

## A heart-shaped arrangement of various healthy foods. The composition includes several red tomatoes, yellow and red bell peppers, onions, garlic, a bottle of yellow oil, a bowl of yellow powder (likely turmeric), a piece of ginger, blueberries, a large piece of salmon, broccoli, almonds, and a bowl of oats. The entire arrangement is set against a white background.

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## Disclaimer

In our 'Absolute Keto Guide' you will find all the information you need to succeed should you choose to adopt a Keto lifestyle. We cover a range of topics specifically relating to a Keto Diet, including overall health and how that may be affected by ketosis, explanations about ketones and their role in the body, what it means to adopt a Keto lifestyle and the implications, balanced eating, nutrition, recipes and many other tips and tools that are designed to help you achieve your personal health goals.

It is advisable that you undertake thorough research to facilitate making your own healthcare decisions more tailored and appropriate to you. The information provided in our guide is for educational and informational purposes only and is not intended as medical advice. As such, the information offered should not be used to diagnose or treat any illness, metabolic disorder, or other health problems. Before starting any new diet or exercise regimen, you should always seek the help of a qualified licensed doctor or other healthcare provider. We remind you that you should monitor your body's progress closely and adequately.





# Welcome!

Welcome to 'The Absolute Keto Guide'.

The decision to follow the principles of a Keto Diet will bring many challenges but, ultimately, huge rewards when it comes to losing unwanted weight. Our Keto guide is designed to help you every step of the way to ensure that you maximize your efforts for the best possible results.

There is an abundance of information to know and learn about doing the Keto Diet. There is a science behind it and several health challenges that you need to be aware of. The information we provide will steer you along the right path towards optimal ketosis and fat burn, while ensuring that your health and well-being are maintained in a positive manner.

In this handy eBook you will find helpful information, tips, tools and recipes to make your personal Keto journey just that bit smoother and, dare we say it, enjoyable.

This guide is the perfect companion to help you maximize your results by having all the essential information at your fingertips. We wish you luck in your Keto lifestyle and present 'The Absolute Keto Guide' to help you transition to a healthy nutritional choice and of course, a whole new you!

# 01

## What is the Keto Diet?



### The Keto Diet: The Basics

The Keto Diet is a high fat, adequate protein, low-carbohydrate diet that has many health benefits.<sup>1</sup> The Keto Diet essentially switches the body's main fuel sources from carbohydrates to fats. In doing so, your body enters ketosis (a metabolic state) that is produced by eating foods that are ketogenic (fats) and avoiding or limiting foods that are anti-ketogenic (carbohydrates and proteins).

Although all of the body's main fuel sources are metabolized in the same way, carbohydrates are used preferentially, followed by fats and then proteins. Carbohydrates are metabolized by the body quickly for energy. Typically carbohydrates will be used within a few hours after they are eaten, which is one reason why we eat so frequently. Unused carbohydrates are stored in the liver in the form of glycogen, or converted to fat. If there are not enough carbohydrates, the body will be forced to break down the fat stored as fuel. Fats are metabolized/burned much more slowly and will take more than a day for the fat content to be used. In order for the diet to be successful, a very high ratio of fats to carbohydrates must be maintained.

The Keto Diet promotes eating fresh, whole foods such as meat, fish, vegetables, and healthy fats and oils while reducing or eliminating processed foods. A typical meal

under the Keto Diet might include some type of protein with green leafy vegetables cooked with a mayonnaise-based sauce or a lot of butter or heavy cream. Meals usually consist of meats, cheeses and vegetables. Vegans and vegetarians can also follow the Keto Diet but must be creative in order to include the adequate amount of fat to protein ratio by consuming healthy oils, nuts or nut butters, avocados, seeds or seed butters, and coconut as their sources, while making sure they get enough protein too.

Going on this type of diet is great for not only major weight loss but for reducing substantially the risk factors for serious health conditions such as cardiovascular disease, stroke, Alzheimer's, Parkinson's, cancer and epilepsy.<sup>2-8</sup>

Depending on your goals, the Keto Diet can be subdivided into four different categories:

1. Standard
2. Targeted
3. Cyclical
4. High-Protein

They are all based on the same principle, the main difference being in the amount of carbs you consume versus the exercise you do. For example, if you are new to dieting, do not do a lot of exercise and your goal is to lose weight or to treat a special condition like epilepsy or

diabetes then you need to start off with the **Standard Keto Diet**. On the other hand, if you lead an active lifestyle, you need the **Targeted** approach or if you're an athlete that performs High Intensity Interval Training (HIIT) or lift weights, you need the **Cyclical** approach. Lastly, if you need to consume more protein, you are able to do so by following the **High-Protein Keto Diet**. You can choose which one works best for you. No matter, which one you choose, the Keto Diet will give you a boost of energy and it will lead you to a healthier place.

Focusing on the **Standard approach**, the percentage breakdown of the calories you consume daily would typically be:

- Fat: 65%-75%
- Protein: 20%-30%
- Carbs: 5%

## So, What is Ketosis Exactly?

While in ketosis your body is using ketones for energy instead of glucose. Ketones (derived from fat) are a much more stable and steady source of energy than glucose (derived from carbohydrates). The body can only store a two-day supply of glucose in the form of glycogen, so after two days of consuming no more than 20 grams of carbohydrates, most people go into a state of ketosis.<sup>9</sup> However, entering ketosis can often take more time; for some it can be anywhere from two days while for others it may be a week. Once your body enters ketosis, it will use fat for energy, instead of carbs, which also includes the fat you eat and previously stored or accumulated body fat.

Being in ketosis generates elevated levels of ketones, which are detectable in the breath, urine, and blood. If you want to know whether you've entered ketosis, you can use ketone testing strips which will measure the level of ketones in your urine. If the concentration is high enough, you've successfully entered ketosis. Ketone testing strips can be

purchased at any pharmacy, and are usually kept with the diabetic supplies. You don't need a prescription to buy them.

## Exogenous vs. Endogenous Ketones

Endogenous ketones are produced in the liver as a by-product of fat breakdown. The more fat that is broken down, the more ketones will build up in the blood. When you reach a certain threshold of ketones, your body is officially in ketosis. There are three types of ketones found in the body, they are:

- Acetoacetate
- Beta-hydroxybutyrate (BHB)
- Acetone

Endogenous ketones also act as chemical messengers which signal the body to continue burning fat for energy.

Exogenous ketones are made outside the body and are ingested to mimic the actions of endogenous ketones, i.e. to achieve and maintain ketosis, by raising the levels of ketones in the blood.

The most common type of exogenous ketone is Beta-hydroxybutyrate (BHB). Taking an effective dose of pure BHB will provide a natural boost for anyone struggling to enter into ketosis naturally.

## MCT - What is it & How Does it Help?

MCT oil is often combined with exogenous ketones or taken separately. MCT stands for Medium-Chain Triglycerides, which are a type of fat people consume to further boost ketosis.

Fats are compounds composed of three fatty acid chains chemically bonded to another compound. The longer the chain, the harder it will be for the body to break it down. The shorter the chain, the easier it will be.

When it comes to achieving ketosis, Short-Chain Triglycerides are ideal because the body can quickly break them down into ketones.

This ensures a steady level of ketones in the blood to boost and maintain ketosis.

However, because Short-Chain Triglycerides have the tendency to spoil - examples are butter, heavy cream, etc. - they cannot be safely included in a Keto product.

Thus, Medium-Chain Triglycerides are the answer. They speed up ketosis by adding ketone levels to the blood, as well as, contribute to feeling satiated and curbing hunger pangs.

In addition, many people also add MCT oil to their food instead of Longer-Chain Triglycerides such as olive oil for faster breakdown into ketones.

## For more information:

<https://www.researchverified.com/products/mct-oil/facts/>



# 02

## The Specific Components of Dieting



### How Do Most Diets Work?

Most diets deprive you of major calories leaving you cranky and miserable. The deprivation of restrictive diets often leads to a cycle of overeating and/or binging. These types of diets slow down your metabolism which makes it harder for you to lose weight and may lead to unhealthy eating patterns and eating disorders. Fad diets are also harmful since more often than not, they limit your eating to a certain number of foods, which create a deficit of essential nutrients. As a result, after completing a fad diet, you usually gain back all the weight you had lost. This is the start of "yo-yo dieting," which can bring a host of health problems. Skipping meals, starving yourself or depriving yourself of entire categories of food is not the way to go.

That is why, a Keto Diet is a good plan to follow. More than a diet, it is a lifestyle change that will rewire the way you think about food, fat, protein, carbs and calories. Permanent weight loss requires long-term commitment to healthy eating. So, why not make it pleasurable?

### What are Calories?

A calorie is a unit of energy. Calorie consumption determines weight gain or loss. If you burn less calories per day than what you consume, you will gain weight. That is why exercise is recommended. Not only does exercise benefit general health, it will help

you burn extra calories that will allow you to lose weight by using stored resources for the remaining energy it needs. To lose a pound of weight a week, you need to decrease 3,500 calories. This equates to 500 calories per day to lose a pound a week, in a safe, healthy and steady amount.

### What are Macronutrients & Micronutrients?

Getting enough macronutrients and micronutrients every day is vital, so that your body has the energy it needs to be healthy. Macronutrients (macros) are compounds found in all foods that our bodies use to create energy. The three main categories of macronutrients are carbohydrates, fat and protein. Macros are required in large amounts and are measured in grams (g).

- Fat provides 9 calories per gram
- Protein provides 4 calories per gram
- Carbs provide 4 calories per gram

In contrast, micronutrients are required in small amounts and include vitamins and minerals.

### What are Net Carbs?

The concept of net carbs is rooted on the basis that not all carbohydrates affect the body in the same way. Net carbs are total

carbs minus dietary fiber (sometimes referred to as soluble or insoluble) and sugar alcohols. Some carbs, such as simple or refined starches and sugars, are quickly absorbed in the body and have a high glycemic index, thereby spiking blood sugar levels after eating. Simple carbs that are in surplus are stored in the body as fat. Net carbs are thought to have a minimal impact on blood sugar levels since they are not broken down into glucose, so they do not count toward your total carb count.

### **How Do You Calculate Net Carbs When Doing the Keto Diet?**

Calculate how many net carbs you consume by subtracting the amount of fiber and half the amount of sugar alcohols (if 5 or more grams are from carbs) from the total amount of carbohydrates per serving.

### **Total Carbohydrates - Grams of Fiber - ½ of the Grams of Sugar Alcohols = Net Carbs**

Total carbohydrates per serving minus number of grams of fiber (soluble and insoluble) per serving minus 1/2 the number of grams of sugar alcohols if 5 or more from total carbohydrates  
= net carbs.

The more you get used to reading nutrition labels, the easier this will be. You can also try various free apps to help calculate and keep track of your net carb intake.

# 03

## Food Pyramid: Changing How We Think



### Why Did Everyone Turn on Carbs?

Once the staple of the food pyramid, now carbs are being maligned everywhere you look. But, are they really so bad? The answer lies in both what they are and how our body responds to them.

Carbohydrates are categorized in two ways:

1. Simple - such as fruits or brown sugar and
2. Complex - such as breads, rice and white pasta

All carbs are broken down to their smallest components in order to be absorbed into the bloodstream, this is known as glucose.

In a healthy individual, blood glucose levels are constantly regulated. For example, when glucose levels are too high, some will be removed from your blood. Your body does this by using insulin. Insulin is a hormone, secreted by the pancreas, which shuttles glucose out of your blood and into your cells.

### What is Insulin Resistance?

Insulin resistance happens when your cells stop recognizing insulin and therefore can't easily get the glucose from your blood to use for energy.<sup>10</sup> To compensate for this, the pancreas produces more insulin. As your pancreas releases more and more insulin in order to control and regulate your blood sugar, it eventually reaches a point where it can't produce any more. Flooding your bloodstream

with an excess of glucose over a long period of time can lead to prediabetes. Prediabetes occurs when glucose levels are abnormally high but not yet at the levels of a diabetic.

### What Can Excess Carbs Lead To?

Currently, more than 84 million adults, ages 18 and older, have prediabetes in the United States, which is more than 1 out of every 3 people. If left untreated, prediabetes will lead to Type 2 diabetes and many serious medical conditions.<sup>11</sup>

The amount of processed carbohydrates lining supermarkets today have translated into more than 30 million Americans being diagnosed with diabetes. This is about 1 in 10 people, which is an epidemic!

### Dispelling the Myth That Fat is Bad For You

When trying to lose weight, people often get frustrated that their stubborn fat cells don't seem to decrease. If someone is eating a carb-heavy diet, they are not giving their body a chance to burn anything except for glucose or glycogen (stored glucose).

While this was advantageous for our early ancestors who were dependent on the next kill in order to eat, and needed backup glycogen and fat stores for survival, it makes losing weight a real challenge for us.

## Types of Fat

There are four types of fats: saturated, monounsaturated, trans and polyunsaturated. Contrary to popular thought, consuming saturated and monounsaturated fats are not necessarily bad for you. In fact, there are numerous studies that indicate otherwise.<sup>12-14</sup> Most fats are good for you and are considered essential to health as they are needed for many bodily processes. Fats are the most efficient source of energy, support hormonal balance and are a catalyst for absorbing certain vitamins and minerals. Each gram of fat contains more than double the energy than in a gram of protein or carbohydrates. Eating fat leaves you feeling more satiated for longer, making it easier to stick to a diet than not.

## Time for a Change

You can urge your body to burn fat instead of carbs by eating high-fat and low-carb foods to enter ketosis.<sup>15</sup> Ketosis is a natural state where your body uses fat in order to get energy. This actually results in a more efficient use of energy, as fat has more calories than glucose. Also, it is proven that your brain actually works differently when your body is in ketosis.



# 04

## The Benefits of a Keto Lifestyle



### Top Health Benefits of a Keto Diet

More and more studies have shown the benefits of a high-fat, low-carb diet over a low-fat, high-carb diet. These include:

- Promotes Weight Loss<sup>16</sup>
- Burns Body Fat<sup>17</sup>
- Regulates Blood Sugar<sup>18</sup>
- Improves Cognitive Function<sup>19</sup>
- Aids Heart Health<sup>20</sup>
- Lowers Blood Pressure<sup>21</sup>
- Boosts Metabolism
- Balances Hormones<sup>22</sup>
- Encourages Skin Health
- Suppresses Appetite<sup>23</sup>

### Ultimate Weight Loss & Fat Burning Through Ketosis

A safe buildup of ketones in your bloodstream results in you entering ketosis. Once in nutritional ketosis, fatty acids are broken down by your liver for energy.

You can train your body to select fat cells to burn over glucose by keeping your macros in check with the Keto Diet. After about 4 to 9 weeks, your body acclimates to ketosis and you are said to be Keto-adapted. Instead of needing a steady supply of carbs to get you through the day, you will be kept feeling satiated and have a continual boost of energy from stored and consumed fat.

Additionally, once you are properly fat-adapted, you can even increase the amount of carbohydrates and still be able to maintain ketosis.

### The Mechanism of Ketosis

Eating a high-fat diet means you will feel fuller for longer, as it takes a longer time to digest than carbs. This will keep you from overeating and gaining weight.

Also, you can eliminate the cyclical spikes and crashes of a high-carb diet. Needing a desperate sugar rush because you're feeling weak will be a thing of the past.

Because all hormones are interconnected, controlling levels of insulin by limiting carbs, means positively affecting all other hormones in your body whether it's a healthier heart, clearer skin or metabolic diseases.

Getting back to the hunter gatherers, if someone has depleted their glycogen storages and their body is now breaking down fat cells, the energy produced would be utilized in the best way possible and therefore be sent to the brain. Not only do people report a cognitive boost when they are in ketosis, but the Keto Diet is recommended to children with epilepsy and is currently being studied to help those with Alzheimer's and other cognitive diseases.<sup>24</sup>

# 05

## Getting Started on the Keto Diet



### Rid Yourself of Your Carb-Addicted Ways

Give yourself a real chance at sticking to a Keto Diet by purging your home of carb-heavy and processed foods. Having a roommate or family member joining you on your weight loss journey will help keep you both on track.

Analyze your current diet to see how many carbs you're consuming, as well as, what times of day you are consuming them.

Are you a late-night cereal snacker? If so, make sure to remove your stash of cereals. Do you swing by a bakery on your way to work? Try a different route so that temptation isn't in your way.

### Read Nutrition Labels

There are sugar and carbs lurking in most processed foods - that's why they taste so good! You'll train your body not to need these anymore, by cutting them out. That's why it's crucial to read nutrition labels.

Take note of carbohydrate amounts and serving sizes before bringing something into your home. Shopping will take longer when you realize how much sugar there is in everyday items like tomato sauce and protein bars.

### Foods to Avoid

Here's a list of some examples of foods to avoid on the Keto Diet.

- **Complex Carbohydrates** - Bread, oatmeal, white pasta, rice and whole grains.
- **Simple Carbohydrates** - Agave nectar, cakes, candy, cereals, chocolate bars, cookies, corn syrup, honey, maple syrup and table sugar.
- **Proteins** - Factory-farmed animal products, hot dogs and processed sausages.
- **Trans Fats** - Margarine and other spreads.
- **Low-Fat Dairy** - Fat-free butter alternatives, low- and fat-free yogurts, low-fat cream cheese, low-fat whipped toppings, milk and shredded cheese (this is usually coated in starch).
- **Processed Foods** - Condiments, chips, crackers, dressings, sauces and most packaged goods.
- **Fruits** - Bananas, dried fruit, grapes, mangos, papayas, peaches, pineapple, prunes and watermelon.
- **Vegetables** - Beets, carrots, corns, green beans, legumes, parsnips, peas, potatoes, pumpkins, sweet potatoes, squashes and limited tomatoes.
- **Sugary Drinks** - Beers, cocktails, dessert wines, fruit juices, and soft drinks.

## Be Prepared! Stock-Up on Keto-Friendly Foods

There is no reason to feel deprived on the Keto Diet. Focus on the foods below so you can eat delicious food, feel full and lose weight! By having more Keto-friendly food on hand and in your pantry, you are less likely to deviate from your desired goal. As with everything in life, preparation is key.

### Typical Foods to Enjoy

When planning meals, try to incorporate as many vegetables as you can. However, instead of just steaming broccoli the way you would on a low-fat diet, try sautéing it in butter or melting cheese on top of it. Use the list below to broaden your mind and make vegetables as delicious as they can be. You won't even miss the bread!

### Fats (60-70% of daily calories)

Coconut oil, full-fat dairy (except milk), full-fat mayonnaise, grass-fed butter, heavy cream and olive oil.

### Protein (20-25% of daily calories)

Bacon, beef, chicken, crab, duck, eggs, fish, goat, ham, lamb, lobster, mussels, oysters, pork, scallops, tuna and veal. In moderation (because they contain carbs): nuts and seeds.

### Net Carbohydrates (5-10% of daily calories)

- **Vegetables** - Asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplants, garlic, kale, lettuce, mushrooms, olives, peppers, spinach, tomatoes, white onions and zucchinis.
- **Nuts** - Almonds, hazelnuts, macadamias, nut butters, nut flours, pecans, pistachios and walnuts.
- **Fruits** (very limited amounts) - Apricots, avocados, blackberries, cantaloupes, coconuts, cranberries, guavas, lemons, limes, raspberries, rhubarb and strawberries.

## Keto Supplements

Keto supplements can be the make or break of succeeding on the Keto diet. When it comes to Keto supplements a quality product versus those that just put some powder in a pill should include:

- Several types of Beta-hydroxybutyrate (BHB) ketone salts
- A high dosage of BHB - a minimum of 1800 mg
- MCT Oil
- An ingredient for increasing the absorption such as Piperine
- No unnecessary ingredients such as preservatives or fillers.

We are familiar with many nutritional supplement manufacturers. Our research showed several good Keto supplements that are worth checking out.

<https://www.researchverified.com/products/keto/facts.php>

<https://www.approvedscienceketo.com>

<https://www.ketogenicmd.com>

# 06

## How Do You Know You're in Ketosis?



### Signs to Watch Out For

So, how will you know when your body makes the switch to start burning fat cells? Figuring out if you're in ketosis does not have to be a guessing game. Pay attention to your body for the specific cues listed below. If you're not experiencing any of these symptoms, you may be eating too much protein or you may need to lower your carb intake.

1. Bad/Fruity Breath<sup>25</sup>
2. Weight Loss
3. Decreased Hunger
4. Short-Term Fatigue Followed by Increased Energy and Focus
5. Digestive Issues

In addition, you can measure the ketone level in your blood and urine. Getting a blood test is the most accurate way to measure but a good at home solution is to use urine strips which are relatively inexpensive.

### Ketosis is Not Ketoacidosis

Diabetic Ketoacidosis (DKA) is a dangerous condition which can affect people with Type 1 diabetes. Someone with Type 1 diabetes doesn't produce insulin which means the body must break down only fat for energy. This results in extremely high levels of ketones in the blood which can be life threatening. DKA can also occur in individuals with Type 2 diabetes if their insulin is not under control, and can also be caused by alcoholism or starvation.

During ketosis, low levels of ketones are produced and insulin is still functional in the body. Anyone with diabetes must consult with a healthcare professional before starting any diet or lifestyle change.



# 07

## Don't Get Discouraged by the Keto Flu



### What is the Keto Flu?

Starting a Keto Diet can often lead to flu-like symptoms, which is also referred to as the Keto flu. It is not an actual virus and this type of flu is not contagious in any way. It does still however, make you feel horrible.

If you're used to eating a high carbohydrate diet, you may experience an intense carb withdrawal and, additionally, the loss of low-carbs usually brings about a loss of electrolytes which can result in a variety of symptoms. Typical symptoms to look out for include:

- Nausea
- Headaches
- Dizziness
- Fatigue
- Weakness
- Constipation
- Diarrhea
- Stomach Pain
- Body Aches
- Brain Fog

### Fighting the Keto Flu

While the above symptoms are usually only temporary (on average around a week) they can be discouraging and may deter someone from sticking to the diet. Try these helpful tips to fight the Keto flu:

- Consume bone broth
- Get plenty of sleep
- Restore lost electrolytes via supplements
- Remain hydrated
- Add MCT oil to your diet

Adding electrolytes via supplements or bone broth helps to replenish those that are missing and causing you to feel ill. Properly hydrating will allow your body to let go of the water it is using in place of your fat cells so that you won't feel as bloated. Fight against the urge to eat the sugary snacks you crave and instead add more fat to your diet. MCT oil is an excellent fat to consume as it's easily broken down by your body.

# 08

## Recipe Notes and Kitchen Essentials



### Recipe Notes

- Always look for almond milk that has no added sugars or sweeteners.
- When it comes to peanut butter we prefer natural organic peanut butters that do not have any added sugars.
- The nutritional information in our recipes have been calculated using large eggs. If you use eggs that are a different size, the nutritional information will no longer be accurate.
- When you need to grease a pan or baking pan you can use olive oil, avocado oil or coconut oil.
- If you see a recipe title that includes the letters SF, it means that recipe is sugar free.
- Generally, our recipes make one serving each. We also calculate our nutritional information according to single servings. However, a few of our recipes make more than one serving. If a recipe will make more than one serving, we will make a note of it in the actual recipes. Multiple serving meals will provide you with leftovers to eat later on in the meal plan.
- If a recipe requires ground beef, you should use an 80% lean beef mince. Our recipes have been calculated according to this kind of beef. If you use a different kind of ground beef you will need to recalculate the values.
- If you are sensitive to spicy foods you can reduce the amount of chili a recipe calls for or simply leave it out.

### Kitchen Essentials

#### Kitchen Scale

When you follow a Keto eating plan, you will need to weigh your food a lot. This will help you stick to the recommended nutritional values in our recipes.

#### Chef's Knife

This is an essential item in every kitchen. A sharp knife will make food prep easy and will make it seem like less of a chore than it normally would. Additionally, using a sharp knife will make your chopping faster and easier.

#### Food Processor

Another tool that will make food prep a breeze. You can use your food processor to make soups or smoothies or even to chop vegetables.

#### Slow Cooker

With a slow cooker, you can prep your ingredients the night before. Then you switch on your slow cooker in the morning before you go to work. By the time you get home, you will have a delicious, healthy meal that is ready to eat.

#### Spiralizer

When you cut out the carbs, your spiralizer will become your new best friend. You can use zucchinis, carrots, squashes or cucumbers to make veggie noodles to eat as a side dish for your next meal.

#### Cast Iron Skillet

If you only have one pan in your home we would recommend that it is a cast iron skillet. These skillets are so versatile! For example, you can cook with it on your stovetop or whip up a frittata that you pop in the oven.



09

# Recipes Week 1



# Day 1

## Breakfast: Eggs Benedict Muffin Mug Cake

Servings: 1



### Nutritional Info

Calories : 585  
Fats : 54 grams  
Protein : 19 grams  
Carbohydrates : 2.5 grams

### Ingredients

- 2 tbsp butter
- 3 tbsp almond flour
- 1 large egg
- ½ tsp baking powder
- ¼ tsp each, chili powder and onion powder
- Salt and pepper according to taste

### Toppings

- 4 slices cooked bacon
- 2 large poached eggs
- 2 tbsp hollandaise sauce
- Salt and pepper according to taste

### Instructions

1. Lightly grease a large mug or round small dish with butter.
2. Add dry ingredients to mug and mix well.
3. Whisk the egg and mix into the dry ingredients, taking care not to overmix.
4. Microwave in 30 second blasts for one and a half minutes or until the muffin is cooked and slightly puffed.
5. Tap the mug upside down to remove the muffin.
6. Slice in half and place two slices of bacon and a poached egg on each half of the muffin.
7. Finish with one teaspoon of hollandaise sauce over each egg.



## Lunch: Five-Minute Pizza

Servings: 1



### Nutritional Info

Calories : 148  
Fats : 12 grams  
Protein : 36 grams  
Carbohydrates : 3.7 grams

### Ingredients

#### Base

- 2 tbsp grated parmesan cheese
- 1 tbsp psyllium husk powder
- ½ tsp Italian seasoning
- 2 large eggs
- 2 tbsp frying oil
- Salt and pepper according to taste

#### Toppings

- 1.5 oz mozzarella cheese
- 3 tbsp tomato sauce
- 1 tbsp freshly chopped basil
- 1 sliced chicken breast

### Instructions

1. To make the base, add the first three ingredients to a blender and blend until well ground and combined.
2. Add eggs and blend until well-mixed and the psyllium husk powder absorbs some of the ingredients. Do this for approximately 30 seconds.
3. Heat oil in a frying pan over a medium heat, add batter to pan in one even layer.
4. Cook for two minutes on each side and transfer base to a plate.
5. Add toppings to base and broil in the oven until the cheese has melted and is bubbling slightly.

## Dinner: Mustard and Thyme Pork Roulade

Servings: 4



### Nutritional Info

Calories : 365  
Fats : 25.8 grams  
Protein : 29.3 grams  
Carbohydrates : 2.5 grams

### Ingredients

- 1 lb deboned and butterflied pork tenderloin
- 6 slices of prosciutto
- 5 oz cream cheese
- 1 tbsp whole grain mustard
- 2 tbsp dried thyme
- ½ tsp each of garlic and onion powder
- 1 tbsp olive oil
- Salt and pepper according to taste

### Instructions

1. Preheat the oven to 350°F.
2. Place prosciutto slices over the meat and spread the cream cheese over the prosciutto in an even layer.
3. Roll the tenderloin into a tight roll and secure with butcher's twine.
4. Spread the mustard over the outside of the meat and season with salt, pepper, olive oil and thyme.
5. Place in the oven for 50-60 minutes or until cooked.
6. Rest for ten minutes before serving.

## Day 2

### Breakfast: Jalapeno Pepper Scrambled Eggs

Servings: 1



#### Nutritional Info

Calories : 365  
Fats : 31 grams  
Protein : 18 grams  
Carbohydrates : 4 grams

#### Ingredients

- 2 large eggs
- 1 slice bacon, chopped
- 1 medium jalapeño pepper
- 1 oz cream cheese
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- Salt and pepper according to taste

#### Instructions

1. Crack eggs into a bowl and whisk together.
2. Fry bacon over a medium heat until brown and crispy.
3. Remove bacon from the pan but leave the grease.
4. Deseed and chop the jalapeño pepper and add to the bacon grease.
5. Fry until soft.
6. Add a small amount of salt before adding the eggs to the pan.
7. Continue to move the pan and push the eggs away from the sides of the pan with a soft spatula.
8. Once the eggs are scrambled to your liking turn off the heat.
9. Return bacon to the pan and add spices and cream cheese.
10. Mix well and serve with a side of sliced avocado if you wish.
11. Note: If you prefer a little more heat, you can slice the jalapeño peppers whole and add the seeds to the ingredients.

## Lunch: Caprese Salad

Servings: 1



### Nutritional Info

Calories : 405  
Fats : 36 grams  
Protein : 15.5 grams  
Carbohydrates : 4.5 grams

### Ingredients

- 1 large tomato
- 6 oz fresh buffalo mozzarella
- ¼ cup of chopped fresh basil
- 3 tbsp extra virgin olive oil
- Salt and pepper according to taste

### Instructions

1. Slice tomatoes into quarter inch slices.
2. Slice mozzarella into quarter inch slices.
3. Arrange on a plate by alternating between slices of mozzarella and tomato.
4. Liberally sprinkle basil over the top of the salad.
5. Dress with extra virgin olive oil, salt and pepper according to taste.
6. Let the salad marinate for ten minutes before serving.



## Dinner: Chicken Cordon Bleu with Loaded Cauliflower Mash

Servings: 3



### Nutritional Info

Calories : 676  
Fats : 50 grams  
Protein : 44.3 grams  
Carbohydrates : 6.8 grams

### Ingredients

#### Chicken Cordon Bleu

- 3 medium chicken thighs
- 2 oz ham, sliced
- 2 oz swiss cheese
- 2 oz pork dust
- 1 large egg
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried thyme
- Salt and pepper according to taste

#### Loaded Cauliflower Mash

- large head cauliflower cut into large pieces.
- 1 clove garlic
- 3 tbsp butter or olive oil
- ½ tsp salt
- ⅛ tsp pepper
- 1 tbsp sour cream
- 4 slices cooked bacon, crumbled
- Green onions, finely chopped
- Cheese, shredded

### Instructions

#### Chicken Cordon Bleu

1. Preheat the oven to 375°F.
2. Season the chicken with the seasonings listed above, then lay a slice of ham and a slice of cheese over the chicken.
3. Roll up the meat and secure with a toothpick.
4. Whisk the egg in a flat bowl and place the pork dust on a plate.
5. Dip each chicken thigh in egg and then into the pork dust.
6. Place each piece of chicken on a wire rack and bake in the oven for 50 to 55 minutes.

#### Loaded Cauliflower Mash

1. Steam cauliflower until it is thoroughly cooked.
2. Put cooked cauliflower through a potato ricer.
3. Mix additional ingredients into the riced cauliflower.

## Day 3

### Breakfast: Romaine Lettuce Breakfast Tacos

Servings: 2



#### Nutritional Info

Calories : 499  
Fats : 40 grams  
Protein : 29 grams  
Carbohydrates : 2 grams

#### Ingredients

- 2 romaine lettuce leaves
- 4 large eggs
- 2 tbsp heavy cream
- 4 to 6 slices of bacon
- 2 tbsp shredded cheddar
- 2 slices cheddar cheese
- Salt, pepper and onion powder according to taste

#### Instructions

1. Place the bacon on a baking sheet in a 375°F oven until they are cooked and crispy.
2. Scramble the eggs. Before they are completely cooked, add the shredded cheese and heavy cream and mix well.
3. Assemble the tacos in the lettuce leaves.
4. Place a few slices of cheese at the bottom of each leaf.
5. Place two to three slices of bacon on top of the cheese.
6. Top the bacon and cheese with as much scrambled eggs as you would like.

## Lunch: Cheesy Broccoli Soup

Servings: 4



### Nutritional Info

Calories : 291  
Fats : 25 grams  
Protein : 13 grams  
Carbohydrates : 4 grams

### Ingredients

- 4 cups broccoli
- 4 cloves minced garlic
- 1 finely chopped onion
- 3 ½ cups chicken or vegetable broth
- 1 cup heavy cream
- 3 cups shredded cheddar cheese

### Instructions

1. Sauté the onions and garlic over a medium to high heat in a large saucepan until they are fragrant and translucent.
2. Add broccoli to the pot and sauté for a few minutes.
3. Add stock and simmer until broccoli is thoroughly cooked.
4. Pour the heavy cream into the soup base.
5. Decant soup into blender and blend until smooth.
6. Pour blended soup back into saucepan and return to stove on a low heat.
7. Add shredded cheese to the pot and let simmer until cheese has melted.
8. Serve with an additional splash of cream and crushed black pepper.

## Dinner: Sausage and Cabbage with Keto Gnocchi

Servings: 4



### Nutritional Info

Calories : 728  
Fats : 58.6 grams  
Protein : 40.3 grams  
Carbohydrates : 9.5 grams

### Ingredients

#### Sausage and Cabbage

- 4 links spicy Italian chicken sausages
- 1 ½ cups green cabbage, shredded
- 1 ½ cups purple cabbage, shredded
- ½ cup diced onion
- 2 tbsp coconut oil
- 2 slices (1 oz each) Colby jack cheese
- 2 tbsp fresh cilantro, chopped

#### Keto Gnocchi

- 2 cups super fine blanched almond flour
- 2 cups shredded full-fat mozzarella cheese
- ¼ cup butter
- 1 large egg
- 1 large egg yolk

### Instructions

#### Sausage and Cabbage

1. Heat coconut oil in a large skillet.
2. Sauté onion until translucent.
3. Add sausages and fry until well cooked.
4. Sauté cabbage with sausages and onions until lightly browned.
5. Lay cheese over the cabbage and sausage mixture.
6. Broil in oven until the cheese has melted and is bubbling slightly.
7. Top with chopped cilantro.

#### Keto Gnocchi

1. Melt butter and mozzarella in a medium sized saucepan.
2. Take saucepan off the heat and add eggs, beat until well combined.

3. Stir in almond flour and knead until a smooth firm dough is formed then leave to cool.
4. Roll dough into a thin rope.
5. Cut thumb sized pieces from the dough and roll over the back of a fork to make indentations.
6. Add gnocchi to a large pot of boiling water.
7. The gnocchi is done when they float to the top.
8. Remove from water and serve with sausage and cabbage skillet.

## Day 4

### Breakfast: Almond Chia Squares

Servings: 14 squares



#### Nutritional Info

Calories : 120  
Fats : 11.1 grams  
Protein : 2.4 grams  
Carbohydrates : 1.4 grams

#### Ingredients

- ½ cup almonds
- 1 tbsp + 1 tsp coconut oil
- 4 tbsp erythritol
- 2 tbsp butter
- ¼ cup heavy cream
- ¼ tsp liquid stevia
- 1 ½ tsp vanilla extract
- ½ cup unsweetened shredded coconut flakes
- ¼ cup chia seeds
- ½ cup coconut cream
- 2 tbsp coconut flour

#### Instructions

1. Preheat the oven to 375°F and grease and line a 20-inch square baking pan.
2. Pulse almonds in food processor until finely ground.
3. Add dry ingredients and pulse lightly.
4. Melt butter and coconut oil and whisk into wet ingredients.
5. Slowly trickle wet ingredients into the dry ingredients while pulsing.
6. Press dough into sheet pan.
7. Bake for 15 minutes or until lightly browned.
8. Let cool and serve with red berries.



## Lunch: Goat's Cheese Wrapped With Zucchini

Servings: 3



### Nutritional Info

Calories : 372  
Fats : 28 grams  
Protein : 26 grams  
Carbohydrates : 4 grams

### Ingredients

- 1 zucchini
- 6 oz soft goat cheese
- 1 tsp dried mint
- 1 tsp dried dill
- Salt and pepper
- Oil

### Instructions

1. Slice zucchini into long thin ribbons, place on paper towel, sprinkle with salt to remove excess moisture and set aside.
2. Place goat cheese in a bowl and whisk until smooth.
3. Add dried herbs, salt and pepper and mix thoroughly.
4. Place two tablespoons of the goat's cheese mixture at the end of each zucchini ribbon.
5. Roll the zucchini ribbon around the filling quite tightly and drizzle with oil.
6. Secure each wrap with a toothpick.
7. One serving is equal to two zucchini wraps.

## Dinner: Cheeseburger Casserole with Bacon and Cauliflower

Servings: 4



### Nutritional Info

Calories : 478  
Fats : 35.5 grams  
Protein : 32.2 grams  
Carbohydrates : 3.6 grams

### Ingredients

- 1 lb ground beef
- 3 slices bacon
- ½ cup almond flour
- 9 oz cauliflower, riced (~3 cups chopped)
- 1 tbsp psyllium husk powder
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 tbsp reduced sugar ketchup
- 1 tbsp dijon mustard
- 2 tbsp mayonnaise
- 3 large eggs
- 4 oz cheddar cheese, divided
- Salt and pepper according to taste

### Instructions

1. Preheat the oven to 350°F.
2. Grease and line a 9x9 inch baking pan with parchment paper.
3. Place cauliflower in good food processor and blend finely.
4. Add dry ingredients to riced cauliflower and mix well.
5. Mix bacon and ground beef together.
6. Fry on a medium high heat and season with salt and pepper according to taste.
7. Shred the cheese and set half aside.
8. Mix the cooked meat with the riced cauliflower and mix in half of the cheese.
9. Add the eggs, mayonnaise, ketchup and mustard.
10. Using a fork, mix the ingredients well.
11. Firmly press the mixture into the baking pan.
12. Add the remaining cheese to the top of the meat mixture.
13. Place baking pan on the top rack of the oven.
14. Bake for 25 to 30 minutes.
15. Place the casserole under the broiler for the final 2 to 3 minutes
16. Remove from oven and set aside to cool.
17. Serve with a green salad.

## Day 5

### Breakfast: Green Omelet with Avocado

Servings: 1



#### Nutritional Info

Calories	: 394
Fats	: 34.2 grams
Protein	: 15 grams
Carbohydrates	: 10.7 grams
Fiber	: 7.3 grams

#### Ingredients

- 2 whole eggs
- ½ cup spinach (0.5 oz.)
- ½ tsp turmeric
- 1 tsp coconut oil
- ½ avocado, peeled and sliced
- Salt and pepper according to taste

#### Instructions

1. To prepare the omelet mixture; add the cracked eggs, fresh spinach, and turmeric spice into a blender. Pulsate until the ingredients are thoroughly blended and the mixture is smooth.
2. Add the coconut oil into a pan (preferably non-stick) and set the pan over a medium heat. Once the oil has heated, add the egg mixture and fry for 2 to 3 minutes. Then, flip the omelet (like a pancake) and continue to fry the reverse side for 1 to 2 minutes.
3. Lay the omelet flat on a plate. Place some avocado and more fresh spinach inside the omelet and fold over.
4. Season with salt and pepper according to taste and dig in.

## Lunch: Tuna Salad with Capers

Servings: 4



### Nutritional Info

Calories	: 271
Fats	: 26 grams
Protein	: 8 grams
Carbohydrates	: 1 grams
Fiber	: 0 grams

### Ingredients

- 4 oz. tuna in olive oil
- ½ cup mayonnaise
- 2 tbsp crème fraîche
- 1 tbsp capers
- ½ leek, finely chopped
- 1 red onion
- ½ tsp chili flakes
- Salt and pepper according to taste

### Instructions

1. Drain oil from tuna.
2. Toss all of the ingredients into a bowl and mix together; seasoning with chili flakes, salt and pepper according to taste.



## Dinner: Vegetarian Red Coconut Curry

Servings: 2



### Nutritional Info

Calories	: 398
Fats	: 40.73 grams
Protein	: 3.91 grams
Carbohydrates	: 10.76 grams
Fiber	: 2.9 grams

### Ingredients

- 1 cup broccoli florets
- 1 large handful of spinach
- 4 tbsp coconut oil
- ¼ medium onion, chopped
- 1 tsp minced garlic
- 1 tsp minced ginger
- 2 tsp fish sauce
- 2 tsp soy sauce
- 1 tbsp red curry paste
- ½ cup coconut cream or coconut milk

### Instructions

1. Add 2 tablespoons of coconut oil to a pot and place over medium-high heat.
2. Prepare the onions and garlic while you wait. Once the oil has heated in the pot, add the onion and allow to sizzle for 3 to 4 minutes as they become semi-translucent and start to caramelize. Then, add the minced garlic; letting it brown for about 30 seconds.
3. Turn the heat down to medium-low and stir in the broccoli florets. Keep stirring for 1 to 2 minutes, allowing the broccoli to bathe in the onion-garlic flavors.
4. Move the contents of the pot over to one side, adding the red curry paste to the empty side. This allows the flavors to properly release from the spices, so be sure to stir the paste around the empty side of the pot.
5. Once you smell the spices activating, mix it in with the contents of the pot. Then, add the spinach on top.
6. Once the spinach has started to wilt from the steam, mix in the coconut cream.
7. Add the other 2 tablespoons of coconut oil, the fish sauce, soy sauce, and the minced ginger. Stir in and let simmer for 5 to 10 minutes depending on the consistency desired.
8. Serve and dig in!

## Day 6

### Breakfast: Cheesy Thyme Waffles

Servings: 4



#### Nutritional Info

Calories	: 203.25
Fats	: 15.38 grams
Protein	: 15 grams
Carbohydrates	: 9.24 grams
Fiber	: 3.38 grams

#### Ingredients

- ½ large head cauliflower, riced
- 2 stalks green onion, sliced
- 2 tsp fresh thyme, chopped
- 1 cup packed collard greens
- 1 cup finely shredded mozzarella cheese
- 1 cup parmesan cheese
- 2 large eggs
- 1 tbsp sesame seeds
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp ground black pepper
- ½ tsp salt

#### Instructions

1. Add the cauliflower florets into a food processor and pulsate until a crumbly 'riced' texture is formed. Be sure to get any excess moisture out of the cauliflower by patting it with paper towels.
2. Then add the sliced spring onion, thyme leaves, and collard greens to the cauliflower - further pulsating the ingredients together until they are well combined.
3. Scoop the mixture into a large bowl. Add the remaining ingredients and ensure the cheese, eggs, and spices are thoroughly worked in until a loose batter is formed.
4. Heat up the waffle iron. Once it's ready, spoon in the batter evenly and cook.
5. Once the waffles are ready with patches of golden brown, they are ready to eat.

## Lunch: Vegetarian Greek Collard Wraps

Servings: 4



### Instructions

1. First, make the Tzatziki sauce by mixing all of the required ingredients together. Be sure to squeeze all the excess water out of the cucumber after seeding and grating.
2. Prepare the washed collard green wraps by trimming the back stem, removing as much of the hard and fibrous material while keeping the leaves intact.
3. Dollop 2 spoons of Tzatziki in the center of each leaf and smooth out.
4. Place the remaining ingredients on top of the sauce; layering the cucumber, pepper, onion, olives, feta, and tomatoes in the center of the wrap. Be sure to stack them higher rather than wider.
5. Fold the leaves as you would a burrito: folding in opposite sides towards the center and then counter-folding leaf over the filling.
6. Slice in half and serve with any remaining Tzatziki for a saucy finish.

### Nutritional Info

Calories	: 165.34
Fats	: 11.25 grams
Protein	: 6.98 grams
Carbohydrates	: 9.54 grams
Fiber	: 2.18 grams

### Ingredients

#### Tzatziki Sauce

- 1 cup full-fat plain greek yogurt
- 1 tsp garlic powder
- 1 tbsp white vinegar
- 2 tbsp olive oil
- ¼ cucumber, seeded and grated
- 2 tbsp fresh dill, minced
- Salt and pepper according to taste

#### The Wrap

- 4 large collard green leaves, washed
- 1 medium cucumber, julienned
- ½ medium red bell pepper, julienned
- ½ cup purple onion, diced
- 8 whole kalamata olives, halved
- ½ block feta, cut into 4 (1-inch thick) strips (4 oz)
- 4 large cherry tomatoes, halved

## Dinner: Shrimp Ramen Stir Fry

Servings: 8



### Nutritional Info

Calories	: 259
Fats	: 13 grams
Protein	: 25 grams
Carbohydrates	: 4 grams
Fiber	: 1 grams

### Ingredients

#### Shrimp

- 2 lb shrimp peeled, deveined, tails removed
- 2 tbsp sesame oil
- 2 cloves garlic minced
- 2 tbsp ghee or butter
- ¼ cup soy sauce
- 2 tbsp rice vinegar

#### Ramen

- 2 tbsp extra virgin olive oil
- 1 cup onion, chopped
- 4 cups broccoli florets
- 4 packages low-carb noodles, 14 oz each
- 1 egg, beaten

### Instructions

1. Over medium-high heat, place the sesame oil, ghee, rice vinegar, garlic and soy sauce in a large skillet.
2. Heat until the contents start to boil. Then, add the shrimp and cook until they are no longer pink - stirring on occasion. When they are ready, remove from the skillet and set aside.
3. Prepare the ramen in the same skillet. Add the oil, chopped onions, and broccoli - cooking on the same medium-high heat.
4. Once the onions start to turn translucent, add in some of the sauce from the cooked shrimp. Cover with a lid and let the vegetables simmer for 10 minutes until tender and juicy.
5. Add the noodles to the skillet as well as the beaten egg and the cooked shrimp. Turn down the heat to low and let the ingredients sit until the egg has cooked through and the noodles are warmed.
6. Plate with parsley and soy sauce for a finished look.



## Day 7

### Breakfast: Low-Carb Oatmeal

Servings: 1



#### Nutritional Info

Calories	: 601
Fats	: 61 grams
Protein	: 10 grams
Carbohydrates	: 1 grams
Fiber	: 7 grams

#### Ingredients

- 1 cup coconut milk or unsweetened almond milk
- 1 tbsp flax seeds, whole
- 1 tbsp chia seeds
- 1 tbsp sunflower seeds
- 1 pinch salt

#### Instructions

1. Simply combine all of the ingredients in a saucepan and bring to the boil. Once the bubbling begins, reduce heat and let it simmer until the desired consistency is reached.
2. Serve with your choice of delicious additions such as butter, coconut milk, almond milk, cinnamon, honey, berries, and more.

## Lunch: Vegetarian Three Cheese Quiche Stuffed Peppers

Servings: 4



### Nutritional Info

Calories	: 245.5
Fats	: 16.28 grams
Protein	: 17.84 grams
Carbohydrates	: 7.1 grams
Fiber	: 1.13 grams

### Ingredients

- 2 medium bell peppers, sliced in half and seeds removed
- 4 large eggs
- ½ cup ricotta cheese
- ½ cup shredded mozzarella
- ½ cup grated parmesan cheese
- 1 tsp garlic powder
- ¼ tsp dried parsley
- ¼ cup baby spinach leaves
- 2 tbsp parmesan cheese to garnish

### Instructions

1. Preheat the oven to 375°F.
2. Add the three kinds of cheese, eggs, garlic powder, and parsley into a food processor and blend together.
3. Pour the quiche mixture into the halved peppers, ensuring to stop just before the rim of the pepper. Then, add spinach leaves and push them into the egg mixture stuffing.
4. Cover with foil and bake for 45 minutes or until the egg has set.
5. Remove the foil and sprinkle with parmesan, popping it back into the oven (uncovered) to broil.
6. Once the cheese has melted and begun to brown, remove from the oven and serve.

## Dinner: Salmon Tandoori with Cucumber Sauce

Servings: 4



### Nutritional Info

Calories	: 1094
Fats	: 98 grams
Protein	: 40 grams
Carbohydrates	: 0 grams
Fiber	: 8 grams

### Ingredients

- 25 oz salmon, in pieces
- 1 tbsp tandoori seasoning
- 2 tbsp coconut oil

### Cucumber Sauce

- ¼ cups mayonnaise or sour cream
- ½ cucumber, shredded
- 2 garlic cloves, minced
- ½ lime, juiced
- ½ tsp salt (optional)

### Crispy Salad

- 3½ oz arugula lettuce
- 1 yellow bell pepper
- 3 scallions
- 2 avocados
- 1 lime, juiced

### Instructions

1. Preheat the oven to 350°F.
2. Combine the tandoori seasoning with the coconut oil and rub onto the salmon.
3. Place the salmon on a baking tray in the oven for 15 to 20 minutes, or until the fish easily flakes off with a fork.
4. Next, prepare the cucumber sauce. Simply mix all the ingredients together in a bowl, ensuring all of the water is squeezed out of the shredded cucumber.
5. Chop up the salad ingredients and present on a platter. Squeeze a dash of lemon juice for that extra zing!
6. Place the salmon on the crispy salad and top with cucumber sauce. A beautiful meal to sink your teeth into.



# 10

## Recipes

### Week 2





# Day 1

## Breakfast: Ginger Smoothie

Servings: 1



### Nutritional Info

Calories	: 82
Fats	: 8 grams
Protein	: 1 grams
Carbohydrates	: 4 grams
Fiber	: 1 grams

### Ingredients

- 1/3 cup coconut milk or coconut cream
- 2/3 cup water
- 2 tbsp lime juice
- 1 oz frozen spinach
- 2 tsp fresh ginger, grated

### Instructions

1. Combine all of the ingredients and blend together, starting with 1 tablespoon of lime juice and increasing to taste.
2. Serve with a sprinkle of ginger.

## Lunch: Chipotle Prawn and Broccoli Salad

Servings: 2



### Nutritional Info

Calories	: 509
Fats	: 38.2 grams
Protein	: 29.2 grams
Carbohydrates	: 12.6 grams
Fiber	: 4.1 grams

### Ingredients

#### Dressing

- ¼ cup (2.1 oz) chipotle lime mayonnaise
- 2 tbsp extra virgin olive oil
- 2 tbsp water or chicken stock
- 1 tbsp fresh lime juice
- Salt and pepper according to taste

#### Salad

- 8.8 oz cooked prawns
- ½ medium broccoli (7.1 oz), cut in florets
- ½ medium red bell pepper (2.1 oz), sliced
- ½ small red onion (1.1 oz), sliced
- 4 cups (4.2 oz) mixed leafy greens of choice
- 1 tbsp chopped cilantro or parsley

### Instructions

1. To make the dressing, mix the ingredients together thoroughly - seasoning with salt and pepper according to taste.
2. Add the cooked prawns to a bowl and combine with half of the dressing, keeping the other half for later.
3. To prepare the rest of the salad, start steaming the broccoli for 5 to 7 minutes until crisp yet tender. Throw the broccoli into ice water so it can cool quickly. Once cool, drain and place to the side.
4. Add the peppers, onions, and leafy greens together in a large salad bowl (or evenly set out between 2 bowls). Distribute the broccoli, then the prawns - finishing with a final drizzle of dressing. Garnish with cilantro and black pepper.

## Dinner: Cauliflower Pizza with Green Bell Peppers and Olives

Servings: 1



### Nutritional Info

Calories	: 1018
Fats	: 74 grams
Protein	: 68 grams
Carbohydrates	: 23 grams
Fiber	: 7 grams

### Ingredients

#### Crust

- 4 oz shredded cheese
- 5 oz grated cauliflower
- 2 eggs, lightly beaten
- ½ tsp salt

#### Toppings

- 4 tbsp tomato sauce
- 2 oz shredded cheese
- 2 oz mozzarella cheese
- 10 olives
- ¼ sliced green bell pepper
- ¼ thinly sliced yellow onion
- 1 tbsp dried oregano or dried basil

### Instructions

1. Preheat the oven to 350°F.
2. Using a food processor or grater; grate the cauliflower. Then, add the grated cauliflower to a large bowl with the cheese and eggs and mix well.
3. Spread the mixture thinly onto a baking sheet (lined with parchment paper) to form a pizza base with a diameter of 11 inches. Bake the crust until it begins to turn golden brown, about 20 minutes or so.
4. Remove the hot base from the oven and begin layering the toppings. Starting from tomato sauce to cheese; then to olives, peppers, onions - and finally - some Italian herbs.
5. Increase the oven temperature to 410°F and bake for a further 5 to 10 minutes so that the melted cheese can merge with a symphony of sensational flavors.

## Day 2

### Breakfast: Vegetarian Breakfast Casserole

Servings: 4



#### Nutritional Info

Calories	: 621
Fats	: 52 grams
Protein	: 33 grams
Carbohydrates	: 6 grams
Fiber	: 1 gram

#### Ingredients

- ½ leek
- 1/3 cup green olives
- 12 eggs
- 1 cup heavy whipping cream
- 7 oz shredded cheese
- 1 tsp onion powder
- 2 tomatoes
- 1 oz parmesan cheese, shredded
- Salt and pepper according to taste

#### Instructions

1. Preheat the oven to 400°F and grease a baking dish.
2. Thoroughly rinse the leek and trim it before slicing thinly. Add to the baking dish, along with the pitted olives.
3. In a separate medium-sized bowl, whisk together eggs, cream, onion powder, and the majority of the shredded cheese (the remainder will be used to sprinkle on top).
4. Once well-mixed, pour the egg mixture into the baking dish, over the leeks and olives.
5. Add tomatoes and the rest of the parmesan on top. Then, bake for 30 to 40 minutes or when the casserole is golden brown on top.



## Lunch: Mediterranean Zucchini Noodle Pasta

Servings: 6



### Nutritional Info

Calories	: 238
Fats	: 13 grams
Protein	: 13 grams
Carbohydrates	: 22 grams
Fiber	: 8 grams

### Ingredients

#### Dressing

- 1/4 cup extra virgin olive oil
- 2 tbsp red wine vinegar
- 1 tbsp fresh lemon juice
- 1 tsp dried oregano
- ½ tsp dried parsley (optional)
- ½ tsp garlic powder
- 1 tsp dijon mustard
- Kosher salt
- Freshly ground black pepper

#### Salad

- 2 medium zucchini/bag of zucchini noodles
- ½ small red onion
- 1 (14 oz) can of quartered artichoke hearts, drained
- ½ cup halved pitted kalamata olives
- 1 (15 oz) can of chickpeas, drained and rinsed
- ½ cup crumbled feta cheese (optional)
- 2 cups baby spinach
- 1 cup cherry tomatoes, halved

### Instructions

1. To make the dressing, simply whisk together the ingredients in a small bowl, adding salt and pepper according to taste.
2. To prepare the salad, start by slicing and 'spiralizing' the zucchinis (or, opt for a pre-prepared bag of zucchini noodles available at the grocery store). Once all set, place them in a large salad bowl.
3. Finely slice up the red onion and add it to the bowl. Then, add the artichokes, olives, chickpeas, feta, spinach, and tomatoes to the salad; chopping up each ingredient according to your personal preference.
4. Pour the dressing over the vegetables and toss the salad well to combine all of the flavors. Serve immediately or refrigerate until lunchtime.

## Dinner: Mushroom Cauliflower Risotto

Servings: 4



### Nutritional Info

Calories	: 624
Fats	: 52 grams
Protein	: 18 grams
Carbohydrates	: 18 grams
Fiber	: 5 grams

### Ingredients

- 1 head of cauliflower, grated
- 1 cup vegetable stock
- 9 oz mushrooms, chopped
- 2 garlic cloves, finely chopped
- 1 shallot, finely chopped
- 1 cup heavy whipping cream
- $\frac{3}{4}$  cup white wine
- $\frac{3}{4}$  cup coarsely grated parmesan cheese
- 4 oz butter
- Salt and pepper according to taste
- Fresh thyme

### Instructions

1. Start with the stock; bring it to the boil and set the saucepan aside.
2. In a skillet, fry the chopped mushrooms in butter at a medium-high heat.
3. Add the finely chopped shallots and garlic to the pan of mushrooms.
4. Grate the cauliflower to a coarse consistency (using a food processor or a grater) and throw it into the skillet, stirring it in with the other ingredients.
5. Pour the stock and half of the wine into the pan, letting it simmer at a reduced heat while uncovered so that the liquids may begin to boil down.
6. Add in the remaining wine, the cream, and continue to simmer until most of the liquid has disappeared; reducing into a sauce. The cauliflower must be soft at this point.
7. Remove from heat and stir in parmesan cheese, garnish with some thyme.

## Day 3

### Breakfast: Baked Bacon Omelette

Servings: 2



#### Nutritional Info

Calories	: 737
Fats	: 72 grams
Protein	: 21 grams
Carbohydrates	: 3 grams
Fiber	: 1 grams

#### Ingredients

- 4 eggs
- 5 oz bacon, cut in cubes
- 3 oz butter
- 2 oz fresh spinach
- 1 tbsp fresh chives, finely chopped (optional)
- Salt and pepper according to taste

#### Instructions

1. Preheat the oven to 400°F. Lightly grease a medium-sized baking dish with butter while the oven heats up.
2. Fry the bacon and spinach in a pan, over a medium heat, with the remaining butter.
3. Crack the eggs into a bowl and thoroughly whisk until they are frothy. Toss the cooked bacon, spinach and leftover fat from the pan into the egg mix.
4. Add the finely chopped chives to the combination and lightly season with salt and pepper according to taste.
5. Pour the completed mixture into the baking dish. Set the oven to 'bake' and put the dish into the heated oven.
6. Bake for approximately 20 minutes or until the omelette has turned golden brown.
7. Remove the omelet from the oven and allow to cool before serving.

## Lunch: Dill Pickle Soup

Servings: 4



### Nutritional Info

Calories	: 517.5
Fats	: 49.83 grams
Protein	: 14.09 grams
Carbohydrates	: 4.77 grams
Fiber	: 0.83 grams

### Ingredients

- 1 tbsp butter
- 1 tsp minced garlic
- 1 tsp dried parsley
- 1 stalk celery, chopped
- ½ small onion, chopped
- 3 oz dill pickle, finely chopped
- ½ cup pickle juice
- ¼ cup chicken broth
- 1 cup heavy whipping cream
- 3 tbsp olive oil
- ½ tsp xanthan gum
- ½ cup bacon, crumbled
- ½ cup cheddar cheese, shredded

### Instructions

1. Heat the butter and minced garlic in a deep pot over a medium heat before adding the parsley, celery, onions, and chopped pickles. Sauté the added ingredients for 5 minutes.
2. Pour the pickle juice, chicken broth, and heavy cream over the sautéed ingredients and bring the pot to a boil.
3. Stir the olive oil and xanthan gum together in a separate bowl and quickly add it to the soup.
4. Stir the soup frequently as it begins to thicken.
5. Once thick, add the cheddar cheese and bacon bits. Allow to cook for a little longer.
6. Remove from heat and serve.



## Dinner: Butter Chicken

Servings: 4



### Nutritional Info

Calories	: 385
Fats	: 26.75 grams
Protein	: 26.5 grams
Carbohydrates	: 6.25 grams
Fiber	: 0.25 grams

### Ingredients

- 1 lb chicken breast
- 1 cup heavy whipping cream
- 2 tbsp butter
- 1½ tbsp tomato paste
- 2 cloves garlic
- ¼ onion, medium
- 1½ tsp turmeric powder
- 1 tsp ground ginger
- 1 tsp pink salt
- ¾ tsp chili powder
- ½ tsp ground cinnamon

### Instructions

1. Begin by combining the turmeric, ginger, salt, chili powder and cinnamon in a small bowl.
2. Cut the chicken breasts into bite-sized pieces and coat each piece in the spice mixture.
3. Heat a skillet over a medium heat before adding the butter.
4. Dice the onions and garlic while the skillet heats up and then add them to the pan. Cook for roughly 2 minutes or until the onions are soft and translucent.
5. Increase the heat to medium-high, add the coated chicken pieces, and cook thoroughly. The chicken should become white on the outside once cooked which should take approximately 3 - 5 minutes.
6. Add heavy whipping cream and tomato paste to the pan when the chicken is just about cooked. Use a spatula to mix the tomato paste and heavy whipping cream until combined and orange in color. Turn the heat down to medium-low, cover the pan with a lid, and allow to simmer for 5 - 7 minutes.
7. Remove the lid and stir. If you desire a thicker curry sauce then leave the skillet on the heat, without the lid, until reduced to the required consistency.
8. Remove from heat and serve with low-carb naan or cauliflower rice.

## Day 4

### Breakfast: Scrambled Eggs With Halloumi Cheese

Servings: 2



#### Nutritional Info

Calories	: 667
Fats	: 59 grams
Protein	: 28 grams
Carbohydrates	: 6 grams
Fiber	: 2 grams

#### Ingredients

- 3 oz halloumi cheese, diced
- 4 oz bacon, diced
- 2 tbsp olive oil
- 2 scallions, diced
- 4 eggs
- ½ cup fresh parsley, chopped
- ½ cup pitted olives
- Salt and pepper according to taste

#### Instructions

1. Begin by dicing the halloumi cheese, scallions and bacon into small bits.
2. Heat olive oil in a frying pan over a medium-high heat. Add the halloumi, scallions, and bacon to the pan and cook until browned.
3. Crack the eggs into a separate small bowl and whisk together with the parsley, salt and pepper according to taste.
4. Pour the egg mixture over the halloumi, scallions, and bacon in the frying pan. Turn the heat down and add the olives. Cook for a few minutes, being sure to stir regularly.
5. Once the eggs have scrambled, remove the pan from the heat and serve immediately.

## Lunch: Pork Skewers with Mash and Salsa Verde

Servings: 4



### Nutritional Info

Calories	: 986
Fats	: 93 grams
Protein	: 30 grams
Carbohydrates	: 12 grams
Fiber	: 5 grams

### Ingredients

#### Pork Skewers

- 1 lb pork shoulder, sliced
- ½ tbsp ranch seasoning
- 1 tsp sea salt
- 1 tbsp butter or olive oil

#### Cauliflower Mash

- 25 oz cauliflower
- 5 1/3 oz butter
- 2 oz parmesan cheese, grated
- Salt and pepper according to taste

#### Salsa Verde

- 6 2/3 tbsp fresh parsley, finely chopped
- 3 1/3 tbsp fresh cilantro or fresh basil, finely chopped
- 2 garlic cloves
- ½ lemon, juiced
- 3 1/3 tbsp small capers
- 2/3 cup olive oil
- 1 tsp sea salt
- ½ tsp ground black pepper

### Instructions

1. Place the Salsa Verde ingredients into a food processor or blender and pulse for about 2 minutes or until a sauce is formed.
2. Cut the pork shoulder into slices lengthwise in inch-thick pieces. Rub the slices with the ranch seasoning and sprinkle a pinch of salt, if desired. Neatly position the pork pieces on skewers that have been cut down to fit the pan.
3. Heat the oil or butter in a pan on a medium-high heat. Fry the skewers in the pan, turning regularly on all sides, until fully cooked.
4. Break the cauliflower up into individual florets. Place the florets into a pot of boiling, lightly salted water until they are soft but still retain their shape.
5. Remove the pot from the heat, drain the water, and place the cauliflower into a food processor or beaker to blend. Blend the cauliflower together with butter and parmesan cheese.
6. Dish up the skewers of pork, salsa verde, and cauliflower mash. Season with salt or add a touch more butter or oil.

## Dinner: Beef Ricotta Cauliflower Lasagna

Servings: 6



### Instructions

1. Preheat the oven to 375°F.

#### Cauliflower Layers

1. Grate cauliflower and place into a skillet over a medium-high heat, allowing to brown. Remove excess liquid with a cheesecloth
2. Remove from heat and add to a large bowl with eggs, mozzarella, grated parmesan, and seasoning. Mix together.
3. Spread the mixture, about ¼ - ½ inch thick, on a large, lined baking sheet.
4. Bake in the oven for approximately 15 minutes or until golden brown.

#### Meat Sauce

1. Prep the meat sauce while the cauliflower layers bake. Begin browning the ground beef in a skillet over a medium-high heat. Drain excess fat before adding the alfredo sauce and spinach.
2. Reduce heat and cook until spinach has wilted.
3. Remove from heat and set aside.

#### Ricotta Mixture

1. Combine ricotta, grated parmesan, heavy whipping cream, and seasoning together in another bowl.

### Nutritional Info

Calories	: 333
Fats	: 26 grams
Protein	: 27 grams
Carbohydrates	: 5 grams
Fiber	: 1 grams

### Ingredients

#### Meat Sauce

- 1 lb ground beef
- 1 cup raw spinach
- ½ cup low-carb alfredo sauce

#### Ricotta Mixture

- ¼ cup mozzarella cheese
- ¼ cup parmesan, grated
- ¼ cup ricotta cheese
- 3 tbsp heavy cream
- ½ tsp Italian seasoning

#### Cauliflower Layers

- 1 lb riced cauliflower, cooked
- 2 eggs
- ½ cup mozzarella
- ¼ cup grated parmesan
- Garlic, salt, pepper, and Italian seasoning according to taste

### Assembly

1. Heat oven back to 375°F and spray an 8x8 baking dish with non-stick spray.
2. Cut the cauliflower sheet in half and trim down to the baking dish size if necessary.
3. Place the first cauliflower layer on the baking dish.
4. Pour half of the meat sauce over this layer.
5. Place half of the ricotta mixture on top of the meat sauce layer, sprinkling ¼ cup mozzarella.
6. Place the second cauliflower layer on top of this mixture then repeat steps 4 and 5.
7. Bake for 20 minutes then broil for 3 - 5 minutes until the cheese browns.



## Day 5

### Breakfast: Chocolate Pancakes with Blueberry Butter

Servings: 2



#### Nutritional Info

Calories : 611  
Fats : 50 grams  
Protein : 26.6 grams  
Carbohydrates : 11.5 grams  
Fiber : 0 grams

#### Ingredients

- 4 large eggs
- 3 tbsp MCT oil or liquid coconut oil
- 1 scoop chocolate protein powder
- ¼ cup coconut flour
- ½ tsp baking soda
- Pinch salt
- 1 tbsp butter for cooking
- 2 tbsp butter
- 3 tbsp frozen wild blueberries

#### Instructions

1. Place a large skillet on medium heat.
2. While the pan heats up, whisk the eggs in with the MCT oil. Add coconut flour, protein powder, baking soda, and a dash of salt to the mixture. Combine until it smooths and the batter is thick.
3. Add butter to the hot pan.
4. Spoon large dollops of the batter onto the pan. Cook for approximately 4 - 5 minutes per side.
5. The pancakes will rise high. Flip them a second time once cooked and press down on the centers to ensure that they are cooked through. Remove the cooked pancakes from the pan and set them aside.
6. Add frozen blueberries to a small pot. Cook until thawed and fluid begins to simmer. Add butter and mash the berries until they are completely soft.
7. Spoon the blueberry butter over the ready pancakes and enjoy.

## Lunch: Rosemary Chicken Salad With Herb Balsamic Vinaigrette

Servings: 6



### Nutritional Info

Calories	: 337.7
Fats	: 24.7 grams
Protein	: 23.8 grams
Carbohydrates	: 4.5 grams
Fiber	: 2.3 grams

### Ingredients

- 2 tbsp rosemary, finely chopped
- ½ cup olive oil
- ¼ cup apple cider vinegar
- ¼ tsp garlic paste
- 1 tbsp mayonnaise
- 21 oz chicken breasts
- 6 cups spring mix salad
- 10 cherry tomatoes, halved
- ½ medium avocado, sliced
- 1 oz sliced purple onion
- 2 tbsp parmesan cheese, shredded
- 1 tsp salt
- 1 tsp pepper

### Instructions

1. Chop rosemary finely. You will use half of it for the vinaigrette and the other half to season the chicken.
2. Combine oil, vinegar, garlic paste, mayonnaise, and leftover rosemary into a sealable jar.
3. Close the jar and give it a good shake. This will combine the vinaigrette. Store it aside until the chicken is cooked.
4. Lay the chicken breasts out and sprinkle each with rosemary, salt, and pepper.
5. Heat a skillet to medium and cook the chicken for roughly 20 minutes, remembering to turn the chicken after 10 minutes. You can use a meat thermometer to ensure the chicken is cooked to 165°F. Set cooked chicken aside to rest.
6. Grab a large platter or individual bowls to prepare the salad. Place the spring greens as a base and top them with cherry tomatoes, sliced onion, and avocado slices.
7. Slice the chicken breasts thinly and arrange on top of the salad. Top off the dish with a sprinkle of parmesan and a drizzle of the vinaigrette.

## Dinner: Jalapeño Popper Pizza

Servings: 8



### Nutritional Info

Calories	: 189.38
Fats	: 14.92 grams
Protein	: 11.13 grams
Carbohydrates	: 4.38 grams
Fiber	: 1.56 grams

### Ingredients

#### Crust

- 2 cups mozzarella cheese, shredded
- $\frac{3}{4}$  cups almond flour
- $\frac{1}{2}$  tsp oregano
- $\frac{1}{2}$  tsp paprika
- $\frac{1}{2}$  tsp red chili flakes
- $\frac{1}{2}$  tsp pepper

#### Toppings

- 1 tbsp tomato paste
- cup bacon bits
- cup jalapeño peppers, chopped
- 11 tsp cream cheese
- $\frac{1}{2}$  tsp garlic powder
- 3 tbsp chives, chopped

### Instructions

1. Preheat the oven to 350°F.
2. Add oregano, paprika, red chili flakes, and pepper to a microwavable bowl filled with mozzarella cheese.
3. Heat the bowl in the microwave for roughly 1 minute or until the cheese has melted.
4. Carefully stir almond flour into the freshly melted cheese and mix thoroughly until the dough has formed.
5. Pop the dough onto a piece of parchment paper and begin to knead it together using your hands.
6. Grab a rolling pin, or bottle of wine if you don't have one, and roll the dough out into a thin, circular shape.
7. To make the crust, roll the edges of the dough 2 inches into the center of the pizza.
8. Drop a dollop of tomato paste into the center of the pizza and spread it evenly across the surface with the back of a spoon.
9. Use a teaspoon to place chunks of cream cheese around the pizza.
10. Generously add the jalapeños, bacon, chives and garlic powder.
11. Carefully place the pizza into the preheated oven and cook for 30 - 40 minutes or until the crust is crispy.
12. Cut into 8 slices and enjoy fresh right out of the oven.

## Day 6

### Breakfast: Egg and Cheese Breakfast Tacos

Servings: 1



#### Nutritional Info

Calories : 360  
Fats : 29 grams  
Protein : 20 grams  
Carbohydrates : 4 grams

#### Ingredients

- 3 oz aged cheddar
- 1 large egg
- 2 slices bacon
- 2 sprigs cilantro
- Handful of arugula
- 1 tsp ghee
- Pinch salt/pepper/turmeric

#### Instructions

1. Fry the bacon with a bit of butter until crispy. Remove from pan and set aside.
2. Grate cheese.
3. Heat the pan to medium-high and add the ghee once the pan is hot.
4. Sprinkle cheese into the pan in a circular motion.
5. The cheese will melt quickly. Once it has, crack an egg into the center of the pan. Sprinkle over some salt, pepper, and turmeric.
6. Leave to cook for approximately 2 minutes. The egg will become opaque and the cheese will brown.
7. Lower the heat, cover with a lid and cook for a further 2 minutes.
8. Carefully remove the cooked eggs and crispy cheese from the pan and place them onto a plate.
9. Using two glasses, hold up the sides of the taco-like combination to form a shell. It will harden like this as it dries.
10. Toss bacon, arugula, and cilantro into the shell and enjoy.



## Lunch: Caramelized Onion and Gruyère Quiche

Servings: 8



### Nutritional Info

Calories	: 408
Fats	: 34.49 grams
Protein	: 14.97 grams
Carbohydrates	: 7.72 grams
Fiber	: 2.64

### Ingredients

#### Crust

- 1½ cups almond flour
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ cup butter, melted

#### Filling

- ¼ cup butter
- 1 onion, thinly sliced
- 4 oz gruyère cheese, grated
- 6 eggs
- 2/3 cup cream
- 1 tsp salt
- ½ tsp pepper

### Instructions

#### Crust

1. Preheat the oven to 325°F. While it heats, combine almond flour, garlic powder, and salt in a medium-sized bowl. Mix in melted butter and keep stirring until the dough looks like coarse crumbs.
2. Pop the dough into a 9-inch glass or ceramic pie pan. Press the dough firmly into the bottom and up the sides of the pan.
3. Crimp the edges and prick the base with a fork a couple of times. Set to 'bake' in the oven for 10 - 12 minutes. The dough will slightly puff and begin to brown. Remove from heat and set aside.

#### Filling

1. Heat a large skillet over medium-low heat. Melt butter then add the onions and a pinch of salt and pepper. Stir the cooking onions frequently until they

begin to soften and caramelize. Be sure to not let them burn. Caramelizing can take up to 20 minutes.

2. Pour the caramelized onions into the center of the crust and spread evenly. Sprinkle half of the gruyère cheese over the onions.
3. Whisk together eggs, heavy cream, salt, and pepper in a large bowl. Pour the mixture over the onions and cheese. Sprinkle the remaining cheese over this mixture.
4. Set the pie in the preheated oven at 325°F for 35 - 40 minutes. Remove and let cool for 15 minutes before plating.

## Dinner: Baked Italian Meatballs

Servings: 4



### Nutritional Info

Calories	: 379
Fats	: 25.84 grams
Protein	: 24.78 grams
Carbohydrates	: 7.72 grams
Fiber	: 4.28 grams

### Ingredients

- 1 lb ground beef
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper according to taste
- 28 oz can whole peeled tomatoes
- ½ cup red onion, diced
- 2 cloves garlic, minced
- 1 tbsp tomato paste
- 2 oz fresh cheddar
- Handful fresh basil (for garnish)

### Instructions

1. Preheat the oven to 375°F. Mix together ground beef, oregano, thyme, salt, and pepper in a large bowl.
2. Divide the mixture into 16 separate balls. Use your hands to roll them in a circular shape to form.
3. Set a pan to medium heat. Once hot, add the meatballs and fry for 5 minutes. Turn regularly and cook on all sides until brown all over. Remove cooked meatballs from the pan.
4. Add whole peeled tomatoes, onion, garlic and tomato paste to the remaining cooking juices in the pan. Mix the sauce well and be sure to break the tomatoes into smaller chunks. Simmer for 10 minutes, until the sauce thickens.
5. Place the meatballs around a baking dish and pour the tomato sauce mixture over them.
6. Distribute chunks of cheddar across the top of the dish. Cover the dish with aluminum foil and set to 'bake' in the oven for 20 minutes. Remove the foil and bake for a further 5 minutes, until the cheese has browned.
7. Garnish with fresh basil and serve with a salad.

## Day 7

### Breakfast: Cinnamon Twists

Servings: 10



#### Instructions

##### Twists

1. Preheat the oven to 350°F.
2. While it heats up, line a large baking mat with parchment paper.
3. Combine almond flour, coconut flour, sweetener, and baking powder in a medium-sized bowl. Use a large saucepan to melt cheese and butter over a low heat, stirring it together.
4. Crack an egg and add vanilla extract to the pan. Once combined, stir in almond flour until a dough has formed. The dough will have large streaks of cheese. Turn it out onto the counter and knead thoroughly until combined.
5. Cover dough with parchment paper and roll out with a pin to a 10x10 inch square. Brush half of the melted butter over the dough.

#### Nutritional Info

Calories	: 174
Fats	: 14.67 grams
Protein	: 5.73 grams
Carbohydrates	: 3.63 grams
Fiber	: 1.74 grams

#### Ingredients

##### Dough

- ½ cup almond flour
- ¼ cup coconut flour
- ¼ cup powdered artificial sweetener
- 1 tsp baking powder
- 1½ cups mozzarella cheese, shredded
- 5 tbsp butter
- 1 large egg
- ½ tsp vanilla extract
- 2 tbsp butter, melted
- 2 tsp granulated sweetener
- 1 tsp cinnamon

##### Glaze

- 2 tbsp powdered artificial sweetener
- ¼ tsp vanilla extract
- Water

6. Combine cinnamon and sweetener in a small bowl. Sprinkle of the mixture over the dough evenly.
7. Fold the dough and cut into 10 strips. Hold the ends of the strips and twist in opposite directions a few times. Lay strips onto a baking sheet and lather in the rest of the melted butter. Sprinkle with leftover cinnamon sugar.
8. Bake for 15 minutes or until golden brown.
9. Remove from heat and plate up.

##### Glaze

1. Combine sweetener, vanilla extract, and enough water to achieve drizzling consistency in a small bowl.
2. Pour generously over the cooled twists and enjoy.

## Lunch: Taco Soup Crockpot

Servings: 8



### Nutritional Info

Calories : 505  
Fats : 31.5 grams  
Protein : 43.5 grams  
Carbohydrates : 8.5 grams

### Ingredients

- 2 lb 80% lean ground beef
- 2 8 oz packages cream cheese, cubed
- 2 cups tomatoes, diced
- 3 tbsp taco seasoning
- 4 cups chicken broth
- ½ cup cheddar cheese, shredded
- ¼ cup sour cream

### Instructions

1. Set a large saucepan to medium heat.
2. Brown the ground beef until cooked through. Drain excess liquid and add meat to the slow cooker.
3. Toss in the chopped cream cheese, diced tomatoes, and taco seasoning.
4. Pour chicken broth in and cover. Cook on a high heat for 2 hours.
5. Thoroughly stir the contents of the cooker and add salt and pepper according to taste.
6. Spoon the combination into bowls and serve with cheese and sour cream.



## Dinner: Chicken and Sausage Jambalaya

Servings: 4



### Nutritional Info

Calories : 415  
Fats : 25 grams  
Protein : 31 grams  
Carbohydrates : 10.5 grams

### Ingredients

- 8 oz boneless chicken thighs, chopped
- 3 tbsp olive oil, divided
- 2 tbsp cajun seasoning blend
- 1 small yellow onion, chopped
- 1 medium stalk of celery, sliced
- 1 medium red pepper, chopped
- 4 3 oz sausage links, halved and sliced
- 1 tbsp minced garlic
- 1 tbsp paprika
- 1 cup tomatoes, diced
- 2 cups cauliflower, pulsed into rice-like grains
- 1 tbsp Tabasco sauce
- 1 tbsp dried parsley
- Salt and pepper according to taste

### Instructions

1. Preheat the oven to 375°F.
2. While it heats, line a baking sheet with aluminum foil.
3. Rub the chicken in olive oil, salt, and pepper then place on the sheet and sprinkle over cajun seasoning.
4. Bake for approximately 25 minutes then remove from heat and allow to cool.
5. Heat remaining oil in a deep pan over medium-high heat.
6. Toss in onions and cook for about 4 minutes. Add celery and red pepper, sautéing for a further 8 minutes or until soft.
7. Add sliced sausage, garlic, and paprika and continue to cook for 2 minutes.
8. Add tomatoes and cauliflower rice and cook for 5 minutes, until rice is tender.
9. Add baked chicken and stir in leftover cajun seasoning. Pour in Tabasco sauce and dried parsley.
10. Cook until heated through and spoon into bowls to serve.

# Shopping List



## Week 1

### Baking Ingredients

Almond Flour	3 cups
Baking Powder	½ tsp
Psyllium Husk Powder	2 tbsp
Chicken Broth (or Vegetable Broth)	3 ½ cups
Erythritol	4 tbsp
Coconut flour	2 tbsp

### Meat, Fish and Poultry

Bacon	23 slices
Chicken Breast	1 piece
Medium Chicken Thighs	3 pieces
Deboned and Butterflied Pork Tenderloin	1 lb
Prosciutto	6 slices
Ham	32 oz
Spicy Italian Chicken Sausages	4 links
Ground Beef (80/20)	1 lb
Tuna in Olive Oil	4 oz
Shrimp (Peeled, Deveined, Tails Removed)	2 lbs
Salmon	25 oz

### Fats and Oils

Butter	1 cup
Frying Oil	2 tbsp
Extra Virgin Olive Oil	10 tbsp

Coconut Oil	9 tbsp
Sesame Oil	2 tbsp
Ghee	2 tbsp

### Eggs

Large Grade-A Eggs	26
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### Herbs

Fresh Basil	½ cup
Garlic	10 cloves
Dried Thyme	2 ½ tbsp
Fresh Thyme	2 tsp
Dried Dill	1 tbsp
Fresh Dill	2 tbsp
Green Onion	4 stalks
Fresh Cilantro	2 tbsp
Dried Mint	1 tsp
Capers	1 tbsp
Ginger	1 tsp
Dried Parsley	¼ tsp
Scallions	3 stalks

### Condiments

Hollandaise Sauce	2 tbsp
Tomato Sauce	3 tbsp
Whole Grain Mustard	1 tbsp
Reduced Sugar Ketchup	2 tbsp
Dijon Mustard	1 tbsp
Fish Sauce	2 tsp
White Vinegar	1 tbsp
Soy Sauce	½ cup
Rice Vinegar	2 tbsp
Mayonnaise	2 cups

**Fresh Produce**

Jalapeno Pepper	1 medium sized
Tomato	1
Cauliflower	2 large heads
Romaine Lettuce	1 head
Broccoli	4 cups
Broccoli Florets	5 cups
Onion	2 $\frac{3}{4}$ cups
Purple Onion	$\frac{1}{2}$ cup
Green Cabbage	1 $\frac{1}{2}$ cups
Purple Cabbage	1 $\frac{1}{2}$ cups
Zucchini	1
Leek	$\frac{1}{2}$ stalk
Spinach	1 $\frac{1}{2}$ cups
Baby Spinach Leaves	$\frac{1}{4}$ cup
Collard Greens	1 cup and 4 leaves
Cucumber	2 $\frac{1}{2}$ medium sized
Red Bell Pepper	$\frac{1}{2}$
Yellow Bell Pepper	1
Bell Peppers (Any Color)	2 medium sized
Kalamata Olives	8 whole
Cherry Tomatoes	4 Large
Lime	1 $\frac{1}{2}$
Arugula Lettuce	3 $\frac{1}{2}$ oz
Avocados	1 $\frac{1}{2}$

**Dairy**

Parmesan Cheese	1 $\frac{1}{2}$ cups
Mozzarella Cheese	4 cups
Fresh Buffalo Mozzarella	6 oz
Swiss Cheese	2 oz
Cream Cheese	6 oz
Sour Cream	2 tbsp
Colby Jack Cheese	2 oz



Heavy Cream	1 ½ cups
Cheddar Cheese	33 oz
Coconut Cream	1 cup
Soft Goat's Cheese	6 oz
Crème Fraîche	2 tbsp
Full-Fat Plain Greek Yogurt	1 cup
Feta	½ block
Ricotta Cheese	½ cup

### Milks/Drinks

Coconut Milk	1 cup
Unsweetened Almond Milk	1 cup

### Seasoning

Salt	to taste
Pepper	to taste
Chili Powder	¼ tsp
Italian Seasoning	½ tsp
Garlic Powder	7 tsp
Onion Powder	3 tsp
Pork Dust	2 oz
Turmeric	½ tsp
Chili Flakes	½ tsp
Red Curry Paste	1 tbsp
Cinnamon	1 tbsp
Tandoori Seasoning	1 tbsp
Unsweetened Shredded Coconut Flakes	½ cup

### Seeds and Extracts

Chia Seeds	1 ¾ cups
Sunflower Seeds	1 ½ cups
Whole Flaxseeds	1 ½ cups
Almonds	½ cup
Liquid Stevia	¼ tsp
Vanilla Extract	1 ½ tsp

## Carbohydrates

Low-Carb Noodles	4 packages - 14 oz each
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## Week 2

### Baking Ingredients

Vegetable Stock	1 cup
Chicken Stock	2 tbsp
Chicken Broth	4 ¼ cups
Xanthan Gum	1 tsp
Chocolate Protein Powder	1 scoop
Coconut Flour	½ cup
Almond Flour	2 ¾ cups
Granulated Sweetener	2 tsp
Powdered Sweetener	½ cup
Baking Powder	1 tsp
Baking Soda	½ tsp

### Meat, Fish and Poultry

Cooked Prawns	8.8 oz
Bacon	15 oz
Pastured Sugar-Free Bacon	2 slices
Chicken Breast	2 lbs
Pork Shoulder (Sliced)	1 lb
Sausage Links	4.3 oz
80% Lean Ground Beef	2 lbs
Boneless Chicken Thighs	8 oz
Ground Beef	2 lbs

### Fats and Oils

Butter	2 ½ cups
Extra Virgin Olive Oil	2 cups
Coconut Oil	3 tbsp
Ghee	1 tsp

**Eggs**

Large Grade-A Eggs	36
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**Herbs**

Dried Oregano	1 tsp
Fresh Parsley	1 cup
Dried Parsley	2 ½ tbsp
Fresh Chives	4 tbsp
Cilantro	2 stalks
Garlic	10 cloves
Minced Garlic	2 tbsp
Fresh Thyme	1 tbsp
Dried Thyme	1 tsp
Fresh Ginger	2 tsp
Dried Basil	1 tbsp
Fresh Basil	3 1/3 tbsp
Scallions	2
Small Capers	3 1/3 tbsp
Rosemary	2 tbsp

**Condiments**

Red Wine Vinegar	2 tbsp
Dijon Mustard	1 tsp
Chipotle Lime Mayonnaise	¼ cup
Tomato Sauce	4 tbsp
Tomato Paste	3 ½ tbsp
Ranch Seasoning	½ tbsp
Low-Carb Alfredo Sauce	½ cup
Apple Cider Vinegar	¼ cup
Garlic Paste	¼ tsp
Mayonnaise	1 tbsp
Tabasco Sauce	1 tbsp

**Fresh Produce**

Leek	½
Fresh Lime Juice	3 tbsp
Fresh Lemon Juice	1 whole lemon
Kalamata Olives	1 cup
Green Olives	1/3 cup
Cauliflower	3 lbs
Fresh Spinach	1 ¼ cup
Frozen Spinach	1 oz
Baby spinach	2 cups
Frozen Wild Blueberries	3 tbsp
Spring Mix Salad	6 cups
Cherry Tomatoes	2 cups
Avocado	½ medium sized
Jalapeño Peppers	1 cup
Arugula	1 handful
Yellow Onion	3
Red Onion	1 ½ cups
Purple Onion	1 oz
Zucchini or Bag of Zucchini Noodles	2 medium sized
Mushrooms	9 oz
Shallot	1
Broccoli Florets	7.1 oz
Red Bell Pepper	1 ½ medium sized
Mixed Leafy Greens of Choice	4 cups
Celery	2 medium stalks
Green Bell Pepper	¼
Tomatoes	3 cups
Dill Pickle	3 oz
Pickle Juice	½ cup

### Dairy

Parmesan Cheese	3 cups
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Mozzarella Cheese	5 ¼ cups
Cream Cheese	11 tsp
Aged Cheddar	3 oz
Cream	2/3 cup
Packages Cream Cheese	2.8 oz
Sour Cream	¼ cup
Gruyère Cheese	4 oz
Heavy Whipping Cream	4 ½ cups
Shredded Cheese	17 oz
Crumbled Feta Cheese	½ cup
Ricotta Cheese	¼ cup
Cheddar Cheese	½ cup
Halloumi Cheese	3 oz

### Milks/Drinks

White Wine	¾ cup
Coconut Milk or Coconut Cream	1/3 cup

### Seasoning

Salt	to taste
Pepper	to taste
Onion Powder	1 tsp
Turmeric Powder	1½ tsp
Ground Ginger	1 tsp
Pink Salt	1 tsp
Chili Powder	¾ tsp
Ground Cinnamon	1 ½ tsp
Italian Seasoning	½ tsp
Oregano	1 ½ tsp
Paprika	1 ½ tsp
Red Chili Flakes	½ tsp
Garlic Powder	1 ½ tsp
Cajun Seasoning Blend	2 tbsp
Sea Salt	1 tsp
Taco Seasoning	3 tbsp

**Seeds and Extracts**

Vanilla Extract	1 tsp
Canned Food	
Chickpeas	1 (15 oz) can
Whole Peeled Tomatoes	1 (28 oz) can
Artichoke Hearts	1 (14 oz) can

For more information:

<https://www.researchverified.com/products/keto/facts/>

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