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(3 Week)

**21 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

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

	BREAKFAST	LUNCH	DINNER	TOTAL MACROS
SUNDAY	Pork-Lover's Breakfast Bake	Roasted Veggie & Beef Stew with 4 Ounces Deli Ham	Chorizo Taco Skillet	Calories: 1,575 Fat: 118.5g Protein: 101.5g Net Carbs: 24g
MONDAY	Leftover Pork-Lover's Breakfast Bake	Leftover Chorizo Taco Skillet with 2 Ounces Deli Ham	Broccoli & Cheddar Spaghetti Squash	Calories: 1,635 Fat: 123.5g Protein: 105g Net Carbs: 23g
TUESDAY	Cinnamon Cranberry Pancakes with 6 Slices Bacon	Leftover Roasted Veggie & Beef Stew with ¾ Cup Avocado	Leftover Broccoli & Cheddar Spaghetti Squash	Calories: 1,610 Fat: 113g Protein: 102.5g Net Carbs: 29g
WEDNESDAY	Leftover Pork-Lover's Breakfast Bake	Leftover Roasted Veggie & Beef Stew with 4 Ounces Deli Ham	Leftover Chorizo Taco Skillet	Calories: 1,575 Fat: 118.5g Protein: 101.5g Net Carbs: 24g
THURSDAY	Leftover Cinnamon Cranberry Pancakes with 6 Slices Bacon	Baked "Mac" and Cheese with Bacon	Leftover Broccoli & Cheddar Spaghetti Squash with 2 Slices Bacon	Calories: 1,655 Fat: 119g Protein: 105g Net Carbs: 26g
FRIDAY	Steak & Egg Breakfast Bowl	Leftover Baked "Mac" and Cheese with Bacon	Baked Chicken with Lemon Caper Sauce	Calories: 1,535 Fat: 111g Protein: 103.5g Net Carbs: 20.5g
SATURDAY	Leftover Cinnamon Cranberry Pancakes with 4 Ounces Deli Ham	Warm Kate & Blue Cheese Salad with 4 Ounces Deli Ham	Leftover Baked Chicken with Lemon Caper Sauce and 3 Ounces Deli Ham	Calories: 1,685 Fat: 124g Protein: 101g Net Carbs: 28g

SHOPPING LIST

PROTEIN

- Bacon - 22 slices
- Beef, ground (80% lean) – ½ pound
- Beef, sirloin steak – 4 ounces
- Chicken thighs, boneless – 12 ounces
- Chorizo, ground – 12 ounces
- Eggs – 12 large
- Ham, deli – 24 ounces
- Sausage, ground – 6 ounces

DAIRY

- Almond milk, unsweetened – 1 ½ cups
- Blue cheese – 1 ounce
- Butter – 1 stick
- Cheddar cheese, shredded – 2 ½ cups
- Cream cheese – 1 (8-ounce) package
- Heavy cream – ¾ cup
- Mayonnaise – 2 teaspoons
- Parmesan cheese, grated – 5 tablespoons
- Sour cream – 3 tablespoons

PRODUCE

- Avocado – 2 small
- Bell pepper, red – 2 small
- Broccoli – 1 ½ cups
- Brussels sprouts – 1 ½ cups
- Cauliflower – 1 small head
- Cranberries – 1 ½ cups
- Eggplant – 1 small
- Garlic – 1 head
- Kale – 2 ounces
- Lemon – 1
- Mushrooms – 1 ½ cups
- Onions, green – 1 bunch

PORK-LOVER'S BREAKFAST BAKE

Calories: 590 Carbs: 3 g, Fat: 46 g Fiber: 0.5 g, Protein: 39 g Net Carbs: 2.5

Prep Time: 15 minutes

Cook Time: 25 minutes

Makes: 3 servings

INGREDIENTS

- 4 slices bacon, chopped
- 6 ounces ground pork sausage
- 3 ounces diced ham
- 6 large eggs
- 2 tablespoons heavy cream
- ¾ cup shredded cheddar cheese
- Salt and pepper
- p Green onions, sliced

INSTRUCTIONS

- p Preheat the oven to 375°F and grease an 8x8-inch glass baking dish with cooking spray.
- q Cook the bacon in a large skillet over medium-high heat until crisp then drain on paper towel.
- r Reheat the skillet with the bacon fat and cook the sausage until browned.
- s Spread the diced ham and the cooked bacon and sausage in the baking dish.
- t Whisk together the eggs, heavy cream, and cheddar cheese in a mixing bowl with salt and pepper.
- u Pour into the baking dish and bake for 20 to 25 minutes until the egg is set.
- v Slice into wedges and serve garnished with green onion. Makes 3 servings.

CINNAMON- CRANBERRY PANCAKES

Calories: 275 Carbs: 10 g Fat: 20.5 g Fiber: 4.5 g Protein: 13 g Net Carbs: 5.5 g

Prep Time: 10 minutes

Cook Time: 5 minutes

Makes: 3 servings

INGREDIENTS

- 9 . 1 ½ cups fresh cranberries
- o ½ cup almond flour
- o 4 large eggs
- o ½ (8-ounce) package cream cheese, softened
- o 1 ½ teaspoons ground cinnamon
- o 1 teaspoon fresh lemon zest
- p Sugar-free maple syrup

INSTRUCTIONS

- p Fill a medium saucepan with 2 inches of water and bring to a boil.
- q Add the cranberries and boil for 2 minutes then drain and set aside.
- r Whisk together the almond flour, eggs, cream cheese, cinnamon and lemon zest in a mixing bowl.
- s Stir until smooth then heat a large nonstick skillet over medium heat.
- t Grease with cooking spray and spoon the batter into the skillet to make 3 small pancakes.
- u Sprinkle a few cooked cranberries into the wet batter and cook until the underside is browned.
- v Flip the pancakes and cook until browned underneath, about 1 to 2 minutes.
- w Each time you prepare this recipe:
 - Prepare the pancakes fresh from the leftover batter.
 - Drizzle with sugar-free maple syrup to serve. Makes 3 servings.

STEAK & EGG BREAKFAST, BOWL

Calories: 455 Carbs: 6.5 g Fat: 25.5 g Fiber: 2 g Protein: 49.5 g Net Carbs: 4.5 g

Prep Time: 5 minutes

Cook Time: 10 minutes

Makes: 1 serving

INGREDIENTS

- 7 . 1 teaspoon butter
- p 4 ounces sirloin steak, cubed
- o Salt and pepper
- o 1 cup sliced zucchini
- o 2 tablespoons diced yellow onion
- o 1 large egg
- o ¼ cup shredded cheddar cheese
- 10 . Sliced green onion

INSTRUCTIONS

- p Heat the butter in a small skillet over medium-high heat.
- q Season the steak with salt and pepper then add to the skillet.
- r Cook for 4 to 5 minutes until browned, stirring occasionally, then remove to a bowl.
- s Reheat the skillet and add the zucchini and onion.
- t Sauté the veggies until they start to brown, about 3 to 4 minutes.
- u Stir the cooked beef back into the skillet and reduce heat to low.
- v Grease and heat another skillet over medium-high heat.
- w Crack an egg into the skillet and season with salt and pepper then fry until done to your liking.
- x Spoon the beef and veggie mixture into a bowl and sprinkle with cheese.
- y Top with the fried egg and garnish with green onion to serve.

ROASTED VEGGIE & BEEF STEW

Calories: 330 Carbs: 13.5 g Fat: 19 g Fiber: 3.5 g Protein: 27.5 g Net Carbs: 10 g

Prep Time: 35 minutes

Cook Time: 25 minutes

Makes: 3 servings

INGREDIENTS

- 6 . 1 ½ cups brussels sprouts, trimmed and halved
- o 1 ½ cups sliced mushrooms
- o 1 small red bell pepper, chopped
- o ½ small yellow onion, chopped
- o 1 tablespoon olive oil
- o ½ teaspoon dried oregano
- o ¼ teaspoon dried thyme
- o Salt and pepper
- o ½ pound ground beef (80% lean)
- o 2 cloves minced garlic
- o 2 cups beef broth
- o 1 cup diced tomatoes
- o ½ tablespoon tomato paste
- p Fresh chopped parsley

INSTRUCTIONS

- p Preheat the oven to 350°F and line a baking sheet with foil.
- q Toss the veggies with the olive oil, oregano, thyme, salt, and pepper.
- r Spread the veggies on the baking sheet and roast for 30 minutes until tender.
- s Add the ground beef to a large saucepan and cook on medium heat until browned.
- t Stir in the garlic and cook for 2 minutes more.
- u Add the beef broth, tomatoes, and tomato paste then simmer for 15 to 20 minutes.
- v Stir in the roasted veggies and cook until heated through, about 5 minutes.
- w Garnish with fresh chopped parsley to serve. Makes 3 servings.

BAKED “MAC” AND CHEESE WITH BACON

Calories: 500 Carbs: 15 g Fat: 38 g Fiber: 7 g Protein: 25 g Net Carbs: 8 g

Prep Time: 15 minutes

Cook Time: 30 minutes

Makes: 2 servings

INGREDIENTS

- 8 . 4 slices bacon
- p 2 tablespoons butter
- 9 . ½ small yellow onion,
diced o 1 clove minced garlic
- o 1 tablespoon coconut flour
- o ¾ cup unsweetened almond milk
- o ½ teaspoon Dijon mustard
- o Salt and pepper
- o 1 small head cauliflower, chopped small
- o ¾ cup shredded cheddar cheese
- p 1 tablespoon grated parmesan cheese

INSTRUCTIONS

8. Cook the bacon in a large skillet over medium-high heat until crisp.
9. Drain on paper towels then chop or crumble and set aside.
10. Melt the butter in a small saucepan over medium heat.
11. Stir in the onion and cook until browned, about 4 to 5 minutes.
12. Add the garlic and cook 1 minute more.
13. Stir in the coconut flour and cook, stirring constantly, for 2 to 3 minutes until thickened.
14. Whisk in the almond milk, Dijon mustard, salt, and pepper.
15. Bring to a boil then remove from heat and stir in the cauliflower and cheese.
16. Pour into a small glass baking dish and sprinkle with parmesan.
17. Bake for 30 minutes until hot and bubbling. Sprinkle with bacon to serve. Makes 2 servings.

WARM KALE & BLUE CHEESE SALAD

Calories: 330 Carbs: 8.5 g Fat: 30 g Fiber: 1 g Protein: 9 g Net Carbs: 7.5 g

Prep Time: 5 minutes

Cook Time: 5 minutes

Makes: 1 serving

INGREDIENTS

- 9. 2 tablespoons heavy cream
- o 2 teaspoons mayonnaise o ¼
- teaspoon Dijon mustard o 1
- clove minced garlic
- o 2 ounces fresh kale
- o 1 teaspoon butter
- p 1 ounce blue cheese, crumbled

INSTRUCTIONS

6. Whisk together the cream, mayonnaise, mustard, and garlic in a small bowl.
7. Trim the thick stems from the kale and tear into bite-sized pieces.
8. Heat the butter in a small skillet over medium heat.
9. Add the kale and cook for 1 to 2 minutes until it just starts to soften – season with salt and pepper.
10. Transfer the kale to a bowl and toss with the dressing. Top with blue cheese to serve.

CHORIZO TACO

SKILLET

Calories: 475 Carbs: 13.5 g Fat: 44 g Fiber: 4.5 g Protein: 17 g Net Carbs: 9 g

Prep Time: 10 minutes

Cook Time: 10 minutes

Makes: 3 servings

INGREDIENTS

- p 1 tablespoon olive oil
- p ½ cup diced red pepper
- 10. ½ small yellow onion, chopped
- p 12 ounces ground chorizo sausage
- o 2 teaspoons chili powder
- o 1 teaspoon ground cumin
- o Salt and pepper
- o 1/3 cup prepared salsa
- o 1 ½ cups fresh baby spinach
- o 3 tablespoons sour cream
- p ¾ cup diced avocado

INSTRUCTIONS

10. Heat the oil in a large skillet over medium-high heat.
11. Stir in the peppers and onions and cook for 4 to 5 minutes until the onions are translucent.
12. Add the chorizo and stir well, breaking it into pieces with a spoon.
13. Stir in the chili powder and cumin then season with salt and pepper.
14. Cook until the chorizo is browned, stirring occasionally, then stir in the salsa.
15. Reduce heat and simmer on low until the mixture thickens.
16. Add the spinach and cook for 1 minute or until just wilted.
17. Serve with sour cream and diced avocado. Makes 3 servings.

BROCCOLI & CHEDDAR SPAGHETTI SQUASH

Calories: 480 Carbs: 15 g Fat: 28.5 g Fiber: 4.5 g Protein: 39 g Net Carbs: 10.5 g

Prep Time: 60 minutes

Cook Time: 15 minutes

Makes: 3 servings

INGREDIENTS

- 1 medium spaghetti squash
- 1 ½ cups broccoli florets
- 1 tablespoon butter
- 1 tablespoon almond flour
- ¾ cup unsweetened almond milk
- ¾ cup shredded cheddar cheese
- ¼ cup grated parmesan cheese
- 1 ½ cups cooked chicken thighs, chopped

INSTRUCTIONS

- Preheat the oven to 400°F and cut the spaghetti squash in half.
- Scoop out and discard the seeds then place the halves cut-side-up in a baking dish.
- Roast for 45 minutes or so until very tender then remove and let cool.
- Meanwhile, fill a medium saucepan with 1 inch of water and add a steamer insert.
- Bring to a boil then add the broccoli – steam for 8 minutes or until just tender then drain.
- Scrape 3 cups of spaghetti squash into a large bowl and add the broccoli (reserve the rest of the spaghetti squash for later use).
- Melt the butter in a medium saucepan on medium heat.
- Whisk in the almond flour then whisk in the milk while stirring constantly.
- Reduce the heat to low and stir in the cheddar cheese and parmesan cheese.
- Stir until the cheese melts then remove from heat.
- Pour the sauce over the squash and broccoli then toss in the chicken.
- Spoon the mixture into a small casserole dish and bake for 15 minutes or until heated through.
- Garnish with extra parmesan cheese to serve. Makes 3 servings.

BAKED CHICKEN WITH LEMON CAPER SAUCE

Calories: 580 Carbs: 11.5 g Fat: 47.5 g Fiber: 3.5 g Protein: 29 g Net Carbs: 8 g

Prep Time: 15 minutes

Cook Time: 30 minutes

Makes: 2 servings

INGREDIENTS

- 8 ounces boneless chicken thighs
- Salt and pepper
- ¼ cup almond flour
- 1 large egg
- 1 teaspoon butter
- 1 teaspoon olive oil
- 2 tablespoons diced yellow onion
- 2 tablespoons capers, drained
- 1 clove minced garlic
- 1/3 cup heavy cream
- 2 tablespoons fresh lemon juice
- 1 large zucchini, spiralized or peeled into noodles

INSTRUCTIONS

- Preheat the oven to 350°F and line a baking sheet with foil.
- Season the chicken thighs with salt and pepper then dredge in the almond flour.
- Beat the egg in a shallow dish then dip the chicken thighs in it.
- Heat the butter in a large skillet over medium-high heat and add the chicken.
- Cook for 1 to 2 minutes on each side to brown then transfer to the baking sheet.
- Bake for 20 to 30 minutes until it reaches an internal temperature of 165°F.
- Heat the oil in a medium saucepan over medium heat.
- Add the onions, capers, and garlic then cook for 1 to 2 minutes, stirring often.
- Stir in the heavy cream and lemon juice then simmer until thickened.
- Toss in the zucchini noodles then serve with the baked chicken. Makes 2 servings.

WEEK 3

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 teaspoons 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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.

