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(4 Week)
28 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 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

- 1 medium avocado
- 2 tablespoons lime juice
- 2 large eggs
- Salt and pepper
- 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

- 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

- 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 Fat: 113.5g Protein: 107.5g 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 Fat: 129g Protein: 103g 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 Fat: 104.5g Protein: 117.5g 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 Fat: 127.5g Protein: 101g 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 Fat: 119g Protein: 119g 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 Fat: 116g Protein: 110g 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 Fat: 118.5g Protein: 102g 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

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

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

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

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

WEEK 3

THIS WEEK AT A GLANCE

	BREAKFAST	LUNCH	DINNER	TOTAL MACROS
SUNDAY	3 Cloud Buns with 3 Tbsp. Peanut Butter and 3 Slices Thick-Cut Bacon	Mozzarella Tuna Melt	Cheesy Single-Serve Lasagna	Calories: 1,605 Fat: 116.5g Protein: 114.5g Net Carbs: 28.5g
MONDAY	Bacon Breakfast Bombs	Avocado, Egg & Salami Sandwiches	Crispy Chipotle Chicken Thighs	Calories: 1,525 Fat: 118.5g Protein: 99.5g Net Carbs: 12g
TUESDAY	Three-Cheese Pizza Frittata with 3 Slices Thick-Cut Bacon	Leftover Mozzarella Tuna Melt	Pepperoni, Ham, and Cheddar Stromboli	Calories: 1,660 Fat: 121g Protein: 119g Net Carbs: 22.5g
WEDNESDAY	3 Cloud Buns with 3 Tbsp. Peanut Butter and 2 Slices Thick-Cut Bacon	Leftover Three-Cheese Pizza Frittata with 2 Slices Thick-Cut Bacon	Leftover Pepperoni, Ham, and Cheddar Stromboli	Calories: 1,640 Fat: 130.5g Protein: 100.5g Net Carbs: 20.5g
THURSDAY	Leftover Bacon Breakfast Bombs	Leftover Avocado, Egg & Salami Sandwiches with 1 Slice Thick-Cut Bacon	Leftover Crispy Chipotle Chicken Thighs	Calories: 1,625 Fat: 126.5g Protein: 106.5g Net Carbs: 12.5g
FRIDAY	Leftover Three-Cheese Pizza Frittata with 2 Slices Thick-Cut Bacon	Leftover Pepperoni, Ham, and Cheddar Stromboli	Spring Salad with Steak and Sweet Dressing	Calories: 1,585 Fat: 120.5g Protein: 108g Net Carbs: 13.5g
SATURDAY	Leftover Three-Cheese Pizza Frittata with 2 Slices Thick-Cut Bacon	Mushroom Soup with Fried Egg and 2 Slices Thick-Cut Bacon	Leftover Spring Salad with Steak and Sweet Dressing	Calories: 1,665 Fat: 130.5g Protein: 110g Net Carbs: 13.5g

SHOPPING LIST

PROTEIN

- ☐ Bacon, thick-cut – 23 slices
- ☐ Beef, flank steak – 7 ounces
- ☐ Chicken thighs, boneless – 12 ounces
- ☐ Eggs – 19 large
- ☐ Ham, sliced – 6 ounces
- ☐ Pepperoni, sliced – 3 ounces
- ☐ Salami, sliced – 2 ounces
- ☐ Tuna, canned – 8 ounces

DAIRY

- ☐ Butter – 7 tablespoons
- ☐ Cheddar cheese, shredded – 2 tablespoons
- ☐ Cheddar cheese, sliced – 4 ounces
- ☐ Cream cheese – 3 ounces
- ☐ Heavy cream – 3 tablespoons
- ☐ Mayonnaise – 6 tablespoons
- ☐ Mozzarella, fresh – 1 ounce
- ☐ Mozzarella cheese, shredded – 3 ¼ cups
- ☐ Parmesan cheese – ¼ cup
- ☐ Ricotta cheese – 1/3 cup

PRODUCE

- ☐ Avocado – 1 small
- ☐ Cauliflower – 100g
- ☐ Garlic – 1 head
- ☐ Mushrooms – 4
- ☐ Onion, green – 1 stalk
- ☐ Onion, yellow – 1 medium
- ☐ Raspberries – 4 fresh
- ☐ Salad greens – 10 cups
- ☐ Spinach, fresh – 3 cups
- ☐ Spinach, frozen – 1 (10-

ounce) bag

- ☐ Tomato, Roma – 1 medium
- ☐ Zucchini – 1 small

PANTRY ITEMS

- ☐ Almond flour – ¼ cup
- ☐ Baking powder
- ☐ Chipotle chili powder
- ☐ Coconut flour – 3 tablespoons
- ☐ Cream of tartar
- ☐ Dried Italian seasoning
- ☐ Garlic powder
- ☐ Ground coriander
- ☐ Liquid stevia
- ☐ Marinara, low-carb – 3 tablespoons
- ☐ Olive oil
- ☐ Onion powder
- ☐ Pepper, black
- ☐ Pine nuts, toasted – 1 ounce
- ☐ Powdered erythritol
- ☐ Salt
- ☐ Smoked paprika
- ☐ Vegetable broth – 1 cup
- ☐ White wine vinegar

EASY CLOUD BUNS

Calories: 50 Fat: 4.5 g Protein: 2.5 g Total Carbs: 0.5 g Fiber: 0 g Net Carbs: 0.5 g

Prep Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS

- o 3 large eggs, separated
- o 1/8 teaspoon cream of tartar
- o 3 ounces cream cheese, chopped

INSTRUCTIONS

1. Preheat the oven to 300°F and line a baking sheet with parchment.
2. Beat the egg whites until foamy then beat in the cream of tartar until the whites are shiny and opaque with soft peaks.
3. In a separate bowl, beat the cream cheese and egg yolks until well combined then fold in the egg white mixture.
4. Spoon the batter onto the baking sheet in 1/4-cup circles about 2 inches apart.
5. Bake for 30 minutes until the buns are firm to the touch. Makes 10 servings.

BACON BREAKFAST BOMBS

Calories: 535 Fat: 49 g Protein: 21 g Total Carbs: 4.5 g Fiber: 0 g Net Carbs: 4.5 g

Prep Time: 40 minutes

Cook Time: 0 minutes

INGREDIENTS

- o 4 slices thick-cut bacon
- o 2 large eggs
- o ¼ cup cubed butter
- o 2 tablespoons mayonnaise
- o Salt and pepper

INSTRUCTIONS

1. Cook the bacon in a large skillet over medium-high heat until crisp.
2. Let the bacon cool a little then chop it up and set it aside, reserving the bacon grease.
3. Fill a saucepan with water and a pinch of salt then bring to a boil.
4. Add the eggs and boil them for 10 minutes before transferring to an ice water bath.
5. Let the eggs cool then peel them and chop them coarsely.
6. Mash the chopped eggs with the butter then stir in the mayonnaise, salt, and pepper.
7. Stir in the reserved bacon grease then cover the mixture and chill for 30 minutes.
8. Divide the egg mixture in six portions and roll them into balls then roll in the crushed bacon.
9. Serve immediately and store the leftovers in the fridge. Makes 2 servings of 3 bombs.

THREE-CHEESE PIZZA FRITTATA

Calories: 305 Fat: 24 g Protein: 21 g Total Carbs: 3.5 g Fiber: 1 g Net Carbs: 2.5 g

Prep Time: 10 minutes

Cook Time: 40 minutes

INGREDIENTS

- ½ (10-ounce) bag frozen spinach, thawed
- 6 large eggs
- 2 tablespoons olive oil
- ½ teaspoon dried Italian seasoning
- Salt and pepper
- ¼ cup ricotta cheese
- ¼ cup grated parmesan cheese
- 2 ½ ounces shredded mozzarella cheese
- 1 ounce sliced pepperoni

INSTRUCTIONS

1. Preheat the oven to 375°F and grease a pie plate with cooking spray.
2. Defrost the frozen spinach in the microwave for 4 minutes then squeeze out the water.
3. Whisk together the eggs, olive oil, Italian seasoning, salt and pepper in a bowl.
4. Stir in the ricotta cheese, parmesan cheese, and drained spinach until well combined.
5. Pour the mixture into the pie plate and top with mozzarella and pepperoni.
6. Bake for 35 to 40 minutes until the egg is set and the cheese lightly browned. Makes 4 servings.

MOZZARELLA TUNA MELT

Calories: 550 Fat: 36 g Protein: 45 g Total Carbs: 11.5 g Fiber: 1 g Net Carbs: 10.5 g

Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup diced yellow onion
- 8 ounces canned tuna
- ¼ cup mayonnaise
- 2 large eggs, whisked
- 2 ounces shredded mozzarella cheese
- Salt and pepper
- 1 green onion, sliced thin

INSTRUCTIONS

1. Heat the oil in a skillet over medium heat.
2. Add the onion and cook until translucent, about 5 minutes.
3. Drain the tuna then flake it into the skillet and stir in the remaining ingredients.
4. Season with salt and pepper and cook for 2 minutes or until the cheese melts.
5. Spoon into a bowl and top with sliced green onion to serve. Makes 2 servings.

AVOCADO EGG & SALAMI SANDWICHES

Calories: 490 Fat: 40.5 g Protein: 22.5 g Total Carbs: 12.5 g Fiber: 7.5 g Net Carbs: 5 g

Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS

- o 4 Easy Cloud Buns
- o 1 teaspoon butter
- o 4 large eggs
- o 1 medium tomato, sliced into 4 slices
- o 1 ounce fresh mozzarella, sliced thin
- o 1 small avocado, sliced thin
- o 2 ounces sliced salami
- o Salt and pepper

INSTRUCTIONS

1. Toast the cloud buns on a baking sheet in the oven until golden brown.
2. Heat the butter in a large skillet over medium heat.
3. Crack the eggs into the skillet and season with salt and pepper.
4. Cook the eggs until done to the desired level then place one on each cloud bun.
5. Top the buns with sliced tomato, mozzarella, avocado and salami. Makes 2 servings.

MUSHROOM SOUP WITH FRIED EGG

Calories: 385 Fat: 31 g Protein: 20 g Total Carbs: 10 g Fiber: 3 g Net Carbs: 7 g

Prep Time: 5 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 teaspoon olive oil
- 4 white mushrooms, sliced thin
- 100 grams cauliflower, riced
- 1 cup vegetable broth
- 3 tablespoons heavy cream
- 2 tablespoons shredded cheese
- 1 teaspoon butter
- 1 large egg

INSTRUCTIONS

1. Heat the oil in a small saucepan over medium heat.
2. Add the mushrooms and cook until they are tender, about 6 minutes.
3. Stir in the riced cauliflower, vegetable broth, and heavy cream.
4. Season with salt and pepper then stir in the cheese.
5. Simmer the soup until it thickens to the desired level then remove from heat.
6. Fry the egg in the butter until cooked to the desired level then serve over the soup.

CHEESY SINGLE-SERVE LASAGNA

Calories: 325 Fat: 19 g Protein: 29 g Total Carbs: 10 g Fiber: 1.5 g Net Carbs: 8.5 g

Prep Time: 15 minutes

Cook Time: 5 minutes

INGREDIENTS

- o 3 tablespoons low-carb marinara sauce
- o 1 small zucchini (60g), sliced very thin into rounds
- o 2 tablespoons ricotta cheese
- o 3 ounces shredded mozzarella
- o Dried oregano

INSTRUCTIONS

1. Spoon 1 tablespoon marinara sauce into a microwave-safe bowl.
2. Spread one third of the zucchini slices over the sauce then cover with a tablespoon of ricotta.
3. Repeat the layers of sauce, zucchini, and ricotta.
4. Top with the remaining zucchini and the last tablespoon of marinara.
5. Sprinkle with mozzarella then microwave for 3 to 4 minutes until the entire mixture is heated through and the cheese is melted.
6. Sprinkle with dried oregano and serve hot.

CRISPY CHIPOTLE CHICKEN THIGHS

Calories: 400 Fat: 20 g Protein: 51 g Total Carbs: 3 g Fiber: 1.5 g Net Carbs: 1.5 g

Prep Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

- ½ teaspoon chipotle chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon ground coriander
- ¼ teaspoon smoked paprika
- 12 ounces boneless chicken thighs
- Salt and pepper
- 1 tablespoon olive oil
- 3 cups fresh baby spinach

INSTRUCTIONS

1. Combine the chipotle chili powder, garlic powder, onion powder, coriander, and smoked paprika in a small bowl.
2. Pound the chicken thighs out flat then season with salt and pepper on both sides.
3. Cut the chicken thighs in half and heat the oil in a heavy skillet over medium-high heat.
4. Add the chicken thighs skin-side-down to the skillet and sprinkle with the spice mixture.
5. Cook the chicken thighs for 8 minutes then flip and cook on the other side for 3 to 5 minutes.
6. During the last 3 minutes, add the spinach to the skillet and cook until wilted.
7. Serve the crispy chicken thighs on a bed of wilted spinach. Makes 2 servings.

PEPPERONI, HAM & CHEDDAR STROMBOLI

Calories: 525 Fat: 37 g Protein: 32 g Total Carbs: 16 g Fiber: 8 g Net Carbs: 8 g

Prep Time: 20 minutes

Cook Time: 20 minutes

INGREDIENTS

- o 1 ¼ cups shredded mozzarella cheese
- o ¼ cup almond flour
- o 3 tablespoons coconut flour
- o 1 teaspoon dried Italian seasoning
- o Salt and pepper
- o 1 large egg, whisked
- o 6 ounces sliced deli ham
- o 2 ounces sliced pepperoni
- o 4 ounces sliced cheddar cheese
- o 1 tablespoon melted butter
- o 6 cups fresh salad greens

INSTRUCTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. Melt the mozzarella cheese in a microwave-safe bowl until it can be stirred smooth.
3. In a separate bowl, stir together the almond flour, coconut flour, and dried Italian seasoning.
4. Pour the melted cheese into the flour mixture and work it together with some salt and pepper.
5. Add the egg and work it into a dough then turn out onto a piece of parchment.
6. Lay a piece of parchment on top and roll the dough out into an oval.
7. Use a knife to cut diagonal slits along the edges, leaving the middle 4 inches untouched.
8. Layer the ham and cheese slices in the middle of the dough then fold the strips over top.
9. Brush the top with butter then bake for 15 to 20 minutes until the dough is browned.

10. Slice the Stromboli and serve with a small salad. Makes 3 servings.

SPRING SALAD WITH STEAK & SWEET DRESSING

Calories: 575 Fat: 43.5 g Protein: 41 g Total Carbs: 6.5 g Fiber: 4 g Net Carbs: 2.5 g

Prep Time: 10 minutes

Cook Time: 25 minutes

INGREDIENTS

- o 2 slices thick-cut bacon
- o 2 tablespoons white wine vinegar
- o 2 tablespoons olive oil
- o 2 tablespoons fresh raspberries
- o Liquid stevia, to taste
- o 4 cups fresh spring greens
- o 1 ounce toasted pine nuts
- o 1 tablespoon butter
- o 7 ounces beef flank steak

INSTRUCTIONS

1. Cook the bacon in a skillet over medium-high heat until very crisp then chop fine.
2. Combine the white wine vinegar, olive oil, raspberries, and liquid stevia in a blender.
3. Blend the ingredients until smooth and well combined.
4. Combine the spring greens, roasted pine nuts, and crumbled bacon in a large bowl.
5. Toss with the dressing then divide between two plates.
6. Melt the butter in a heavy skillet over medium-high heat then add the steak.
7. Season with salt and pepper then sear on one side, about 3 to 4 minutes.
8. Flip the steak and cook to the desired level then rest for 5 minutes.
9. Slice the steak and divide it between the salads. Makes 2 servings.

WEEK 4

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.

