

THE 30 DAY **ketogenic** diet meal plan

*Get into Ketosis and lose weight with
90 TASTY WHOLE-FOOD RECIPES*



THE 30 DAY
ketogenic
diet meal plan

by: Mom's Health MomsHealth.co
© Copyright MomsHealth - MomsHealth.co

All information, graphics, links, titles, words and phrases in this e-book are protected by copyright. Dissemination of this e-book is strictly prohibited. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice. The content of this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

Photo in the cover designed by topntp26 / Freepik

1.º revision

NOTICE: The information contained or presented on this book is for educational purposes only. Information on this book is NOT intended to serve as a substitute for diagnosis, treatment, or advice from a qualified, licensed medical professional. The facts presented are offered as information only – not medical advice – and in no way should anyone infer that we or anyone appearing in any content on this book are practicing medicine. Any diet, health, or nutritional program you undertake should be discussed with your doctor or other licensed medical professional. Seek the advice of a medical professional for proper application of ANY material on this book to your specific situation.

In addition, no statement on this book has been evaluated by the Food and Drug Administration, and any product mentioned or described on this book is not intended to diagnose, treat, cure, or prevent any disease.

CONTENTS

What To Eat To Reach Ketosis Fast	5
Drive Your Body Into Ketosis To Burn Fat	6
Health Benefits Of A Ketogenic Diet	7
What To Eat On Keto Diet?	10
Food To Avoid On Keto Diet?	11
What Are Keto Macros?	12
Which Vegetables You Can Eat On Ketogenic Diet	13
Keto Food List	14
Ketogenic Recipes	16
What's Next?	127

1. WHAT TO EAT TO REACH KETOSIS FAST

The Ketogenic diet also called Keto to make it shorter, is a low carb diet which drives your body into ketosis because you need decrease carbs intake while eating moderate protein and high-fat foods. Other terms used to define the same diet – low carb high fat (LCHF) or simply low carb diet.

Normally, your body is using glucose as the primary source of energy – it's the easiest molecule to convert into energy. Ketosis is a state when instead of using carbs for energy, your body starts using ketones produced in the liver.

To reach the metabolic state of Ketosis, on a low-carb diet you don't starve yourself, you just cut carbohydrates to the point when your body is forced to use fats for energy.

The problem of high glucose intake is that most of the people can't burn all carbs consumed during the day, so this glucose then converts into fat and gets stored in your body.

As getting energy from glucose is the only way your body knows well, as soon as the level goes down, the body demands more carbs – you get another quick snack full of carbs, chips or a candy. You get another carb overdose and excessive glucose transforms into fat storage – this the cycle you were building for many years.

What is the solution?

DRIVE YOUR BODY INTO KETOSIS TO BURN FAT

Every school kid knows that a human can survive without food for a few weeks and only a few days without water. That's because once you don't food intake, your body starts burning the fat storage.

This can happen either if you starve yourself (which I don't recommend to anyone because it's not healthy AT ALL!) to Ketosis, or if you reduce carbs intake. Why can't your body burn fat with the usual carbohydrates intake?

Because when you eat foods with lots of glucose, your body is producing insulin to process the glucose in your bloodstream. Insulin doesn't allow the fat cells to enter the bloodstream and get burnt off. So your fat keeps increasing the storage in the body.

Lower glucose intake – >> lower insulin levels – >> fat cells finally can enter the blood stream onto the way to the liver where they will be converted in ketones and produce the necessary energy for your body.

Building this healthy cycle of burning fat and not carbs to keep your energy levels stable is the main objective of the Ketogenic diet.

On your way to Ketosis, you will see that Keto diet offers many additional health benefits – it's one of the big sections of this article, so keep reading.

HEALTH BENEFITS OF A KETOGENIC DIET

I'm sure you've seen those incredible testimonials from people who claim Keto diet changed their lives.

These are not just pathetic words. After starting a Ketogenic diet, you realize this is more than just a way to lose weight – you feel it very fast. But weight loss is, of course, the first health benefit which is worth talking about.

KETOGENIC DIET WEIGHT LOSS

Keto diet can impress with its efficiency even someone who has tried numerous other popular diets. And most importantly, Ketogenic diet is a healthy way to lose weight.

Like I previously mentioned, when your body reaches Ketosis state, it starts burning fat and obviously, this leads to a stable weight loss effect.

BLOOD SUGAR GETS TO A HEALTHY STABLE LEVEL

Keto diet is based on low carb consumption – and this naturally drags your blood sugar down. You cut carbs – your body doesn't produce glucose – no need for insulin. This is why for people with pre-diabetic conditions or Type II diabetes Ketogenic diet can be a way to maintain a stable blood sugar level without taking medication.

INSULIN RESISTANCE

We just talked about blood sugar level, and insulin resistance is very close to this one. People with Type II diabetes may have insulin resistance and be very close to acquiring diabetes. Keto diet lowers insulin levels to healthy numbers.

KETO CLEARS YOUR MIND AND IMPROVES FOCUS

People can't imagine how different their brain activity can be when they consume lots of carbs versus when on Keto. And being on this page for the sake of losing weight, you'll be surprised to know that lots of people start Ketogenic diet specifically for improving mental performance.

So how does this happen? The secret pills for your brain are the ketones – the fuel produced in the liver from fats. Did you know our brain is mainly fat? Well, on Keto diet, your fatty acids naturally increase and this significantly improves brain function.

STABILIZED ENERGY LEVELS THROUGHOUT THE DAY

We already know that Ketosis is when your body learns to use fats as fuel to maintain your energy for the day. Why is fat burning better than glucose burning energy?

Well, glucose is something very easy to be burnt and it can't be stored for a long time. So, you get some glucose, burn it fast, if there was anything extra, it converts into fat storage because you can't store glucose. In a short while, your body craves for more glucose again.

This cycle creates spikes in blood sugar levels when your energy levels go down, you feel it so badly.

Keto diet teaches your body to use fats as fuel. Fat is a more stable energy source and it's already in your body, all you have to do – don't interfere with glucose intakes and let your body slowly and steadily burn fat throughout the day.

KETO GETS YOUR APPETITE UNDER CONTROL

People who stick to the foods with high carbohydrates feel hunger very fast after eating. When you use fats as the main energy source, you feel energized during the day and you feel full and satisfied after eating food rich in fat.

KETO DIET AND EPILEPSY TREATMENT

The ketogenic diet was initially invented in the early 1900's as a remedy to treat epilepsy. It's still used mostly for kids with uncontrolled epilepsy, but also shows good results for adults. Studies show that Keto diet allows reducing medications for people with epilepsy.

IMPROVED CHOLESTEROL LEVELS & BLOOD PRESSURE

Keto diet is known to improve cholesterol levels by a significant increase in HDL (good cholesterol) and a decrease in LDL (bad cholesterol).

At the same time, weight loss which is one of the main reasons for many people to start Keto diet helps to reduce blood pressure.

IMPROVED SKIN AND NO ACNE

By lower carbs intake on Keto diet, most of the people experience improvements in their skin health. Studies have shown that low carb diet lowers acne problems and other skin inflammations.

WHAT TO EAT ON KETO DIET?

Well, diet is a diet, and obviously, you will have to stop eating something that you were used to. However, on the Ketogenic diet, you will never feel hungry – that I can guarantee. Plus, once your body enters the ketosis state, your cravings for carbs will go away because you'll have stable energy levels throughout the day.

Another good news is that Keto is a popular diet and people who've tried it, as well as nutritionists, found great alternatives for most of the things you were used to eating before starting the Ketogenic diet.

The main objective which you need to always keep in mind when you choose food or recipes is to lower carbohydrates intake. So foods like bread, cereals, pasta, potatoes, many fruits with high carb levels should be avoided on Keto.

FOODS TO EAT ON A KETO DIET

All kinds of meat – beef, lamb, poultry, fish

Eggs cooked in any way you like

High-fat dairy – hard cheeses, high fat cream, butter

Fats – coconut oil, high-fat salad dressing, saturated fats, etc.

Above ground vegetables – broccoli, cauliflower

Nuts and seeds – macadamias, walnuts, sunflower seeds

Leafy Greens – spinach, kale

Berries – raspberries, blackberries, and other low glycemic impact berries

Avocado

Sweeteners – stevia, erythritol, monk fruit, and other low-carb sweeteners

FOOD TO AVOID ON KETO DIET?

Grains – wheat, corn, rice, cereal, quinoa, barley, millet, bulgur, amaranth, etc. Grains contain too many carbs which will slow down your weight loss.

Starchy Vegetables (everything that grows beneath the ground) – carrots, sweet potatoes, potatoes, cherry tomatoes, yams, yucca, parsnips).

Legumes are unfortunately also quite high in carbs and may interfere with your Ketosis state. We are talking about kidney beans, lentils, black beans, chickpeas, green peas, white beans, black-eyed peas, etc.

Sugars – honey, agave, maple syrup, cane sugar, agave nectar, corn syrup, etc.

Fruit – apples, bananas, oranges, etc. This might be a surprise for most of us because we are used to thinking that all fruits are healthy. Well, the problem is that most of the fruits are high in carbs and sugar. This is why you should also be careful with fruit juices and smoothies, as well as dried fruits. If you do have fruit, choose lower-sugar options like blueberries, blackberries, and raspberries, and eat them sparingly.

WHAT ARE KETO MACROS?

If you plan to get serious about Ketogenic diet, you will have to understand what are macros. By macros (shortened for “macronutrients”) we mean the sources of calories for your diet – fats, protein, and carbohydrates.

You need to look for the perfect ratio of macros in most of your daily meals. For Ketogenic diet, the recommended ratios are as follows:

- Fats - 70%
- Protein - 25%
- Carbs - 5%

On a Keto diet, you are recommended to keep your daily net carbs under 20g. Now I expect you’ll be wondering what are net carbs.

WHAT ARE NET CARBS IN KETOGENIC DIET?

I guess it will be easier to understand Net carbs if you know that there are also Total carbs. When you look at the nutrition label on some product, you are seeing Total carbohydrates, which can be divided into fiber and sugars. Net carbs are Total Carbs minus Fiber.

You should focus on Net Carbs – they actually affect your blood sugar levels. Fiber’s considered a net zero carbohydrate.

WHICH VEGETABLES YOU CAN EAT ON KETOGENIC DIET

This question might sound weird for people who are used to the understanding that vegetables are all healthy and good for any diet. The problem is that most of the vegetables we are used to eating, are rich in carbs. And that's you are trying to avoid on Keto diet.

However, some vegetables can work great while you are on a Ketogenic diet.

Here is a list of Keto-approved veggies you can use in your recipes every day.

<i>Vegetable</i>	<i>Amount</i>	<i>Net Carbs</i>
<i>Spinach (Raw)</i>	1/2 Cup	0.1
<i>Bok Choi</i>	1/2 Cup	0.2
<i>Lettuce (Romaine)</i>	1/2 Cup	0.2
<i>Cauliflower (Steamed)</i>	1/2 Cup	0.9
<i>Cabbage (Green Raw)</i>	1/2 Cup	1.1
<i>Cauliflower (Raw)</i>	1/2 Cup	1.4
<i>Broccoli (Florets)</i>	1/2 Cup	2
<i>Collard Greens</i>	1/2 Cup	2
<i>Kale (Steamed)</i>	1/2 Cup	2.1
<i>Green Beans (Steamed)</i>	1/2 Cup	2.9

KETO FOOD LIST

PROTEINS	SEAFOOD	FATS AND OILS
Beef	Catfish	Coconut oil
Veal	Cod	Olive oil
Bison	Flounder	Avocado oil
Goat Lamb	Halibut	Coconut butter
Pork: Bacon, Pork	Mackerel	Butter
Chops, Pork Loin, Ham,	Mahi Mahi	Lard
Prosciutto	Salmon	Paleo Mayonnaise
Poultry: Chicken, Duck,	Snapper	
Quail, Pheasant	Trout	
Sausage	Tuna	
Whole Eggs	Sardines (in olive oil is best)	
	Oysters	
	Clams	
	Seashells	
	Lobster	
	Crab	
	Mussels	
	Squid	
	Tuna	

KETO FOOD LIST

VEGETABLES	FRUITS	NUTS/SEEDS
Asparagus	Avocado	Macadamia Nuts
Celery	Blueberries	Cashews
Garlic	Strawberries	Pecans
Broccoli	Blackberries	Walnuts
Kale	Raspberries	Almonds
Spinach		Pumpkin seeds
Cauliflower		Sunflower seeds
Zucchini		Chia seeds
Green beans		Flax seeds
Chard		Nut butter
Romaine lettuce		
Cucumbers		
Olives		
Sauerkraut		
Kimchi		
Pickles		
LIQUIDS	DAIRY	
Kombucha	High fat cheeses	
Coffee	Heavy whipping cream	
Tea	Sour Cream	
Water	Cream Cheese	
Sparkling water	Full Fat Cottage Cheese	

2. KETOGENIC RECIPES

30-DAY DIET MEAL PLAN

WEEK 1	BREAKFAST	LUNCH (12-2PM)	DINNER (6-8PM)
Monday	Cream Cheese Pancakes	Keto Pizza	Keto Chili
Tuesday	Keto Waffles	Tuscan Keto Chicken	Salmon with Advocado Salsa
Wednesday	Philly Cheese Steak Wraps	Tamari Marinated Steak Salad	Keto Burguer
Thursday	Bacon Eggs Benedict Keto	Chipotle Lime Shrimp and Zoodles	Easy Parmesan Crusted Pork Chops
Friday	Mascarpone Cream With Strawberries	Twice Baked Cauliflower Casserole	Fathead Pizza
Saturday	Cheesy Ham Hash Egg Cups	Italian sausage, peppers and onions with sauce	Easy Sausage and Cabbage
Sunday	Keto Cinnamon Almond Butter Breakfast Shake	Sesame Chicken	Keto Salmon with Snap Peas

WEEK 2	BREAKFAST	LUNCH (12-2PM)	DINNER (6-8PM)
Monday	Low Carb Green Smoothie	Chicken Bacon Ranch Casserole	Mustard, Tarragon, and Chicken Soup
Tuesday	Breakfast Chili – Gluten Free	Sriracha Crispy Baked Chicken	Green Bean Casserole
Wednesday	Ham & Cheese Breakfast Casserole	Keto Taco Salad	Ribeye Steak Salad
Thursday	Pumpkin Bread French Toast	Garlic Gusto Panchetta Stuffed Chicken Thighs	Oven Baked Chicken Cordon Bleu
Friday	Avocado Boats	Keto Chicken Drumsticks	Summer Spinach Strawberry Pecan Salad
Saturday	Mexican Coffee	Southwestern Shepherd's Pie	Curry Chicken Wings
Sunday	Pumpkin Quick Bread	Smoky Bacon, Cauliflower, and Cheddar Soup	Vietnamese Keto Shirataki Noodle Soup

WEEK 3	BREAKFAST	LUNCH (12-2PM)	DINNER (6-8PM)
Monday	Slow Cooker Grain-Free Granola - Jaffa Flavour	Spinach Artichoke Pizza	Black Pepper Shrimp Stir Fry
Tuesday	Sugar Free Chia Jam	White Chicken Enchiladas	Fathead Prosciutto Pizza Without Almond Flour
Wednesday	Keto Scrambled Eggs	BBQ Chicken Crust Pizza	Creamy Keto Slaw
Thursday	Keto Yogurt	Baked Eggs with Nduja	Chicken & Broccoli in Creamy Garlic Sauce
Friday	Bacon-Studded Maple Donut Holes	Cauliflower Cheese	Spicy Thai Peanut Chicken
Saturday	Cheesy Italian Omelette	Chicken Cobb Salad With Cobb Salad Dressing	Mexican Cornbread Casserole Taco Bake
Sunday	Keto Granola Crunchy Breakfast Cereal	Prosciutto Wrapped Asparagus	Jalapeno Popper Scrambled Eggs

WEEK 4	BREAKFAST	LUNCH (12-2PM)	DINNER (6-8PM)
Monday	Keto Egg Crepes	Low Carb Baba Ganoush	Spicy Chicken Bacon Ranch Casserole
Tuesday	Keto Bagels	Keto Jalapeno Popper Frittata	Low-Carb Cauliflower Sushi
Wednesday	Blueberry Pancakes	Salmon Patties	Tomato Mozzarella Salad
Thursday	Low Carb Salmon and Cream Cheese Pinwheels	Broccoli Mashed "Potatoes"	Chicken Pizza Crust
Friday	Low Carb Rice Pudding	Chorizo & Spaghetti Squash Casserole	Spicy Chicken Artichoke Dip Casserole
Saturday	Orange and Pecan Grain-Free Granola	Mustard & Thyme Pork Roulade	Bacon Cheeseburger Casserole
Sunday	Strawberries and Cream Pancakes	Fat Bomb Pork Chops	Turkey Taco Burgers

WEEK 5	BREAKFAST	LUNCH (12-2PM)	DINNER (6-8PM)
Monday	Crepes w/ Warm Apple Compote	Grilled Chicken Skewers with Garlic Sauce	Radish Scramble
Tuesday	Keto Corn Flakes	Coconut Flour Mini Cheese Loaves	Slow Cooker Bacon and Pumpkin Soup

CREAM CHEESE PANCAKES

Day 1 - Breakfast

PREP TIME: 5 MINUTES | **COOK TIME:** 10 MINUTES | **SERVINGS:** 1

CALORIES: 349 | **FAT:** 28g | **PROTEIN:** 3g | **NET CARBS:** 16g

Ingredients

2 oz Cream Cheese
2 Large Eggs
1/3 tsp Baking Powder
1/3 tsp Cinnamon
1 Packet of Stevia (1/2 tsp or 2-3 drops of liquid)
1/2 tsp Vanilla Extract (Optional)

Instructions

1. Combine all ingredients in a blender
2. Blend on medium/high until smooth
3. Use a fork to pop the large bubbles on the top of the batter
4. Pour like regular batter into a preheated and greased pan - medium temperature
5. Flip when sides are firm and bubbles appear evenly throughout.
6. Top with butter and sugar free syrup (or make your own syrup with maple extract, stevia and melted butter)

KETO PIZZA

Day 1 - Lunch

PREP TIME: 5 MINUTES | **COOK TIME:** 15 MINUTES | **SERVINGS:** 1

CALORIES: 479 | **FAT:** 39 g | **PROTEIN:** 25 g | **NET CARBS:** 7.8 g

Ingredients

Crust

1/3 cup shredded mozzarella cheese
1/4 cup blanched almond flour
1/8 teaspoon garlic powder
Pinch of salt
1 large egg yolk

Toppings

1 1/2 tablespoons no-sugar- added pizza sauce
1/4 cup shredded mozzarella cheese
5 slices pepperoni (Or toppings of your choice)
1/4 teaspoon Italian seasoning

Instructions

1. Place an oven rack in the top position. Preheat the oven to 425°F.
2. Make the crust: In a microwave-safe bowl, combine the mozzarella cheese, almond flour, garlic powder, and salt and stir until well blended. Microwave for 25 seconds.
3. Knead the dough with your hands for a few seconds. Add the egg yolk while the dough is still warm. Knead until combined and roll into a ball. Form a disk as if you were making a hamburger patty. Place the dough on a parchment-lined baking sheet and use your hands to press into a circle 5 to 6 inches in diameter and about 1/4 inch thick (or use a rolling pin). If the dough cools too much to form properly, place it back in the microwave for 10 seconds.
4. Use a fork to poke holes in several places throughout the crust before baking. Bake on the top rack for 8 to 10 minutes, until the crust is golden brown.
5. Remove the crust from the oven and flip it over. Top the flatter side with the pizza sauce and sprinkle with half of the cheese. Next, add the pepperoni slices, then sprinkle with the remaining cheese. Bake for another 3 to 4 minutes, until the cheese is melted.
6. Sprinkle the pizza with Italian seasoning before serving.

KETO CHILI

Day 1 - Dinner

PREP TIME: 15 Min | **COOK TIME:** 8 hrs, 15 min | **SERVINGS:** 1

CALORIES: 387 | **FAT:** 24.6g | **PROTEIN:** 33.5g | **NET CARBS:** 7.9g

Ingredients

1 LB Ground Beef
1 LB Ground Sausage (regular or hot depending on preference)
1 Medium Green Bell Pepper, chopped
1/2 Medium Yellow Onion, chopped
1 can of Diced Tomatoes in Tomato Juice (14.5oz)
1 can Tomato Paste (6oz)
1 TBSP Chili Powder (May need to use more if you choose a mild sausage)
1/2 TBSP Ground Cumin
3-4 Garlic Cloves, minced (or 1 TBSP Garlic powder, which is .8 net carb additional per serving)
1/3 Cup of Water

Instructions

1. Brown the sausage and ground beef.
2. Drain and save half of the fat.
3. Place the cooked sausage and ground beef into the crockpot
4. Add half of the fat drippings and all other ingredients into the crockpot and mix well.
5. Place the lid on the crockpot, set on low, and cook for 6-8 hours.
6. Plate and top with sour cream, cheese and green onions, if you like (toppings not included in listed macros)

KETO WAFFLES

Day 2 - Breakfast

PREP TIME: 10 Min | **COOK TIME:** 4 Min | **SERVINGS:** 6

CALORIES: 272 | **FAT:** 23g | **PROTEIN:** 9g | **NET CARBS:** 9g

Ingredients

1 large egg
1/2 cup almond flour
2 tbsp erythritol or any sweetener
1/4 tsp Sea Salt
2 tbsp almond butter
2 tbsp coconut oil to grease the waffle iron
1/2 cup unsweetened almond milk warmed up
50 ml sour cream
1/2 tbso Vanilla Extract

Instructions

1. Preheat the waffle iron to high heat. Grease lightly (I usually coconut oil).
2. Add all the ingredients to a blender and blend them on high speed for about 1 minute until all the ingredients get nice and smooth. If you don't have a blender, you can mix it manually in a small bowl on for a minute or two.
3. Pour half the mixture (about 3/4 cup) onto the lightly greased waffle iron. Close and cook until steam stops coming out for about 3/4 minutes.
4. Unplug and let cool slightly in the waffle iron to make the waffle easier to remove. It will crisp up as it goes from hot to warm.
5. Repeat with the remaining batter.

TUSCAN KETO CHICKEN

Day 2 - Lunch

PREP TIME: 20 MINUTES | **COOK TIME:** 25 MINUTES | **SERVINGS:** 1

CALORIES: 511 | **FAT:** 37g | **PROTEIN:** 41.5g | **NET CARBS:** 5.25g

Ingredients

4 Boneless, Skinless Chicken Breasts
4 Ounces of Goat Cheese
4 Garlic Cloves
1/4 Cup of minced Yellow Onion
8 Tablespoons of Grass-fed, Unsalted Butter
1/4 Cup of Dry White Cooking Wine
1/4 Cup of Fresh Lemon Juice
4 Sun-dried Tomato Halves, sliced. Approx. 1.25 OZ
6-8 Fresh Basil, chopped
Olive Oil
Salt and Pepper

Instructions

1. Coat each breast lightly with olive oil, then season with salt and pepper.
2. Grill chicken for approximately 15-25 mins depending on the thickness and size of each chicken breast. (Internal temp of 165F) ==5 minutes before the chicken breasts are done cooking,
3. Add 1 Oz of goat cheese to each breast, then close the grill lid so the cheese can soften.
4. Combine 1 TBS of butter with 1/4 cup onions and 4 freshly pressed garlic cloves in a pan.
5. Simmer until onion and garlic are cooked.
6. Add 1/4 cup of lemon juice and 1/4 cup of Dry white cooking wine to the onion and garlic, stir together and simmer to reduce mixture by almost half (4-5 mins).
7. Cube/slice remaining 7 TBS of cold butter and add to the sauce, little by little.
8. Add sun-dried tomatoes and let simmer for (2-3 mins) as you lower the heat, so that the sauce doesn't break.
9. Add fresh chopped basil. Toss around in the sauce, then remove from heat and set aside.
10. Remove chicken breasts topped with goat cheese from the grill, plate, and spoon tuscan sauce equally on each breast.

SALMON WITH ADVOCADO SALSA

Day 2 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 12 Min | **SERVINGS:** 2

CALORIES: 595 | **FAT:** 50.5g | **PROTEIN:** 26.1g | **NET CARBS:** 13.5g

Ingredients

2 4-6 oz salmon fillets
2 tablespoons olive oil
1 clove garlic minced or crushed
1/2 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon onion powder
1/4 teaspoon black pepper
1/4 teaspoon salt

For the avocado salsa

1 ripe avocado pitted and diced
1/2 cup tomato diced (any type of tomato)
2 tablespoons onion diced
2 tablespoons cilantro minced
1 tablespoon olive oil
1 tablespoon lime juice
salt and pepper to taste

Instructions

1. Stir the olive oil, garlic, and spices in a small bowl. Brush or rub salmon with the spice mixture.
2. Heat a large heavy-duty (preferably non-stick) pan or grill medium-high heat. Add salmon to the pan and cook for 5-6 minutes per side. Remove from pan, top with avocado salsa and serve immediately.
3. To make the avocado salsa: add the avocado, tomato, onion, and cilantro to a large mixing bowl. Drizzle with olive oil, fresh lime juice and a pinch of salt and pepper. Gently mix with a spoon until fully combined. Cover with plastic wrap until ready to serve.

PHILLY CHEESE STEAK WRAPS

Day 3 - Breakfast

PREP TIME: 15 MINUTES | **COOK TIME:** 15 MINUTES | **SERVINGS:** 4

CALORIES: 445 | **FAT:** 32g | **PROTEIN:** 28g | **NET CARBS:** 3g

Ingredients

4 Almost Zero Carb Wraps
8 ounces thinly sliced left over steak or deli roast beef
1 oz medium green bell pepper 4
1/2 oz package sliced button mushrooms 4
1/2 inch small onion sliced into 1/2 rounds about 1/4 thick
2 tablespoons butter or olive oil
1 tablespoon Worcestershire sauce
4 slices Provolone cheese 4 oz

Instructions

1. Place a large non-stick frying pan over medium heat. Stand the green bell pepper up on it's end and slice off the 4 flat sides, then the bottom. Slice the pepper into thin strips. Slice the onion half into half rounds about 1/4 inch thick.
2. Put the butter into the pan and swirl to coat the bottom. Put the onions into the pan and saute for 1-2 minutes until beginning to soften. Add the mushrooms and stir them around the pan to coat them with the butter. Let them cook for 2 minutes on one side, then stir them around the pan. Add the peppers, mixing thoroughly. Cook for 1-2 minutes, stirring occasionally.
3. Turn off the heat and add the steak or roast beef and Worcestershire sauce - off heat, then stir to heat through. Taste and season with salt and pepper.. Remove the Philly steak mixture from the pan.
4. Add two wraps to the pan so they reach to the edge and slightly overlap in the center. Add 1/4 of the cheese steak mixture to each wrap and top each with a slice of cheese. Cover with a lid or foil for 1 minute. If the cheese hasn't melted, drizzle 1 tablespoon of water into the pan and cover to steam for 30 seconds to 1 minute. Fold them over and serve. Repeat the procedure with the other two wraps and remaining ingredients

TAMARI MARINATED STEAK SALAD

Day 3 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 5 MINUTES | **SERVINGS:** 1

CALORIES: 500 | **FAT:** 37g | **PROTEIN:** 33 g | **NET CARBS:** 4 g

Ingredients

2 large handfuls (2.5 oz or 75 g) salad greens
1/2 red bell pepper, chopped into slices
6-8 grape or cherry tomatoes, chopped into halves
4 radishes, sliced
1 Tablespoon olive oil
1/2 Tablespoon fresh lemon juice
Salt to taste
1/2 lb (250 g) steak
1/4 cup (60 ml) gluten-free tamari soy sauce
Olive or avocado oil to cook steak in

Instructions

1. Marinate the steak in the tamari soy sauce.
2. Prepare the salad by tossing the bell pepper, tomatoes, radishes, and salad greens with the olive oil, lemon juice, and salt to taste.
3. Divide salad between 2 plates.
4. Place avocado oil (or olive oil) into a frying pan on high heat and cook the marinated steak (or grill the steak) to the level of doneness you like.
5. Place the steak on a plate for 1 minute. Cut the steak into slices, and place half of the slices on top of each salad.

KETO BURGUER

Day 3 - Dinner

PREP TIME: 15 Min | **COOK TIME:** 15 min | **SERVINGS:** -

CALORIES: 243 | **FAT:** 20.3g | **PROTEIN:** 12.5g | **NET CARBS:** 1.7g

Ingredients

450 g (1 lb) lean, good quality ground beef (Angus beef)
15 g (1 tbsp) medium salsa (no added sugar)
5 g (1 tsp) Worcestershire sauce
3 g (1/2 tsp) Dijon mustard
6 g (1 tbsp) sun-dried tomatoes
52 g (3 large) egg yolks
40 g (3 tbsp) grapeseed oil
50 g (5 tbsp) raw chopped onion
5 g (2 tsp) raw grated garlic

Instructions

1. Put the ground beef into a large mixing bowl
2. In a skillet, put 1 tablespoon of grapeseed oil and saute the onions on low heat. When the onions are starting to get clear, add the garlic. Saute the onions to the translucent stage only. Do not scorch either the onion or the garlic
3. Sprinkle the sautéed onions and garlic over the surface of the meat
4. Sprinkle the rest of the ingredients over the surface of the meat
5. Stir to combine well, either with a spatula, or by squishing with your hands. Make sure that the ingredients are evenly distributed through the ground beef
6. Using your kitchen scale, weigh each batch of meat to 145 grams (5 oz). To form each patty, make a loose ball, without squishing tightly together. Starting from the center, flatten the patty to make an even thickness, from the center to the edge (like a hockey puck). I use my palm (7 cm/3 in) as a guide, because I like my burgers consistently thick and juicy
7. If using a skillet, pre-heat the skillet on high and then, for your first batch, put 1 tablespoon (15 ml) of oil and, depending on your skillet size, place three well-spaced patties
8. Fry for from 3 to 5 minutes. Make sure that the underside has a brown, crispy layer before flipping

9. Flip the burger ONLY ONCE and fry until the second side is also crispy and brown.
This side may take a bit less time than the first
10. Place your patties on a plate to rest for a few minutes, to help with juiciness. In the meantime, repeat with the second batch
11. Serve in the manner and with toppings as you like. Enjoy!

BACON EGGS BENEDICT KETO

Day 4 - Breakfast

PREP TIME: 15 Min | **COOK TIME:** 15 Min | **SERVINGS:** 2

CALORIES: 585 | **FAT:** 54g | **PROTEIN:** 19g | **NET CARBS:** 2.5g

Ingredients

Mug Cake

3 tbsp. Almond Flour
2 tbsp. Butter
1 large Egg
1/2 tsp. Baking Powder
1/4 tsp. Chili Powder
1/4 tsp. Onion Powder
Salt and Pepper to Taste

Toppings

4 slices Bacon
2 large Eggs
2 tbsp. Trader Joe's Hollandaise Sauce
Salt and Pepper to Taste

Instructions

1. Add mug cake ingredients to a mug (or round dish) and mix together. Microwave for 1 minute 30 seconds, or until puffed and cooked through.
2. Lightly tap mug upside down to dislodge cake.
3. Slice in half and set aside.
4. Cook bacon in a pan over medium heat until cooked through.
5. While bacon is cooking, poach 2 eggs.
6. Once bacon and eggs are cooked, assemble by placing 2 slices bacon and 1 poached egg on top of each half of the mug cake.
7. Place 1 tbsp. Hollandaise Sauce over each egg

CHIPOTLE LIME SHRIMP AND ZOODLES

Day 4 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** 30 MINUTES | **SERVINGS:** 1

CALORIES: 243 | **FAT:** 20.3g | **PROTEIN:** 12.5g | **NET CARBS:** 1.7g

Ingredients

1 medium zucchini
1 lb of medium shrimp, peeled.
2 TB butter (or ghee to be Whole30 compliant)
1 clove garlic, crushed
2 tsp crushed red pepper
1 TB chipotle powder
juice of 1 lime
salt pepper as needed

Instructions

1. Using a noodle-maker such as Paderno or Vegetti, make 2 cups of zucchini noodles. Salt and let drain in colander or over a towel-lined sheet pan.
2. Heat a pan over medium-high heat. Add butter and garlic and melt completely.
3. Add shrimp, red pepper, and chipotle powder. Sauté 3-5 minutes until just past pink. Do not overcook.
4. Leave pan on the heat source and turn OFF heat. Add zucchini noodles and stir through often for no more than 3 minutes. They should be tender with a little crunch left.
5. Add lime juice. Toss and serve immediately.

EASY PARMESAN CRUSTED PORK CHOPS

Day 4 - Dinner

PREP TIME: 6 Min | **COOK TIME:** 12 Min | **SERVINGS:** 4

CALORIES: 348 | **FAT:** 50.5g | **PROTEIN:** 26.1g | **NET CARBS:** 13.5g

Ingredients

1 1/4 pound boneless pork chops (4 chops)
salt and pepper
2 tbsp avocado oil or olive oil

Low Carb Parmesan Crust

1/2 cup grated Parmesan cheese, (2 oz)
1/2 cup crushed pork rinds
1 tbsp minced fresh parsley,
1/2 tsp minced fresh garlic
1/2 tsp lemon zest
1 large egg, beaten (for egg wash)
2 tsp water

Instructions

1. Preparation. Bring the pork chops out of the refrigerator for 20-30 minutes before beginning or alternately put into the microwave for about 30 seconds. Pat the pork dry with a paper towel. Season well with salt and pepper. Beat the egg and water in a shallow bowl large enough to fit a pork chop.
2. Low Carb Coating. Place the grated Parmesan cheese and crushed pork rinds onto a large dinner plate. Mince the garlic and parsley and add to the cheese. Zest a small lemon, adding the zest to the plate. Mix well with fingers to combine ingredients.
3. Procedure. Heat a large frying pan over medium heat until hot. Pick up a chop with a fork and put it in the beaten egg. Flip it over a few times to fully cover, lift with fork and let any extra egg run off. Place it into the Parmesan coating and push and wiggle it into the mixture to make sure it is completely coated. I use my fork to flip the pork and the other hand to sprinkle and pat the mixture over all surfaces of the pork.
4. Pour the oil into the pan and swirl to coat. Add the crumbed pork chop and put it into the pan. Repeat the breading procedure with the remaining pork chops.

5. When the pork chops are all in the pan, set the timer for 2 minutes. When time is up flip the 1st pork chop. Wait 1 minute and flip the next. Wait another minute and flip the third pork chop. Wait 1 minute and flip the last pork chop.
6. Set the timer again for 2 minutes. When time is up, remove the 1st chop to a plate and tent loosely with foil. Remove the remaining pork chops to the plate 1 minute apart just like you did for flipping in step 4. Let rest for 10 minutes and serve.

MASCARPONE CREAM WITH STRAWBERRIES

Day 5 - Breakfast

PREP TIME: - Min | **COOK TIME:** 5 Min | **SERVINGS:** 3

CALORIES: - | **FAT:** -g | **PROTEIN:** -g | **NET CARBS:** -g

Ingredients

1 Cup Mascarpone Cheese

1 Cup Heavy Cream

1 Tbsp Natvia (Or Erythritol) Stevia

1 Punnet Strawberries (Other berries are suitable as well)

Instructions

1. Place the mascarpone and heavy cream into a bowl with the natvia (stevia). Whip for about 1 min.
2. Cut the strawberries into thirds, place half the strawberries into the bottom of the cup. Scoop out the mascarpone cream and place on top of the strawberries. Then cover with the remaining strawberries. Serve and enjoy!

TWICE BAKED CAULIFLOWER CASSEROLE

Day 5 - Lunch

PREP TIME: 5 MINUTES | **COOK TIME:** 45 MINUTES | **SERVINGS:** 1

CALORIES: 230 | **FAT:** 20g | **PROTEIN:** 9g | **NET CARBS:** 6g

Ingredients

1 large cauliflower
4 oz. full fat cream cheese
1/4 cup shredded parmesan cheese
1/2 cup full fat sour cream 6 slices of bacon
1/4 cup chopped green onions
1 cup full fat cheddar cheese
1 teaspoon garlic powder / or 1-2 cloves of fresh pressed garlic.
Salt and pepper to taste
To make this recipe extra creamy, add 1 tbs of heavy whipping cream when adding ingredients, this will add 11 calories per serving to the macros listed.

Instructions

1. Fry 6 pieces of bacon. Tip: you can use bacon bits if you're in a hurry!
2. Cut out stem and core from cauliflower, and chop into small pieces.
3. Cook cauliflower in a large pot of boiling salted water until cauliflower is tender. 15-20 mins.
4. Preheat oven to 350F/180C.
5. In a large mixing bowl add cream cheese, sour cream, green onions, parmesan cheese and 4 pieces of chopped fully cooked bacon. Add optional heavy whipping cream for a creamier consistency.
6. Drain cauliflower well, then pour over top of the ingredients in large mixing bowl.
7. Mash with potato masher/mixing whisk, until the consistency is to your liking.
8. Spread evenly in a medium-sized (8x8) casserole dish.
9. Top with cheddar cheese and two pieces of chopped bacon.
10. Bake for 15-20 minutes at 350F/180C.

FATHEAD PIZZA

Day 5 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 20 Min | **SERVINGS:** 6

CALORIES: 203 | **FAT:** 16.8g | **PROTEIN:** 11g | **NET CARBS:** 4g

Ingredients

170 g pre shredded/grated cheese mozzarella is the best or Edam/mild cheese
85 g almond meal/flour
2 tbsp cream cheese
1 egg
pinch salt to taste
½ tsp dried rosemary/ garlic or other flavourings optional
your choice of toppings such as pepperoni peppers, cherry tomatoes, olives, ground/
mince beef, mushrooms, herbs etc

Instructions

1. Mix the shredded/grated cheese and almond flour/meal in a microwaveable bowl. Add the cream cheese. Microwave on HIGH for 1 minute.
2. Stir then microwave on HIGH for another 30 seconds.
3. Add the egg, salt, rosemary and any other flavourings, mix gently.
4. Place in between 2 pieces of baking parchment/paper and roll into a circular pizza shape. Remove the top baking paper/parchment. If the mixture hardens and becomes difficult to work with, pop it back in the microwave for 10-20 seconds to soften again but not too long or you will cook the egg.
5. Make fork holes all over the pizza base to ensure it cooks evenly.
6. Slide the baking paper/parchment with the pizza base, on a baking tray (cookie tray) or pizza stone, and bake at 220C/425F for 12-15 minutes, or until brown.
7. To make the base really crispy and sturdy, flip the pizza over (onto baking paper/parchment) once the top has browned.
8. Once cooked, remove from the oven and add all the toppings you like. Make sure any meat is already cooked as this time it goes back into the oven just to heat up the toppings and melt the cheese. Bake again at 220C/425F for 5 minutes.

CHEESY HAM HASH EGG CUPS

Day 6 - Breakfast

PREP TIME: - Min | **COOK TIME:** 25 Min | **SERVINGS:** 9

CALORIES: 220 | **FAT:** 18g | **PROTEIN:** 15g | **NET CARBS:** 1g

Ingredients

2 cups chopped ham
1/4 cup chopped onion
1 Tbsp chopped fresh parsley
1/4 tsp kosher salt
1/8 tsp ground black pepper
1/4 tsp garlic powder
1/3 cup grated parmesan cheese
1/3 cup sugar free mayonnaise
1/4 cup almond flour
9 medium or large eggs

Instructions

1. Preheat the oven to 375 degrees (F)
2. Pulse the ham, onion, parsley, salt, pepper, and garlic powder in a food processor or magic bullet until coarsely ground.
3. Stir in the parmesan cheese, mayonnaise, and almond flour until well combined.
4. Press the mixture evenly into 9 large muffin cups. Go all the way up the sides at a thickness of 1/4 to 1/2 inch – no thicker or there won't be enough room for the egg.
5. Bake the ham hash filled cups for 5 minutes at 375 degrees.
6. Remove from the oven.
7. Break one egg into each muffin cup.
8. Return to the oven and bake for 20 minutes or until the eggs are done to your liking.
9. Remove from the oven and let cool for five minutes – they will be easier to remove.
10. Run a knife around the edges to make sure they aren't stuck and carefully remove the egg cups to a plate.
11. Garnish with fresh parsley and serve.

ITALIAN SAUSAGE, PEPPERS AND ONIONS WITH SAUCE

Day 6 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 20 MINUTES | **SERVINGS:** 4

CALORIES: 420 | **FAT:** 32.5g | **PROTEIN:** 23.5g | **NET CARBS:** 8g

Ingredients

1 pound Italian sausage links
9 oz mixed color bell pepper, sliced into strips (about 2 large peppers)
2 oz sliced onion (about 1/2 cup)
1 tbsp olive oil (or more to taste)
1 tsp minced garlic
1/2 cup Marinara Sauce
salt and pepper to taste

Instructions

Traditional Skillet Method

1. Grill sausages and slice into rounds. Alternately, slice sausages and cook in a large skillet over medium heat with 1 1/2 tsp oil, to brown (about 8-10 minutes). Remove sausage from the pan.
2. While the sausage is cooking, slice the peppers and onion. Mince the garlic.
3. Heat the oil over medium heat until it is hot. Swirl to coat the pan. Saute the vegetables with the garlic until softened (about 10 minutes). Add the sausage and any accumulated juices back to the pan to re-heat. Add the Marinara sauce and stir to coat. Taste and adjust seasoning. Serve.

Sheet Pan Method

1. Slice the sausage into rounds. Slice the peppers and onions. Mince the garlic.
2. Toss the ingredients with 1 tablespoon of oil and bake at 400 degrees F for 40 minutes until browned, stirring halfway through. Put into a bowl and add warmed Marinara sauce. Divide and serve.

EASY SAUSAGE AND CABBAGE

Day 6 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 20 Min | **SERVINGS:** 4

CALORIES: 306 | **FAT:** 50.5g | **PROTEIN:** 26.1g | **NET CARBS:** 13.5g

Ingredients

1 pound Italian sausage links (about 5 links)
1 pound cabbage, thinly sliced
4 strips raw bacon
2 ounces onion, sliced thinly (about 1/2 cup)
1 clove garlic, chopped
salt and pepper to taste

Instructions

Preparation

1. Grill the sausage or slice to cook in the skillet (see note). I grill because it adds great flavor and releases some of the fat.
2. Cut the cabbage in half (from top to bottom) and then into quarters. Cut out the core of the cabbage on each quarter. Cut the cabbage quarters into thin strips as if you were making coleslaw.

Method

1. Chop the bacon into small pieces. Cook the bacon in a frying pan until crispy. Add the onion and garlic to the bacon and saute until softened. Add the sliced cabbage and saute until it is wilted and cooked down. It will take a while and you may have to add the cabbage in batches.
2. While the cabbage is cooking, slice the grilled sausage. When the cabbage is just about cooked through, add the sausage to warm it through. Add salt and pepper to your taste.
3. Makes 4 servings.

NOTE: If you are not grilling the sausage, slice it and cook it in the pan first. Remove it from the pan and pour out any accumulated oil. Proceed with the rest of the recipe.

KETO LEMON SOUR CREAM MUFFINS

Day 7 - Breakfast

PREP TIME: - Min | **COOK TIME:** 35 Min | **SERVINGS:** 8 to 12

CALORIES: 290 | **FAT:** 25g | **PROTEIN:** 8g | **NET CARBS:** 4.5g

Ingredients

Muffin:

1/2 cup butter, softened
3/4 cup granulated erythritol sweetener
3 large eggs
3 Tbsp lemon juice
1 Tbsp lemon zest
1 1/2 cup superfine almond flour
1/2 cup coconut flour
2 tsp baking powder
1/4 tsp xanthan gum or arrowroot powder
1/2 tsp vanilla extract
1 cup full fat sour cream
pinch of salt

Streusel topping:

3 Tbsp butter, melted
3/4 cup superfine almond flour
3 Tbsp erythritol sweetener
1 tsp lemon zest
1 Tbsp coconut flour

Lemon glaze:

1/2 cup confectioners style erythritol
3 Tbsp lemon juice

Instructions

For the muffin layer:

1. Combine all of the muffin ingredients in a blender and blend for 2-3 minutes or until smooth.
2. The mixture is thick so you'll have to stop a few times and scrape the sides down with a silicone spatula to get it going the first minute or so.
3. Preheat the oven to 350 degrees (F) and then start your streusel topping.

For the streusel topping:

1. Combine the melted butter, almond flour, sweetener, lemon zest and coconut flour in a small bowl and stir well with a fork until a crumbly dough forms.
2. Spoon the muffin batter from the blender into 8 large or 12 regular muffin cups – or into a small loaf or cake pan.
3. Crumble the streusel topping in pea sized pieces over the top of the batter.
4. Bake on the middle rack of your oven at 350 degrees for 35 minutes (large muffins) or 25 minutes (average sized muffin) or 50 minutes (loaf or cake pan) OR until a toothpick or knife inserted in the center comes out clean.

For the lemon glaze:

1. Combine the erythritol and lemon juice in a cup or small bowl. Stir with a fork until smooth.
2. If too runny, add another Tbsp of erythritol (or more) until an opaque but still pourable glaze forms.
3. If too stiff to pour, add another tsp of lemon juice to loosen.
4. Pour the glaze over the muffins after they are baked and slightly cool. Serve warm or room temperature.
5. Store any leftovers covered in the refrigerator for up to a week.

SESAME CHICKEN

Day 7 - Lunch

PREP TIME: 15 MINUTES | **COOK TIME:** 15 MINUTES | **SERVINGS:** 2

CALORIES: 520 | **FAT:** 36g | **PROTEIN:** 45g | **NET CARBS:** 4g

Ingredients

Coating & Chicken

1 egg
1 tbsp arrowroot powder (or corn starch)
1 lb chicken thighs (cut into bite sized pieces)
1 tbsp toasted sesame seed oil
salt
pepper

Sesame Sauce

2 tbsp soy sauce
1 tbsp toasted sesame seed oil
2 tbsp Sukrin Gold
1 tbsp vinegar
ginger (1 cm cube)
1 clove garlic
2 tbsp sesame seeds
1/4 tsp xanthan gum

Instructions

1. To make your batter, combine a large egg with a tablespoon of arrowroot powder.
2. Whisk very well and place your bite sized chicken thigh pieces in. Make sure to coat them all over.
3. Heat up a tablespoon of toasted sesame seed oil in a large pan and add the chicken thighs. Leave a bit of room in between each one. Work in two batches if necessary; you want them to fry, not steam. Make sure you're gentle when moving and flipping the chicken. If you're too rough, the breading will come off and the sesame sauce won't stick well.

4. While the chicken thighs are cooking (about 10 minutes), make your sesame sauce by combining all the sauce ingredients and whisking very well.
5. When all the chicken is cooked through, add your sesame sauce to the pan and stir to combine. Let this cook for an additional 5 minutes.
6. When the sauce has thickened and warmed up, take the chicken and add it to a bed of cooked broccoli and serve with a sprinkle of more sesame seeds and green onion.

KETO SALMON WITH SNAP PEAS

Day 7 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 15 Min | **SERVINGS:** 4

CALORIES: 290 | **FAT:** 25g | **PROTEIN:** 8g | **NET CARBS:** 4.5g

Ingredients

Salmon

4 skinless salmon fillets
1 lemon juice
1 lime juice
pinch of salt
1 tbsp ground black pepper

Sauteed Snap Peas

3 cups fresh snap peas
2 tbsp olive oil
1/2 tsp Salt
1/4 tsp ground black pepper
1 garlic clove minced

Instructions

Salmon

1. Preheat oven to 200°C (400°F).
2. Season the salmon with lemon and lime juice, black pepper, and drizzle with a pinch of salt.
3. Place the salmon fillets into a baking tray grazed with olive oil and bake for 10-13 minutes or until salmon is cooked to your liking.

Sauteed Snap Peas

1. While salmon is in the oven, start to prepare the snap peas.
2. Trim the stems from the pea pods.
3. Preheat the olive oil in a large skillet over medium-high heat for 2 minutes. Add the peas, salt, and pepper to the skillet. Stir to combine.
4. Cook for 4-5 minutes, stirring occasionally.
5. Reduce the heat to low. Stir in the garlic. Cook for 1-minute stirring often. Remove from heat.
4. Remove salmon from the oven and serve with sauteed sugar snap peas.

LOW CARB GREEN SMOOTHIE

Day 8 - Breakfast

PREP TIME: - Min | **COOK TIME:** - Min | **SERVINGS:** 6

CALORIES: 37 | **FAT:** 2g | **PROTEIN:** 1g | **NET CARBS:** 3g

Ingredients

4 cups filtered water
1 cup romaine lettuce
1/3 cup chopped fresh pineapple
2 Tbsp fresh parsley
1 Tbsp fresh ginger, peeled and chopped
1 cup raw cucumber, peeled and sliced
1/2 cup kiwi fruit, peeled and chopped
1/2 Hass avocado (remove pit and scoop flesh out of shell)
1 Tbsp granulated sugar substitute

Instructions

1. Combine all of the ingredients in a blender and blend until smooth. Serve cold.
Leftovers will keep several days in the fridge, shake well before serving.

CHICKEN BACON RANCH CASSEROLE

Day 8 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 30 MINUTES | **SERVINGS:** 8

CALORIES: 498 | **FAT:** 36g | **PROTEIN:** 37g | **NET CARBS:** 5g

Ingredients

1.5 lb. cooked chicken , cubed
1 lb. fresh broccoli , steamed and drained or frozen broccoli, thawed and drained
1 tbsp minced onion
1 tbsp parsley
1/2 tbsp garlic powder
1/2 tbsp dill
1/2 tsp salt
1/2 tsp pepper
1/4 cup + 2 tbsp bacon crumbles
8 oz. cream cheese softened
4 oz. sour cream
4 oz. mayo
8 oz. shredded cheddar

Instructions

1. Preheat oven to 350 if baking immediately. Or you can prep ahead and keep in the refrigerator for a day or two.
2. In a big bowl combine cream cheese, sour cream, mayo, and spices and mix thoroughly.
3. To the cream cheese mixture, you just made add the chicken, broccoli, 3/4 of the cheese, and the 1/4 cup bacon crumbles and mix well.
4. Dump into a 9x13 baking dish sprayed with cooking spray. Sprinkle remaining cheese and 2 tbsp bacon crumbles on top.
5. Bake until hot about 35 minutes. tuscan sauce equally on each breast.

MUSTARD, TARRAGON, AND CHICKEN SOUP

Day 8 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 20 Min | **SERVINGS:** 4

CALORIES: 504 | **FAT:** 49.5g | **PROTEIN:** 16.5g | **NET CARBS:** 1.7g

Ingredients

4 medium Chick Thighs, boneless/skinless
1 cup Heavy Cream
4 tbsp. Butter
1 cup Coconut Milk (from the carton)
4 oz. Cream Cheese
1 1/2 tsp. Tarragon
1 tsp. Mustard & Co Classic (Also on Amazon)
1/4 tsp. Garlic Powder
1/4 tsp. Onion Powder
Salt and Pepper to Taste

Instructions

Preparation:

1. Season chicken thighs with salt and pepper and place in a pan over medium heat.
2. Once chicken is browned, remove from the pan and shred with a fork.
3. Add chicken to a pot along with the rest of the ingredients. Stir together well over medium-low heat.
4. Once the soup begins to boil, reduce to low and let simmer for 1-2 hours.

NOTE: If you are not grilling the sausage, slice it and cook it in the pan first. Remove it from the pan and pour out any accumulated oil. Proceed with the rest of the recipe.

BREAKFAST CHILI — GLUTEN FREE

Day 9 - Breakfast

PREP TIME: 5 Min | **COOK TIME:** 15 Min | **SERVINGS:** 4

CALORIES: 196 | **FAT:** 14g | **PROTEIN:** 2g | **NET CARBS:** 4g

Ingredients

12 Jones Dairy Farm All Natural Golden Brown Breakfast Sausage Patties
1 cup salsa
1/4 cup water
1 tablespoon ground cumin
1 teaspoon ground coriander
1 teaspoon chili powder

Instructions

1. Thaw and finely chop sausage patties.
2. Add chopped sausage, salsa, water and spices to medium saucepan.
3. Cook over medium heat for 10 minutes.
4. Serve hot and garnish as desired.

SRIRACHA CRISPY BAKED CHICKEN

Day 9 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** 35 MINUTES | **SERVINGS:** 4

CALORIES: 350 | **FAT:** 27g | **PROTEIN:** 23.7g | **NET CARBS:** 1.3g

Ingredients

4 Bone-in, Skin-on Chicken Thighs (~20 oz.)

2 tbsp. Fix Sriracha

1 tbsp. Olive Oil

Salt and Pepper to Taste

Optional: 1/2 tsp. Ground Ginger

Instructions

1. Pre-heat oven to 425F.
2. Mix together sriracha and olive oil until combined.
3. Season chicken thighs with salt and pepper (you can use 2 tsp. kosher salt).
4. Rub both sides of chicken with sriracha until covered completely. Optional: sprinkle ground ginger over the chicken skin.
5. Lay chicken on the top of a wire rack on a baking sheet.
6. Bake skin side up on the top third rack for 35-40 minutes or until skin is crisp and chicken is cooked through.

GREEN BEAN CASSEROLE

Day 9 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 20 Min | **SERVINGS:** 4

CALORIES: 270 | **FAT:** 25.8g | **PROTEIN:** 7.3g | **NET CARBS:** 1.8g

Ingredients

10 oz. Green Beans
5 slices Bacon
1/2 cup Heavy Cream
25g Cheese Cheddar
1/2 tsp. Guar Gum
Sprinkle Onion Powder
Salt and Pepper to Taste

Instructions

1. Chop green beans so that they're cleaned and no stems are visible.
2. Chop bacon into small pieces and place in a pan over medium heat.
3. While bacon is cooking, place cheese into a plastic bag and crush.
4. Once bacon is partially cooked, add green beans to cook in the bacon grease.
5. Once bacon is crisp and green beans have softened, add heavy cream and guar gum to the pan, stirring vigorously until it thickens.
6. Portion green bean mixture into ramekins and sprinkle with cheese and onion powder.
7. Broil 1-2 minutes or until browned and crisp on top. Serve hot.

HAM & CHEESE BREAKFAST CASSEROLE

Day 10 - Breakfast

PREP TIME: - Min | **COOK TIME:** 75 Min | **SERVINGS:** 9

CALORIES: 308 | **FAT:** 23g | **PROTEIN:** 16g | **NET CARBS:** 6g

Ingredients

Crust:

4 cups celery root, peeled and shredded
4 Tbsp butter, melted
1 tsp kosher salt
1/4 tsp ground black pepper
2 Tbsp coconut flour
2 Tbsp grated Parmesan cheese
1 Tbsp olive oil

Filling:

6 eggs
1 cup light cream
3/4 cup unsweetened almond milk
1/4 tsp ground nutmeg
1/2 tsp kosher salt
1/4 tsp ground black pepper
1/2 cup frozen chopped spinach (thawed and squeezed of any liquid)
2 cups ham, chopped
1 cup sharp cheddar cheese, shredded

Instructions

Crust:

1. Combine the crust ingredients in a medium sized bowl and mix well. Press mixture firmly and evenly into a 9 x 9 or equivalent (I used 8 x 11) oven proof pan, going up the sides at least 2 inches.
2. Bake in a preheated oven at 400 degrees for 20 minutes or until slightly golden brown.

3. Remove and reduce oven heat to 350 degrees.

Filling:

1. Beat the eggs in a large bowl and add the cream, almond milk, nutmeg, salt, and pepper.
2. Stir in the spinach.
3. Spread the ham and cheese evenly over the par-baked crust in the bottom of the pan.
4. Gently pour the egg mixture over the ham and cheese.
5. Bake the casserole in the 350 degree (F) oven for 60 minutes or until the middle is set and doesn't jiggle when shaken.
6. Note: If your edges are getting too brown, cover the casserole lightly with foil in the last 15 minutes of baking.
7. Cool for 10 minutes before cutting.

KETO TACO SALAD

Day 10 - Lunch

PREP TIME: 15 MINUTES | **COOK TIME:** 15 MINUTES | **SERVINGS:** 3

CALORIES: 560 | **FAT:** 41g | **PROTEIN:** 42g | **NET CARBS:** 6g

Ingredients

Salad

1/2 Cup Grated Cheeese
2 Cups Chopped Lettuce
1 Avocado
1/2 Lime
1/2 Cup Sour Cream
2 Tbsp Red Onion Chopped (Optional)
Salsa (Sugar free - Optional)

Beef

500 g Beef Mince (Ground Beef) (1 lb)
1/2 Packet Taco Seasoning Watch out for sneaky carbohydrates in these ones!
alternatively use 1/4 tsp. Garlic Powder. 1/4 tsp. Dried Oregano. 1/2 tsp. Paprika. 1 1/2
tsp. Ground Cumin.
3/4 Cup water

Instructions

1. Heat a frying pan and add the mince to the pan. Cook until brown. add the seasoning and 3/4 Cup of water and let it simmer for 5 mins.
2. Grab a plate and cover with the chopped lettuce. Cover with ingredients however you like!

RIBEYE STEAK SALAD

Day 10 - Dinner

PREP TIME: - Min | **COOK TIME:** - Min | **SERVINGS:** 2

CALORIES: 403 | **FAT:** 33g | **PROTEIN:** 25g | **NET CARBS:** 1.5g

Ingredients

1 8 oz. Ribeye Steak
1 tbsp. Steakhouse Seasoning (can include unrefined sea salt, black mustard powder, garlic, thyme, orange peel, onion & fennel)
2 cups Green Salad Mix
1 tbsp. Olive Oil
1 tsp. White Wine Vinegar
Salt and Pepper to Taste

Instructions

1. Prepare ribeye steak to your preferred temperature using Steakhouse Seasoning. Let rest and cool completely.
2. Place salad greens, olive oil, vinegar, and salt and pepper to taste in a large salad bowl.
3. Toss salad lightly until all greens are coated in oil.
4. Slice steak into small strips. Plate salad and lay steak on top.

PUMPKIN BREAD FRENCH TOAST

Day 11 - Breakfast

PREP TIME: - Min | **COOK TIME:** - Min | **SERVINGS:** 2

CALORIES: 531 | **FAT:** 49g | **PROTEIN:** 16g | **NET CARBS:** 6.75g

Ingredients

Pumpkin Bread:

¾ cup butter, melted
4 large eggs
¼ cup unsweetened almond milk
1 cup canned pumpkin puree
2 cups almond flour
⅓ cup coconut flour
4 tsp baking powder
½ cup erythritol sweetener
pinch of salt
1 tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp ground allspice

French toast:

2 eggs
¼ cup heavy whipping cream
¼ tsp ground cinnamon
1 Tbsp erythritol sweetener
8 slices pumpkin bread (¾ inches thick)
1 Tbsp butter for frying

Instructions

Pumpkin bread:

1. Preheat oven to 350 degrees (F)
2. Combine the melted butter, eggs, almond milk, and pumpkin puree in a blender and blend until smooth.
3. Combine the almond flour, coconut flour, sweetener, baking powder, salt, and spices in a medium bowl and stir well.
4. Pour the blender ingredients into the dry ingredients and stir until well combined and moisture is absorbed.
5. Line a long, narrow loaf pan with parchment paper and spoon the batter into a 12 x 4 loaf pan.
6. Bake the bread at 350 degrees (F) in the center of your oven for 60 minutes (or until a knife inserted in the center comes out clean.)
7. Turn off the oven and leave the bread in there for an additional 15 minutes.
8. Remove the bread from the oven and then from the pan using the parchment paper base to lift it out.
9. Cool on the counter or in the refrigerator loosely covered for a minimum of 4 hours, but for best results leave it overnight before slicing.

French toast:

10. Combine the eggs, heavy whipping cream, cinnamon and sweetener in a medium bowl and beat well until smooth.
11. Melt the butter in a nonstick saute pan over medium heat.
12. Carefully dip a slice of the pumpkin bread in the egg mixture on both sides for just a few seconds, and cook in the butter for about 2 minutes per side or until golden brown. Remove the french toast to a warmed plate and repeat with the remaining slices.
13. Serve warm with butter and sugar free syrup or cinnamon and sweetener sprinkled over the top.

GARLIC GUSTO PANCHETTA STUFFED CHICKEN THIGHS

Day 11 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** 45 MINUTES | **SERVINGS:** 4

CALORIES: 515.5 | **FAT:** 35.5g | **PROTEIN:** 46.25g | **NET CARBS:** 1g

Ingredients

1 tbsp. Stacy Hawkins: Garlic Gusto spice blend
1 tbsp. Olive Oil/MCT Oil
6 oz of Panchetta, cut into 1/4 inch dice
2 cloves of garlic, minced
Salt and Pepper to taste
3 oz of aged provolone cheese
1 cup of almond flour
4 Eggwhites lightly beaten
4 Chicken thighs

Instructions

1. Preheat oven to 375.
2. In a frying pan over medium-high heat, warm the 1 tsp. olive oil. Add the pancetta and cook, stirring occasionally, until crispy. Add the garlic and cook, stirring constantly, for 30 seconds.
3. Create a pocket in each chicken thigh using twine or toothpicks.
4. Season the chicken on both sides with salt and pepper.
5. Stuff each chicken breast with 2 Tbs. of the cheese and 1 Tbs. of the pancetta mixture.
6. Set the chicken on a wire rack-lined baking sheet and freeze for 5 minutes.
7. Put the almond flour, egg whites and parmesan in separate breading pans or shallow dishes. Dredge the chicken in the flour, then dip into the egg whites and coat evenly with the parmesan, pressing so they adhere.
8. Set the chicken on a wire rack-lined baking sheet and refrigerate for 15 minutes.
9. In a wide pan over high heat, heat the 1 1/2 cups olive oil. Working in batches, fry the chicken until crisp and browned underneath, 5 to 6 minutes.
10. Bake chicken for 45 minutes to an hour.

OVEN BAKED CHICKEN CORDON BLEU

Day 11 - Dinner

PREP TIME: - Min | **COOK TIME:** 50 Min | **SERVINGS:** 3

CALORIES: 419 | **FAT:** 28.8g | **PROTEIN:** 37.3g | **NET CARBS:** 1.8g

Ingredients

3 medium Chicken Thighs (~15 oz.)
2 oz. Ham, sliced
2 oz. Swiss Cheese
2 oz. Pork Dust
1 large Egg
1/2 tsp. Garlic Powder
1/2 tsp. Onion Powder
1/2 tsp. Dried Thyme
Salt and Pepper to Taste

Instructions

1. Pre-heat oven to 375F.
2. Season chicken with salt and pepper, then lay ham and swiss cheese over each chicken thigh.
3. Roll each chicken thigh up and use toothpicks to secure it together.
4. Create a dipping station: whisk an egg into a bowl, spread pork dust in another bowl.
5. Dip each chicken thigh in egg, then into the pork dust to completely coat.
6. Lay each chicken thigh on a wire rack on top of a baking sheet.
7. Cook for 50-55 minutes, or until chicken is cooked through and pork dust is crispy.

AVOCADO BOATS

Day 12 - Breakfast

PREP TIME: 5 Min | **COOK TIME:** 10 Min | **SERVINGS:** 1

CALORIES: - | **FAT:** 14.5g | **PROTEIN:** 2g | **NET CARBS:** 2g

Ingredients

1/2 avocado

Tuna Mayonnaise

50 g tinned/canned tuna drained

3 tbsp mayonnaise

Baked Egg With Bacon & Chives

1 egg

2 tbsp cooked bacon pieces

1 tbsp fresh chives chopped

Prawn Cocktail

50 g prawns pre-cooked

3 tbsp mayonnaise

2 tsp tomato paste

pinch chilli optional

Instructions

Tuna Mayonnaise

1. Mix the tuna and mayonnaise and any spices you like, add to the centre of the avocado boat.
2. Sprinkle with salt and cracked pepper.

Baked Egg With Bacon & Chives

3. Crack an egg into the hollowed out centre of the avocado. Bake at 180C/350F for 10 minutes, or until the egg is cooked to your preference.
4. Serve with cooked bacon pieces and chopped chives (optional) with salt and cracked pepper.

Prawn Cocktail

5. Mix the pre-cooked prawns, mayonnaise, tomato paste and chilli (optional) together.
6. Place into the avocado centre. Garnish with a sprinkle of chilli, salt and cracked pepper.

KETO CHICKEN DRUMSTICKS

Day 12 - Lunch

PREP TIME: 15 MINUTES | **COOK TIME:** 30 MINUTES | **SERVINGS:** 4

CALORIES: 123 | **FAT:** 5g | **PROTEIN:** 15g | **NET CARBS:** 4g

Ingredients

12 chicken drumsticks
1 tbsp sweet paprika
3 medium onions cut into wedges
1 tsp cayenne pepper
1 red pepper deseeded and cut into thick slices
60 ml olive oil
150 ml white wine
3 cloves garlic crushed
1 head broccoli cut into florets
salt and black pepper

Instructions

1. Preheat oven to 250°C (500°F).
2. Place the sweet paprika, cayenne pepper and white wine in a large bowl. Add the olive oil, salt, and pepper and mix to combine.
3. Add the garlic and chicken to the bowl and toss well to coat.
4. Let marinate overnight or for at least 30 minutes.
5. Place the chicken on a large lightly greased baking tray and roast for 20 minutes or until golden and cooked through.
6. While the chicken is roasting, cut the broccoli in florets and red pepper into thick slices.
7. Include broccoli, arrange them onto the same baking sheet around the chicken in the last 10 minutes of cook time.
8. Rotate them in the pan juices or pan sauces and season with salt and pepper.
9. Bake for 10 minutes more.
10. Remove from oven and let chicken rest a few minutes before serving to keep the juices inside.

SUMMER SPINACH STRAWBERRY PECAN SALAD

Day 12 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 15 Min | **SERVINGS:** 2

CALORIES: 524 | **FAT:** 42g | **PROTEIN:** 27g | **NET CARBS:** 11.5g

Ingredients

Salad

6 oz baby spinach or spinach mix (170 g)
4 oz grilled chicken, sliced
3 oz strawberries, sliced
1 ounce pecans (raw or toasted)
1 ounce crumbled feta cheese
2 tbsp red onion, thinly sliced

Vinaigrette Dressing (makes 1/2 cup)

1/4 cup light olive oil (or avocado oil)
1 tbsp balsamic vinegar
1 tbsp red wine vinegar
1 tbsp water
2 tsp minced red onion
1/2 tsp sweetener
1/8 tsp dried thyme
1 pinch each salt and pepper

Instructions

1. Mix the dressing and set aside. (I like to make the day before so the flavors develop.)
2. Slice the chicken, strawberries and onions.
3. Layer the ingredients in two bowls and pour the dressing over. 7.5 net carbs per salad. powder.

MEXICAN COFFEE

Day 13 - Breakfast

PREP TIME: - Min | **COOK TIME:** - Min | **SERVINGS:** 2

CALORIES: 11 | **FAT:** 0g | **PROTEIN:** 0g | **NET CARBS:** 1g

Ingredients

2.5 cups water
1/2 cinnamon stick
2 whole cloves
pinch of salt
1 Tbsp unsweetened cocoa powder (my favorite)
3 Tbsp espresso ground coffee (or 1/4 cup regular coffee)
1/4 tsp vanilla extract
1 Tbsp erythritol sweetener (my favorite)
2 Tbsp Torani Sugar Free Brown Sugar and Cinnamon Syrup

Instructions

1. Combine the water, cinnamon, cloves, salt, cocoa powder, and ground coffee in a small saucepan. Bring to a boil and then simmer for five minutes. Remove from the heat and add the vanilla extract, sweetener, and flavored syrup. Stir and then let steep undisturbed for five minutes. Carefully ladle or pour off the coffee into 2 mugs, leaving the grounds undisturbed at the bottom of the pan. Alternatively you could pour it through a coffee filter, but it's really not necessary if you're careful when pouring. Test and adjust for sweetness and add the creamer of your choice.

SOUTHWESTERN SHEPHERD'S PIE

Day 13 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** 35 MINUTES | **SERVINGS:** 4

CALORIES: 350 | **FAT:** 27g | **PROTEIN:** 23.7g | **NET CARBS:** 1.3g

Ingredients

Chili Filling Base

4 slices Bacon
1 lb. Ground Beef (73/27)
1/2 medium Green Pepper, diced
1/2 medium Red Pepper, diced
1 medium Jalapeno Pepper, diced
1 tbsp. Chili Powder
2 tsp. Liquid Smoke (Get it: Amazon)
1 tsp. Ground Cumin
1 tsp. Dried Oregano
3/4 tsp. Onion Powder
1/2 tsp. Garlic Powder
1/4 tsp. Cayenne Pepper
1/4 tsp. Instant Coffee (optional)
Salt and Pepper to taste
1 cup Rao's Tomato Sauce
2 large Eggs

Cheesy Cauliflower Fauxtatoes

10 oz. Cauliflower, chopped well
4 tbsp. Chicken Broth
2 1/2 oz. Cheddar Cheese
3 tbsp. Butter
3 tbsp. Parmesan Cheese
2 tbsp. Heavy Cream
Salt and Pepper to taste

Instructions

1. Add bacon to a large pot over medium heat. Cook through until crispy, removing bacon and keeping excess grease in the pot. Add diced peppers to pot and season with salt and pepper; cook, stirring, for 6-8 minutes or until soft.
2. Raise heat to medium-high, then add beef, spices (including salt and pepper to taste), and liquid smoke; brown for 5 minutes. Mix tomato sauce in and remove from the heat.
3. Pre-heat oven to 375F. Microwave cauliflower with chicken broth for 5 minutes. Add the remaining ingredients, season with salt, and blend together well.
4. Thoroughly mix 2 eggs into beef mixture. Evenly spread beef mixture into a 9x9 baking dish. Top with the cauliflower mixture and spread evenly.
5. Bake for 30-35 minutes, or until lightly browned over the top. Remove, let cool, and serve.

CURRY CHICKEN WINGS

Day 13 - Dinner

PREP TIME: 15 Min | **COOK TIME:** 40 Min | **SERVINGS:** 4

CALORIES: 123 | **FAT:** 5g | **PROTEIN:** 15g | **NET CARBS:** 4g

Ingredients

Chicken

16 Chicken Wings
1 chili pepper
2 garlic cloves
1 tbsp Curry
2 tbsp Worcestershire Sauce
4 tbsp Soya Sauce
2 tbsp olive oil
Salt and Pepper
fresh coriander leaves chopped

Vegetables

1 Head Cabbage medium
1 Carrot big
1/2 cup Chicken Brot
water as needed
Salt and Pepper

Instructions

Chicken

1. Cut the tips from the wings and clean them.
2. In a small bowl whisk chili pepper, garlic, olive oil, curry, salt, pepper, Worcestershire and soya sauce. Mix well to combine.
3. Transfer the sauce to a roasting tray. Place the chicken into it and turning them in the sauce to coat.
4. Place in the fridge for 4 hours or preferably overnight for best flavor.

5. Preheat the oven to 180°C .
6. Bake in the hot oven for 40 minutes.

Vegetables

1. Meanwhile, coarsely chop the cabbage. Add the chopped cabbage and carrots to the pan with water, 1/2 cup of chicken broth, salt, and pepper.
2. Cover the pot tightly and reduce the heat to low. Simmer for 15 minutes or until the cabbage is tender.
3. Serve the chicken wings with cabbage and carrots.

PUMPKIN QUICK BREAD

Day 14 - Breakfast

PREP TIME: 10 Min | **COOK TIME:** 75 Min | **SERVINGS:** 12

CALORIES: 272 | **FAT:** 25g | **PROTEIN:** 8g | **NET CARBS:** 4g

Ingredients

3/4 cup butter, melted
4 large eggs
1/3 cup unsweetened almond milk
1 cup canned pumpkin
1/4 tsp maple extract
2 cups blanched super fine almond flour
1/2 cup coconut flour
4 tsp baking powder
1/2 cup erythritol sweetener
Pinch of salt
1 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp ground allspice
1/4 cup chopped walnuts (omit if nut allergy)

Instructions

1. Preheat oven to 350 degrees (F)
2. Combine the melted butter, eggs, almond milk, pumpkin puree, and maple extract in a blender and blend until smooth.
3. Combine the almond flour, coconut flour, sweetener, baking powder, salt, and spices in a medium bowl and stir well.
4. Pour the blender ingredients into the dry ingredients and stir until well combined and moisture is absorbed.
5. Stir in the nuts if using.
6. Line a long, narrow loaf pan with parchment paper and spoon the batter into the pan. Sprinkle with additional nuts if desired.
7. Bake the bread at 350 degrees (F) in the center of your oven for 60 minutes (or until a knife inserted in the center comes out clean.)
8. Turn off the oven and leave the bread in there for an additional 15 minutes.

9. Remove the bread from the oven and then from the pan using the parchment paper base to lift it out.
10. Cool on the counter or in the refrigerator loosely covered for a minimum of 4 hours, but for best results leave it overnight before slicing.

SMOKY BACON, CAULIFLOWER, AND CHEDDAR SOUP

Day 14 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** 60 MINUTES | **SERVINGS:** 6

CALORIES: 411 | **FAT:** 37.8g | **PROTEIN:** 12.8g | **NET CARBS:** 3.6g

Ingredients

5 slices Bacon, sliced
3 tbsp. Fatworks
2 tsp. Garlic, minced
12 oz. Cauliflower, chopped
1 tsp. Liquid Smoke
2 cups Chicken Broth
1 1/2 cups Coconut Milk (from the carton)
1 tsp. Onion Powder
1/2 tsp. Thyme
1/4 tsp. Cayenne Pepper
1/2 cup Heavy Cream
8 oz. Sharp Cheddar, shredded
Salt and Pepper to Taste

Instructions

1. Cook bacon in a pot over medium heat. Chop cauliflower as bacon is cooking.
2. Remove bacon and set aside, leaving grease in the pot. Add fatworks, garlic, cauliflower and salt and pepper to taste.
3. Cook for about 8-10 minutes or until cauliflower is al dente.
4. Add liquids (except cream) and spices. Season again with salt and pepper. Use an immersion blender to mix well.
5. Bring liquid to a boil, then turn the stove to low and simmer for 45 minutes.
6. Turn the stove off. Add cheese and cream, then immersion blend again. Stir in bacon before serving.

VIETNAMESE KETO SHIRATAKI NOODLE SOUP

Day 14 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 20 Min | **SERVINGS:** 4

CALORIES: 130 | **FAT:** 12g | **PROTEIN:** 18g | **NET CARBS:** 1.5g

Ingredients

3 cups Chicken Stock.
1 clove Garlic, minced.
1 tsp. Ginger, minced.
1/4 tsp cardamom.
2 boneless and skinless Chicken Thighs.
1 tsp. Chili Sauce.
Chopped Cilantro.
1/2 cup of mushrooms-any variety.
1 thinly sliced Chili Pepper.

Instructions

1. In a medium sized sauce pan, bring chicken stock to a boil over medium-high heat.
2. Add garlic, ginger and cardamom and let simmer for 10 minutes.
3. In a colander rinse noodles with warm water for a couple of minutes, pat dry with a small hand towel or paper towel to remove excess water. Divide noodles into two bowls.
4. Add chicken to stock and let cook for 5 minutes (until completely cooked).
5. Pour soup into bowls over the noodles.
6. Divide Peppers between 2 soup bowls then top each serving with chili sauce.
7. Garnish bowls with pieces of cilantro.

SLOW COOKER GRAIN-FREE GRANOLA - JAFFA FLAVOUR

Day 15 - Breakfast

PREP TIME: 5 Min | **COOK TIME:** 4 Min | **SERVINGS:** 20

CALORIES: 277 | **FAT:** 26g | **PROTEIN:** 4.8g | **NET CARBS:** 9g

Ingredients

500 g desiccated/shredded coconut unsweetened
50 g sunflower seeds
50 g pumpkin seeds
150 g almonds chopped
25 g cacao nibs
70 g coconut oil
2 tbsp granulated sweetener of choice or more, to taste
4 tbsp cocoa powder unsweetened
2 tbsp orange zest

Instructions

1. Place all the ingredients in the slow cooker. Stir.
2. Turn the slow cooker to LOW and cook for 6 hours. Stir every 30 minutes.
3. Alternatively, turn the slow cooker to HIGH and cook for 4 hours, stirring every 15 minutes.
4. Each slow cooker will vary considerably. So adjust your cooking time, and frequency of stirring, to prevent burning.

SPINACH ARTICHOKE PIZZA

Day 15 - Lunch

PREP TIME: 20 MINUTES | **COOK TIME:** 20 MINUTES | **SERVINGS:** 4

CALORIES: 366 | **FAT:** 28g | **PROTEIN:** 22g | **NET CARBS:** 8g

Ingredients

Fathead Pizza Crust

1 1/2 cup part skim shredded mozzarella cheese
2 oz cream cheese
1 large egg
1/4 cup almond flour
2 tbsp whey protein powder (1 Tbsp oat fiber or 1/4 cup more almond flour)

Spinach Artichoke Dip (serves 6, use half)

4 oz cream cheese
1 cup shredded Monterey Jack cheese (4 oz)
8 oz frozen spinach (thawed and squeezed dry)
1 x 13.75 oz can artichoke hearts
1 tbsp butter
1/4 cup onion, finely chopped
1 tsp minced garlic
1 tsp red wine vinegar
1/4 tsp white pepper

Additional Cheese

1/2 cup Monterey Jack Cheese
1 tbsp mayonnaise

continues on the next page...



Instructions

Pizza Crust:

1. Preheat oven to 400 degrees F.
2. Microwave the mozzarella cheese and cream cheese, 30 seconds at a time, until completely melted, stirring between reheating. Add the egg and mix until incorporated. Add the almond flour and protein powder (if using) and mix until mixed thoroughly.
3. Roll out the dough between two pieces of parchment paper or pat out with oiled hands. The dough is very sticky, but easier to handle the cooler it is. Place on a standard size sheet pan and cook for 12-15 minutes or until browned.

Spinach Artichoke Dip:

1. Melt the butter with the onions and garlic in a non-stick pan over medium heat. When softened, add the cheeses melt. Add the spinach and artichokes, stirring until well combined. Stir in the red wine vinegar and pepper. Taste and adjust for seasoning.

Method:

1. Divide the spread in half (were only using half) and stir 1 tbsp of mayonnaise into the half being used. Refrigerate the extra dip and use as a side or stuff into chicken.
2. Distribute the remaining 1/2 cup of Monterey Jack cheese over the crust. Spread the spinach artichoke dip over the pizza crust and return to the oven until warmed through. Serves 4.

BLACK PEPPER SHRIMP STIR FRY

Day 15 - Dinner

PREP TIME: - Min | **COOK TIME:** - Min | **SERVINGS:** 4

CALORIES: 241 | **FAT:** 15.83g | **PROTEIN:** 9.75g | **NET CARBS:** 44g

Ingredients

2 1/2 tbsp. Fatworks Lard
1/4 cup. Water
1 cup. shredded Cabbage
1 tsp. minced garlic
8 large fresh Shrimp, peeled
2 tsp. crushed red pepper flakes
1 tbsp. chopped fresh cilantro

Instructions

1. Heat 1 tbsp. Lard in a skillet over high heat.
2. Add cabbage and 1 tbsp. water stir-fry for 30 seconds.
3. Remove cabbage from skillet and place on a serving platter.
4. Heat the remaining 1 tablespoons Lard in the skillet over high heat.
5. Place the garlic and shrimp in the skillet and stir until garlic is lightly browned and shrimp turns pink.
6. Add pepper, cilantro, soy sauce and remaining water to the skillet. Stir-fry for 10 seconds.
7. Pour the hot mixture onto the cabbage.

SUGAR FREE CHIA JAM

Day 16 - Breakfast

PREP TIME: 5 Min | **COOK TIME:** - Min | **SERVINGS:** 4

CALORIES: 25 | **FAT:** 1.3g | **PROTEIN:** 0.8g | **NET CARBS:** 3.5g

Ingredients

125 g berries fresh or frozen

3 tbsp chia seeds

1 tsp lemon juice

1 tbsp granulated sweetener of choice or more to your taste

80 ml water

Instructions

1. If using frozen berries, allow them to defrost. Mash the berries with a fork until a lumpy puree is created.
2. Add the chia seeds, lemon juice, sweetener and water. Mix.
3. Pour into a little jam jar or storage container and place in the fridge to set.
4. Once the chia jam has set, mix again to ensure all the berries and chia seeds are evenly distributed. Enjoy.

WHITE CHICKEN ENCHILADAS

Day 16 - Lunch

PREP TIME: 20 MINUTES | **COOK TIME:** 20 MINUTES | **SERVINGS:** 8

CALORIES: 433 | **FAT:** 27g | **PROTEIN:** 23.7g | **NET CARBS:** 1.3g

Ingredients

8 low carb crepes (8 low carb tortillas or 4 wraps cut in half)

Chicken Enchilada Filling

1 pound shredded rotisserie chicken with juices (4 cups of shredded chicken)
salt and pepper to taste

White Cheese Sauce

2 cups Monterey Jack cheese, shredded (8 ounces)
4 oz cream cheese
4 oz canned diced green chiles plus 1 can water
1 1/2 tsp ground cumin
1/2 tsp granulated garlic powder
1/2 tsp granulated onion powder
1/2 tsp white pepper
1/4 tsp salt

Instructions

Preparation:

1. Pre-heat oven to 350 degrees F. Butter or spray a 9x13 inch casserole dish. Shred the chicken if you haven't beforehand. If the shredded chicken is cold from the fridge, heat until warm. Then, season liberally with salt and pepper. It should taste really good before you continue.

Sauce:

2. Place all of the sauce ingredients into a non-stick pan over medium heat. Melt

the ingredients, stirring occasionally, to blend. Let the sauce simmer very gently for several minutes until thickened, stirring occasionally so it doesn't burn. Adjust seasoning per your taste. Remove from heat.

Assembly:

3. Spread 1/2- cup sauce in the base of the casserole dish. Place a crepe (tortilla or wrap) on your work surface and add 1/2 cup of shredded chicken. Roll up like a cigar and place seam side down into the casserole dish. Repeat.
4. Pour the rest of the sauce over the filled enchiladas and bake in the middle of the oven for 20-30 minutes or until bubbly. Serve.
5. Serving size is 1 white chicken enchilada. Serves 8, at 2 net carbs each.

FATHEAD PROSCIUTTO PIZZA WITHOUT ALMOND FLOUR

Day 16 - Dinner

PREP TIME: 15 Min | **COOK TIME:** 10 Min | **SERVINGS:** 4

CALORIES: 428 | **FAT:** 37g | **PROTEIN:** 25g | **NET CARBS:** 5g

Ingredients

1 1/2 Cups Grated Mozzarella
1/2 Cup grated parmesan cheese
2 Large Eggs
4 Slices Prosciutto
10 Pitted Black Olives Sliced
2 Tbsp Tomato Sauce
10 Leaves Rocket Or any sort of peppery greenery

Instructions

1. Add the mozzarella cheese to a heatproof bowl, and either melt in a microwave for 90 seconds, or heat in boiling water for 10 mins until cheese has completely melted.
2. Add the parmesan cheese, and room temperature eggs, mixing with a fork until well mixed together.
3. Split the dough in half, and place each peice between two peices of partchment paper, rolling with a rolling pin (or wine bottle) until it resembles the shape of a pizza base. Remove top partchment paper and place on a baking sheet.
4. Cook in the oven at 180C (355F) for 10 mins until the edges start to turn slightly brown / gold coloured.
5. Remove from oven, spread the tomato sauce out on each pizza, top with prosciutto and sliced blacked olives. Add some extra parmesan cheese on top if desired. Return to oven for 5 mins.

KETO SCRAMBLED EGGS

Day 17 - Breakfast

PREP TIME: 3 Min | **COOK TIME:** 2 Min | **SERVINGS:** 4

CALORIES: 430 | **FAT:** 31g | **PROTEIN:** 31g | **NET CARBS:** 2g

Ingredients

3 Large Eggs
1 Tbsp Butter
1 Tbsp Parmesan cheese
60 g Smoked Salmon 2 oz
1/4 tsp Salt

Instructions

1. Heat a frying pan to a medium high heat.
2. Crack all the eggs into a bowl, and whisk with a fork until mostly yellow.
3. Place butter into the hot pan, wait until it melts, then add in the scrambled eggs.
4. Cook for 20 seconds, then using a spatula, move it around gently.
5. Remove from the pan whilst its still slightly runny. It will continue to cook on the plate.
6. Top with Parmesan cheese, and serve with cold smoked salmon.

BBQ CHICKEN CRUST PIZZA

Day 17 - Lunch

PREP TIME: 15 MINUTES | **COOK TIME:** 25 MINUTES | **SERVINGS:** 4

CALORIES: 335 | **FAT:** 27g | **PROTEIN:** 23.7g | **NET CARBS:** 1.3g

Ingredients

1 pound shredded rotisserie chicken (4 cups)
2 large eggs
1 cup Part-Skim Grated Mozzarella Cheese (4 oz)
1/4 cup Sugar-free BBQ sauce (or your fave)
1 1/2 cups smoked Gouda cheese, grated (6 oz)
1/4 cup sliced red onion (1 oz)
Chopped cilantro (or whole leaves) (as much as you like)

Instructions

Preparation:

1. Shred the chicken by hand or cut into chunks and place into a food processor to chop. Salt and pepper to taste - until it tastes good! (I do this ahead of time). Grate the smoked Gouda cheese and slice the onion.
2. Pre-heat oven to 400 degrees F. Line a sheet pan (18x13 inch or two 10-inch) with parchment paper.

Method:

1. Thoroughly mix the chicken crust ingredients together with a spoon, spatula, or your hand. Pat the chicken firmly onto the parchment, spreading it as thin as you can without leaving holes. Bake for 20 minutes or until the edges brown and top begins to brown. Cook longer for a crispier crust.
2. Spread the BBQ sauce over the crust and top with the cheese and onions. Return to the oven for 5 more minutes until the cheese has melted. Top with cilantro, cut and serve.

CREAMY KETO SLAW

Day 17 - Dinner

PREP TIME: 5 Min | **COOK TIME:** 15 Min | **SERVINGS:** 3

CALORIES: 556 | **FAT:** 44g | **PROTEIN:** 35g | **NET CARBS:** 4g

Ingredients

500 g Beef Mince (Ground Beef) (1 lb)
1/2 Whole Onion
1 Tbsp Gluten Free Soy Sauce
2 Tbsp Sesame Oil
1 tsp ground ginger
2 tsp Fish Sauce
1 tsp Sriracha Sauce
300 g Dry Slaw (Cabbage Mix)
5 Tbsp Homemade Mayonnaise
2 tsp Mustard

Instructions

1. Heat a frying pan up to a medium / high heat
2. Dice the onion and add both the onion and the beef mince to the pan. Cook until the mince goes slightly brown and the onion becomes soft.
3. Add the soy sauce, ginger, sesame seed oil and fish sauce to the mince. let it simmer for 2 mins
4. Add the dry slaw mix to the frying pan and let it simmer whilst the cabbage begins to break down and become soft.
5. Mix the mayonnaise and the dijon mustard together, and add to the frying pan, mix around quickly and serve.

KETO YOGURT

Day 18 - Breakfast

PREP TIME: 5 Min | **COOK TIME:** 10 Min | **SERVINGS:** 4

CALORIES: 184 | **FAT:** 17g | **PROTEIN:** 2g | **NET CARBS:** 1g

Ingredients

Dairy Free

400 ml Coconut Cream

1 tsp Guar Gum

2 Whole Probiotic Pills Powdered Form

Whole Milk

1 Liter Full Fat Milk

2 Whole Probiotic Pills Powdered Form

Instructions

Dairy Free

1. Pour the coconut cream into a saucepan, add the guar gum and begin to slowly heat the milk until it begins to boil.
2. Once its boiling, keep it simmering at boil for 7 mins.
3. Remove from the stove and let it cool until it reaches 42 C (108 F). Then transfer into a glass jar, stir in the probiotic tablet powder with a sterlised spoon, then cover with a section of cheesecloth with a rubber band around the top.
4. Let it sit in a warm place for 48 hours. (You could also pour this into a thermos to keep the warmth at or around 42 C for longer). You want the teperature to stay at or close to 42 C (108F).

Whole Milk Version

5. Add 1 Litre of full fat milk to a saucepan and proceed the same as above.
6. Instead of letting it sit for 48 hours, only let it sit for 12 hours.
7. If you want it thicker, remove the clear whey protein from the mix by passing the room temperature liquid through a cheese cloth.

BAKED EGGS WITH NDUJA

Day 18 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** - MINUTES | **SERVINGS:** 4

CALORIES: 326.7 | **FAT:** 37.7g | **PROTEIN:** 5g | **NET CARBS:** 3.7g

Ingredients

1 cup Tomato Sauce
3 oz. Nduja Spreadable Salami
1/2 cup diced Salami
3 tbsp Olive Oil
Salt and Pepper to Taste
1 cup Mozzarella Cheese
4 large Eggs
1/2 cup Basil Leaves
Grated Romano cheese, optional

Instructions

1. In a medium cast-iron pan, bring the tomato sauce, olives, salami and olive oil to a simmer over medium-high heat.
2. Season with pepper and salt if necessary (the salami and the olives can be salty).
3. Arrange the mozzarella on top, make 4 holes and crack an egg into each.
4. Sprinkle the basil on top and drizzle with more olive oil. Transfer the pan to the oven and bake at 400 until the eggs are set but still runny.
5. Drizzle with olive oil, sprinkle with grated Parmesan and serve with the baked eggs.

CHICKEN & BROCCOLI IN CREAMY GARLIC SAUCE

Day 18 - Dinner

PREP TIME: - Min | **COOK TIME:** - Min | **SERVINGS:** 6

CALORIES: 428 | **FAT:** 35.5g | **PROTEIN:** 21.8g | **NET CARBS:** 2.7g

Ingredients

2 tbsp. Butter
5 lbs Chicken Thighs, bone-in & skin-on
2 tbsp. Garlic Seasoning
2.5 oz. Spring Mix Salad 2 cups Broccoli Florets
4 oz. Organic Cream Cheese
1/2 cup Heavy Cream
Salt and Pepper to Taste

Instructions

1. Using kitchen shears, de-bone chicken thighs and chop into 1 inch pieces. Season the chicken with salt, pepper, and 1 tbsp. Garlic Seasoning
2. Melt butter in a large skillet over medium-high heat. Once melted, add in chicken to the pan. Cook until browned, stirring occasionally.
3. Add spring mix salad the pan, stirring the greens until some excess fat is soaked up.
4. Add broccoli florets and sprinkle with remaining Garlic Seasoning.
5. Cut cream cheese into 6-8 pieces and place them randomly in the pan. Stir gently until combined.
6. Turn heat to medium low, add cream, and stir rapidly to combine into a cream sauce. Season with salt and pepper to taste.
7. Serve over your favorite green salad or even by itself!

* You can substitute asparagus, chopped artichoke hearts or even green beans for variety!

BACON-STUDDER MAPLE DONUT HOLES

Day 19 - Breakfast

PREP TIME: - Min | **COOK TIME:** 5 Min | **SERVINGS:** 12

CALORIES: 116 | **FAT:** 7g | **PROTEIN:** 7g | **NET CARBS:** 3g

Ingredients

Donut holes:

3/4 cup coconut flour
1/3 cup granulated sugar substitute
2 tsp baking powder
2 Tbsp Sugar Free Vanilla Protein Powder
¼ tsp xanthan gum
3 eggs
¼ cup unsweetened almond milk
1 Tbsp maple extract
2 Tbsp butter, melted
oil for frying

Topping:

1/4 cup sugar free caramel sauce
6 slices cooked bacon, finely chopped

Instructions

1. Combine the dry ingredients in a medium bowl.
2. Whisk together the eggs, almond milk, and melted butter in a small bowl.
3. Add the wet ingredients to the dry ingredients and stir well.
4. Let sit for 3 minutes. Form into 12 tightly packed balls.
5. Heat about 1 inch of oil in a heavy bottomed pan (cast iron works great) until about 350 degrees (F).
6. Fry the donut holes for 1 – 2 minutes per side or until golden brown and cooked through. Remove to a paper towel to drain any extra oil. Cool for at least 5 minutes.
7. Right before serving, add the donut holes to a large bowl and pour the caramel over the top (heat gently if necessary to thin out the consistency). Stir gently until all of the donut holes are coated in caramel.
8. Spread the chopped bacon on a flat plate. Then roll the caramel coated donut holes in the chopped bacon. Serve warm.



CAULIFLOWER CHEESE

Day 19 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 25 MINUTES | **SERVINGS:** 4

CALORIES: 270 | **FAT:** 19g | **PROTEIN:** 16g | **NET CARBS:** 8g

Ingredients

800 g Cauliflower cut into small florets

50 g Butter

1/2 tsp Guar Gum

1 Cup Coconut Milk

1 Cup Cheese Grated

White pepper

2 tsp Salt

Instructions

1. Lightly brush a baking pan with melted butter.
2. Place the cauliflower into a saucepan, add water and 1 tsp salt, then bring to the boil. Cook until tender.
3. Whilst the cauliflower is cooking, grab another saucepan and add the butter. Melt and heat until the butter becomes foamy.
4. Add the guar gum, and slowly add the coconut milk. Stirring constantly. Add ½ cup grated cheese to the sauce and cook for 5 mins.
5. Drain the cauliflower and place into the baking pan. Season with remaining salt and pepper. Pour the sauce over the cauliflower and cover with remaining cheese.
6. Grill on medium high until the top is golden brown. (usually around 5 mins)

SPICY THAI PEANUT CHICKEN

Day 19 - Dinner

PREP TIME: – Min | **COOK TIME:** 10 Min | **SERVINGS:** 3

CALORIES: 452 | **FAT:** 31.3g | **PROTEIN:** 30g | **NET CARBS:** 3.6g

Ingredients

2 medium Chicken Thighs, bone in and skin on
1/2 tsp. Onion Powder
1/2 tsp. Ground Ginger
2 tbsp. Chili Garlic Paste
4 tbsp. Spicy Thai
2 tbsp. Soy Sauce (or tamari for gluten free)
1 tbsp. Rice Vinegar
Salt and Pepper to Taste
1/4 cup Cilantro, chopped

Instructions

1. Pat chicken thighs dry with a paper towel. Using kitchen shears, debone chicken thighs and discard bones.
2. Peel skin off of chicken thighs and cut into small pieces using kitchen shears. Season with salt and add to a pan over medium-high heat. Cover the pan as the fat will splatter.
3. While chicken skin is cooking, cut chicken thighs into cubes using kitchen shears. Season with dry spices.
4. Once chicken skin is crisped, add chicken to the pan and cook on medium-high for 5-6 minutes.
5. Add chili paste, Spicy Thai, soy sauce (or tamari), and rice vinegar.
6. Stir everything together and let come to a boil. Once boiling, reduce heat to medium-low.
7. Once the sauce thickens, chop cilantro into small pieces and add to the pan. Stir together and serve.

CHEESY ITALIAN OMELETTE

Day 20 - Breakfast

PREP TIME: - Min | **COOK TIME:** 5 Min | **SERVINGS:** 1

CALORIES: 451 | **FAT:** 36g | **PROTEIN:** 33g | **NET CARBS:** 3g

Ingredients

2 eggs
1 Tbsp water
1 Tbsp butter
3 thin slices deli Sopressata (you can sub in salami or prosciutto if that's what you have)
6 fresh basil leaves
5 thin slices fresh, ripe tomato
2 oz fresh mozzarella cheese
Salt and pepper to taste

Instructions

1. Whisk together the eggs and water in a small bowl.
2. Melt the butter in a nonstick saute pan over low to medium heat.
3. Pour in the egg mixture and cook for 30 seconds.
4. Spread the meat slices on one half of the egg mixture. Top with the cheese, tomatoes, and basil slices. Season with salt and pepper.
5. Cook for about 2 minutes or until the empty half of the egg mixture is firm enough to fold over the ingredients. Use a spatula to gently fold the omelette in half.
6. Cover the pan and cook on low heat for another minute or two or until the omelette is cooked through and there is no raw egg left in the middle.
7. To remove, tilt the pan and slide the omelette gently out onto a plate.

CHICKEN COBB SALAD WITH COBB SALAD DRESSING

Day 20 - Lunch

PREP TIME: 20 MINUTES | **COOK TIME:** 20 MINUTES | **SERVINGS:** 2

CALORIES: 632 | **FAT:** 54g | **PROTEIN:** 29g | **NET CARBS:** 9.5g

Ingredients

180 grams romaine lettuce, chopped (2 hearts of romaine)
4 oz cooked chicken breast, diced (about 1 medium breast)
4 slices cooked bacon, crumbled
2 large hard boiled eggs, quartered, sliced or chopped
2 oz cheddar cheese, cubed
1/2 Hass avocado, cubed or sliced
2-3 green onions, sliced
6 tbsp Cobb Salad Dressing (or blue cheese dressing)

Instructions

1. Toss the romaine lettuce with the Cobb salad dressing (or blue cheese) and divide between two bowls.
2. Divide the ingredients between the bowls. It's traditional to present the ingredients in lines, but they can be added any way you want. Serves 2, at 4.5 net carbs each.
3. Please see post to see options on making this salad your own.

MEXICAN CORNBREAD CASSEROLE TACO BAKE

Day 20 - Dinner

PREP TIME: 15 Min | **COOK TIME:** 35 Min | **SERVINGS:** 8

CALORIES: 436 | **FAT:** 30g | **PROTEIN:** 31g | **NET CARBS:** 8g

Ingredients

Ground Beef Taco Meat

1 pound lean ground beef
2 tbsp homemade taco seasoning
2 tbsp tomato paste
1/2 cup beef broth
salt and pepper to taste
1 cup cheddar cheese (to top the casserole before serving)

“Cornbread” Base

1 cups Part Skim Mozzarella Cheese, shredded (cheddar, Monterey Jack or pepper Jack)
2 cups almond flour
2 ounces cream cheese (softened in microwave)
3 large eggs
1 tbsp baking powder
1/4 tsp Sweet Corn Extract (optional)

Instructions

Ground Beef Taco Meat

1. In a cold pan, set over medium heat, break up and cook the ground beef until very fine. Add the taco seasoning, tomato paste, and beef broth, cooking until much of the liquid is absorbed. Taste and adjust seasonings per your liking and allow to cool a little.
2. Preheat oven to 350 degrees F. Liberally butter or oil a 10-inch cast iron skillet.

“Cornbread” Base

1. Place the cheeses, eggs, almond flour, baking powder and extract (if using) in a food processor. Process until a thick batter forms.

Method:

1. Spoon the batter into the prepared cast iron skillet and gently spread evenly to the sides of the pan.
2. Top the batter with the taco meat and bake for 35-40 minutes. Add the cup of cheddar cheese and return to the oven until melted.
3. Let the taco bake cool for 5-10 minutes before serving.
4. Serve with sour cream, salsa, guacamole, tomatoes, cilantro or black olives. Serve with a crisp salad. Serves 8.

KETO GRANOLA CRUNCHY BREAKFAST CEREAL

Day 21 - Breakfast

PREP TIME: 10 Min | **COOK TIME:** 30 Min | **SERVINGS:** 7

CALORIES: 558 | **FAT:** 53g | **PROTEIN:** 12.9g | **NET CARBS:** 7g

Ingredients

3/4 Cup Almonds Chopped
1 Cup Walnuts Chopped
1/2 Cup Sunflower Seeds Chopped
1/4 Cup Almond Flakes Chopped
1 Tbsp Chia Seeds
1 Tbsp Flax Seeds
1/2 Cup Almond Flour
1/2 Cup Desiccated Coconut
1 Large Egg
1/3 Cup Butter Melted
1/4 Cup MCT Oil
1/4 Cup Sugar Free Maple Syrup

Instructions

1. Preheat your oven to 180C (355F). Chop all the seeds and nuts into around 4 - 5 pieces each where possible. Place into a large bowl.
2. Add the rest of the ingredients into the bowl, and mix around.
3. On a baking tray with parchment paper, place the granola out into a flat even layer. Place in the oven for 15 mins.
4. Once the timer goes off, pull it out and mix all the ingredients around, making sure that the edges don't burn. Keep putting it in the oven in 5 to 10 min intervals so that the mixture doesn't burn.
5. 30 mins should be enough to make this granola crunchy, but depending on your oven it might be more or less, so please keep an eye on it. It should turn a golden brown all over.

PROSCIUTTO WRAPPED ASPARAGUS

Day 21 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 15 MINUTES | **SERVINGS:** 2

CALORIES: 410 | **FAT:** 35g | **PROTEIN:** 25g | **NET CARBS:** 2g

Ingredients

16 Spears Asparagus trimmed, bottom half removed

6 Slices Prosciutto Halved

3 Tbsp. olive oil

Salt

Pepper Freshly Ground

Instructions

1. Bring a large pot of water to the boil, add the asparagus spears to the water and cook for 5 mins
2. Drain the water, wrap the asparagus in the prosciutto.
3. Place on an oven tray and baste with the olive oil. Cook for 15 mins at 350 F (180 C), turning after 7 mins.

JALAPENO POPPER SCRAMBLED EGGS

Day 21 - Dinner

PREP TIME: - Min | **COOK TIME:** - Min | **SERVINGS:** 1

CALORIES: 365 | **FAT:** 31g | **PROTEIN:** 18g | **NET CARBS:** 4g

Ingredients

2 large Eggs
1 slice Bacon, chopped
1 medium Jalapeno Pepper
1 oz. Cream Cheese
1/4 tsp. Garlic Powder
1/4 tsp. Onion Powder
Salt and Pepper to Taste

Instructions

1. Fry bacon over medium heat until crisp.
2. De-seed and chop jalapeno pepper.
3. Add to pan to cook until soft.
4. Crack eggs into the pan and lightly scramble.
5. Turn off stove's heat.
6. Add spices and cream cheese.
7. Stir together and serve.

KETO EGG CREPES

Day 22 - Breakfast

PREP TIME: - Min | **COOK TIME:** 5 Min | **SERVINGS:** 4

CALORIES: 434 | **FAT:** 42g | **PROTEIN:** 12g | **NET CARBS:** 2g

Ingredients

For the crepes:

6 eggs
5 oz cream cheese, softened
1 tsp cinnamon
1 Tbsp granulated sugar substitute (Splenda, Swerve, Ideal, etc.)
butter for frying

For the filling:

8 Tbsp butter, softened
1/3 cup granulated sugar substitute
1 Tbsp (or more) cinnamon

Instructions

1. Blend all of the crepe ingredients (except the butter) together in a blender or magic bullet until smooth. Let the batter rest for 5 minutes.
2. Heat butter in a nonstick pan on medium heat until sizzling.
3. Pour enough batter into the pan to form a 6 inch crepe. Cook for about 2 minutes, then flip and cook for an additional minute.
4. Remove and stack on a warm plate. You should end up with about 8 crepes.
5. Meanwhile, mix your sweetener and cinnamon in a small bowl or baggie until combined.
6. Stir half of the mixture into your softened butter until smooth.
7. To serve, spread 1 Tbsp of the butter mixture onto the center of your crepe.
8. Roll up and sprinkle with about 1 tsp of additional sweetener/cinnamon mixture.

LOW CARB BABA GANOUSH

Day 22 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 30 MINUTES | **SERVINGS:** 6

CALORIES: 64 | **FAT:** 8g | **PROTEIN:** 5g | **NET CARBS:** 3g

Ingredients

1 large eggplant
1/4 cup tahini
3 cloves garlic
1/4 cup fresh lemon juice
½ tsp ground cumin
½ tsp Salt
1 Tbsp olive oil
1/4 cup kalamata black olives

Instructions

1. Preheat oven to 355F (180C)
2. Poke the eggplant on all sides with a fork. Grill in the oven for 30 mins
3. Remove from the oven and peel off the skin. Place the eggplant flesh in a bowl.
4. Using a fork, mash the eggplant into a fine paste.
5. Add the tahini, olive oil, olives, crushed garlic, lemon juice, cumin and salt. continue mashing.
6. Place into a bowl and serve with fathead crackers or keto bread rolls.

SPICY CHICKEN BACON RANCH CASSEROLE

Day 22 - Dinner

PREP TIME: – Min | **COOK TIME:** 10 Min | **SERVINGS:** 6

CALORIES: 452 | **FAT:** 31.3g | **PROTEIN:** 30g | **NET CARBS:** 2.8g

Ingredients

2 jalapenos (the actual recipe calls for 4 but I found 2 to be plenty)
3 oz. cheddar cheese
1/2 rotisserie chicken (I used the majority of the chicken)
1/4 cup ranch
10 slices bacon
3 oz. cream cheese
1/2 green pepper
1 cup crumbled cauliflower
1 tsp. red pepper flakes
1/2 tsp. onion powder
1/4 tsp. garlic powder
salt and pepper to taste

Instructions

1. Preheat oven to 375 F.
2. Chop bacon, chicken, green pepper and 2 jalapenos.
3. In a pan, cook bacon pieces until crisp, then add cauliflower, green pepper and jalapenos. Stir occasionally.
4. Once soft, add all other ingredients (except cheddar cheese) and mix together well.
5. Spread mixture on the bottom of a 9×13 casserole dish.
6. Grate cheddar cheese and sprinkle over top.
7. Bake for 15 minutes or until cheddar is melted and starting to crisp.together and serve.

KETO BAGELS

Day 23 - Breakfast

PREP TIME: 10 Min | **COOK TIME:** 15 Min | **SERVINGS:** 6

CALORIES: 320 | **FAT:** 24g | **PROTEIN:** 19g | **NET CARBS:** 5g

Ingredients

1 1/4 Cup Almond Flour
2 Cups Mozzarella Cheese
1/4 Cup Cream Cheese
2 Tbsp Whey Protein Concentrate
1 Tbsp baking powder
2 Large Eggs
1 Tbsp Sesame Seeds

Instructions

1. Preheat your oven to 180C (355 F)
2. Place the mozzarella into a microwave safe bowl, and heat for 2 Mins (You can do this in a double boiler if you don't have a microwave)
3. Remove and mix in the cream cheese and 2 eggs. (keep a little egg white for later to glaze the bagels).
4. In a separate bowl, Mix the almond flour, whey protein powder and baking powder together until well mixed together. Add this to the hot cheese mixture.
5. Make sure you mix the cheese and almond flour mixture very well. You don't want to see any clumps of almond flour in the mixture.
6. Cut the mixture in the bowl into 6 pieces (using three cuts. one in half, and two in diagonal directions). Remove each of the 6 pieces and roll into a 6 inch long sausage.
7. Get a baking tray, cover with parchment paper and place your sausage looking rolls onto the tray, and make them into circles, joining the edges together with your fingers.
8. Using the left over egg white, brush each bagel and cover with sesame seeds.
9. Place in the oven for 15 - 20 mins until just before it starts to turn brown. Remove from the oven, let cool, and enjoy.

KETO JALAPENO POPPER FRITTATA

Day 23 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 25 MINUTES | **SERVINGS:** 4

CALORIES: 361 | **FAT:** 40g | **PROTEIN:** 24g | **NET CARBS:** 3g

Ingredients

Filling:

6 oz cream cheese, softened
2 Tbsp chopped jalapeno peppers
2 Tbsp salsa verde
1/4 cup sharp cheddar cheese, shredded

Egg custard:

6 eggs
1/3 cup unsweetened almond milk
2 Tbsp heavy whipping cream
1/4 tsp Kosher salt
1/8 tsp ground black pepper

Top:

1/2 cup sharp cheddar cheese, grated
6 slices bacon, cooked and chopped
1 Tbsp chopped or sliced jalapenos

Instructions

1. Combine the cream cheese, jalapenos, salsa verde, and 1/4 cup shredded cheddar in a small bowl.
2. Microwave for one minute, then mix well until mostly smooth.
3. In a medium bowl, combine the eggs, almond milk, heavy cream, salt and pepper – beat until fully combined and smooth.
4. Grease a 8 by 8 (or equivalent) casserole dish.
5. Drop spoonfuls of the cream cheese mixture evenly through the bottom of the pan.

6. Swirl slightly but leave in clumps.
7. Pour the egg mixture over the cream cheese.
8. Top with the chopped bacon, shredded cheddar, and sliced jalapenos.
9. Bake in a 350 degree (F) oven for 35 minutes or until set.
10. pepper. Pour the sauce over the cauliflower and cover with remaining cheese.
11. Grill on medium high until the top is golden brown. (usually around 5 mins)

LOW-CARB CAULIFLOWER SUSHI

Day 23 - Dinner

PREP TIME: 15 Min | **COOK TIME:** 15 Min | **SERVINGS:** 3

CALORIES: 119 | **FAT:** 8g | **PROTEIN:** 4g | **NET CARBS:** 7g

Ingredients

500 g raw cauliflower including the stalk cut into chunks
100 g cream cheese full fat
1 spring onion thinly sliced
1 tbsp white vinegar
Salt and pepper to taste
Vegetables of choice
Fish of choice
4 nori sheets

Instructions

1. Place the raw cauliflower chunks into your food processor with the blade attachment.
2. Blitz with the blade until small pieces of cauliflower rice appear.
3. Add the cream cheese, spring onion, vinegar, salt and pepper to the food processor. Blitz until thoroughly mixed. You don't want any visible chunks of cream cheese or cauliflower, but you don't want a puree either.
4. Taste the cauliflower rice and adjust the seasonings to your preference. Some like it with more salt or more vinegar than others.
5. Spread the cream cheese cauliflower rice mixture along the nori sheet, leaving 2 inches of the nori sheet bare.
6. Place your selection of vegetables, avocado and fish along the centre. Dampen the bare edge of the nori sheet then roll up tightly.
7. Repeat with the remaining nori sheets and fillings. Slice with a sharp wet knife.
8. Serve with wasabi, soy sauce or coconut aminos.

BLUEBERRY PANCAKES

Day 24 - Breakfast

PREP TIME: 5 Min | **COOK TIME:** 10 Min | **SERVINGS:** 10

CALORIES: 110 | **FAT:** 7.7g | **PROTEIN:** 3.7g | **NET CARBS:** 5.9g

Ingredients

4 eggs - medium
250 ml coconut cream
2 tsp vanilla
1 tsp baking powder
50 g coconut flour
4 tbsp granulated sweetener of choice, or more to your taste
Salt to taste
50 g blueberries or berries of choice

Instructions

1. Mix the eggs, coconut cream and vanilla in a bowl. Whisk until smooth.
2. Add all the dry ingredients (baking powder, coconut flour, sweetener and salt). Mix until the batter is lump free.
3. Heat some coconut oil in the frying pan. Place a large spoon of the batter into the frying pan and press a few blueberries into each pancake.
4. Cook on a gentle medium heat until golden on the underside, and when the top of the pancake starts to show bubbles coming through. Flip each pancake over to cook on the other side.
5. Optional - Serve with whipped coconut cream and more berries. A sprinkling of chopped nuts is a lovely addition too.

SALMON PATTIES

Day 24 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 25 MINUTES | **SERVINGS:** 4

CALORIES: 270 | **FAT:** 19g | **PROTEIN:** 16g | **NET CARBS:** 8g

Ingredients

Salmon Patties

500 g tinned/canned salmon drained
2 eggs - medium
50 g almond meal/flour see notes
2 tbsp parsley chopped
1 tbsp dill chopped
1 tbsp lemon juice
1 small onion diced
1 clove garlic crushed
1 tsp paprika
1/2 tsp cumin
1/2 tsp turmeric
Salt/pepper to taste
2 tbsp ghee, lard or duck fat for frying

Avocado and Lime Dip

1 small avocado
1/4 cup mayonnaise
1 tbsp lime juice
1 clove garlic crushed
1 tbsp parsley or cilantro
Salt/pepper to taste

Instructions

Salmon Patties

1. Place all the salmon patty ingredients (except the ghee, lard or duck fat) in a large mixing bowl and combine.
2. Scoop some of the salmon mixture into a 1/4 cup measuring cup. With the back of a spoon, press the mixture into the cup to pack it tightly. Turn the measuring cup over onto a plate. Repeat to make 12 patties.
3. Heat the oil in the frying pan and cook the salmon patties on a gentle heat. Cook on each side for 4-5 minutes and use a spatula to flip them. TOP TIP - If a patty does not release when you try to flip it, cook a little longer until it is crispy and ready to flip.

Avocado and Lime Dip

1. Whilst the patties are cooking, prepare the avocado dip. Place all the ingredients in a blender. Process until smooth. Spoon into a serving dish.

To Serve

1. Place 3 low-carb salmon patties on a bed of salad with the avocado and lime dip on the side, or drizzled over the top.
2. Cooked salmon patties can be stored in an airtight container in the fridge for up to 3 days. heat until the butter becomes foamy.
3. Add the guar gum, and slowly add the coconut milk. Stirring constantly. Add ½ cup grated cheese to the sauce and cook for 5 mins.
4. Drain the cauliflower and place into the baking pan. Season with remaining salt and pepper. Pour the sauce over the cauliflower and cover with remaining cheese.
5. Grill on medium high until the top is golden brown. (usually around 5 mins)

TOMATO MOZZARELLA SALAD

Day 24 - Dinner

PREP TIME: 15 Min | **COOK TIME:** - Min | **SERVINGS:** 4

CALORIES: 289 | **FAT:** 25g | **PROTEIN:** 18g | **NET CARBS:** 1g

Ingredients

3 medium tomatoes
1/2 lb fresh mozzarella cheese 250g
1/2 cup basil leaves
3 tablespoons olive oil
4 teaspoons balsamic vinegar sugar free
Sea Salt

Instructions

1. Cut up the tomatoes and mozzarella into large slices.
2. Place 1 slice of tomato with another mozzarella, and then add a slice of basil.
3. drizzle w/ vinegar and olive oil.
4. Sprinkle with a little salt.
5. Chill for at least one hour.

LOW CARB SALMON AND CREAM CHEESE PINWHEELS

Day 25 - Breakfast

PREP TIME: 10 Min | **COOK TIME:** - Min | **SERVINGS:** 2

CALORIES: 374 | **FAT:** 32g | **PROTEIN:** 19g | **NET CARBS:** 3g

Ingredients

1 Cup Cream Cheese
200 g Salmon (Smoked Salmon Works Best)
1 tsp Thyme
1 tsp Rosemary

Instructions

1. In between two sheets of cling wrap, place the block of cream cheese and roll it out flat.
2. Take one side of the plastic off and cover with smoked salmon. Place the plastic back on, flip over and cover with herbs.
3. Roll the salmon over the cream cheese and place in the fridge for 2 hours to cool. Cut up into pinwheels and serve!

BROCCOLI MASHED “POTATOES”

Day 25 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** 15 MINUTES | **SERVINGS:** 1

CALORIES: 93 | **FAT:** 6g | **PROTEIN:** 4g | **NET CARBS:** 4.7g

Ingredients

12 oz. Broccoli Florets
3 tbsp. Sour Cream
2 tbsp. Heavy Whipping Cream
2 tbsp. Parmesan Cheese
1/4 tsp. Garlic Powder
1/4 tsp. Onion Powder
Salt and Pepper to Taste

Instructions

1. Steam broccoli in a pan - about 10 minutes.
2. Add to a container with sour cream, parmesan, cream, and spices.
3. Use an immersion blender on it until it's mashed.
4. We use the lowest setting so it doesn't turn into a puree.
5. Optional: If it looks like it's going to be a little too wet, add a bit more parmesan cheese.

CHICKEN PIZZA CRUST

Day 25 - Dinner

PREP TIME: 10 Min | **COOK TIME:** 30 Min | **SERVINGS:** 4

CALORIES: 222 | **FAT:** 11g | **PROTEIN:** 30g | **NET CARBS:** 1g

Ingredients

1 pound shredded chicken breast (or rotisserie) (approximately 4 cups)
1 cup pre-shredded mozzarella cheese (4 oz)
2 large eggs
salt and pepper to taste

Instructions

Preparation:

1. Shred the chicken by hand or cut into chunks and place into a food processor to chop. Salt and pepper to taste - until it tastes good!
2. Pre-heat oven to 400 degrees F. Line a sheet pan (18x13 inch) with parchment paper.

Method:

1. Thoroughly mix the ingredients together with a spoon, spatula, or your hand.
2. Pat the chicken firmly onto the parchment, spreading it as thin as you can without leaving holes.
3. Bake for 20 minutes or until the edges brown and top begins to brown.
4. Top with your favorite pizza toppings and bake for 10 minutes more. Cut and serve. Enjoy with a fork. Re-heats nicely in the oven or microwave. Serves 4.

The crust is 1 carb per quarter of the recipe.

LOW CARB RICE PUDDING

Day 26 - Breakfast

PREP TIME: 2 Min | **COOK TIME:** 15 Min | **SERVINGS:** 2

CALORIES: 300 | **FAT:** 31g | **PROTEIN:** 8g | **NET CARBS:** 9g

Ingredients

2 cups riced cauliflower
1 cup Coconut Cream
1 Egg
1 tsp Cinnamon
2 Tbsp Natvia (Or Erythritol)
1 teaspoon Cinnamon

Instructions

1. Grab a medium saucepan and place the cauliflower, coconut cream and simmer on medium low for 5 mins.
2. Move the heat up to medium high, add the egg, cinnamon and natvia and cook whilst stirring constantly until the mixture starts to thicken.
3. Serve warm or cold with added almond milk. Store for up to 2 days, otherwise it can start to smell funky due to the cauliflower.

CHORIZO & SPAGHETTI SQUASH CASSEROLE

Day 26 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** 25 MINUTES | **SERVINGS:** 4

CALORIES: 284 | **FAT:** 21g | **PROTEIN:** 17g | **NET CARBS:** 5.5g

Ingredients

1/4 cup Mexican Chorizo
2 cups cooked spaghetti squash
1/2 cup cheddar cheese, shredded
1/2 cup salsa verde
4 large eggs
1/4 cup chopped cilantro to garnish (optional)

Instructions

1. To cook your spaghetti squash, pierce all over and microwave on high for 20 minutes. Let cool for 5 minutes, then cut in half, carefully scoop out seeds, and then remove the stringy flesh and set aside. Careful, it will still be HOT!
2. Cook the chorizo in a medium saute pan.
3. Add the squash and salsa verde and cook for 7-8 minutes, or until most of the liquid has evaporated.
4. Remove from the heat and stir in the shredded cheese.
5. Spread the mixture into one large or four smaller greased oven proof dishes. Press four dents into the mixture with the back of a large spoon and break one egg carefully into each depression.
6. Bake in a preheated 375 degree (F) oven for about 18 minutes (longer if you want your yolks firm).
7. Remove from the oven and garnish with chopped cilantro before serving.

SPICY CHICKEN ARTICHOKE DIP CASSEROLE

Day 26 - Dinner

PREP TIME: - Min | **COOK TIME:** 30 Min | **SERVINGS:** 5

CALORIES: 358 | **FAT:** 28g | **PROTEIN:** 24.1g | **NET CARBS:** 2g

Ingredients

5 medium Chicken Thighs (~1.2 lbs)
9 oz. Frozen Artichoke Hearts
1/2 cup Mayonnaise
1/2 cup Parmesan Cheese
2 tbsp. Fix Sriracha (Also on Amazon)
Salt and Pepper to Taste
2 oz. Mozzarella Cheese

Instructions:

1. Preheat oven to 350F.
2. Place chicken on a baking sheet lined with foil. Season well and bake for 20 minutes and remove.
3. Microwave frozen artichoke hearts until warm, according to packet directions.
4. Mix artichoke hearts with mayonnaise, Fix sriracha, Parmesan cheese and salt and pepper.
5. Top with mozzarella cheese and bake again for 10 minutes.
6. Broil for 1-2 minutes or until browned on top.

ORANGE AND PECAN GRAIN-FREE GRANOLA

Day 27 - Breakfast

PREP TIME: 5 Min | **COOK TIME:** 20 Min | **SERVINGS:** 30

CALORIES: 273 | **FAT:** 25.5g | **PROTEIN:** 7g | **NET CARBS:** 9.5g

Ingredients

500 g desiccated/shredded coconut unsweetened
300 g sunflower seeds
300 g pumpkin seeds
70 g slivered almonds
40 g psyllium husks
70 g pecans chopped
4 tbsp granulated sweetener of choice or more, to your taste
50 g coconut oil melted
zest of 1 orange

Instructions

1. Place all the nuts and seeds on a baking dish, then mix.
2. Pour the melted coconut oil over the mixed nuts and seeds, add the sweetener and orange zest. Mix again.
3. Bake at 180C/ 350F for 20 minutes until golden brown. You MUST stir the granola as it bakes and browns every 3-4 minutes to ensure the granola doesn't burn. Stirring it so often ensure the granola is crispy through the entire batch
4. Once the entire grain free granola is browned and baked, remove from the oven and allow to cool completely before placing in storage jars.

MUSTARD & THYME PORK ROULADE

Day 27 - Lunch

PREP TIME: - MINUTES | **COOK TIME:** 60 MINUTES | **SERVINGS:** 4

CALORIES: 365 | **FAT:** 25.8g | **PROTEIN:** 29.3g | **NET CARBS:** 2.5g

Ingredients

1 lb. Pork Tenderloin
6 slices Prosciutto
5 oz. Cream Cheese
1 tbsp. Mustard and Co. Classic
2 tsp. Dried Thyme
1/2 tsp. Garlic Powder
1/2 tsp. Onion Powder
1 tbsp. Olive Oil
Salt and Pepper to Taste

Instructions

1. Pre-heat oven to 350F.
2. Place pork tenderloin on a cutting board and butterfly. Do this by slicing through the pork about 1-2 centimeters from the bottom. As you slice through the pork horizontally, unroll it and continue to slice until you have a flat piece of meat.
3. Place prosciutto slices over the pork, covering the lower half of the tenderloin.
4. Spread 5 oz. Cream cheese over the top of the prosciutto, making an even layer.
5. Spread mustard, 1 tsp. thyme, and salt and pepper over the top of the entire tenderloin.
6. Roll the tenderloin tightly and secure in place by tying butchers string or using toothpicks.
7. Season the outside with the remaining thyme, onion powder, garlic powder, and salt and pepper to taste.
8. Place in the oven for 50-60 minutes, or until internal temperature is at least 140F.
9. Remove from the oven and let rest for 10 minutes. Remove any butchers string or toothpicks, slice, and serve.

BACON CHEESEBURGER CASSEROLE

Day 27 - Dinner

PREP TIME: – Min | **COOK TIME:** 30 Min | **SERVINGS:** 6

CALORIES: 478 | **FAT:** 35.5g | **PROTEIN:** 32.2g | **NET CARBS:** 3.6g

Ingredients

1 lb. Ground Beef (80/20)
3 slices Bacon
1/2 cup Almond Flour
265 g Cauliflower, riced (~3 cups chopped)
1 tbsp. Psyllium Husk Powder
1/2 tsp. Garlic Powder
1/2 tsp. Onion Powder
2 tbsp. Reduced Sugar Ketchup
1 tbsp. Mustard
2 tbsp. Mayonnaise
3 large Eggs
4 oz. Cheddar Cheese (2 oz. inside, 2 oz. on top)
Salt and Pepper to Taste

Instructions

1. Pre-heat oven to 350F. Rice cauliflower in food processor. Add dry ingredients and mix together.
2. Process bacon and ground beef in food processor until crumbly and slightly pasty. Cook over medium-high.
3. Mix together all ingredients in a large bowl and add 2 oz. (half) of cheddar cheese.
4. Press mixture into a 9x9 baking pan lined with parchment paper. Then, top with 2 oz. (the other half) of cheddar cheese.
5. Place on top rack and bake for 25-30 minutes. Broil 2-3 minutes or until browned.
6. Remove from oven and let cool for 5-10 minutes. Slice and serve.

STRAWBERRIES AND CREAM PANCAKES

Day 28 - Breakfast

PREP TIME: 5 Min | **COOK TIME:** 7 Min | **SERVINGS:** 1

CALORIES: 411 | **FAT:** 28g | **PROTEIN:** 17g | **NET CARBS:** 2g

Ingredients

1/4 cup Protein Pancake Mix 30 g
1 Egg
50 ml unsweetened coconut milk
4 Tbsp Heavy Cream
2 Strawberries Halved

Instructions

1. Combine all the ingredients in a bowl. Using a whisk, mix thoroughly. Let the mixture sit for 5 minutes to thicken slightly.
2. Lightly spray a frying pan with oil. Heat until almost smoking – this seals the pan and prevents sticking! Once hot, turn to a low heat and wait for 30 seconds.
3. Spoon the mixture into a non-stick pan on a low heat, forming 3 pancakes approx. 10cm in diameter.
4. Once bubbles appear, flip each pancake and cook for an extra 30 seconds or until golden brown.

FAT BOMB PORK CHOPS

Day 28 - Lunch

PREP TIME: 15 MINUTES | **COOK TIME:** 30 MINUTES | **SERVINGS:** 3

CALORIES: 1121 | **FAT:** 104g | **PROTEIN:** 35g | **NET CARBS:** 9g

Ingredients

1 medium yellow onion, peeled and sliced
1 (8 oz.) package brown mushrooms, washed and sliced
1/2 cup oil
3 medium boneless pork chops
1 tsp. garlic powder
1 tsp. ground nutmeg
1 cup mayonaisse, no sugar added
1 tbsp. balsamic vinegar

Instructions

1. Preheat oven to 350 F. Optional if you have other things to prepare for dinner.
2. In a large skillet, saute the onion and mushrooms in the oil until they are wilted.
3. Push them to the side to make room for the pork chops.
4. Add the pork chops to the pan, seasoning each chop with garlic powder and nutmeg as you brown each side.
5. If you wish to continue cooking on the stove top, simply continue to cook until the chops are cooked through (at least 165 F. on a meat thermometer).
6. If you have other things to prepare, simply place the entire pan in the oven for approximately 30 minutes (time will vary by oven), or until the chops are cooked through (at least 165 F. on a meat thermometer - cooking times can vary by oven).
7. Once the chops are cooked, (return the pan to the stove top if they were in the oven), remove the chops from the pan and allow the onions and oil to cool.
8. Stir in the mayo and vinegar and whisk until it is well combined with the oil left in the pan. You should have a thick, rich sauce when you are done. If it is too thick for your liking, you can thin it out with a bit of chicken broth. Simply whisk in about 2 tbsp. at a time until you reach your desired consistency. Ladle the sauce over the chops and serve.

TURKEY TACO BURGERS

Day 28 - Dinner

PREP TIME: - Min | **COOK TIME:** - Min | **SERVINGS:** 4

CALORIES: 423 | **FAT:** 25.5g | **PROTEIN:** 30g | **NET CARBS:** 7.5g

Ingredients

1 lb Lean Ground Turkey
1 Avocado
3 Mini Bell Peppers – I used one orange, yellow and red – Diced
1/2 Small Onion
1 Roma Tomato – Chopped
1/2 Cup Salsa
1/2 Cup Sour Cream
8 Black Olives – Sliced
4 oz. Sharp White Cheddar Cheese – Shredded – Divided
2 Tbs. Chili Powder
1 Tbs. Cumin
1 Tbs. Garlic Powder
1 Tbs. Onion Powder
1 tsp. Kosher Salt
1/2 tsp. Crushed Red Pepper Flakes
1/4 tsp. Cayenne Pepper

Instructions

1. In a large mixing bowl combine ground turkey, seasonings, salsa, 2 oz. cheese, salsa, and diced peppers.
2. Use a microplane to grate the onion into the mixture.
3. Mix until all ingredients are well combined.
4. Score the mixture into 4 even portion and form into 4 patties.
5. Spray a grill pan with cooking spray and cook the patties over medium-high heat until they are cooked all the way through.
6. Top each patty with cheese, avocado, tomato, sour cream and olives.

CREPES W/ WARM APPLE COMPOTE

Day 29 - Breakfast

PREP TIME: 10 Min | **COOK TIME:** - Min | **SERVINGS:** 2

CALORIES: 162 | **FAT:** 11g | **PROTEIN:** 7g | **NET CARBS:** 3.75g

Ingredients

2 eggs
3/4 cup almond milk
2 Tbsp coconut flour
1/4 cup hemp seeds
2 Tbsp flax meal
1 Tbsp coconut oil
1/4 cup apple juice
1 Tbsp cinnamon
Pinch of salt

Instructions

1. Combine all of the ingredients in a blender or Magic Bullet and blend until smooth. Let the batter rest for 2 minutes while you heat up your non-stick pan.
2. Fry in clarified butter or coconut oil on medium-low heat for about 3 minutes on the first side and 1 minute on the second. Don't flip too soon or you'll end up with a mess on your hands!

WARM APPLE COMPOTE

Ingredients

1 cup of chopped apples
1 tsp (or more) cinnamon
1 Tbsp clarified butter or coconut oil
2 Tbsp unsweetened apple juice

Instructions

1. Combine all ingredients in a small saucepan and cook for several minutes until the apples are softened to your liking.



GRILLED CHICKEN SKEWERS WITH GARLIC SAUCE

Day 29 - Lunch

PREP TIME: 15 MINUTES | **COOK TIME:** 15 MINUTES | **SERVINGS:** 2

CALORIES: 580 | **FAT:** 33g | **PROTEIN:** 55g | **NET CARBS:** 11g

Ingredients

For the Skewers

1 lb chicken breast, cut into large cubes (approx 1-inch)
1 onion, chopped
2 bell peppers, chopped (omit for AIP)
1 zucchini

For the Garlic Sauce

1 head garlic, peeled
1 teaspoon salt
Approx. ¼ cup lemon juice
Approx. 1 cup olive oil

Additional ingredients for the marinade

½ cup olive oil
1 teaspoon salt

Instructions

1. Heat up the grill to high. If using wooden skewers, soak them in water first. For the Garlic Sauce, place the garlic cloves and salt into the blender. Then add in around 1/8 cup of of the lemon juice and 1/2 cup of olive oil.
2. Blend well for 5-10 seconds, then slow your blender down and drizzle in more lemon juice and olive oil alternatively until you hear the blender sound shift a bit (it's subtle!). The consistency will then change into mayo-like consistency. If it doesn't work, don't worry – the sauce won't look amazing, but it'll still taste good!

3. Keep half the garlic sauce to serve with. Take the other half of the garlic sauce and add in the additional 1/2 cup of olive oil and teaspoon of salt. Mix well – this makes the marinade.
4. Chop the chicken, onion, bell peppers, and zucchini into approximate 1-inch cubes or squares. Mix them in a bowl with the marinade.
5. Place the cubes on skewers and grill on high until the chicken is cooked (usually, we grill on the bottom for a few minutes to get the charred look and then move the skewers to a top rack with the lid down to cook the chicken well).
6. Serve with the garlic sauce you kept.

RADISH SCRAMBLE

Day 29 - Dinner

PREP TIME: 5 Min | **COOK TIME:** 21 Min | **SERVINGS:** 2

CALORIES: 777 | **FAT:** 55g | **PROTEIN:** 64g | **NET CARBS:** 5g

Ingredients

8 Oz Flank Steak
6 Oz. Radishes
2 Oz Cubetti Pancetta
4 Oz Cheddar Cheese
4 Eggs
Salt and Pepper to taste

Instructions

1. Preheat oven to 450 degrees
2. Start by pan frying the flank steak for 3 minutes, flipping after 1.5 minutes and then set aside
3. Wash the radishes, then cut the ends and quarter
4. Pan fry the radishes and pancetta in a cast iron skillet or other pan capable of going in the oven at 450, cook them for about 6 minutes or until the radishes turn golden brown
5. Slice the flank steak and add into the pan
6. Add the cheese and break the eggs into the mixture, season to taste and cook for a minute to set the bottom of the pan
7. Transfer to the oven and cook for 8 minutes, broiling for an additional 4 minutes or until the eggs are set to the desired level.

KETO CORN FLAKES

Day 30 - Breakfast

PREP TIME: 10 Min | **COOK TIME:** 25 Min | **SERVINGS:** 2

CALORIES: 328 | **FAT:** 28g | **PROTEIN:** 12g | **NET CARBS:** 6g

Ingredients

1 cup Almond Flour Or almond meal
1 tablespoon Natvia (Or Erythritol) stevia
1/2 teaspoon Salt
1 teaspoon Vanilla Extract
3/4 cups water

Instructions

1. Preheat oven to 160 c (350 f) degrees. Line a baking tray with baking paper (Parchment paper) and grease lightly with butter.
2. Whisk together almond flour, natvia and salt. Add vanilla extract and water.
3. Pour mixture onto prepared pan and spread out evenly. You want a nice thin layer.
4. Bake for 10-15 minutes, keeping a close eye on it, until the mixture has dried out and cracked.
5. Remove from oven, let it cool, then use your hands to tear and crack the dough into small flakes. Return to oven and let bake on the center rack for about 10 minutes or until pieces are toasted, crisp, and golden.

COCONUT FLOUR MINI CHEESE LOAVES

Day 30 - Lunch

PREP TIME: 10 MINUTES | **COOK TIME:** 15 MINUTES | **SERVINGS:** 12

CALORIES: 170 | **FAT:** 13.8g | **PROTEIN:** 6.4g | **NET CARBS:** 2.8g

Ingredients

113 g butter softened
50 g coconut flour
1 tsp baking powder
salt and pepper to taste
pinch chilli optional
8 eggs - medium
0.5 spring onion finely sliced
100 g grated/shredded cheese

Coconut Flour Mini Cheese Loaves Toppings

1 pepperoni stick sliced
2 tbsp pumpkin seeds

Instructions

1. Mix the softened butter with the coconut flour, baking powder salt, pepper and chilli (optional) until smooth.
2. Add the eggs one at a time. Stir after each egg is added.
3. Gently stir through the sliced spring onion and grated/shredded cheese (reserve some to top each loaf).
4. Fill each mini loaf tin (or muffin cases).
5. I like to top my mini loaves with a few pepperoni stick slices, then cover with some grated/shredded cheese and finally sprinkle a few pumpkin seeds over.
6. Bake at 180C/350F for 15 minutes, or until golden.

SLOW COOKER BACON AND PUMPKIN SOUP

Day 30 - Dinner

PREP TIME: 5 Min | **COOK TIME:** 4 Min | **SERVINGS:** 10

CALORIES: 272 | **FAT:** 25g | **PROTEIN:** 8g | **NET CARBS:** 4g

Ingredients

1 bacon hock
900 g pumpkin diced
Boiling water

Instructions

1. Place the bacon hock and diced pumpkin in the slow cooker.
2. Cover with boiling water.
3. Cook on HIGH for 3-4 hours or LOW for 6-10 hours.
4. Cooking times are approximate as each slow cooker varies and generally you can keep this cooking for extremely long periods which just makes the bacon meat more tender.
5. After you see the meat coming away from the bones, remove the joint carefully and place on a chopping board. Gently pull the meat away from the bones and place the meat back into the slow cooker. Discard the bones.
6. When ready to serve, it can be left as it is, or it can be pureed until smooth.
7. Serve with sour cream or cream cheese.

WHAT'S NEXT?

I hope by the time you finish your 30-day Keto diet cycle, you will be able to see significant changes in your health and lifestyle.

You are on the right track, just keep doing your amazing work at managing your weight and food habits!

The 30-day cycle is a great way to get into the routine and learn to understand your daily carb limits to maintain your ideal weight for life.

While having this Keto Meal Plan in hand is great as you can come back to these recipes and have another month with the same meals, I would also recommend you to visit momshealth.co/keto regularly for inspiration and new ideas for your Ketogenic diet.

