



KICKSTART A HEALTHY LIFESTYLE

30 DAYS TO BEING A LIGHTER & HEALTHIER YOU

BY

www.ruled.me



**One Month
Recipes Included**

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MAKE THE COMMITMENT

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

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



BEING PREPARED

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

Almost all of the specialty ingredients I order and use are available on Amazon. I find that Amazon is much cheaper in comparison to food markets such as Whole Foods and Trader Joe's. Not to mention, Amazon gets it to my door 2 days after I order! These are the things you'll need:

KICKSTART A HEALTHY LIFESTYLE

30 DAYS TO BEING A LIGHTER & HEALTHIER YOU

Intro

Week 1

Week 2

Week 3

Week 4

Recipes



Anthony's
Almond Flour



Anthony's
Coconut Flour



Bob's Red Mill
Golden Flaxseed
Meal



HealthWorks
Chia Seeds



NOW Foods
Erythritol



SweetLeaf
Sweet Drops
Liquid Stevia

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

Besides the specialty ingredients, make sure you review the shopping list and cross off anything you already have in your cupboard. 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!

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

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

This meal plan will focus on three different aspects of eating on keto: from the simple and easy, to cooking every day, to cooking in larger batches. You will get tons of ideas on how to easily continue the plan once you've completed it.

In weeks 1 and 2, 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 prior to work. When we move to dinner, we see some more time being spent in the kitchen, but on a less frequent basis. You may have to spend an hour cooking one night, but that night will give you leftovers for different days so that you can relax and take some time to yourself.

In week 3, we show the type of meal plan for someone who has a lot more time on their hands, or just loves to be in the kitchen. We prepare breakfast and dinner from scratch, almost always taking more than 20 minutes to do. Lunch is something we always try to keep pretty simplistic, so that it can fit into anyone's schedule - work or not. Lastly, we start to look into desserts. Just a couple of days out of the week where we can add in some sweet treats to get rid of cravings and feel like we aren't really restricting ourselves.

We always need to handle the desserts as exactly that - a treat. Remember that it is a good thing to fight cravings, though, as most of us have some sort of sugar addiction. Studies show that sugar addiction can be as strong as an opiate addiction. It's good to have an option available, but should not be abused. This week will give you some ideas on how to incorporate sweet treats into your diet when you just have to have it. Don't forget that over-consumption of treats and sweeteners on a regular basis have been known to interfere with weight loss.

Lastly in week 4, we go the "easy" route and diversify into meals that can be used for multiple days at a time. We take a look at meals that are made in bulk or made in crock pots. Week 4 is unique to the meal plan because it does not give a daily menu of food. Rather, it gives you different days of ideas that can translate out into multiple days of use. For example, we see on day 21 (day 1 of week 4) that we could create a Keto Gumbo. This will last 5 total days, so that is almost a week of food within itself.

I did not write a shopping list for this week because I have given different meal ideas each day that will last for a number of days at a time. You simply go through the days and see which one you like, and then pick it. Compile the ingredient list together and go shopping.

This is also considered an "easy" week because breakfast and lunch will remain pretty consistent throughout all of the days you choose to use. I wanted to make it so that you can have breakfast and lunch ready in less than 10 minutes. That way, you only have to spend 30-45 minutes preparing a dinner that will last almost the entire week.



BREAKFAST

Let's face it, most of us aren't morning people. Breakfast is something that not many want to take the time to make, and I understand that just as much as the next person. I've tried to keep breakfasts relatively easy and simple for weeks 1, 2 and 4. We include more complex breakfasts to make in week 3, since this is the week we try to spend extra time preparing meals. We mostly go after Ketoproof Coffee/Tea to get a good chunk of fats in in the morning, with a side of eggs for protein and more fat.

Many may be asking **"Why Ketoproof Coffee/Tea?"**

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!



LUNCH

For lunch on almost all of the days, we try to eat some salads or something very simple. What most people don't realize is that the body relies not only on macronutrients, but micronutrients too. Salads are a fantastic way to get some of the micronutrients we so need, while still filling us up without spending too many calories on an intermission meal. I prefer to keep the bigger portion of my calories for dinner so that it keeps me going until I go to bed and get up the next morning.

Remember to take your multivitamin and supplements on a daily basis so that your body is getting the vital nutrients it needs.



DINNER

Dinner is where most of us are used to spending time in the kitchen. For the vast majority of recipes, we are also going to do this. Some days you'll have a nice break and will only have to reheat some food - but for the others, you have to be willing to put in the time to cook. Creating food we actually enjoy makes this diet sustainable for a lifetime. If we aren't happy with what we eat, especially the largest meal of the day, we won't be happy with the diet we're on.

INCREASING / DECREASING CALORIES

Before you start the meal plan, you should use the keto calculator to find out what macros you need for your body type and size. I have included a guide on how to properly use the keto calculator and how to find the macros you will need to eat to. Normally when we increase or decrease these macros, fats are the first thing we look at. So, if you need to increase or decrease your calories, fats are the first thing to be scrutinized.

For increasing calories, you can easily do this. Simply add a pad of butter to your eggs in the morning, or add double the amount of dressing to your salads for lunch. Though, if you need a higher protein intake, this will be a little bit more challenging. You do have a number of choices, though, including:

- Adding bacon to your breakfast for both fats and protein.
- Adding 1-2oz. more meat to your lunch or dinner for more fats and protein.
- Finding a balanced snack that you can eat during the day to increase fats and protein. This could simply be rolled up deli meat with cream cheese, or complex like a homemade protein bar.



For decreasing calories, this will be a bit more of a challenge. Normally for people that need to decrease calories under 1600, they also have to reduce the amount of protein they eat. There are also several ways we can do this:

- The easiest would be to remove the eggs from your breakfast in the morning. Stick to Ketoproof Coffee/Tea and that should last you until lunch.
- Alternatively, you can reduce some of the ingredients when it comes to dinner. Slightly reduce your protein and fat intake by taking out 1-2 oz. of meat.

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

Simple, Easy, and Leftover Oriented. Relatively fast to make, big on flavors.

PROTEINS

- 19 Eggs
- 10 oz. Lean Ground Beef
- 1 lb. Pork Tenderloin
- 8 oz. Ground Lamb
- 4 oz. Boar's Head Italian Salami, Dry
- 13 slices Bacon
- 5 slices Prosciutto

FATS

- 5 Tbsp. Unsalted Butter
- 3 Tbsp. Coconut Oil
- 10½ Tbsp. Olive Oil
- 1 tsp. Olive Oil
- 4 Tbsp. + 1 tsp. Mayonnaise
- ¼ cup Heavy Cream

CHEESE

- 10 oz. Cream Cheese
- 11 oz. Fresh Mozzarella Cheese
- 2 oz. Goat Cheese
- ¼ cup Parmesan Cheese
- 2 oz. Shredded Cheddar Cheese

VEGETABLES

- ½ Fresh Tomato
- 8 cups Spinach
- 1 medium Avocado
- 2 cups Packed Arugula
- 1¼ Red Bell Pepper
- 1 Lemon
- ½ cup + 5 Tbsp. Fresh Basil
- 5 medium Jalapeno Peppers
- 4 large Baby Bella Mushrooms
- 2½ Tbsp. Packed Fresh Cilantro
- 1½ stalks Green Onion
- 1 Lime
- 1 stalk Celery
- 2 Tbsp. Chopped Red Onion

CONDIMENTS

- ⅔ tsp. Brown Mustard
- ⅓ tsp. Hot Sauce

SPICES & HERBS

- Kosher Salt
- Black Pepper
- ¾ tsp. Mrs. Dash Table Blend
- ½ tsp. Ground Coriander
- 1½ tsp. Ground Cumin
- ¼ tsp. Onion Powder
- ¼ tsp. Allspice
- ⅛ tsp. Paprika
- ⅛ tsp. Oregano
- 1⅛ tsp. Curry Powder
- ¼ tsp. Garlic Powder
- ¼ tsp. Dried Parsley
- ½ tsp. Baking Powder
- 3½ tsp. Minced Garlic
- 2 Tbsp. Fresh Parsley
- 1½ tsp. Fresh Mint
- 1 tsp. Fresh Thyme

EXTRAS

- 5 tsp. Sun Dried Tomato Pesto
- 1 Oz. Macadamia Nuts
- 3 Tbsp. Almond Flour

WEEK 1

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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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

Egg Salad Stuffed Avocado

Calories 299.0
Fats 27.3g
Net Carbs 3.8g
Protein 9.2g

LUNCH

2 oz. Salami Deli Meat

Calories 220.0
Fats 16.0g
Net Carbs 2.0g
Protein 14.0g

Notes: When saving the half of the avocado and egg salad, prepare it and squeeze a small amount more lime juice over the avocado to prevent browning. Eat ½ of the egg salad stuffed avocado recipe for your portion for lunch.

LUNCH TOTALS	Calories 519.0	Fats 43.3g	Net Carbs 5.8g	Protein 23.2g
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DINNER

Pork Tenderloin Roulade

Calories 507.8
Fats 33.3g
Net Carbs 2.8g
Protein 37.0g

DINNER

Extra Butter

Calories 100.0
Fats 11.0g
Net Carbs 0.0g
Protein 0.0g

Notes: Eat ¼ of this recipe for your portion for dinner. To save, slice leftovers into 3 equal remaining portions and wrap each portion in foil. Store one in a tupperware container in the refrigerator. Store the rest in a separate tupperware container and freeze.

DINNER TOTALS	Calories 607.8	Fats 44.3g	Net Carbs 2.8g	Protein 37.0g
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DAY TOTALS

Calories 1608.8

Fats 138.6g

Net Carbs 9.5g

Protein 74.2g

WEEK 1

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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

BREAKFAST TOTALS

Calories 482.0

Fats 51.0g

Net Carbs 1.0g

Protein 14.0g



LUNCH
Egg Salad Stuffed Avocado

Calories 299.0
Fats 27.3g
Net Carbs 3.8g
Protein 9.2g

LUNCH
2 oz. Salami Deli Meat

Calories 220.0
Fats 16.0g
Net Carbs 2.0g
Protein 14.0g

Notes: Try to keep cold before serving. This will help with the texture of the eggs and avocado.

LUNCH TOTALS

Calories 519.0

Fats 43.3g

Net Carbs 5.8g

Protein 23.2g



DINNER
Pork Tenderloin Roulade

Calories 507.8
Fats 33.3g
Net Carbs 2.8g
Protein 37.0g

DINNER
Extra Butter

Calories 100.0
Fats 11.0g
Net Carbs 0.0g
Protein 0.0g

Notes: To reheat, select a portion of the saved Pork Tenderloin Roulade and place in the oven on 350F for 10-15 minutes.

DINNER TOTALS

Calories 607.8

Fats 44.3g

Net Carbs 2.8g

Protein 37.0g

DAY TOTALS

Calories 1608.8

Fats 138.6g

Net Carbs 9.5g

Protein 74.2g

WEEK 1

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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it. Prepare 2 slices thick cut bacon to take to work with you, or just to eat with your lunch. This should take about 7-8 minutes.

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

Simple Caprese Salad

Calories 404.0
Fats 36.0g
Net Carbs 3.5g
Protein 15.5g

LUNCH

2 Slices Thick Bacon

Calories 140.0
Fats 10.0g
Net Carbs 0.0g
Protein 8.0g

Notes: If possible, keep olive oil separate to pour over right before you eat. This will preserve the freshness of the basil.

LUNCH TOTALS	Calories 544.0	Fats 46.0g	Net Carbs 3.5g	Protein 23.5g
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DINNER

Tex Mex Casserole

Calories 525.8
Fats 41.3g
Net Carbs 2.0g
Protein 35.5g

Notes: Prepare this casserole in a small casserole dish since it will only be for 2 servings. To save, wrap remaining casserole in foil & place in a plastic container. Then place in the refrigerator. Eat ½ of this recipe for your portion for dinner.

DINNER TOTALS	Calories 525.8	Fats 41.3g	Net Carbs 2.0g	Protein 35.5g
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DAY TOTALS	Calories 1551.8	Fats 138.3g	Net Carbs 6.5g	Protein 73.0g
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WEEK 1

DAY 4



BREAKFAST
Bacon, Red Pepper, &
Mozzarella Frittata

Calories 612.0
Fats 49.0g
Net Carbs 3.4g
Protein 31.0g

Notes: Prepare the Frittata the night before, and leave in the refrigerator for the following 3 days. Take 1 portion as needed, per day.

BREAKFAST TOTALS	Calories 612.0	Fats 49.0g	Net Carbs 3.4g	Protein 31.0g
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LUNCH
Sun Dried Tomato Pesto
Mug Cake

Calories 462.0
Fats 46.0g
Net Carbs 5.0g
Protein 13.0g

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

LUNCH TOTALS	Calories 462.0	Fats 46.0g	Net Carbs 5.0g	Protein 13.0g
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DINNER
Tex Mex Casserole

Calories 525.8
Fats 41.3g
Net Carbs 2.0g
Protein 35.5g

Notes: To reheat the casserole, place portion in the oven at 350F for 10-15 minutes.

DINNER TOTALS	Calories 525.8	Fats 41.3g	Net Carbs 2.0g	Protein 35.5g
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DAY TOTALS	Calories 1599.8	Fats 136.3g	Net Carbs 10.4g	Protein 79.5g
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WEEK 1

DAY 5



BREAKFAST
Bacon, Red Pepper, & Mozzarella Frittata

Calories 612.0
Fats 49.0g
Net Carbs 3.4g
Protein 31.0g

Notes: From personal experience, I love having the frittata cold. But, if you prefer a warm breakfast feel free to microwave for 30-40 seconds before eating.

BREAKFAST TOTALS	Calories 612.0	Fats 49.0g	Net Carbs 3.4g	Protein 31.0g
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LUNCH
Arugula, Mayo, Basil, Olive Oil Salad

Calories 464.0
Fats 44.0g
Net Carbs 2.0g
Protein 14.0g

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

LUNCH TOTALS	Calories 464.0	Fats 44.0g	Net Carbs 2.0g	Protein 14.0g
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DINNER
Bacon Wrapped Jalapeno Poppers

Calories 555.0
Fats 48.0g
Net Carbs 5.0g
Protein 26.0g

Notes: Feel free to add some spices to the cream cheese to give your own twist on this. Chili powder, chipotle, or some cumin and herbs would make a great addition.

DINNER TOTALS	Calories 555.0	Fats 48.0g	Net Carbs 5.0g	Protein 26.0g
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DAY TOTALS	Calories 1631.0	Fats 141.0g	Net Carbs 10.4g	Protein 71.0g
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WEEK 1

DAY 6



BREAKFAST
Bacon, Red Pepper, &
Mozzarella Frittata

Calories 612.0
Fats 49.0g
Net Carbs 3.4g
Protein 31.0g

Notes: From personal experience, I love having the frittata cold. But, if you prefer a warm breakfast feel free to microwave for 30-40 seconds before eating.

BREAKFAST TOTALS	Calories 612.0	Fats 49.0g	Net Carbs 3.4g	Protein 31.0g
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LUNCH
Macadamia Nuts &
Herbed Cream Cheese

Calories 346.0
Fats 35.0g
Net Carbs 4.0g
Protein 6.0g

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

LUNCH TOTALS	Calories 346.0	Fats 35.0g	Net Carbs 4.0g	Protein 6.0g
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DINNER
Pork Tenderloin Roulade

Calories 507.8
Fats 33.3g
Net Carbs 2.8g
Protein 37.0g

DINNER
Extra Butter

Calories 100.0
Fats 11.0g
Net Carbs 0.0g
Protein 0.0g

Notes: To reheat the tenderloin, remove one portion from the freezer and place in the refrigerator in the morning to thaw. When ready to eat, place portion in the oven at 350F for 15-20 minutes.

DINNER TOTALS	Calories 607.8	Fats 44.3g	Net Carbs 2.8g	Protein 37.0g
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DAY TOTALS	Calories 1565.8	Fats 128.3g	Net Carbs 10.1g	Protein 74.0g
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WEEK 1

DAY 7



BREAKFAST

Bacon, Red Pepper, & Mozzarella Frittata

Calories 612.0
Fats 49.0g
Net Carbs 3.4g
Protein 31.0g

Notes: From personal experience, I love having the frittata cold. But, if you prefer a warm breakfast feel free to microwave for 30-40 seconds before eating.

BREAKFAST TOTALS	Calories 612.0	Fats 49.0g	Net Carbs 3.4g	Protein 31.0g
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LUNCH

Simple Spinach Salad

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

Notes: You will need to use the following ingredients for this salad (differs from the recipe):
2 cups Packed Spinach, 1 Tbsp. Mayonnaise, 1 Tbsp. Olive Oil, 1 tsp. Lemon Juice, 1 Tbsp. Freshly Chopped Basil, 1 Oz. Fresh Mozzarella Cheese, Kosher Salt, Freshly Ground Black Pepper

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

Low Carb Moroccan Meatballs

Calories 655.0
Fats 53.0g
Net Carbs 1.5g
Protein 37.5g

Notes: Serve with some greens to accompany the dish. Alternatively, you can make a lemon cumin sauce from mayonnaise, cumin, and a little lemon juice.

DINNER TOTALS	Calories 655.0	Fats 53.0g	Net Carbs 1.5g	Protein 37.5g
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DAY TOTALS

Calories 1565.0

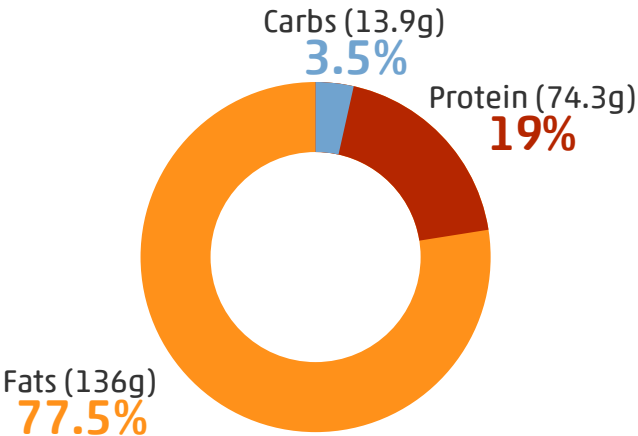
Fats 131.0g

Net Carbs 6.9g

Protein 74.5g

WEEK 1 TOTALS

	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
DAILY GOAL	1600	136	**	**	20	74
Day 1	1608.8	138.6	17.6	8.1	9.5	74.2
Day 2	1608.8	138.6	17.6	8.1	9.5	74.2
Day 3	1551.8	138.3	8.5	2.0	6.5	73.0
Day 4	1599.8	136.3	15.4	4.8	10.4	79.5
Day 5	1631.0	141.0	14.9	4.3	10.4	71.0
Day 6	1565.8	128.3	14.6	4.3	10.1	74.0
Day 7	1565.0	131.0	8.9	1.8	6.9	74.5
WEEK TOTALS	11130.8	951.9	97.5	33.2	63.3	520.3
DAILY AVERAGE	1590.1	136.0	13.9	4.7	9.0	74.3



WEEK 2

SHOPPING LIST

Simple, Easy, and Leftover Oriented. Relatively fast to make, big on flavors.

PROTEIN

- 1 Chicken Thigh
- 20 slices Pepperoni
- 10 large Eggs
- 10 oz. Salmon Filet
- 1 lb. Ground Chicken
- 2 oz. Chorizo
- ¼ lb. Italian Sausage
- 3 Boneless Pork Chops

FATS

- 16 Tbsp. Olive Oil
- 9 Tbsp. Coconut Oil
- 5⅔ tbsp. Sesame Oil
- 2 Tbsp. Unsalted Butter
- 2 Tbsp. Mayonnaise
- ¼ cup Heavy Cream

CHEESE

- 5 oz. Cream Cheese
- 8 oz. Mozzarella Cheese
- 3¾ Tbsp. Parmesan Cheese
- 5.5 oz. Cheddar Cheese

VEGETABLES

- 9 cups Packed Spinach
- 4 large Portobello Mushroom Caps
- 1 medium Vine Tomato
- ½ medium Green Pepper
- 1 medium Onion
- 3 stalks Spring Onion
- 1 Cup Broccoli Florets
- ⅔ head Savoy Cabbage
- 6 Tbsp. Fresh Chopped Basil
- 4 Lemons

SAUCES

- 1 cup Soy Sauce
- ½ cup Coconut Cream
- 3⅔ Tbsp. Soy Sauce
- 9 Tbsp. Rice Wine Vinegar
- ½ cup Reduced Sugar Ketchup
- 1⅔ Tbsp. Red Boat Fish Sauce
- 1 Tbsp. Red Curry Paste
- 2 tsp. Dijon Mustard
- 2 tsp. White Wine

SPICES

- 1½ tsp. Red Pepper Flakes
- 4 Tbsp. Minced Garlic
- 2⅔ Tbsp. Minced Ginger
- Salt
- Pepper

SEEDS/NUTS

- ¼ cup Pumpkin Seeds
- ¼ cup Pecans
- 2 Tbsp. Cashews
- 2 Tbsp. Almonds
- 1 tsp. Sesame Seeds

EXTRAS

- ½ cup Blanched Almond Flour
- 6½ Tbsp. Sugar Free Sugar Free Maple Syrup
- ¼ cup Unsweetened Shredded Coconut
- ½ tsp. Vanilla Extract
- Coffee/Tea

WEEK 2

DAY 1



BREAKFAST
Keto Granola Bars

Calories 598.3
Fats 57.3g
Net Carbs 6.5g
Protein 16.0g

Notes: Use parchment paper when preparing this so it comes out of the dish easily. Once done, you can easily slice it in half for your breakfasts. Eat ½ of this recipe for your portion for breakfast.

BREAKFAST TOTALS	Calories 598.3	Fats 57.3g	Net Carbs 6.5g	Protein 16.0g
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LUNCH
Portobello Personal Pizzas

Calories 427.3
Fats 41.3g
Net Carbs 3.7g
Protein 11.3g

Notes: To save the leftovers, save each pizza wrapped in foil and individually stored in plastic containers. Eat 1⅓ pizzas for your portion for lunch.

LUNCH TOTALS	Calories 427.3	Fats 41.3g	Net Carbs 3.7g	Protein 11.3g
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DINNER
Marinated Pork Chops

Calories 522.1
Fats 30.0g
Net Carbs 4.0g
Protein 50.8g

Notes: Make sure you allow at least 3 hours of marinating to be done to ensure the best flavor. To store the leftovers, place the last chop in foil and then inside a plastic container. Place in the refrigerator. Eat 2 pork chops for your portion for dinner.

DINNER TOTALS	Calories 522.1	Fats 30.0g	Net Carbs 4.0g	Protein 50.8g
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DAY TOTALS	Calories 1547.6	Fats 128.6g	Net Carbs 14.1g	Protein 78.2g
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WEEK 2

DAY 2



BREAKFAST
Keto Granola Bars

Calories 598.3
Fats 57.3g
Net Carbs 6.5g
Protein 16.0g

Notes: Try to eat these cool so the texture doesn't become too soft. Letting the coconut oil melt may make them a little bit messy.

BREAKFAST TOTALS

Calories 598.3

Fats 57.3g

Net Carbs 6.5g

Protein 16.0g



LUNCH
Portobello Personal Pizzas

Calories 427.3
Fats 41.3g
Net Carbs 3.7g
Protein 11.3g

Notes: You have the choice to eat these cold or reheat them. If you decide to reheat them, place the 1 1/3 pizza on a paper towel and microwave for 40-50 seconds.

LUNCH TOTALS

Calories 427.3

Fats 41.3g

Net Carbs 3.7g

Protein 11.3g



DINNER
Teriyaki Meatballs

Calories 361.3
Fats 19.2g
Net Carbs 5.3g
Protein 35.7g



DINNER
Asian Slaw

Calories 220.7
Fats 18.7g
Net Carbs 5.3g
Protein 6.2g

Notes: To store, separate meatballs into portions and wrap in foil. Then, store in a plastic container by placing in the refrigerator. When preparing slaw, prepare the dressing separately. This way, you can save the remaining slaw and dressing separately so that the cabbage does not brown. Eat 1/3 of these recipes for your portion for dinner.

DINNER TOTALS

Calories 582.0

Fats 37.8g

Net Carbs 10.7g

Protein 41.8g

DAY TOTALS

Calories 1607.6

Fats 136.4g

Net Carbs 20.8g

Protein 69.2g

WEEK 2

DAY 3



BREAKFAST
Egg Frittata Bake

Calories 524.7
Fats 43.7g
Net Carbs 3.0g
Protein 34.0g

Notes: To save leftovers, store servings in the refrigerator portioned separately in a plastic container with a paper towel lining the bottom. Eat 1/3 of this recipe for your portion for breakfast.

BREAKFAST TOTALS	Calories 524.7	Fats 43.7g	Net Carbs 3.0g	Protein 34.0g
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LUNCH
Vegetarian Red Coconut Curry

Calories 453.0
Fats 40.5g
Net Carbs 6.8g
Protein 5.5g

Notes: To store leftovers, pour remaining curry into a plastic container and keep in the refrigerator. Eat 1/2 of this recipe for your portion for lunch.

LUNCH TOTALS	Calories 453.0	Fats 40.5g	Net Carbs 6.8g	Protein 5.5g
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DINNER
Pork Tenderloin Roulade

Calories 507.8
Fats 33.3g
Net Carbs 2.8g
Protein 37.0g

DINNER
Extra Butter

Calories 100.0
Fats 11.0g
Net Carbs 0.0g
Protein 0.0g

Notes: To reheat the tenderloin, remove portion from the freezer and place in the refrigerator in the morning. Place portion in the oven at 350F for 10-15 minutes.

DINNER TOTALS	Calories 607.8	Fats 44.3g	Net Carbs 2.8g	Protein 37.0g
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DAY TOTALS	Calories 1585.4	Fats 128.4g	Net Carbs 12.5g	Protein 76.5g
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WEEK 2

DAY 4



BREAKFAST

Egg Frittata Bake

Calories 524.7
Fats 43.7g
Net Carbs 3.0g
Protein 34.0g

Notes: I personally prefer these cold, but if you wish, you can re-heat the frittata by removing the lid of the plastic container and microwaving for 30-45 seconds inside the container. The paper towel at the bottom should catch excess moisture.

BREAKFAST TOTALS	Calories 524.7	Fats 43.7g	Net Carbs 3.0g	Protein 34.0g
------------------	----------------	------------	----------------	---------------



LUNCH

Portobello Personal Pizzas

Calories 427.3
Fats 41.3g
Net Carbs 3.7g
Protein 11.3g

Notes: You have the choice to eat these cold or reheat them. If you decide to reheat them, place the 1½ pizza on a paper towel and microwave for 40-50 seconds.

LUNCH TOTALS	Calories 427.3	Fats 41.3g	Net Carbs 3.7g	Protein 11.3g
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DINNER

Lemon Crisped Chicken Thigh

Calories 518.0
Fats 48.0g
Net Carbs 2.0g
Protein 22.0g



DINNER

Simple Spinach Salad

Calories 228.0
Fats 24.0g
Net Carbs 2.0g
Protein 0.0g

Notes: Make sure to split the simple spinach salad in half so that you can save half for Day 6 of this week. When cooking in the oven, make sure to cover the top of the pan with a grease catcher. This will ensure that no splattering oil spills into your oven. When preparing salad, prepare the dressing separately. This way, you can save the remaining salad and dressing separately so that the salad does not wilt.

DINNER TOTALS	Calories 746.0	Fats 72.0g	Net Carbs 4.0g	Protein 22.0g
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DAY TOTALS

Calories 1698.0

Fats 157.0g

Net Carbs 10.7g

Protein 67.3g

WEEK 2

DAY 5



BREAKFAST
Egg Frittata Bake

Calories 524.7
Fats 43.7g
Net Carbs 3.0g
Protein 34.0g

Notes: I personally prefer these cold, but if you wish, you can re-heat the frittata by removing the lid of the plastic container and microwaving for 30-45 seconds inside the container. The paper towel at the bottom should catch excess moisture.

BREAKFAST TOTALS	Calories 524.7	Fats 43.7g	Net Carbs 3.0g	Protein 34.0g
------------------	----------------	------------	----------------	---------------



LUNCH
Vegetarian Red Coconut Curry

Calories 453.0
Fats 40.5g
Net Carbs 6.8g
Protein 5.5g

Notes: To re-heat curry, the best method used is to slowly heat on the stove in a pan. Alternatively you can microwave this for 50-60 seconds, but the texture of the vegetables may slightly change.

LUNCH TOTALS	Calories 453.0	Fats 40.5g	Net Carbs 6.8g	Protein 5.5g
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DINNER
Teriyaki Meatballs

Calories 361.3
Fats 19.2g
Net Carbs 5.3g
Protein 35.7g



DINNER
Asian Slaw

Calories 220.7
Fats 18.7g
Net Carbs 5.3g
Protein 6.2g

Notes: To reheat, take out one portion of meatballs and re-heat in the oven at 350F for 10-15 minutes. Take out portion of slaw and separate dressing. Dress slaw and mix together with the dressing to serve.

DINNER TOTALS	Calories 582.0	Fats 37.8g	Net Carbs 10.7g	Protein 41.8g
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DAY TOTALS	Calories 1559.7	Fats 122.0g	Net Carbs 20.5g	Protein 81.3g
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WEEK 2

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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

BREAKFAST TOTALS	Calories 482.0	Fats 51.0g	Net Carbs 1.0g	Protein 14.0g
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LUNCH
Ginger Sesame Glazed Salmon

Calories 372.5
Fats 23.5g
Net Carbs 2.0g
Protein 33.0g



LUNCH
Simple Red Pepper Spinach Salad

Calories 189.5
Fats 20.0g
Net Carbs 1.0g
Protein 1.0g

Notes: To store leftovers, wrap in plastic wrap and then store in a plastic container. Place in the refrigerator for easy access the next day. Eat 1/2 of these recipes for your portion for lunch.

LUNCH TOTALS	Calories 562.0	Fats 43.5g	Net Carbs 3.0g	Protein 34.0g
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DINNER
Marinated Pork Chops

Calories 261.0
Fats 15.0g
Net Carbs 2.0g
Protein 25.4g



DINNER
Simple Spinach Salad

Calories 228.0
Fats 24.0g
Net Carbs 2.0g
Protein 0.0g

Notes: To reheat the pork chop, remove the portion from the refrigerator and either: microwave for 60 seconds or place in the oven at 350F for 10-12 minutes. Eat the last 1 pork chop for your portion for dinner.

DINNER TOTALS	Calories 489.0	Fats 39.0g	Net Carbs 4.0g	Protein 25.4g
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DAY TOTALS	Calories 1533.0	Fats 133.5g	Net Carbs 8.0g	Protein 73.4g
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WEEK 2

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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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

Ginger Sesame Glazed Salmon

Calories 372.5
Fats 23.5g
Net Carbs 2.0g
Protein 33.0g



LUNCH

Simple Red Pepper Spinach Salad

Calories 189.5
Fats 20.0g
Net Carbs 1.0g
Protein 1.0g

Notes: I prefer to eat the salmon cold, broken up over the salad. But if you need to re-heat it, it would be best to slowly bring to heat in a pan on the stove. Alternatively, you can microwave for 30-40 seconds. *Beware: this will create a fishy odor.* Take out leftover remaining salad and separate dressing. Dress salad and mix together with the dressing to serve.

LUNCH TOTALS	Calories 562.0	Fats 43.5g	Net Carbs 3.0g	Protein 34.0g
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DINNER

Teriyaki Meatballs

Calories 361.3
Fats 19.2g
Net Carbs 5.3g
Protein 35.7g



DINNER

Asian Slaw

Calories 220.7
Fats 18.7g
Net Carbs 5.3g
Protein 6.2g

Notes: To reheat, take out one portion of meatballs and re-heat in the oven at 350F for 10-15 minutes.

DINNER TOTALS	Calories 582.0	Fats 37.8g	Net Carbs 10.7g	Protein 41.8g
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DAY TOTALS

Calories 1626.0

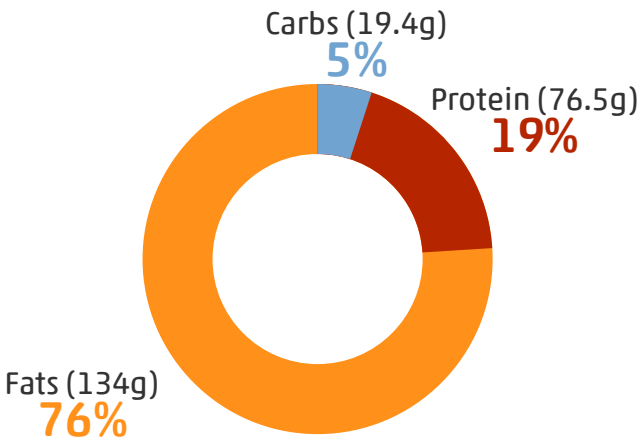
Fats 132.3g

Net Carbs 14.7g

Protein 89.8g

WEEK 2 TOTALS

	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
DAILY GOAL	1600	136	**	**	20	74
Day 1	1547.6	128.6	22.8	8.7	14.1	78.2
Day 2	1607.6	136.4	31.5	10.7	20.8	69.2
Day 3	1585.4	128.4	17.2	4.7	12.5	76.5
Day 4	1698.0	157.0	13.5	2.8	10.7	67.3
Day 5	1559.7	122.0	26.1	5.7	20.5	81.3
Day 6	1533.0	133.5	8.0	0.0	8.0	73.4
Day 7	1626.0	132.3	16.7	2.0	14.7	89.8
WEEK TOTALS	11157.3	938.3	135.8	34.5	101.3	535.7
DAILY AVERAGE	1593.9	134.0	19.4	4.9	14.5	76.5



WEEK 3

SHOPPING LIST

Simple, Easy, and Leftover Oriented. Relatively fast to make, big on flavors.

PROTEINS

- 20 large Eggs
- 2½ oz. Bacon
- ¼ lb. Ground Beef (80/20)
- 3 slices Bacon
- 4 Chicken Thighs, Bone-In
- ½ lb. Shrimp
- 3 oz. Shrimp
- 2 oz. Hot Sausage

FATS

- 10⅔ Tbsp. Heavy Cream
- 10 Tbsp. Butter
- 5½ Tbsp. + 1 tsp. Olive Oil
- 3⅔ Tbsp. Coconut Oil
- 3⅓ Tbsp. Mayonnaise
- 1 Tbsp. Bacon Fat
- 2 tsp. Sesame Oil

DAIRY

- 9 Oz. Fresh Mozzarella Cheese
- 8 oz. Cheddar Cheese
- ¾ oz. Cream Cheese
- 1 oz. Goat Cheese
- 3 Tbsp. Fresh Parmesan Cheese

SEEDS/NUTS

- ½ tsp. Sesame Seeds
- 1 Tbsp. Toasted Almonds
- 2 Tbsp. Crushed Pecans

VEGETABLES

- 6 cups Packed Spinach
- 2 cups Packed Arugula
- 1 large Cucumber
- 1 stalk Celery
- ¼ medium Onion
- ½ Fresh Tomato
- 1 medium Head Cauliflower
- 1 medium Avocado
- ⅔ medium Spring Onion
- 2 tsp. Fresh Chopped Chives
- 2 Tbsp. Chopped Red Onion
- ⅓ Red Bell Pepper
- 2½ dried Red Chilis
- 7 Tbsp. Freshly Chopped Basil
- ½ cup Blackberries
- 3 sprigs Fresh Thyme
- 2 Lemons
- 1 Lime
- 1 medium Red Chili

CONDIMENTS

- 1 cup Unsweetened Coconut Milk
- ¼ cup Rao's Tomato Sauce
- 1 Tbsp. Reduced Sugar Ketchup
- ½ cup Chicken Broth
- 1 tsp. Chili Garlic Paste
- 2 Tbsp. Sugar Free Apricot Preserves
- 2 Tbsp. Rice Vinegar
- 2 Tbsp. Soy Sauce
- ¼ tsp. Fish Sauce
- 1 Tbsp. Peanut Butter
- 2 Tbsp. White Wine
- ⅔ tsp. Brown Mustard
- ⅓ tsp. Hot Sauce

SPICES & HERBS

- Kosher Salt
- Freshly Ground Black Pepper
- 2¾ tsp. Ground Ginger
- 1⅜ tsp. Baking Powder
- 1 tsp. Garlic Powder
- 1 tsp. Minced Garlic
- 1 tsp. Paprika
- ¾ tsp. Cumin
- ¾ tsp. Red Pepper Flakes
- ½ tsp. Cayenne Pepper
- ½ tsp. Italian Seasoning
- ½ tsp. Cinnamon
- ½ tsp. Yellow Curry
- ¼ tsp. Allspice
- ½ tsp. Ground Coriander
- ¼ tsp. Nutmeg
- ¼ tsp. Chili Powder
- ¼ tsp. Onion Powder
- ⅛ tsp. Xanthan Gum
- 1 tsp. Maple Extract
- 2 tsp. Vanilla Extract

OTHER

- ¾ oz. Pork Rinds
- ⅔ packet Shiritaki Noodles
- 3 Tbsp. Golden Flax Meal
- 3 Tbsp. Chia Seeds
- 2 Tbsp. + 1 tsp. Psyllium Husk Powder
- 5 Tbsp. Erythritol
- 28 drops Liquid Stevia
- 4 Tbsp. + 2 tsp. Sugar Free Sugar Free Maple Syrup
- 3 Tbsp. Coconut Flour
- 1 cup + 3 Tbsp. Almond Flour
- 1 cup Unsweetened Coconut Flakes

WEEK 3

DAY 1



BREAKFAST

McKeto Sandwich

Calories 657.0
Fats 55.7g
Net Carbs 2.7g
Protein 42.0g

Notes: Make sure you spend time watching over the bun when you cook it. It can easily get overcooked and needs to be flipped at the proper time.

BREAKFAST TOTALS

Calories 657.0

Fats 55.7g

Net Carbs 2.7g

Protein 42.0g



LUNCH

Simple Spinach Salad

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

Notes: Make the salad using half the ingredients, and add 1oz. of Fresh Mozzarella Cheese.

LUNCH TOTALS

Calories 298.0

Fats 29.0g

Net Carbs 2.0g

Protein 6.0g



DINNER

Cauliflower Cheddar Biscuits

Calories 332.3
Fats 24.3g
Net Carbs 4.0g
Protein 18.5g

Notes: A relatively simple dinner that's packed full of micronutrients and flavor.

DINNER TOTALS

Calories 332.3

Fats 24.3g

Net Carbs 4.0g

Protein 18.5g



DESSERT

Churro Mug Cake

Calories 437.0
Fats 42.0g
Net Carbs 4.0g
Protein 12.0g

Notes: If you want to make this in the oven, you can bake at 350F for 9-10 minutes.

DESSERT TOTALS

Calories 437.0

Fats 42.0g

Net Carbs 4.0g

Protein 12.0g

DAY TOTALS

Calories 1724.3

Fats 151.0g

Net Carbs 12.7g

Protein 78.5g

WEEK 3

DAY 2



BREAKFAST

Peanut Butter Pancakes

Calories 438.5

Fats 44.4g

Net Carbs 3.8g

Protein 14.5g

Notes: Feel free to portion these how you want. You can make 1 large pancake or a few smaller ones. Either way will still work.

BREAKFAST TOTALS	Calories 438.5	Fats 44.4g	Net Carbs 3.8g	Protein 14.5g
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LUNCH

Arugula, Mayo, Basil, Olive Oil Salad

Calories 374.0

Fats 34.0g

Net Carbs 2.0g

Protein 14.0g

Notes: When preparing salad, prepare the dressing separately. This way, you can save the remaining salad and dressing separately so that the salad does not wilt. For lunch today, use 1 less tablespoon of mayonnaise than recipe calls for.

LUNCH TOTALS	Calories 374.0	Fats 34.0g	Net Carbs 2.0g	Protein 14.0g
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DINNER

Shrimp Alfredo

Calories 611.0

Fats 53.0g

Net Carbs 3.0g

Protein 22.0g

DINNER

Keto-fied Pasta

Calories 240.3

Fats 14.8g

Net Carbs 3.4g

Protein 9.5g

Notes: Make sure that you roll the pasta out thin and take your time to cut it into thin strips. This will help the overall aesthetic and texture when it all comes together.

DINNER TOTALS	Calories 851.3	Fats 67.8g	Net Carbs 6.4g	Protein 31.5g
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WEEK 3

DAY 3



BREAKFAST

Bacon and Eggs

Calories 575.0
Fats 51.0g
Net Carbs 1.0g
Protein 29.0g

Notes: Keeping breakfast simplistic is always a good route to take when you're in a rush or running out of time. Bacon and eggs is a classic, simple, and delicious way to do this.

BREAKFAST TOTALS	Calories 575.0	Fats 51.0g	Net Carbs 1.0g	Protein 29.0g
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LUNCH

Asian Cucumber Salad

Calories 275.4
Fats 28.0g
Net Carbs 5.0g
Protein 0.7g

Notes: Make sure that you give enough time for the cucumber to marinate in all of the oils and liquids before eating.

LUNCH TOTALS	Calories 275.4	Fats 28.0g	Net Carbs 5.0g	Protein 0.7g
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DINNER

Almond Flour Pizza

Calories 483.0
Fats 37.0g
Net Carbs 6.0g
Protein 27.0g

DINNER

Basil Pepper Toppings

Calories 260.0
Fats 21.0g
Net Carbs 3.0g
Protein 15.0g

Notes: Make sure that the cheese is bubbly and easy to manipulate once you finish microwaving it. This way, all of the other ingredients can combine. Cut the peppers thin so that you can cover the whole top of the pizza. This way, you get some fresh bell pepper with each and every bite.

DINNER TOTALS	Calories 743.0	Fats 58.0g	Net Carbs 9.0g	Protein 42.0g
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DAY TOTALS	Calories 1593.4	Fats 137.0g	Net Carbs 15.0g	Protein 71.7g
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WEEK 3

DAY 4



BREAKFAST

Spinach Goat Cheese Omelette

Calories 563.0

Fats 51.0g

Net Carbs 4.5g

Protein 28.0g

Notes: Make sure that the pan you use the cook the omelette is large enough. A small pan will result in a thick omelette, which will break as you fold it in half.

BREAKFAST TOTALS	Calories 563.0	Fats 51.0g	Net Carbs 4.5g	Protein 28.0g
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LUNCH

Simple Caprese Salad

Calories 404.0

Fats 36.0g

Net Carbs 3.5g

Protein 15.5g

Notes: If possible, keep olive oil separate to pour over right before you eat. This will preserve the freshness of the basil.

LUNCH TOTALS	Calories 404.0	Fats 36.0g	Net Carbs 3.5g	Protein 15.5g
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DINNER

General Tso's Chicken

Calories 605.2

Fats 42.9g

Net Carbs 6.5g

Protein 43.3g

Notes: Make sure that you watch over the sauce as it boils down. It can easily boil over on the stove if you don't watch it carefully.

DINNER TOTALS	Calories 605.2	Fats 42.9g	Net Carbs 6.5g	Protein 43.3g
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WEEK 3

DAY 5



BREAKFAST

Blackberry Pudding

Calories 477.5
Fats 43.5g
Net Carbs 5.5g
Protein 9.0g

Notes: Make sure to push some of the blackberries into the dough before baking. This way, you get a little bit of sweetness with every bite you take.

BREAKFAST TOTALS	Calories 477.5	Fats 43.5g	Net Carbs 5.5g	Protein 9.0g
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LUNCH

Egg Salad Stuffed Avocado

Calories 299.0
Fats 27.3g
Net Carbs 3.8g
Protein 9.2g

Notes: When saving the half of the avocado and egg salad, prepare it and squeeze a small amount more lime juice over the avocado to prevent browning. Eat ½ of this recipe for your portion for lunch.

LUNCH TOTALS	Calories 299.0	Fats 27.3g	Net Carbs 3.8g	Protein 9.2g
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DINNER

Crispy Curry Rubbed Chicken Thighs

Calories 554.5
Fats 39.8g
Net Carbs 1.3g
Protein 42.3g

Notes: Mix the spices together before rubbing the chicken with them. That way, you can cover the entire chicken with a bit of all the spices, rather than having a miss-match.

DINNER TOTALS	Calories 554.5	Fats 39.8g	Net Carbs 1.3g	Protein 42.3g
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DAY TOTALS	Calories 1331.0	Fats 110.6g	Net Carbs 10.5g	Protein 60.4g
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WEEK 3

DAY 6



BREAKFAST

Maple Pecan Keto Mug Cake

Calories 433.0
Fats 44.0g
Net Carbs 3.2g
Protein 11.0g

Notes: If you want to make this in the oven, you can bake at 350F for 9-10 minutes.

BREAKFAST TOTALS	Calories 433.0	Fats 44.0g	Net Carbs 3.2g	Protein 11.0g
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LUNCH

Simple Spinach Salad

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

Notes: Make the salad using half the ingredients, and add 1oz. of Fresh Mozzarella Cheese.

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

Low Carb Coconut Shrimp

Calories 565.0
Fats 30.0g
Net Carbs 6.5g
Protein 54.5g



DINNER

Sweet Chili Dipping Sauce

Calories 27.0
Fats 0.0g
Net Carbs 3.0g
Protein 0.3g

Notes: You can optionally toast the shredded coconut first by placing in the oven for a few minutes at 350F. This will give the coconut shrimp more color in the end product.

DINNER TOTALS	Calories 592.0	Fats 30.0g	Net Carbs 9.5g	Protein 54.8g
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DESSERT

6 Coconut Caramel Macaroons

Calories 598.7
Fats 60.7g
Net Carbs 5.6g
Protein 7.7g

Notes: Begin preparations for the dessert while the coconut shrimp is cooking.

DESSERT TOTALS	Calories 598.7	Fats 60.7g	Net Carbs 5.6g	Protein 7.7g
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DAY TOTALS	Calories 1921.7	Fats 163.7g	Net Carbs 20.3g	Protein 79.5g
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WEEK 3

DAY 7



BREAKFAST

Chia Seed Pudding

Calories 304.5
Fats 23.4g
Net Carbs 3.5g
Protein 11.0g

Notes: Make sure to prepare this either the night before, or at least 30 minutes before eating. The chia seeds need some time to be able to absorb the liquids and expand.

BREAKFAST TOTALS	Calories 304.5	Fats 23.4g	Net Carbs 3.5g	Protein 11.0g
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LUNCH

Egg Salad Stuffed Avocado

Calories 299.0
Fats 27.3g
Net Carbs 3.8g
Protein 9.2g

Notes: Try to keep cold before serving. This will help with the texture of the eggs and avocado.

LUNCH TOTALS	Calories 299.0	Fats 27.3g	Net Carbs 3.8g	Protein 9.2g
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DINNER

Cauliflower Cheddar Bacon Casserole

Calories 875.4
Fats 70.4g
Net Carbs 6.7g
Protein 40.4g

Notes: You can alternatively par-cook the cauliflower by boiling for 4-5 minutes prior to laying it in the casserole dish before cooking. Don't forget to prep the food for Day 1 of Week 4. This will be crucial for time-saving!

DINNER TOTALS	Calories 875.4	Fats 70.4g	Net Carbs 6.7g	Protein 40.4g
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DAY TOTALS

Calories 1478.9

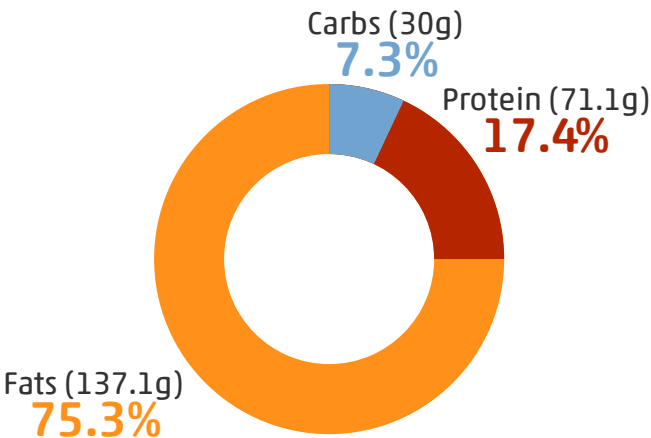
Fats 121.1g

Net Carbs 14.0g

Protein 60.6g

WEEK 3 TOTALS

	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
DAILY GOAL	1600	136	**	**	20	74
Day 1	1724.3	151.0	21.7	9.0	12.7	78.5
Day 2	1663.8	146.1	27.4	15.3	12.1	60.0
Day 3	1593.4	137.0	28.3	13.3	15.0	71.7
Day 4	1572.2	129.9	20.2	5.7	14.5	86.8
Day 5	1331.0	110.6	24.9	14.3	10.5	60.4
Day 6	1921.7	163.7	44.3	24.0	20.3	79.5
Day 7	1478.9	121.1	43.3	29.3	14.0	60.6
WEEK TOTALS	11285.3	959.4	210.0	111.0	99.1	497.5
DAILY AVERAGE	1612.2	137.1	30.0	15.9	14.2	71.1



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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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

Arugula, Mayo, Basil,
Olive Oil Salad

Calories 464.0
Fats 44.0g
Net Carbs 2.0g
Protein 14.0g

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

LUNCH TOTALS	Calories 464.0	Fats 44.0g	Net Carbs 2.0g	Protein 14.0g
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DINNER

Keto Gumbo

Calories 574.6
Fats 36.8g
Net Carbs 7.4g
Protein 50.2g

Notes: To store leftovers, separate into 4 portions from the leftovers and place in plastic containers. Place 2 containers in the refrigerator and 2 containers in the freezer. To eat leftovers, take meal out of the freezer in the morning and place in the fridge. Once defrosted, place in a pot over the stove and reheat on a low heat for 10-15 minutes.

DINNER TOTALS	Calories 574.6	Fats 36.8g	Net Carbs 7.4g	Protein 50.2g
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DAY TOTALS	Calories 1520.6	Fats 131.8g	Net Carbs 10.4g	Protein 78.2g
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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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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

Simple Caprese Salad

Calories 404.0
Fats 36.0g
Net Carbs 3.5g
Protein 15.5g

LUNCH

2 Slices Thick Bacon

Calories 140.0
Fats 10.0g
Net Carbs 0.0g
Protein 8.0g

Notes: If possible, keep olive oil separate to pour over right before you eat. This will preserve the freshness of the basil.

LUNCH TOTALS	Calories 544.0	Fats 46.0g	Net Carbs 3.5g	Protein 23.5g
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DINNER

Keto BBQ "Pulled" Chicken

Calories 509.8
Fats 30.0g
Net Carbs 2.3g
Protein 51.5g

DINNER

Extra Butter

Calories 100.0
Fats 11.0g
Net Carbs 0.0g
Protein 0.0g

Notes: To store leftovers, separate into 3 portions from the leftovers and place in plastic containers. Place 2 containers in the refrigerator and 1 container in the freezer. To eat leftovers, take meal out of the freezer in the morning and place in the fridge. Once defrosted, place in a pot over the stove and reheat on a low heat for 10-15 minutes.

DINNER TOTALS	Calories 609.8	Fats 41.0g	Net Carbs 2.3g	Protein 51.5g
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DAY TOTALS

Calories 1635.8

Fats 138.0g

Net Carbs 6.8g

Protein 89.0g

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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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



LUNCH

Arugula, Mayo, Basil, Olive Oil Salad

Calories 464.0
Fats 44.0g
Net Carbs 2.0g
Protein 14.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the arugula will wilt before you get the chance to eat it. Feel free to change up the salad for different textures and tastes depending on the day.

LUNCH TOTALS	Calories 464.0	Fats 44.0g	Net Carbs 2.0g	Protein 14.0g
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DINNER

Shrimp & Cauliflower Curry

Calories 496.0
Fats 29.3g
Net Carbs 8.4g
Protein 41.1g

Notes: To store leftovers, separate into 3 portions from the leftovers & place in plastic containers. Place 2 containers in the refrigerator & 1 container in the freezer. To eat leftovers, take meal out of the freezer in the morning & place in the fridge. Once defrosted, place in a pot over the stove & reheat on a low heat for 10-15 minutes.

DINNER TOTALS	Calories 496.0	Fats 29.3g	Net Carbs 8.4g	Protein 41.1g
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DESSERT

Almond Butter Chia Squares

Calories 209.5
Fats 19.4g
Net Carbs 2.4g
Protein 4.3g

Notes: To store leftovers, place extras in a plastic container with parchment paper on the bottom of each layer. Eat ¼ of the recipe each day as your portion for dessert.

DESSERT TOTALS	Calories 209.5	Fats 19.4g	Net Carbs 2.4g	Protein 4.3g
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DAY TOTALS	Calories 1651.5	Fats 143.7g	Net Carbs 13.8g	Protein 73.4g
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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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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

Arugula, Mayo, Basil, Olive Oil Salad

Calories 464.0
Fats 44.0g
Net Carbs 2.0g
Protein 14.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the arugula will wilt before you get the chance to eat it. Feel free to change up the salad for different textures and tastes depending on the day.

LUNCH TOTALS	Calories 464.0	Fats 44.0g	Net Carbs 2.0g	Protein 14.0g
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DINNER

Not Your Caveman's Chili

Calories 437.3
Fats 20.3g
Net Carbs 7.0g
Protein 53.0g

DINNER

Toppings

Calories 240.0
Fats 25.0g
Net Carbs 2.0g
Protein 4.0g

Notes: To store leftovers, separate into 2 portions from the leftovers and place in plastic containers. Place 2 containers in the refrigerator. To eat leftovers, place in a pot over the stove and reheat on a low heat for 10-15 minutes.

DINNER TOTALS	Calories 677.3	Fats 45.3g	Net Carbs 9.0g	Protein 57.0g
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DAY TOTALS

Calories 1623.3

Fats 140.3g

Net Carbs 12.0g

Protein 85.0g

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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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



LUNCH

Arugula, Mayo, Basil, Olive Oil Salad

Calories 464.0
Fats 44.0g
Net Carbs 2.0g
Protein 14.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the arugula will wilt before you get the chance to eat it. Feel free to change up the salad for different textures and tastes depending on the day.

LUNCH TOTALS	Calories 464.0	Fats 44.0g	Net Carbs 2.0g	Protein 14.g
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DINNER

London Broil is Falling Down

Calories 409.3
Fats 18.3g
Net Carbs 2.6g
Protein 47.3g

Notes: To store leftovers, separate into 3 portions from the leftovers and place in plastic containers. Place 2 containers in the refrigerator and 1 container in the freezer. To eat leftovers, take meal out of the freezer in the morning and place in the fridge. Once defrosted, place in a pot over the stove and reheat on a low heat for 10-15 minutes.

DINNER TOTALS	Calories 409.3	Fats 18.3g	Net Carbs 2.6g	Protein 47.3g
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DESSERT

Almond Butter Chia Squares

Calories 209.5
Fats 19.4g
Net Carbs 2.4g
Protein 4.3g

Notes: To store leftovers, place extras in a plastic container with parchment paper on the bottom of each layer. Eat ¼ of the recipe each day as your portion for dessert.

DESSERT TOTALS	Calories 209.5	Fats 19.4g	Net Carbs 2.4g	Protein 4.3g
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DAY TOTALS	Calories 1564.8	Fats 132.6g	Net Carbs 8.0g	Protein 79.5g
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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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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

Macadamia Nuts & Herbed Cream Cheese

Calories 346.0
Fats 35.0g
Net Carbs 4.0g
Protein 6.0g

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

LUNCH TOTALS	Calories 346.0	Fats 35.0g	Net Carbs 4.0g	Protein 6.0g
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DINNER

Korean BBQ Beef

Calories 749.5
Fats 54.4g
Net Carbs 10.0g
Protein 46.0g

Notes: To store leftovers, place in plastic container and store in the refrigerator. To eat leftovers, take meal out of the refrigerator and place in a pan over low heat for 10-15 minutes.

DINNER TOTALS	Calories 749.5	Fats 54.4g	Net Carbs 10.0g	Protein 46.0g
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DAY TOTALS

Calories 1577.5

Fats 140.4g

Net Carbs 15.0g

Protein 66.0g

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: When blending your Ketoproof Coffee or Tea, you can use a small amount of sweetener. If you choose to do so, choose liquid stevia. Only a few drops should do it.

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



LUNCH

Arugula, Mayo, Basil, Olive Oil Salad

Calories 464.0
Fats 44.0g
Net Carbs 2.0g
Protein 14.0g

Notes: Try to keep the dressing off of the salad until you are ready to eat it. Otherwise, the arugula will wilt before you get the chance to eat it. Feel free to change up the salad for different textures and tastes depending on the day.

LUNCH TOTALS	Calories 464.0	Fats 44.0g	Net Carbs 2.0g	Protein 14.g
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DINNER

Skirt Steak Fajita Filling

Calories 215.8
Fats 9.2g
Net Carbs 4.8g
Protein 25.5g

Notes: To store leftovers, separate into 5 portions from the leftovers and place in plastic containers. Place 2 containers in the refrigerator and 3 containers in the freezer. To eat leftovers, take meal out of the freezer in the morning and place in the fridge. Once defrosted, place in a pot over the stove and reheat on a low heat for 10-15 minutes.

DINNER TOTALS	Calories 215.8	Fats 9.2g	Net Carbs 4.8g	Protein 25.5g
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DESSERT

Peanut Butter Jelly Bars

Calories 467.7
Fats 43.2g
Net Carbs 8.8g
Protein 10.8g

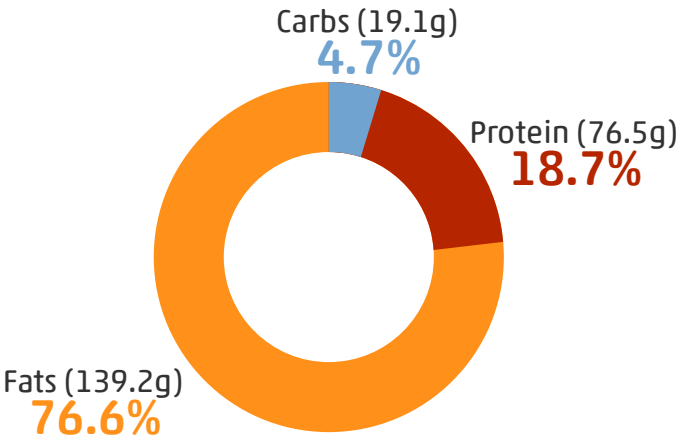
Notes: To store leftovers, place extras in a plastic container with parchment paper on the bottom of each layer. Eat 1/6 of the recipe each day as your portion for dessert.

DESSERT TOTALS	Calories 467.7	Fats 43.2g	Net Carbs 8.8g	Protein 10.8g
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DAY TOTALS	Calories 1629.5	Fats 147.3g	Net Carbs 16.7g	Protein 64.3g
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WEEK 4 TOTALS

	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
DAILY GOAL	1600	136	**	**	20	74
Day 1	1520.6	131.8	16.8	6.4	10.4	78.2
Day 2	1635.8	138.0	9.8	3.0	6.8	89.0
Day 3	1651.5	143.7	25.9	11.6	13.8	73.4
Day 4	1623.3	140.3	17.3	5.3	12.0	85.0
Day 5	1564.8	132.6	13.6	5.6	8.0	79.5
Day 6	1577.5	140.4	24.5	9.5	15.0	66.0
Day 7	1629.5	147.3	25.7	9.0	16.7	64.3
WEEK TOTALS	11202.9	974.1	133.6	50.4	82.7	535.4
DAILY AVERAGE	1600.4	139.2	19.1	7.2	11.8	76.5



RECIPES



BREAKFAST RECIPES



Bacon & Eggs



Blackberry Pudding



Bacon, Red Pepper, Mozzarella Frittata



Chia Seed Pudding



Keto Granola Bars



Egg Frittata Bake



Ketoproof Coffee or Tea & Fried Eggs



Maple Pecan Keto Mug Cake



McKeto Sandwich



Peanut Butter Pancakes



Spinach Goat Cheese Omelette

BREAKFAST RECIPES



Bacon & Eggs

INGREDIENTS

- 3 Eggs
- 1 Tbsp. Heavy Cream
- 2 tsp. Fresh Chopped Chives
- 3 slices Bacon
- Salt and Pepper

PREPARATION

1. In a pan over medium heat, cook bacon until crispiness you desire is achieved. Save bacon grease to cook the eggs with.
2. Add cream in with eggs and whisk eggs lightly to ensure better texture
3. Heat your pan on medium low heat. Once heated, add eggs.
4. Do not stir until everything is properly set. The less stirring the better
5. Stir lightly with a spatula in a figure-8 pattern, as little as possible to ensure the eggs are cooked.
6. Remove from pan when slightly runny. They will continue to cook on the plate. Add salt and pepper to taste. Top with chopped chives.

Makes 1 serving, which has:
Calories 575.0 - Fats 51.0g - Net Carbs 1.0g - Protein 29.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3 Eggs	210	15	1	0	1	21
1 Tbsp. Heavy Cream	50	5	0	0	0	0
2 tsp. Fresh Chopped Chives	2	0	0	0	0	0
3 slices Bacon	311	31	0	0	0	8
Salt and Pepper	2	0	0	0	0	0
Totals	575	51	1	0	1	29

BREAKFAST RECIPES



Blackberry Pudding

- INGREDIENTS**
- 2 Tbsp. Coconut Flour
 - 1/8 tsp. Baking Powder
 - 2 1/2 large Egg Yolks
 - 1 Tbsp. Coconut Oil
 - 1 Tbsp. Butter
 - 1 Tbsp. Heavy Cream
 - 1 tsp. Lemon Juice
 - Zest 1/2 Lemon
 - 2 Tbsp. Blackberries
 - 1 Tbsp. Erythritol
 - 5 drops Liquid Stevia

PREPARATION

1. Preheat oven to 350F.
2. Separate egg yolks from egg whites and set yolks aside. Measure out dry ingredients and set aside. Measure butter and coconut oil and set aside.
3. Beat egg yolks until pale in color, then add erythritol and stevia. Beat again until well combined.
4. Add heavy cream, lemon juice, lemon zest, coconut oil and butter. Beat again until fully combined.
5. Sift dry ingredients over wet ingredients and mix well again.
6. Place batter in a ramekin, then push 2 tbsp. Blackberries into the ramekin. You want to slightly crush the blackberries with your finger before pushing them into the batter.
7. Bake for 20-25 minutes, let cool, and enjoy!

Makes 1 servings. Each has:
Calories 477.5 - Fats 43.5g - Net Carbs 5.5g - Protein 9.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 Tbsp. Coconut Flour	60	2	8	5	3	2
1/8 tsp. Baking Powder	0.5	0	0	0	0	0
2 1/2 large Egg Yolks	137	11.5	1.5	0	1.5	6.5
1 Tbsp. Coconut Oil	120	14	0	0	0	0
1 Tbsp. Butter	100	11	0	0	0	0
1 Tbsp. Heavy Cream	50	5	0.5	0	0.5	0
1 tsp. Lemon Juice	0.5	0	0	0	0	0
Zest 1/2 Lemon	2	0	0.5	0.5	0	0
2 Tbsp. Blackberries	7.5	0	1.5	1	0.5	0.5
1 Tbsp. Erythritol	0	0	0	0	0	0
5 drops Liquid Stevia	0	0	0	0	0	0
Totals	477.5	43.5	12	6.5	5.5	9

BREAKFAST RECIPES



Bacon, Red Pepper, Mozzarella Frittata

INGREDIENTS

- 7 slices Bacon
- 1 Tbsp. Olive Oil
- 4 large Baby Bella Mushrooms
- 2 Tbsp. Fresh Parsly (Garnish)
- ½ cup Chopped Fresh Basil
- 4 oz. Fresh Mozzarella Cheese, Cubed
- 2 oz. Goat Cheese, Grated
- 1 medium Red Bell Pepper
- 9 large Eggs
- ¼ cup Heavy Cream
- ¼ cup Parmesan Cheese, Grated
- Salt and Pepper to taste

PREPARATION

1. Prep all vegetables. Roughly chop basil, red pepper, mushrooms & bacon. Cube mozzarella & set aside. Preheat oven to 350F.
2. In a hot pan, add olive oil and wait for the first wisp of smoke. Add your bacon immidiately after that first wisp of smoke.
3. Let the bacon cook until browned, then add red pepper. Let the pepper cook in the bacon fat until soft.
4. While red peppers are cooking, add 9 eggs, ¼ cup heavy cream, ¼ cup parmesan cheese, and fresh ground black pepper to a container. Use a whisk to mix the eggs well.
5. Add the mushrooms to the pan once the red pepper is soft and stir in well. Let the mushrooms soak in the fat.
6. Add fresh basil to pan and let it cook for a moment, then sprinkle cubed mozzarella cheese on top.
7. Pour eggs over everything and use a spoon to lift up the ingredients at the bottom of the pan. You want the eggs to get under and around everything in the pan.
8. Grate 2 oz. goat cheese over the top and put it in the oven for 6-8 minutes. Then, turn the broiler on and broil the top for an additional 4-6 minutes.
9. Remove from the oven and using your spoon, pry the edges of the frittata away from the pan. Once done, flip the frittata out of the pan. Slice and serve!

Makes 6 servings. Each has:
Calories 408.0 - Fats 31.2g - Net Carbs 2.3g - Protein 19.2g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
7 Slices Bacon	726	71	0	0	0	18
1 Tbsp. Olive Oil	120	14	0	0	0	0
4 large Bella Mushroom Caps	20	0	4	2	2	0
2 Tbsp. Fresh Parsley	3	0	0	0	0	0
½ cup Chopped Fresh Basil	6	0	1	1	0	0
4 Oz. Fresh Mozzarella Cheese	280	20	0	0	0	24
2 oz. Goat Cheese	152	12	1	0	0	10
1 medium Red Bell Pepper	28	0	6	2	4	1
9 large Eggs	630	54	4.5	0	4.5	63
¼ cup Heavy Cream	400	20	2	0	2	0
¼ cup Parmesan Cheese	83	5	1	0	1	8
Totals	2448	196	19.5	5	13.5	124

BREAKFAST RECIPES



Chia Seed Pudding

INGREDIENTS

- 3 Tbsp. Chia Seeds
- 1 cups Unsweetened Coconut Milk
- 1 tsp. Vanilla Extract
- 1 Tbsp. Sugar Free Maple Syrup
- 1 Tbsp. Toasted Almonds
- 1 tsp. Lemon Zest
- ¼ cup Blackberries

PREPARATION

- Mix together chia seeds, coconut milk, vanilla, and Sugar Free Maple Syrup in a bowl. Let sit in fridge for at least 3 hours.
- In a pan, toast almonds on low heat for 10 minutes.
- Separate berries, toasted almonds and lemon zest into 3 parts
- Add half of each serving of berries to bottom of container.
- Pour half of each serving of chia pudding on top of berries, lightly sprinkling half of each serving's lemon zest and toasted almonds.
- Add berries as you please and continue pouring each serving of chia pudding out.
- Top with any leftover berries, toasted almonds, and lemon zest.

Makes 1 serving, which has:
Calories 304.5 - Fats 23.4g - Net Carbs 3.5g - Protein 11.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3 Tbsp. Chia Seeds	180	14	15	15	0	9
1 cups Unsweetened Coconut Milk	45	4.5	2	1	1	0
1 tsp. Vanilla Extract	10	0	0	0	0	0
1 Tbsp. Sugar Free Sugar Free Maple Syrup	12.5	1.4	0	0	0	0
1 Tbsp. Toasted Almonds	40	3.5	1	0	1	2
1 tsp. Lemon Zest	2	0	1	1	0	0
¼ cup Blackberries	15	0	3.5	2	1.5	0
Totals	304.5	23.4	22.5	19	3.5	11

BREAKFAST RECIPES



Keto Granola Bars

INGREDIENTS

- 1/2 cup Blanched Almond Flour
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Pumpkin Seeds
- 1/4 cup Pecans
- 2 Tbsp. Coconut Oil
- 2 Tbsp. Cashews
- 2 Tbsp. Almonds
- 1 1/2 Tbsp. Sugar Free Maple Syrup
- 1/2 tsp. Vanilla Extract
- 1/8 tsp. Kosher Salt

PREPARATION

1. Preheat oven to 350F.
2. Add all wet ingredients (coconut oil, Sugar Free Maple Syrup, and vanilla) to a food processor, then pulse a few times.
3. Add the rest of the ingredients and pulse again.
4. Distribute dough into an 4x4 baking dish line with parchment paper, wetting your hands as needed to press the dough down.
5. Bake for 20-25 minutes, broiling for 2-3 minutes at the end if you would prefer a darker color.
6. Let cool for 2 hours, remove from baking dish, and cut into squares.

Makes 2 servings. Each has:
Calories 598.3 - Fats 57.3g - Net Carbs 6.5g - Protein 16.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/2 cup Blanched Almond Flour	320	28	12	6	6	12
1/4 cup Unsweetened Shredded Coconut	71	7	3	2	1	1
1/4 cup Pumpkin Seeds	190	16	1	1	0	10
1/4 cup Pecans	171	18	3.5	2.5	1	2.5
2 Tbsp. Coconut Oil	240	28	0	0	0	0
2 Tbsp. Cashews	80	6.5	4	0.5	3.5	2.5
2 Tbsp. Almonds	103.5	9	3.5	2	1.5	4
1 1/2 Tbsp. Sugar Free Maple Syrup	18.5	2.1	0	0	0	0
1/2 tsp. Vanilla Extract	2.5	0	0	0	0	0
1/8 tsp. Kosher Salt	0	0	0	0	0	0
Totals	1196.5	114.6	27	14	13	32
Totals Per Serving (/2)	598.3	57.3	13.5	7	6.5	16

BREAKFAST RECIPES



Egg Frittata Bake

INGREDIENTS

- 2 oz. Chorizo
- ¼ lb. Italian Sausage
- 3½ Cups Spinach
- 1 Cups Cheddar Cheese
- 6 Large Eggs
- ¼ cup Heavy Cream
- ¼ cup Diced Onion
- ½ medium Green Pepper
- ½ Tbsp. Olive Oil
- 1 tsp. Garlic Powder

PREPARATION

- Heat ½ Tbsp olive oil in a pan. Add spinach and let it cook down.
- While the spinach cooks, crack 6 eggs into a large measuring cup or bowl. Add ¼ cup heavy cream and spices. Mix well.
- Put the fully cooked spinach into a large bowl.
- Start cooking your chorizo and Italian sausages.
- While cooking, preheat oven to 350F.
- Once the sausage has broken down to your liking, transfer it to the bowl with the spinach, making sure to keep as much fat in the pan as possible.
- Add chopped onion and pepper to the pan, cooking it in the sausage fat. Add to mixing bowl once done.
- Add the cheese to the bowl and mix lightly.
- Add the beaten eggs and mix well, making sure to distribute everything evenly.
- Put your mixture into a pan, foiled and buttered.
- Bake for 45 minutes at 350 degrees F. You should be able to run a knife through cleanly when this is done.

Makes 3 servings. Each has:
 Calories 524.7 - Fats 43.7g - Net Carbs 3.0g - Protein 34.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 oz. Chorizo	144	10	0.6	0	0.6	13.5
¼ lb. Italian Sausage	285.5	22.5	0	0	0	16
3½ Cups Spinach	24	0.5	4	2.5	1.5	3
1 Cups Cheddar Cheese	400	35	0	0	0	27
6 Large Eggs	420	36	0	0	0	42
¼ cup Heavy Cream	204	20	0	0	0	0
¼ cup Diced Onion	17	0	4	0	4	0
½ medium Green Pepper	15	0	3	1	2	0.5
1 Tbsp. Olive Oil	60	7	0	0	0	0
1 tsp. Garlic Powder	4.5	0	1	0	1	0
Totals	1574	131	12.6	3.5	9.1	102

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



Maple Pecan Keto Mug Cake

INGREDIENTS

- 1 Egg
- 2 Tbsp. Butter
- 2 Tbsp. Almond Flour
- 2 Tbsp. Crushed Pecans
- ½ tsp. Baking Powder
- ½ tsp. Maple Extract
- ¼ tsp. Cinnamon
- 1 Tbsp. Erythritol
- 7 drops Liquid Stevia

PREPARATION

- Mix all room temperature ingredients together in a mug.
- Microwave on high for 55 seconds.
- Turn cup upside down and lightly tap the mug against a plate to dislodge the cake.

You can easily split this into 2 portions for dessert for 2 days, or...to share - but who are we kidding, we're not sharing this deliciousness!

Makes 1 serving, which has:
Calories 433.0 - Fats 44.0g - Net Carbs 3.2g - Protein 11.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 Egg	70	6	0.6	0	0.6	7
2 Tbsp. Butter	200	22	0	0	0	0
2 Tbsp. Almond Flour	80	7	3	2	1	3
2 Tbsp. Crushed Pecans	80	9	2	1	1	1
½ tsp. Baking Powder	1	0	0.6	0	0.6	0
½ tsp. Maple Extract	1	0	0	0	0	0
¼ tsp. Cinnamon	1	0	0	0	0	0
1 Tbsp. Erythritol	0	0	0	0	0	0
7 drops Liquid Stevia	0	0	0	0	0	0
Totals	433	44	6.2	3	3.2	11

BREAKFAST RECIPES



McKeto Sandwich

INGREDIENTS

- ¾ oz. Pork Rinds
- 1 Tbsp. Almond Flour
- 2 large Egg
- 1 Tbsp. Heavy Cream
- ¼ tsp. Vanilla Extract
- 2 Tbsp. Sugar Free Maple Syrup
- 2 oz. Hot Sausage
- 1 slice Cheddar Cheese

PREPARATION

1. Grind pork rinds in a food processor until a powder is formed.
2. Set aside 1 egg, cheese and sausage. Mix together all of the remaining ingredients into a bowl.
3. Measure out 2 oz. Sausage and set aside.
4. Heat a pan to medium high heat on the stove.
5. Put an egg ring mold inside the pan and fill ¾ of the way with bun batter (this should be half of the batter).
6. Cook this until it is browned on the bottom and started to bubble on top.
7. Remove ring mold from bun, flip, and cook until browned on the other side.
8. Repeat process with second part of bun. Set aside on paper towel when finished.
9. In the same pan, add sausage to ring mold and cook until medium-well temperature.
10. Once the sausage is finished, add an egg to the ring mold and lightly scramble. Cook completely until solidified.
11. Assemble together with 1 bun on bottom, 1 slice of cheese, hot egg, sausage, and the last bun on top.

Makes 1 serving, which has:
Calories 657.0 - Fats 55.7g - Net Carbs 2.7g - Protein 42.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
¾ oz. Pork Rinds	120	8	0	0	0	12
1 Tbsp. Almond Flour	40	4	2	1	1	2
2 large Eggs	140	12	1.2	0	1.2	14
1 Tbsp. Heavy Cream	50	5	0.5	0	0.5	0
¼ tsp. Vanilla Extract	2	0	0	0	0	0
2 Tbsp. Sugar Free Maple Syrup	25	2.7	0	0	0	0
2 oz. Hot Sausage	200	17	0	0	0	9
1 slice Cheddar Cheese	80	7	0	0	0	5
Totals	657	55.7	3.7	1	2.7	42

BREAKFAST RECIPES



Peanut Butter Pancakes

- INGREDIENTS**
- 2 Tbsp. Heavy Cream
 - 2 Tbsp. Golden Flax Meal
 - 1 large Egg
 - 1 Tbsp. Peanut Butter
 - 1 Tbsp. Sugar Free Maple Syrup
 - ¼ tsp. Baking Powder
 - 1 Tbsp. Butter (Grease the Pan)

PREPARATION

1. Mix all ingredients together in a bowl.
2. Grease the pan with butter and bring to medium low heat. Once the pan is hot, add batter in whatever size you'd like.
3. Cook batter until the sides are hardened and the tops are starting to bubble.
4. Flip and cook for additional 1-2 minutes.

Makes 1 serving, which has:
Calories 438.5 - Fats 44.4g - Net Carbs 3.8g - Protein 14.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 Tbsp. Heavy Cream	100	10	1	0	1	0
2 Tbsp. Golden Flax Meal	60	8	4	4	0	4
1 large Egg	70	6	0.6	0	0.6	7
1 Tbsp. Peanut Butter	95	8	3	1	2	3.5
1 Tbsp. Sugar Free Maple Syrup	12.5	1.4	0	0	0	0
¼ tsp. Baking Powder	1	0	0.2	0	0.2	0
1 Tbsp. Butter	100	11	0	0	0	0
Totals	438.5	44.4	8.8	5	3.8	14.5

BREAKFAST RECIPES



Spinach Goat Cheese Omelette

INGREDIENTS

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

PREPARATION

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

Makes 1 serving, which has:
Calories 563.0 - Fats 51.0g - Net Carbs 4.5g - Protein 28.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
¼ medium Onion	11	0	2	0	2	0
2 Tbsp. Butter	200	22	0	0	0	0
1 large Handful of Spinach	14	0	2	1	1	2
3 large Eggs	210	18	1.5	0	1.5	21
1 Tbsp. Heavy Cream	50	5	0	0	0	0
1 oz. Goat Cheese	76	6	0	0	0	5
Salt and Pepper	2	0	0	0	0	0
Totals	563	51	5.5	1	4.5	28

LUNCH RECIPES



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



Asian Cucumber Salad



**Cauliflower Cheddar
Biscuits**



**Egg Salad Stuffed
Avocado**



**Ginger Sesame
Glazed Salmon**



**Lemon Crisped
Chicken Thigh**



**Macadamia Nuts &
Herbed Cream Cheese**



**Portobello Personal
Pizzas**



Simple Caprese Salad



**Simple Red Pepper
Spinach Salad**



Simple Spinach Salad



**Sun Dried Tomato Pesto
Mug Cake**



**Vegetarian Red Coconut
Curry**

LUNCH RECIPES



Arugula, Mayo, Basil, Olive Oil Salad

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

PREPARATION

1. Add arugula to a mixing bowl.
2. Slice basil and chop mozzarella cheese into small cubes and add to the arugula.
3. Separately combine the rest of the ingredients to make the dressing.
4. Separate salad into portions and dress your portion of the salad that you want to eat. Save the rest separately.

Makes 1 serving, which has:
Calories 464.0 - Fats 44.0g - Net Carbs 2.0g - Protein 14.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 cups Packed Arugula	20	0	3	1	2	2
2 Tbsp. Mayonnaise	180	20	0	0	0	0
1 Tbsp. Olive Oil	120	14	0	0	0	0
1 tsp. Lemon Juice	2	0	0	0	0	0
1 Tbsp. Freshly Chopped Basil	1	0	0	0	0	0
2 Oz. Fresh Mozzarella Cheese	140	10	0	0	0	12
Kosher Salt	0	0	0	0	0	0
Freshly Ground Black Pepper	1	0	0	0	0	0
Totals	464	44	3	1	2	14

LUNCH RECIPES

Asian Cucumber Salad

INGREDIENTS

- 1/2 large Cucumber
- 2/3 packet Shiritaki Noodles
- 1 Tbsp. + 1 tsp. Coconut Oil
- 2/3 medium Spring Onion
- 1/4 tsp. Red Pepper Flakes
- 2 tsp. Sesame Oil
- 2 tsp. Rice Vinegar
- 1/2 tsp. Sesame Seeds
- Salt and Pepper to Taste

PREPARATION

1. Rinse off the shiritaki noodles very well. Make sure you get all of the excess water they were sitting in and wash them off completely.
2. Set them on a peper towel to completely dry, then bring 1 Tbsp. + 1 tsp. Coconut Oil to medium-high temperature in a pan.
3. Once pan is hot, let noodles fry for 5-7 minutes, completely reducing in size and boiling off extra liquids.
4. Remove from pan and set on a paper towel to cool.
5. Slice cucumber thin, then arrange on a plate in design you want. Add the rest of the ingredients over the cucumber and let set in the fridge for at least 30 minutes. Sprinkle fried shiritake noodles over the top.

Makes 1 serving, which has:
Calories 275.4 - Fats 28.0g - Net Carbs 5.0g - Protein 0.7g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/2 large Cucumber	22.4	0	5.3	1.3	4	0.7
2/3 packet Shiritaki Noodles	0	0	0	0	0	0
1 Tbsp. + 1 tsp. Coconut Oil	160	19	0	0	0	0
2/3 medium Spring Onion	3	0	1	0	1	0
1/4 tsp. Red Pepper Flakes	2	0	0	0	0	0
2 tsp. Sesame Oil	80	9	0	0	0	0
2 tsp. Rice Vinegar	0	0	0	0	0	0
1/2 tsp. Sesame Seeds	6	0	0	0	0	0
Salt and Pepper to Taste	2	0	0	0	0	0
Totals	275.4	28	6.3	1.3	5	0.7

LUNCH RECIPES



Cauliflower Cheddar Biscuits

INGREDIENTS

- 1⁄8 head Cauliflower
- ½ cups Cheddar Cheese
- 1⁄8 tsp. Onion Powder
- 1⁄8 tsp. Pepper
- Pinch Salt
- ½ tsp. Paprika
- ¼ tsp. Red Pepper Flakes
- 1 Tbsp. Almond Flour
- 1 Tbsp. Flaxseed Meal

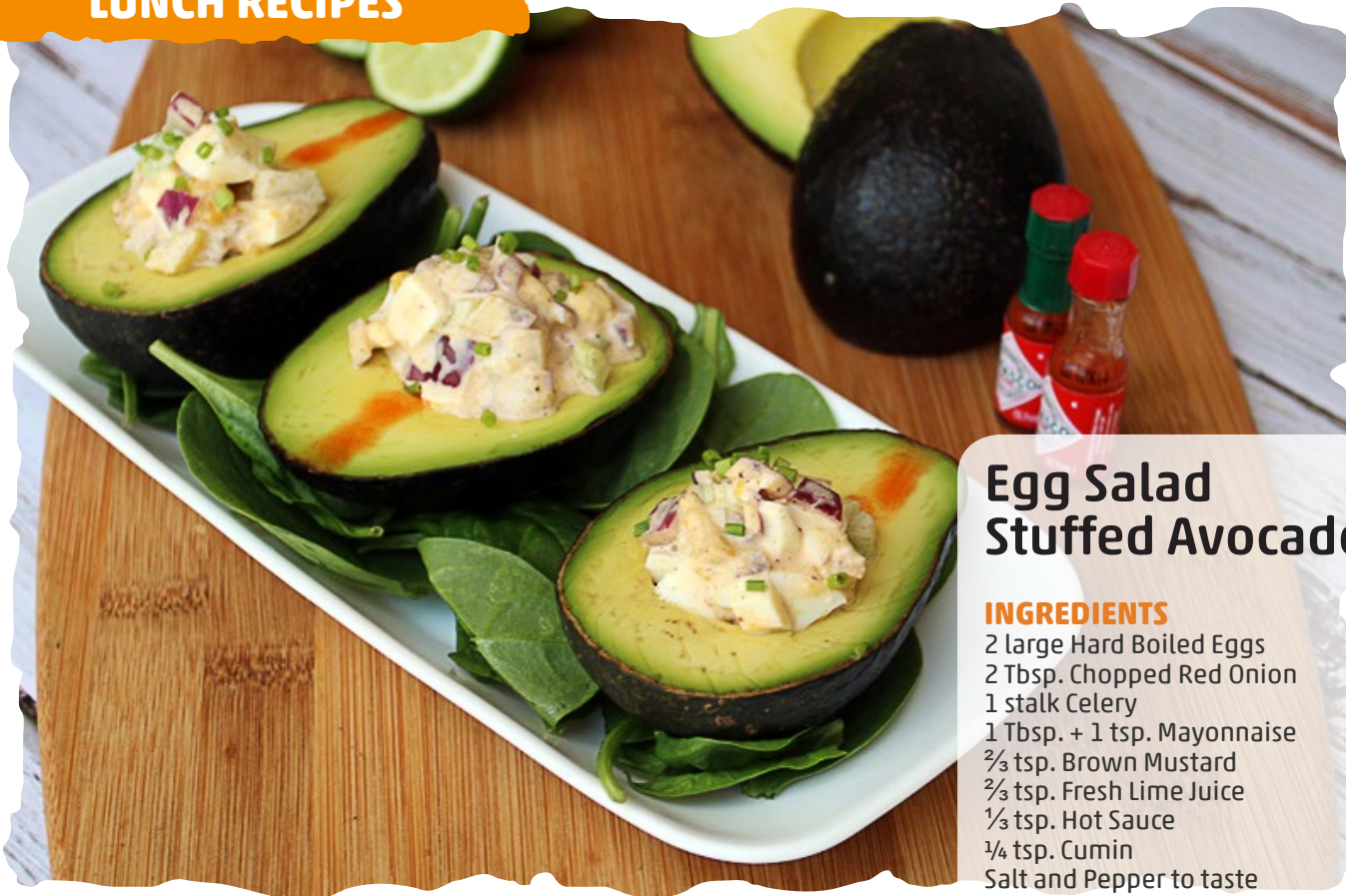
PREPARATION

1. Rice cauliflower by placing florets into food processor and grinding into crumbles.
2. Preheat oven to 375F. Grease a cupcake tray well.
3. Combine all ingredients together in a large mixing bowl using your hands.
4. Divide mixture evenly in cupcake tray, pressing down dough flat.
5. Bake for 25-30 minutes, or until browned on top.
6. Let cool completely before removing from cupcake tray.

Makes 1 serving, which has:
Calories 332.3 - Fats 24.3g - Net Carbs 4.0g - Protein 18.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1⁄8 head Cauliflower	18	0	3.8	1.8	2	1.5
½ cups Cheddar Cheese	228	19	1	0	1	14
1⁄8 tsp. Onion Powder	10	0	0.3	0	0.3	0
1⁄8 tsp. Pepper	0.3	0	0	0	0	0
Pinch Salt	0	0	0	0	0	0
½ tsp. Paprika	3	0	0.5	0.5	0	0
¼ tsp. Red Pepper Flakes	3	0	0	0	0	0
1 Tbsp. Almond Flour	40	3.5	1.5	0.8	0.8	1.5
1 Tbsp. Flaxseed Meal	30	1.8	2	2	0	1.5
Totals	332.3	24.3	9	5	4	18.5

LUNCH RECIPES



Egg Salad Stuffed Avocado

- INGREDIENTS**
- 2 large Hard Boiled Eggs
 - 2 Tbsp. Chopped Red Onion
 - 1 stalk Celery
 - 1 Tbsp. + 1 tsp. Mayonnaise
 - 2/3 tsp. Brown Mustard
 - 2/3 tsp. Fresh Lime Juice
 - 1/3 tsp. Hot Sauce
 - 1/4 tsp. Cumin
 - Salt and Pepper to taste
 - 1 medium Avocado

PREPARATION

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

Makes 2 servings. Each has:
Calories 299.0 - Fats 27.3g - Net Carbs 3.8g - Protein 9.2g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 large Hard Boiled Eggs	140	12	1.2	0	1.2	14
2 Tbsp. Chopped Red Onion	5	0	1	0.2	0.8	0
1 stalk Celery	6	0	1.3	0.7	0.7	0.3
1 Tbsp. + 1 tsp. Mayonnaise	120	13.3	0	0	0	0
2/3 tsp. Brown Mustard	0.7	0	0	0	0	0
2/3 tsp. Fresh Lime Juice	2.7	0	1	0	1	0
1/3 tsp. Hot Sauce	0	0	0	0	0	0
1/4 tsp. Cumin	1.3	0	0.2	0	0.2	0
Salt and Pepper to taste	0.7	0	0	0	0	0
1 medium Avocado	321.7	29.3	17	13.3	3.7	4
Totals	598	54.7	21.7	14.2	7.5	18.3

LUNCH RECIPES



Ginger Sesame Glazed Salmon

- INGREDIENTS**
- 10 oz. Salmon Filet
 - 2 Tbsp. Soy Sauce
 - 2 tsp. Sesame Oil
 - 1 Tbsp. Rice Vinegar
 - 1 tsp. Minced Ginger
 - 2 tsp. Minced Garlic
 - 1 Tbsp. Red Boat Fish Sauce
 - 1 Tbsp. Sugar Free Ketchup
 - 2 Tbsp. White Wine

PREPARATION

1. Add all of the ingredients except for sesame oil, ketchup and white wine to a small tupperware container.
2. Marinate ingredients in the liquids for about 10-15 minutes.
3. Bring a pan to high heat and add sesame oil. Once you see the first whisp of smoke, add fish skin side down.
4. Let fish cook and skin crisp, then flip and cook on the other side (about 3-4 minutes per side, depending on thickness).
Add all marinade liquids to the pan and let it boil with the fish when you flip it.
5. Remove fish from pan and set aside. Add ketchup, and white wine to marinade liquids. Let simmer for 5 minutes to reduce. Serve on the side.

Makes 2 servings. Each has:
Calories 372.5 - Fats 23.5g - Net Carbs 2.0g - Protein 33.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
10 oz. Salmon Filet	590	38	0	0	0	58
2 Tbsp. Soy Sauce	20	0	0	0	0	4
2 tsp. Sesame Oil	80	9	0	0	0	0
1 Tbsp. Rice Vinegar	0	0	0	0	0	0
1 tsp. Minced Ginger	5	0	1	0	1	0
2 tsp. Minced Garlic	10	0	2	0	2	0
1 Tbsp. Red Boat Fish Sauce	15	0	0	0	0	4
1 Tbsp. Reduced Sugar Ketchup	5	0	1	0	1	0
2 Tbsp. White Wine	20	0	0	0	0	0
Totals	740	47	4	0	4	66

LUNCH RECIPES



Lemon Crisped
Chicken Thigh

INGREDIENTS

- 1 Chicken Thigh
- 2 Tbsp. Olive Oil
- 1 tsp. Salt
- 1 tsp. Pepper
- Juice ½ Lemon

PREPARATION

- 1. Preheat oven to 475F
- 2. Heat oil in pan to high heat.
- 3. Place chicken skin side down in pan for 2-3 minutes, until skin slightly crisps.
- 4. Flip chicken and cook on the other side for 5-7 minutes. Flip chicken again and continue cooking skin side down for 10 minutes.
- 5. Place chicken pan in oven for 10-12 minutes skin side down. Flip chicken and continue cooking for 3-5 minutes.
- 6. Remove from the oven and let cool for 10 minutes. The pan will continue cooking the chicken.

Note: If no oven-proof pan is available, continue cooking chicken on stove top

Makes 1 serving, which has:

Calories 518.0 - Fats 48.0g - Net Carbs 2.0g - Protein 22.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 Chicken Thigh	270	20	0	0	0	22
2 Tbsp. Olive Oil	240	28	0	0	0	0
1 tsp. Salt	0	0	0	0	0	0
1 tsp. Pepper	2	0	0	0	0	0
Juice ½ Lemon	6	0	2	0	2	0
Totals	518	48	2	0	2	22

LUNCH RECIPES



Macadamia Nuts
& Herbed Cream
Cheese

INGREDIENTS

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

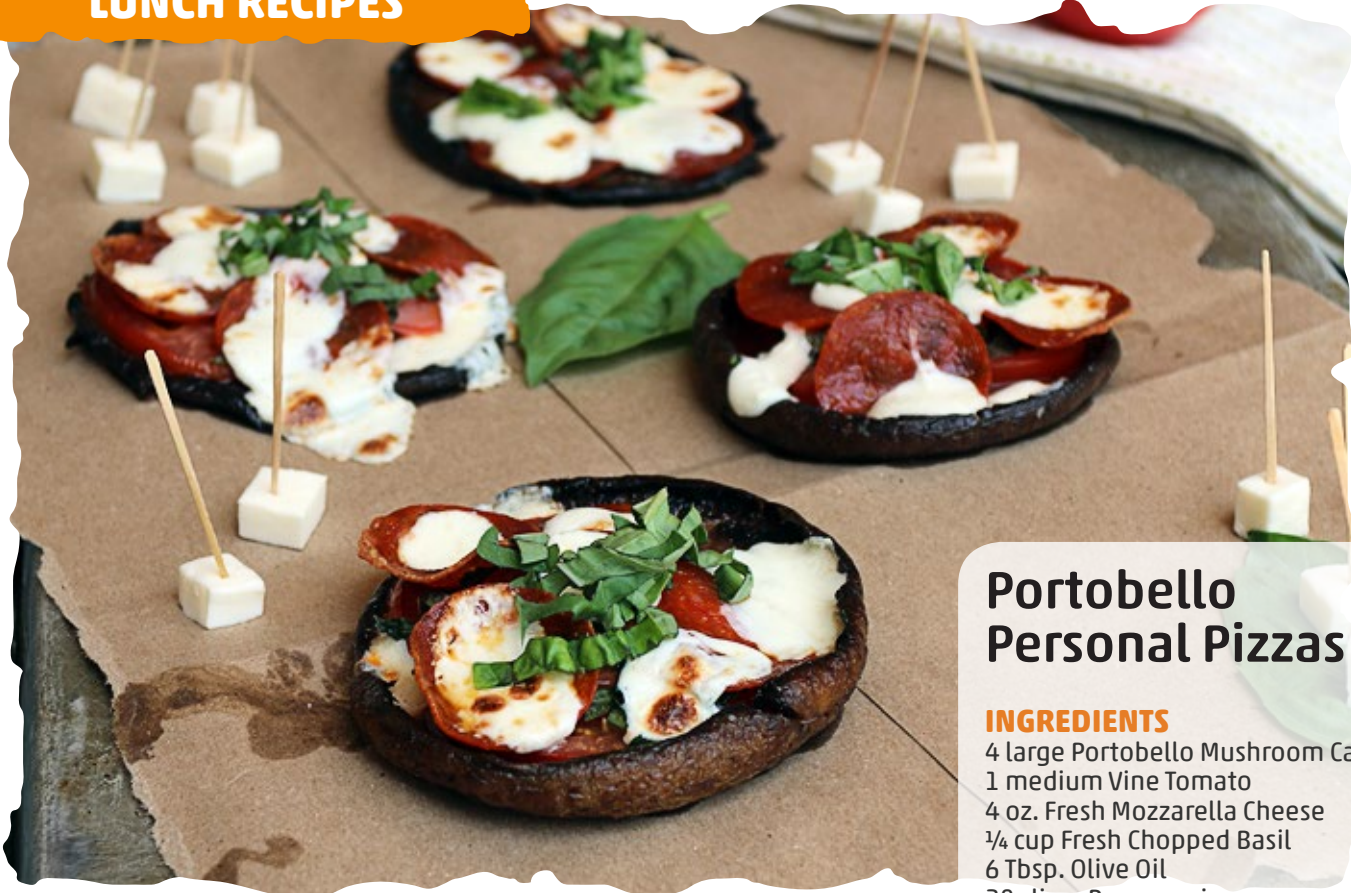
PREPARATION

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

Makes 1 serving, which has:
Calories 346.0 - Fats 35.0g - Net Carbs 4.0g - Protein 6.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 Oz. Macadamia Nuts	203	21	4	2	2	2
2 Oz. Cream Cheese	140	14	2	0	2	4
1 tbsp. Fresh Basil	1	0	0	0	0	0
¼ tsp. Dried Parsley	1	0	0	0	0	0
Salt and Pepper	1	0	0	0	0	0
Totals	346	35	6	2	4	6

LUNCH RECIPES



Portobello
Personal Pizzas

- INGREDIENTS**
- 4 large Portobello Mushroom Caps
 - 1 medium Vine Tomato
 - 4 oz. Fresh Mozzarella Cheese
 - ¼ cup Fresh Chopped Basil
 - 6 Tbsp. Olive Oil
 - 20 slices Pepperoni
 - Salt and Pepper to Taste

PREPARATION

1. Scrape out the innards of the mushrooms & continue scraping the meat out until you are left with just the mushroom shell.
2. Turn oven to broil & coat tops of all mushrooms with about 3 Tbsp. olive oil. Rub the oil in and season with salt & pepper.
3. Broil mushrooms for about 4-5 minutes, flip them over, and repeat the process.
4. Slice tomato thin - enough for 12-16 slices. Lay tomato on to mushrooms and add fresh basil on top.
5. Place pepperoni and cubed mozzarella cheese on to each pizza. Broil again for 2-4 minutes, or until cheese has melted and starts to brown.
6. Remove and let cool.

Makes 3 servings. Each has:
Calories 427.3 - Fats 41.3g - Net Carbs 3.7g - Protein 11.3g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
4 large Portobello Mushroom Caps	44	0	9	3	6	4
1 medium Vine Tomato	32	0	7	2	5	4
4 oz. Fresh Mozzarella Cheese	280	20	0	0	0	20
¼ cup Fresh Chopped Basil	4	0	0	0	0	0
6 Tbsp. Olive Oil	720	84	0	0	0	0
20 slices Pepperoni	200	20	0	0	0	6
Salt and Pepper to Taste	2	0	0	0	0	0
Totals	1282	124	16	5	11	34

LUNCH RECIPES



Simple Caprese Salad

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

PREPARATION

1. In a food processor or spice grinder, pulse chopped fresh basil leaves with 2 tsp. Olive Oil to make the Basil paste.
2. Slice tomato into ¼" slices. You should be able to get at least 6 slices from the tomato.
3. Cut Mozzarella into 1 oz. slices.
4. Assemble caprese salad by layering tomato, mozzarella, and basil paste.
5. Season with salt, pepper, and extra olive oil.

Makes 1 serving, which has:
 Calories 404.0 - Fats 36.0g - Net Carbs 3.5g - Protein 15.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
½ Fresh Tomato	11	0	2.5	1	1.5	0.5
3 Oz. Mozzarella Cheese	210	15	2	0	2	15
2 Tbsp. Fresh Basil	2.5	0	0.5	0.5	0	0
1½ tbsp. Olive Oil	180	21	0	0	0	0
Black Pepper	0.5	0	0	0	0	0
Kosher Salt	0	0	0	0	0	0
Totals	404	36	5	1.5	3.5	15.5

LUNCH RECIPES



Simple Red Pepper Spinach Salad

INGREDIENTS
2 cups Fresh Packed Spinach
4 Tbsp. Mayonnaise
2 tsp. Lemon Juice
½ tsp. Red Pepper Flakes

PREPARATION

1. Add spinach to a mixing bowl.
2. Separately combine the rest of the ingredients to make the dressing.
3. Separate salad into portions and dress your portion of the salad that you want to eat. Save the rest separately.

Makes 2 servings. Each has:
Calories 189.5 - Fats 20.0g - Net Carbs 1.0g - Protein 1.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 cups Fresh Packed Spinach	14	0	2	0	2	2
4 Tbsp. Mayonnaise	360	40	0	0	0	0
2 tsp. Lemon Juice	2	0	0	0	0	0
½ tsp. Red Pepper Flakes	3	0	0	0	0	0
Totals	379	40	2	0	2	2

LUNCH RECIPES

Simple Spinach Salad

- INGREDIENTS**
- 4 cups Packed Spinach
 - 2 Tbsp. Mayonnaise
 - 2 Tbsp. Olive Oil
 - 2 tsp. Lemon Juice
 - 2 Tbsp. Freshly Chopped Basil
 - Kosher Salt
 - Freshly Ground Black Pepper

PREPARATION

1. Add spinach to a mixing bowl.
2. Separately combine the rest of the ingredients to make the dressing.
3. Separate salad into portions and dress your portion of the salad that you want to eat. Save the rest separately.

Makes 2 servings. Each has:
Calories 228.0 - Fats 24.0g - Net Carbs 2.0g - Protein 0.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
4 cups Packed Spinach	28	0	4	0	4	0
2 Tbsp. Mayonnaise	180	20	0	0	0	0
2 Tbsp. Olive Oil	240	28	0	0	0	0
2 tsp. Lemon Juice	4	0	0	0	0	0
2 Tbsp. Freshly Chopped Basil	2	0	0	0	0	0
Kosher Salt	0	0	0	0	0	0
Freshly Ground Black Pepper	2	0	0	0	0	0
Totals	456	48	4	0	4	0

LUNCH RECIPES



Sun Dried Tomato Pesto Mug Cake

- INGREDIENTS**
- 1 Large Egg
 - 2 Tbsp. Butter
 - 3 Tbsp. Honeyville Almond Flour
 - ½ tsp. Baking Powder
 - 5 tsp. Sun Dried Tomato Pesto
 - Pinch Salt

PREPARATION

- 1. Mix all ingredients together.
- 2. Microwave for 75 seconds on high (power level 10).
- 3. Lightly tap cup against plate to take the mug cake out.

Makes 1 serving. Each has:
Calories 462.0 - Fats 46.0g - Net Carbs 5.0g - Protein 13.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3 Tbsp. Almond Flour	120	11	5	2	3	5
2 Tbsp. Butter	200	22	0	0	0	0
5 tsp. Sun Dried Tomato Pesto	70	7	2	1	1	1
1 Large Egg	70	6	0.5	0	0.5	7
½ tsp. Baking Powder	2	0	0.5	0	0.5	0
Totals	462	46	8	3	5	13

LUNCH RECIPES



Vegetarian Red Coconut Curry

- INGREDIENTS**
- 1 cup Broccoli Florets
 - 1 large Handful of Spinach
 - 5 Tbsp. Coconut Oil
 - ¼ medium Onion
 - 1 tsp. Minced Garlic
 - 1 tsp. Minced Ginger
 - 2 tsp. Red Boat Fish Sauce
 - 2 tsp. Soy Sauce
 - 1 Tbsp. Red Curry Paste
 - ½ cup Coconut Cream

PREPARATION

1. Chop onions and mince garlic. Add 2 Tbsp. Coconut Oil to a pan and bring to medium-high heat.
2. Once hot, add onions to the pan and cook until semi-translucent. Then add garlic to the the pan to brown it.
3. Turn heat down to medium-low and add broccoli to the pan. Stir everything together well.
4. Once broccoli is partially cooked, move vegetables to the side of the pan & add curry paste. Let this cook for 45-60 seconds.
5. Add spinach on top of the broccoli and once it begins to wilt, add the coconut cream and the rest of the coconut oil.
6. Stir together & add soy sauce, fish sauce, and ginger. Let simmer for 5-10 minutes, depending on the thickness you want.

Makes 2 servings. Each has:
Calories 453.0 - Fats 40.5g - Net Carbs 6.8g - Protein 5.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 Cup Broccoli Florets	25	0	4	3	1	3
1 large Handful of Spinach	14	0	2	1	1	1
5 Tbsp. Coconut Oil	600	60	0	0	0	0
¼ medium Onion	10	0	3	0	3	0
1 tsp. Minced Garlic	5	0	1	0	1	0
1 tsp. Minced Ginger	5	0	1	0	1	0
2 tsp. Red Boat Fish Sauce	10	0	0	0	0	3
2 tsp. Soy Sauce	7	0	0	0	0	1
1 Tbsp. Red Curry Paste	20	0	3	1	2	1
½ cup Coconut Cream	210	21	4.5	0	4.5	2
Totals	906	81	18.5	5	13.5	11

DINNER RECIPES



Almond Flour Pizza



Asian Slaw



Bacon Wrapped
Jalapeno Poppers



Keto Gumbo



Cauliflower Cheddar
Bacon Casserole



Crispy Curry Rubbed
Chicken Thighs



General Tso's
Chicken



Keto BBQ "Pulled"
Chicken



Korean BBQ Beef



London Broil Is
Falling Down



Low Carb Coconut
Shrimp



Low Carb Moroccan
Meatballs



Marinated Pork
Chops



Skirt Steak Fajita
Filling



Not Your Caveman's
Chili



Pork Tenderloin
Roulade



Shrimp &
Cauliflower Curry



Shrimp Alfredo



Teriyaki Meatballs



Tex Mex Casserole

DINNER RECIPES

Almond Flour Pizza

INGREDIENTS

- Almond Flour Pizza**
2 oz. Mozzarella Cheese
¼ cup Almond Flour
1 Tbsp. Psyllium Husk Powder
1 Tbsp. Cream Cheese
1 Tbsp. Fresh Parmesan Cheese
½ large Whisked Egg
½ tsp. Italian Seasoning
¼ tsp. Salt
¼ tsp. Pepper

- Basil Pepper Toppings**
2 oz. White Cheddar
¼ cup Rao's Tomato Sauce
⅓ Red Bell Pepper
2 Tbsp. Fresh Chopped Basil

PREPARATION

1. Preheat oven to 400F.
2. Microwave mozzarella cheese for 40-50 seconds or until completely melted and pliable.
3. Add the rest of the pizza ingredients (EXCEPT for toppings) to the cheese and mix together well with your hands.
4. Using your hands or a rolling pin, flatten the dough and form a circle.
5. Bake for 10 minutes, & remove pizza from the oven. Top the pizza with the toppings and bake for another 8-10 minutes.
6. Remove pizza from the oven and let cool.

Makes 1 serving, which has:
Calories 483.0 - Fats 37.0g - Net Carbs 6.0g - Protein 27.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 oz. Mozzarella Cheese	160	12	1	0	1	14
¼ cup Almond Flour	160	14	6	3	3	6
1 Tbsp. Psyllium Husk Powder	34	0	8	7	1	0
1 Tbsp. Cream Cheese	70	7	1	0	1	2
1 Tbsp. Fresh Parmesan Cheese	22	1	0	0	0	2
½ large Whisked Egg	35	3	0	0	0	3
½ tsp. Italian Seasoning	1	0	0	0	0	0
¼ tsp. Salt	0	0	0	0	0	0
¼ tsp. Pepper	1	0	0	0	0	0
Totals	483	37	16	10	6	27

DINNER RECIPES



Asian Slaw

INGREDIENTS

- 2/3 head Savoy Cabbage
- 1/2 cup Soy Sauce
- 6 Tbsp. Rice Vinegar
- 1/4 cup Reduced Sugar Ketchup
- 4 Tbsp. Sesame Oil
- 2 tsp. Minced Ginger
- 2 tsp. Minced Garlic
- Juice 1 Lemon

PREPARATION

1. Slice cabbage into long strips.
2. Combine remaining ingredients together in a small mixing bowl and whisk vigorously for 45-60 seconds.
3. Add cabbage to dressing and toss, making sure everything is coated.
4. Garnish with red pepper flakes.

Makes 3 servings. Each has:
Calories 220.7 - Fats 18.7g - Net Carbs 5.3g - Protein 6.2g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2/3 head Savoy Cabbage	50	0	10	5	5	2.5
1/2 cup Soy Sauce	80	0	0	0	0	16
6 Tbsp. Rice Vinegar	0	0	0	0	0	0
1/4 cup Reduced Sugar Ketchup	20	0	4	0	4	0
4 Tbsp. Sesame Oil	480	56	0	0	0	0
2 tsp. Minced Ginger	10	0	1	0	1	0
2 tsp. Minced Garlic	10	0	2	0	2	0
Juice 1 Lemon	12	0	4	0	4	0
Totals	662	56	21	5	16	18.5

DINNER RECIPES



Bacon Wrapped
Jalapeno Poppers

- INGREDIENTS**
3 oz. Cream Cheese
2 Tbsp. Mozzarella Cheese
4 medium Jalapeno Peppers
¼ tsp. Salt
¼ tsp. Pepper
½ tsp. Mrs. Dash
4 Slices Bacon

PREPARATION

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

Makes 4 servings. All 4 has:
Calories 555.0 - Fats 48.0g - Net Carbs 5.0g - Protein 26.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3 oz. Cream Cheese	210	21	3	0	3	6
2 Tbsp. Mozzarella Cheese	45	3	0	0	0	4
4 medium Jalapeno Peppers	16	0	4	2	2	0
¼ tsp. Salt	0	0	0	0	0	0
¼ tsp. Pepper	1	0	0	0	0	0
½ tsp. Mrs. Dash	3	0	0	0	0	0
4 Slices Bacon	280	24	0	0	0	16
Totals	555	48	7	2	5	26

DINNER RECIPES



Keto Gumbo

INGREDIENTS

- ¼ cup Olive Oil
- ¼ cup Coconut Flour
- 1 medium Green Pepper
- ½ medium Red Pepper
- 2 medium Celery Stalks
- 1 medium Onion
- 2 lb. Boneless, Skinless Chicken Thighs
- 12 oz. Frozen Okra
- 6 oz. Hot Italian Sausage, Crumbled
- 1½ cup chicken broth
- ½ tsp. Cayenne
- 1 tsp. Fresh Thyme
- 9 oz. Pre-cooked Shrimp, shelled and deveined
- 1 pinch Salt
- 1 pinch Black pepper

PREPARATION

- In a saucepan, heat olive oil on medium heat. Sprinkle in coconut flour and whisk to combine into a paste. Cook for 5-10 minutes until it's browned and starting to dry out.
- Chop peppers, celery, and onion, then add them to the pan, cooking them until soft.
- Chop chicken thighs into 1 inch cubes and set aside while cooking vegetables.
- Transfer all ingredients from the pan into a crock pot on low setting.
- Add all ingredients except for shrimp to crock pot and stir together. Let this cook on low for 8 hours.
- Once cooked fully, add shrimp and cook with top on for additional 5-10 minutes.

Makes 5 servings. Each has:
Calories 574.6 - Fats 36.8g - Net Carbs 7.4g - Protein 50.2g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
¼ cup Olive Oil	480	56	0	0	0	0
¼ cup Coconut Flour	120	4	16	10	6	4
1 Medium Green Pepper	24	0	6	2	4	1
½ Medium Red Pepper	12	0	3	1	2	0
2 Celery Stalks	12	0	2	1	1	0
1 Medium Onion	44	0	10	2	8	1
2 lb. Chicken Thighs	1280	80	0	0	0	152
12 oz. Frozen Okra	105	0	24	11	13	7
6 oz. Hot Italian Sausage	510	39	2	0	2	30
1½ cup Chicken Broth	30	2	1	0	1	3
½ tsp. Cayenne	2	0	0	0	0	0
1 tsp. Fresh Thyme	2	0	0	0	0	0
9 oz. Shrimp	252	3	0	0	0	53
Totals	2873	184	64	27	37	251

DINNER RECIPES



Cauliflower Cheddar Bacon Casserole

INGREDIENTS

Ground Beef Mixture

- ¼ lb. Ground Beef (80/20)
- 1 tsp. Bacon Fat
- ½ tsp. Minced Garlic
- ¼ tsp. Cumin
- ⅛ tsp. Paprika
- ⅛ tsp. Chili Powder
- Pinch Cayenne Pepper
- Pinch Onion Powder
- Pinch Ground Black Pepper
- 1 Tbsp. Reduced Sugar Ketchup
- 1 Tbsp. Soy Sauce
- ¼ tsp. Fish Sauce

Casserole

- 2½ oz. Bacon
- ¼ medium Head Cauliflower
- 1 oz. Cream Cheese
- 1 oz. Cheddar Cheese

PREPARATION

- Using your hands, thoroughly mix the ground beef mixture (except ketchup, soy sauce, fish sauce). Once mixed together, put into a Ziploc bag and add the ketchup, fish sauce, and soy sauce.
- Tightly roll the meat inside the bag, seal it, and put it in the fridge for at least 30 minutes.
- Chop bacon into small pieces and pan fry them until crisp. Lay on paper towels to cool, save the bacon grease for later.
- Add ground beef mixture to pan to brown. While doing this, cut cauliflower into florets.
- Arrange florets in the bottom of a casserole dish and preheat oven to 350F. Add ground beef and chunks of cream cheese to the top of this.
- Finally, add the bacon and cheddar cheese, then pour the bacon grease over the top.
- Bake for 40-50 minutes until cheese is completely melted and browned on top.

Makes 1 serving, which has:
Calories 875.4 - Fats 70.4g - Net Carbs 6.7g - Protein 40.4g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
¼ lb. Ground Beef (80/20)	280	22	0	0	0	19
1 tsp. Bacon Fat	38.7	4	0	0	0	0
½ tsp. Minced Garlic	2.5	0	0.5	0	0.5	0
¼ tsp. Cumin	2	0	0.3	0	0.3	0
⅛ tsp. Paprika	0.8	0	0	0	0	0
⅛ tsp. Chili Powder	1	0	0.3	0.3	0	0
Pinch Cayenne Pepper	0.5	0	0	0	0	0
Pinch Onion Powder	0.5	0	0.1	0	0.1	0
Pinch Ground Black Pepper	0.25	0	0	0	0	0
1 Tbsp. Reduced Sugar Ketchup	1.7	0	0.3	0	0.3	0
1 Tbsp. Soy Sauce	3.3	0	0	0	0	0.7
¼ tsp. Fish Sauce	1.25	0	0	0	0	0.3
2½ oz. Bacon	292.5	27.5	0	0	0	8.8
¼ medium Head Cauliflower	36.5	0.4	7.3	3	4.3	2.8
1 oz. Cream Cheese	100	7	1	0	1	2
1 oz. Cheddar Cheese	114	9.5	0.3	0	0.3	7
Totals	875.4	70.4	10	3.3	6.7	40.4

DINNER RECIPES



Crispy Curry Rubbed Chicken Thighs

INGREDIENTS

- 2 Chicken Thighs
- 1 Tbsp. Olive Oil
- ½ tsp. Yellow Curry
- ½ tsp. Salt
- ¼ tsp. Ground Cumin
- ¼ tsp. Paprika
- ¼ tsp. Garlic Powder
- ⅛ tsp. Cayenne Pepper
- ⅛ tsp. Allspice
- ⅛ tsp. Chili Powder
- ⅛ tsp. Ground Coriander
- Pinch Ground Cardamom
- Pinch Ground Cinnamon
- Pinch Ginger

PREPARATION

1. Preheat oven to 425F.
2. Mix together all spices into a bowl.
3. Wrap a baking sheet in foil and lay chicken thighs onto the foil.
4. Rub olive oil evenly into both chicken thighs.
5. Rub spice mixture on both sides of the chicken, coating liberally.
6. Bake for 50 minutes.
7. Let cool for 5 minutes before serving.

Makes 1 serving, which has:
Calories 554.5 - Fats 39.8g - Net Carbs 1.3g - Protein 42.3g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 Chicken Thighs	420	26.3	0	0	0	42
1 Tbsp. Olive Oil	120	13.5	0	0	0	0
½ tsp. Yellow Curry	3.3	0	0.5	0.25	0.3	0.3
½ tsp. Salt	0	0	0	0	0	0
¼ tsp. Ground Cumin	2	0	0.3	0	0.3	0
¼ tsp. Paprika	1.5	0	0.3	0.3	0	0
¼ tsp. Garlic Powder	2.3	0	0.5	0	0.5	0
⅛ tsp. Cayenne Pepper	1	0	0	0	0	0
⅛ tsp. Allspice	0.8	0	0.1	0	0.1	0
⅛ tsp. Chili Powder	1	0	0.1	0	0.1	0
⅛ tsp. Ground Coriander	1.3	0	0.25	0.3	0	0
Pinch Ground Cardamom	0.5	0	0	0	0	0
Pinch Ground Cinnamon	0.5	0	0	0	0	0
Pinch Ginger	0.5	0	0	0	0	0
Totals	554.5	39.8	2	0.8	1.3	42.3

DINNER RECIPES



General Tso's Chicken

INGREDIENTS

Chicken

2 Chicken Thighs, Bone-In
 2/3 tsp. Salt
 1/4 tsp. Black Pepper

Coating

2 Tbsp. + 2 tsp. Almond Flour
 1/3 large Egg
 2 tsp. Water
 2 1/4 tsp. Ground Ginger
 Pinch Cayenne Pepper

General Tso Sauce

1/2 cup Chicken Broth
 2 1/2 dried Chilis
 1 Tbsp. Soy Sauce
 1 Tbsp. Rice Vinegar
 2 tsp. Sugar Free Maple Syrup
 1 tsp. Chili Garlic Paste
 3/4 tsp. Garlic Powder
 3/4 tsp. Ground Ginger
 1 Tbsp. Erythritol
 5 drops Liquid Stevia
 Xanthan Gum to Thicken (~1/8 tsp.)

PREPARATION

1. Preheat oven to 400F.
2. Pat chicken thighs dry with paper towels.
3. Measure out dry coating ingredients (almond flour, ground ginger, pepper) in a bowl. Measure out wet coating ingredients (egg and water) in another bowl.
4. Cover a baking sheet with foil and lay a cooling rack on the top of it.
5. Season all chicken thighs with salt and pepper. Dip chicken thighs in egg mixture, then dry coating mixture. Set each thigh on top of the cooling rack.
6. Bake chicken for 25-30 minutes. Once finished, flip chicken over and cook for an additional 25-30 minutes.
7. Once chicken is flipped, begin making sauce. Combine all general tso sauce ingredients in a sauce pan on high heat.
8. Bring sauce to a boil. Stir continuously for 15-20 minutes, allowing the sauce to completely reduce into a syrup.
9. Let chicken cool for 5 minutes and then brush sauce over chicken.

Makes 1 serving, which has:
 Calories 605.2 - Fats 42.9g - Net Carbs 6.5g - Protein 43.3g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 Chicken Thighs, Bone-In	420	30	0	0	0	34
2/3 tsp. Salt	0	0	0	0	0	0
1/4 tsp. Black Pepper	0.3	0	0	0	0	0
2 Tbsp. + 2 tsp. Almond Flour	106.7	9.3	4	2	2	4
1/3 large Egg	23.3	2	0.2	0	0.2	2
2 1/4 tsp. Ground Ginger	9	0	2	0.7	1.3	0
Pinch Cayenne Pepper	0.7	0	0	0	0	0
1/2 cup Chicken Broth	10	0.7	0.3	0	0.3	1
2 1/2 dried Chilis	5.3	0	0.7	0	0.7	0
1 Tbsp. Soy Sauce	10	0	0	0	0	2
1 Tbsp. Rice Vinegar	0	0	0	0	0	0
2 tsp. Sugar Free Maple Syrup	8.3	0.9	0	0	0	0
1 tsp. Chili Garlic Paste	5	0	1	0	1	0
3/4 tsp. Garlic Powder	6.3	0	1.3	0.3	1	0.3
1 Tbsp. Erythritol	0	0	0	0	0	0
5 drops Liquid Stevia	0	0	0	0	0	0
Xanthan Gum to Thicken (~1/8 tsp.)	0.3	0	0.2	0.2	0	0
Totals	605.2	42.9	9.7	3.2	6.5	43.3

DINNER RECIPES



Keto BBQ
"Pulled"
Chicken

INGREDIENTS

- 6 Boneless, Skinless Chicken Thighs
- ¼ cup Erythritol
- ⅓ Cup Salted Butter
- ¼ Cup Red Wine Vinegar
- ¼ Cup Chicken Stock
- ¼ Cup Tomato Paste
- 2 Tbsp. Yellow Mustard
- 2 Tbsp. Brown Mustard
- 1 Tbsp. Liquid Smoke
- 1 Tbsp. Soy Sauce
- 2 tsp. Chili Powder
- 1 tsp. Cumin
- 1 tsp. Cayenne Pepper
- 1 tsp. Fish Sauce

PREPARATION

- Mix together all ingredients except for butter and chicken thighs.
- Place frozen (or fresh) chicken thighs in slow cooker and pour sauce over them.
- Add butter, turn to low and leave for 7-10 hours.
- Once your chicken has cooked down, shred the chicken with 2 forks. Mix all the sauce together and let cook on high for 45 minutes without the lid. This will reduce the sauce.
- Optional: Serve with coarse sea salt sprinkled over the top, along with chili paste and a sprinkle of curry powder for color.

Makes 4 servings. Each has:
Calories 509.8 - Fats 30.0g - Net Carbs 2.3g - Protein 51.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
6 Chicken Thighs	1380	60	0	0	0	200
¼ cup Erythritol	0	0	0	0	0	0
⅓ Cup Salted Butter	533	59	0	0	0	0
¼ Cup Red Wine Vinegar	0	0	0	0	0	0
¼ Cup Chicken Stock	1	0	0	0	6	0
¼ Cup Tomato Paste	50	0	10	4	0	2
2 Tbsp. Yellow Mustard	0	0	0	0	0	0
2 Tbsp. Brown Mustard	30	0	0	0	0	0
1 Tbsp. Liquid Smoke	0	0	0	0	0	0
1 Tbsp. Soy Sauce	10	0	0	0	0	2
2 tsp. Chili Powder	16	1	3	2	1	1
1 tsp. Cumin	8	0	1	0	1	0
1 tsp. Cayenne Pepper	6	0	1	0	1	0
1 tsp. Fish Sauce	5	0	0	0	0	1
Totals	2039	120	15	6	9	206

DINNER RECIPES



Korean BBQ Beef

INGREDIENTS

- 1 lb. Ground Beef
- 1 lb. Fresh Green Beans
- 2 Tbsp. Sugar Free Maple Syrup
- 1 Tbsp. Reduced Sugar Ketchup
- 1 Tbsp. Chili Garlic Paste
- 3 Tbsp. Soy Sauce
- 1 Tbsp. Sesame Oil
- 1 tsp. Crushed Red Pepper
- 2 tsp. Garlic
- Salt + Pepper
- Spring Onion (Garnish)

PREPARATION

1. Chop ends off green beans and then chop beans into thirds.
2. Brown the ground beef & garlic in sesame oil, then add Sugar Free Maple Syrup. Remove to plate & set aside when finished.
3. Cook green beans in residual beef fat until they are just starting to get tender.
4. Add beef back into pan and add the rest of the ingredients. Cook for 2-3 minutes more until everything is heated through.
5. Garnish with spring onion and sesame seeds.

Makes 2 servings. Each has:
Calories 749.5 - Fats 54.4g - Net Carbs 10.0g - Protein 46.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 lb. Ground Beef	1160	92	0	0	0	76
1 lb. Green Beans	125	0	30	15	15	10
2 Tbsp. Sugar Free Maple Syrup	25	2.7	0	0	0	0
1 Tbsp. Reduced Sugar Ketchup	5	0	1	0	1	0
1 Tbsp. Chili Garlic Paste	5	0	1	0	1	0
3 Tbsp. Soy Sauce	30	0	0	0	0	6
1 Tbsp. Sesame Oil	120	14	0	0	0	0
1 tsp. Crushed Red Pepper	12	0	0	0	0	0
2 tsp. Garlic	10	0	2	0	2	0
Salt and Pepper	2	0	0	0	0	0
Spring Onion (Garnish)	5	0	1	0	1	0
Totals	1499	108.7	35	15	20	92

DINNER RECIPES



London Broil Is Falling Down

INGREDIENTS

- 2 lbs. London Broil
- ½ Cup Chicken Broth
- ½ Cup Coffee
- ¼ Cup White Wine
- 2 Tbsp. Soy Sauce (or Coconut Aminos)
- 2 Tbsp. Reduced Sugar Ketchup (or Homemade Low Carb Ketchup)
- 1 Tbsp. Dijon Mustard
- 2 tsp. Minced Garlic
- 2 tsp. Onion Powder

PREPARATION

- Put london broil in slow cooker, then coat each side with 1 Tbsp. Soy Sauce, 1 Tbsp. Ketchup, ½ Tbsp. Dijon, and 1 tsp. Minced Garlic.
- Sprinkle 2 tsp. Onion Powder over whichever side is facing up.
- Pour liquids into the slow cooker and turn on high.
- Let this cook for 4-6 hours.
- With 2 forks, shred meat together with sauce.

Makes 4 servings. Each has:
Calories 409.3 - Fats 18.3g - Net Carbs 2.6g - Protein 47.3g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 lbs. London Broil	1520	72	0	0	0	184
½ Cup Chicken Broth	10	1	1	0	1	1
½ Cup Coffee	2	0	0	0	0	0
¼ Cup White Wine	48	0	1.4	0	1.4	0
2 Tbsp. Soy Sauce	20	0	0	0	0	4
2 Tbsp. RS Ketchup	10	0	2	0	2	0
1 Tbsp. Dijon Mustard	0	0	0	0	0	0
2 tsp. Minced Garlic	10	0	2	0	2	0
2 tsp. Onion Powder	17	0	4	0	4	0
Totals	1637	73	10.4	0	10.4	189

DINNER RECIPES



Low Carb Coconut Shrimp

- INGREDIENTS**
- Coconut Shrimp**
- ½ lb. Shrimp
 - 1 large Egg White
 - ½ cup Unsweetened Coconut Flakes
 - 1 Tbsp. Coconut Flour
- Sweet Chili Dipping Sauce**
- 2 Tbsp. Sugar Free Apricot Preserves
 - 1 tsp. Rice Wine Vinegar
 - 1 tsp. Lime Juice
 - 1 medium Red Chili
 - Pinch Red Pepper Flakes

PREPARATION

1. Preheat oven to 400F.
2. Prep all ingredients: Beat egg white to soft peaks, and set out coconut flakes and coconut flour in separate bowls.
3. Dip shrimp in coconut flour, then egg white mixture, then coconut flakes. Lay them flat onto a pre-greased baking sheet or silpat.
4. Cook shrimp for 15 minutes, flip and then broil for additional 3-5 minutes to ensure browning on both sides.
5. While shrimp is cooking, combine all ingredients for dipping sauce and mix well.

Makes 1 serving, which has:
Calories 565.0 - Fats 30.0g - Net Carbs 6.5g - Protein 54.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
½ lb. Shrimp	224.5	2.5	0	0	0	47.5
1 large Egg White	17	0	0	0	0	3.5
½ cup Unsweetened Coconut Flakes	293.5	26.5	10.5	5.5	5	2.5
1 Tbsp. Coconut Flour	30	1	4	2.5	1.5	1
Totals	565	30	14.5	8	6.5	54.5

DINNER RECIPES



Low Carb Moroccan Meatballs

- INGREDIENTS**
- 8 oz. Ground Lamb
 - 1½ tsp. Fresh mint
 - 1½ tsp. Fresh cilantro
 - 1 tsp. Fresh Thyme
 - ½ tsp. Minced Garlic
 - ½ tsp. Ground Coriander
 - ½ tsp. Kosher Salt
 - ½ tsp. Ground Cumin
 - ¼ tsp. Onion Powder
 - ¼ tsp. Allspice
 - ⅛ tsp. Paprika
 - ⅛ tsp. Oregano
 - ⅛ tsp. Curry Powder
 - ⅛ tsp. Black Pepper

PREPARATION

1. Preheat oven to 350F. Combine all of the ingredients for the meatballs and mix together thoroughly.
2. Form 7-8 meatballs and place on a foiled baking sheet.
3. Bake for 15-18 minutes or until the center is no longer pink.

Makes 1 serving, which has:
Calories 655.0 - Fats 53.0g - Net Carbs 1.5g - Protein 37.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
8 oz. Ground Lamb	638.5	53	0	0	0	37.5
1½ tsp. Fresh mint	1.5	0	0	0	0	0
1½ tsp. Fresh cilantro	1	0	0	0	0	0
1 tsp. Fresh Thyme	1	0	0	0	0	0
½ tsp. Minced Garlic	2.5	0	0.5	0	0.5	0
½ tsp. Ground Coriander	2.5	0	0.5	0.5	0	0
½ tsp. Kosher Salt	0	0	0	0	0	0
½ tsp. Ground Cumin	4	0	0.5	0	0.5	0
¼ tsp. Onion Powder	1	0	0.5	0	0.5	0
¼ tsp. Allspice	0.5	0	0	0	0	0
⅛ tsp. Paprika	0.5	0	0	0	0	0
⅛ tsp. Oregano	0.5	0	0	0	0	0
⅛ tsp. Curry Powder	1	0	0	0	0	0
⅛ tsp. Black Pepper	0.5	0	0	0	0	0
Totals	655	53	2	0.5	1.5	37.5

DINNER RECIPES



Marinated Pork Chops

INGREDIENTS
Pork Chops
3 Boneless Pork Chops
2 Tbsp. Olive Oil

Marinade
4 Tbsp. Soy Sauce
¼ Cup Sugar Free Maple Syrup
Juice from 1 lemon
2 tsp. Dijon Mustard
2 tsp. Garlic
1 tsp. Ginger
1 tsp. Red Pepper Flakes

PREPARATION

1. Add all ingredients together in a plastic bag.
2. Marinate ingredients together for at least 6 hours.
3. Bring 2 Tbsp. Olive Oil to medium heat in a cast iron skillet. Once hot, add pork chops to pan. Keep the sauce in the plastic bag and set aside.
4. Sear the pork chops off on one side by caramelizing one of the sides.
5. Flip the pork chops over and after 2 minutes, turn the heat down to low.
6. Add all of the marinade liquid to the pan and let reduce with the pork chops for 5-6 minutes.

Note: For Week 2, Day 1: Eat 2 pork chops for dinner.

Note: For Week 2, Day 6: Eat 1 pork chop for dinner.

Makes 2 servings. Each has:
Calories 261.0 - Fats 15.0g - Net Carbs 2.0g - Protein 25.4g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3 Boneless Pork Chops	420	12	0	0	0	69
4 Tbsp. Soy Sauce	40	0	0	0	0	8
¼ Cup Sugar Free Maple Syrup	49	5.5	0	0	0	0
Juice from 1 lemon	12	0	4	0	4	0
2 tsp. Dijon Mustard	8	0	0	0	0	0
2 tsp. Garlic	10	0	2	0	2	0
1 tsp. Ginger	2	0	0	0	0	0
1 tsp. Red Pepper Flakes	10	0	0	0	0	0
2 Tbsp. Olive Oil	240	28	0	0	0	0
Totals	791	45.5	6	0	6	77

DINNER RECIPES



Skirt Steak Fajita Filling

- INGREDIENTS**
- 1 small Onion
 - 1 medium Bell Pepper
 - 3 medium Jalapenos
 - 1 small Red Chili Pepper
 - 1½ lbs. Skirt Steak
 - 2 tsp. Cumin
 - ½ can Whole Tomatoes
 - 1 Tbsp. Apple Cider Vinegar
 - 3 Tbsp. Ketchup
 - 1 tsp. Liquid Smoke
 - 1 tsp. Minced Garlic
 - Salt & Pepper

PREPARATION

1. Remove silverskin from skirt steak if your butcher missed any. Chop all vegetables into bite-size pieces. De-seed jalapenos and red chili if you don't like much spice.
2. Add all ingredients to the crock pot in layers: a layer of vegetables, a layer of meat, and a top layer of vegetables.
3. Cook on low for 6-8 hours.

Makes 6 servings. Each has:
Calories 215.8 - Fats 9.2g - Net Carbs 4.8g - Protein 25.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 small Onion	29	0	7	1	6	1
1 medium Bell Pepper	24	0	6	2	4	1
3 medium Jalapenos	13	0	2	1	1	1
1 small Red Chili Pepper	12	0	3	1	2	1
1½ lbs. Skirt Steak	1080	54	0	0	0	144
2 tsp. Cumin	16	1	2	0	2	1
½ can Whole Tomatos	100	0	17	7	10	4
1 Tbsp. Apple Cider Vinegar	0	0	0	0	0	0
3 Tbsp. Ketchup	15	0	3	0	3	0
1 tsp. Liquid Smoke	0	0	0	0	0	0
1 tsp. Minced Garlic	5	0	1	0	1	0
Salt & Pepper	1	0	0	0	0	0
Totals	1295	55	41	12	29	153

DINNER RECIPES

Not Your Caveman's Chili

INGREDIENTS

- 1½ lbs. Stew Meat
- 1 Medium Onion
- 1 Medium Green Pepper
- 1 Cup Beef Broth
- ⅓ Cup Tomato Paste
- 2 Tbsp. Soy Sauce
- 2 Tbsp. Olive Oil
- 2 Tbsp. + 1 tsp. Chili Powder
- 1½ tsp. Cumin
- 2 tsp. Red Boat Fish Sauce
- 2 tsp. Minced Garlic
- 2 tsp. Paprika
- 1 tsp. Oregano
- 1 tsp. Cayenne Pepper
- 1 tsp. Worcestershire

PREPARATION

1. Cube half stew meat into small cubes, and process the other half in a food processor into ground beef.
2. Chop pepper and onion into small pieces.
3. Combine all spices together to make sauce.
4. Sautee cubed beef in a pan until browned, transfer to a slow cooker. Do the same with the ground beef.
5. Sautee vegetables in the remaining fat in the pan until onions are translucent.
6. Add everything to the slow cooker and mix together. Optional: If you like a more watery chili, add ½ Cup Coffee.
7. Simmer for 2½ hours on high, then simmer for 20-30 minutes without the top.

Makes 3 servings. Each has:
Calories 437.3 - Fats 20.3g - Net Carbs 7.0g - Protein 53.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1½ lbs. Stew Meat	840	30	0	0	0	144
1 Medium Onion	16	0	4	1	3	0
1 Medium Green Pepper	24	0	6	2	4	1
1 Cup Beef Broth	25	1	0	0	0	4
⅓ Cup 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
1½ tsp. Cumin	12	0	1	0	1	0
2 tsp. Red Boat Fish Sauce	9	0	0	0	0	2
2 tsp. Minced Garlic	10	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. Cayenne Pepper	3	0	0	0	0	0
1 tsp. Worcestershire	5	0	1	0	1	0
Totals	1312	61	34	13	21	159

DINNER RECIPES



Pork Tenderloin Roulade

- INGREDIENTS**
- 1 lb. Pork Tenderloin
 - 3 Tbsp. + 1 tsp. Olive Oil
 - 2 tsp. + 1 tsp. Minced Garlic
 - 5 slices Prosciutto
 - 6-7 cups Spinach
 - 5 oz. Cream Cheese
 - ¼ tsp. Mrs. Dash Table Blend
 - Salt and Pepper to taste

PREPARATION

1. Preheat oven to 450F. Butterfly the pork tenderloin by cutting 1 or 2 strips through the meat of the pork.
2. Put plastic wrap over pork and pound out the meat to ½ inch thickness using the smooth side of the meat hammer. Season with salt and pepper and pound lightly with spiked side of meat hammer.
3. Add olive oil to the pan & bring to high heat. Add garlic & let cook for 30-60 seconds, then add spinach & saute until wilted.
4. Lay slices of prosciutto over pork tenderloin to cover entire surface. Then pour spinach over the pork tenderloin. Make sure all the oil gets in there too.
5. Rip pieces of cream cheese off and lay them on the pork.
6. Roll the pork up and use toothpicks to secure the end. You can also use butchers string to do this.
7. Add seasonings to outside of pork (I used pepper, Mrs. Dash, and minced garlic).
8. Bake for 20 minutes at 450F & then reduce heat to 325F & cook for 60-75 minutes until internal temperature reads 145F.

Makes 4 servings. Each has:
Calories 507.8 - Fats 33.3g - Net Carbs 2.8g - Protein 37.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 lb. Pork Tenderloin	832	32	0	0	0	112
3 Tbsp. + 1 tsp. Olive Oil	400	47	0	0	0	0
2 tsp. + 1 tsp. Minced Garlic	15	0	3	0	3	0
5 slices Prosciutto	240	18	0	0	0	21
6-7 cups Spinach	41	1	7	4	3	5
5 oz. Cream Cheese	500	35	5	0	5	10
¼ tsp. Mrs. Dash Table Blend	1	0	0	0	0	0
Salt and Pepper to taste	2	0	0	0	0	0
Totals	2031	133	15	4	11	148

DINNER RECIPES



Shrimp & Cauliflower Curry

INGREDIENTS

- 24 Oz. Shrimp
5 Cups Raw Spinach
4 Cups Chicken Stock
1 Medium Onion
½ Head Medium Cauliflower
1 Cup Coconut Milk
¼ Cup Butter
¼ Cup Heavy Cream
3 Tbsp. Olive Oil
2 Tbsp. Curry Powder
1 Tbsp. Coconut Flour
1 Tbsp. Cumin
2 tsp. Garlic Powder

1 tsp. Chili Powder
1 tsp. Onion powder
1 tsp. Cayenne
1 tsp. Paprika
½ tsp. Ginger (ground, dried)
½ tsp. Coriander
½ tsp. Turmeric
½ tsp. Pepper
¼ tsp. Cardamom
¼ tsp. Cinnamon
¼ tsp. Xanthan Gum
Salt & Pepper to taste

PREPARATION

- Mix all spices (except xanthan), set aside.
- Cut 1 medium onion into slices.
- Bring 3 Tbsp. olive oil to hot heat in a pan. Add onion and cook until soft.
- Add butter, heavy cream ¼ tsp. xanthan and spices, stir it in so it's all mixed well.
- After about 1-2 mins of the spices sweating, add 4 cups chicken broth, and 1 cup coconut milk. Stir well and cover.
- Cook for 30 mins, with lid on. Chop cauliflower into small florets then add to curry. Cook for another 15 minutes, covered.
- Deshell and devein shrimp, then add them to the curry. Cook for an additional 20 minutes with the lid off.
- Measure out coconut flour and ¼ tsp. xanthan gum and stir well into curry. Let cook for 5 minutes.
- After 5 minutes, add spinach and mix it in well. Cook for an addition 5-10 minutes with the lid off.

Makes 4 servings. Each has:
Calories 496.0 - Fats 29.3g - Net Carbs 8.4g - Protein 41.1g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
24 oz. Shrimp	640	0	0	0	0	144
5 cups Raw Spinach	35	1	5	3	2	4
4 cups Chicken Stock	25	0	0	0	0	5
1 medium Onion	46	0	11	2	9	1
½ head Medium Cauliflower	73	1	14.5	6	8.5	5.5
1 cup Coconut Milk	45	5	2	1	1	0
¼ cup Butter	400	44	0	0	0	0
¼ cup Heavy Cream	200	20	2	0	0	0
3 Tbsp. Olive Oil	360	42	0	0	0	0
2 Tbsp. Curry Powder	41	2	7	4	3	2
1 Tbsp. Coconut Flour	30	1	4	3	1	1
1 Tbsp. Cumin	24	1	3	1	2	1
2 tsp. Garlic Powder	19	0	4	1	3	1
1 tsp. Chili Powder	8	0	1	1	0	0
1 tsp. Onion powder	8	0	2	0	2	0
1 tsp. Cayenne	6	0	1	0	1	0
1 tsp. Paprika	6	0	1	1	0	0
½ tsp. Ground Ginger	6	0	1	0	1	0
½ tsp. Coriander	1	0	0	0	0	0
½ tsp. Turmeric	4	0	0	0	0	0
¼ tsp. Cardamom	2	0	0	0	0	0
¼ tsp. Cinnamon	2	0	0	0	0	0
¼ tsp. Xanthan Gum	3	0	1	1	0	0
Totals	1984	117	59.5	24	33.5	164.5

DINNER RECIPES



Shrimp Alfredo

INGREDIENTS

1 large Egg
 1¼ oz. Cream Cheese
 1 Tbsp. + 1 tsp. Psyllium Husk Powder

Shrimp Alfredo Sauce

4 tsp. Olive Oil
 3 sprigs Fresh Thyme
 ½ tsp. Minced Garlic
 3 oz. Pre-cooked Shrimp, deveined & deshelled
 1 Tbsp. Butter
 2 Tbsp. Parmesan Cheese
 2 Tbsp. White Wine
 4 Tbsp. Heavy Cream

PREPARATION

1. Bring cream cheese and eggs to room temperature. Preheat oven to 300F.
2. Mix together egg, cream cheese, and psyllium husk until a dough forms.
3. Between 2 pieces of parchment paper, roll the dough out to the size of a cookie sheet. The dough should be just under ⅛" thick.
4. Bake dough for 10 minutes, with the parchment paper on the top and bottom of it. Once done, remove parchment from the top and let cool.
5. Once completely cool, roll the dough tightly into a large log and use a sharp knife to cut thin strips.
6. Sauté garlic and thyme in olive oil until slightly browned.
7. Add shrimp and butter to olive oil and cook shrimp until butter is slightly browned.
8. Add parmesan, 2 Tbsp. heavy cream, and white wine. Let this reduce on low while you cook the pasta.
9. In a separate pan, add 2 tsp. Olive Oil & bring to medium-high heat. Once hot, sauté pasta until slightly crisp on the outside.
10. Reduce heat on pasta to low, add shrimp and sauce, and mix together.
11. Add additional 2 Tbsp. heavy cream and mix well until it reduces slightly.

Makes 1 serving, which has:
 Calories 851.3 - Fats 67.8g - Net Carbs 6.4g - Protein 31.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Keto-fied Pasta						
1 large Egg	70	6	0.6	0	0.6	7
1¼ oz. Cream Cheese	125	8.8	1.3	0	1.3	2.5
1 Tbsp. + 1 tsp. Psyllium Husk Powder	45.3	0	10.8	9.3	1.5	0
Totals	240.3	14.8	12.6	9.3	3.4	9.5
Shrimp Alfredo Sauce						
4 tsp. Olive Oil	160	18	0	0	0	0
3 sprigs Fresh Thyme	2	0	0	0	0	0
½ tsp. Minced Garlic	3	0	1	0	1	0
3 oz. Shrimp	84	1	0	0	0	18
1 Tbsp. Butter	100	11	0	0	0	0
2 Tbsp. Parmesan Cheese	42	3	0	0	0	4
2 Tbsp. White Wine	20	0	0	0	0	0
4 Tbsp. Cream	200	20	2	0	2	0
Totals	611	53	3	0	3	22

DINNER RECIPES



Teriyaki Meatballs

INGREDIENTS

Meatballs

- 1 lb. Ground Chicken
- 1 tsp. Garlic
- 3 stalks Spring Onion
- 1 tsp. Pepper
- 1 tsp. Sesame Seeds
- 1 Tbsp. Soy Sauce
- ¼ cup Parmesan Cheese
- ½ tsp. Red Pepper Flakes

Sauce

- Juice of 1 Lemon
- 3 Tbsp. Sugar Free Ketchup
- 1 Tbsp. Sugar Free Maple Syrup
- 1½ Tbsp. Erythritol
- 2 Tbsp. Rice Wine Vinegar
- 4 Tbsp. Soy Sauce
- 1 Tbsp. Sesame Oil
- 1 Tbsp. Garlic
- 1 Tbsp. Ginger

PREPARATION

1. Chop spring onions into thin slices.
2. Combine all meatball ingredients using hands in large mixing bowl.
3. Mix all sauce ingredients together.
4. Roll meat mixture into balls and set at the bottom of a slow cooker.
5. Pour sauce over meatballs, coating liberally. Let cook for 6 hours on low, until meatballs are tender.
6. Turn to high and remove lid. Cook for an additional 15-30 minutes to reduce sauce.

Makes 3 servings. Each has:
Calories 361.3 - Fats 19.2g - Net Carbs 5.3g - Protein 35.7g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 lb. Ground Chicken	720	36	0	0	0	88
1 Tbsp. + 1 tsp. Garlic	20	0	4	0	4	0
3 stalks Spring Onion	15	0	3	1	2	1
1 tsp. Pepper	3	0	0	0	0	0
1 tsp. Sesame Seeds	17	1	0	0	0	0
5 Tbsp. Soy Sauce	50	0	0	0	0	10
¼ cup Parmesan Cheese	83	5	1	0	1	8
½ tsp. Red Pepper Flakes	5	0	0	0	0	0
Juice of 1 Lemon	12	0	4	0	4	0
3 Tbsp. Reduced Sugar Ketchup	15	0	3	0	3	0
1 Tbsp. Sugar Free Maple Syrup	12	1.5	0	0	0	0
2 Tbsp. Rice Wine Vinegar	0	0	0	0	0	0
1 Tbsp. Sesame Oil	120	14	0	0	0	0
1 Tbsp. Grated Ginger	12	0	2	0	2	0
Totals	1084	57.5	17	1	16	107

DINNER RECIPES



Tex Mex Casserole

INGREDIENTS

Casserole Ingredients

- 10 oz. Lean Ground Beef
- 1 large Egg
- ¾ tsp. Ground Cumin
- ¼ tsp. Garlic Powder
- 1 tsp. Dried Oregano
- ¾ tsp. Salt
- ¼ tsp. Black Pepper

Food Processor Ingredients

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

Topping

- 2 oz. Shredded Cheddar Cheese

PREPARATION

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

Makes 2 servings. Each has:
Calories 525.8 - Fats 41.3g - Net Carbs 2.0g - Protein 35.5g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
10 oz. Lean Ground Beef	725	58	0	0	0	50
1 large Egg	70	6	0	0	0	7
¾ tsp. Ground Cumin	6	0	0.5	0	0.5	0
¼ tsp. Garlic Powder	2.5	0	0.5	0	0.5	0
1 tsp. Dried Oregano	3	0	0.5	0.5	0	0
¾ tsp. Salt	0	0	0	0	0	0
¼ tsp. Black Pepper	0.5	0	0	0	0	0
¼ whole Red Pepper	6	0	1.5	0.5	1	0
1½ stalks Green Onion	7.5	0	1.5	0	1.5	0
½ whole Jalapeno	2	0	0	0	0	0
2 Tbsp. packed fresh Cilantro	1.5	0	0	0	0	0
2 oz. Shredded Cheddar Cheese	227.5	18.5	0.5	0	0.5	14
Totals	1051.5	82.5	5	1	4	71

DESSERT RECIPES



**Almond Butter
Chia Squares**



**Coconut Caramel
Macaroons**



Peanut Butter Jelly Bars



Churro Mug Cake

SIDES & SNACKS RECIPES



Almond Butter Chia Squares

INGREDIENTS

- ¼ cup Almonds
- 2 tsp. Coconut Oil
- 1 Tbsp. Butter
- 2 Tbsp. Heavy Cream
- ¾ tsp. Vanilla Extract
- ¼ cup Shredded Coconut
- 2 Tbsp. Chia Seeds
- ¼ cup Coconut Cream
- 1 Tbsp. Coconut Flour
- 2 Tbsp. Erythritol
- 10 drops Liquid Stevia

PREPARATION

1. Toast almonds in a pan over medium-low heat until aromatic.
2. Grind toasted almonds in food processor until a mealy substance is formed. Add 1 tsp. coconut oil and 1 Tbsp. erythritol and continue mixing until almond butter is formed.
3. Heat butter in a pan until browned, then add heavy cream, stevia, 1 Tbsp. erythritol, and vanilla. Mix together until a bubbly mixture is formed. Add almond butter to mixture and stir.
4. While the almond butter mixutre is cooking, grind chia seeds in a spice grinder. Put chia seeds and coconut flakes in a pan to toast for a few minutes.
5. Combine everything together and add coconut cream (put it in the pan for a moment to melt it), 1 tsp. coconut oil, and coconut flour. Mix well and pack into a square dish.
6. Refrigerate for at least 1 hour. Chop into small squares and refrigerate again for a few hours.

Makes 4 servings. Each has:
Calories 209.5 - Fats 19.4g - Net Carbs 2.4g - Protein 4.3g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
¼ cup Almonds	206.5	18	7	4	3	7.5
2 tsp. Coconut Oil	80.0	9.5	0	0	0	0
1 Tbsp. Butter	100	11	0	0	0	0
2 Tbsp. Heavy Cream	100	10	1	0	1	0
¾ tsp. Vanilla Extract	3	0	0	0	0	0
¼ cup Shredded Coconut	71	7	3	2	1	1
2 Tbsp. Chia Seeds	120	9	10	10	0	6
¼ cup Coconut Cream	127.5	12	3	0	3	1.5
1 Tbsp. Coconut Flour	30	1	4	2.5	1.5	1
2 Tbsp. Erythritol	0	0	0	0.0	0.0	0
10 drops Liquid Stevia	0	0	0	0.0	0.0	0
Totals	838	77.5	28	18.5	9.5	17

SIDES & SNACKS RECIPES



Coconut Caramel Macaroons

INGREDIENTS

- ¼ cup Honeyville Almond Flour
- ½ cup Unsweetened Coconut
- 1 Tbsp. + 1 tsp. Coconut Oil
- 1 Tbsp. Butter
- 2 tsp. Heavy Cream
- ½ tsp. Vanilla Extract
- ½ tsp. Maple Extract
- 1 Tbsp. Erythritol
- 4 drop Liquid Stevia

PREPARATION

- Heat butter in a small pan under low heat. Stir this until it becomes completely browned.
- Stir in the heavy cream, erythritol, and maple extract and stir until fully combined.
- Set aside and let cool.
- Preheat oven to 200F.
- Add all other ingredients to a bowl, mix well, and then add caramel sauce on top of ingredients.
- Mix everything together until a dough is formed.
- To form each macaroon, gently pack dough into a rounded “measuring” tablespoon and tap against hand to dislodge.
- Lay all macaroons on a silpat and sprinkle a small amount of shredded coconut on top.
- Bake for 50 minutes, or until slightly golden brown on top.

Makes 1 serving, which has:
Calories 598.7 - Fats 60.7g - Net Carbs 5.6g - Protein 7.7g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
¼ cup Honeyville Almond Flour	160	14	6	3	3	6
½ cup Unsweetened Coconut	141.7	13.7	6	3.7	2.3	1.7
1 Tbsp. + 1 tsp. Coconut Oil	160	18.7	0	0	0	0
1 Tbsp. Butter	100	11	0	0	0	0
2 tsp. Heavy Cream	33.3	3.3	0.3	0	0.3	0
½ tsp. Vanilla Extract	2	0	0	0	0	0
½ tsp. Maple Extract	1.7	0	0	0	0	0
1 Tbsp. Erythritol	0	0	0	0	0	0
4 drop Liquid Stevia	0	0	0	0	0	0
Totals	598.7	60.7	12.3	6.7	5.6	7.7

SIDES & SNACKS RECIPES



Peanut Butter Jelly Bars

INGREDIENTS

- 1½ cup Almond Flour
- 4 Tbsp. Erythritol
- ¼ tsp. Stevia
- 1 tsp. Baking Powder
- 1 large Egg
- ¼ cup Peanut Butter
- ¼ cup Cashew Butter
- ¼ cup Butter
- 1 tsp. Vanilla Extract

Caramel Blackberry Jam

- ¼ cup Butter
- ¼ cup Blackberry Preserves
- 3 Tbsp. Heavy Cream
- 1 Tbsp. Erythritol

PREPARATION

1. Preheat oven to 325F.
2. Mix together all base ingredients in a large mixing bowl.
3. Press ⅔ of the dough into an 11x8 baking pan lined with parchment paper. Bake for 10 minutes.
4. While first portion of dough is cooking, create the jam. In a pan, add ¼ cup butter on low heat.
5. Cook butter until it is browned. Once browned, add heavy cream, erythritol, and blackberry preserves.
6. Stir constantly until everything is combined well and sticky jam is formed.
7. Take dough out of oven and spread jam over the top of the bar.
8. Crumble the rest of the dough on top of the jam and return to oven. Bake for an additional 18-20 minutes.

Makes 6 servings. Each has:
Calories 467.7 - Fats 43.2g - Net Carbs 8.8g - Protein 10.8g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1½ cup Almond Flour	960	84	36	18	18	36
1 tsp. Baking Powder	2	0	1.3	0	1.3	0
1 large Egg	70	6	0.6	0	0.6	7
¼ cup Peanut Butter	380	32	10	4	6	14
¼ cup Cashew Butter	400	34	20	2	18	8
½ cup Butter	800	88	0	0	0	0
1 tsp Vanilla Extract	4	0	0	0	0	0
¼ cup Blackberry Preserves	40	0	20	12	8	0
3 Tbsp. Heavy Cream	150	15	1	0	1	0
5 Tbsp. Erythritol	0	0	0	0	0	0
¼ tsp. Liquid Stevia	0	0	0	0	0	0
Totals	2806	259	88.9	36	52.9	65

SIDES & SNACKS RECIPES



Churro Mug Cake

INGREDIENTS

- 1 Egg
- 2 Tbsp. Butter
- 4 Tbsp. Almond Flour
- ½ tsp. Baking Powder
- ¼ tsp. Cinnamon
- ¼ tsp. Nutmeg
- ¼ tsp. Vanilla
- ⅛ tsp. Ginger
- ⅛ tsp. Allspice
- 1 Tbsp. Erythritol
- 7 drops Liquid Stevia

PREPARATION

1. Mix all room temperature ingredients together in a mug.
2. Microwave on high for 60 seconds.
3. Turn cup upside down and lightly tap to dislodge the cake inside.

Makes 1 serving, which has:
Calories 437.0 - Fats 42.0g - Net Carbs 4.0g - Protein 12.0g

NUTRITIONAL INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 Egg	70	6	0.5	0	0.5	6
2 Tbsp. Butter	200	22	0	0	0	0
4 Tbsp. Almond Flour	160	14	6	3	3	6
½ tsp. Baking Powder	1	0	0.5	0	0.5	0
¼ tsp. Cinnamon	1	0	0	0	0	0
¼ tsp. Nutmeg	1	0	0	0	0	0
¼ tsp. Vanilla	2	0	0	0	0	0
⅛ tsp. Ginger	1	0	0	0	0	0
⅛ tsp. Allspice	1	0	0	0	0	0
1 Tbsp. Erythritol	0	0	0	0	0	0
7 drops Liquid Stevia	0	0	0	0	0	0
Totals	437	42	7	3	4	12

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