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(2 Week)
14 Day Low Carb
Diet Weight Loss
Meal Plan

WEEK 1

THIS WEEK AT A GLANCE

| | BREAKFAST | LUNCH | DINNER | TOTAL MACROS |
|------------------|---|--|--|---|
| <u>SUNDAY</u> | Chorizo Breakfast Bake | Sesame Pork Lettuce Wraps | Avocado Lime Salmon | Calories: 1,520 Fat: 109g Protein: 110g Net Carbs: 16g |
| <u>MONDAY</u> | Leftover Chorizo Breakfast Bake with 3 Slices Thick-Cut Bacon | Spiced Pumpkin Soup | Leftover Avocado Lime Salmon | Calories: 1,570 Fat: 124g Protein: 92g Net Carbs: 16g |
| <u>TUESDAY</u> | Baked Eggs in Avocado | Easy Beef Curry | Rosemary Roasted Chicken and Veggies | Calories: 1,700 Fat: 128.5g Protein: 103g Net Carbs: 22g |
| <u>WEDNESDAY</u> | Lemon Poppy Ricotta Pancakes with 3 Slices Thick-Cut Bacon | Leftover Spiced Pumpkin Soup with ½ Medium Avocado | Leftover Rosemary Roasted Chicken and Veggies | Calories: 1,665 Fat: 130g Protein: 95.5g Net Carbs: 23.5g |
| <u>THURSDAY</u> | Leftover Lemon Poppy Ricotta Pancakes with 3 Slices Thick-Cut Bacon | Leftover Spiced Pumpkin Soup | Cheesy Sausage Mushroom Skillet with 1 Slice Thick-Cut Bacon | Calories: 1,650 Fat: 126g Protein: 100.5g Net Carbs: 22.5g |
| <u>FRIDAY</u> | Sweet Blueberry Coconut Porridge with 1 Slice Thick-Cut Bacon | Leftover Easy Beef Curry | Leftover Cheesy Sausage Mushroom Skillet | Calories: 1,670 Fat: 112g Protein: 100g Net Carbs: 33.5g |
| <u>SATURDAY</u> | Leftover Sweet Blueberry Coconut Porridge | Leftover Easy Beef Curry | Lamb Chops with Rosemary and Garlic | Calories: 1,625 Fat: 108g Protein: 110.5g Net Carbs: 27g |

SHOPPING LIST

PROTEIN

- ☐ Bacon, thick-cut - 17 slices
- ☐ Beef chuck – 1 pound
- ☐ Chicken thighs, deboned - 4
- ☐ Chorizo sausage – 4 ounces
- ☐ Eggs – 7 large
- ☐ Lamb chops, bone-in – 2 (about 6 ounces meat)
- ☐ Pork, ground – 6 ounces
- ☐ Sausage, Italian – 6 ounces

DAIRY

- ☐ Almond milk, unsweetened – 1 cup
- ☐ Butter - 1 pound
- ☐ Cheddar cheese, shredded – 2 tablespoons
- ☐ Heavy cream – 5 tablespoons
- ☐ Mozzarella cheese, shredded – ½ cup
- ☐ Ricotta cheese, whole-milk – 6 ounces

PRODUCE

- ☐ Asparagus – ¼ pound
- ☐ Avocado – 2 medium
- ☐ Bell pepper, green – small
- ☐ Bell pepper, red – 1 medium
- ☐ Blueberries – 60g
- ☐ Butter lettuce – 4 leaves
- ☐ Carrots – 2 small
- ☐ Celery – 1 stalk
- ☐ Cilantro – 1 bunch
- ☐ Garlic – 1 head
- ☐ Ginger – 1 piece
- ☐ Lemon – 1 large

- ☐ Lime – 1
- ☐ Mushrooms, sliced – 4 ounces
- ☐ Onion, yellow – 2 small, 2 medium
- ☐ Parsnip – 1 small
- ☐ Rosemary – 1 bunch
- ☐ Zucchini – 1 small
- ☐ Soy sauce

PANTRY ITEMS

- ☐ Almond flour – ¼ cup
- ☐ Baking powder
- ☐ Balsamic vinegar
- ☐ Chicken broth – 1 cup
- ☐ Coconut flour – ¼ cup
- ☐ Coconut milk, canned – 1 can
- ☐ Coconut oil
- ☐ Curry powder
- ☐ Dried oregano
- ☐ Dried thyme
- ☐ Egg white protein powder
- ☐ Garlic powder
- ☐ Ground cinnamon
- ☐ Ground flaxseed – ¼ cup
- ☐ Ground nutmeg
- ☐ Liquid stevia
- ☐ Marinara sauce – ¼ cup
- ☐ Olive oil
- ☐ Onion powder
- ☐ Pepper
- ☐ Poppy seeds – 1 tablespoon
- ☐ Powdered erythritol
- ☐ Pumpkin puree – ½ cup
- ☐ Salt
- ☐ Sesame oil
- ☐ Sesame seeds – 1 tablespoon
- ☐ Shaved coconut – ¼ cup

CHORIZO BREAKFAST BAKE

Calories: 450 Fat: 36 g Protein: 25 g Total Carbs: 5.5 g Fiber: 1 g Net Carbs: 4.5 g

Prep Time: 10 minutes

Cook Time: 12 minutes

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup diced red pepper
- ½ cup diced yellow onion
- 4 ounces chorizo sausage
- 2 large eggs
- Salt and pepper
- 2 slices thick-cut bacon, cooked

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease a two ramekins.
2. Heat the oil in a skillet over medium-high heat.
3. Add the peppers and onions and cook for 4 to 5 minutes until browned.
4. Divide the vegetable mixture between the two ramekins.
5. Chop the chorizo and divide between the ramekins.
6. Crack an egg into each ramekin and season with salt and pepper to taste.
7. Bake for 10 to 12 minutes until the egg is set to the desired level.
8. Crumble the bacon over top and serve hot. Makes 2 servings.

BAKED EGGS IN AVOCADO

Calories: 610 Fat: 54 g Protein: 20 g Total Carbs: 18 g Fiber: 13.5 g Net Carbs: 4.5 g

Prep Time: 5 minutes

Cook Time: 15 minutes

INGREDIENTS

- o 1 medium avocado
- o 2 tablespoons lime juice
- o 2 large eggs
- o Salt and pepper
- o 2 tablespoons shredded cheddar cheese

INSTRUCTIONS

1. Preheat the oven to 450°F and cut the avocado in half.
2. Scoop out some of the flesh from the middle of each avocado half.
3. Place the avocado halves upright in a baking dish and brush with lime juice.
4. Crack an egg into each and season with salt and pepper.
5. Bake for 10 minutes then sprinkle with cheese.
6. Let the eggs bake for another 2 to 3 minutes until the cheese is melted. Serve hot.

LEMON POPPY RICOTTA PANCAKES

Calories: 370 Fat: 26 g Protein: 29.5 g Total Carbs: 6.5 g Fiber: 1 g Net Carbs: 5.5 g

Prep Time: 10 minutes

Cook Time: 20 minutes

INGREDIENTS

- o 1 large lemon, juiced and zested
- o 6 ounces whole milk ricotta
- o 3 large eggs
- o 10 to 12 drops liquid stevia
- o ¼ cup almond flour
- o 1 scoop egg white protein powder
- o 1 tablespoon poppy seeds
- o ¾ teaspoons baking powder
- o ¼ cup powdered erythritol
- o 1 tablespoon heavy cream

INSTRUCTIONS

1. Combine the ricotta, eggs, and liquid stevia in a food processor with half the lemon juice and the lemon zest – blend well then pour into a bowl.
2. Whisk in the almond flour, protein powder, poppy seeds, baking powder, and a pinch of salt.
3. Heat a large nonstick pan over medium heat.
4. Spoon the batter into the pan, using about ¼ cup per pancake.
5. Cook the pancakes until bubbles form in the surface of the batter then flip them.
6. Let the pancakes cook until the bottom is browned then remove to a plate.
7. Repeat with the remaining batter.
8. Whisk together the heavy cream, powdered erythritol, and reserved lemon juice and zest.
9. Serve the pancakes hot drizzled with the lemon glaze. Makes 2 servings.

SWEET BLUEBERRY COCONUT PORRIDGE

Calories: 390 Fat: 22 g Protein: 10 g Total Carbs: 37 g Fiber: 22 g Net Carbs: 15 g

Prep Time: 5 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 cup unsweetened almond milk
- ¼ cup canned coconut milk
- ¼ cup coconut flour ○
- ¼ cup ground flaxseed
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg ○
- Pinch salt
- 60 grams fresh blueberries
- ¼ cup shaved coconut

INSTRUCTIONS

1. Warm the almond milk and coconut milk in a saucepan over low heat.
2. Whisk in the coconut flour, flaxseed, cinnamon, nutmeg, and salt.
3. Turn up the heat and cook until the mixture bubbles.
4. Stir in the sweetener and vanilla extract then cook until thickened to the desired level.
5. Spoon into two bowls and top with blueberries and shaved coconut. Makes 2 servings.

SESAME PORK LETTUCE WRAPS

Calories: 500 Fat: 29 g Protein: 49 g Total Carbs: 10.5 g Fiber: 3 g Net Carbs: 7.5 g

Prep Time: 10 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 tablespoon olive oil
- ¼ cup diced yellow onion
- ¼ cup diced green pepper
- 2 tablespoons diced celery
- 6 ounces ground pork
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 4 leaves butter lettuce, separated
- 1 tablespoon toasted sesame seeds

INSTRUCTIONS

1. Heat the oil in a skillet over medium heat.
2. Add the onions, peppers, and celery and sauté for 5 minutes until tender.
3. Stir in the pork and cook until just browned.
4. Add the onion powder and garlic powder then stir in the soy sauce and sesame oil.
5. Season with salt and pepper to taste then remove from heat.
6. Place the lettuce leaves on a plate and spoon the pork mixture evenly into them.
7. Sprinkle with sesame seeds to serve.

SPICED PUMPKIN SOUP

Calories: 250 Fat: 20 g Protein: 10 g Total Carbs: 8 g Fiber: 2 g Net Carbs: 6 g

Prep Time: 15 minutes

Cook Time: 40 minutes

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 small yellow onion, chopped
- 2 cloves minced garlic
- 1 teaspoon minced ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Salt and pepper to taste
- ½ cup pumpkin puree
- 1 cup chicken broth
- 3 slices thick-cut bacon
- ¼ cup heavy cream

INSTRUCTIONS

1. Melt the butter in a large saucepan over medium heat.
2. Add the onions, garlic and ginger and cook for 3 to 4 minutes until the onions are translucent.
3. Stir in the spices and cook for 1 minute until fragrant. Season with salt and pepper.
4. Add the pumpkin puree and chicken broth then bring to a boil.
5. Reduce heat and simmer for 20 minutes then remove from heat.
6. Puree the soup using an immersion blender then return to heat and simmer for 20 minutes.
7. Cook the bacon in a skillet until crisp then remove to paper towels to drain.
8. Add the bacon fat to the soup along with the heavy cream. Crumbled the bacon over top to serve. Makes 3 servings.

EASY BEEF CURRY

Calories: 550 Fat: 34 g Protein: 50 g Total Carbs: 14 g Fiber: 5 g Net Carbs: 9 g

Prep Time: 20 minutes

Cook Time: 40 minutes

INGREDIENTS

- 1 medium yellow onion, chopped
- 1 tablespoon minced garlic
- 1 tablespoon grated ginger
- 1 ¼ cups canned coconut milk
- 1 pound beef chuck, chopped
- 2 tablespoons curry powder
- 1 teaspoon salt
- ½ cup fresh chopped cilantro

INSTRUCTIONS

1. Combine the onion, garlic and ginger in a food processor and blend into a paste.
2. Transfer the paste to a saucepan and cook for 3 minutes on medium heat.
3. Stir in the coconut milk then simmer gently for 10 minutes.
4. Add the chopped beef along with the curry powder and salt.
5. Stir well then simmer, covered, for 20 minutes.
6. Remove the lid and simmer for another 20 minutes until the beef is cooked through.
7. Adjust seasoning to taste and garnish with fresh chopped cilantro. Makes 3 servings.

AVOCADO LIME SALMON

Calories: 570 Fat: 44 g Protein: 36 g Total Carbs: 12g Fiber: 8 g Net Carbs: 4 g

Prep Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

- 100 grams chopped cauliflower
- 1 large avocado
- 1 tablespoon fresh lime juice
- 2 tablespoons diced red onion
- 2 tablespoons olive oil
- 2 (6-ounce) boneless salmon fillets
- Salt and pepper

INSTRUCTIONS

1. Place the cauliflower in a food processor and pulse into rice-like grains.
2. Grease a skillet with cooking spray and heat over medium heat.
3. Add the cauliflower rice and cook, covered, for 8 minutes until tender. Set aside.
4. Combine the avocado, lime juice and red onion in a food processor and blend smooth.
5. Heat the oil in a large skillet over medium-high heat.
6. Season the salmon with salt and pepper then add to the skillet skin-side down.
7. Cook for 4 to 5 minutes until seared then flip and cook for another 4 to 5 minutes.
8. Serve the salmon over a bed of cauliflower rice topped with the avocado cream. Makes 2 servings.

ROSEMARY ROASTED CHICKEN AND VEGGIES

Calories: 540 Fat: 40.5 g Protein: 33 g Total Carbs: 12 g Fiber: 3.5 g Net Carbs: 8.5 g

Prep Time: 15 minutes

Cook Time: 35 minutes

INGREDIENTS

- 4 deboned chicken thighs
- Salt and pepper
- 1 small zucchini, sliced
- 2 small carrots, peeled and sliced
- 1 small parsnip, peeled and sliced
- 2 cloves garlic, sliced
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 2 teaspoons fresh chopped rosemary

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease a small rimmed baking sheet with cooking spray.
2. Place the chicken thighs on the baking sheet and season with salt and pepper.
3. Arrange the veggies around the chicken then sprinkle with sliced garlic.
4. Whisk together the remaining ingredients then drizzle over the chicken and veggies.
5. Bake for 30 minutes then broil for 3 to 5 minutes until the skins are crisp. Makes 2 servings.

CHEESY SAUSAGE AND MUSHROOM SKILLET

Calories: 630 Fat: 48 g Protein: 33 g Total Carbs: 11 g Fiber: 2 g Net Carbs: 9 g

Prep Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 tablespoon coconut oil
- 6 ounces Italian sausage, crumbled
- 4 ounces sliced mushrooms
- 1 small yellow onion, chopped
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- Salt and pepper
- ¼ cup marinara sauce
- ¼ cup water
- ½ cup shredded mozzarella cheese

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Heat the oil in large cast-iron skillet over medium heat until smoking.
3. Add the sausages and cook until browned and almost cooked through.
4. Remove the sausages to a cutting board and let cool for a few minutes.
5. Add the mushroom and onion to the skillet and cook for 3 to 4 minutes until browned.
6. Slice the sausages and add them back to the skillet.
7. Stir in the oregano, thyme, salt and pepper.
8. Pour in the sauce and water then stir well. Transfer the skillet to the oven and cook for 10 minutes.
9. Sprinkle with mozzarella then cook another 5 minutes until melted. Makes 2 servings.

LAMB CHOPS WITH ROSEMARY AND GARLIC

Calories: 685 Fat: 52 g Protein: 50.5 g Total Carbs: 6 g Fiber: 3 g Net Carbs: 3 g

Prep Time: 35 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 tablespoon coconut oil, melted
- 1 teaspoon fresh chopped rosemary
- 1 clove garlic, minced
- 2 bone-in lamb chops (about 6 ounces meat)
- 1 tablespoon butter
- Salt and pepper
- ¼ pound fresh asparagus, trimmed
- 1 tablespoon olive oil

INSTRUCTIONS

1. Combine the coconut oil, rosemary, and garlic in a shallow dish.
2. Add the lamb chops then turn to coat – let marinate in the fridge overnight.
3. Let the lamb rest at room temperature for 30 minutes.
4. Heat the butter in a large skillet over medium-high heat.
5. Add the lamb chops and cook for 6 minutes then season with salt and pepper.
6. Turn the chops and cook for another 6 minutes or until cooked to the desired level.
7. Let the lamb chops rest for 5 minutes before serving.
8. Meanwhile, toss the asparagus with olive oil, salt and pepper then spread on a baking sheet.
9. Broil for 6 to 8 minutes until charred, shaking occasionally. Serve hot with the lamb chops.

WEEK 2

THIS WEEK AT A GLANCE

| | BREAKFAST | LUNCH | DINNER | TOTAL MACROS |
|-----------|---|---|---|---|
| SUNDAY | Buttery Flaxseed Muffin with 3 Slices Bacon | Poached Egg and Roasted Veggies with 3 Slices Bacon | Baked Mini Meatloaves | Calories: 1,690 Fat: 123.5g Protein: 116.5g Net Carbs: 14g |
| MONDAY | Buttery Flaxseed Muffin with 1 Cup Avocado | Garlic Parmesan Wings | Single-Serve Taco Casserole | Calories: 1,645 Fat: 127.5g Protein: 98g Net Carbs: 12g |
| TUESDAY | Fluffy Protein Pancakes with 1 Cup Avocado | Poached Egg and Roasted Veggies with ½ Cup Avocado | Leftover Baked Mini Meatloaves | Calories: 1,645 Fat: 116g Protein: 99.5g Net Carbs: 23.5g |
| WEDNESDAY | Buttery Flaxseed Muffin with 2 Slices Bacon | Leftover Baked Mini Meatloaves | Sausage and Onion Galette | Calories: 1,675 Fat: 128.5g Protein: 99.5g Net Carbs: 16g |
| THURSDAY | Fluffy Protein Pancakes with ¾ Cup Avocado | Leftover Garlic Parmesan Wings | Lemon Herb White Fish | Calories: 1,655 Fat: 117.5g Protein: 107g Net Carbs: 19.5g |
| FRIDAY | Buttery Flaxseed Muffin | Leftover Garlic Parmesan Wings | Leftover Sausage and Onion Galette | Calories: 1,650 Fat: 132g Protein: 90g Net Carbs: 14g |
| SATURDAY | Fluffy Protein Pancakes with 2 Slices Bacon | Caramelized Onion and Beef Soup | Leftover Lemon Herb White Fish with ¾ Cup Avocado | Calories: 1,700 Fat: 122g Protein: 103g Net Carbs: 23.5g |

SHOPPING LIST

PROTEIN

- ☐ Bacon - 10 slices
- ☐ Beef, ground – 22 ounces (80% lean)
- ☐ Chicken wings – 12 whole
- ☐ Eggs – 20 large
- ☐ Sausage, ground Italian – 9 ounces
- ☐ White fish, boneless – 2 (5-ounce) fillets

DAIRY

- ☐ Almond milk – 1 ¼ cup
- ☐ Butter – 11 tablespoons
- ☐ Cheddar cheese, shredded – ½ cup
- ☐ Mayonnaise – 4 tablespoons
- ☐ Parmesan cheese, grated – 1 cup
- ☐ Sour cream – 2 tablespoons

PRODUCE

- ☐ Asparagus – 10 spears
- ☐ Avocado – 4 medium
- ☐ Cabbage, green – 1 ½ cups
- ☐ Cauliflower – 1 ¾ cups
- ☐ Chives – 1 bunch
- ☐ Cilantro – 1 bunch
- ☐ Garlic – 1 head
- ☐ Green beans – 1 ½ cups
- ☐ Lemon – 1
- ☐ Mushrooms – 6 ounces plus 1 cup
- ☐ Onion, yellow – 3 small
- ☐ Spinach – 2 ½ cups
- ☐ Tomato, Roma – 1 small

- ☐ Almond flour – 1 ¼ cup
- ☐ Baking powder
- ☐ Bone broth, beef – 1 ½ cups
- ☐ Chili powder
- ☐ Coconut flour – 6 tablespoons
- ☐ Coconut oil
- ☐ Dijon mustard
- ☐ Dried parsley
- ☐ Dried thyme
- ☐ Garlic powder
- ☐ Ground cumin
- ☐ Ground flaxseed – 1 cup
- ☐ Hempseed, ground – ¼ cup
- ☐ Olive oil
- ☐ Onion powder
- ☐ Pepper, black
- ☐ Powdered erythritol
- ☐ Salt
- ☐ Vanilla extract

PANTRY ITEMS

BUTTERY FLAXSEED MUFFINS

Calories: 290 Fat: 23 g Protein: 8.5 g Total Carbs: 9 g Fiber: 7.5 g Net Carbs: 1.5 g

Prep Time: 10 minutes

Cook Time: 14 minutes

INGREDIENTS

- 1 cup ground flaxseed
- 1/3 cup powdered erythritol
- 1 teaspoon baking powder
- 2 large eggs
- 1/4 cup unsalted butter, melted

INSTRUCTIONS

1. Preheat the oven to 350°F and line 4 cups of a muffin pan with paper liners.
2. Whisk together the flaxseed, erythritol, and baking powder in a bowl.
3. Add the eggs and melted butter, whisking until well combined.
4. Spoon into the prepared pan.
5. Bake for 11 to 14 minutes until a knife or toothpick inserted in the center comes out clean.
6. Enjoy the muffins warm with extra butter, if desired. Makes 4 servings.

FLUFFY PROTEIN PANCAKES

Calories: 395 Fat: 21 g Protein: 29 g Total Carbs: 20.5 g Fiber: 11 g Net Carbs: 9.5 g

Prep Time: 10 minutes

Cook Time: 15 minutes

INGREDIENTS

- o 4 large egg yolks
- o 12 large egg whites,
separated o Pinch salt
- o 1 cup unsweetened almond milk
- o 1 teaspoon vanilla extract
- o 6 tablespoons coconut flour o
- ¼ cup ground hempseed o 2
- teaspoon baking powder o
- Liquid stevia extract, to taste

INSTRUCTIONS

1. In a mixing bowl, whisk together the almond milk, egg yolks, and vanilla.
2. Whisk half of the egg whites (6) into the almond milk mixture.
3. Combine the coconut flour, ground hempseed, and baking powder in another bowl.
4. Whisk the wet ingredients into the dry until well combined.
5. Beat the rest of the egg whites (6) with a pinch of salt in a metal bowl until soft peaks form.
6. Fold the whipped egg whites into the batter – sweeten with stevia to taste.
7. Heat a large nonstick skillet over medium-low heat.
8. Spoon the batter into the pan, using 3 to 4 tablespoons per pancake, and spread in circles.
9. Cook until bubbles form on the surface of the batter then flip the pancakes.
10. Let them cook for another minute or two until the underside is browned.
11. Remove the cooked pancakes to a plate and repeat with the remaining batter.
12. Store in an airtight container and reheat in a hot skillet with butter or oil. Makes 3 servings.

POACHED EGG AND ROASTED VEGETABLES

Calories: 300 Fat: 20.5 g Protein: 21 g Total Carbs: 8 g Fiber: 3 g Net Carbs: 5 g

Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS

- 3 ounces sliced white mushrooms
- 5 spears fresh asparagus
- Cooking spray
- 2 ounces ground pork sausage
- Salt and pepper
- ½ small Roma tomato, sliced
- 1 large egg, poached

INSTRUCTIONS

1. Preheat the broiler in your oven to high heat.
2. Spray the mushrooms and asparagus with cooking spray and spread on a foil-lined baking sheet.
3. Sprinkle with salt and pepper then broil for 4 to 6 minutes until lightly browned.
4. Brown the sausage in a skillet until cooked through.
5. Serve the roasted veggies and sausage with the sliced tomato and poached egg.
6. Season everything with salt and pepper to taste.

GARLIC PARMESAN WINGS

Calories: 675 Fat: 51.5 g Protein: 49 g Total Carbs: 5.5 g Fiber: 2 g Net Carbs: 3.5 g

Prep Time: 5 minutes

Cook Time: 30 minutes

INGREDIENTS

- 12 chicken wings
- ¾ cup grated parmesan cheese
- 1 tablespoon garlic powder
- 1 ¼ teaspoon salt ○ 1
teaspoon pepper ○ 1
tablespoon olive oil
- 1 ½ cups thinly sliced cabbage
- 4 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon onion powder

INSTRUCTIONS

1. Preheat the oven to 350°F and line a baking sheet with parchment.
2. Combine the parmesan cheese with the garlic powder, salt, and pepper in a bowl.
3. Toss the wings in the oil then dredge in the parmesan mixture.
4. Place the wings on the baking sheet and bake for 30 minutes.
5. While the wings are cooking, toss together the remaining ingredients to make a coleslaw.
6. Chill the coleslaw until the wings are ready – alternatively, divide the ingredients in thirds and prepare the coleslaw fresh with each serving.
7. Serve the wings hot with the coleslaw. Makes 3 servings.

CARAMELIZED ONION AND BEEF SOUP

Calories: 520 Fat: 40 g Protein: 31 g Total Carbs: 8 g Fiber: 1.5 g Net Carbs: 6.5 g

Prep Time: 15 minutes

Cook Time: 30 minutes

INGREDIENTS

- o 2 tablespoons butter
- o ½ cup yellow onion, sliced thin
- o 3 ounces ground beef (80% lean)
- o 1 ½ cups beef bone broth
- o 1 clove minced garlic
- o Salt and pepper

INSTRUCTIONS

1. Melt the butter in a small stockpot over medium heat.
2. Add the sliced onions and cook, stirring occasionally, for about 10 minutes until caramelized.
3. Stir in the beef and cook until browned then spoon off some of the fat.
4. Add the bone broth and garlic then season with salt and pepper.
5. Bring to a boil then reduce heat and simmer for 30 minutes then serve hot.

BAKED MINI MEATLOAVES

Calories: 500 Fat: 32 g Protein: 45 g Total Carbs: 7 g Fiber: 2.5 g Net Carbs: 4.5 g

Prep Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS

- 1 pound ground beef (80% lean)
- 1 cup diced mushrooms
- ½ cup diced yellow onion
- ½ cup chopped spinach
- 1 large egg
- 1 clove minced garlic
- ½ teaspoon dried thyme
- 1 tablespoon butter
- 1 ½ cups green beans

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease half the cups in a muffin pan.
2. Combine the ground beef, mushrooms, onion, spinach, garlic, egg, and thyme in a bowl.
3. Season with salt and pepper then stir everything until well combined.
4. Divide the mixture between 6 cups of the muffin pan as evenly as possible.
5. Bake for 25 to 30 minutes until the beef is cooked through.
6. While the meatloaves are cooking, sauté the beans in butter and season with salt and pepper.
7. Serve the meatloaves hot with sautéed beans. Makes 3 (2-piece) servings.

SINGLE SERVE TACO CASSEROLE

Calories: 530 Fat: 39 g Protein: 39 g Total Carbs: 6.5 g Fiber: 1.5 g Net Carbs: 5 g

Prep Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS

- o 3 ounces ground beef (80% lean)
- o ¼ cup diced cauliflower
- o 2 tablespoons diced onion
- o 1 clove minced garlic
- o ¼ teaspoon ground cumin
- o ¼ teaspoon chili powder
- o Salt and pepper
- o ½ cup shredded cheddar cheese, divided
- o 2 tablespoons sour cream
- o Fresh chopped cilantro

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease a small baking dish with cooking spray.
2. Combine the ground beef, cauliflower, onion, and garlic in a bowl.
3. Add the cumin, chili powder, salt, and pepper then mix it all together very well.
4. Work in ¼ cup of the cheddar cheese then transfer the mixture to the ramekin.
5. Sprinkle with the remaining cheese then bake for 30 minutes until the beef is cooked through.
6. Serve topped with sour cream and fresh cilantro.

SAUSAGE AND ONION GALETTE

Calories: 685 Fat: 57.5 g Protein: 32 g Total Carbs: 15.5 g Fiber: 6.5 g Net Carbs: 9g

Prep Time: 15 minutes

Cook Time: 25 minutes

INGREDIENTS

- 5 ounces ground Italian sausage
- ½ small yellow onion, diced
- 1 clove minced garlic
- 1 cup almond flour
- 3 tablespoons unsweetened almond milk
- 1 teaspoon garlic powder
- 1 large egg
- ¼ cup grated parmesan cheese
- 1 tablespoon olive oil
- 2 cups fresh baby spinach
- 1 teaspoon unsalted butter

INSTRUCTIONS

1. Preheat the oven to 375°F and line a baking sheet with parchment then grease with cooking spray.
2. Brown the sausage in a skillet over medium heat then stir in the onion, and garlic.
3. Cook until the sausage is done and the onions are translucent then remove from heat.
4. Combine the almond flour, almond milk, and garlic powder in a bowl.
5. Stir in the egg and parmesan until it forms a dough then turn out onto the baking sheet.
6. Press the dough into a circle about ½-inch thick.
7. Brush the dough with olive oil then add the sausage mixture to the middle.
8. Fold the edges of the dough over the filling, working your way around the circle.
9. Bake for 22 to 25 minutes until the crust is browned.
10. Sauté the spinach in butter until just wilted, season with salt, then serve with the galette. Makes 2 servings.

LEMON HERB WHITE FISH

Calories: 360 Fat: 24 g Protein: 27 g Total Carbs: 8.5 g Fiber: 3.5 g Net Carbs: 5 g

Prep Time: 5 minutes

Cook Time: 15 minutes

INGREDIENTS

- ¼ cup almond flour
- 1 tablespoon fresh chopped chives
- 1 teaspoon dried parsley
- ½ teaspoon dried basil
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- Salt and pepper
- 2 (5-ounce) boneless white fish fillets
- 3 tablespoons butter
- 2 tablespoons fresh lemon juice
- 1 ½ cups chopped cauliflower

INSTRUCTIONS

1. Combine the almond flour, chives, parsley, basil, onion powder, garlic powder, salt, and pepper in a shallow dish or dinner plate.
2. Press the white fish fillets in the mixture on both sides until evenly coated.
3. Heat the butter and lemon juice in a large skillet over medium-high heat.
4. Add the fish fillets and cook for 3 minutes, swirling the pan occasionally so the fish soaks up the lemon butter.
5. Flip the fillets and cook for another 3 minutes or so until the fish is done and the coating crisp.
6. Remove the fish to a cutting board to rest and reheat the skillet – add more butter if needed.
7. Sauté the cauliflower florets until tender-crisp then serve with the fish. Makes 2 servings.

KETO-FRIENDLY SNACKS

If at any point during the day you begin to feel hungry, make sure to have some keto-friendly snacks on hand. You shouldn't be hungry between meals, but sometimes in the beginning of your ketogenic diet, you need some time to adjust. These keto-friendly snacks are here to help!

- Pork rinds – great with just about anything
- Nuts (walnuts, pecans, brazil nuts, macadamias)
- Seeds – sunflower, pumpkin, chia, flax, etc.
- *Laughing Cow* cheese (full fat only)
- Hummus – dip pork rinds, carrots, celery, peppers or your favorite low carb vegetable! Enjoy hummus sparingly.
- Dark chocolate (75% and above) or any stevia sweetened chocolate (like *Lily's* or *ChocoPerfection*)
- Seaweed
- String cheese
- Jerky
- Cocoa nibs – a great, quick, sugarless alternative to chocolate bars
- Avocados – all you need is a little sea salt for a great high-fiber snack
- Sardines – sprinkle some *Old Bay* seasoning and chow down!
- Nut butters – peanut, almond, cashew, coconut, etc. Make sure there's no sugar added.
- Pickles
- Sugar-free Jell-O
- *Quest* bars

COMMON ALLERGENS

To make our Low Carb Weekly Meals Plans easy to use and versatile, we've included the most common food allergens and what you can substitute for them.

- Coconut
 - Coconut oil may be replaced with butter or other types of oils in a 1:1 ratio.
 - Every ¼ cup of coconut flour may be replaced with 1 cup of almond flour in many recipes. Reduce liquids by half as well.
- Dairy
 - Heavy cream may be replaced with coconut cream in a 1:1 ratio.
 - Butter may be replaced with coconut oil in a 1:1 ratio.
 - Cheese can usually be omitted in some recipes but you can opt for using a vegan cheese. Be sure to check the carbs on the nutrition label!
 - Mayonnaise may be used in place of cream cheese and sour cream in some recipes in a 1:1 ratio.
 - Unsweetened coconut milk yogurt may be used in place of dairy yogurt in a 1:1 ratio.
 - Avocado may be added for texture and fat.
- Eggs
 - For every egg a recipe uses, replace with 2 tablespoons of chia seed (or flax seed) which has been soaked in 2.5 tablespoons of water for 5 minutes.
- Nuts
 - Replace nuts used in most recipes with your favorite seeds, such as pumpkin seeds, sunflower seeds and chia or flax.
 - Nut butters may be replaced with more tolerable nut or seed butters or tahini.
 - For every 1 cup of almond flour, replace with ¼ cup coconut flour and double the recipe's liquids.
- Shellfish
 - Replace shellfish like shrimp with any other meat you like and can eat.

THANK YOU!

We hope you've enjoyed these recipes!

Low carb dieting shouldn't be hard... but it shouldn't be bland either. Our goal is to provide you with fun, exciting and versatile recipes you can use every single day.

