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**(1 Week)**

**7 Day Keto Diet  
Weight Loss Meal  
Plan**

# 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

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

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

# 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.

