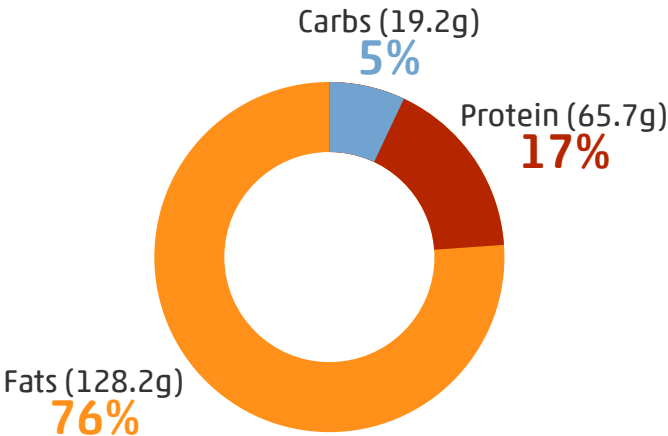
| | |
|--------|---|
| + Side | Steamed Broccoli |
| | Calories 39.0 - Fats 0.0g - Net Carbs 5.0g - Protein 3.0g |

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 699.2 | Fats 54.3g | Net Carbs 6.7g | Protein 31.8g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|----------------|---------------|
| DAY TOTALS | Calories 1443.2 | Fats 126.7g | Net Carbs 6.0g | Protein 54.1g |
|------------|-----------------|-------------|----------------|---------------|

WEEK 4 TOTALS

| | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------|----------|-------------|--------------|--------------|------------------|----------------|
| DAILY GOAL | 1504 | 128 | ** | ** | 20 | 68 |
| Day 1 | 1576.9 | 132.5 | 18.0 | 8.7 | 9.2 | 63.2 |
| Day 2 | 1471.0 | 129.7 | 17.7 | 7.7 | 10.0 | 73.0 |
| Day 3 | 1491.4 | 119.8 | 16.8 | 4.1 | 12.7 | 70.0 |
| Day 4 | 1511.7 | 126.0 | 25.5 | 12.7 | 12.7 | 61.9 |
| Day 5 | 1556.0 | 133.8 | 15.8 | 3.0 | 12.8 | 73.3 |
| Day 6 | 1562.3 | 129.0 | 33.6 | 15.0 | 18.5 | 64.6 |
| Day 7 | 1443.2 | 126.7 | 7.1 | 1.1 | 6.0 | 54.1 |
| WEEK TOTALS | 10612.5 | 897.5 | 134.5 | 52.3 | 81.9 | 460.1 |
| DAILY AVERAGE | 1516.1 | 128.2 | 19.2 | 7.5 | 11.7 | 65.7 |



RECIPES



BREAKFAST RECIPES



**Ketoproof
Coffee or Tea**



**Ketoproof Coffee
or Tea & Fried Eggs**



Bacon Avocado Muffins



**Spinach and
Cheddar Scramble**



**Spinach, Onion, & Goat
Cheese Omelette**



**Bacon, Red Pepper,
& Mozzarella Frittata**



**Maple Pecan
Fat Bomb Bars**



**Cauliflower Breakfast
Waffles**



**Cinnamon Roll
"Oatmeal"**



**Scrambled Eggs
with Spinach**

BREAKFAST RECIPES



Ketoproof Coffee or Tea

- INGREDIENTS**
- 1 cup Coffee/Tea
 - 1 Tbsp. Unsalted Butter
 - 1 Tbsp. Coconut Oil

PREPARATION

1. Brew a cup of coffee or tea - whichever you prefer.
2. To the coffee or tea, add unsalted butter and coconut oil.
3. Using a hand mixer, mix the coffee well until the butter and coconut oil are thoroughly incorporated. The coffee or tea should be frothy.

Makes 1 serving, which has:
Calories 222.0 - Fats 25.0g - Net Carbs 0.0g - Protein 0.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| Coffee/Tea | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Unsalted Butter | 100 | 11 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Coconut Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| Totals | 222 | 25 | 0 | 0 | 0 | 0 |

BREAKFAST RECIPES



Ketoproof Coffee or Tea & Fried Eggs

- INGREDIENTS**
- 1 cup Coffee or Tea
 - 1 Tbsp. Unsalted Butter
 - 1 Tbsp. Coconut Oil
 - 2 large Eggs
 - 1 Tbsp. Olive Oil

PREPARATION

1. Bring 1 Tbsp. olive oil to medium heat in a pan.
2. Once hot, crack eggs into the oil in the pan. Let cool until whites are solid and there is no more raw egg whites on the top of the egg.
3. Brew a cup of coffee or tea - whichever you prefer.
4. To the coffee or tea, add unsalted butter and coconut oil.
5. Using a hand mixer, mix the coffee well until the butter and coconut oil are thoroughly incorporated. The coffee or tea should be frothy.

Makes 1 total serving, which has:
 Calories 482.0 - Fats 51.0g - Net Carbs 1.0g - Protein 14.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| Ketoproof Coffee/Tea | | | | | | |
| Coffee/Tea | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Unsalted Butter | 100 | 11 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Coconut Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| Totals | 222 | 25 | 0 | 0 | 0 | 0 |
| Fried Eggs | | | | | | |
| 2 Fried Eggs | 140 | 12 | 1 | 0 | 1 | 14 |
| 1 Tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| Totals | 260 | 26 | 1 | 0 | 1 | 14 |
| Totals Together Per Serving | 482 | 51 | 1 | 0 | 1 | 14 |

BREAKFAST RECIPES



Bacon Avocado Muffins

INGREDIENTS

5 large Eggs
5 slices Bacon
2 Tbsp. Butter
½ cup Almond Flour
¼ cup Flaxseed Meal
1½ Tbsp. Psyllium Husk Powder
2 medium Avocados
4.5 oz. Cheddar Cheese
3 stalks Spring Onions
1 tsp. Minced Garlic
1 Tbsp. Cilantro
1 tsp. Dried Chives
¼ tsp. Red Pepper Flakes
Salt and Pepper
1½ cups Unsweetened Coconut Milk
1½ Tbsp. Lemon Juice
1 tsp. Baking Powder

PREPARATION

1. Mix together almond flour, flax, psyllium, spices, coconut milk and lemon juice. Set aside.
2. Cook bacon over medium-low heat, and once crisp add butter to the pan. Cube avocado and add everything else to the mixture.
3. Preheat oven to 350F, measure the batter between 12 greased cupcake molds, and bake for 24-26 minutes.
4. Once finished, store in the fridge and enjoy cold or warmed in the microwave.

Makes 12 muffins, 2 muffins per serving. Each serving has:
Calories 435.5 - Fats 37.7g - Net Carbs 4.0g - Protein 16.2g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------------|--------------|-------------|------------|------------|---------------|-------------|
| 5 large Eggs | 350 | 25 | 2.5 | 0 | 2.5 | 30 |
| 5 slices Bacon | 517 | 51 | 0 | 0 | 0 | 13 |
| 2 Tbsp. Butter | 200 | 22 | 0 | 0 | 0 | 0 |
| ½ cup Almond Flour | 320 | 28 | 12 | 6 | 6 | 12 |
| ¼ cup Flaxseed Meal | 120 | 7 | 10 | 8 | 2 | 6 |
| 1½ Tbsp. Psyllium Husk Powder | 45 | 0 | 12 | 11 | 1 | 0 |
| 2 medium Avocados | 547 | 50 | 29 | 23 | 6 | 7 |
| 4.5 oz. Cheddar Cheese | 450 | 41 | 1 | 0 | 1 | 27 |
| 3 stalks Spring Onions | 21 | 0 | 3 | 2 | 1 | 2 |
| 1 tsp. Minced Garlic | 5 | 0 | 1 | 0 | 1 | 0 |
| 1 Tbsp. Cilantro | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Dried Chives | 4 | 0 | 1 | 0 | 1 | 0 |
| ¼ tsp. Red Pepper Flakes | 3 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper | 3 | 0 | 0 | 0 | 0 | 0 |
| 1½ cups Unsweetened Coconut Milk | 68 | 7 | 3 | 2 | 1 | 0 |
| 1½ Tbsp. Lemon Juice | 5 | 0 | 2 | 0 | 2 | 0 |
| 1 tsp. Baking Powder | 2 | 0 | 1 | 0 | 1 | 0 |
| Totals | 2613 | 226 | 76 | 52 | 24 | 97 |
| Totals Per Muffin (/12) | 217.8 | 18.8 | 6.3 | 4.3 | 2.0 | 8.1 |

BREAKFAST RECIPES



Spinach and Cheddar Scramble

INGREDIENTS

- 3 large Eggs
- 2 oz. Spinach
- ¼ cup Cheddar Cheese
- 1 tsp. Olive Oil
- 1 Tbsp. Heavy Cream

PREPARATION

1. Crack eggs into a container and add heavy cream. Lightly scramble together.
2. Heat 1 tsp. Olive Oil over low heat. Once hot, add spinach to the pan and let sautee.
3. Once spinach is wilted, add egg to the pan. Let cook while stirring occasionally.
4. Once the eggs are half way done, add cheddar cheese over the eggs and mix together.
5. Remove eggs and serve.

Makes 1 serving, which has:
Calories 447.0 - Fats 36.0g - Net Carbs 2.5g - Protein 28.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 3 large Eggs | 210 | 15 | 1.5 | 0 | 1.5 | 18 |
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| ¼ cup Cheddar Cheese | 133 | 11 | 0 | 0 | 0 | 8 |
| 1 tsp. Olive Oil | 40 | 5 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Heavy Cream | 50 | 5 | 1 | 0 | 0 | 0 |
| Totals | 447 | 36 | 4.5 | 1 | 2.5 | 28 |

BREAKFAST RECIPES



Spinach, Onion, & Goat Cheese Omelette

INGREDIENTS

- ¼ medium Onion
- 2 Tbsp. Butter
- 2 oz. Spinach
- 3 large Eggs
- 2 Tbsp. Heavy Cream
- 1 oz. Goat Cheese
- 1 stalks Spring Onion
- Salt and pepper to Taste

PREPARATION

1. Slice onion into long strips. Saute in butter until caramelized. Add spinach to pan and allow to wilt.
2. Remove vegetables from the pan. Mix 3 large eggs, cream, and salt and pepper together in a container.
3. Pour egg mixture into the pan and allow to cook over medium-low heat.
4. Once edges of omelette begin to set, spoon spinach & onion over ½ of the omelette. Crumble goat cheese over the spinach.
5. As the top of the omelette begins to set, fold over the omelette and serve!

Makes 1 serving, which has:
Calories 620.0 - Fats 53.0g - Net Carbs 5.5g - Protein 25.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|----------|----------|-----------|-----------|---------------|-------------|
| ¼ medium Onion | 11 | 0 | 2 | 0 | 2 | 0 |
| 2 Tbsp. Butter | 200 | 22 | 0 | 0 | 0 | 0 |
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| 3 large Eggs | 210 | 15 | 1.5 | 0 | 1.5 | 18 |
| 2 Tbsp. Heavy Cream | 100 | 10 | 1 | 0 | 1 | 0 |
| 1 oz. Goat Cheese | 76 | 6 | 0 | 0 | 0 | 5 |
| 1 stalk Spring Onion | 7 | 0 | 0 | 0 | 0 | 0 |
| Salt and pepper to Taste | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 620 | 53 | 6.5 | 1 | 5.5 | 25 |

BREAKFAST RECIPES



Bacon, Red Pepper, & Mozzarella Frittata

- INGREDIENTS**
- 5 slices Bacon
 - ½ Tbsp. Olive Oil
 - 2 large Bella Mushroom Caps
 - ½ tsp. Dried Parsley
 - ¼ cup Basil, chopped
 - 2 oz. Mozzarella Cheese
 - 1 oz. Goat Cheese
 - ½ medium Red Bell Pepper
 - 6 large Eggs
 - ¼ cup Heavy Cream
 - ¼ cup Parmesan Cheese

PREPARATION

1. Prep all vegetables. Roughly chop basil, red pepper, mushrooms and bacon. Preheat oven to 350F.
2. In a hot pan, add olive oil and wait for the first wisp of smoke. Add your bacon immediately, and let the bacon cook until browned, then add red pepper. Let the pepper cook in the bacon fat until soft.
3. While red peppers are cooking, add eggs, heavy cream, parmesan cheese, and fresh ground black pepper to a container. Use a whisk to mix the eggs well.
4. Add mushrooms to the pan once the red pepper is soft and stir in well. Let the mushrooms cook in the fat for 1-2 minutes.
5. Add fresh basil to pan and let it cook for a moment, then sprinkle mozzarella cheese on top.
6. Pour eggs and vegetables into a greased 9x9 baking dish, then grate 2 oz. goat cheese over the top.
7. Bake for 30-40 minutes or until cooked through.

Makes 3 servings. Each has:
Calories 508.3 - Fats 43.0g - Net Carbs 4.8g - Protein 27.3g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 5 slices Bacon | 517 | 51 | 0 | 0 | 0 | 13 |
| ½ Tbsp. Olive Oil | 60 | 7 | 0 | 0 | 0 | 0 |
| 2 large Bella Mushroom Caps | 10 | 0 | 2 | 1 | 1 | 0 |
| ½ tsp. Dried Parsley | 2 | 0 | 0 | 0 | 0 | 0 |
| ¼ cup Basil, chopped | 3 | 0 | 1 | 1 | 0 | 0 |
| 2 oz. Mozzarella Cheese | 140 | 10 | 0 | 0 | 0 | 12 |
| 1 oz. Goat Cheese | 76 | 6 | 0 | 0 | 0 | 5 |
| ½ medium Red Bell Pepper | 14 | 0 | 3 | 1 | 2 | 1 |
| 6 large Eggs | 420 | 30 | 3 | 0 | 3 | 42 |
| ¼ cup Heavy Cream | 200 | 20 | 1 | 0 | 1 | 1 |
| ¼ cup Parmesan Cheese | 83 | 5 | 1 | 0 | 1 | 8 |
| Totals | 1525 | 129 | 11 | 3 | 8 | 82 |

BREAKFAST RECIPES

Maple Pecan Fat Bomb Bars

INGREDIENTS

- 1 cup Pecan Halves
- ½ cup Almond Flour
- ¼ cup Flaxseed Meal
- ¼ cup Shredded Coconut
- ¼ cup Coconut Oil
- 2 Tbsp. Sugar Free Maple Syrup

PREPARATION

1. Toast pecans in the oven for 6-8 minutes at 350F. Remove from the oven and let cool, then crush them in a plastic bag using a rolling pin.
2. Add all dry ingredients to a bowl (including pecans) and mix together.
3. Add wet ingredients and mix into a crumbly dough. Press into a small baking dish and bake for 20-25 minutes at 350F.
4. Remove and cool completely, then refrigerate for at least 1 hour. Cut into slices.

Makes 4 bars. Each bar has:
Calories 453.9 - Fats 45.7g - Net Carbs 3.0g - Protein 7.4g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 cup Pecan Halves | 800 | 80 | 16 | 11 | 5 | 10.5 |
| ½ cup Almond Flour | 320 | 28 | 12 | 6 | 6 | 12 |
| ¼ cup Flaxseed Meal | 120 | 9 | 8 | 8 | 0 | 6 |
| ¼ cup Shredded Coconut | 71 | 7 | 3 | 2 | 1 | 1 |
| ¼ cup Coconut Oil | 480 | 56 | 0 | 0 | 0 | 0 |
| 2 Tbsp. Sugar Free Maple Syrup | 24.5 | 2.75 | 0 | 0 | 0 | 0 |
| Totals | 1815.5 | 182.75 | 39 | 27 | 12 | 29.5 |

BREAKFAST RECIPES



Cauliflower Breakfast Waffles

- INGREDIENTS**
Cauliflower Waffles
 ¾ cup Grated Raw Cauliflower
 1 oz. Mozzarella Cheese
 2 Tbsp. Parmesan Cheese
 ¼ cup Cheddar Cheese
 1½ Large Eggs
 2 tsp. Dried Chives
 ¼ tsp. Onion Powder
 ¼ tsp. Garlic Powder
 ⅛ tsp. Red Pepper Flakes
 Salt and Pepper to taste
- Eggs Benedict (Single Serving)**
 2 large Eggs
 2 slices Prosciutto
 1 Tbsp. Hollandaise Sauce (Trader Joe’s Brand)

PREPARATION

1. Chop cauliflower into florets and feed through grating attachment on food processor. If you don’t have a grating attachment, pulse the cauliflower into small chunky pieces.
2. Add cheese and grate using grating attachment on food processor. Add eggs and spices and pulse together.
3. Spread the mixture into a hot belgian style waffle maker, cook and flip (about 8-10 minutes).
4. Remove from waffle maker and repeat with rest of mixture.
5. Poach 2 large eggs. Then place Prosciutto slices and poached egg over half the waffle.
6. Top with Hollandaise Sauce. Save the other half of the waffle as needed.

Makes 2 total servings. Each has:
 Calories 478.0 - Fats 38.0g - Net Carbs 3.8g - Protein 37.6g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| Cauliflower Breakfast Waffles | | | | | | |
| ¾ cup Grated Raw Cauliflower | 28.5 | 0 | 6 | 3 | 3 | 2.3 |
| 1 oz. Mozzarella Cheese | 70 | 5 | 0 | 0 | 0 | 6 |
| 2 Tbsp. Parmesan Cheese | 60 | 4.5 | 0.5 | 0 | 0.5 | 6 |
| ¼ cup Cheddar Cheese | 114 | 9.5 | 0.5 | 0 | 0.5 | 7 |
| 1½ Large Eggs | 105 | 7 | 0.5 | 0 | 0.5 | 9 |
| 2 tsp. Dried Chives | 2 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Onion Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| ¼ tsp. Garlic Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| ⅛ tsp. Red Pepper Flakes | 2 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to taste | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 387.5 | 26 | 8.5 | 3 | 5.5 | 30.3 |
| Totals Per Serving (/2) | 193.8 | 13.0 | 4.3 | 1.5 | 2.8 | 15.1 |
| Eggs Benedict (Single Serve) | | | | | | |
| 2 large Eggs | 140 | 12 | 1 | 0 | 1 | 14 |
| 2 slices Prosciutto | 60 | 4 | 0 | 0 | 0 | 8 |
| 1 Tbsp. Hollandaise Sauce | 85 | 9 | 0 | 0 | 0 | 0.5 |
| Totals | 285 | 25 | 1 | 0 | 1 | 22.5 |
| Totals Together Per Serving | 478.8 | 38.0 | 5.3 | 1.5 | 3.8 | 37.6 |

BREAKFAST RECIPES



Cinnamon Roll
"Oatmeal"

INGREDIENTS

- 1/2 cup Pecans, crushed
- 2 1/2 Tbsp. Flaxseed Meal
- 2 1/2 Tbsp. Chia Seed
- 1/4 cup Cauliflower, riced
- 1 3/4 cups Unsweetened Coconut Milk
- 2 Tbsp. Heavy Cream
- 1.5 oz. Cream Cheese
- 1 1/2 Tbsp. Butter
- 3/4 tsp. Cinnamon
- 1/2 tsp. Maple Flavor
- 1/4 tsp. Vanilla
- 1/8 tsp. Nutmeg
- 1/8 tsp. Allspice
- Optional: Stevia to Taste

PREPARATION

1. Rice cauliflower in a food processor by pulsing and set aside. Start heating coconut milk in a pan over medium heat.
2. Crush pecans and add to a separate pan over low heat to toast.
3. Add cauliflower to coconut milk, bring to a boil, then reduce to simmer. Add spices and mix together.
4. Add stevia if wanted, flaxseed meal, and chia seeds. Mix this together.
5. Add cream, butter, and cream cheese to the pan and mix again. Serve while warm.

Makes 3 servings. Each has:
Calories 401.5 - Fats 36.5g - Net Carbs 4.0g - Protein 8.3g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1/2 cup Pecans, crushed | 420 | 42 | 8 | 4 | 4 | 6 |
| 2 1/2 Tbsp. Flaxseed Meal | 135 | 8 | 11 | 9 | 2 | 7 |
| 2 1/2 Tbsp. Chia Seed | 150 | 11 | 13 | 13 | 0 | 8 |
| 1/4 cup Cauliflower, riced | 10.5 | 0 | 2.5 | 1 | 1.5 | 1 |
| 1 3/4 cups Unsweetened Coconut Milk | 79 | 8 | 3.5 | 2 | 1.5 | 0 |
| 2 Tbsp. Heavy Cream | 100 | 10 | 1 | 0 | 1 | 0 |
| 1.5 oz. Cream Cheese | 150 | 14 | 1.5 | 0 | 1.5 | 3 |
| 1 1/2 Tbsp. Butter | 150 | 16.5 | 0 | 0 | 0 | 0 |
| 3/4 tsp. Cinnamon | 4.5 | 0 | 1.5 | 1 | 0.5 | 0 |
| 1/2 tsp. Maple Flavor | 2 | 0 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Vanilla | 1.5 | 0 | 0 | 0 | 0 | 0 |
| 1/8 tsp. Nutmeg | 1.5 | 0 | 0 | 0 | 0 | 0 |
| 1/8 tsp. Allspice | 0.5 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1204.5 | 109.5 | 42 | 30 | 12 | 25 |

BREAKFAST RECIPES



Scrambled Eggs with Spinach

INGREDIENTS

- 3 Large Eggs
- 2 oz. Spinach
- 1 tsp. Olive Oil
- 1 Tbsp. Heavy Cream

PREPARATION

1. Add olive oil to the pan and bring to medium-low heat.
2. Scramble eggs and cream together in a container. Once the pan is hot, add eggs to pan.
3. Let eggs cook partially, then stir. Once eggs are almost cooked, stir in spinach. Season to taste.

Makes 1 serving, which has:
Calories 315.0 - Fats 25.0g - Net Carbs 2.5g - Protein 20.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 3 Large Eggs | 210 | 15 | 1.5 | 0 | 1.5 | 18 |
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| Salt and Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Olive Oil | 40 | 5 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Heavy Cream | 50 | 5 | 0 | 0 | 0 | 0 |
| Totals | 315 | 25 | 3.5 | 1 | 2.5 | 20 |

LUNCH RECIPES



**Arugula, Mayo,
Basil, Olive Oil Salad**



**Crockpot Buffalo
Chicken Soup**



**Macadamia Nuts &
Herbed Cream Cheese**



Simple Spinach Salad



Chicken Enchilada Soup



**Egg Salad
Stuffed Avocado**



**Bacon Cheddar
Mug Cake**



**Roasted Red Pepper
& Cauliflower Soup**



Simple Caprese Salad



**Chicken Bacon
Ranch Salad**



**Simple Spinach Salad
with Crumbled Bacon**

LUNCH RECIPES



Arugula, Mayo, Basil, Olive Oil Salad

- INGREDIENTS**
- 2 cups Packed Arugula
 - 1 Tbsp. Mayonnaise
 - 1 Tbsp. Olive Oil
 - 1 tsp. Lemon Juice
 - 1 Tbsp. Basil, chopped
 - 2 oz. Mozzarella Cheese
 - Kosher Salt
 - Freshly Ground Black Pepper

PREPARATION

1. Add arugula to a mixing bowl.
2. Slice basil and chop mozzarella cheese into small cubes and add to the arugula.
3. Separately combine the rest of the ingredients to make the dressing.
4. Toss the salad with dressing and add salt and pepper to taste.

Makes 1 serving, which has:
Calories 374.0 - Fats 34.0g - Net Carbs 2.0g - Protein 14.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 cups Packed Arugula | 20 | 0 | 3 | 1 | 2 | 2 |
| 1 tbsp. Mayonnaise | 90 | 10 | 0 | 0 | 0 | 0 |
| 1 tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 1 tsp. Lemon Juice | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 tbsp. Basil, chopped | 1 | 0 | 0 | 0 | 0 | 0 |
| 2 oz. Mozzarella Cheese | 140 | 10 | 0 | 0 | 0 | 12 |
| Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Freshly Ground Black Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 374 | 34 | 3 | 1 | 2 | 14 |

LUNCH RECIPES



Crockpot Buffalo Chicken Soup

- INGREDIENTS**
- 2 medium Chicken Thighs (12 oz. de-boned)
 - 1 tsp. Onion Powder
 - 1 tsp. Garlic Powder
 - ½ tsp. Celery Seed
 - 2 Tbsp. Butter
 - ¼ cup Frank’s Hot Sauce
 - 3 cups Beef Broth
 - ¾ cup + 2 Tbsp. Heavy Cream
 - 2 oz. Cream Cheese
 - ¼ tsp. Xanthan Gum
 - Salt and Pepper to Taste

PREPARATION

1. Debone the chicken thighs, slice the chicken into chunks and drop them in the crockpot with the rest of the ingredients except for cream, cheese, and xanthan gum.
2. Set crockpot on low for 6 hours (or high for 3 hours) and let cook completely.
3. Once everything is cooked, remove the chicken from the crockpot and shred using a fork.
4. Add cream, cheese, and xanthan gum to the crockpot. Use an immersion blender to emulsify all of the liquids together.
5. Place the chicken back into the crockpot & stir together. Taste & season with extra salt, pepper, & hot sauce if you’d like.

Makes 4 servings. Each has:
Calories 478.25 - Fats 40.5g - Net Carbs 3.5g - Protein 18.25g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|-------------|------------|-----------|-----------|---------------|-------------|
| 2 medium Chicken Thighs (12 oz. de-boned) | 718 | 52 | 0 | 0 | 0 | 59 |
| 1 tsp. Onion Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 1 tsp. Garlic Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| ½ tsp. Celery Seed | 4 | 0 | 0 | 0 | 0 | 0 |
| 2 Tbsp. Butter | 200 | 22 | 0 | 0 | 0 | 0 |
| ¼ cup Frank’s Hot Sauce | 27 | 0 | 0 | 0 | 0 | 0 |
| 3 cups Beef Broth | 45 | 0 | 3 | 0 | 3 | 6 |
| ¾ cup + 2 Tbsp. Heavy Cream | 700 | 70 | 5 | 0 | 5 | 4 |
| 2 oz. Cream Cheese | 200 | 18 | 2 | 0 | 2 | 4 |
| ¼ tsp. Xanthan Gum | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1913 | 162 | 14 | 0 | 14 | 73 |

LUNCH RECIPES



Macadamia Nuts & Herbed Cream Cheese

INGREDIENTS

- 1 Oz. Macadamia Nuts
- 2 Oz. Cream Cheese
- 1 Tbsp. Fresh Basil
- ¼ tsp. Dried Parsley
- Salt and Pepper

PREPARATION

1. Chop basil into small pieces. Mash the basil, parsley, salt and pepper into the cream cheese until well combined.
2. Add macadamia nuts on the side and enjoy.

Makes 1 serving, which has:
Calories 406.0 - Fats 39.0g - Net Carbs 4.0g - Protein 6.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 oz. Macadamia Nuts | 203 | 21 | 4 | 2 | 2 | 2 |
| 2 oz. Cream Cheese | 200 | 18 | 2 | 0 | 2 | 4 |
| 1 Tbsp. Basil, chopped | 1 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Dried Parsley | 1 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 406 | 39 | 6 | 2 | 4 | 6 |

LUNCH RECIPES



Simple Spinach Salad

INGREDIENTS

- 2 oz. Spinach
- 1 Tbsp. Mayonnaise
- 1 Tbsp. Olive Oil
- 1 tsp. Lemon Juice
- 1 Tbsp. Basil, chopped
- 1 oz. Mozzarella Cheese
- Kosher Salt
- Freshly Ground Black Pepper

PREPARATION

1. Add spinach to a mixing bowl.
2. Separately combine the rest of the ingredients to make the dressing.
3. Season with salt and pepper, then sprinkle cheese over.

Makes 1 serving, which has:
Calories 298.0 - Fats 29.0g - Net Carbs 2.0g - Protein 6.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 oz. Spinach | 14 | 0 | 2 | 0 | 2 | 0 |
| 1 Tbsp. Mayonnaise | 90 | 10 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 1 tsp. Lemon Juice | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Basil, chopped | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 oz. Mozzarella Cheese | 70 | 5 | 0 | 0 | 0 | 6 |
| Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Freshly Ground Black Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 298 | 29 | 2 | 0 | 2 | 6 |

LUNCH RECIPES

Chicken Enchilada Soup

INGREDIENTS

- 2 Tbsp. Olive Oil
- 3 stalks Celery, diced
- 1 medium Red Bell Pepper
- 2 tsp. Garlic, minced
- 4 cups Chicken Broth
- 1 cup Diced Tomatoes
- 6 oz. Cream Cheese
- 9 oz. Rotisserie Chicken, shredded
- 2 tsp. Cumin
- 1 tsp. Oregano
- 1 tsp. Chilli Powder
- ½ tsp. Cayenne Pepper
- ½ cup Cilantro, chopped
- ½ medium Lime, juiced

PREPARATION

1. Heat oil in a pan and add celery, salt and pepper. Once celery is cooked, add tomatoes and let cook for 2-3 minutes.
2. Add spices to pan and mix together well. Pour in the chicken broth and cilantro, bring to a boil, and then reduce to low to simmer for 20 minutes.
3. Once simmering is done, add cream cheese and bring to a boil again. Once boiling, reduce heat to low and simmer for 25 minutes.
4. Shred the chicken and add to the pot, then juice ½ lime over the top. Stir everything together.
5. Serve with an additional sprinkling of cilantro!

Makes 3 servings. Each has:

Calories 454.0 - Fats 34.3g - Net Carbs 7.3g - Protein 23.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 2 Tbsp. Olive Oil | 240 | 28 | 0 | 0 | 0 | 0 |
| 3 stalks Celery, diced | 17 | 0 | 4 | 2 | 2 | 1 |
| 1 medium Red Bell Pepper | 24 | 0 | 6 | 2 | 4 | 1 |
| 2 tsp. Garlic, minced | 10 | 0 | 2 | 0 | 2 | 0 |
| 4 cups Chicken Broth | 10 | 2 | 0 | 0 | 0 | 0 |
| 1 cup Diced Tomatoes | 40 | 0 | 6 | 2 | 4 | 2 |
| 6 oz. Cream Cheese | 600 | 54 | 6 | 0 | 6 | 12 |
| 9 oz. Rotisserie Chicken, shredded | 383 | 18 | 0 | 0 | 0 | 52 |
| 2 tsp. Cumin | 16 | 1 | 2 | 0 | 2 | 1 |
| 1 tsp Oregano | 3 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Chilli Powder | 8 | 0 | 1 | 1 | 0 | 0 |
| ½ tsp. Cayenne Pepper | 3 | 0 | 0 | 0 | 0 | 0 |
| ½ cup Cilantro, chopped | 3 | 0 | 0 | 0 | 0 | 0 |
| ½ medium Lime, juiced | 5 | 0 | 2 | 0 | 2 | 0 |
| Totals | 1362 | 103 | 29 | 7 | 22 | 69 |

LUNCH RECIPES



Egg Salad Stuffed Avocado

INGREDIENTS

- 1 large Hard Boiled Egg
- ¼ tsp. Onion Powder
- 1 stalk Celery
- 1 Tbsp. Mayonnaise
- ⅔ tsp. Brown Mustard
- ⅔ tsp. Lime Juice
- ⅓ tsp. Frank's Hot sauce
- ¼ tsp. Cumin
- Salt and Pepper to taste
- 1 small Avocado

PREPARATION

1. Prep all ingredients by chopping egg and celery.
2. Combine in a bowl with all of the ingredients except for avocado.
3. Slice avocado in half and take the pit out.
4. Spoon egg salad into avocado.

Makes 1 serving, which has:

Calories 408.3 - Fats 36.0g - Net Carbs 5.3g - Protein 9.3g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|--------------|-----------|-----------|------------|---------------|-------------|
| 1 large Hard Boiled Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| ¼ tsp. Onion Powder | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 stalk Celery | 6 | 0 | 1.3 | 0.7 | 0.7 | 0.3 |
| 1 Tbsp. Mayonnaise | 100 | 10 | 0 | 0 | 0 | 0 |
| ⅔ tsp. Brown Mustard | 0.7 | 0 | 0 | 0 | 0 | 0 |
| ⅔ tsp. Lime Juice | 2.7 | 0 | 1 | 0 | 1 | 0 |
| ⅓ tsp. Frank's Hot sauce | 0 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Cumin | 1.3 | 0 | 0.2 | 0 | 0.2 | 0 |
| Salt and Pepper to taste | 0.7 | 0 | 0 | 0 | 0 | 0 |
| 1 small Avocado | 225 | 21 | 12 | 9 | 3 | 3 |
| Totals | 408.3 | 36 | 15 | 9.7 | 5.3 | 9.3 |

LUNCH RECIPES



Bacon Cheddar Mug Cake

- INGREDIENTS**
- 3 Tbsp. Almond Flour
 - 2 Tbsp. Butter
 - 1 large Egg
 - 2 slices Bacon, cooked
 - 2 Tbsp. Cheddar Cheese
 - ½ tsp. Baking Powder
 - ¼ tsp. Salt

PREPARATION

- 1. Mix all ingredients together inside of a mug.
- 2. Microwave for 75 seconds on high (power level 10).
- 3. Lightly slam cup against plate to take the mug cake out. Garnish with extra jalapeno and serve.

Makes 1 serving, which has:
Calories 548.0 - Fats 50.0g - Net Carbs 4.0g - Protein 23.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 3 Tbsp. Almond Flour | 120 | 11 | 5 | 2 | 3 | 5 |
| 2 Tbsp. Butter | 200 | 22 | 0 | 0 | 0 | 0 |
| 1 large Egg | 70 | 6 | 0.5 | 0 | 0.5 | 7 |
| 2 Slices Bacon, cooked | 90 | 6 | 0 | 0 | 0 | 7 |
| 2 Tbsp. Cheddar Cheese | 66 | 5 | 0 | 0 | 0 | 4 |
| ½ tsp. Baking Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| ¼ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 548 | 50 | 6 | 2 | 4 | 23 |

LUNCH RECIPES

Roasted Red Pepper & Cauliflower Soup

INGREDIENTS

- 1 Red Bell Pepper
- ¼ head Cauliflower
- 1 Tbsp. Duck Fat (or Olive Oil)
- 2 medium Spring Onions
- 1½ cups Chicken Broth
- ¼ cup Heavy Cream
- 2 Tbsp. Duck Fat (or Olive Oil)
- ½ tsp. Garlic Powder
- ½ tsp. Dried Thyme
- Pinch of Red Pepper Flakes
- ½ tsp. Paprika
- 2 oz. Goat Cheese
- Salt and Pepper

PREPARATION

1. Put oven on broil setting. Slice peppers in half and de-seed them. Lay them skin side up on a foil-covered baking tray and broil for 10-15 minutes or until skin is charred and blackened.
2. While peppers are broiling, cut cauliflower into florets. If the florets are large, cut florets in half or quarters.
3. Once peppers are done, remove from oven and place in a container with a lid, or a food saver bag and seal. Let the peppers steam and cook longer to soften while cauliflower roasts.
4. Use 1 Tbsp. melted duck fat (or olive oil), salt, and pepper to season the cauliflower. Roast cauliflower in 400F oven for 30-35 minutes.
5. Remove the skins from the peppers by peeling it off carefully.
6. In a pot, bring 2 Tbsp. duck fat (or olive oil) to heat and add diced spring onion. Once spring onion is slightly cooked, add seasonings into the pan to toast.
7. Add chicken broth, heavy cream, red pepper, and cauliflower to the pan. Let this simmer for 10-20 minutes.
8. Take an immersion blender to the mixture. Make sure that all fats are emulsified with the mixture by the time you're finished - about 1-2 minutes. Season to taste.
9. Garnish with extra thyme and spring onion.

Makes 2 servings. Each has:

Calories 432.0 - Fats 38.0g - Net Carbs 8.0g - Protein 8.5g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------------|------------|-----------|-----------|-----------|---------------|-------------|
| 1 Red Bell Pepper | 46 | 0 | 9 | 3 | 6 | 1 |
| ¼ head Cauliflower | 36 | 0 | 7.5 | 3.5 | 4 | 3 |
| 1 Tbsp. Duck Fat (or Olive Oil) | 115 | 13 | 0 | 0 | 0 | 0 |
| 2 medium Spring Onions | 12 | 0 | 2 | 0 | 2 | 0 |
| 1½ cups Chicken Broth | 5 | 0.5 | 0 | 0 | 0 | 0 |
| ¼ cup Heavy Cream | 200 | 20 | 1 | 0 | 1 | 1 |
| 2 Tbsp. Duck Fat (or Olive Oil) | 230.5 | 25.5 | 0 | 0 | 0 | 0 |
| ½ tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| ½ tsp. Dried Thyme | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| Pinch Red Pepper Flakes | 1 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Paprika | 3.5 | 0 | 0.5 | 0.5 | 0 | 0 |
| 2 oz. Goat Cheese | 206 | 17 | 1.5 | 0 | 1.5 | 12 |
| Salt and Pepper | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 864 | 76 | 23 | 7 | 16 | 17 |

LUNCH RECIPES

Simple Caprese Salad

INGREDIENTS

½ Vine Tomato
3 oz. Mozzarella Cheese
2 Tbsp. Basil
1½ Tbsp. Olive Oil
Black Pepper
Kosher Salt

PREPARATION

1. In a food processor or spice grinder, pulse chopped fresh basil leaves with 2 tsp. olive oil to make a basil paste.
2. Slice tomato into ¼" slices. You should be able to get at least 3 slices from the tomato.
3. Assemble caprese salad by layering tomato, mozzarella, and basil paste.
4. Season with salt, pepper, and extra olive oil.

Note: Feel free to use a low-carb pesto in lieu of the basil and olive oil mixture.

Makes 1 serving, which has:

Calories 404.0 - Fats 36.0g - Net Carbs 1.5g - Protein 18.5g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| ½ Vine Tomato | 11 | 0 | 2.5 | 1 | 1.5 | 0.5 |
| 3 oz. Mozzarella Cheese | 210 | 15 | 0 | 0 | 0 | 18 |
| 2 Tbsp. Basil | 2.5 | 0 | 0.5 | 0.5 | 0 | 0 |
| 1½ tbsp. Olive Oil | 180 | 21 | 0 | 0 | 0 | 0 |
| Black Pepper | 0.5 | 0 | 0 | 0 | 0 | 0 |
| Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 404 | 36 | 3 | 1.5 | 1.5 | 18.5 |

LUNCH RECIPES



Chicken Bacon Ranch Salad

INGREDIENTS

- 2 oz. Spinach
- 2 oz. Rotisserie Chicken
- 2 Tbsp. Ranch Dressing
- 3 slices Cooked Bacon
- Kosher Salt
- Freshly Ground Black Pepper

PREPARATION

1. Add spinach to a mixing bowl.
2. Shred rotisserie chicken with a fork, and crumble bacon.
3. Dress spinach with ranch, then season with salt and pepper. Sprinkle chicken and bacon over the top and mix together.

Makes 1 serving, which has:
Calories 375.0 - Fats 30.5g - Net Carbs 3.0g - Protein 23.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| 2 oz. Rotisserie Chicken | 85 | 4 | 0 | 0 | 0 | 12 |
| 2 Tbsp. Ranch Dressing | 140 | 16 | 2 | 0 | 2 | 0 |
| 3 slices Cooked Bacon | 135 | 10.5 | 0 | 0 | 0 | 9 |
| Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Freshly Ground Black Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 375 | 30.5 | 4 | 1 | 3 | 23 |

LUNCH RECIPES



Simple Spinach Salad with Crumbled Bacon

INGREDIENTS

- 2 oz. Spinach
- 3 slices Cooked Bacon
- 1 Tbsp. Mayonnaise
- 1 Tbsp. Olive Oil
- 1 tsp. Lemon Juice
- 1 Tbsp. Basil, chopped
- 1 oz. Mozzarella Cheese
- Kosher Salt
- Freshly Ground Black Pepper

PREPARATION

1. Add spinach to a mixing bowl.
2. Separately combine the rest of the ingredients to make the dressing.
3. Season with salt and pepper, then sprinkle cheese over.
4. Crumble cooked bacon and spread over the salad.

Makes 1 serving, which has:
Calories 433.0 - Fats 39.5g - Net Carbs 1.0g - Protein 17.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| 1 Tbsp. Mayonnaise | 90 | 10 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 1 tsp. Lemon Juice | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Basil, chopped | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 oz. Mozzarella Cheese | 70 | 5 | 0 | 0 | 0 | 6 |
| Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Freshly Ground Black Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| 3 slices Cooked Bacon | 135 | 10.5 | 0 | 0 | 0 | 9 |
| Totals | 433 | 39.5 | 2 | 1 | 1 | 17 |

DINNER RECIPES



Chicken Parmesan



Chili Lime Meatballs



Creamy Tarragon Chicken



Oven "Grilled" Asian Chicken Thighs



Salmon with Tarragon Dill Cream Sauce



Stuffed Poblano Pepper



Chicken Jalapeno Poppers



Italian Stuffed Meatballs



Bacon Jalapeno Mug Cake



Low carb Chicken Curry



Low Carb Zesty Chicken Nuggets



Keto Cheeseburger Muffins



Tex Mex Casserole

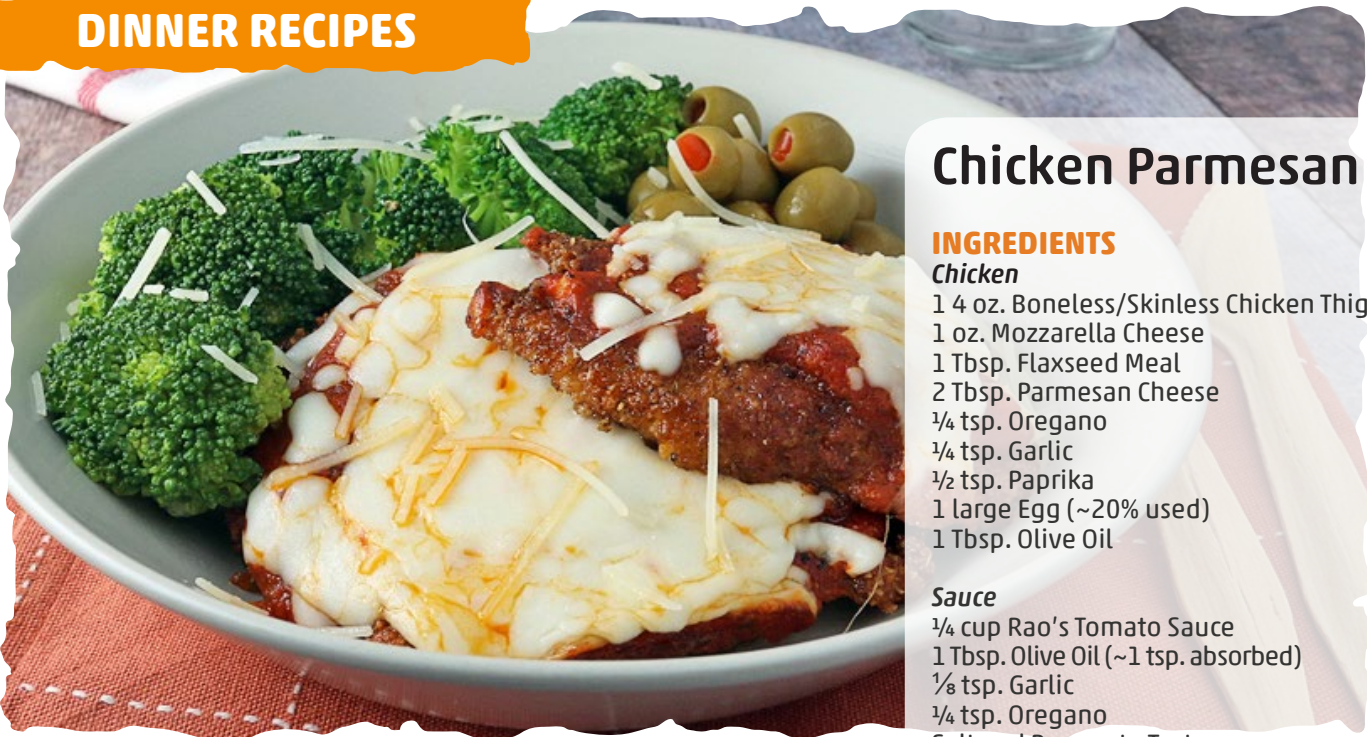


Bacon Cheeseburger Soup



Buffalo Chicken Jalapeno Popper Casserole

DINNER RECIPES



Chicken Parmesan

- INGREDIENTS**
- Chicken**
- 1 4 oz. Boneless/Skinless Chicken Thigh
 - 1 oz. Mozzarella Cheese
 - 1 Tbsp. Flaxseed Meal
 - 2 Tbsp. Parmesan Cheese
 - ¼ tsp. Oregano
 - ¼ tsp. Garlic
 - ½ tsp. Paprika
 - 1 large Egg (~20% used)
 - 1 Tbsp. Olive Oil
- Sauce**
- ¼ cup Rao's Tomato Sauce
 - 1 Tbsp. Olive Oil (~1 tsp. absorbed)
 - ⅛ tsp. Garlic
 - ¼ tsp. Oregano
 - Salt and Pepper to Taste

PREPARATION

1. Grind up flax, parmesan cheese, and spices in a food processor.
2. Slice chicken thigh in half and pound them out into cutlets.
3. In a seperate container to the coating, crack and egg and scramble.
4. In a saucepan, combine all ingredients for the sauce and whisk together. Let this cook for at least 15 minutes while you are making the chicken.
5. Bread chicken cutlets by dipping into egg mixture, then dipping into the coating mixture. Set aside on a piece of foil.
6. Heat 1 tbsp. olive oil in a pan and fry up the chicken.
7. Set pieces of chicken into a casserole dish, add sauce on top, and then sprinkle with mozzarella cheese. Broil for 4-6 minutes or until cheese is melted.

Makes 1 serving, which has:
Calories 530.0 - Fats 42.7g - Net Carbs 2.75g - Protein 33.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|----------|----------|-----------|-----------|---------------|-------------|
| 1 4 oz. Boneless/Skinless Chicken Thigh | 166 | 10 | 0 | 0 | 0 | 19 |
| 1 oz. Mozzarella Cheese | 70 | 5 | 0 | 0 | 0 | 6 |
| 1 Tbsp. Flaxseed Meal | 30 | 2 | 3 | 2 | 1 | 2 |
| 2 Tbsp. Parmesan Cheese | 42 | 3 | 0 | 0 | 0 | 4 |
| ¼ tsp. Oregano | 1 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Garlic | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| ½ tsp. Paprika | 3 | 0 | 0.5 | 0.5 | 0 | 0 |
| 1 large Egg (~20% used) | 10 | 0.7 | 0 | 0 | 0 | 1 |
| 1 Tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| ¼ cup Rao's Tomato Sauce | 40 | 4 | 2 | 1 | 1 | 1 |
| 1 Tbsp. Olive Oil (~1 tsp. absorbed) | 40 | 4 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Garlic | 1 | 0 | 0.25 | 0 | 0.25 | 0 |
| ¼ tsp. Oregano | 1 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 530 | 42.7 | 6.25 | 3.5 | 2.75 | 33 |

DINNER RECIPES



Chili Lime Meatballs

INGREDIENTS

Meatballs

1 lb. Ground Chicken
2 stalks Spring Onions
½ medium Red Bell Pepper
2 Tbsp. Cilantro
½ tsp. Garlic Powder
½ tsp. Salt
½ tsp. Red Pepper Flakes
½ medium Lime
2 oz. Cheddar Cheese
2 Tbsp. Flaxseed Meal
2 Tbsp. Almond Flour

Guacamole

1 medium Avocado
½ medium Lime
¼ tsp. Garlic Powder
Salt and Pepper to Taste

PREPARATION

1. Preheat oven to 350F. Prep all of the vegetables and add to bowl with ground chicken.
2. Chop 2 Tbsp. cilantro & add to bowl. Season with spices, then juice ½ lime into the chicken meatball mixture & add the zest.
3. Add 2 Tbsp. almond flour and flaxseed meal, then mix everything together well.
4. Roll out meatballs uniformly, & bake for 15-18 minutes or until cooked through. You should have 21 meatballs.
5. Make the simple guacamole by mashing together avocado, lime juice, garlic powder, and salt and pepper to taste.

Makes 3 combined servings. Each has:
Calories 428.0 - Fats 31.3g - Net Carbs 4.7g - Protein 33.7g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|

| | | | | | | |
|--------------------------|------|------|------|-----|-----|------|
| Chili Lime Meatballs | | | | | | |
| 1 lb. Ground Chicken | 600 | 40 | 0 | 0 | 0 | 76 |
| 2 stalks Spring Onions | 10 | 0 | 2 | 1 | 1 | 1 |
| ½ medium Red Bell Pepper | 22 | 0 | 6 | 2 | 4 | 1 |
| 2 Tbsp. Cilantro | 2 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Garlic Powder | 5 | 0 | 1 | 0 | 1 | 0 |
| ½ tsp. Salt | 1 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Red Pepper Flakes | 4 | 0 | 0 | 0 | 0 | 0 |
| ½ medium Lime | 5 | 0 | 1.5 | 0 | 1.5 | 0 |
| 2 oz. Cheddar Cheese | 228 | 19 | 1 | 0 | 1 | 14 |
| 2 Tbsp. Flaxseed Meal | 60 | 4 | 4 | 4 | 0 | 3 |
| 2 Tbsp. Almond Flour | 80 | 7 | 3 | 2 | 1 | 3 |
| Totals | 1017 | 70 | 18.5 | 9 | 9.5 | 98 |
| Totals Per Serving (/3) | 339 | 23.3 | 6.2 | 3.0 | 3.2 | 32.7 |

| | | | | | | |
|--------------------------|-----|----|------|-----|-----|---|
| Fast Guacamole | | | | | | |
| 1 medium Avocado | 257 | 24 | 14 | 11 | 3 | 3 |
| ½ medium Lime | 5 | 0 | 1.5 | 0 | 1.5 | 0 |
| ¼ tsp. Garlic Powder | 2 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 267 | 24 | 15.5 | 11 | 4.5 | 3 |
| Totals Per Serving (/3) | 89 | 8 | 5.2 | 3.7 | 1.5 | 1 |

| | | | | | | |
|-----------------------------|-----|------|------|-----|-----|------|
| Totals Together Per Serving | 428 | 31.3 | 11.3 | 6.7 | 4.7 | 33.7 |
|-----------------------------|-----|------|------|-----|-----|------|

DINNER RECIPES

Creamy Tarragon Chicken

INGREDIENTS

5 oz. Chicken Breast
1 Tbsp. Olive Oil
¼ small Onion, sliced thin
3 oz. Mushrooms
½ cup Chicken Broth
¼ cup Heavy Cream
1 tsp. Brown Mustard
½ tsp. Dried Tarragon
Salt and Pepper to Taste

PREPARATION

1. Cut the chicken into cubes and season with salt and pepper.
2. Heat olive oil over medium-high heat. Add chicken to the pan and brown on each side. Remove chicken from the pan and set aside on a plate.
3. Add mushrooms to the pan and cook until soft. Once soft, add onion and let cook until translucent.
4. Add chicken broth to the pan and allow to reduce slightly, about 3-4 minutes.
5. Add heavy cream, brown mustard, dried tarragon, and salt and pepper (to taste) to the pan. Mix together, then add the chicken to the pan. Let this reduce slightly. About 3-5 more minutes.

Makes 1 serving, which has:
Calories 490.0 - Fats 40g - Net Carbs 5g - Protein 33.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 5 oz. Chicken Breast | 134 | 2 | 0 | 0 | 0 | 29 |
| 1 Tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| ¼ small Onion, sliced thin | 7 | 0 | 2 | 0 | 2 | 0 |
| 3 oz. Mushrooms | 19 | 0 | 3 | 1 | 2 | 3 |
| ½ cup Chicken Broth | 3 | 0 | 0 | 0 | 0 | 0 |
| ¼ cup Heavy Cream | 200 | 24 | 1 | 0 | 1 | 1 |
| 1 tsp. Brown Mustard | 4 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Dried Tarragon | 1 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 490 | 40 | 6 | 1 | 5 | 33 |

DINNER RECIPES



Oven “Grilled” Asian Chicken Thighs

INGREDIENTS

- 2 6 oz. Chicken Thighs (Bone In, Skin On)
- ½ Tbsp. Olive Oil
- 1 Tbsp. Reduced Sugar Ketchup
- 1 Tbsp. Rice Wine Vinegar
- 2 tsp. Sriracha
- ½ tsp. Minced Garlic
- ½ tsp. Minced Ginger
- ¼ tsp. Xanthan Gum
- Salt and Pepper to Taste

PREPARATION

1. Preheat oven to 425F. Debone the chicken thighs, and pat dry. Season skin side with salt and pepper.
2. Mix all sauce ingredients together in a small container until a thick paste is formed.
3. Coat the chicken with sauce on both top and bottom. Then lay on a wire rack over a baking sheet covered in foil.
4. Bake for 40-50 minutes until skin is crisp and charring appears. Remove from oven and let rest.

Makes 2 servings. Each has:
Calories 401.5 - Fats 29.5g - Net Carbs 2.0g - Protein 29.5g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|----------|----------|-----------|-----------|---------------|-------------|
| 2 6 oz. Chicken Thighs (Bone In, Skin On) | 718 | 52 | 0 | 0 | 0 | 59 |
| ½ tbsp. Olive Oil | 60 | 7 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Reduced Sugar Ketchup | 5 | 0 | 1 | 0 | 1 | 0 |
| 1 Tbsp. Rice Wine Vinegar | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp. Sriracha | 10 | 0 | 2 | 0 | 2 | 0 |
| ½ tsp. Minced Garlic | 3 | 0 | 0.5 | 0 | 0.5 | 0 |
| ½ tsp. Minced Ginger | 3 | 0 | 0.5 | 0 | 0.5 | 0 |
| ¼ tsp. Xanthan Gum | 2 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 803 | 59 | 4 | 0 | 4 | 59 |

DINNER RECIPES



Salmon with Tarragon Dill Cream Sauce

INGREDIENTS

- 4 oz. Salmon Filet
- ¾ tsp. Dried Tarragon
- ¾ tsp. Dried Dill Weed
- 2 Tbsp. Butter
- 2 Tbsp. Heavy Cream

PREPARATION

1. Season meat of fish with spices and skin side with salt and pepper.
2. Heat skillet over medium-high heat. Once hot, add salmon skin side down.
3. Allow salmon to cook for 4-6 minutes while skin crisps up. Once the skin is crisp, reduce to low heat and flip salmon.
4. Cook salmon until done according to taste, generally about 7-15 minutes over low heat.
5. Remove salmon from the pan and set aside. Add butter and spices to the pan and let brown. Once browned, add cream and mix together. Serve sauce on top of salmon.

Makes 1 serving, which has:
Calories 511 - Fats 44.5g - Net Carbs 1.5g - Protein 22.5g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 4 oz. Salmon Filet | 207.5 | 12.5 | 0 | 0 | 0 | 22.5 |
| ¾ tsp. Dried Tarragon | 1.5 | 0 | 0 | 0 | 0 | 0 |
| ¾ tsp. Dried Dill Weed | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 2 Tbsp. Butter | 200 | 22 | 0 | 0 | 0 | 0 |
| 2 Tbsp. Heavy Cream | 100 | 10 | 1 | 0 | 1 | 0 |
| Totals | 511 | 44.5 | 1.5 | 0 | 1.5 | 22.5 |

DINNER RECIPES



Stuffed Poblano Pepper

INGREDIENTS

Stuffed Poblano Pepper

- ¼ lb. Ground Pork
- 1 tsp. Olive Oil
- 1 Poblano Pepper
- 2 Tbsp. Small Onion, chopped
- ¼ Vine Tomato
- 2 Baby Bella Mushrooms
- 1 Tbsp. Cilantro, chopped
- ¼ tsp. Cumin
- ¼ tsp. Chilli Powder
- Salt and Pepper

Herbed Cream Cheese

- 2 oz. Cream Cheese
- 1 Tbsp. Basil, chopped
- ¼ tsp. Dried Parsley
- Salt and Pepper

PREPARATION

1. Broil poblano in the oven for about 6-10 minutes. Every 1-2 minutes, move it around and flip to get consistent char marks on each side.
2. Saute pork until browned - season with salt, pepper, cumin, and chilli powder.
3. Add diced onion to soften up. Mix everything together, then add the sliced mushrooms.
4. Once mushrooms have absorbed the fats in the pan, add the chopped cilantro and diced tomato to the pan. Cook for another 1-2 minutes.
5. Spoon pork mixture into poblano and bake at 350 for 6-8 minutes.
6. Mix together cream cheese, herbs, and salt and pepper to taste. Roll into a ball and serve alongside poblano pepper.

Makes 1 serving, which has:

Calories 378.0 - Fats 28.0g - Net Carbs 5.0g - Protein 21.25g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------|------------|-----------|-------------|-------------|---------------|--------------|
| ¼ lb. Ground Pork | 298 | 24 | 0 | 0 | 0 | 19 |
| 1 tsp. Olive Oil | 40 | 4 | 0 | 0 | 0 | 0 |
| 1 Poblano Pepper | 13 | 0 | 3 | 1 | 2 | 0.5 |
| 2 Tbsp. Small Onion, chopped | 4 | 0 | 1 | 0 | 1 | 0 |
| ¼ Vine Tomato | 6.25 | 0 | 1.25 | 0.5 | 0.75 | 0.25 |
| 2 Baby Bella Mushrooms | 10 | 0 | 1.5 | 0.5 | 1 | 1.5 |
| 1 Tbsp. Cilantro, chopped | 2 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Cumin | 2 | 0 | 0.25 | 0 | 0.25 | 0 |
| ¼ tsp. Chilli Powder | 2 | 0 | 0.25 | 0.25 | 0 | 0 |
| Salt and Pepper | 0.75 | 0 | 0 | 0 | 0 | 0 |
| Totals | 378 | 28 | 7.25 | 2.25 | 5 | 21.25 |

DINNER RECIPES



Chicken Jalapeno Poppers

INGREDIENTS

- 3 oz. Rotisserie Chicken, shredded
- 3 oz. Cream Cheese
- 1 oz. Mozzarella Cheese
- 9 medium Jalapeno Peppers
- ¼ tsp. Salt
- ¼ tsp. Pepper
- ½ tsp. Mrs. Dash
- 9 slices Bacon (oven-baked, fat rendered)

PREPARATION

Note: Bacon should be partially cooked and soft to the touch. You want to be able to wrap the bacon around the jalapenos.

1. Preheat oven to 400F. Slice all jalapenos in half, then use a spoon to scrape out the seeds of the peppers.
2. In a bowl, mix together cream cheese, mozzarella cheese, shredded chicken and spices.
3. Pack cream cheese mixture into peppers and place other half of pepper on top to close peppers up again.
4. Wrap each pepper in 1 slice of bacon, starting from the bottom and working up.
5. Bake for 20-25 minutes, then broil for an additional 2-3 minutes.

Makes 3 servings. Each has:
Calories 369.3 - Fats 28.5g - Net Carbs 2.7g - Protein 21.7g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|----------|----------|-----------|-----------|---------------|-------------|
| 3 oz. Rotisserie Chicken, shredded | 128 | 6 | 0 | 0 | 0 | 17 |
| 3 oz. Cream Cheese | 300 | 27 | 3 | 0 | 3 | 6 |
| ¼ cup Mozzarella Cheese | 90 | 6 | 1 | 0 | 1 | 7 |
| 9 medium Jalapeno Peppers | 36 | 0 | 8 | 4 | 4 | 0 |
| ¼ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Mrs. Dash | 3 | 0 | 0 | 0 | 0 | 0 |
| 9 Slices Bacon (oven-baked, fat rendered) | 550 | 45 | 0 | 0 | 0 | 35 |
| Totals | 1108 | 84 | 12 | 4 | 8 | 65 |

DINNER RECIPES



Italian Stuffed Meatballs

INGREDIENTS

- Italian Stuffed Meatballs*
 10 oz. Ground Beef (80/20)
 ½ tsp. Oregano
 ¼ tsp. Italian Seasoning
 1 tsp. Minced Garlic
 ¼ tsp. Onion powder
 1½ Tbsp. Tomato Paste
 1½ Tbsp. Flaxseed Meal
 1 large Egg
 ¼ cup Olives, sliced
 ¼ cup Mozzarella Cheese
 ½ tsp. Worcestershire Sauce
 Salt and Pepper to Taste

- Spinach Salad*
(Only applicable to Week 2, Day 1)
 2 oz. Spinach
 1 Tbsp. Fatty Dressing (Mayo, Oil)

PREPARATION

1. Preheat oven to 400F.
2. Mix meat together with all of the ingredients and form into meatballs. Lay on a foil covered cookie sheet.
3. Bake for 16-20 minutes or until desired done-ness is reached.

Only for Week 2, Day 1: Serve over spinach with drizzled fat from the pan and 1 Tbsp. fatty dressing.

Makes 2 servings. Each has:
 Calories 508.5 - Fats 40.25g - Net Carbs 3.25g - Protein 32.75g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 10 oz. Ground Beef (80/20) | 700 | 60 | 0 | 0 | 0 | 50 |
| ½ tsp. Oregano | 1.5 | 0 | 0.5 | 0 | 0.5 | 0 |
| ¼ tsp. Italian Seasoning | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Minced Garlic | 5 | 0 | 1 | 0 | 1 | 0 |
| ¼ tsp. Onion powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1½ Tbsp. Tomato Paste | 19 | 0 | 4 | 1.5 | 2.5 | 1 |
| 1½ Tbsp. Flaxseed Meal | 45 | 2.5 | 4 | 3 | 1 | 2.5 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| ¼ cup Olives, sliced | 100 | 8 | 0 | 0 | 0 | 0 |
| 1 oz. Mozzarella Cheese | 70 | 5 | 0 | 0 | 0 | 6 |
| ½ tsp. Worcestershire Sauce | 2.5 | 0 | 0.5 | 0 | 0.5 | 0 |
| Salt and Pepper to Taste | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1017 | 80.5 | 11 | 4.5 | 6.5 | 65.5 |

DINNER RECIPES



Bacon Jalapeno
Mug Cake

- INGREDIENTS**
- 2 Tbsp. Almond Flour
 - 1 Tbsp. Golden Flaxseed Meal
 - 2 Tbsp. Butter
 - 1 large Egg
 - 1 Slice Bacon, cooked
 - ½ Jalapeno Pepper
 - ½ tsp. Baking Powder
 - ¼ tsp. Salt

PREPARATION

- 1. Mix all ingredients together inside of a mug.
- 2. Microwave for 75 seconds on high (power level 10).
- 3. Lightly slam cup against a plate to take the mug cake out. Garnish with jalapeno (optional) and serve.

Makes 1 serving, which has:
Calories 429.0 - Fats 39.0g - Net Carbs 3.2g - Protein 14.5g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 Tbsp. Almond Flour | 80 | 7 | 3 | 2 | 1 | 3 |
| 1 Tbsp. Golden Flaxseed Meal | 30 | 2 | 3 | 2 | 1 | 2 |
| 2 Tbsp. Butter | 200 | 22 | 0 | 0 | 0 | 0 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| 1 Slice Bacon, cooked | 45 | 3 | 0 | 0 | 0 | 3.5 |
| ½ Jalapeno Pepper | 2 | 0 | 0.4 | 0.2 | 0.2 | 0 |
| ½ tsp. Baking Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| ¼ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 429 | 39 | 7.4 | 4.2 | 3.2 | 14.5 |

DINNER RECIPES

Low Carb
Chicken Curry

INGREDIENTS

- 2 Tbsp. Coconut Oil
- 1 inch Ginger
- 1 Green Chilli
- 2 Shallots
- 2 cloves Garlic
- 1 tsp. Turmeric Powder
- 1 stalk Lemongrass
- 4 Chicken Drumsticks (~17 oz.)
- ¼ cup Coconut Milk
- ⅓ cup Water
- ½ tsp. Salt
- 1 Tbsp. chopped Cilantro

PREPARATION

1. Bruise lemongrass by hitting it. Set aside.
2. Pound ginger, green chilli, shallots and garlic with a mortar and pestle (or blend them).
3. Saute the pounded ingredients in coconut oil on medium heat.
4. After 3-4 minutes, add turmeric powder & the bruised lemongrass, & saute again. Once fragrant, add chicken & mix well.
5. Pour in coconut milk & water & mix well. Add salt & simmer while covered for about 30 minutes or until chicken is cooked.
6. Sprinkle cilantro over the top and serve!

Makes 2 servings. Each has:
Calories 525.8 - Fats 37.3g - Net Carbs 5.5g - Protein 39.4g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 Tbsp. Coconut Oil | 259 | 30 | 0 | 0 | 0 | 0 |
| 1 inch Ginger | 16 | 0 | 4 | 0 | 3 | 0 |
| 1 Green Chilli | 3 | 0 | 1 | 0 | 1 | 0 |
| 2 Shallots | 6 | 0 | 1 | 0 | 1 | 0 |
| 2 cloves Garlic | 5 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Turmeric Powder | 14 | 0 | 2.6 | 0.8 | 1.8 | 0 |
| 1 stalk Lemongrass | 8 | 0 | 2 | 0 | 2 | 0 |
| 4 Chicken Drumsticks (~17 oz.) | 640 | 34 | 0 | 0 | 0 | 76 |
| ¼ cup Coconut Milk | 99 | 10 | 2 | 1 | 1 | 1 |
| ⅓ cup Water | 0 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 Tbsp. chopped Cilantro | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1051.7 | 74.7 | 13.8 | 2.7 | 11.1 | 78.8 |

DINNER RECIPES

Low Carb Zesty Chicken Nuggets

INGREDIENTS

Chicken Nuggets

10 oz. Boneless/
Skinless Chicken
Thighs, cut
½ large Egg
0.75 oz Pork Rinds
2 Tbsp. Almond Flour
2 Tbsp. Flaxseed Meal
Zest ½ Lime
⅛ tsp. Pepper
⅛ tsp. Chilli Powder
⅛ tsp. Paprika
⅛ tsp. Onion Powder
⅛ tsp. Garlic Powder
⅛ tsp. Cayenne Pepper

Fry Sauce

(Only applicable on
Week 2, Day 2)
1 Tbsp.
Mayonnaise
½ Tbsp. Reduced
Sugar Ketchup
¾ tsp. Mustard

Spinach Salad

(Only applicable on
Week 2, Day 2)
2 oz. Spinach
1 Tbsp. Fatty
Dressing (Mayo,
Oil)

PREPARATION

- Preheat oven to 400F. Dry chicken off with a paper towel. Cut chicken thighs into bite size chunks and set aside.
- In a food processor, combine pork rinds, almond flour, flaxseed meal, lime zest, and spices. Pulse until the mixture resembles fine crumbs.
- Add processed crumbs to a bowl, then crack 1 egg in a second bowl. Scramble the egg well until no whites are seen. Add 1-2 tsp. water if needed.
- Dip the chicken in the egg mixture, then dip into the crumb mixture. Coating each side well. Set onto a cookie sheet that is covered with foil and has been sprayed with oil.
- Bake for 15-18 minutes or until nuggets are golden brown on the tops.

Week 2, Day 2: While cooling the nuggets, put together all of the ingredients for the sauce and mix together well.

Week 2, Day 2: Assemble spinach salad by mixing spinach and fatty dressing together.

Makes 2 servings. Each has:

Calories 361.3 - Fats 23.8g - Net Carbs 0.8g - Protein 33.8g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--|----------|----------|-----------|-----------|---------------|-------------|
| 10 oz. Boneless/Skinless Chicken Thighs, cut | 420 | 25 | 0 | 0 | 0 | 48 |
| ½ large Egg | 35 | 3 | 0 | 0 | 0 | 3 |
| 0.75 oz Pork Rinds | 120 | 9 | 0 | 0 | 0 | 10.5 |
| 2 Tbsp. Almond Flour | 80 | 7 | 3 | 1.5 | 1.5 | 3 |
| 2 Tbsp. Flaxseed Meal | 60 | 3.5 | 5 | 5 | 0 | 3 |
| Zest ½ Lime | 1 | 0 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Pepper | 0.5 | 0 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Chilli Powder | 1 | 0 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Paprika | 2 | 0 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Onion Powder | 1 | 0 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Garlic Powder | 1 | 0 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Cayenne Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 722.5 | 47.5 | 8 | 6.5 | 1.5 | 67.5 |

DINNER RECIPES



Keto Cheeseburger Muffins

INGREDIENTS

Cheeseburger Muffin Buns

¼ cup Blanched Almond Flour

¼ cup Flaxseed Meal

½ tsp. Baking Powder

¼ tsp. Salt

⅛ tsp. Pepper

1 large Egg

2 Tbsp. Sour Cream

Hamburger Filling

8 oz. Ground Beef

¼ tsp. Onion Powder

¼ tsp. Garlic Powder

1 Tbsp. Tomato Paste

Salt and Pepper to Taste

Toppings

0.75 oz. Cheddar Cheese

½ Baby Dill Pickle

1 Tbsp. Reduced Sugar Ketchup

1 Tbsp. Mustard

PREPARATION

1. Measure out the ground beef and place into a hot pan. Season with salt and pepper.
2. Cook beef until browned on the bottom, then season with onion powder, garlic powder, and tomato paste. Mix together and turn off the heat. You should be left with "rare" (only semi-cooked) ground beef.
3. Mix together the dry ingredients for the muffins and preheat oven to 350F.
4. Add wet ingredients into the muffin mixture and mix well.
5. Divide up the mixture for the muffins into silicone muffin cups (or well greased muffin pan). Indent the muffin using your finger or a spoon to give space for the ground beef. Then, fill each muffin with ground beef mixture.
6. Bake for 15-20 minutes or until muffins are browned slightly on the outside.
7. Remove from the oven and top with some cheese, then broil for an additional 1-3 minutes.
8. Let cool for 5-10 minutes, then remove from the silicone muffin cups (or well greased muffin pan).
9. Serve and enjoy! Top with chopped pickles, ketchup, mustard or your favorite condiments!

Makes 2 servings. Each has:
 Calories 553.5 - Fats 41.8g - Net Carbs 4.4g - Protein 32.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| ¼ cup Blanched Almond Flour | 160 | 14 | 6 | 3 | 3 | 6 |
| ¼ cup Flaxseed Meal | 120 | 7 | 8 | 8 | 0 | 6 |
| ½ tsp. Baking Powder | 1 | 0 | 0.25 | 0 | 0.25 | 0 |
| ¼ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| 2 Tbsp. Sour Cream | 60 | 5 | 1 | 0 | 1 | 1 |
| 8 oz. Ground Beef | 576 | 45.5 | 0 | 0 | 0 | 39 |
| ¼ tsp. Onion Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| ¼ tsp. Garlic Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1 Tbsp. Tomato Paste | 12.5 | 0 | 2.5 | 1 | 1.5 | 0.5 |
| Salt and Pepper to Taste | 1 | 0 | 0 | 0 | 0 | 0 |
| 0.75 oz. Cheddar Cheese | 85.5 | 7 | 0.5 | 0 | 0.5 | 5.5 |
| ½ Baby Dill Pickle | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Reduced Sugar Ketchup | 5 | 0 | 1 | 0 | 1 | 0 |
| 1 Tbsp. Mustard | 10 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1107 | 83.5 | 20.75 | 12 | 8.75 | 64 |

DINNER RECIPES



Tex Mex Casserole

INGREDIENTS

Casserole Ingredients

- 8 oz. Ground Beef (80/20)
- 1 large Egg
- ¾ tsp. Ground Cumin
- ¼ tsp. Garlic Powder
- 1 tsp. Dried Oregano
- ¾ tsp. Salt
- ¼ tsp. Black Pepper

Food Processor Ingredients

- ¼ whole Red Pepper
- 1½ stalks Green Onion
- ½ whole Jalapeno
- 2 Tbsp. Packed Fresh Cilantro

Topping

- 2 oz. Shredded Cheddar Cheese

PREPARATION

1. Preheat oven to 350F.
2. Cut the stem off of the red pepper and jalapeno. Take out the seeds if you do not like spicy food.
3. Add all "Food Processor" ingredients into a food processor. Grind them into a finely diced mixture by pulsing slowly.
4. In a mixing bowl, combine casserole ingredients and food processor ingredients. Mix together well with your hands.
5. Press meat mixture into casserole dish, then top with cheese.
6. Bake for 30 minutes and then broil for additional 5 minutes to crisp the cheese on top.
7. Let cook for 10 minutes before serving.

Makes 2 servings. Each has:
Calories 443.3 - Fats 35.8g - Net Carbs 2.3g - Protein 30.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 8 oz. Ground Beef (80/20) | 560 | 48 | 0 | 0 | 0 | 40 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| ¾ tsp. Cumin | 6 | 0 | 0.5 | 0 | 0.5 | 0 |
| ¼ tsp. Garlic Powder | 2.5 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1 tsp. Dried Oregano | 3 | 0 | 0.5 | 0.5 | 0 | 0 |
| ¾ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Black Pepper | 0.5 | 0 | 0 | 0 | 0 | 0 |
| ¼ whole Red Bell Pepper | 6 | 0 | 1.5 | 0.5 | 1 | 0 |
| 1½ stalks Spring Onion | 7.5 | 0 | 1.5 | 0 | 1.5 | 0 |
| ½ whole Jalapeno | 2 | 0 | 0 | 0 | 0 | 0 |
| 2 Tbsp. Cilantro, packed | 1.5 | 0 | 0 | 0 | 0 | 0 |
| 2 oz. Shredded Cheddar Cheese | 227.5 | 18.5 | 0.5 | 0 | 0.5 | 14 |
| Totals | 886.5 | 71.5 | 5.5 | 1 | 4.5 | 60 |

DINNER RECIPES

Bacon Cheeseburger Soup

INGREDIENTS

- 2 slices Bacon
- 8 oz. Ground Beef (80/20)
- 1 Tbsp. Butter
- 2½ cups Beef Broth
- ½ tsp. Garlic Powder
- ½ tsp. Onion Powder
- 2 tsp. Brown Mustard
- ¾ tsp. Kosher Salt
- ½ tsp. Black Pepper
- ¼ tsp. Red Pepper Flakes
- ¾ tsp. Cumin
- ¾ tsp. Chilli Powder
- 2 Tbsp. Tomato Paste
- 1 medium Dill Pickle
- ½ cup Shredded Cheddar
- 2 oz. Cream Cheese
- ⅓ cup Heavy Cream

PREPARATION

1. Cook bacon in a pan until crispy, then set aside.
2. Add ground beef in the bacon fat and cook until browned on one side, flip and brown on other side.
3. Transfer beef to a pot, & move it to the sides. Add butter and spices to the pan and let the spices sweat for 30-45 seconds.
4. Add beef broth, tomato paste, cream cheese, and pickles to the pot and let cook for a few minutes until melted.
5. Mix everything together, cover the pot, and turn to low heat. Cook for 20-30 minutes.
6. Turn stove off, then finish with heavy cream and crumbled bacon. Stir well and serve.

Makes 3 servings. Each has:
Calories 561.0 - Fats 47.3g - Net Carbs 4.3g - Protein 25.3g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 2 slices Bacon | 206 | 20 | 0 | 0 | 0 | 5 |
| 8 oz. Ground Beef (80/20) | 560 | 48 | 0 | 0 | 0 | 40 |
| 1 Tbsp. Butter | 100 | 11 | 0 | 0 | 0 | 0 |
| 2½ cups Beef Broth | 50 | 0 | 0 | 0 | 0 | 10 |
| ½ tsp. Garlic Powder | 5 | 0 | 1 | 0 | 1 | 0 |
| ½ tsp. Onion Powder | 5 | 0 | 1 | 0 | 1 | 0 |
| 2 tsp. Brown Mustard | 9 | 0 | 0 | 0 | 0 | 0 |
| ¾ tsp. Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Black Pepper | 2 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Red Pepper Flake | 12 | 0 | 0 | 0 | 0 | 0 |
| ¾ tsp. Cumin | 6 | 0 | 1 | 0 | 1 | 0 |
| ¾ tsp. Chilli Powder | 6 | 0 | 1 | 1 | 0 | 0 |
| 2 Tbsp. Tomato Paste | 25 | 0 | 5 | 2 | 3 | 1 |
| 1 medium Dill Pickle | 10 | 0 | 1 | 0 | 1 | 0 |
| ½ cup Shredded Cheddar | 220 | 18 | 2 | 0 | 2 | 14 |
| 2 oz. Cream Cheese | 200 | 18 | 2 | 0 | 2 | 4 |
| ⅓ cup Heavy Cream | 267 | 27 | 2 | 0 | 2 | 2 |
| Totals | 1683 | 142 | 16 | 3 | 13 | 76 |

DINNER RECIPES



Buffalo Chicken
Jalapeno Popper
Casserole

- INGREDIENTS**
- 4 small Chicken Thighs
 - 4 slices Bacon
 - 1 medium Jalapeno
 - 6 oz. Cream Cheese
 - 2 Tbsp. Mayonnaise
 - 2 oz. Shredded Cheddar
 - 1 oz. Mozzarella Cheese
 - 3 Tbsp. Frank's Hot sauce
 - Salt and Pepper to Taste

PREPARATION

1. Debone all chicken thighs and preheat oven to 400F. Season chicken thighs well with salt and pepper, then lay on a cooling rack over a cookie sheet wrapped in foil. Bake chicken thighs for 40 minutes at 400F.
2. Once your timer hits 20 minutes, start on the filling. Chop bacon into pieces and put into a pan over medium heat.
3. Once bacon is mostly crisped, add jalapenos to the pan.
4. Once jalapenos are soft and cooked, add cream cheese, mayonnaise, and Frank's red hot to the pan. Mix together and season to taste.
5. Remove chicken from the oven and let cool slightly. Once they are cool enough, remove the skins from the chicken.
6. Lay chicken into a 9x9 casserole dish, then spread cream cheese mixture over it, then top with cheddar & mozzarella cheese.
7. Bake for 10-15 minutes at 400F. Broil for 3-5 minutes to finish. Optional: Top with extra jalapenos before you broil.
8. Let cool for 5 minutes. Slice and serve!

Makes 4 servings. Each has:
Calories 508.3 - Fats 43.0g - Net Carbs 4.8g - Protein 27.3g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--|----------|----------|-----------|-----------|---------------|-------------|
| 4 small Chicken Thighs (~18 oz. Deboned) | 1080 | 72 | 0 | 0 | 0 | 72 |
| 4 slices Bacon | 415.3 | 40.7 | 0 | 0 | 0 | 10.7 |
| 1 medium Jalapeno | 4.3 | 0.0 | 0.7 | 0.3 | 0.3 | 0.3 |
| 6 oz. Cream Cheese | 600 | 54 | 6 | 0 | 6 | 12 |
| 2 Tbsp. Mayonnaise | 240 | 26.7 | 0 | 0 | 0 | 0 |
| 2 oz. Shredded Cheddar | 228 | 19 | 0.5 | 0 | 0.5 | 14 |
| 1 oz. Mozzarella Cheese | 70 | 5 | 0 | 0 | 0 | 6 |
| 3 Tbsp. Frank's Hot sauce | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2640.7 | 217.3 | 7.2 | 0.3 | 6.8 | 115 |

SIDES & SNACKS RECIPES



Coffee with Cream



Cream Cheese & Bacon



Steamed Broccoli



Steamed Broccoli
with Butter



Vegetable Medley



Spinach Salad



Creamed Spinach



Garlic Sauteed Spinach



Lemon Roasted
Spicy Broccoli

SIDES & SNACKS RECIPES



Coffee with Cream

INGREDIENTS

- 1 cup Coffee
- 1 Tbsp. Heavy Cream
- 7 drops Liquid Stevia

PREPARATION

1. Brew cup of coffee as strong as you like it.
2. Pour in 1 tbsp. cream with 7 drops of stevia to sweeten.
3. Mix together and enjoy.

Makes 1 servings, which has:
Calories 53.0 - Fats 5.0g - Net Carbs 0.0g - Protein 0.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 cup Coffee | 3 | 0 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Heavy Cream | 50 | 5 | 0 | 0 | 0 | 0 |
| 7 drops Liquid Stevia | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 53 | 5 | 0 | 0 | 0 | 0 |

SIDES & SNACKS RECIPES

Cream Cheese & Bacon

INGREDIENTS

2 Oz. Cream Cheese
2 slices Cooked Bacon
1 Tbsp. Basil, chopped
¼ tsp. Dried Parsley
Salt and Pepper

PREPARATION

- Season cream cheese with herbs and salt and pepper to taste.
- Crumble bacon onto a plate. Roll cream cheese into balls, then roll the balls over the crumbled bacon to coat the outside.

Makes 1 serving, which has:
Calories 293.0 - Fats 25.0g - Net Carbs 2.0g - Protein 10.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 Oz. Cream Cheese | 200 | 18 | 2 | 0 | 2 | 4 |
| 2 slices Cooked Bacon | 90 | 7 | 0 | 0 | 0 | 6 |
| 1 Tbsp. Basil, chopped | 1 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Dried Parsley | 1 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 293 | 25 | 2 | 0 | 2 | 10 |

SIDES & SNACKS RECIPES



Steamed Broccoli

INGREDIENTS
4 oz. Broccoli

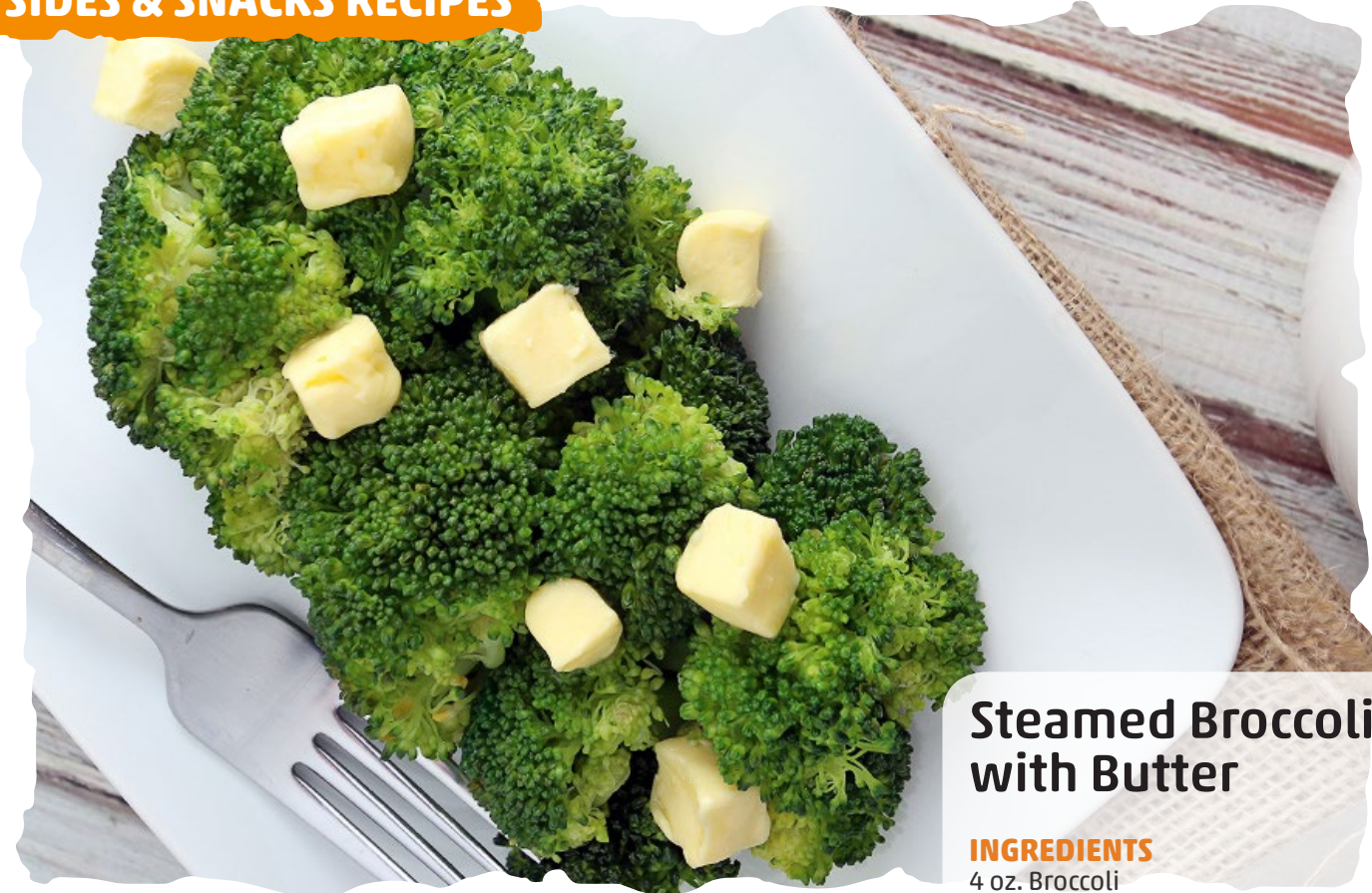
PREPARATION

1. Bring water to a rolling boil inside a pot and add broccoli to the water.
2. Cook until desired doneness is reached. I typically like my broccoli to still be slightly crunchy.
3. Remove broccoli from the pot and serve.

Makes 1 serving, which has:
Calories 39.0 - Fats 0.0g - Net Carbs 5.0g - Protein 3.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 4 oz. Broccoli | 39 | 0 | 8 | 3 | 5 | 3 |
| Totals | 39 | 0 | 8 | 3 | 5 | 3 |

SIDES & SNACKS RECIPES



Steamed Broccoli with Butter

INGREDIENTS

4 oz. Broccoli
1 Tbsp. Butter

PREPARATION

1. Bring water to a rolling boil inside a pot and add broccoli to the water.
2. Cook until desired doneness is reached. I typically like my broccoli to still be slightly crunchy.
3. Remove broccoli from the pot and add butter to the top. Mix the broccoli and butter together, then serve.

Makes 1 serving, which has:
Calories 139.0 - Fats 10.0g - Net Carbs 5.0g - Protein 3.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 4 oz. Broccoli | 39 | 0 | 8 | 3 | 5 | 3 |
| 1 Tbsp. Butter | 100 | 10 | 0 | 0 | 0 | 0 |
| Totals | 139 | 10 | 8 | 3 | 5 | 3 |

SIDES & SNACKS RECIPES



Vegetable Medley

- INGREDIENTS**
- 2 Tbsp. Olive Oil
 - 2 oz. Mushrooms
 - 2 oz. Broccoli
 - 1 oz. Green Pepper
 - 1 oz. Spinach
 - 1 Tbsp. Pumpkin Seeds
 - ½ tsp. Minced Garlic

PREPARATION

1. Prep all vegetables by chopping them into small, bitesize pieces.
2. Heat oil in a pan to high heat. Once hot, add garlic and let saute for 1 minute.
3. Add mushrooms and let them soak up some of the oil. Once they do, add broccoli and mix together well. Let cook for a few minutes.
4. Add bell pepper, spices, and pumpkin seeds then mix together.
5. Once everything is cooked, turn off the stove and lay spinach on top of the vegetables. Let the steam wilt the spinach. Once wilted, mix into the vegetables.

Makes 2 servings. Each has:
 Calories 165.25 - Fats 15.25g - Net Carbs 3.6g - Protein 3.4 g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 Tbsp. Olive Oil | 240 | 27 | 0 | 0 | 0 | 0 |
| 2 oz. Mushrooms | 16 | 0 | 2.25 | 0.75 | 1.5 | 1.5 |
| 2 oz. Broccoli | 19 | 0 | 4 | 1 | 3 | 2 |
| 1 oz. Green Pepper | 5 | 0 | 1.1 | 0.4 | 0.7 | 0.3 |
| 1 oz. Spinach | 7 | 0 | 1 | 0.5 | 0.5 | 1 |
| 1 Tbsp. Pumpkin Seeds | 41 | 3.5 | 1.5 | 0.5 | 1 | 2 |
| ½ tsp. Minced Garlic | 2.5 | 0 | 0.5 | 0 | 0.5 | 0 |
| Totals | 330.5 | 30.5 | 10.35 | 3.15 | 7.2 | 6.8 |

SIDES & SNACKS RECIPES



Spinach Salad

- INGREDIENTS
- 2 oz. Spinach
 - 1 Tbsp. Fatty Dressing (Mayo, Oil)

PREPARATION

1. Add spinach to a mixing bowl.
2. Add 1 Tbsp. fatty dressing and toss until combined.

Makes 1 servings, which has:
Calories 114.0 - Fats 10.0g - Net Carbs 1.0g - Protein 2.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| 1 Tbsp. Fatty Dressing (Mayo, Oil) | 100 | 10 | 0 | 0 | 0 | 0 |
| Totals | 114 | 10 | 2 | 1 | 1 | 2 |

SIDES & SNACKS RECIPES



Creamed Spinach

INGREDIENTS

2 oz. Spinach
1 Tbsp. Heavy Cream
1 oz. Cream Cheese
Salt and Pepper to Taste

PREPARATION

1. Heat a pan over medium-low heat on the stove. Once warm, add spinach to the pan.
2. Once spinach begins to wilt, add cream cheese and heavy cream. Mix together and season with salt and pepper, stirring occasionally.
3. Once the cream cheese and heavy cream begin to reduce and bubble, remove from the pan and serve.

Makes 1 serving, which has:
Calories 166.0 - Fats 14.0g - Net Carbs 2.0g - Protein 4.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| 1 Tbsp. Heavy Cream | 50 | 5 | 0 | 0 | 0 | 0 |
| 1 oz. Cream Cheese | 100 | 9 | 1 | 0 | 1 | 2 |
| Salt and Pepper to Taste | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 166 | 14 | 3 | 1 | 2 | 4 |

SIDES & SNACKS RECIPES



Garlic Sauteed Spinach

INGREDIENTS

2 oz. Spinach
2 tsp. Olive Oil
½ tsp. Minced Garlic
Salt and Pepper to Taste

PREPARATION

1. Bring a pan to medium heat on the stove. Once hot, add olive oil.
2. Once the oil is hot, add garlic to the pan until it becomes fragrant.
3. Add spinach to the pan and cook until wilted. Season with salt and pepper to taste.

Makes 1 serving, which has:
Calories 109.0 - Fats 10.0g - Net Carbs 1.5g - Protein 2.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| 2 tsp. Olive Oil | 90 | 10 | 0 | 0 | 0 | 0 |
| ½ tsp. Minced Garlic | 3 | 0 | 0.5 | 0 | 0.5 | 0 |
| Salt and Pepper to Taste | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 109 | 10 | 2.5 | 1 | 1.5 | 2 |

SIDES & SNACKS RECIPES



Lemon Roasted Spicy Broccoli

- INGREDIENTS**
- 8 oz. Broccoli Florets
 - 1¾ Tbsp. Parmesan Cheese
 - 1 Tbsp. Olive Oil
 - 1 Tbsp. Basil, chopped
 - 1 tsp. Minced Garlic
 - ¼ tsp. Kosher Salt
 - ⅛ tsp. Red Pepper Flakes
 - Zest of ¼ Lemon
 - Juice of ¼ Lemon

PREPARATION

1. Preheat oven to 425F. Lay broccoli florets onto a baking sheet covered with parchment paper.
2. Season the broccoli with oil and spices.
3. Sprinkle parmesan cheese over the top of the broccoli and put into the oven for about 20-25 minutes.
4. Remove from the oven and serve - super simple, easy, and delicious!

Makes 2 servings. Each has:
Calories 138.1 - Fats 10.5g - Net Carbs 3.8g - Protein 5.7g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 8 oz. Broccoli Florets | 66.7 | 0 | 10.7 | 5.3 | 5.3 | 8 |
| 1¾ Tbsp. Parmesan Cheese | 37 | 2.3 | 0.3 | 0 | 0.3 | 3.3 |
| 1 Tbsp. Olive Oil | 160.0 | 18.7 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Basil, chopped | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Minced Garlic | 5 | 0 | 1.0 | 0 | 1 | 0 |
| ¼ tsp. Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| ⅛ tsp. Red Pepper Flakes | 3 | 0 | 0 | 0 | 0 | 0 |
| Zest of ¼ Lemon | 1.5 | 0 | 0 | 0 | 0 | 0 |
| Juice of ¼ Lemon | 2 | 0 | 1 | 0 | 1 | 0 |
| Totals | 276.2 | 21 | 13 | 5.3 | 7.7 | 11.3 |

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