



BATCH COOKING ON A BUDGET

shrink your waistline, not your wallet

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.

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. You will need Unsweetened Coconut Milk from the carton. I choose **So Delicious** brand.

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

Last but not least, we need to talk about sleep. Many studies show that there is a connection between sleeping and appetite. To be more precise, there is a connection between sleep and a balance of leptin and ghrelin in the body. 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 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 has 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. We focus on quick and easy to prepare breakfasts and lunches, so not too much time is spent in the kitchen. You can bulk cook all meals on Sunday's so you're fully prepared for the week ahead.

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.



MORE SAVINGS

Deals and Coupons - Make sure that you check far into the meal plan. If there are deals or savings on certain meat/cheese/fats at the grocery store, stock up and buy it in advance for the following week(s) and freeze it.

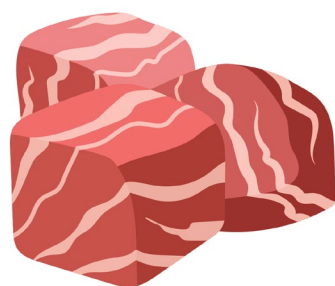
Do you shop online? Well you should! So many products like Almond Flour, Nuts, Spices, and the like are cheaper online. They can be up to half of the price you see in the stores - even when you compare to the bulk warehouse stores. Are you a student? If so, you can sign up for [Amazon Student Membership](#) using your .edu e-mail address, where you receive **free 2-day shipping on almost everything for 6 months**. After that, it's \$39 a year, but who can complain when that price pays for itself after 2 orders?



Other options for cheap keto sundry items are found at stores like **Trader Joe's** and **Aldi's**. Trader Joe's offers Almond Meal for \$4.99 for a pound. Almond meal differs from almond flour in that it is ground almonds with the skin on, while almond flour is blanched almonds that have had the skins removed. Almond meal does make baked goods a bit denser, but at half the cost of almond flour – it's definitely the best economical choice for keto baking! Trader Joe's also may offer great keto options for low prices, so be sure to take a look around.

Aldi's also offers many low prices for produce, cheese, heavy cream, and meats, with weekly specials found in a weekly circular. They carry inexpensive pork rinds in addition to bottles of spices for \$1. Can't beat those prices!

When you are in need of vegetables, take a look at fresh versus frozen prices. Produce is comparable in taste and nutrients whether it is fresh or frozen, but sometimes the frozen price will be much less. Broccoli is grown year round in the U.S. which allows it to be sold for a lower price than other vegetables. It's my favorite keto vegetable not only for taste, but as it's consistently one of the cheapest to buy. You can always substitute another vegetable called for in a recipe with broccoli if you need to trim your food budget.



Meat deals especially are cyclical and stores will often discount their meats if it's close to expiration date. A 20% discount isn't uncommon in the freezer and fridge sections at stores, especially on ground beef. If you're not too bothered by expiration dates (*I don't follow them to a tee, but more as a guideline*), you can buy it and freeze it for later. Investing in a Food Saver will help you save a lot of money down the road. It makes meat and other food freeze very well.

Bacon also has a cheaper option - **bacon ends and pieces**! Buying the ends and pieces of bacon versus a package of bacon slices will save you about half the cost. I have seen bacon ends and pieces sold at my local grocery store, Wal-Mart, and Trader Joe's. It's just as tasty as regular bacon, plus it usually comes in smaller pieces - making your prep time shorter.

Don't forget about in-store offers! Buy 1 get 1 free, buy 2 get 1 free, special discounts, manager discounts, clearance, and closeouts. These can really add up over time and make it well worth watching out for them. I've seen managers specials on Kerrygold, letting me get 5 bars for \$12.50. There's quite often manager specials on chicken where you can REALLY stock up on it and keep it airtight and frozen for months at a time.

Couponing will help you match up coupons with store sales, promotional offers, and rebates to get the lowest possible price. If you coupon for your other needs besides keto friendly foods (such as cleaning supplies, toiletries, paper towels, clothing, etc), you'll save enough to offset the cost of your keto diet.



You can find coupons:

- **In the Sunday newspaper.** There are 3 types of coupon inserts that typically come out in addition to possible store coupons and bonus inserts, depending on where you live.
- **On the internet.** Printable coupons exist from many sources. Good places to start are Coupons.com, SmartSource.com, and checking the manufacturer's websites for other available coupons.
- **In the mail.** You may receive mailers that include coupons from unsolicited companies or from a manufacturer with whom you have signed up with through the mail or online.
- **In magazines.** Many magazines offer product coupons inside their pages or will sometimes offer a special coupon insert inside.
- **Loaded to an app, a loyalty or savings card, or texted to your phone.** Many stores are now offering additional savings via their loyalty card or an app such as Target's Cartwheel.
- **Store Weekly Circular or In-store.** Many stores offer store coupons and manufacturer coupons inside their weekly ads. You may also find coupons in store as a tearpad, on the box as a peel-off, or as a catalina that prints with your receipt.
- **Coupon Trading.** Trade the coupons you don't want for the ones you do! You can do this via many money saving forums, instagram, or with your friends and family.

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

WEEK 1

SHOPPING LIST

PROTEIN

- 11 oz. Bacon Odds and Ends
- 10 large Eggs
- 32 oz. Pork Sausage
- 6 Chicken Thighs, Bone-in and Skin-on (~24 oz.)

FATS

- 2 Tbsp. Olive Oil
- ¼ cup Heavy Cream
- 1 Tbsp. Unsalted Butter
- 1 Tbsp. Coconut Oil

DAIRY

- 12 oz. Cream Cheese
- 12 oz. Cheddar Cheese
- 1 cup Parmesan Cheese

VEGETABLES

- 2 medium Green Bell Pepper
- 21 oz. Broccoli
- 4 medium Jalapeno Peppers
- 10 oz. Raw Spinach

SAUCES

- ¼ cup Mayonnaise
- ¼ cup Hot Sauce

SPICES

- Salt
- Pepper
- 2 tsp. Dried Parsley
- 1½ tsp. Garlic Powder
- 1¼ tsp. Onion Powder
- 1 Tbsp. Chili powder
- 1 Tbsp. Cumin
- 1 tsp. Italian Seasoning

EXTRAS

- 1 can Tomatoes w/ Jalapenos
- Coffee/Tea
- 4 cups Beef Stock

WEEK 1

DAY 1



BREAKFAST

Bacon & Cheese Frittata

Calories 465.5
Fats 39.8g
Net Carbs 2.3g
Protein 20.3g

Notes: Eat 1 serving and split each of the other 5 servings up. Store each serving in a plastic container in the refrigerator.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 465.5 | Fats 39.8g | Net Carbs 2.3g | Protein 20.3g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Sausage & Pepper Soup

Calories 493.2
Fats 34.7g
Net Carbs 3.8g
Protein 20.8g

Notes: Eat 1 serving and split each of the other 5 servings up. Store each serving in a plastic container in the refrigerator.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 493.2 | Fats 34.7g | Net Carbs 3.8g | Protein 20.8g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 563.9
Fats 49.6g
Net Carbs 1.9g
Protein 27.0g

Notes: Eat 1 serving and split each of the other 6 servings up. Store each serving in a plastic container in the refrigerator. Prepare broccoli 10 minutes before casserole comes out of the oven.

| | |
|--------|---|
| + Side | Broccoli with Parmesan |
| | Calories 89.0 - Fats 5.0g - Net Carbs 5.0g - Protein 7.0g |

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 652.9 | Fats 54.6g | Net Carbs 6.9g | Protein 34.0g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1611.5 | Fats 129.1g | Net Carbs 13.0g | Protein 75.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 2



BREAKFAST

Bacon & Cheese Frittata

Calories 465.5
Fats 39.8g
Net Carbs 2.3g
Protein 20.3g

Notes: Although I prefer this cold, you can optionally use a microwave to reheat to your own liking.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 465.5 | Fats 39.8g | Net Carbs 2.3g | Protein 20.3g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Sausage & Pepper Soup

Calories 493.2
Fats 34.7g
Net Carbs 3.8g
Protein 20.8g

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 493.2 | Fats 34.7g | Net Carbs 3.8g | Protein 20.8g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 563.9
Fats 49.6g
Net Carbs 1.9g
Protein 27.0g

Notes: Reheat by placing a single serving in the oven at 350F. Bake for 10-12 minutes or until warmed through. Prepare broccoli while reheating.

| | |
|--------|---|
| + Side | Broccoli with Parmesan |
| | Calories 89.0 - Fats 5.0g - Net Carbs 5.0g - Protein 7.0g |

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 652.9 | Fats 54.6g | Net Carbs 6.9g | Protein 34.0g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1611.5 | Fats 129.1g | Net Carbs 13.0g | Protein 75.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 3



BREAKFAST

Bacon & Cheese Frittata

Calories 465.5
Fats 39.8g
Net Carbs 2.3g
Protein 20.3g

Notes: Although I prefer this cold, you can optionally use a microwave to reheat to your own liking.

BREAKFAST TOTALS

Calories 465.5

Fats 39.8g

Net Carbs 2.3g

Protein 20.3g



LUNCH

Sausage & Pepper Soup

Calories 493.2
Fats 34.7g
Net Carbs 3.8g
Protein 20.8g

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 493.2

Fats 34.7g

Net Carbs 3.8g

Protein 20.8g



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 563.9
Fats 49.6g
Net Carbs 1.9g
Protein 27.0g

Notes: Reheat by placing a single serving in the oven at 350F. Bake for 10-12 minutes or until warmed through. Prepare broccoli while reheating.

+ Side

Broccoli with Parmesan

Calories 89.0 - Fats 5.0g - Net Carbs 5.0g - Protein 7.0g

DINNER TOTALS

Calories 652.9

Fats 54.6g

Net Carbs 6.9g

Protein 34.0g

DAY TOTALS

Calories 1611.5

Fats 129.1g

Net Carbs 13.0g

Protein 75.1g

WEEK 1

DAY 4



BREAKFAST

Bacon & Cheese Frittata

Calories 465.5
Fats 39.8g
Net Carbs 2.3g
Protein 20.3g

Notes: Although I prefer this cold, you can optionally use a microwave to reheat to your own liking.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 465.5 | Fats 39.8g | Net Carbs 2.3g | Protein 20.3g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Sausage & Pepper Soup

Calories 493.2
Fats 34.7g
Net Carbs 3.8g
Protein 20.8g

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 493.2 | Fats 34.7g | Net Carbs 3.8g | Protein 20.8g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 563.9
Fats 49.6g
Net Carbs 1.9g
Protein 27.0g

Notes: Reheat by placing a single serving in the oven at 350F. Bake for 10-12 minutes or until warmed through. Prepare broccoli while reheating.

| | |
|--------|---|
| + Side | Broccoli with Parmesan |
| | Calories 89.0 - Fats 5.0g - Net Carbs 5.0g - Protein 7.0g |

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 652.9 | Fats 54.6g | Net Carbs 6.9g | Protein 34.0g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1611.5 | Fats 129.1g | Net Carbs 13.0g | Protein 75.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 5



BREAKFAST

Bacon & Cheese Frittata

Calories 465.5
Fats 39.8g
Net Carbs 2.3g
Protein 20.3g

Notes: Although I prefer this cold, you can optionally use a microwave to reheat to your own liking.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 465.5 | Fats 39.8g | Net Carbs 2.3g | Protein 20.3g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Sausage & Pepper Soup

Calories 493.2
Fats 34.7g
Net Carbs 3.8g
Protein 20.8g

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 493.2 | Fats 34.7g | Net Carbs 3.8g | Protein 20.8g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 563.9
Fats 49.6g
Net Carbs 1.9g
Protein 27.0g

Notes: Reheat by placing a single serving in the oven at 350F. Bake for 10-12 minutes or until warmed through. Prepare broccoli while reheating.

| | |
|--------|---|
| + Side | Broccoli with Parmesan |
| | Calories 89.0 - Fats 5.0g - Net Carbs 5.0g - Protein 7.0g |

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 652.9 | Fats 54.6g | Net Carbs 6.9g | Protein 34.0g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1611.5 | Fats 129.1g | Net Carbs 13.0g | Protein 75.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 6



BREAKFAST

Bacon & Cheese Frittata

Calories 465.5
Fats 39.8g
Net Carbs 2.3g
Protein 20.3g

Notes: Although I prefer this cold, you can optionally use a microwave to reheat to your own liking.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 465.5 | Fats 39.8g | Net Carbs 2.3g | Protein 20.3g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Sausage & Pepper Soup

Calories 493.2
Fats 34.7g
Net Carbs 3.8g
Protein 20.8g

Notes: Reheat on the stovetop over medium-high heat until warmed through to your liking.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 493.2 | Fats 34.7g | Net Carbs 3.8g | Protein 20.8g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Buffalo Chicken Jalapeno Popper Casserole

Calories 563.9
Fats 49.6g
Net Carbs 1.9g
Protein 27.0g

Notes: Reheat by placing a single serving in the oven at 350F. Bake for 10-12 minutes or until warmed through. Prepare broccoli while reheating.

| | |
|--------|---|
| + Side | Broccoli with Parmesan Calories 89.0 - Fats 5.0g - Net Carbs 5.0g - Protein 7.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 652.9 | Fats 54.6g | Net Carbs 6.9g | Protein 34.0g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1611.5 | Fats 129.1g | Net Carbs 13.0g | Protein 75.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1

DAY 7



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: If you prefer sweet, feel free to sweeten the coffee/tea with stevia if you have it on hand.

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



LUNCH
Jalapeno Popper
Fat Bombs

Calories 475.0
Fats 44.0g
Net Carbs 4.5g
Protein 17.5g

Notes: Feel free to add spices and herbs to your own taste to give a fresh feel to this.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 475.0 | Fats 44.0g | Net Carbs 4.5g | Protein 17.5g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Buffalo Chicken Jalapeno
Popper Casserole

Calories 563.9
Fats 49.6g
Net Carbs 1.9g
Protein 27.0g

Notes: Reheat by placing a single serving in the oven at 350F. Bake for 10-12 minutes or until warmed through. Prepare broccoli while reheating.

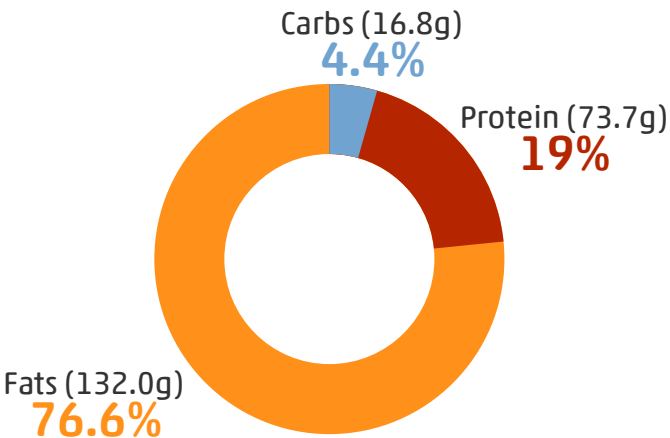
| | |
|--------|--|
| + Side | Broccoli with Parmesan Calories 89.0 - Fats 5.0g - Net Carbs 5.0g - Protein 7.0g |
|--------|--|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 652.9 | Fats 54.6g | Net Carbs 6.9g | Protein 34.0g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1609.9 | Fats 149.6g | Net Carbs 12.4g | Protein 65.5g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 1 TOTALS

| | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------|----------|-------------|--------------|--------------|------------------|----------------|
| DAILY GOAL | 1600 | 136 | ** | ** | 20 | 74 |
| Day 1 | 1611.5 | 129.1 | 17.2 | 4.3 | 13.0 | 75.1 |
| Day 2 | 1611.5 | 129.1 | 17.2 | 4.3 | 13.0 | 75.1 |
| Day 3 | 1611.5 | 129.1 | 17.2 | 4.3 | 13.0 | 75.1 |
| Day 4 | 1611.5 | 129.1 | 17.2 | 4.3 | 13.0 | 75.1 |
| Day 5 | 1611.5 | 129.1 | 17.2 | 4.3 | 13.0 | 75.1 |
| Day 6 | 1611.5 | 129.1 | 17.2 | 4.3 | 13.0 | 75.1 |
| Day 7 | 1609.9 | 149.6 | 14.5 | 2.1 | 12.4 | 65.5 |
| WEEK TOTALS | 11279.0 | 924.3 | 117.9 | 27.7 | 90.2 | 516.2 |
| DAILY AVERAGE | 1611.3 | 132.0 | 16.8 | 4.0 | 12.9 | 73.7 |



WEEK 2

SHOPPING LIST

PROTEIN

- 8 oz. Pork Sausage
- 12 large Eggs
- 1 lb. Ground Beef (80/20)
- 1.5 oz. Bacon Ends and Pieces
- 7 Chicken Thighs, Bone-in and Skin-on (~28 oz.)

FATS

- 7 Tbsp. Olive Oil
- 13 Tbsp. Heavy Cream

DAIRY

- 8 oz. Mozzarella Cheese
- ¼ cup Parmesan Cheese

VEGETABLES

- 1 cup Olives, sliced
- 16 oz. Spinach
- 12 oz. Broccoli
- ¾ cup Diced Tomatoes
- 1 Lemon
- 1 Lime

SAUCES

- 1 cup Mayonnaise
- 3 Tbsp. Organic Tomato Paste

SPICES

- Salt
- Pepper
- 1½ tsp. Onion Powder
- 2¼ tsp. + ⅛ tsp. Garlic Powder
- ⅛ tsp. Cumin
- 1 tsp. Oregano
- 2 tsp. Italian Seasoning
- ¼ tsp. Chili Powder
- 1 tsp. Red Chili Flakes

EXTRAS

- 3⅓ cups Almond Meal
- 3½ tsp. Baking Powder
- ½ oz Pork Rinds

WEEK 2

DAY 1



BREAKFAST

Sausage Breakfast Muffins

Calories 401.3
Fats 33.1g
Net Carbs 3.4g
Protein 18.3g

Notes: You will need to prepare 14 total muffins, so if you don't have an extra muffin pan, you will need to make this in 2 batches. Eat 2 muffins per serving, and store the rest separately in plastic containers inside the refrigerator.

BREAKFAST TOTALS

Calories 401.3

Fats 33.1g

Net Carbs 3.4g

Protein 18.3g



LUNCH

Italian Stuffed Meatballs

Calories 434.5
Fats 35.3g
Net Carbs 3.4g
Protein 28.5g

Notes: Reheat 1 of the 4 servings by cooking in the microwave at work until cooked through. Optionally, serve on top of the spinach so that it slightly wilts.



Side

Simple Spinach Salad

Calories 132.0 - Fats 13.0g - Net Carbs 1.0g - Protein 2.0g

LUNCH TOTALS

Calories 566.5

Fats 48.3g

Net Carbs 4.4g

Protein 30.5g



DINNER

Low Carb Zesty Chicken Nuggets

Calories 246.0
Fats 16.3g
Net Carbs 0.8g
Protein 24.0g



LUNCH

Dipping Sauce

Calories 182.5
Fats 20.0g
Net Carbs 0.5g
Protein 0.0g

Notes: Eat 1 of the 4 servings. Save the other 3 servings separately in plastic containers inside of the refrigerator. You can bulk cook the creamed spinach, but it's quick and much better fresh.



Side

Creamed Spinach

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

DINNER TOTALS

Calories 594.5

Fats 50.3g

Net Carbs 3.3g

Protein 28.0g

DAY TOTALS

Calories 1562.3

Fats 131.7g

Net Carbs 11.1g

Protein 76.8g

WEEK 2

DAY 2



BREAKFAST

Sausage Breakfast Muffins

Calories 401.3
Fats 33.1g
Net Carbs 3.4g
Protein 18.3g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

BREAKFAST TOTALS

Calories 401.3

Fats 33.1g

Net Carbs 3.4g

Protein 18.3g



LUNCH

Italian Stuffed Meatballs

Calories 434.5
Fats 35.3g
Net Carbs 3.4g
Protein 28.5g

Notes: Reheat 1 of the 4 servings by cooking in the microwave at work until cooked through. Optionally, serve on top of the spinach so that it slightly wilts.



Side

Simple Spinach Salad

Calories 132.0 - Fats 13.0g - Net Carbs 1.0g - Protein 2.0g

LUNCH TOTALS

Calories 566.5

Fats 48.3g

Net Carbs 4.4g

Protein 30.5g



DINNER

Low Carb Zesty Chicken Nuggets

Calories 246.0
Fats 16.3g
Net Carbs 0.8g
Protein 24.0g



LUNCH

Dipping Sauce

Calories 182.5
Fats 20.0g
Net Carbs 0.5g
Protein 0.0g

Notes: To reheat, place 1 serving in the oven at 400F. Cook for 10-12 minutes or until warmed up and crispy. Once there is 5 minutes until chicken is done, make the creamed spinach.



Side

Creamed Spinach

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

DINNER TOTALS

Calories 594.5

Fats 50.3g

Net Carbs 3.3g

Protein 28.0g

DAY TOTALS

Calories 1562.3

Fats 131.7g

Net Carbs 11.1g

Protein 76.8g

WEEK 2

DAY 3



BREAKFAST

Sausage Breakfast Muffins

Calories 401.3
Fats 33.1g
Net Carbs 3.4g
Protein 18.3g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

BREAKFAST TOTALS

Calories 401.3

Fats 33.1g

Net Carbs 3.4g

Protein 18.3g



LUNCH

Italian Stuffed Meatballs

Calories 434.5
Fats 35.3g
Net Carbs 3.4g
Protein 28.5g

Notes: Reheat 1 of the 4 servings by cooking in the microwave at work until cooked through. Optionally, serve on top of the spinach so that it slightly wilts.



Side

Simple Spinach Salad

Calories 132.0 - Fats 13.0g - Net Carbs 1.0g - Protein 2.0g

LUNCH TOTALS

Calories 566.5

Fats 48.3g

Net Carbs 4.4g

Protein 30.5g



DINNER

Low Carb Zesty Chicken Nuggets

Calories 246.0
Fats 16.3g
Net Carbs 0.8g
Protein 24.0g



LUNCH

Dipping Sauce

Calories 182.5
Fats 20.0g
Net Carbs 0.5g
Protein 0.0g

Notes: To reheat, place 1 serving in the oven at 400F. Cook for 10-12 minutes or until warmed up and crispy. Once there is 5 minutes until chicken is done, make the creamed spinach.



Side

Creamed Spinach

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

DINNER TOTALS

Calories 594.5

Fats 50.3g

Net Carbs 3.3g

Protein 28.0g

DAY TOTALS

Calories 1562.3

Fats 131.7g

Net Carbs 11.1g

Protein 76.8g

WEEK 2

DAY 4



BREAKFAST

Sausage Breakfast Muffins

Calories 401.3
Fats 33.1g
Net Carbs 3.4g
Protein 18.3g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

BREAKFAST TOTALS

Calories 401.3

Fats 33.1g

Net Carbs 3.4g

Protein 18.3g



LUNCH

Italian Stuffed Meatballs

Calories 434.5
Fats 35.3g
Net Carbs 3.4g
Protein 28.5g

Notes: Reheat 1 of the 4 servings by cooking in the microwave at work until cooked through. Optionally, serve on top of the spinach so that it slightly wilts.

+ Side

Simple Spinach Salad

Calories 132.0 - Fats 13.0g - Net Carbs 1.0g - Protein 2.0g

LUNCH TOTALS

Calories 566.5

Fats 48.3g

Net Carbs 4.4g

Protein 30.5g



DINNER

Low Carb Zesty Chicken Nuggets

Calories 246.0
Fats 16.3g
Net Carbs 0.8g
Protein 24.0g



LUNCH

Dipping Sauce

Calories 182.5
Fats 20.0g
Net Carbs 0.5g
Protein 0.0g

Notes: To reheat, place 1 serving in the oven at 400F. Cook for 10-12 minutes or until warmed up and crispy. Once there is 5 minutes until chicken is done, make the creamed spinach.

+ Side

Creamed Spinach

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

DINNER TOTALS

Calories 594.5

Fats 50.3g

Net Carbs 3.3g

Protein 28.0g

DAY TOTALS

Calories 1562.3

Fats 131.7g

Net Carbs 11.1g

Protein 76.8g

WEEK 2

DAY 5



BREAKFAST

Sausage Breakfast Muffins

Calories 401.3
Fats 33.1g
Net Carbs 3.4g
Protein 18.3g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

BREAKFAST TOTALS

Calories 401.3

Fats 33.1g

Net Carbs 3.4g

Protein 18.3g



LUNCH

Bacon Mozzarella Mug Cake

Calories 532.0
Fats 52.0g
Net Carbs 5.0g
Protein 19.0g

Notes: Take all ingredients with you to work inside of a plastic bag. When ready, mix ingredients together & microwave.

LUNCH TOTALS

Calories 532.0

Fats 52.0g

Net Carbs 5.0g

Protein 19.0g



DINNER

Chicken Parmesan

Calories 540.3
Fats 43.7g
Net Carbs 2.7g
Protein 33.7g

LUNCH

Marinara Sauce

Calories 98.3
Fats 9.3g
Net Carbs 2.7g
Protein 0.7g

Notes: Eat 1 serving and portion out the other 2 accordingly. Store in plastic containers in the refrigerator.

+ Side

Steamed Broccoli

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

DINNER TOTALS

Calories 677.6

Fats 53.0g

Net Carbs 10.4g

Protein 37.4g

DAY TOTALS

Calories 1610.9

Fats 138.1g

Net Carbs 18.8g

Protein 74.7g

WEEK 2

DAY 6



BREAKFAST

Sausage Breakfast Muffins

Calories 401.3
Fats 33.1g
Net Carbs 3.4g
Protein 18.3g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

BREAKFAST TOTALS

Calories 401.3

Fats 33.1g

Net Carbs 3.4g

Protein 18.3g



LUNCH

Bacon Mozzarella Mug Cake

Calories 532.0
Fats 52.0g
Net Carbs 5.0g
Protein 19.0g

Notes: For a more evenly cooked mug cake, wipe down the sides of the mug with your fingers before placing in the microwave.

LUNCH TOTALS

Calories 532.0

Fats 52.0g

Net Carbs 5.0g

Protein 19.0g



DINNER

Chicken Parmesan

Calories 540.3
Fats 43.7g
Net Carbs 2.7g
Protein 33.7g

LUNCH

Marinara Sauce

Calories 98.3
Fats 9.3g
Net Carbs 2.7g
Protein 0.7g

Notes: To reheat, place in the oven at 350F for 8-10 minutes or until warmed through. Heat sauce over medium-low heat on the stovetop. Start on broccoli immediately.

+ Side

Steamed Broccoli

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

DINNER TOTALS

Calories 677.6

Fats 53.0g

Net Carbs 10.4g

Protein 37.4g

DAY TOTALS

Calories 1610.9

Fats 138.1g

Net Carbs 18.8g

Protein 74.7g

WEEK 2

DAY 7



BREAKFAST

Sausage Breakfast Muffins

Calories 401.3
Fats 33.1g
Net Carbs 3.4g
Protein 18.3g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

BREAKFAST TOTALS

Calories 401.3

Fats 33.1g

Net Carbs 3.4g

Protein 18.3g



LUNCH

Bacon Mozzarella Mug Cake

Calories 532.0
Fats 52.0g
Net Carbs 5.0g
Protein 19.0g

Notes: For a more evenly cooked mug cake, wipe down the sides of the mug with your fingers before placing in the microwave.

LUNCH TOTALS

Calories 532.0

Fats 52.0g

Net Carbs 5.0g

Protein 19.0g



DINNER

Chicken Parmesan

Calories 540.3
Fats 43.7g
Net Carbs 2.7g
Protein 33.7g

LUNCH

Marinara Sauce

Calories 98.3
Fats 9.3g
Net Carbs 2.7g
Protein 0.7g

Notes: To reheat, place in the oven at 350F for 8-10 minutes or until warmed through. Heat sauce over medium-low heat on the stovetop. Start on broccoli immediately.

+ Side

Steamed Broccoli

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

DINNER TOTALS

Calories 677.6

Fats 53.0g

Net Carbs 10.4g

Protein 37.4g

DAY TOTALS

Calories 1610.9

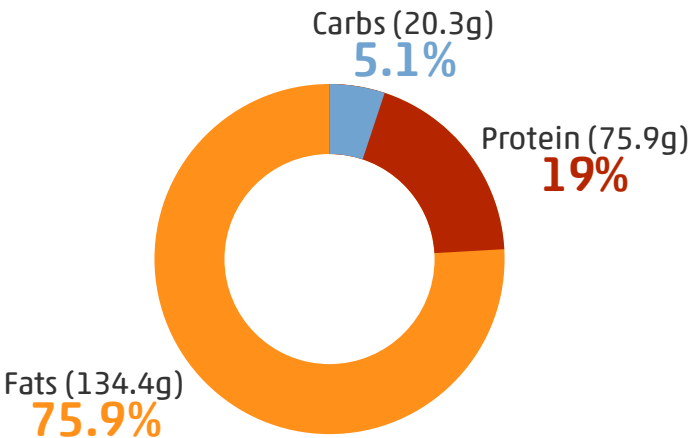
Fats 138.1g

Net Carbs 18.8g

Protein 74.7g

WEEK 2 TOTALS

| | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------|----------|-------------|--------------|--------------|------------------|----------------|
| DAILY GOAL | 1600 | 136 | ** | ** | 20 | 74 |
| Day 1 | 1562.3 | 131.7 | 17.4 | 7.7 | 11.1 | 76.8 |
| Day 2 | 1562.3 | 131.7 | 17.4 | 7.7 | 11.1 | 76.8 |
| Day 3 | 1562.3 | 131.7 | 17.4 | 7.7 | 11.1 | 76.8 |
| Day 4 | 1562.3 | 131.7 | 17.4 | 7.7 | 11.1 | 76.8 |
| Day 5 | 1610.9 | 138.1 | 24.2 | 9.1 | 18.8 | 74.7 |
| Day 6 | 1610.9 | 138.1 | 24.2 | 9.1 | 18.8 | 74.7 |
| Day 7 | 1610.9 | 138.1 | 24.2 | 9.1 | 18.8 | 74.7 |
| WEEK TOTALS | 11081.9 | 941.1 | 142.2 | 58.1 | 100.8 | 531.3 |
| DAILY AVERAGE | 1583.1 | 134.4 | 20.3 | 8.3 | 14.4 | 75.9 |



WEEK 3

SHOPPING LIST

PROTEIN

- 5 large Eggs
- 18 oz. Bacon Ends and Pieces
- 21 oz. Rotisserie Chicken
- 1 lb. Pork Tenderloin
- 1 lb. Pork Sausage
- 8 oz. Ground Beef (80/20)

FATS

- ½ cup Olive Oil

DAIRY

- 6 oz. Cheddar Cheese

PRODUCE

- 2 medium Avocados
- 3 Spring Onions
- 1 Lemon
- 17 oz. Spinach
- 6 oz. Mushrooms
- 16 oz. Red Radish
- 8 oz. Broccoli

SAUCES

- 18 Tbsp. Ranch Dressing
- 1 Tbsp. Soy Sauce

SPICES

- Salt
- Pepper
- 1 tsp. Dried Cilantro
- 1 tsp. Dried Chives
- ¼ tsp. Red Chili Flakes
- 2¼ tsp. Onion Powder
- 2¼ tsp. Garlic Powder
- 2½ tsp. Thyme
- 3½ tsp. Rosemary
- 1 tsp. Baking Powder

EXTRAS

- ¾ cup Almond Meal
- 1 cup Coconut Milk (unsweetened, from carton)

WEEK 3

DAY 1



BREAKFAST

Bacon Avocado Muffins

Calories 404.6
Fats 36.0g
Net Carbs 3.1g
Protein 14.6g

Notes: You will need to prepare 14 total muffins, so if you don't have an extra muffin pan, you will need to make this in 2 batches. Eat 2 muffins per serving, and store the rest separately in plastic containers inside the refrigerator.

| BREAKFAST TOTALS | Calories 404.6 | Fats 36.0g | Net Carbs 3.1g | Protein 14.6g |
|------------------|----------------|------------|----------------|---------------|
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Bacon Ranch Salad

Calories 653.0
Fats 57.0g
Net Carbs 3.5g
Protein 24.0g

Notes: Shred 21 oz. of chicken in total to be prepared for the week. Store in the refrigerator. When taking with you to work, store dressing separately so that it does no wilt the spinach.

| LUNCH TOTALS | Calories 653.0 | Fats 57.0g | Net Carbs 3.5g | Protein 24.0g |
|--------------|----------------|------------|----------------|---------------|
|--------------|----------------|------------|----------------|---------------|



DINNER

Stuffed Pork Tenderloin

Calories 450.6
Fats 32.6g
Net Carbs 2.2g
Protein 34.6g

Notes: Eat 1 serving and store remaining 5 servings in separate plastic containers in the refrigerator. Store radish separately to the pork.

| + Side | Roasted Red Radish Calories 107.6 - Fats 11.2g - Net Carbs 2.0g - Protein 0.0g |
|--------|---|
|--------|---|

| DINNER TOTALS | Calories 558.2 | Fats 43.8g | Net Carbs 4.2g | Protein 34.6g |
|---------------|----------------|------------|----------------|---------------|
|---------------|----------------|------------|----------------|---------------|

| DAY TOTALS | Calories 1615.8 | Fats 136.8g | Net Carbs 10.8g | Protein 73.2g |
|------------|-----------------|-------------|-----------------|---------------|
|------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 2



BREAKFAST

Bacon Avocado Muffins

Calories 404.6
Fats 36.0g
Net Carbs 3.1g
Protein 14.6g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 404.6 | Fats 36.0g | Net Carbs 3.1g | Protein 14.6g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Bacon Ranch Salad

Calories 653.0
Fats 57.0g
Net Carbs 3.5g
Protein 24.0g

Notes: Assemble salad with pre-shredded chicken. Make sure that you keep salad dressing and salad separate so that the spinach does not wilt.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 653.0 | Fats 57.0g | Net Carbs 3.5g | Protein 24.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Stuffed Pork Tenderloin

Calories 450.6
Fats 32.6g
Net Carbs 2.2g
Protein 34.6g

Notes: To reheat, place oven at 425F and bake 1 serving of pork and radish together for 8-10 minutes or until slightly crisped.

| | |
|--------|---|
| + Side | Roasted Red Radish Calories 107.6 - Fats 11.2g - Net Carbs 2.0g - Protein 0.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 558.2 | Fats 43.8g | Net Carbs 4.2g | Protein 34.6g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1615.8 | Fats 136.8g | Net Carbs 10.8g | Protein 73.2g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 3



BREAKFAST

Bacon Avocado Muffins

Calories 404.6
Fats 36.0g
Net Carbs 3.1g
Protein 14.6g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 404.6 | Fats 36.0g | Net Carbs 3.1g | Protein 14.6g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Bacon Ranch Salad

Calories 653.0
Fats 57.0g
Net Carbs 3.5g
Protein 24.0g

Notes: Assemble salad with pre-shredded chicken. Make sure that you keep salad dressing and salad separate so that the spinach does not wilt.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 653.0 | Fats 57.0g | Net Carbs 3.5g | Protein 24.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Stuffed Pork Tenderloin

Calories 450.6
Fats 32.6g
Net Carbs 2.2g
Protein 34.6g

Notes: To reheat, place oven at 425F and bake 1 serving of pork and radish together for 8-10 minutes or until slightly crisped.

| | |
|--------|---|
| + Side | Roasted Red Radish Calories 107.6 - Fats 11.2g - Net Carbs 2.0g - Protein 0.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 558.2 | Fats 43.8g | Net Carbs 4.2g | Protein 34.6g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1615.8 | Fats 136.8g | Net Carbs 10.8g | Protein 73.2g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 4



BREAKFAST

Bacon Avocado Muffins

Calories 404.6
Fats 36.0g
Net Carbs 3.1g
Protein 14.6g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

BREAKFAST TOTALS

Calories 404.6

Fats 36.0g

Net Carbs 3.1g

Protein 14.6g



LUNCH

Chicken Bacon Ranch Salad

Calories 653.0
Fats 57.0g
Net Carbs 3.5g
Protein 24.0g

Notes: Assemble salad with pre-shredded chicken. Make sure that you keep salad dressing and salad separate so that the spinach does not wilt.

LUNCH TOTALS

Calories 653.0

Fats 57.0g

Net Carbs 3.5g

Protein 24.0g



DINNER

Stuffed Pork Tenderloin

Calories 450.6
Fats 32.6g
Net Carbs 2.2g
Protein 34.6g

Notes: To reheat, place oven at 425F and bake 1 serving of pork and radish together for 8-10 minutes or until slightly crisped.

+ Side

Roasted Red Radish

Calories 107.6 - Fats 11.2g - Net Carbs 2.0g - Protein 0.0g

DINNER TOTALS

Calories 558.2

Fats 43.8g

Net Carbs 4.2g

Protein 34.6g

DAY TOTALS

Calories
1615.8

Fats
136.8g

Net Carbs
10.8g

Protein
73.2g

WEEK 3

DAY 5



BREAKFAST

Bacon Avocado Muffins

Calories 404.6
Fats 36.0g
Net Carbs 3.1g
Protein 14.6g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 404.6 | Fats 36.0g | Net Carbs 3.1g | Protein 14.6g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Bacon Ranch Salad

Calories 653.0
Fats 57.0g
Net Carbs 3.5g
Protein 24.0g

Notes: Assemble salad with pre-shredded chicken. Make sure that you keep salad dressing and salad separate so that the spinach does not wilt.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 653.0 | Fats 57.0g | Net Carbs 3.5g | Protein 24.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Stuffed Pork Tenderloin

Calories 450.6
Fats 32.6g
Net Carbs 2.2g
Protein 34.6g

Notes: To reheat, place oven at 425F and bake 1 serving of pork and radish together for 8-10 minutes or until slightly crisped.

| | |
|--------|---|
| + Side | Roasted Red Radish Calories 107.6 - Fats 11.2g - Net Carbs 2.0g - Protein 0.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 558.2 | Fats 43.8g | Net Carbs 4.2g | Protein 34.6g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1615.8 | Fats 136.8g | Net Carbs 10.8g | Protein 73.2g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 6



BREAKFAST

Bacon Avocado Muffins

Calories 404.6
Fats 36.0g
Net Carbs 3.1g
Protein 14.6g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 404.6 | Fats 36.0g | Net Carbs 3.1g | Protein 14.6g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Bacon Ranch Salad

Calories 653.0
Fats 57.0g
Net Carbs 3.5g
Protein 24.0g

Notes: Assemble salad with pre-shredded chicken. Make sure that you keep salad dressing and salad separate so that the spinach does not wilt.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 653.0 | Fats 57.0g | Net Carbs 3.5g | Protein 24.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Inside-Out Bacon Burger

Calories 597.0
Fats 54.0g
Net Carbs 2.5g
Protein 29.0g

Notes: Prepare and eat 1 serving. Store all cooked components for second serving in a plastic container. Place in the refrigerator.

| | |
|--------|---|
| + Side | Broccoli with Olive Oil Calories 161.0 - Fats 14.0g - Net Carbs 5.0g - Protein 3.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 758.0 | Fats 68.0g | Net Carbs 7.5g | Protein 32.0g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1815.6 | Fats 161.0g | Net Carbs 14.1g | Protein 70.6g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 3

DAY 7



BREAKFAST

Bacon Avocado Muffins

Calories 404.6
Fats 36.0g
Net Carbs 3.1g
Protein 14.6g

Notes: Eat 2 muffins per serving. Although I prefer these cold, you can optionally reheat them using the microwave before work.

| | | | | |
|------------------|----------------|------------|----------------|---------------|
| BREAKFAST TOTALS | Calories 404.6 | Fats 36.0g | Net Carbs 3.1g | Protein 14.6g |
|------------------|----------------|------------|----------------|---------------|



LUNCH

Chicken Bacon Ranch Salad

Calories 653.0
Fats 57.0g
Net Carbs 3.5g
Protein 24.0g

Notes: Assemble salad with pre-shredded chicken. Make sure that you keep salad dressing and salad separate so that the spinach does not wilt.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 653.0 | Fats 57.0g | Net Carbs 3.5g | Protein 24.0g |
|--------------|----------------|------------|----------------|---------------|



DINNER

Inside-Out Bacon Burger

Calories 597.0
Fats 54.0g
Net Carbs 2.5g
Protein 29.0g

Notes: To re-heat, place in a pan over medium heat. Place patties separately inside the pan and cook until your liking. Start on broccoli immediately.

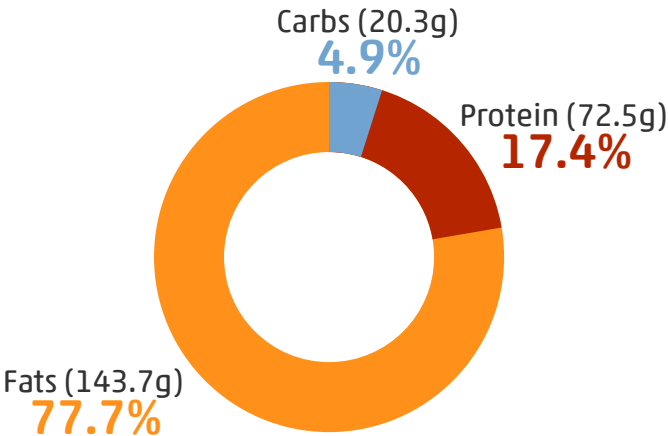
| | |
|--------|--|
| + Side | Broccoli with Olive Oil Calories 161.0 - Fats 14.0g - Net Carbs 5.0g - Protein 3.0g |
|--------|--|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 758.0 | Fats 68.0g | Net Carbs 7.5g | Protein 32.0g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1815.6 | Fats 161.0g | Net Carbs 14.1g | Protein 70.6g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 3 TOTALS

| | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------|----------|-------------|--------------|--------------|------------------|----------------|
| DAILY GOAL | 1600 | 136 | ** | ** | 20 | 74 |
| Day 1 | 1615.8 | 136.8 | 19.2 | 8.4 | 10.8 | 73.2 |
| Day 2 | 1615.8 | 136.8 | 19.2 | 8.4 | 10.8 | 73.2 |
| Day 3 | 1615.8 | 136.8 | 19.2 | 8.4 | 10.8 | 73.2 |
| Day 4 | 1615.8 | 136.8 | 19.2 | 8.4 | 10.8 | 73.2 |
| Day 5 | 1615.8 | 136.8 | 19.2 | 8.4 | 10.8 | 73.2 |
| Day 6 | 1815.6 | 161.0 | 23.1 | 9.0 | 14.1 | 70.6 |
| Day 7 | 1815.6 | 161.0 | 23.1 | 9.0 | 14.1 | 70.6 |
| WEEK TOTALS | 11710.2 | 1006.0 | 142.2 | 60.0 | 82.2 | 507.2 |
| DAILY AVERAGE | 1672.9 | 143.7 | 20.3 | 8.6 | 11.7 | 72.5 |



WEEK 4

SHOPPING LIST

PROTEIN

- 14 large Eggs
- 1 lb. Ground Chicken
- 2 oz. Bacon Ends and Pieces
- 1 lb. Pork Tenderloin
- 8 oz. Stew Meat
- 8 oz. Ground Beef (80/20)
- 3 Chicken Thighs, Bone-in and Skin-on (~12 oz.)

FATS

- 14 Tbsp. Unsalted Butter
- 11 Tbsp. Coconut Oil
- 10 Tbsp. Olive Oil

DAIRY

- 5 oz. Cheddar Cheese
- 3 oz. Cream Cheese

VEGETABLES

- 4 medium Spring Onions
- ½ medium Red Bell Pepper
- 1 Lime
- 1 medium Avocado
- ⅓ medium Daikon Radish
- 2 Jalapeno Peppers
- 8 oz. Spinach
- 1 Medium Green Pepper
- 28 oz. Broccoli
- 3 cups Purple Cabbage
- 3½ oz. Shiitake Mushrooms

SAUCES

- 7 Tbsp. Mayonnaise
- 1 Cup Beef Broth
- ⅓ Cup Organic Tomato Paste
- 3½ Tbsp. Soy Sauce
- 3 Tbsp. Rice Vinegar
- 1 Tbsp. Red Curry Paste

SPICES

- 1 Tbsp. + 1 tsp. Dried Cilantro
- 3 tsp. Garlic Powder
- 5½ tsp. Red Pepper Flakes
- ½ tsp. Ginger Powder
- 1 tsp. Oregano
- 1½ tsp. Onion Powder
- 2 Tbsp. + 1 tsp. Chili Powder
- 1½ tsp. Cumin
- 2 tsp. Paprika

EXTRAS

- Coffee/Tea
- ¼ cup Almond Meal

WEEK 4

DAY 1



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: Make sure that the oil isn't too hot when you add the eggs to the pan. This way they can cook fully and properly.

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



LUNCH
Chili Lime Meatballs

Calories 292.8
Fats 20.8g
Net Carbs 2.6g
Protein 26.5g

LUNCH
Fast Guacamole

Calories 134.3
Fats 13.5g
Net Carbs 1.1g
Protein 0.8g

Notes: Prepare in advance. Eat 1 serving and store the other 3 servings separately in plastic containers in the refrigerator. Serve spinach salad on the side as a complimentary fresh taste.

| | |
|--------|---|
| + Side | Simple Spinach Salad Calories 132.0 - Fats 13.0g - Net Carbs 1.0g - Protein 2.0g |
|--------|---|

| | | | | |
|--------------|--------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 559 | Fats 47.3g | Net Carbs 4.8g | Protein 29.3g |
|--------------|--------------|------------|----------------|---------------|



DINNER
Not Your Caveman's Chili

Calories 378.5
Fats 28.8g
Net Carbs 4.8g
Protein 23.8g

Notes: Prepare in advance or prepare all ingredients and let it cook while at work. Eat 1 serving and store other 3 servings separately in plastic containers in the refrigerator.

| | |
|--------|---|
| + Side | Steamed Broccoli with Butter Calories 139.0 - Fats 11.0g - Net Carbs 5.0g - Protein 3.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 517.5 | Fats 39.8g | Net Carbs 9.8g | Protein 26.8g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1558.5 | Fats 138.1g | Net Carbs 15.6g | Protein 70.1g |
|------------|-----------------|-------------|-----------------|---------------|

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: If you prefer sweet, feel free to sweeten the coffee/tea with stevia if you have it on hand.

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



LUNCH
Chili Lime Meatballs

Calories 292.8
Fats 20.8g
Net Carbs 2.6g
Protein 26.5g

LUNCH
Fast Guacamole

Calories 134.3
Fats 13.5g
Net Carbs 1.1g
Protein 0.8g

Notes: Reheat 1 serving in the microwave at work until warmed through. Serve guacamole on the side cold or room temperature. Serve spinach salad on the side as a complimentary fresh taste.

| | |
|--------|---|
| + Side | Simple Spinach Salad Calories 132.0 - Fats 13.0g - Net Carbs 1.0g - Protein 2.0g |
|--------|---|

| | | | | |
|--------------|--------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 559 | Fats 47.3g | Net Carbs 4.8g | Protein 29.3g |
|--------------|--------------|------------|----------------|---------------|



DINNER
Not Your Caveman's Chili

Calories 378.5
Fats 28.8g
Net Carbs 4.8g
Protein 23.8g

Notes: Heat on the stove-top over medium heat until warmed to your liking. Once warming up, start on the broccoli.

| | |
|--------|---|
| + Side | Steamed Broccoli with Butter Calories 139.0 - Fats 11.0g - Net Carbs 5.0g - Protein 3.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 517.5 | Fats 39.8g | Net Carbs 9.8g | Protein 26.8g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1558.5 | Fats 138.1g | Net Carbs 15.6g | Protein 70.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 4

DAY 3



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: If you prefer sweet, feel free to sweeten the coffee/tea with stevia if you have it on hand.

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



LUNCH
Chili Lime Meatballs

Calories 292.8
Fats 20.8g
Net Carbs 2.6g
Protein 26.5g

LUNCH
Fast Guacamole

Calories 134.3
Fats 13.5g
Net Carbs 1.1g
Protein 0.8g

Notes: Reheat 1 serving in the microwave at work until warmed through. Serve guacamole on the side cold or room temperature. Serve spinach salad on the side as a complimentary fresh taste.

| | |
|--------|---|
| + Side | Simple Spinach Salad Calories 132.0 - Fats 13.0g - Net Carbs 1.0g - Protein 2.0g |
|--------|---|

| | | | | |
|--------------|--------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 559 | Fats 47.3g | Net Carbs 4.8g | Protein 29.3g |
|--------------|--------------|------------|----------------|---------------|



DINNER
Not Your Caveman's Chili

Calories 378.5
Fats 28.8g
Net Carbs 4.8g
Protein 23.8g

Notes: Heat on the stove-top over medium heat until warmed to your liking. Once warming up, start on the broccoli.

| | |
|--------|---|
| + Side | Steamed Broccoli with Butter Calories 139.0 - Fats 11.0g - Net Carbs 5.0g - Protein 3.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 517.5 | Fats 39.8g | Net Carbs 9.8g | Protein 26.8g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1558.5 | Fats 138.1g | Net Carbs 15.6g | Protein 70.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 4

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: If you prefer sweet, feel free to sweeten the coffee/tea with stevia if you have it on hand.

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



LUNCH
Chili Lime Meatballs

Calories 292.8
Fats 20.8g
Net Carbs 2.6g
Protein 26.5g

LUNCH
Fast Guacamole

Calories 134.3
Fats 13.5g
Net Carbs 1.1g
Protein 0.8g

Notes: Reheat 1 serving in the microwave at work until warmed through. Serve guacamole on the side cold or room temperature. Serve spinach salad on the side as a complimentary fresh taste.

| | |
|--------|---|
| + Side | Simple Spinach Salad Calories 132.0 - Fats 13.0g - Net Carbs 1.0g - Protein 2.0g |
|--------|---|

| | | | | |
|--------------|--------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 559 | Fats 47.3g | Net Carbs 4.8g | Protein 29.3g |
|--------------|--------------|------------|----------------|---------------|



DINNER
Not Your Caveman's Chili

Calories 378.5
Fats 28.8g
Net Carbs 4.8g
Protein 23.8g

Notes: Heat on the stove-top over medium heat until warmed to your liking. Once warming up, start on the broccoli.

| | |
|--------|---|
| + Side | Steamed Broccoli with Butter Calories 139.0 - Fats 11.0g - Net Carbs 5.0g - Protein 3.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 517.5 | Fats 39.8g | Net Carbs 9.8g | Protein 26.8g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1558.5 | Fats 138.1g | Net Carbs 15.6g | Protein 70.1g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 4

DAY 5



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: If you prefer sweet, feel free to sweeten the coffee/tea with stevia if you have it on hand.

BREAKFAST TOTALS

Calories 482.0

Fats 51.0g

Net Carbs 1.0g

Protein 14.0g



LUNCH
Pork Shiitake Stir Fry
with "Quick Kimchi"

Calories 425.0
Fats 26.7g
Net Carbs 6.3g
Protein 34.7g

Notes: Prepare in advance and store all servings separately in plastic containers. Take 1 serving to work and reheat in the microwave until warmed through to your liking.

LUNCH TOTALS

Calories 425.0

Fats 26.7g

Net Carbs 6.3g

Protein 34.7g



DINNER
Jalapeno Popper Soup

Calories 563.0
Fats 48.7g
Net Carbs 2.3g
Protein 28.3g

Notes: Eat 1 serving and store other 2 servings separately in plastic containers in the refrigerator. Once you start to cook the bacon, start on the broccoli.

+ Side

Steamed Broccoli with Butter

Calories 139.0 - Fats 11.0g - Net Carbs 5.0g - Protein 3.0g

DINNER TOTALS

Calories 702.0

Fats 59.7g

Net Carbs 7.3g

Protein 31.3g

DAY TOTALS

Calories
1609.0

Fats
137.4g

Net Carbs
14.6g

Protein
80.0g

WEEK 4

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: If you prefer sweet, feel free to sweeten the coffee/tea with stevia if you have it on hand.

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



LUNCH
Pork Shiitake Stir Fry
with "Quick Kimchi"

Calories 425.0
Fats 26.7g
Net Carbs 6.3g
Protein 34.7g

Notes: Take 1 serving to work and reheat in the microwave until warmed through to your liking.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 425.0 | Fats 26.7g | Net Carbs 6.3g | Protein 34.7g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Jalapeno Popper Soup

Calories 563.0
Fats 48.7g
Net Carbs 2.3g
Protein 28.3g

Notes: Reheat on the stovetop over medium-low heat until warmed through to your liking. Once warming up, start on the broccoli.

| | |
|--------|---|
| + Side | Steamed Broccoli with Butter Calories 139.0 - Fats 11.0g - Net Carbs 5.0g - Protein 3.0g |
|--------|---|

| | | | | |
|---------------|----------------|------------|----------------|---------------|
| DINNER TOTALS | Calories 702.0 | Fats 59.7g | Net Carbs 7.3g | Protein 31.3g |
|---------------|----------------|------------|----------------|---------------|

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1609.0 | Fats 137.4g | Net Carbs 14.6g | Protein 80.0g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 4

DAY 7



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: If you prefer sweet, feel free to sweeten the coffee/tea with stevia if you have it on hand.

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



LUNCH
Pork Shiitake Stir Fry
with "Quick Kimchi"

Calories 425.0
Fats 26.7g
Net Carbs 6.3g
Protein 34.7g

Notes: Take 1 serving to work and reheat in the microwave until warmed through to your liking.

| | | | | |
|--------------|----------------|------------|----------------|---------------|
| LUNCH TOTALS | Calories 425.0 | Fats 26.7g | Net Carbs 6.3g | Protein 34.7g |
|--------------|----------------|------------|----------------|---------------|



DINNER
Jalapeno Popper Soup

Calories 563.0
Fats 48.7g
Net Carbs 2.3g
Protein 28.3g

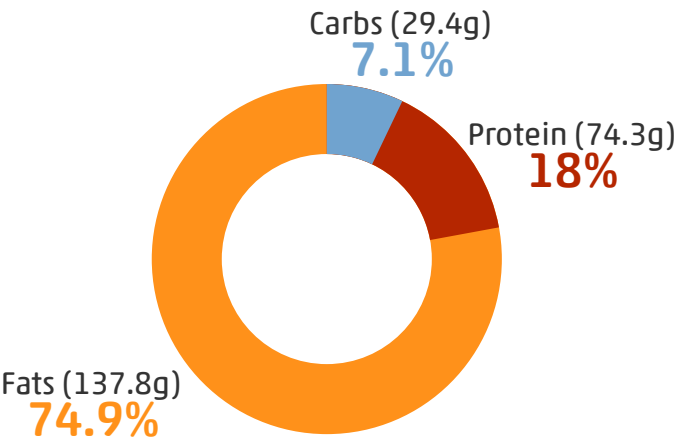
Notes: Reheat on the stovetop over medium-low heat until warmed through to your liking. Once warming up, start on the broccoli.

| | | | | |
|---------------|---|------------|----------------|---------------|
| + Side | Steamed Broccoli with Butter | | | |
| | Calories 139.0 - Fats 11.0g - Net Carbs 5.0g - Protein 3.0g | | | |
| DINNER TOTALS | Calories 702.0 | Fats 59.7g | Net Carbs 7.3g | Protein 31.3g |

| | | | | |
|------------|-----------------|-------------|-----------------|---------------|
| DAY TOTALS | Calories 1609.0 | Fats 137.4g | Net Carbs 14.6g | Protein 80.0g |
|------------|-----------------|-------------|-----------------|---------------|

WEEK 4 TOTALS

| | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------|----------|-------------|--------------|--------------|------------------|----------------|
| DAILY GOAL | 1600 | 136 | ** | ** | 20 | 74 |
| Day 1 | 1558.5 | 138.1 | 34.5 | 14.3 | 15.6 | 70.1 |
| Day 2 | 1558.5 | 138.1 | 34.5 | 14.3 | 15.6 | 70.1 |
| Day 3 | 1558.5 | 138.1 | 34.5 | 14.3 | 15.6 | 70.1 |
| Day 4 | 1558.5 | 138.1 | 34.5 | 14.3 | 15.6 | 70.1 |
| Day 5 | 1609.0 | 137.4 | 22.6 | 8 | 14.6 | 80.0 |
| Day 6 | 1609.0 | 137.4 | 22.6 | 8 | 14.6 | 80.0 |
| Day 7 | 1609.0 | 137.4 | 22.6 | 8 | 14.6 | 80.0 |
| WEEK TOTALS | 11061 | 964.6 | 205.8 | 81.2 | 106.2 | 520.4 |
| DAILY AVERAGE | 1580.1 | 137.8 | 29.4 | 11.6 | 15.2 | 74.3 |



RECIPES



BREAKFAST RECIPES



**Ketoproof Coffee
or Tea & Fried Eggs**



Bacon & Cheese Frittata



**Sausage Breakfast
Muffins**



Bacon Avocado Muffins

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 & Cheese Frittata

INGREDIENTS

7 oz. Bacon Odds and Ends
1 Tbsp. Olive Oil
6 oz. Cheddar Cheese
1 medium Green Bell Pepper
10 large Eggs
¼ cup Heavy Cream
2 tsp. Dried Parsley
½ tsp. Garlic Powder
¼ tsp. Onion Powder

PREPARATION

1. Pre-heat oven to 375F. In a pan over medium heat, begin to cook the bacon ends and pieces.
2. Once the bacon is half way cooked, chop bell pepper and add to the pan to cook.
3. In a bowl, combine eggs, olive oil, cheese, cream, and spices. Whisk together until mixed well.
4. Add the bacon and bell pepper to the egg mixture, then mix together again.
5. Spread egg mixture into a casserole dish lined with parchment paper and bake for 35-40 minutes.
6. Remove from the oven, let cool, and slice.

Makes 6 total serving, which has:

Calories 465.5 - Fats 39.8g - Net Carbs 2.3g - Protein 20.3g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 7 oz. Bacon Odds and Ends | 1050 | 109 | 0 | 0 | 0 | 18 |
| 1 Tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 6 oz. Cheddar Cheese | 684 | 56 | 2 | 0 | 2 | 42 |
| 1 medium Green Bell Pepper | 28 | 0 | 6 | 2 | 4 | 1 |
| 10 large Eggs | 700 | 50 | 5 | 0 | 5 | 60 |
| ¼ cup Heavy Cream | 200 | 10 | 2 | 0 | 2 | 1 |
| 2 tsp. Dried Parsley | 3 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Garlic Powder | 5 | 0 | 1 | 0 | 1 | 0 |
| ¼ tsp. Onion Powder | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2793 | 239 | 16 | 2 | 14 | 122 |

BREAKFAST RECIPES



Sausage Breakfast Muffins

INGREDIENTS

8 oz. Pork Sausage
2 cups Almond Meal
6 large Eggs
5 Tbsp. Heavy Cream
1 tsp. Baking Powder
½ tsp. Onion Powder
½ tsp. Garlic Powder
¼ tsp. Salt

PREPARATION

1. Preheat oven to 350F. Rip sausage up into small chunks and fry in a frying pan until seared well.
2. Measure out wet ingredients, then measure out dry ingredients in a seperate container.
3. Mix together the wet ingredients into the dry ingredients. Add sausage and mix again.
4. Measure out batter between 14 muffin wells. Bake for 20-25 minutes. If you don't have 2 muffin pans, do each batch one at a time.
5. Let cool for 5 minutes, then remove from muffin pan. Let cool further or eat warm.

Makes 7 servings (2 muffins each). Each serving has:
Calories 401.3 - Fats 33.1g - Net Carbs 3.4g - Protein 18.3g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 8 oz. Pork Sausage | 689 | 60 | 0 | 0 | 0 | 34 |
| 2 cups Almond Meal | 1440 | 120 | 40 | 24 | 16 | 56 |
| 6 large Eggs | 420 | 27 | 3 | 0 | 3 | 36 |
| 5 Tbsp. Heavy Cream | 250 | 25 | 2 | 0 | 2 | 2 |
| 1 tsp. Baking Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| ½ tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| ½ tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| ¼ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2809 | 232 | 47.5 | 24 | 23.5 | 128 |

BREAKFAST RECIPES



Bacon Avocado Muffins

INGREDIENTS

5 large Eggs
4 oz. Bacon Ends and Pieces
2 Tbsp. Olive Oil
 $\frac{3}{4}$ cup Almond Meal
2 medium Avocados
4.5 oz. Cheddar Cheese
3 Spring Onions, chopped
 $\frac{1}{2}$ tsp. Garlic Powder
1 tsp. Dried Cilantro
1 tsp. Dried Chives
 $\frac{1}{4}$ tsp. Red Chili Flakes
Salt and Pepper
1 cup Coconut Milk (unsweetened, from carton)
 $1\frac{1}{2}$ Tbsp. Lemon Juice
1 tsp. Baking Powder

PREPARATION

1. Mix together almond meal, spices, coconut milk and lemon juice. Set aside.
2. Cook bacon ends and pieces over medium-low heat until crisp. Add bacon and all other ingredients into the almond meal mixture.
3. Cube avocado and fold into the batter.
4. Preheat oven to 350F, measure the batter between 14 greased wells of a muffin pan. Bake for 24-26 minutes. If you don't have 2 muffin pans, bake in 2 batches.
5. Once finished, store in the fridge and enjoy cold or warmed in the microwave.

Makes 7 servings (1 muffins each). Each serving has:

Calories 404.6 - Fats 36.0g - Net Carbs 3.1g - Protein 14.6g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|-------------|------------|-----------|-----------|---------------|-------------|
| 5 large Eggs | 300 | 20 | 1 | 0 | 1 | 30 |
| 4 oz. Bacon Ends and Pieces | 600 | 62 | 0 | 0 | 0 | 10 |
| 2 Tbsp. Olive Oil | 240 | 28 | 0 | 0 | 0 | 0 |
| $\frac{3}{4}$ cup Almond Meal | 540 | 45 | 15 | 9 | 6 | 21 |
| 2 medium Avocados | 547 | 50 | 29 | 23 | 6 | 7 |
| 4.5 oz. Cheddar Cheese | 513 | 42 | 2 | 0 | 2 | 32 |
| 3 Spring Onions | 21 | 0 | 3 | 2 | 1 | 2 |
| $\frac{1}{2}$ tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Dried Cilantro | 3 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Dried Chives | 4 | 0 | 1 | 0 | 1 | 0 |
| $\frac{1}{4}$ tsp. Red Chili Flakes | 3 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper | 3 | 0 | 0 | 0 | 0 | 0 |
| 1 cup Coconut Milk (unsweetened, from carton) | 45 | 5 | 2 | 1 | 1 | 0 |
| $1\frac{1}{2}$ Tbsp. Lemon Juice | 5 | 0 | 2 | 0 | 2 | 0 |
| 1 tsp. Baking Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| Totals | 2832 | 252 | 57 | 35 | 22 | 102 |

LUNCH RECIPES



**Jalapeno Popper
Fat Bombs**



Sausage & Pepper Soup



**Bacon Mozzarella
Mug Cake**



Italian Stuffed Meatballs



Simple Spinach Salad



**Chicken Bacon
Ranch Salad**



Chili Lime Meatballs



**Pork Shiitake Stir Fry
with "Quick Kimchi"**

LUNCH RECIPES



Jalapeno Popper Fat Bombs

- INGREDIENTS**
- 2 Oz. Cream Cheese
 - 1 oz. Bacon Odds and Ends, cooked
 - 1 medium Jalapeno Pepper
 - Salt and Pepper to Taste
 - 2 Tbsp. Parmesan Cheese

PREPARATION

1. Dice jalapeno pepper into small chunks.
2. Mix cream cheese with jalapenos, parmesan cheese, and salt and pepper to taste.
3. 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 475.0 - Fats 44.0g - Net Carbs 4.5g - Protein 17.5g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 Oz. Cream Cheese | 200 | 18 | 2 | 0 | 2 | 4 |
| 1 oz. Bacon Odds and Ends | 150 | 16 | 0 | 0 | 0 | 3 |
| 1 medium Jalapeno Pepper | 4 | 0 | 0.5 | 0 | 0.5 | 0.5 |
| Salt and Pepper to Taste | 1 | 0 | 0 | 0 | 0 | 0 |
| 2 Tbsp. Parmesan Cheese | 120 | 10 | 2 | 0 | 2 | 10 |
| Totals | 475 | 44 | 4.5 | 0 | 4.5 | 17.5 |

LUNCH RECIPES



Sausage & Pepper Soup

- INGREDIENTS**
- 32 oz. Pork Sausage
 - 1 Tbsp. Olive Oil
 - 10 oz. Raw Spinach
 - 1 medium Green Bell Pepper
 - 1 can Tomatoes w/ Jalapenos
 - 4 cups Beef Stock
 - 1 tsp. Onion Powder
 - 1 Tbsp. Chili powder
 - 1 Tbsp. Cumin
 - 1 tsp. Garlic Powder
 - 1 tsp. Italian Seasoning
 - ¾ tsp. Kosher Salt

PREPARATION

1. Heat olive oil in a large pot over medium heat. Once hot, add sausage to the pan and cook through.
2. As the sausage cooks, slice green pepper into pieces. Add the peppers and stir everything together well. Season with salt and pepper.
3. Add the tomatoes and jalapenos from the can and stir once more. Then, add the spinach on top of everything and place the lid on the pot.
4. Cook until spinach is wilted, about 6-7 minutes.
5. Once the spinach is wilted, mix it together with the sausage. Then add the spices and mix again. Lastly, add the broth and mix once again.
6. Replace the lid and cook for 30 minutes covered, reducing heat to medium-low.
7. Remove the lid from the pan and let simmer for 15 minutes longer.

Makes 6 servings. Each has:
Calories 493.2 - Fats 34.7g - Net Carbs 3.8g - Protein 20.8g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 32 oz. Pork Sausage | 2585 | 226 | 0 | 0 | 0 | 128 |
| 1 Tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 10 oz. Raw Spinach | 65 | 1 | 10 | 6 | 4 | 8 |
| 1 medium Green Bell Pepper | 28 | 0 | 6 | 2 | 4 | 1 |
| 1 can Tomatoes w/ Jalapenos | 50 | 0 | 10 | 2.5 | 7.5 | 2.5 |
| 4 cups Beef Stock | 60 | 0 | 4 | 0 | 4 | 4 |
| 1 tsp. Onion Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 1 Tbsp. Chili powder | 16 | 1 | 3 | 2 | 1 | 1 |
| 1 Tbsp. Cumin | 16 | 1 | 2 | 0 | 2 | 1 |
| 1 tsp. Garlic Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 1 tsp. Italian Seasoning | 3 | 0 | 0 | 0 | 0 | 0 |
| ¾ tsp. Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2959 | 243 | 39 | 12.5 | 26.5 | 145.5 |

LUNCH RECIPES



Bacon Mozzarella Mug Cake

- INGREDIENTS**
- 3 Tbsp. Almond Meal
 - 1 Tbsp. Olive Oil
 - 1 large Egg
 - 0.5 oz. Bacon Ends and Pieces, cooked
 - 1 oz. Mozzarella Cheese
 - ½ tsp. Baking Powder
 - ¼ tsp. Salt

PREPARATION

- Mix all ingredients together in a mug.
- Microwave for 70 seconds on high (power level 10).
- Lightly slam cup against plate to take the mug cake out. Enjoy!

Makes 1 serving, which has:
 Calories 532.0 - Fats 52.0g - Net Carbs 5.0g - Protein 19.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 3 Tbsp. Almond Meal | 120 | 11 | 5 | 2 | 3 | 5 |
| 1 Tbsp. Olive Oil | 180 | 21 | 0 | 0 | 0 | 0 |
| 1 large Egg | 70 | 6 | 0.5 | 0 | 0.5 | 7 |
| 0.5 oz. Bacon Ends and Pieces, cooked | 75 | 8 | 0 | 0 | 0 | 1 |
| 1 oz. Mozzarella Cheese | 85 | 6 | 1 | 0 | 1 | 6 |
| ½ tsp. Baking Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| ¼ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 532 | 52 | 7 | 2 | 5 | 19 |

DINNER RECIPES



Italian Stuffed Meatballs

- INGREDIENTS**
- 1 lb. Ground Beef (80/20)
 - 1 tsp. Oregano
 - ½ tsp. Italian Seasoning
 - ½ tsp. Garlic Powder
 - ½ tsp. Onion Powder
 - 3 Tbsp. Organic Tomato Paste
 - 3 Tbsp. Almond Meal
 - 1 large Egg
 - ½ cup Olives, sliced
 - ½ cup Mozzarella Cheese
 - Salt and Pepper to Taste

PREPARATION

1. Preheat oven to 400F.
2. Mix meat together with all of the ingredients and form into meatballs. You should have about 20 in total.
3. Lay meatballs on a foil covered cookie sheet.
4. Bake for 16-20 minutes or until desired temperature is reached. Remove from oven and serve hot.

Makes 4 servings. Each has:
Calories 434.5 - Fats 35.3g - Net Carbs 3.4g - Protein 28.5g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 lb. Ground Beef (80/20) | 1120 | 96 | 0 | 0 | 0 | 80 |
| 1 tsp. Oregano | 3 | 0 | 1 | 0 | 1 | 0 |
| ½ tsp. Italian Seasoning | 2 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| ½ tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 3 Tbsp. Organic Tomato Paste | 38 | 0 | 8 | 3 | 5 | 2 |
| 3 Tbsp. Almond Meal | 135 | 12 | 9 | 6 | 3 | 12 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| ½ cup Olives, sliced | 200 | 16 | 0 | 0 | 0 | 0 |
| ½ cup Mozzarella Cheese | 160 | 12 | 2 | 0 | 2 | 14 |
| Salt and Pepper to Taste | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1738 | 141 | 22.5 | 9 | 13.5 | 114 |

LUNCH RECIPES



Simple Spinach Salad

INGREDIENTS

- 2 oz. Spinach
- 2 Tbsp. Olives, sliced
- 1 Tbsp. Mayonnaise
- 1 tsp. Lemon Juice
- Kosher Salt
- Freshly Ground Black Pepper

PREPARATION

1. Add spinach to a mixing bowl. Then, top with olives, salt, and pepper and toss together.
2. Add 1 Tbsp. mayonnaise and 1 tsp. lemon juice, then lightly mix.
3. Serve right away.

Makes 1 serving, which has:
Calories 132.0 - Fats 13.0g - 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 |
| 2 Tbsp. Olives, sliced | 25 | 3 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Mayonnaise | 90 | 10 | 0 | 0 | 0 | 0 |
| 1 tsp. Lemon Juice | 2 | 0 | 0 | 0 | 0 | 0 |
| Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Freshly Ground Black Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 132 | 13 | 2 | 1 | 1 | 2 |

LUNCH RECIPES



Chicken Bacon Ranch Salad

INGREDIENTS

- 2 oz. Spinach
- 4 oz. Rotisserie Chicken
- 1½ Tbsp. Ranch Dressing
- 2 oz. Bacon Ends and Pieces, cooked
- 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 653.0 - Fats 57.0g - Net Carbs 3.5g - Protein 24.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 oz. Spinach | 14 | 0 | 2 | 1 | 1 | 2 |
| 3 oz. Rotisserie Chicken | 128 | 6 | 0 | 0 | 0 | 17 |
| 3 tbsp. Ranch Dressing | 210 | 20 | 2.5 | 0 | 2.5 | 0 |
| 2 oz. Bacon Ends and Pieces, cooked | 300 | 31 | 0 | 0 | 0 | 5 |
| Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Freshly Ground Black Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 653 | 57 | 4.5 | 1 | 3.5 | 24 |

DINNER RECIPES



Chili Lime Meatballs

INGREDIENTS

Meatballs

1 lb. Ground Chicken
2 medium Spring Onions
½ medium Red Bell Pepper
1 Tbsp. Dried Cilantro
½ tsp. Garlic Powder
½ tsp. Salt
½ tsp. Red Pepper Flakes
½ medium Lime
3 oz. Cheddar Cheese
¼ cup Almond Meal

Guacamole

1 medium Avocado
3 Tbsp. Mayonnaise
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. Season with spices, then add lime juice and zest into the chicken mixture. Add almond meal and mix together well.
3. Roll out the meatballs as uniform as you can get them, about 20 in total. Bake for 15-18 minutes or until cooked through.
4. Make the simple guacamole by mashing together avocado, lime juice, garlic powder, mayonnaise & salt & pepper to taste.

Makes 4 combined servings. Each has:

Calories 427.0 - Fats 34.3g - Net Carbs 3.8g - Protein 27.3g

| 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 medium Spring Onions | 10 | 0 | 2 | 1 | 1 | 1 |
| ½ medium Red Bell Pepper | 22 | 0 | 6 | 2 | 4 | 1 |
| 1 Tbsp. Dried 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 |
| 3 oz. Cheddar Cheese | 342 | 28 | 1 | 0 | 1 | 21 |
| ¼ cup Almond Meal | 180 | 15 | 5 | 3 | 2 | 7 |
| Totals | 1171 | 83 | 16.5 | 6 | 10.5 | 106 |
| Fast Guacamole | | | | | | |
| 1 medium Avocado | 257 | 24 | 14 | 11 | 3 | 3 |
| 3 Tbsp. Mayonnaise | 270 | 30 | 0 | 0 | 0 | 0 |
| ½ medium Lime | 5 | 0 | 1.5 | 0 | 1.5 | 0 |
| ¼ tsp. Garlic Powder | 2 | 0 | 0 | 0 | 0 | 0 |
| Salt & Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 537 | 54 | 15.5 | 11 | 4.5 | 3 |
| Totals Together Per Serving | 427 | 34.3 | 8.0 | 4.3 | 3.8 | 27.3 |

LUNCH RECIPES



Pork Shiitake Stir Fry with "Quick Kimchi"

- INGREDIENTS**
- 3 cups Purple Cabbage
 - 3 Tbsp. Rice Vinegar
 - 1 tsp. Garlic Powder
 - ½ tsp. Ginger Powder
 - 2 tsp. Red Chili Flakes
 - ⅓ medium Daikon Radish
 - 2 medium Spring Onions
 - 1 Tbsp. Red Curry Paste
 - 1½ Tbsp. Soy Sauce
 - 1 lb. Pork Tenderloin
 - 4 Tbsp. Coconut Oil
 - 3½ oz. Shiitake Mushrooms

PREPARATION

1. Slice cabbage into thin strips. Slice daikon radish into matchsticks.
2. Combine cabbage and radish with rice vinegar, chili flakes, garlic, ginger, red curry paste, and soy sauce in a bowl. Mix well and set aside.
3. Slice pork loin into thin (about ¼" thick) medallions. Add 1 Tbsp. coconut oil to pan to and cook half of the pork on both sides until brown spots appear.
4. Remove pork and set aside, repeat with second batch using 1 Tbsp. more coconut oil, setting aside when done.
5. Add the last 2 Tbsp. coconut oil to the pan and sauté chopped scallion and shiitake mushrooms for about 4-5 minutes.
6. Add cabbage mixture to the pan and let it boil the juices out for 4-5 more minutes.
7. Add pork back in (with oil) and stir well, allowing to cook for a few minutes more.

Makes 3 servings. Each has:
Calories 425.0 - Fats 26.7g - Net Carbs 6.3g - Protein 34.7g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 3 cups Purple Cabbage | 67 | 0 | 16 | 8 | 8 | 3 |
| 3 Tbsp. Rice Vinegar | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Garlic Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| ½ tsp. Ginger Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 2 tsp. Red Chili Flakes | 6 | 0 | 0 | 0 | 0 | 0 |
| ⅓ medium Daikon Radish | 15 | 0 | 3 | 2 | 1 | 1 |
| 2 medium Spring Onions | 10 | 0 | 2 | 1 | 1 | 1 |
| 1 Tbsp. Red Curry Paste | 20 | 0 | 3 | 1 | 2 | 1 |
| 1½ Tbsp. Soy Sauce | 15 | 0 | 0 | 0 | 0 | 3 |
| 1 lb. Pork Tenderloin | 616 | 24 | 0 | 0 | 0 | 93 |
| 4 Tbsp. Coconut Oil | 480 | 56 | 0 | 0 | 0 | 0 |
| 3½ oz. Shiitake Mushrooms | 34 | 0 | 7 | 3 | 4 | 2 |
| Totals | 1275 | 80 | 34 | 15 | 19 | 104 |

DINNER RECIPES



Buffalo Chicken Jalapeno Popper Casserole



Chicken Parmesan



Low Carb Zesty Chicken Nuggets



Inside-Out Bacon Burger



Stuffed Pork Tenderloin



Jalapeno Popper Soup



Not Your Caveman's Chili

DINNER RECIPES



Buffalo Chicken
Jalapeno Popper
Casserole

INGREDIENTS

- 6 Chicken Thighs, Bone-in and Skin-on (~24 oz.)
- 3 oz. Bacon Odds and Ends
- 3 medium Jalapeno Peppers
- 10 oz. Cream Cheese
- ¼ cup Mayonnaise
- 6 oz. Shredded Cheddar Cheese
- ¼ cup Hot Sauce
- Salt and Pepper to Taste

PREPARATION

1. De-bone all chicken thighs and pre-heat 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. Put bacon ends and pieces in a pan over medium heat.
3. Once bacon is mostly crisped, add jalapenos to the pan.
4. Once jalapenos are soft & cooked, add cream cheese, mayonnaise, & hot sauce to the pan. Mix together & 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 9x12 casserole dish, spread cream cheese mixture over it, then top with cheddar 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 7 servings. Each has:
Calories 563.9 - Fats 49.6g - Net Carbs 1.9g - Protein 27.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|----------|----------|-----------|-----------|---------------|-------------|
| 6 Chicken Thighs, Bone-in & Skin-on (~24 oz.) | 1436 | 104 | 0 | 0 | 0 | 118 |
| 3 oz. Bacon Odds and Ends | 450 | 47 | 0 | 0 | 0 | 8 |
| 3 medium Jalapeno Peppers | 13 | 0 | 2 | 1 | 1 | 1 |
| 10 oz. Cream Cheese | 1000 | 100 | 10 | 0 | 10 | 20 |
| ¼ cup Mayonnaise | 360 | 40 | 0 | 0 | 0 | 0 |
| 6 oz. Shredded Cheddar Cheese | 684 | 56 | 2 | 0 | 2 | 42 |
| ¼ cup Hot Sauce | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 3947 | 347 | 14 | 1 | 13 | 189 |

DINNER RECIPES



Chicken Parmesan

INGREDIENTS

Chicken

- 3 Chicken Thighs, Bone-in & Skin-on (~12 oz.)
- 3 oz. Mozzarella Cheese
- 1/3 cup Almond Meal
- 1/4 cup Parmesan Cheese
- 1 tsp. Italian Seasoning
- 1/4 tsp. Red Pepper Flakes
- 1/2 tsp. Garlic
- 1 large Egg
- 2 Tbsp. Olive Oil

Marinara Sauce

- 2 Tbsp. Olive Oil
- 3/4 cup Diced Tomatoes
- 1/2 tsp. Onion Powder
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Italian Seasoning
- Salt and Pepper to Taste

PREPARATION

- Grind up almond meal, parmesan cheese, and spices in a food processor.
- Slice chicken thighs in half and pound them out into cutlets.
- In a seperate container to the coating, crack an egg and whisk.
- 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.
- Bread chicken cutlets by dipping into egg mixture, then dipping into the coating mixture. Set aside on a piece of foil.
- Heat 1 Tbsp. olive oil in a pan and fry up the chicken until outside is crisp. Add oil as needed (about 2 Tbsp. in total).
- 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 3 servings. Each has:
Calories 638.6 - Fats 53.0g - Net Carbs 5.4g - Protein 34.4g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|----------|----------|-----------|-----------|---------------|-------------|
| Chicken Parmesan | | | | | | |
| 3 Chicken Thighs, Bone-in and Skin-on (~12 oz.) | 718 | 52 | 0 | 0 | 0 | 59 |
| 3 oz. Mozzarella Cheese | 255 | 19 | 2 | 0 | 2 | 19 |
| 1/3 cup Almond Meal | 238 | 20 | 7 | 4 | 3 | 9 |
| 1/4 cup Parmesan Cheese | 90 | 7 | 1 | 0 | 1 | 8 |
| 1 tsp. Italian Seasoning | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/4 tsp. Red Pepper Flakes | 3 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Garlic | 3 | 0 | 1 | 0 | 1 | 0 |
| 1 large Egg | 70 | 5 | 0 | 0 | 0 | 6 |
| 2 Tbsp. Olive Oil | 240 | 28 | 0 | 0 | 0 | 0 |
| Totals | 1621 | 131 | 12 | 4 | 8 | 101 |
| Marinara Sauce | | | | | | |
| 2 Tbsp. Olive Oil | 240 | 28 | 0 | 0 | 0 | 0 |
| 3/4 cup Diced Tomatoes | 38 | 0 | 8 | 2 | 6 | 2 |
| 1/2 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Italian Seasoning | 2 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 7 | 0 | 0 | 0 | 0 | 0 |
| Totals | 295 | 28 | 10 | 2 | 8 | 2 |
| Totals Together Per Serving | 638.6 | 53 | 7.3 | 2 | 5.4 | 34.4 |

DINNER RECIPES

Low Carb Zesty Chicken Nuggets

INGREDIENTS

Chicken Nuggets

16 oz. Chicken Thighs, cut into pieces
1 large Egg
½ oz Pork Rinds
¼ cup Almond Meal
Zest 1 Lime
¼ tsp. Pepper
¼ tsp. Chili Powder
⅛ tsp. Onion Powder
⅛ tsp. Garlic Powder
¼ tsp. Red Chili Flakes

Dipping Sauce

½ cup Mayonnaise
½ tsp. Red Chili Flakes
1 Tbsp. Lime Juice
¼ tsp. Garlic Powder
⅛ tsp. Cumin

PREPARATION

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

Makes 4 servings. Each has:
Calories 428.5 - Fats 36.3g - Net Carbs 1.3g - Protein 24.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| Low Carb Zesty Chicken Nuggets | | | | | | |
| 16 oz. Chicken Thighs | 664 | 40 | 0 | 0 | 0 | 76 |
| 1 large Egg | 70 | 6 | 0 | 0 | 0 | 6 |
| ½ oz Pork Rinds | 80 | 5 | 0 | 0 | 0 | 8 |
| ¼ cup Almond Meal | 160 | 14 | 6 | 3 | 3 | 6 |
| Zest 1 Lime | 2 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Chili Powder | 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 |
| ¼ tsp. Red Chili Flakes | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 984 | 65 | 6 | 3 | 3 | 96 |
| Dipping Sauce | | | | | | |
| ½ cup Mayonnaise | 720 | 80 | 0 | 0 | 0 | 0 |
| ½ tsp. Red Chili Flakes | 4 | 0 | 0 | 0 | 0 | 0 |
| 1 Tbsp. Lime Juice | 4 | 0 | 1 | 0 | 1 | 0 |
| ¼ tsp. Garlic Powder | 1 | 0 | 1 | 0 | 1 | 0 |
| ⅛ tsp. Cumin | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 730 | 80 | 2 | 0 | 2 | 0 |
| Totals Together Per Serving | 428.5 | 36.3 | 2 | 0.8 | 1.3 | 24 |

DINNER RECIPES



Inside-Out
Bacon Burger

INGREDIENTS

- 8 oz. Ground Beef (80/20)
- 2 oz. Bacon Ends and Pieces
- 1.5 oz. Cheddar Cheese
- 1 Tbsp. Soy Sauce
- ½ tsp. Onion Powder
- ½ tsp. Garlic Powder
- 2 tsp. Black Pepper
- 1¼ tsp. Salt
- 2 Tbsp. Ranch Dressing

PREPARATION

1. In a cast iron skillet, cook all your bacon ends and pieces until crisp. Once cooked, remove and place on paper towel. Keep bacon grease in the skillet.
2. In a large mixing bowl, combine ground beef, ⅔ bacon, and seasonings.
3. Mix meat and spices together well, then form into 4 patties.
4. Place patties inside the skillet once fat is hot.
5. Cook about 3-4 minutes on each side, depending on the temperature you want.
6. Remove from pan, let rest for 3-5 minutes, and serve with cheddar cheese and leftover bacon.

Makes 2 servings. Each has:
Calories 597.0 - Fats 54.0g - Net Carbs 2.5g - Protein 29.0g

| 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 |
| 2 oz. Bacon Ends and Pieces | 300 | 31 | 0 | 0 | 0 | 5 |
| 1.5 oz. Cheddar Cheese | 171 | 14 | 1 | 0 | 1 | 11 |
| 1 Tbsp. Soy Sauce | 10 | 0 | 0 | 0 | 0 | 2 |
| ½ tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| ½ tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 2 tsp. Black Pepper | 5 | 0 | 0 | 0 | 0 | 0 |
| 1¼ tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 Tbsp. Ranch Dressing | 140 | 15 | 2 | 0 | 2 | 0 |
| Totals | 1194 | 108 | 5 | 0 | 5 | 58 |

DINNER RECIPES



Stuffed Pork Tenderloin

INGREDIENTS

Pork Tenderloin Stuffing

- 1 tsp. Salt
- ½ tsp. Pepper
- 1½ tsp. Onion Powder
- 1 tsp. Garlic Powder
- 2 tsp. Dried Thyme
- 2 tsp. Dried Rosemary
- 1 lb. Pork Sausage
- 6 oz. Mushrooms
- 3 oz. Spinach

Pork Tenderloin

- 1 lb. Pork Tenderloin
- 2 tsp. Salt
- ½ tsp. Pepper
- ½ tsp. Thyme
- ½ tsp. Rosemary
- ¼ tsp. Garlic Powder
- ¼ tsp. Onion P powder
- Salt and Pepper to Taste

Roasted Red Radish

- 16 oz. Red Radish
- ¼ cup Olive Oil
- 1 tsp. Rosemary
- Salt and Pepper to Taste

PREPARATION

- Butterfly the pork tenderloin & season on both sides with salt, pepper, onion powder, garlic powder, thyme, & rosemary.
- Slice the mushrooms and preheat oven to 400F.
- Cook the sausage over medium heat. Once the sausage starts to brown, break it up with a spatula and add the mushrooms and seasoning. Add the spinach to the pan for wilt for a moment.
- Pour the mixture over the top of the tenderloin and spread out evenly. Roll the pork up and wrap with butchers netting or tie with twine. Cook this at 400F for 50-60 minutes or until thermometer reads 140F.
- Slice all of your radish in half and place into a bag with olive oil and seasoning. Let this sit while the pork cooks.
- Once the pork is cooked, remove from the oven and turn oven to 450F. Wrap pork in foil to rest and roast radish for 30 minutes. Serve with pork immediately.

Makes 5 servings. Each has:
Calories 558.2 - Fats 43.8g - Net Carbs 4.2g - Protein 34.6g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|----------|----------|-----------|-----------|---------------|-------------|
| Stuffed Pork Tenderloin | | | | | | |
| 1 lb. Pork Tenderloin | 616 | 25 | 0 | 0 | 0 | 93 |
| 3 tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Pepper | 3 | 0 | 0 | 0 | 0 | 0 |
| 1½ tsp. Onion Powder | 12 | 0 | 3 | 0 | 3 | 0 |
| 1 tsp. Garlic Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 2 tsp. Thyme | 6 | 0 | 1 | 1 | 0 | 0 |
| 2 tsp. Rosemary | 8 | 0 | 2 | 1 | 1 | 0 |
| 1 lb. Pork Sausage | 1530 | 138 | 0 | 0 | 0 | 72 |
| 6 oz. Mushrooms | 40 | 0 | 6 | 2 | 4 | 6 |
| 3 oz. Spinach | 20 | 0 | 3 | 2 | 1 | 2 |
| ½ tsp. Thyme | 1 | 0 | 0 | 0 | 0 | 0 |
| ½ tsp. Rosemary | 2 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Garlic Powder | 2 | 0 | 0 | 0 | 0 | 0 |
| ¼ tsp. Onion Powder | 2 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2253 | 163 | 17 | 6 | 11 | 173 |
| Roasted Red Radish | | | | | | |
| 16 oz. Red Radish | 50 | 0 | 15 | 5 | 10 | 0 |
| ¼ cup Olive Oil | 480 | 56 | 0 | 0 | 0 | 0 |
| 1 tsp. Rosemary | 4 | 0 | 1 | 1 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 538 | 56 | 16 | 6 | 10 | 0 |

DINNER RECIPES



Jalapeno Popper Soup

- INGREDIENTS**
- 2 Chicken Thighs
 - 1 Tbsp. Olive Oil
 - 2 Jalapeno Peppers, Seeded and Diced
 - ½ tsp. Garlic Powder
 - ½ tsp. Onion Powder
 - 1 tsp. Dried Cilantro
 - Salt and Pepper to Taste
 - 3 oz. Cream Cheese
 - 2 oz. Cheddar Cheese
 - 2 oz. Bacon Ends and Pieces

PREPARATION

1. Preheat oven to 400F. De-bone chicken thighs, season with salt and pepper, then bake at 400F for 50-55 minutes.
2. Heat olive oil on the stove over medium-high heat. Once hot, add chicken bones to pot and fry for 5 minutes.
3. Add diced jalapeno peppers to the pot, then cook for and additional 3-4 minutes.
4. Add broth and spices to the pot and stir until pan is deglazed. Simmer until chicken thighs are cooked.
5. Remove the crispy chicken skin from the thighs. Remove chicken bones from the broth and discard.
6. Use an immersion blender to puree the jalapenos into the broth. Shred chicken meat and add to the pot. Let this simmer for 10-15 minutes.
7. Add cream cheese & cheddar cheese to the soup and stir while simmering for 5 minutes, or until all cheese has dissolved.
8. Cook bacon ends & pieces over medium-high heat until crisp. Lay to rest on paper towels to crisp up. Garnish on top of soup.

Makes 3 servings. Each has:
Calories 563.0 - Fats 48.7g - Net Carbs 2.3g - Protein 28.3g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 Chicken Thighs | 718 | 52 | 0 | 0 | 0 | 59 |
| 1 Tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 2 Jalapeno Peppers, Seeded and Diced | 9 | 0 | 1 | 0 | 1 | 1 |
| ½ tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| ½ tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Dried Cilantro | 2 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| 3 oz. Cream Cheese | 300 | 30 | 3 | 0 | 3 | 6 |
| 2 oz. Cheddar Cheese | 228 | 19 | 1 | 0 | 1 | 14 |
| 2 oz. Bacon Ends and Pieces | 300 | 31 | 0 | 0 | 0 | 5 |
| Totals | 1689 | 146 | 7 | 0 | 7 | 85 |

DINNER RECIPES



Not Your Caveman's Chili

INGREDIENTS

8 oz. Stew Meat
8 oz. Ground Beef (80/20)
1 tsp. Onion Powder
1 Medium Green Pepper
1 Cup Beef Broth
1/3 Cup Organic Tomato Paste
2 Tbsp. Soy Sauce
2 Tbsp. Olive Oil
2 Tbsp. + 1 tsp. Chili Powder
1 1/2 tsp. Cumin
3/4 tsp. Garlic Powder
2 tsp. Paprika
1 tsp. Oregano
1 tsp. Red Chili Flakes
1 cup Strong Coffee

PREPARATION

1. Chop stew meat into small cubes and set aside. Chop pepper into small pieces.
2. Combine all spices together to make sauce.
3. Sautee cubed beef in a pan until browned, transfer to a slow cooker. Repeat with the ground beef.
4. Sautee pepper in the remaining fat in the pan until soft.
5. Add everything to the slow cooker and mix together.
6. Simmer for 2 1/2 hours on high, or 5 hours on low. Then, remove lid and simmer for 20-30 minutes on high.

Makes 2 servings. Each has:

Calories 378.5 - Fats 28.8g - Net Carbs 4.8g - Protein 23.8g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 8 oz. Stew Meat | 500 | 36 | 0 | 0 | 0 | 42 |
| 8 oz. Ground Beef (80/20) | 560 | 48 | 0 | 0 | 0 | 40 |
| 1 tsp. Onion Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 1 Medium Green Pepper | 24 | 0 | 6 | 2 | 4 | 1 |
| 1 Cup Beef Broth | 25 | 1 | 0 | 0 | 0 | 4 |
| 1/3 Cup Organic Tomato Paste | 66 | 0 | 13 | 5 | 8 | 3 |
| 2 Tbsp. Soy Sauce | 20 | 0 | 0 | 0 | 0 | 4 |
| 2 Tbsp. Olive Oil | 240 | 28 | 0 | 0 | 0 | 0 |
| 2 Tbsp. + 1 tsp. Chili Powder | 33 | 2 | 6 | 4 | 2 | 1 |
| 1 1/2 tsp. Cumin | 12 | 0 | 1 | 0 | 1 | 0 |
| 3/4 tsp. Garlic Powder | 6 | 0 | 2 | 0 | 2 | 0 |
| 2 tsp. Paprika | 6 | 0 | 1 | 1 | 0 | 0 |
| 1 tsp. Oregano | 3 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Red Chili Flakes | 5 | 0 | 0 | 0 | 0 | 0 |
| 1 cup Strong Coffee | 6 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1514 | 115 | 31 | 12 | 19 | 95 |

SIDES RECIPES



Creamed Spinach



Steamed Broccoli



**Steamed Broccoli
with Butter**



Broccoli with Parmesan



Broccoli with Olive Oil

SIDES RECIPES



Creamed Spinach

INGREDIENTS

2 oz. Spinach
1 Tbsp. Heavy Cream
1 oz. Mayonnaise
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 mayonnaise and heavy cream. Mix together and season with salt and pepper, stirring occasionally.
3. Once the mayonnaise 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. Mayonnaise | 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 RECIPES



Steamed Broccoli

INGREDIENTS
4 oz. Broccoli

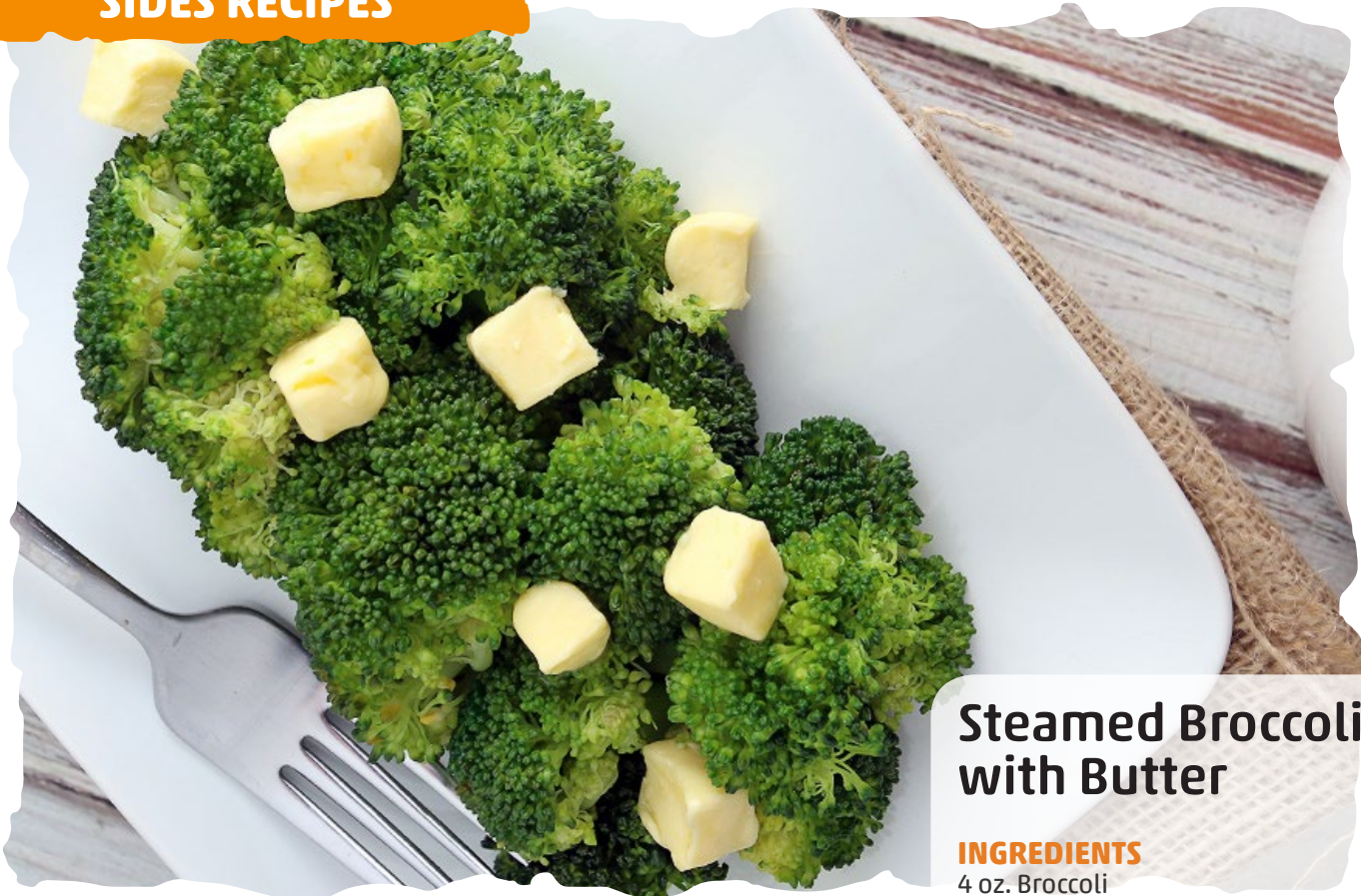
PREPARATION

- 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 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 RECIPES



Broccoli with
Parmesan

INGREDIENTS

3 oz. Broccoli
2 Tbsp. Parmesan Cheese

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.
- 4. Sprinkle parmesan cheese over the broccoli and serve.

Makes 1 serving, which has:
Calories 89.0 - Fats 5.0g - Net Carbs 5.0g - Protein 7.0g

| NUTRITIONAL INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|-------------|--------------|--------------|------------------|----------------|
| 3 oz. Broccoli | 29 | 0 | 6 | 2 | 4 | 2 |
| 2 Tbsp. Parmesan Cheese | 60 | 5 | 1 | 0 | 1 | 5 |
| Totals | 89 | 5 | 7 | 2 | 5 | 7 |

SIDES RECIPES



Broccoli with Olive Oil

INGREDIENTS

4 oz. Broccoli
1 Tbsp. Olive Oil
Salt and Pepper to Taste

PREPARATION

1. Bring water to a rolling boil inside a pot and add broccoli to the water. You can optionally coat broccoli in olive oil and roast in the oven at 425F.
2. Cook until desired doneness is reached. I typically like my broccoli to still be slightly crunchy.
3. Remove broccoli from the pot.
4. Drizzle olive oil over the broccoli, season with salt and pepper. Serve hot.

Makes 1 serving, which has:

Calories 161.0 - Fats 14.0g - 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. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 161 | 14 | 8 | 3 | 5 | 3 |

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