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

- 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

- 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

- o 1 tablespoon coconut oil
- o 6 ounces Italian sausage, crumbled
- o 4 ounces sliced mushrooms
- o 1 small yellow onion, chopped
- o ½ teaspoon dried oregano
- o ¼ teaspoon dried thyme
- o Salt and pepper
- o ¼ cup marinara sauce
- o ¼ cup water
- o 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    | Fat-Busting Vanilla Protein Smoothie                                  | Easy Cheeseburger Salad                                           | Chicken Zoodle Alfredo                | Calories: 1,530<br>Fat: 113.5g<br>Protein: 107.5g<br>Net Carbs: 18.5g |
| MONDAY    | Savory Ham and Cheese Waffles with 2 Slices Thick-Cut Bacon           | Pan-Fried Pepperoni Pizzas                                        | Cabbage and Sausage Skillet           | Calories: 1,670<br>Fat: 129g<br>Protein: 103g<br>Net Carbs: 20.5g     |
| TUESDAY   | Mozzarella Veggie-Loaded Quiche with 1 Slice Thick-Cut Bacon          | Leftover Easy Cheeseburger Salad                                  | Gyro Salad with Avo-Tzatziki          | Calories: 1,580<br>Fat: 104.5g<br>Protein: 117.5g<br>Net Carbs: 33g   |
| WEDNESDAY | Pepper Jack Sausage Egg Muffins with 3 Slices Thick-Cut Bacon         | Leftover Pan-Fried Pepperoni Pizza                                | Leftover Cabbage and Sausage Skillet  | Calories: 1,650<br>Fat: 127.5g<br>Protein: 101g<br>Net Carbs: 29g     |
| THURSDAY  | Leftover Savory Ham and Cheese Waffles with 1 Slice Thick-Cut Bacon   | Leftover Cabbage and Sausage Skillet                              | Leftover Chicken Zoodle Alfredo       | Calories: 1,620<br>Fat: 119g<br>Protein: 119g<br>Net Carbs: 18.5g     |
| FRIDAY    | Leftover Pepper Jack Sausage Egg Muffins with 1 Slice Thick-Cut Bacon | Leftover Pan-Fried Pepperoni Pizza                                | Leftover Gyro Salad with Avo-Tzatziki | Calories: 1,595<br>Fat: 116g<br>Protein: 110g<br>Net Carbs: 15.5g     |
| SATURDAY  | Leftover Pepper Jack Sausage Egg Muffins with ½ Medium Avocado        | Leftover Cabbage and Sausage Skillet with 1 Slice Thick-Cut Bacon | Leftover Gyro Salad with Avo-Tzatziki | Calories: 1,605<br>Fat: 118.5g<br>Protein: 102g<br>Net Carbs: 22.5g   |

# SHOPPING LIST

## PROTEIN

- ☐ Bacon, thick-cut - 11 slices
- ☐ Beef, ground – 7 ounces
- ☐ Breakfast sausage – 10 ounces
- ☐ Chicken breast – 2 (6-ounce) breasts
- ☐ Eggs – 15 large
- ☐ Ham, diced – 1 ounce
- ☐ Lamb, ground – 1 pound
- ☐ Pepperoni, diced – 1 ½ ounces
- ☐ Sausage links, Italian – 6 large

## DAIRY

- ☐ Almond milk, vanilla – ¼ cup
- ☐ Butter – ¾ cup
- ☐ Cheddar cheese, shredded – ½ cup
- ☐ Heavy cream – 1 cup
- ☐ Mayonnaise – ½ cup
- ☐ Mozzarella cheese, shredded – 1 ½ cups
- ☐ Parmesan cheese – ¾ cup
- ☐ Pepper jack cheese, shredded – ½ cup
- ☐ Sour cream – ¼ cup
- ☐ Whipped cream – ¼ cup

## PRODUCE

- ☐ Avocado – 2 medium
- ☐ Basil – 1 bunch
- ☐ Cabbage, green – ½ head
- ☐ Chives – 1 bunch
- ☐ Cucumber, English – 1
- ☐ Dill – 1 bunch
- ☐ Lemon – 1

- ☐ Mint – 1 bunch
- ☐ Onion, yellow – 1 medium
- ☐ Romaine lettuce – 7 ½ cups
- ☐ Spinach, frozen – ¼ cup
- ☐ Tomatoes, cherry – 4
- ☐ Tomatoes, diced – 1/3 cup
- ☐ Zucchini – 2 cups

## PANTRY ITEMS

- ☐ Almond flour – 6 tablespoons
- ☐ Baking powder
- ☐ Chicken broth – ¼ cup
- ☐ Coconut oil
- ☐ Dried oregano
- ☐ Dried thyme
- ☐ Egg white protein powder, vanilla – 3 scoops (60g)
- ☐ Garlic powder
- ☐ Italian seasoning
- ☐ Ketchup
- ☐ Mustard
- ☐ Olive oil
- ☐ Paprika, smoked
- ☐ Pepper, black
- ☐ Pickles
- ☐ Powdered erythritol
- ☐ Psyllium husk powder
- ☐ Salt
- ☐ Tomato sauce, low-carb
- ☐ Vanilla extract



# FAT-BUSTING VANILLA PROTEIN SMOOTHIE

Calories: 540 Fat: 46 g Protein: 25 g Total Carbs: 8 g Fiber: 0.5 g Net Carbs: 7.5 g

Prep Time: 5 minutes

Cook Time: none

## INGREDIENTS

- o 1 scoop (20g) vanilla egg white protein powder
- o ½ cup heavy cream
- o ¼ cup vanilla almond milk
- o 4 ice cubes
- o 1 tablespoon coconut oil
- o 1 tablespoon powdered erythritol
- o ½ teaspoon vanilla extract
- o ¼ cup whipped cream

## INSTRUCTIONS

1. Combine all of the ingredients except the whipped cream in a blender.
2. Blend on high speed for 30 to 60 seconds until smooth.
3. Pour into a glass and top with whipped cream.

# SAVORY HAM AND CHEESE WAFFLES

Calories: 575 Fat: 46.5 g Protein: 35 g Total Carbs: 5 g Fiber: 0 g Net Carbs: 5 g

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

## INGREDIENTS

- 4 large eggs, divided
- 2 scoops (40g) egg white protein powder
- 1 teaspoon baking powder
- 1/3 cup melted butter
- 1/2 teaspoon salt
- 1 ounce diced ham
- 1/4 cup shredded cheddar cheese

## INSTRUCTIONS

1. Separate two of the eggs and set the other two aside.
2. Beat 2 of the egg yolks with the protein powder, baking powder, butter, and salt in a mixing bowl.
3. Fold in the chopped ham and grated cheddar cheese.
4. Whisk the egg whites in a separate bowl with a pinch of salt until stiff peaks form.
5. Fold the beaten egg whites into the egg yolk mixture in two batches.
6. Grease a preheated waffle maker then spoon 1/4 cup of the batter into it and close it.
7. Cook until the waffle is golden brown, about 3 to 4 minutes, then remove.
8. Reheat the waffle iron and repeat with the remaining batter.
9. Meanwhile, heat the oil in a skillet and fry the eggs with salt and pepper.
10. Serve the waffles hot, topped with a fried egg. Makes 2 servings.

# MOZZARELLA VEGGIE-LOADED QUICHE

Calories: 590 Fat: 40 g Protein: 38 g Total Carbs: 24.5 g Fiber: 7.5 g Net Carbs: 17 g

Prep Time: 10 minutes

Cook Time: 25 minutes

## INGREDIENTS

- o 6 tablespoons almond flour
- o 1 tablespoon grated parmesan cheese
- o 2 large eggs, divided
- o 2 slices thick-cut bacon
- o ¼ cup frozen spinach, thawed and drained well
- o ¼ cup diced zucchini
- o ¼ cup shredded mozzarella cheese
- o 4 cherry tomatoes, halved
- o 1 tablespoon heavy cream
- o 1 teaspoon chopped chives

## INSTRUCTIONS

1. Stir together the almond flour and grated parmesan with one egg and a pinch of salt until it forms a soft dough.
2. Press the dough into the bottom of a small quiche pan as evenly as possible.
3. Score the bottom and sides of the dough then bake for 7 minutes at 325°F and let cool.
4. Cook the bacon in a skillet until browned then crumble and spread in the quiche pan.
5. Sprinkle in the spinach, zucchini, cheese, and tomatoes.
6. Whisk together the remaining egg with the heavy cream, chives, salt and pepper then pour into the quiche. Bake for 22 to 25 minutes until the egg is set then serve hot.

# PEPPER JACK SAUSAGE EGG MUFFINS

Calories: 455 Fat: 37 g Protein: 26 g Total Carbs: 3.5 g Fiber: 0.5 g Net Carbs: 3 g

Prep Time: 10 minutes

Cook Time: 30 minutes

## INGREDIENTS

- 10 ounces ground breakfast sausage
- ½ cup diced yellow onion
- ¼ teaspoon garlic powder
- Salt and pepper
- 3 large eggs, whisked
- 2 tablespoons heavy cream
- ½ cup shredded pepper jack cheese

## INSTRUCTIONS

1. Preheat the oven to 350°F and grease three ramekins with cooking spray.
2. Stir together the ground sausage, diced onion, garlic powder, salt and pepper in a mixing bowl.
3. Divide the sausage mixture evenly in the ramekins, pressing it into the bottom and sides, leaving the middle open.
4. Whisk together the eggs and heavy cream with salt and pepper.
5. Divide the egg mixture among the sausage cups and top with shredded cheese.
6. Bake for 25 to 30 minutes until the eggs are set and the cheese browned. Makes three servings.

# EASY CHEESEBURGER SALAD

Calories: 395 Fat: 27.5 g Protein: 27.5 g Total Carbs: 9 g Fiber: 1 g Net Carbs: 8 g

Prep Time: 10 minutes

Cook Time: 10 minutes

## INGREDIENTS

- o 7 ounces ground beef
- o Salt and pepper
- o 3 tablespoons mayonnaise
- o 1 tablespoon diced pickles
- o 1 teaspoon mustard
- o ½ teaspoon ketchup
- o Pinch smoked paprika
- o 3 ounces chopped romaine lettuce
- o 1/3 cup diced tomatoes
- o ¼ cup shredded cheddar cheese

## INSTRUCTIONS

1. Brown the ground beef over high heat then season with salt and pepper to taste.
2. Drain the fat from the beef and remove from heat.
3. Combine the mayonnaise, pickles, mustard, ketchup, and paprika in a blender.
4. Blend the mixture until smooth and well combined.
5. Combine the lettuce, tomatoes, and cheddar cheese in a mixing bowl.
6. Toss in the ground beef and the dressing until evenly coated. Makes 2 servings.

# PAN-FRIED PEPPERONI PIZZAS

Calories: 545 Fat: 42 g Protein: 32 g Total Carbs: 12 g Fiber: 7.5 g Net Carbs: 4.5 g

Prep Time: 10 minutes

Cook Time: 25 minutes

## INGREDIENTS

- 6 large eggs
- 6 tablespoons grated parmesan cheese
- 3 tablespoons psyllium husk powder
- 1 ½ teaspoons Italian seasoning
- 3 tablespoons olive oil
- 9 tablespoons low-carb tomato sauce, divided
- 4 ½ ounces shredded mozzarella, divided
- 1 ½ ounces diced pepperoni, divided
- 3 tablespoons fresh chopped basil

## INSTRUCTIONS

1. Combine the eggs, parmesan, and psyllium husk powder with the Italian seasoning and a pinch of salt in a blender.
2. Blend until smooth and well combined, about 30 seconds, then rest for 5 minutes.
3. Heat 1 tablespoon of oil in a skillet over medium-high heat.
4. Spoon 1/3 of the batter into the skillet and spread in a circle then cook until browned underneath.
5. Flip the pizza crust and cook until browned on the other side.
6. Remove the crust to a foil-lined baking sheet and repeat with the remaining batter.
7. Spoon 3 tablespoons of low-carb tomato sauce over each crust.
8. Top with diced pepperoni and shredded cheese then broil until the cheese is browned.
9. Sprinkle with fresh basil then slice the pizza to serve. Makes 3 pizzas.

# CHICKEN ZOODLE ALFREDO

Calories: 595 Fat: 40 g Protein: 55 g Total Carbs: 4 g Fiber: 1 g Net Carbs: 3 g

Prep Time: 10 minutes

Cook Time: 25 minutes

## INGREDIENTS

- 2 (6-ounce) chicken breasts
- 1 tablespoon olive oil
- Salt and pepper
- 2 tablespoons butter
- ¼ cup heavy cream
- ¼ cup grated parmesan cheese
- 200 grams zucchini

## INSTRUCTIONS

1. Heat the oil in a large skillet over medium-high heat.
2. Season the chicken with salt and pepper to taste then add to the skillet.
3. Cook for 6 to 7 minutes on each side until cooked through then slice into strips.
4. Reheat the skillet over medium-low heat and add the butter.
5. Stir in the heavy cream and parmesan cheese then cook until thickened.
6. Spiralize the zucchini then toss it into the sauce mixture with the chicken.
7. Cook until the zucchini is tender, about 2 minutes, then serve hot. Makes 2 servings.

# CABBAGE AND SAUSAGE SKILLET

Calories: 350 Fat: 24.5 g Protein: 22 g Total Carbs: 12 g Fiber: 2 g Net Carbs: 10 g

Prep Time: 10 minutes

Cook Time: 20 minutes

## INGREDIENTS

- o 6 large Italian sausage links
- o ½ head green cabbage,  
sliced
- o 2 tablespoons butter
- o ¼ cup sour cream
- o ¼ cup mayonnaise
- o Salt and pepper

## INSTRUCTIONS

1. Cook the sausage in a skillet over medium-high heat until evenly browned then slice them.
2. Reheat the skillet over medium-high heat then add the butter.
3. Toss in the cabbage and cook until wilted, about 3 to 4 minutes.
4. Stir the sliced sausage into the cabbage then stir in the sour cream and mayonnaise.
5. Season with salt and pepper then simmer for 10 minutes. Makes 4 servings.



# GYRO SALAD WITH AVO-TZATZIKI

Calories: 495 Fat: 29 g Protein: 45 g Total Carbs: 13.5 g Fiber: 6 g Net Carbs: 7.5 g

Prep Time: 10 minutes

Cook Time: 25 minutes

## INGREDIENTS

- o 1 tablespoon olive oil
- o 1 pound ground lamb meat
- o ½ medium yellow onion,  
diced o ¼ cup chicken broth
- o 4 teaspoons lemon juice, divided
- o ½ teaspoon dried oregano
- o ½ teaspoon dried thyme
- o ½ English cucumber
- o 1 medium ripe avocado
- o 2 teaspoons fresh chopped mint
- o 1 teaspoon fresh chopped dill o
- 6 cups chopped romaine lettuce

## INSTRUCTIONS

1. Heat the oil in a large skillet over medium-high heat and add the lamb.
2. Cook for 3 minutes, stirring often, then stir in the onion.
3. Keep cooking until the lamb is cooked through and the onion softened then stir in the chicken broth, 2 teaspoons lemon juice, oregano, and thyme.
4. Season with salt and pepper to taste then simmer for 5 minutes.
5. Grate the cucumber then spread evenly on a clean towel and wring out the moisture.
6. Place the grated cucumber in a food processor and add the avocado, 2 teaspoons lemon juice, mint and dill with a pinch of salt. Blend the mixture until smooth.
7. Serve the gyro meat over chopped lettuce with a spoonful of avo-tzatziki. Makes 3 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.

