



THE  
**KETO** **SUMMIT**

# 28-DAY

# KETO MEAL PLAN



# *The 28-Day* **KETO MEAL PLAN**

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**T**he 28-Day Keto Meal Plan is a complete Keto meal plan program by Keto Summit and Meal Plan Club. It's designed to help you lose weight and boost your energy while eating delicious foods and cooking easy meals.

## **Keto Can Be Tough!**

You want to stick to Keto, but you still have to go to work, look after your family, and live your life. But on top of all that, you now have to figure out how Keto works as well as learn how to create Keto meals daily.

## **We're here to help...**

That's why we're here to help. Instead of spending hours each week meal planning, figuring out what's keto and what isn't, and counting carbs, **we do all the hard work for you!**

**Our goal is to make your Keto life easy and healthy...**

Our meal plan is designed to be **under 20 g net carbs per day**. Calories range between **1000 and 1500 calories per day**. All recipes come with nutritional data and are dairy-free (except for ghee) as well as Paleo and packed with whole foods (no grains, no legumes, no artificial sugars).

We also designed the meal plan so that you won't have to shop for more than **30 ingredients each week** or have leftovers.

**Email us with any suggestions or questions:**

We want to know what we can do to make your life easier. So if you have suggestions for the meal plans or for future cookbooks, blog posts, or anything else, just email us at [support@ketosummit.com](mailto:support@ketosummit.com)

# *How the* **MEAL PLAN WORKS**

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## How many people is this meal plan designed for?

The meal plan is designed for **2 adults eating lunch and dinner.**

We aim for around 1000-1500 calories and under 20 g net carbs for those 2 meals so that you can add in breakfast, snacks, or desserts if you wish as well.

You should, of course, tailor the amount of food as well as the ingredients to fit your exercise regimen, lifestyle, allergies, etc.

## What about breakfast?

We know you love variety and don't want to be bored on Keto, but we highly suggest finding a few breakfast recipes you enjoy and sticking to them. This will make your mornings so much faster and easier.

That's why we make 3 breakfast suggestions per week (recipes are

also included), but we leave it up to you to decide which one to eat each day.

## What about desserts/snacks?

While we suggest you don't eat desserts or snacks regularly (so that you can break that habit), we also know that occasionally, you'll want something.

For Keto Snacks...[check out our Keto Snacks Cookbook for ideas.](#)

For Keto Desserts...[check out our Keto Desserts Cookbook for delicious cakes, brownies, and more.](#)

## Where's the Pantry and Shopping List?

You'll find the Pantry and Shopping List at the end of each week's meal plans.

We've designed the layout of the meal plans to make it easy to print out all the recipes and the

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shopping list.

You'll also find links on the pantry ingredients to purchase those items on Amazon.com.

### Do your recipes come with nutritional data?

Yes, we include nutrition data (calories, fat, total carbs, fiber, sugar, protein) for all our recipes. *The numbers are per serving.* Please use this as a guideline.

### Are all the recipes Keto?

Yes, all of our recipes are Keto. They are low carb, gluten-free, grain-free, dairy-free (except for ghee), legume-free, soy-free (except for tamari sauce), and free of processed sugars and seed oils.

### Can I swap out some of the recipes?

Yes, for sure! We've tried to provide you with a huge variety of different recipes to make your Keto diet more varied and fun.

But we have a huge selection of

recipes in our cookbooks and on our website.

[So go here and pick out your favorite recipes to create your own personalized meal plan.](#)

### Keto is MORE than just a diet

We're huge believers in eating a real food diet filled with nutrients. That's why we're dedicated to creating these amazing cookbooks and meal plans for you.

However, living a fulfilled and healthy life is more than just diet. Your sleep, stress levels, community, and exercise levels all matter too.

[Join our FB group for Real Food Keto Weight Loss](#) for extra support and have fun in a great community.

# *Jump* **TO THE WEEK**

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*Click For*  
**WEEK<sub>1</sub>**



*Click For*  
**WEEK<sub>2</sub>**



*Click For*  
**WEEK<sub>3</sub>**



*Click For*  
**WEEK<sub>4</sub>**

# WEEK 1



**WEEK  
1**

# KETO MEAL PLAN

## Breakfast Ideas

- [Traditional Keto Coffee](#)
- [Keto Chocolate Hazelnut Muffins](#)
- [Keto Bacon Mini Frittata](#)

	<i>Lunch</i>	<i>Dinner</i>	<i>Notes</i>	<i>Net Carbs</i>	<i>Total Calories</i>
<b>Day 1</b>	<a href="#">Bacon and Avocado Caesar Salad</a>	<a href="#">Chicken Mushroom and Kale Casserole</a>	Make enough Caesar dressing for Day 6 Lunch (L6) and casserole for Day 3 Dinner (D3)	11	1205
<b>Day 2</b>	<a href="#">Lemon Pepper Tuna Salad</a>	<a href="#">Quick Ground Beef Stir-Fry</a>		11	1234
<b>Day 3</b>	<a href="#">Simple Egg Salad</a>	<a href="#">Leftover Chicken, Mushroom and Kale Casserole</a>	Make enough egg salad for Day 5 Lunch (L5)	7	1143
<b>Day 4</b>	<a href="#">Broccoli Bacon Salad with Fried Eggs</a>	<a href="#">Beef Teriyaki with Sesame and Kale</a>	Make enough beef teriyaki for Day 7 Dinner (D7)	13	1304
<b>Day 5</b>	<a href="#">Leftover Egg Salad Stuffed Cucumber Boats</a>	<a href="#">Pan-Fried Tuscan Chicken "Pasta"</a>		10	1235
<b>Day 6</b>	<a href="#">Garlic Shrimp Caesar Salad</a>	<a href="#">Apple Dijon Pork Chops with Roasted Broccoli</a>		10	1240
<b>Day 7</b>	<a href="#">Chicken "Noodle" Soup with Easy Side Salad</a>	<a href="#">Leftover Beef Teriyaki with Sesame and Kale</a>		10	1212

## Breakfast:

### Traditional Keto Coffee

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Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

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#### Ingredients:

- 2 cups of black coffee (480 ml)
- 2 Tablespoons of ghee (30 ml)
- 1 teaspoon of MCT oil (5 ml) (or more, if desired)

#### Instructions:

1. Place the coffee, ghee, and MCT oil in a blender and blend until fully combined.
2. Divide the coffee between 2 mugs and serve.

Calories: 143

Fat: 17 g

Total Carbs: 0 g

Fiber: 0 g

Sugar: 0 g

Net Carbs: 0 g

Protein: 0 g



## Breakfast:

### Keto Chocolate Hazelnut Muffins

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Prep Time: 10 mins | Cook Time: 20 mins | Yield: 12 muffins

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#### Ingredients:

- 3 cups of almond flour (360 g)
- 1/2 cup of coconut oil (120 ml), melted (plus additional to grease the muffin pan)
- 1/2 cup of hazelnuts (100 g), chopped
- 4 large eggs, whisked
- 1/2 teaspoon of ground nutmeg (1 g)
- 1/4 teaspoon of ground cloves (1 g)
- Stevia or low carb sweetener of choice, to taste
- Dash of salt
- 1 teaspoon of baking soda (8 g)
- 3 oz of 100% dark chocolate (80 g), broken into small pieces

#### Instructions:

1. Preheat oven to 350 F (175 C). Grease a 12-cup muffin pan with coconut oil or line with paper liners.
2. In a large bowl, mix to combine the almond flour, melted coconut oil, chopped hazelnuts, whisked eggs, ground nutmeg, ground cloves, stevia, salt, and baking soda.
3. Pour equal amounts of batter into the prepared muffin pan. Place equal amounts of the dark chocolate pieces into each muffin cup. Press the chocolate pieces into the batter.
4. Place the muffin pan in the oven and bake for 18 to 20 minutes until a toothpick comes out clean when inserted into a muffin.
5. Remove the muffin pan from the oven and let cool before serving. Store any leftover muffins in an airtight container.

Calories: 282

Fat: 25 g

Total Carbs: 6 g

Fiber: 3g

Sugar: 1 g

Net Carbs: 3 g

Protein: 8 g

## Breakfast:

### Keto Bacon Mini Frittata

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Prep Time: 10 mins | Cook Time: 30 mins | Yield: 4 servings

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#### Ingredients:

- Avocado oil, to grease a muffin pan
- 4 slices of bacon (112 g), diced
- 8 spears of asparagus (128 g), chopped small
- 2 Tablespoons chopped onions (30 g)
- 8 medium eggs, whisked
- 1/2 cup of coconut milk (120 ml)
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 350 F (175 C). Grease a 12-cup muffin pan with avocado oil or line with paper liners.
2. In a medium skillet, saute the bacon over medium-high heat until crispy, about 5 minutes. Remove the bacon from the skillet with a slotted spoon and drain on a paper towel-lined plate.
3. In a medium bowl, combine the cooked bacon, asparagus, and chopped onions with the eggs and coconut milk. Season with salt, to taste. Pour equal amounts of the egg mixture into the prepared muffin pan.
4. Place the muffin pan in the oven and bake for 25 to 30 minutes until the eggs are set but still slightly soft. Refrigerate any leftover muffins in an airtight container.

Calories: 460

Fat: 41 g

Total Carbs: 4 g

Fiber: 1 g

Sugar: 2 g

Net Carbs: 3 g

Protein: 19 g

# Day 1 Menu

## *Lunch (L1):*

### **Bacon and Avocado Caesar Salad**

[Refrigerate half of the Caesar dressing for Day 6 Lunch (L6)]

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Prep Time: 10 mins | Cook Time: 5 mins | Yield: 2 servings

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#### **Ingredients:**

For the salad -

- 4 slices of bacon (112 g), diced
- 1 head of romaine lettuce (200 g), chopped
- 1/2 cucumber (110 g), thinly sliced
- 1/4 medium onion (28 g), thinly sliced
- 1 large avocado (200 g), sliced

For the Caesar dressing -

- 1/2 cup of mayo (120 ml)
- 2 Tablespoons of lemon juice (30 ml)
- 2 teaspoons of Dijon mustard (10 ml)
- 2 teaspoons of garlic powder (7 g)
- Salt and pepper, to taste

#### **Instructions:**

1. Add the bacon to a large nonstick skillet over medium-high heat and saute until crispy, about 5 minutes. Remove the bacon from the skillet with a slotted spoon and place on a paper towel-lined plate to cool.
2. In a large bowl, whisk to combine the mayo, lemon juice, mustard, and garlic powder. Season with salt and pepper, to taste. Refrigerate half of the Caesar dressing in an airtight container for Day 6 Lunch (L6).
3. Toss the remaining Caesar dressing with the romaine lettuce leaves. Add the cucumber and onion to the bowl and toss to combine.
4. Divide the salad between 2 plates and top each salad with equal amounts of cooked bacon and sliced avocado.

Calories: 652

Fat: 65 g

Total Carbs: 15 g

Fiber: 9 g

Sugar: 3 g

Net Carbs: 6 g

Protein: 10 g

## Dinner (D1):

### Chicken Mushroom and Kale Casserole

[Refrigerate half of the casserole for Day 3 Dinner (D3)]

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Prep Time: 15 mins | Cook Time: 40 mins | Yield: 4 servings

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#### Ingredients:

- 4 Tablespoons of avocado oil (60 ml), divided, to cook with (plus additional to grease the baking dish)
- 8 chicken thighs (with skin on) (1200 g)
- 1 medium onion (110 g), thinly sliced
- 3 cloves of garlic (9 g), minced or finely diced
- 2 Tablespoons of fresh rosemary (6 g), chopped
- 30 white button mushrooms (300 g), sliced
- 2 oz of kale (56 g), stems removed and chopped
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 350°F (180°C). Grease a baking dish with avocado oil and set aside.
2. With a clean paper towel, pat dry the chicken thighs. Season each side of the chicken with salt and pepper.
3. Add 3 Tablespoons (45 ml) of avocado oil to a skillet over medium-high heat. Add the chicken to the skillet, skin side down, and cook until the skin is golden brown and crispy, about 5 to 8 minutes.
4. Carefully turn over the chicken and cook for an additional 1 to 2 minutes. Remove the chicken from the skillet and place skin-side up in the prepared baking dish.
5. Reduce the heat to medium-low and add the onion, garlic, and fresh rosemary to the same skillet with the cooking fat from the chicken and saute until the onion is soft, about 5 minutes. Add the mushrooms to the skillet and saute until softened, about 2 to 4 minutes. Place the onion mixture around the chicken thighs in the baking dish.
6. Place the baking dish in the oven and bake at 350°F (180°C) for 20 minutes.
7. Meanwhile, in a medium bowl, toss the kale with the remaining 1 Tablespoon (15 ml) of avocado oil.
8. Remove the baking dish from the oven and increase the heat to 400 F (200 C).
9. Place the kale around the chicken in the baking dish and return the baking dish to the oven.

10. Continue to bake at 400 F (200 C) for an additional 5 minutes until the chicken is cooked through. Check with an instant-read meat thermometer that the internal temperature reaches 165 F (75 C).
11. Remove the baking dish from the oven and season with salt and pepper, to taste. Refrigerate (or freeze) half of the casserole for Day 3 Dinner (D3).

Calories: 553

Fat: 42 g

Total Carbs: 7 g

Fiber: 2 g

Sugar: 3 g

Net Carbs: 5 g

Protein: 35 g

# Day 2 Menu

*Lunch (L2):*

## **Lemon Pepper Tuna Salad**

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Prep Time: 10 mins | Cook Time: 0 mins | Yield: 2 servings

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### **Ingredients:**

- 2 cans of tuna (340 g), drained and flaked
- 2 Tablespoons of mayo (30 ml)
- 1 Tablespoon of Dijon mustard (15 ml)
- 2 teaspoons of lemon juice (10 ml) (or to taste)
- 4 cups of spinach (120 g)
- 2 Tablespoons of olive oil (30 ml)
- 1 large avocado (200 g), sliced
- Dash of pepper

### **Instructions:**

1. In a medium bowl, combine the tuna with the mayo, mustard, and lemon juice. Season with pepper, to taste.
2. In a large bowl, toss the spinach with the olive oil. Divide the spinach between 2 plates.
3. Divide the tuna salad in 2 and place on top of the spinach. Top the tuna salad with equal amounts of sliced avocado and serve.

Calories: 614

Fat: 46 g

Total Carbs: 11 g

Fiber: 9 g

Sugar: 1 g

Net Carbs: 2 g

Protein: 45 g

## Dinner (D2):

### Quick Ground Beef Stir-Fry

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Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

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#### Ingredients:

- 2 Tablespoons of coconut oil (30 ml), to cook with
- 2 medium bell peppers (240 g), sliced
- 10 cherry tomatoes (170 g), chopped
- 1/2 medium onion (55 g), thinly sliced
- 3/4 lb of ground beef (338 g)
- 2 cloves of garlic (6 g), minced or finely diced
- 1 teaspoon of hot sauce (5 ml) (or to taste) (optional)
- 2 Tablespoons of fresh cilantro (2 g), chopped
- Salt and pepper, to taste

#### Instructions:

1. In a large skillet, melt the coconut oil over medium-high heat. Add the bell peppers, tomatoes, and onion to the skillet and stir-fry until slightly soft, about 5 minutes.
2. Add the ground beef to the skillet and stir-fry until browned, about 1 to 3 minutes.
3. Add the garlic, optional hot sauce, and fresh cilantro to the skillet and continue to stir-fry until the ground beef is cooked to your liking, about an additional 2 to 5 minutes. Season with salt and pepper, to taste.
4. Divide the stir-fry between 2 plates and serve.

Calories: 620

Fat: 50 g

Total Carbs: 13 g

Fiber: 4 g

Sugar: 6 g

Net Carbs: 9 g

Protein: 30 g



# Day 3 Menu

## *Lunch (L3):*

### **Simple Egg Salad**

[Refrigerate half of the egg salad for Day 5 Lunch (L5)]

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Prep Time: 10 mins | Cook Time: 15 mins | Yield: 4 servings

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#### **Ingredients:**

- 12 medium eggs
- 1/2 medium onion (55 g), thinly sliced
- 1/2 cup of mayo (120 ml)
- 2 Tablespoons of Dijon mustard (30 ml)
- 1 head of romaine lettuce (200 g), chopped
- 3 Tablespoons of olive oil (45 ml)
- Salt and pepper, to taste

#### **Instructions:**

1. In a pot, cover the eggs with water and bring to a boil. Once boiling, remove from heat and put lid on pot. Let sit for 12 minutes and then drain eggs in a colander and rinse with cold water. Peel and chop the eggs.
2. In a medium bowl, combine the chopped eggs and fresh onion with the mayo and mustard. Season with salt and pepper, to taste. Refrigerate half of the egg salad for Day 5 Lunch (L5).
3. In a large bowl, toss the romaine lettuce with the olive oil.
4. Divide the lettuce between 2 plates and top with equal amounts of the remaining egg salad.

Calories: 590

Fat: 57 g

Total Carbs: 4 g

Fiber: 2 g

Sugar: 2 g

Net Carbs: 2 g

Protein: 19 g

## Dinner (D3):

### Leftover Chicken Mushroom and Kale Casserole

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Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

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#### Ingredients:

- Leftover Chicken Mushroom and Kale Casserole from Day 1 Dinner (D1)

#### Instructions:

1. In the oven or microwave, reheat the leftover casserole to desired temperature.
2. Divide the casserole between 2 plates and enjoy.

Calories: 553

Fat: 42 g

Total Carbs: 7 g

Fiber: 2 g

Sugar: 3 g

Net Carbs: 5 g

Protein: 35 g

# Day 4 Menu

*Lunch (L4):*

## **Broccoli Bacon Salad with Fried Eggs**

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Prep Time: 10 mins | Cook Time: 20 mins | Yield: 2 servings

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### **Ingredients:**

- 1/2 head of broccoli (225 g), broken into small florets
- 2 Tablespoons of coconut oil (30 ml), divided, to cook with
- 4 slices of bacon (112 g), diced
- 1/2 medium onion (55 g), thinly sliced
- 4 medium eggs
- Salt and pepper, to taste

### **Instructions:**

1. In a pot of salted water, parboil the broccoli until slightly tender, about 2 to 4 minutes. Remove the broccoli from the water and drain well.
2. In a large nonstick skillet, melt 1 Tablespoon (15 ml) of coconut oil over medium-high heat. Add the bacon and cook until crispy, about 3 to 4 minutes.
3. Add the onion to the skillet and saute until translucent, about 2 to 3 minutes.
4. Add the parboiled broccoli to the skillet and saute until desired softness, about an additional 2 to 4 minutes. Season with salt and pepper, to taste.
5. Meanwhile, in a medium skillet, melt the remaining 1 Tablespoon (15 ml) of coconut oil over medium heat. Add the eggs to the skillet and fry to your liking, about 3 minutes for a runny yolk and 5 to 6 minutes for a hard cooked yolk. Season with salt and pepper, to taste.
6. Divide the broccoli salad between 2 plates. Top each salad with 2 fried eggs and serve.

Calories: 550

Fat: 48 g

Total Carbs: 10 g

Fiber: 4 g

Sugar: 4 g

Net Carbs: 6 g

Protein: 22 g

## Dinner (D4):

### Beef Teriyaki with Sesame and Kale

[Refrigerate half of the beef teriyaki for Day 7 Dinner (D7)]

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Prep Time: 10 mins | Cook Time: 15 mins | Yield: 4 servings

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#### Ingredients:

- 1/4 cup of gluten-free tamari sauce or coconut aminos (60 ml)
- 2 Tablespoons of applesauce (30 ml)
- 4 cloves of garlic (12 g), minced or finely diced
- 2 Tablespoons of fresh ginger (10 g), minced or finely diced
- 4 beef steaks (800 g), sliced
- 1 Tablespoon of sesame seeds (14 g)
- 1/4 cup of avocado oil (60 ml), to cook with
- 20 white button mushrooms (200 g), sliced
- 4 oz of kale (112 g), stems removed and chopped
- 2 teaspoons of sesame oil (10 ml) (or to taste)
- Salt and pepper, to taste

#### Instructions:

1. In a bowl, whisk to combine the tamari sauce or coconut aminos, applesauce, garlic, and fresh ginger. Place the sliced steaks in the marinade and set aside.
2. In a large nonstick skillet, toast the sesame seeds over high heat until golden. Remove the sesame seeds from the skillet and set aside.
3. In the same large skillet, add the avocado oil over high heat. Add the mushrooms to the skillet and stir-fry until golden brown, about 3 to 5 minutes.
4. Add the steak and the marinade to the skillet and stir-fry until browned, about 2 to 4 minutes.
5. Add the kale and sesame oil to the skillet and continue to stir-fry until the beef is cooked to your liking and the kale is wilted, about an additional 1 to 3 minutes. Season with salt and pepper, to taste. Refrigerate half of the beef teriyaki for Day 7 Dinner (D7).
6. Divide the remaining beef teriyaki between 2 plates. Garnish each plate with equal amounts of toasted sesame seeds and serve.

Calories: 754

Fat: 62 g

Total Carbs: 10 g

Fiber: 3 g

Sugar: 2 g  
Net Carbs: 7 g  
Protein: 38 g

# Day 5 Menu

## *Lunch (L5):*

### **Leftover Egg Salad Stuffed Cucumber Boats**

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Prep Time: 10 mins | Cook Time: 0 mins | Yield: 2 servings

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#### **Ingredients:**

- 1 cucumber (220 g)
- Leftover Simple Egg Salad from Day 3 Lunch (L3)
- 1 large avocado (200 g), sliced

#### **Instructions:**

1. Cut the cucumber in half lengthwise. Using a spoon, remove the cucumber seeds and discard.
2. Place cucumber boats on 2 plates and fill equal amounts of leftover egg salad. Top the egg salad with equal amounts of sliced avocado and enjoy.

Calories: 564

Fat: 51 g

Total Carbs: 11 g

Fiber: 7 g

Sugar: 2 g

Net Carbs: 4 g

Protein: 21 g

## Dinner (D5):

### Pan-Fried Tuscan Chicken “Pasta”

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Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

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#### Ingredients:

- 2 medium eggs, whisked
- 2 teaspoons of garlic powder (7 g)
- 2 teaspoons of Italian seasoning (2 g)
- 1/4 teaspoon of salt (2 g) (plus additional, to taste)
- Dash of pepper (plus additional, to taste)
- 2 chicken breasts (400 g), diced
- 2 Tablespoons of avocado oil (30 ml), to cook with
- 14 cherry tomatoes (238 g), chopped
- 1/4 cup of fresh basil leaves (8 g), chopped
- 1 zucchini (120 g), spiralized or use a vegetable peeler to create noodle-like strands
- 1 Tablespoon of olive oil (15 ml)
- 1 teaspoon of lemon juice (5 ml) (or to taste)

#### Instructions:

1. In a medium bowl, combine the eggs, garlic powder, Italian seasoning, salt, and pepper. Add the chicken to the bowl and combine until the chicken is completely covered with the egg mixture.
2. Add the avocado oil to a large skillet over medium-high heat. Add the chicken to the skillet and saute until cooked through, about 6 to 8 minutes.
3. Add the tomatoes and fresh basil to the skillet and saute until the tomatoes are soft, about 2 to 3 minutes. Season with salt and pepper, to taste.
4. Meanwhile, in a separate bowl, toss the zucchini “pasta” with the olive oil and lemon juice.
5. Divide the zucchini “pasta” between 2 plates. Top the “pasta” with equal amounts of the chicken and serve.

Calories: 671

Fat: 45 g

Total Carbs: 8 g

Fiber: 2 g

Sugar: 5 g

Net Carbs: 6 g

Protein: 54 g



# Day 6 Menu

*Lunch (L6):*

## **Garlic Shrimp Caesar Salad**

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Prep Time: 10 mins | Cook Time: 5 mins | Yield: 2 servings

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### **Ingredients:**

- 2 Tablespoons of olive oil (30 ml), to cook with
- 1 lb of shrimp (450 g), defrosted if frozen, peeled and deveined
- 1 teaspoon of garlic powder (3 g)
- 1/2 teaspoon of onion powder (1 g)
- Leftover Caesar dressing from Day 1 Lunch (L1)
- 1 head of romaine lettuce (200 g), chopped
- 1/2 cucumber (110 g), thinly sliced
- Salt and pepper, to taste

### **Instructions:**

1. Add the olive oil to a large skillet over medium-high heat. Add the shrimp, garlic powder, and onion powder to the skillet and saute until the shrimp are cooked through and opaque, about 2 to 5 minutes. Season with salt and pepper, to taste,
2. In a large bowl, toss the leftover Caesar dressing with the romaine lettuce and sliced cucumber.
3. Divide the salad between 2 plates. Top each plate with equal amounts of shrimp and enjoy.

Calories: 582

Fat: 43 g

Total Carbs: 6 g

Fiber: 2 g

Sugar: 3 g

Net Carbs: 4 g

Protein: 47 g

## Dinner (D6):

### Apple Dijon Pork Chops with Roasted Broccoli

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Prep Time: 10 mins | Cook Time: 20 mins | Yield: 2 servings

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#### Ingredients:

For the pork chops -

- 2 pork chops (320 g)
- 6 Tablespoons of ghee (90 ml), divided
- 2 Tablespoons of applesauce (30 ml)
- 2 Tablespoon of Dijon mustard (30 ml)
- Salt and pepper, to taste

For the roasted broccoli -

- 1/2 head of broccoli (225 g), broken into small florets
- 1 Tablespoon of olive oil (15 ml)
- Salt, to taste

#### Instructions:

For the pork chops -

1. Generously season the pork chops with salt and pepper.
2. In a large skillet, melt 4 Tablespoons (60 ml) of ghee over high heat. Using tongs, place the pork chops on their sides with the fat in direct contact with the skillet. Render until the fat is brown and crispy.
3. Reduce the heat to medium-high and place the pork chops flat in the skillet. Cook the pork chops for 3 minutes on one side and turn over to cook for an additional 3 to 5 minutes. Check with an instant-read meat thermometer that the internal temperature reaches 145 F (63 C) for medium-rare. Remove the pork chops from the skillet and let rest for 3 to 5 minutes.
4. Meanwhile, on the stovetop or in the microwave, melt the remaining 2 Tablespoons (30 ml) of ghee. In a small bowl, combine the melted ghee with applesauce and mustard. Season with salt and pepper, to taste.
5. Place the pork chops on 2 plates and serve with equal amounts of the Dijon sauce.

For the roasted broccoli -

1. Preheat the oven to 450 F (230 C).
2. In a large bowl, toss the broccoli with the olive oil. Season with salt, to taste. Place the broccoli in a single layer on a rimmed baking sheet.
3. Place the baking sheet in the oven and bake for 20 minutes until the broccoli

- is slightly crispy and cooked to your liking.
4. Divide the roasted broccoli between 2 plates and serve.

Calories: 717

Fat: 63 g

Total Carbs: 10 g

Fiber: 4 g

Sugar: 4 g

Net Carbs: 6 g

Protein: 37 g

# Day 7 Menu

*Lunch (L7):*

## **Chicken "Noodle" Soup with Easy Side Salad**

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Prep Time: 10 mins | Cook Time: 10 mins | Yield: 2 servings

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### **Ingredients:**

For the chicken "noodle" soup -

- 1 Tablespoon of coconut oil (15 ml), to cook with
- 1 chicken breast (200 g), diced
- 1/4 medium onion (28 g), thinly sliced
- 3 cups of chicken broth (720 ml)
- 1 zucchini (120 g), spiralized or use a vegetable peeler to create noodle-like strands
- 1/4 cup of fresh cilantro (4 g), chopped
- Salt and pepper, to taste

For the side salad -

- 1 head of romaine lettuce (200 g), chopped
- 3 Tablespoons of olive oil (45 ml)
- 1 Tablespoon of lemon juice (15 ml)

### **Instructions:**

1. In a saucepan, melt the coconut oil over medium-high heat. Add the chicken and onion to the saucepan and saute until the chicken is browned, about 2 to 4 minutes.
2. Add the chicken broth to the saucepan and increase the heat to high to bring the broth to a boil. Continue to boil until the chicken is cooked through, about 3 to 5 minutes.
3. Add the zucchini "noodles" and fresh cilantro to the saucepan and continue to boil for an additional 1 minute. Season with salt and pepper, to taste.
4. Meanwhile, in a medium bowl, toss the romaine lettuce with the olive oil and lemon juice. Divide the salad between 2 plates.
5. Divide the soup between 2 bowls and serve with the side salad.

Calories: 498

Fat: 40 g

Total Carbs: 6 g

Fiber: 2 g  
Sugar: 3 g  
Net Carbs: 4 g  
Protein: 25 g

## Dinner (D7):

### Leftover Beef Teriyaki with Sesame and Kale

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Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

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#### Ingredients:

- Leftover Beef Teriyaki with Sesame and Kale from Day 4 Dinner (D4)

#### Instructions:

1. On the stovetop or in the microwave, reheat the leftover beef teriyaki to desired temperature.
2. Divide the beef teriyaki between 2 plates and enjoy.

Calories: 714

Fat: 59 g

Total Carbs: 8 g

Fiber: 2 g

Sugar: 2 g

Net Carbs: 6 g

Protein: 37 g

# Pantry Items

<b>Pantry Items:</b>	<b>Quantity</b>
<a href="#">Applesauce</a>	1/4 cup (60 ml)
<a href="#">Avocado oil</a> *	Approx. 3/4 cup (180 ml)
<a href="#">Canned tuna</a>	2 cans (5-6 oz each)
<a href="#">Chicken broth</a>	3 cups (720 ml)
<a href="#">Coconut oil</a> *	Approx. 1/2 cup (120 ml)
<a href="#">Garlic powder</a>	Approx. 2 Tablespoons (20 g)
<a href="#">Ghee</a> *	Approx. 1/2 cup (120 ml)
<a href="#">Gluten-free tamari sauce or coconut aminos</a> ***	1/4 cup (60 ml)
<a href="#">Hot sauce</a> (optional)	1 teaspoon (5 ml)
<a href="#">Italian seasoning</a>	2 teaspoons (2 g)
<a href="#">Mayo</a> **	Approx. 1-1/4 cups (300 ml)
<a href="#">Mustard</a> (Dijon)	Approx. 1/2 cup (120 ml)
<a href="#">Olive oil</a> *	3/4 cup (180 ml)
<a href="#">Onion powder</a>	Approx. 1 Tablespoon (7 g)
<a href="#">Pepper</a>	Approx. 10 teaspoons (10 g)
<a href="#">Salt</a>	Approx. 10 Tablespoons (150 g)
<a href="#">Sesame oil</a>	2 teaspoons (10 ml)
<a href="#">Sesame seeds</a>	1 Tablespoon (14 g)

\* You can generally use these oils interchangeably in the recipes.

\*\* You can make your own Paleo mayo (see recipe [here](#)) or purchase [Paleo mayo here](#).

\*\*\* If you have trouble finding Gluten-Free Tamari Sauce or Coconut Aminos, then you can omit this seasoning from the recipes.

# Shopping List

- ❑ 8 slices of **bacon** (224 g) (L1, L4)
- ❑ 3 **chicken breasts** (600 g) (D5, L7)\*
- ❑ 8 **chicken thighs** (with skin on) (1200 g) (D1)
- ❑ 4 **beef steaks** (800 g) (D4)\*\*
- ❑ 3/4 lb of **ground beef** (337.5 g) (D2)
- ❑ 2 **pork chops** (320 g) (D6)
- ❑ 1 lb of **shrimp**, fresh or frozen (450 g) (L6)
  
- ❑ 18 medium **eggs** (L3, L4, D5)
  
- ❑ 3 medium **onions** (330 g) (L1, D1, D2, L3, L4, L7)
- ❑ 6 oz of **kale** (168 g) (D1, D4)
- ❑ 4 cups of **spinach** (120 g) (L2)
- ❑ 3 large **avocados** (600 g) (L1, L2, L5)
- ❑ 24 **cherry tomatoes** (408 g) (D2, D5)
- ❑ 2 medium **bell peppers** (240 g) (D2)
- ❑ 4 heads of **romaine lettuce** (800 g) (L1, L3, L6, L7)
- ❑ 1 head of **broccoli** (450 g) (L4, D6)
- ❑ 50 white button **mushrooms** (500 g) (D1, D4)
- ❑ 2 **cucumbers** (440 g) (L1, L5, L6)
- ❑ 2 **zucchini**s (240 g) (D5, L7)
- ❑ 2 **lemons** (L1, L2, D5, L7)
- ❑ 1 head of **garlic** (approx. 9 cloves) (D1, D2, D4)
- ❑ 2 Tablespoons of **fresh ginger** (10 g) (D4)
- ❑ 4 Tablespoons of **fresh basil leaves** (8 g) (D5)
- ❑ 2 Tablespoons of **fresh rosemary** (6 g) (D1)
- ❑ 1 bunch of **fresh cilantro** (D2, L7)

\*Get chicken breast with the skin on it if possible.

\*\*Pick fattier cuts of steak if possible.



# WEEK 2



WEEK  
2

# KETO MEAL PLAN

## Breakfast Ideas

[Keto Coconut Coffee](#)  
[Chicken and Bacon Sausages](#)  
[Keto Zucchini Bread](#)

	Lunch	Dinner	Notes	Net Carbs	Total Calories
Day 1	<a href="#">Turkey and Vegetable Skillet</a>	<a href="#">Pan-Seared Pork Tenderloin with Garlic Spinach Saute</a>	Make enough turkey skillet for Day 3 Lunch (L3)	6	1222
Day 2	<a href="#">Lemon Blueberry Chicken Salad</a>	<a href="#">Easy Keto Chili</a>	Make enough chili for Day 4 Dinner (D4)	12	1218
Day 3	<a href="#">Leftover Turkey and Vegetable Skillet</a>	<a href="#">Pork and Cashew Stir-Fry</a>		16	1304
Day 4	<a href="#">Spicy Chicken Saute tossed with Avocado</a>	<a href="#">Leftover Easy Keto Chili</a>		17	1327
Day 5	<a href="#">Spanish Omelette</a>	<a href="#">Chicken Broccoli Casserole</a>	Make enough omelette for Day 6 Lunch (L6) and casserole for Day 7 Dinner (D7)	18	1232
Day 6	<a href="#">Leftover Spanish Omelette with Side Salad</a>	<a href="#">Lemon Garlic Ghee Salmon with Leek Asparagus Ginger Saute</a>		18	1193
Day 7	<a href="#">3-Ingredient Creamy Smoked Salmon "Pasta"</a>	<a href="#">Leftover Chicken Broccoli Casserole</a>		14	1229

## *Breakfast:*

### **Keto Coconut Coffee**

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### **Ingredients:**

- 2 cups of black coffee (480 ml)
- 2 Tablespoons of ghee (30 ml)
- 1 Tablespoon of coconut oil (15 ml)

#### **Instructions:**

1. Place the coffee, ghee, and coconut oil in a blender and blend until fully combined.
2. Divide the coffee between 2 mugs and serve.

Calories: 179

Fat: 21 g

Total Carbs: 0 g

Fiber: 0 g

Sugar: 0 g

Net Carbs: 0 g

Protein: 0 g

## Breakfast:

### Chicken and Bacon Sausages

---

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 12 servings

---

#### Ingredients:

- 2 slices of bacon (56 g), diced
- 1 lb of ground chicken (450 g)
- 1 medium egg, whisked
- 2 Tablespoons of Italian seasoning (6 g)
- 2 teaspoons of garlic powder (7 g)
- 2 teaspoons of onion powder (5 g)
- Salt and pepper

#### Instructions:

1. Preheat oven to 425 F (220 C). Line a rimmed baking tray with aluminum foil or parchment paper and set aside.
2. In a small skillet, saute the diced bacon until crispy, about 2 to 4 minutes. Remove the bacon from the skillet with a slotted spoon and place on a paper towel-lined plate to drain.
3. In a large bowl, combine the cooked bacon, ground chicken, whisked egg, Italian seasoning, garlic powder, and onion powder. Season with salt and pepper. Form the chicken mixture into 12 (1/2-inch or 1.25 cm) thick patties. Place the patties on the prepared baking sheet.
4. Place the baking sheet in the oven and bake for 20 minutes until the patties are cooked through. Check with an instant-read meat thermometer that the internal temperature reaches 170 F (76 C).
5. Let the sausages cool slightly before serving. Refrigerate any leftovers in an airtight container.

Calories: 370

Fat: 21 g

Total Carbs: 3 g

Fiber: 1 g

Sugar: 1 g

Net Carbs: 2 g

Protein: 40 g

## Breakfast:

### Keto Zucchini Bread

---

Prep Time: 15 mins | Cook Time: 50 mins | Yield: 12 slices

---

#### Ingredients:

- 1 zucchini (120 g), shredded or grated, excess moisture removed
- 4 medium eggs, whisked
- 1/2 cup of coconut oil (120 ml) (plus additional to grease the loaf pan)
- 1/2 cup of almond flour (60 g), sifted
- 1/4 cup of coconut flour (28 g), sifted
- 1 teaspoon of baking powder (2 g)
- 1 teaspoon of vanilla extract (5 ml)
- Dash of salt

#### Instructions:

1. Preheat oven to 350 F (175 C). Grease a 9-inch by 5-inch (23 cm by 13 cm) loaf pan and set aside.
2. Using a clean paper towel, squeeze any excess moisture from the shredded zucchini.
3. In a large bowl, combine the zucchini, eggs, coconut oil, almond flour, coconut flour, baking powder, vanilla extract, and a dash of salt. Pour the mixture into the prepared loaf pan.
4. Place the loaf pan in the oven and bake for 50 minutes until a toothpick inserted into the middle of the zucchini bread comes out clean.
5. Remove from oven and let cool before slicing. Store any leftovers in an airtight container.

Calories: 162

Fat: 15 g

Total Carbs: 3 g

Fiber: 2 g

Sugar: 1 g

Net Carbs: 1 g

Protein: 4 g

# Day 1 Menu

## *Lunch (L1):*

### **Turkey and Vegetable Skillet**

[Refrigerate half of the turkey and vegetables for Day 3 Lunch (L3)]

---

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 2 servings

---

#### **Ingredients:**

- 1/4 cup of coconut oil (60 ml), to cook with
- 2 lbs of turkey breasts (900 g), diced (or ground turkey)
- 8 slices of bacon (224 g), diced
- 1 medium onion (110 g), thinly sliced
- 2 cups of spinach (60 g), chopped
- 3 spears of asparagus (48 g), chopped
- 2 Tablespoons of fresh thyme (6 g), chopped
- Salt and pepper, to taste

#### **Instructions:**

1. In a large skillet, melt the coconut oil over medium-high heat. Add the turkey and bacon to the skillet and saute until slightly browned, about 5 to 7 minutes.
2. Add the onion, spinach, asparagus, and fresh thyme to the skillet and saute for an additional 10 minutes until the turkey and bacon are cooked through and the vegetables are soft. Season with salt and pepper, to taste. Refrigerate half of the turkey and vegetables for Day 3 Lunch (L3).
3. Divide the remaining turkey and vegetables between 2 plates and serve.

Calories: 674

Fat: 47 g

Total Carbs: 4 g

Fiber: 1 g

Sugar: 2 g

Net Carbs: 3 g

Protein: 61 g

## Dinner (D1):

### Pan-Seared Pork Tenderloin with Garlic Spinach Saute

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

---

#### Ingredients:

For the pan-seared pork tenderloin -

- 1 lb of pork tenderloin (450 g)
- 2 Tablespoons of coconut oil (30 ml), to cook pork with
- Salt and pepper, to taste

For the garlic spinach saute -

- 2 Tablespoons of olive oil (30 ml), to cook spinach with
- 6 cloves of garlic (18 g), minced or finely diced
- 8 cups of spinach (240 g)
- Salt, to taste

#### Instructions:

For the pork tenderloin -

1. Generously season the tenderloin with salt and pepper.
2. In a large nonstick skillet, melt the coconut oil over medium-high heat. Add the tenderloin to the skillet and sear on all sides, about 1 to 2 minutes per side.
3. Reduce heat to medium and continue to cook until done to your liking, about 6 to 8 minutes for medium-rare and 10 minutes for medium. Check with an instant-read meat thermometer that the internal temperature reaches 145 F (63 C) for medium-rare and 150 F (66 C) for medium. Remove the tenderloin from the skillet and let rest for 3 to 5 minutes before slicing.
4. Divide the sliced tenderloin between 2 plates and serve.

For the garlic spinach saute -

1. Add the olive oil to a large skillet over medium-high heat. Add the garlic to the skillet and saute until fragrant, about 30 seconds.
2. Add the spinach to the skillet and saute until wilted, about 1 to 3 minutes. Season with salt, to taste.
3. Divide the sauted spinach between 2 plates and serve.

Calories: 548

Fat: 37 g

Total Carbs: 7 g

Fiber: 4 g  
Sugar: 0 g  
Net Carbs: 3 g  
Protein: 51 g



# Day 2 Menu

*Lunch (L2):*

## **Lemon Blueberry Chicken Salad**

---

Prep Time: 10 mins | Cook Time: 5 mins | Yield: 2 servings

---

### **Ingredients:**

For the salad -

- 1 Tablespoon of coconut oil (15 ml), to cook with
- 1 chicken breast (200 g), diced
- 1 head of romaine lettuce (200 g), chopped
- 1/2 cucumber (110 g), thinly sliced
- 1/4 medium onion (28 g), thinly sliced
- 10 blueberries (5 g) (or other berry, of choice)
- Salt and pepper, to taste

For the dressing -

- 3 Tablespoons of olive oil (45 ml)
- 1 Tablespoon of lemon juice (15 ml) (or to taste)

### **Instructions:**

1. In a medium skillet, melt the coconut oil over medium-high heat. Add the chicken to the skillet and saute until cooked through, about 5 minutes. Season with salt and pepper, to taste.
2. In a large bowl, whisk to combine the olive oil and lemon juice. Toss the dressing with the romaine lettuce. Add the cooked chicken, cucumber, onion, and blueberries to the bowl and toss to combine.
3. Divide the salad between 2 plates and serve.

Calories: 467

Fat: 38 g

Total Carbs: 6 g

Fiber: 2 g

Sugar: 3 g

Net Carbs: 4 g

Protein: 25 g

## Dinner (D2):

### Easy Keto Chili

[Refrigerate half of the chili for Day 4 Dinner (D4)]

---

Prep Time: 10 mins | Cook Time: 70 mins | Yield: 4 servings

---

#### Ingredients:

- 3 Tablespoons of avocado oil (45 ml), to cook with
- 2 medium bell peppers (240 g), diced
- 1 medium onion (110 g), thinly sliced
- 10 white button mushrooms (100 g), chopped
- 2 lbs of ground beef (900 g)
- 2 teaspoons of cumin powder (4 g)
- 1 teaspoon of chili powder (2 g) (or to taste)
- 1 teaspoon of ground coriander (2 g)
- 2 cups of beef broth (480 ml)
- 1 can of diced tomatoes (14 oz or 400 g)
- 2 cloves of garlic (6 g), minced or finely
- Salt and pepper, to taste

#### Instructions:

1. Add the avocado oil to a large pot over medium-high heat. Add the bell peppers, onion, and mushrooms to the pot and saute until the vegetables are soft and slightly browned, about 6 to 8 minutes.
2. Add the ground beef, cumin, chili powder, and ground coriander to the pot and saute until the ground beef is browned, about 4 to 5 minutes.
3. Add the beef broth and diced tomatoes to the pot and bring to a boil.
4. Reduce the heat to a simmer and cook, partially covered, for 45 to 55 minutes, stirring occasionally.
5. Remove the lid and add the garlic to the pot. Continue to cook, uncovered, for about 10 minutes or until the chili reaches desired consistency. Season with additional salt and pepper, to taste. Refrigerate half of the chili for Day 4 Dinner (D4).
6. Divide the remaining chili between 2 bowls and serve.

Calories: 751

Fat: 59 g

Total Carbs: 12 g

Fiber: 4 g

Sugar: 6 g

Net Carbs: 8 g

Protein: 40 g

# Day 3 Menu

*Lunch (L3):*

## **Leftover Turkey and Vegetable Skillet**

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

### **Ingredients:**

- Leftover Turkey and Vegetable Skillet from Day 1 Lunch (L1)

### **Instructions:**

1. On the stovetop or in the microwave, reheat the leftover turkey and vegetables to desired temperature.
2. Divide the turkey and vegetables between 2 plates and enjoy.

Calories: 675

Fat: 47 g

Total Carbs: 4 g

Fiber: 1 g

Sugar: 2 g

Net Carbs: 3 g

Protein: 61 g

## Dinner (D3):

### Pork and Cashew Stir-Fry

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

---

#### Ingredients:

- 3 Tablespoons of coconut oil (45 ml), divided, to cook with
- 1 medium egg, whisked
- 1 medium bell pepper (120 g), sliced
- 1/2 medium onion (55 g), thinly sliced
- 1 1/2 oz of cashews (42 g) (or nut of choice)
- 3/4 lb of pork tenderloin (338 g), thinly sliced
- 2 Tablespoons of gluten-free tamari sauce or coconut aminos (30 ml)
- 2 teaspoons of sesame oil (10 ml) (or to taste) (optional)
- 1 teaspoon of chili oil (5 ml) (or to taste) (optional)
- 2 cloves of garlic (6 g), minced or finely diced
- 1 Tablespoon of fresh ginger (5 g), minced or finely diced
- Salt and pepper, to taste

#### Instructions:

1. In a large nonstick skillet, melt 1 Tablespoons (15 ml) over medium heat. Add the egg to the skillet and scrambled until fully cooked, about 1 to 2 minutes. Season with salt and pepper, to taste. Remove the scrambled egg from skillet and set aside.
2. In the same skillet, melt the remaining 2 Tablespoons (30 ml) of coconut oil over medium-high heat. Add the bell pepper, onion, and cashews to the skillet and stir-fry until the vegetables are soft, about 4 to 6 minutes.
3. Add the tenderloin to the skillet and stir-fry until browned, about 2 to 4 minutes.
4. Add the scrambled egg, tamari sauce or coconut aminos, optional chili oil, optional sesame oil, garlic, and fresh ginger to the skillet and continue to stir-fry until the pork is cooked to your liking, about 1 to 3 minutes. Season with salt and pepper, to taste.
5. Divide the stir-fry between 2 plates and serve.

Calories: 629

Fat: 46 g

Total Carbs: 15 g

Fiber: 2 g

Sugar: 4 g

Net Carbs: 13 g

Protein: 43 g

# Day 4 Menu

*Lunch (L4):*

## **Spicy Chicken Saute tossed with Avocado**

---

Prep Time: 10 mins | Cook Time: 5 mins | Yield: 2 servings

---

### **Ingredients:**

- 1 chicken breast (200 g), diced
- 1 Tablespoon of garlic powder (10 g)
- 1 teaspoon of salt (5 g) (plus additional, to taste)
- 1/2 Tablespoon of onion powder (4 g)
- 1 teaspoon of chili powder (2 g) (or to taste) (optional)
- Dash of pepper (plus additional, to taste)
- 1 Tablespoon of avocado oil (15 ml), to cook with
- 1 large avocado (200 g), chopped
- 1 medium bell pepper (120 g), chopped
- 1/2 cucumber (110 g), chopped
- 1/4 medium onion (28 g), thinly sliced
- 2 Tablespoons of olive oil (30 ml)
- 1 teaspoon of mustard (5 ml)

### **Instructions:**

1. In a small bowl, toss to combine the chicken with the garlic powder, salt, onion powder, optional chili powder, and pepper.
2. Add the avocado oil to a large skillet over medium-high heat. Add the seasoned chicken to the skillet and salt until cooked through, about 5 minutes.
3. In a medium bowl, toss the cooked chicken, avocado, bell pepper, cucumber, and onion with the olive oil and mustard. Season with salt and pepper, to taste.
4. Divide the saute between 2 plates and serve.

Calories: 576

Fat: 46 g

Total Carbs: 18 g

Fiber: 9 g

Sugar: 5 g  
Net Carbs: 9 g  
Protein: 27 g



## Dinner (D4):

### Leftover Easy Keto Chili

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- Leftover Easy Keto Chili from Day 2 Dinner (D2)

#### Instructions:

1. On the stovetop or in the microwave, reheat the leftover chili to desired temperature.
2. Divide the chili between 2 bowls and enjoy.

Calories: 751

Fat: 59 g

Total Carbs: 12 g

Fiber: 4 g

Sugar: 6 g

Net Carbs: 8 g

Protein: 40 g

# Day 5 Menu

## *Lunch (L5):*

### **Spanish Omelette**

[Refrigerate half of the omelette Day 6 Lunch (L6)]

---

Prep Time: 15 mins | Cook Time: 30 mins | Yield: 4 servings

---

#### **Ingredients:**

- 3 Tablespoons of olive oil (45 ml), to cook with (plus additional to grease the baking dish)
- 1/2 head of cauliflower (300 g), broken into small florets
- 2 medium bell peppers (240 g), thinly sliced
- 1/2 medium onion (55 g), thinly sliced
- 10 medium eggs, whisked
- 1/4 cup of coconut cream (60 ml) (from the top of a refrigerated can of coconut milk)
- 1/4 cup of fresh parsley (4 g), chopped
- 1 large avocado (200 g), sliced
- Salt and pepper, to taste

#### **Instructions:**

1. Preheat oven to 350 F (175 C). Grease a 9-inch by 9-inch (23 cm by 23 cm) baking dish with olive oil and set aside.
2. In a pot of salted water, parboil the cauliflower until slightly tender, about 2 minutes. Remove the cauliflower from the water and drain well.
3. Meanwhile, add the olive oil to a large skillet over medium-high heat. Add the bell pepper and onion to the skillet and saute until the vegetables are soft, about 6 to 8 minutes. Season with salt and pepper, to taste. Set aside to cool slightly.
4. In a large bowl, combine the parboiled cauliflower and sauteed vegetables with the whisked eggs, coconut cream and fresh parsley. Pour the egg mixture into the greased baking dish.
5. Place the baking dish in the oven and bake for 20 minutes until the eggs are set but still slightly soft.

6. Remove the baking dish from the oven and let cool slightly. Refrigerate half of the omelette Day 6 Lunch (L6).
7. Divide the remaining omelette between 2 plates and top with equal amounts of sliced avocado.

Calories: 473

Fat: 38 g

Total Carbs: 17 g

Fiber: 10 g

Sugar: 5 g

Net Carbs: 7 g

Protein: 19 g

## Dinner (D5):

### Chicken Broccoli Casserole

[Refrigerate half of the casserole for Day 7 Dinner (D7)]

---

Prep Time: 10 mins | Cook Time: 75 mins | Yield: 4 servings

---

#### Ingredients:

- 1/4 cup of coconut oil (60 ml), to cook chicken with
- 4 chicken breasts (800 g), diced
- 1 head of broccoli (450 g), broken into small florets
- 1/2 head of cauliflower (300 g), broken into small florets
- 1/2 medium onion (55 g), thinly sliced
- 4 white button mushrooms (40 g), sliced
- 1 Tablespoon of garlic powder (10 g)
- 3 Tablespoons of fresh thyme (9 g), chopped
- 2 Tablespoons of fresh parsley (2 g), chopped
- 1 cup of coconut cream (240 ml) (from the tops of 2 refrigerated cans of coconut milk)
- 2 Tablespoons of ghee (30 ml), melted
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 350 F (175 C).
2. In a large skillet, melt the coconut oil over medium-high heat. Add the chicken to the skillet and saute until cooked through, about 10 to 15 minutes. Season with salt and pepper, to taste.
3. In a large bowl, combine the cooked chicken, broccoli, cauliflower, onion, mushrooms, garlic powder, fresh thyme and fresh parsley with the coconut cream.
4. Cover the bottom of a large baking dish with the melted ghee. Pour the chicken mixture into the baking dish.
5. Place the baking dish in the oven and bake for 1 hour until the vegetables are soft to your liking.
6. Remove the baking dish from the oven and let cool slightly. Refrigerate half of the casserole for Day 7 Dinner (D7).
7. Divide the remaining casserole between 2 plates and serve.

Calories: 759  
Fat: 53 g  
Total Carbs: 17 g  
Fiber: 6 g  
Sugar: 6 g  
Net Carbs: 11 g  
Protein: 52 g

# Day 6 Menu

*Lunch (L6):*

## **Leftover Spanish Omelette with Side Salad**

---

Prep Time: 10 mins | Cook Time: 0 mins | Yield: 2 servings

---

### **Ingredients:**

- 1 head of romaine lettuce (200 g), chopped
- 3 Tablespoons of olive oil (45 ml)
- 1 Tablespoon of lemon juice (15 ml)
- Leftover Spanish Omelette from Day 5 Lunch (L5)

### **Instructions:**

1. In a large bowl, toss to combine the romaine lettuce with the olive oil and lemon juice. Divide the salad between 2 bowls.
2. In the oven or microwave, reheat the leftover omelette to desired temperature.
3. Divide the omelette between 2 plates and enjoy with the side salad.

Calories: 511

Fat: 45 g

Total Carbs: 12 g

Fiber: 5 g

Sugar: 6 g

Net Carbs: 7 g

Protein: 18 g

## Dinner (D6):

### Lemon Garlic Ghee Salmon with Leek Asparagus Ginger Saute

---

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 2 servings

---

#### Ingredients:

For the garlic ghee salmon -

- 2 filets of salmon (with skin on), fresh or frozen (340 g), defrosted if frozen
- 1 Tablespoon of ghee (15 ml), melted
- 4 cloves of garlic (12 g), minced or finely diced
- 2 teaspoons of lemon juice (10 ml)
- Salt, to taste

For the leek asparagus ginger saute -

- 2 Tablespoons of avocado oil (30 ml), to cook with
- 10 spears of asparagus (160 g), chopped
- 1 leek (90 g), sliced
- 1 Tablespoon of lemon juice (15 ml)
- 2 teaspoons of ginger powder (4 g)
- Salt, to taste

#### Instructions:

1. Preheat oven to 400 F (200 C). Place each salmon filet on a separate piece of aluminum foil or parchment paper.
2. In a small bowl, combine the melted ghee, garlic, and lemon juice. Season with salt, to taste. Cover each salmon filet with equal amounts of the ghee mixture. Tightly fold the aluminum foil or parchment paper into packets. Place the packets on a baking sheet.
3. Place the baking sheet in the oven and bake for 10 minutes. Open each packet and continue to bake for an additional 10 minutes until the salmon is cooked through and flakes easily. Remove the salmon from the oven and let cool slightly.
4. Meanwhile, add the avocado oil to a large skillet over medium-heat. Add the asparagus and leek to the skillet and saute until saute until the vegetables are soft, about 8 to 10 minutes.
5. Add the lemon juice and ginger powder to the skillet and saute for an additional 1 to 2 minutes. Season with salt, to taste.
6. Divide the saute between 2 plates and top each plate with a salmon filet.

Calories: 682  
Fat: 51 g  
Total Carbs: 15 g  
Fiber: 4 g  
Sugar: 5 g  
Net Carbs: 11 g  
Protein: 43 g



# Day 7 Menu

*Lunch (L7):*

## **3-Ingredient Creamy Smoked Salmon “Pasta”**

---

Prep Time: 10 mins | Cook Time: 5 mins | Yield: 2 servings

---

### **Ingredients:**

- 2 Tablespoons of coconut oil (30 ml), to cook with
- 8 oz of smoked salmon (224 g), diced
- 2 zucchinis (240 g), spiralized or use a peeler to create noodle-like strands
- 1/4 cup of mayo (60 ml)

### **Instructions:**

1. In a medium skillet, melt the coconut oil over medium-high heat. Add the smoked salmon to the skillet and saute until slightly browned, about 2 to 3 minutes.
2. Add the zucchini “pasta” to the skillet and saute until soft, about 1 to 2 minutes.
3. Add the mayo to the skillet and stir well to combine.
4. Divide the smoked salmon “pasta” between 2 plates and serve.

Calories: 470

Fat: 42 g

Total Carbs: 4 g

Fiber: 1 g

Sugar: 2 g

Net Carbs: 3 g

Protein: 21 g

## Dinner (D7):

### Leftover Chicken Broccoli Casserole

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- Leftover Chicken Broccoli Casserole from Day 5 Dinner (D5)

#### Instructions:

1. In the oven or microwave, reheat the leftover chicken broccoli casserole to desired temperature.
2. Divide the casserole between 2 plates and enjoy.

Calories: 759

Fat: 53 g

Total Carbs: 17 g

Fiber: 6 g

Sugar: 6 g

Net Carbs: 11 g

Protein: 52 g

# Pantry Items

<b>Pantry Items:</b>	<b>Quantity</b>
<a href="#">Avocado oil</a> *	Approx. 1/2 cup (120 ml)
<a href="#">Beef broth</a>	2 cups (480 ml)
<a href="#">Cashews</a>	1 1/2 oz (42 g)
Chili oil (optional)	1 teaspoon (5 ml)
<a href="#">Chili powder</a>	2 teaspoons (4 g)
<a href="#">Coriander</a> (ground)	1 teaspoon (2 g)
<a href="#">Coconut milk</a>	3 cans (240 ml each)
<a href="#">Coconut oil</a> *	1 cup (240 ml)
<a href="#">Cumin powder</a>	2 teaspoons (4 g)
<a href="#">Diced tomatoes</a> (canned)	1 can (14 oz or 400 g)
<a href="#">Garlic powder</a>	2 Tablespoons (20 g)
<a href="#">Ghee</a> *	3 Tablespoons (45 ml)
<a href="#">Ginger powder</a>	2 teaspoons (4 g)
<a href="#">Gluten-free tamari sauce or coconut aminos</a> ***	2 Tablespoons (30 ml)
<a href="#">Mayo</a> **	1/4 cup (60 ml)
<a href="#">Mustard</a>	1 teaspoon (5 ml)
<a href="#">Olive oil</a> *	Approx. 1 cup (240 ml)
<a href="#">Onion powder</a>	Approx. 1 Tablespoon (7 g)
<a href="#">Pepper</a>	Approx. 10 teaspoons (10 g)
<a href="#">Salt</a>	Approx. 10 Tablespoons (150 g)
<a href="#">Sesame oil</a> (optional)	1 Tablespoon (15 ml)

\* You can generally use these oils interchangeably in the recipes.

\*\* You can make your own Paleo mayo (see recipe [here](#)) or purchase [Paleo mayo here](#).

\*\*\* If you have trouble finding Gluten-Free Tamari Sauce or Coconut Aminos, then you can omit this seasoning from the recipes.

# Shopping List

- 8 slices of **bacon** (224 g) (L1)
- 6 **chicken breasts** (1200 g) (L2, L4, D5)\*
- 2 lbs of **turkey breasts** (900 g) (L1)
- 2 lbs of ground beef (900 g) (D2)
- 1 3/4 lbs of **pork tenderloin** (787.5 g) (D1, D3)
- 2 filets of **salmon** (with skin on), fresh or frozen (340 g) (D6)
- 8 oz of **smoked salmon** (224 g) (L7)
  
- 11 medium **eggs** (D3, L5)
  
- 4 medium **onions** (440 g) (L1, L2, D2, D3, L4, L5, D5)
- 1 **leek** (90 g) (D6)
- 10 cups of **spinach** (300 g) (L1, D1)
- 2 large **avocados** (400 g) (L4, L5)
- 6 medium **bell peppers** (720 g) (D2, D3, L4, L5)
- 1 head of **cauliflower** (600 g) (L5, D5)
- 1 head of **broccoli** (450 g) (D5)
- 2 **zucchinis** (240 g) (L7)
- 1 **cucumber** (220 g) (L2, L4)
- 13 spears of **asparagus** (208 g) (L1, D6)
- 14 white button **mushrooms** (140 g) (D2, D5)
- 10 **blueberries** (5 g) (L2)
- 2 **lemons** (L2, L6, D6)
- 2 heads of **garlic** (approx. 14 cloves) (D1, D2, D3, D6)
- 1 Tablespoon of **fresh ginger** (5 g) (D3)
- 5 Tablespoons of **fresh thyme** (15 g) (L1, D5)
- 1 bunch of **fresh parsley** (L5, D5)

\*Get chicken breast with the skin on, if possible.

# WEEK 3



**WEEK  
3**

# KETO MEAL PLAN

## Breakfast Ideas

[Frothy Keto Coffee](#)  
[Keto Breakfast Stack](#)  
[Keto Apple Cinnamon Muffins](#)

	Lunch	Dinner	Notes	Net Carbs	Total Calories
<b>Day 1</b>	<a href="#">Chicken Pepper Stir-Fry</a>	<a href="#">Keto Cottage Pie</a>	Make enough cottage pie for Day 4 Dinner (D4)	13	1279
<b>Day 2</b>	<a href="#">Mini Spinach Meatloaves with Creamy Cucumber Salad</a>	<a href="#">Creamy Tomato Basil Chicken "Pasta"</a>	Make enough mini meatloaves for Day 5 Lunch (L5)	17	1258
<b>Day 3</b>	<a href="#">Chicken Cauliflower "Couscous" Salad</a>	<a href="#">Easy Salmon Curry</a>	Make enough "couscous" salad for Day 6 Lunch (L6)	17	1280
<b>Day 4</b>	<a href="#">Baked Eggs in Avocados</a>	<a href="#">Leftover Keto Cottage Pie</a>		12	1256
<b>Day 5</b>	<a href="#">Leftover Mini Spinach Meatloaves with Avocado Salad</a>	<a href="#">One-Pot Pork and Cabbage Stew</a>	Make enough stew for Day 7 Dinner (D7)	17	1269
<b>Day 6</b>	<a href="#">Leftover Chicken Cauliflower "Couscous" Salad</a>	<a href="#">Zucchini Beef Saute with Garlic and Cilantro</a>		11	1109
<b>Day 7</b>	<a href="#">Chicken Hash with Coconut Dijon Sauce</a>	<a href="#">Leftover One-Pot Pork and Cabbage Stew</a>		18	1249

## Breakfast:

### Frothy Keto Coffee

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- 2 cups of black coffee (480 ml)
- 1/4 cup of unsweetened coconut milk or unsweetened almond milk (60 ml)
- 2 Tablespoons of ghee (30 ml)
- 1 Tablespoon of coconut oil (15 ml)

#### Instructions:

1. Place the coffee, coconut milk or almond milk, ghee, and coconut oil in a blender and blend until fully combined.
2. Divide the coffee between 2 mugs and serve.

Calories: 190

Fat: 22 g

Total Carbs: 0 g

Fiber: 0 g

Sugar: 0 g

Net Carbs: 0 g

Protein: 0 g

## Breakfast:

### Keto Breakfast Stack

---

Prep Time: 15 mins | Cook Time: 15 mins | Yield: 2 servings

---

#### Ingredients:

- 4 slices bacon (112 g)
- 1/4 lb of ground pork (110 g)
- 1/4 lb of ground chicken (110 g)
- 1 medium egg, whisked
- 2 teaspoons of Italian seasoning (2 g)
- 1 teaspoon of salt (5 g)
- 1/4 teaspoon of black pepper (1/2 g)
- 2 large portobello mushrooms (or other mushrooms), stems removed
- 1 avocado, sliced

#### Instructions:

1. In a large skillet, saute the bacon over medium-high heat until crispy, about 4 to 5 minutes. Remove the bacon from the skillet and place on a paper towel-lined plate to drain. Reserve the bacon grease.
2. In a medium bowl, combine the ground pork, ground chicken, whisked egg, Italian seasoning, and salt. Form the mixture into 4 thin patties.
3. Place the patties in the skillet with the reserved bacon grease and fry over medium-high heat until fully cooked, about 2 to 4 minutes per side. Remove the cooked patties from the skillet and set aside.
4. Place the mushrooms in the same skillet and cook over medium-high heat until soft to your liking, about 2 to 3 minutes per side. Remove the mushrooms from the skillet and set aside.
5. To assemble, place each mushroom on a plate and stack with 2 patties, 3 avocado slices, and 2 slices of bacon. Serve the breakfast stack with any remaining avocado slices.

Calories: 680

Fat: 54 g

Total Carbs: 13 g

Fiber: 8 g

Sugar: 2 g



Net Carbs: 5 g  
Protein: 38 g

## Breakfast:

### Keto Apple Cinnamon Muffins

---

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 12 muffins

---

#### Ingredients:

- 3 cups of almond flour (180 g)
- 1/2 cup of ghee (120 ml), melted (plus additional to grease the muffin pan)
- 1/4 cup of applesauce (60 ml)
- 1 teaspoon of lemon juice (5 ml)
- 3 medium eggs, whisked
- 3 Tablespoons of cinnamon powder (18 g)
- 1 teaspoon of nutmeg (2 g)
- 1/4 teaspoon of ground cloves (1 g)
- 1 teaspoon of baking soda (4 g)
- Stevia or low carb sweetener of choice, to taste

#### Instructions:

1. Preheat oven to 350 F (175 C). Grease a 12-cup muffin pan with melted ghee or line with paper liners.
2. In a large bowl, combine the ingredients until smooth. Pour the mixture into the prepared muffin pan.
3. Place the baking pan in the oven and bake for 18 to 20 minutes until a toothpick comes out clean when you insert it into a muffin.
4. Remove the muffins from the oven and let cool before serving. Store any leftovers in an airtight container.

Calories: 241

Fat: 22 g

Total Carbs: 7 g

Fiber: 4 g

Sugar: 2 g

Net Carbs: 3 g

Protein: 7 g

# Day 1 Menu

*Lunch (L1):*

## **Chicken Pepper Stir-Fry**

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

---

### **Ingredients:**

- 3 Tablespoons of coconut oil (45 ml), to cook with
- 2 medium bell peppers (240 g), sliced
- 2 chicken breasts (400 g), thinly sliced
- 1 Tablespoon of gluten-free tamari sauce or coconut aminos (15 ml)
- 1/4 teaspoon of chili powder (1 g) (or to taste) (optional)
- Salt and pepper, to taste

### **Instructions:**

1. In a large skillet, melt the coconut oil over medium-high heat. Add the bell peppers to the skillet and stir-fry until slightly softened, about 3 to 4 minutes.
2. Add the chicken to the skillet and stir-fry until cooked through, about 8 to 10 minutes.
3. Add the tamari sauce or coconut aminos and optional chili powder to the skillet and stir-fry for an additional 1 minute. Season with salt and pepper, to taste.
4. Divide the stir-fry between 2 plates and serve.

Calories: 595

Fat: 41 g

Total Carbs: 7 g

Fiber: 2 g

Sugar: 3 g

Net Carbs: 5 g

Protein: 48 g

## Dinner (D1):

### Keto Cottage Pie

[Refrigerate half of the cottage pie for Day 4 Dinner (D4)]

---

Prep Time: 15 mins | Cook Time: 45 mins | Yield: 4 servings

---

#### Ingredients:

- 1 head of cauliflower (600 g), broken into small florets
- 2 Tablespoons of ghee (30 ml), melted
- 1/4 cup of avocado oil (60 ml), to cook with (plus additional to grease the baking dish)
- 1 medium onion (110 g), thinly sliced
- 1 1/2 lbs of ground beef (675 g)
- 2 carrots (100 g), grated
- 2 Tablespoons of Italian seasoning (6 g)
- 2 Tablespoons of fresh parsley (2 g), chopped
- Salt and pepper, to taste

#### Instructions:

1. Preheat the oven to 350 F (175 C). Grease a baking dish (9-inch x 9-inch or 23 cm x 23 cm) with avocado oil and set aside.
2. Boil or steam the cauliflower until fork-tender, about 5 to 10 minutes (depending on the size of the florets). Drain well.
3. Using a food processor or blender, combine the cauliflower with the melted ghee until smooth. Season with salt, to taste. Set aside.
4. Meanwhile, add the avocado oil to a large skillet over medium-high heat. Add the onion to the skillet and saute until translucent, about 4 to 5 minutes.
5. Add the ground beef and carrots to the skillet and saute until the ground beef is browned, about 8 to 10 minutes.
6. Add the Italian seasoning and fresh parsley to the skillet and saute for an additional 1 to 2 minutes. Season with salt and pepper, to taste.
7. Place the beef mixture in the bottom of the prepared baking dish. Spread the reserved cauliflower mash over the beef mixture.
8. Place the baking dish in the oven and bake for 30 minutes.
9. Remove the baking dish from the oven and let cool slightly. Refrigerate half of the cottage pie for Day 4 Dinner (D4).
10. Divide the remaining cottage pie between 2 plates and serve.

Calories: 684  
Fat: 57 g  
Total Carbs: 13 g  
Fiber: 5 g  
Sugar: 6 g  
Net Carbs: 8 g  
Protein: 32 g

# Day 2 Menu

## *Lunch (L2):*

### **Mini Spinach Meatloaves with Creamy Cucumber Salad**

[Refrigerate half of the mini meatloaves for Day 5 Lunch (L5)]

---

Prep Time: 10 mins | Cook Time: 30 mins | Yield: 4 servings

---

#### **Ingredients:**

For the mini spinach meatloaves -

- 2 Tablespoons of coconut oil (30 ml) (plus additional to grease the muffin pan)
- 1 medium onion (110 g), thinly sliced
- 4 cloves of garlic (12 g), minced or finely diced
- 1/2 lb of ground beef (225 g)
- 1/2 lb of ground pork (225 g)
- 8 cups of spinach (240 g), chopped
- 8 medium eggs, whisked
- 2/3 cup of coconut milk (160 ml)
- 2 Tablespoons of Italian seasoning (6 g)
- 1 Tablespoon of salt (15 g)
- 1 teaspoon of pepper (1 g)

For the creamy cucumber salad -

- 1 cucumber (220 g), thinly sliced
- 2 Tablespoons of mayo (30 ml)
- 2 Tablespoons of lemon juice (30 ml) (or to taste)
- Salt, to taste

#### **Instructions:**

For the mini spinach meatloaves -

1. Preheat oven to 400 F (200 C). Grease 2 (12-cups each) muffin pans with coconut oil or line with paper liners and set aside.
2. In a large skillet, melt the coconut oil over medium-high heat. Add the onion and garlic to the skillet and saute until the onion is soft, about 4 to 5 minutes.
3. Add the ground beef and ground pork to the skillet and saute until cooked through, about 6 to 8 minutes.

4. Add the spinach to the skillet and saute until wilted, about 2 to 3 minutes. Remove the skillet from the heat and set aside to cool.
5. In a large bowl, combine the cooled beef mixture with the whisked eggs, coconut milk, Italian seasoning, salt, and pepper. Pour equal amounts of the mixture into the prepared muffin pans.
6. Place the muffin pan in the oven and bake for 10 to 12 minutes until cooked through and the eggs are set. Refrigerate half of the mini meatloaves for Day 5 Lunch (L5).
7. Divide the remaining mini meatloaves between 2 plates and serve.

For the creamy cucumber salad -

1. In a medium bowl, combine the sliced cucumber with the mayo and lemon juice. Season with salt, to taste.
2. Divide the cucumber salad between 2 bowls and serve.

Calories: 625

Fat: 49 g

Total Carbs: 10 g

Fiber: 4 g

Sugar: 4 g

Net Carbs: 6 g

Protein: 38 g

## Dinner (D2):

### Creamy Tomato Basil Chicken "Pasta"

---

Prep Time: 10 mins | Cook Time: 30 mins | Yield: 2 servings

---

#### Ingredients:

- 2 Tablespoons of coconut oil (30 ml), to cook with
- 2 chicken breasts (400 g), diced
- 1 can of diced tomatoes (14 oz or 400 g), drained
- 1/4 cup of coconut milk (60 ml) (from the top of a refrigerated can of coconut milk)
- 1/2 cup of fresh basil leaves (16 g), chopped
- 4 cloves of garlic (12 g), minced or finely diced
- 1 zucchini (120 g), spiralized or use a peeler to make into long noodle-like strands
- Salt and pepper, to taste

#### Instructions:

1. In a large skillet, melt the coconut oil over medium-high heat. Add the chicken to the skillet and saute until fully cooked, about 8 to 10 minutes.
2. Add the diced tomatoes to the skillet and saute until soft, about 2 to 3 minutes.
3. Add the coconut cream, fresh basil, and garlic to the skillet and cook until the sauce starts to thicken, about 2 to 3 minutes. Season with salt and pepper, to taste.
4. Divide the zucchini "pasta" between 2 plates. Top the "pasta" with equal amounts of the creamy basil chicken and serve.

Calories: 633

Fat: 40 g

Total Carbs: 15 g

Fiber: 4 g

Sugar: 6 g

Net Carbs: 11 g

Protein: 49 g



# Day 3 Menu

*Lunch (L3):*

## **Chicken Cauliflower “Couscous” Salad**

[Refrigerate half of the "couscous" salad for Day 6 Lunch (L6)]

---

Prep Time: 15 mins | Cook Time: 10 mins | Yield: 4 servings

---

### **Ingredients:**

- 2 Tablespoons of coconut oil (30 ml), divided, to cook with
- 2 chicken breasts (400 g), diced
- 1 head of cauliflower (600 g), processed into rice-like pieces
- 1 cucumber (220 g), diced
- 1 medium bell pepper (120 g), diced
- 4 green onions (20 g), chopped
- 1/2 cup of fresh parsley (8 g), chopped
- 2 Tablespoons of olive oil (30 ml)
- 1 Tablespoon of lemon juice (15 ml) (or to taste)
- 2 teaspoons of garlic powder (7 g)
- 2 teaspoons of cumin powder (4 g)
- Salt and pepper, to taste

### **Instructions:**

1. In a large skillet, melt the coconut oil over medium-high heat. Add the chicken to the skillet and saute until fully cooked, about 8 to 10 minutes. Season with salt and pepper, to taste.
2. In a large bowl, combine the cooked chicken, cauliflower, cucumber, bell pepper, green onions, and fresh parsley with the olive oil, lemon juice, garlic powder, and cumin powder. Season with additional salt and pepper, to taste. Refrigerate half of the "couscous" salad for Day 6 Lunch (L6).
3. Divide the remaining “couscous” between 2 bowls and serve.

Calories: 371

Fat: 24 g

Total Carbs: 11 g

Fiber: 4 g

Sugar: 5 g  
Net Carbs: 7 g  
Protein: 27 g

## Dinner (D3):

### Easy Salmon Curry

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

---

#### Ingredients:

- 2 Tablespoons of coconut oil (30 ml), to cook with
- 1/2 medium onion (55 g), thinly sliced
- 7 oz of green beans (196 g), diced
- 2 cups of chicken broth (480 ml)
- 1 lb of salmon (with skin on), fresh or frozen (450 g), defrosted if frozen, diced
- 1 1/2 Tablespoons of curry powder (11 g)
- 1 teaspoon of garlic powder (3 g)
- 1/2 cup of coconut cream (120 ml) (from the top of a refrigerated can of coconut milk)
- 2 Tablespoons of fresh basil leaves (4 g), chopped (for garnish)
- Salt and pepper, to taste

#### Instructions:

1. In a large saucepan, melt the coconut oil over medium-high heat. Add the onion and saute until translucent, about 2 to 3 minutes.
2. Add the green beans to the saucepan and saute until slightly soft, about 5 to 6 minutes.
3. Add the chicken broth to the saucepan and bring to a boil.
4. Add the salmon, curry powder, and garlic powder to the saucepan and continue to boil for 1 minute.
5. Reduce the heat to a simmer and add the coconut cream. Continue to simmer, stirring occasionally, until the salmon is fully cooked, about 3 to 5 minutes. Season with salt and pepper, to taste.
6. Divide the curry between 2 bowls and garnish with equal amounts of the fresh basil.

Calories: 909

Fat: 67 g

Total Carbs: 16 g

Fiber: 6 g

Sugar: 3 g

Net Carbs: 10 g

Protein: 59 g

# Day 4 Menu

*Lunch (L4):*

## **Baked Eggs in Avocados**

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

---

### **Ingredients:**

- 2 large avocados (400 g)
- 4 medium eggs
- 2 Tablespoons of olive oil (30 ml), divided
- 2 cups of spinach (60 g)
- Salt and pepper, to taste

### **Instructions:**

1. Preheat oven to 400 F (200 C).
2. Slice each avocado in half lengthwise. Remove and discard the avocado pits. Place each avocado half on a baking sheet.
3. Crack each egg into a bowl. Carefully remove each yolk from the bowl and place in each avocado half.
4. Pour approximately 1 teaspoon (5 ml) of olive oil over each avocado half.
5. Place the baking sheet in the oven and bake for 12 minutes.
6. Remove the baking sheet from the oven and season each avocado with salt and pepper, to taste.
7. Divide the spinach between 2 plates. Place 2 baked avocado halves on each plate and drizzle with the remaining olive oil.

Calories: 572

Fat: 51 g

Total Carbs: 18 g

Fiber: 14 g

Sugar: 1 g

Net Carbs: 4 g

Protein: 17 g

## Dinner (D4):

### Leftover Keto Cottage Pie

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- Leftover Keto Cottage Pie from Day 1 Dinner (D1)

#### Instructions:

1. In the oven or microwave, reheat the leftover cottage pie to desired temperature.
2. Divide the cottage pie between 2 plates and enjoy.

Calories: 684

Fat: 57 g

Total Carbs: 13 g

Fiber: 5 g

Sugar: 6 g

Net Carbs: 8 g

Protein: 32 g

# Day 5 Menu

## *Lunch (L5):*

### **Leftover Mini Spinach Meatloaves with Avocado Salad**

---

Prep Time: 10 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### **Ingredients:**

- 1 large avocado (200 g), diced
- 1 Tablespoon of olive oil (15 ml)
- 1 Tablespoon of balsamic vinegar (15 ml)
- Mini Spinach Meatloaves from Day 2 Lunch (L2)
- Salt and pepper, to taste

#### **Instructions:**

1. In a small bowl, combine the avocado with the olive oil and balsamic vinegar. Season with salt and pepper, to taste.
2. In the oven or microwave, reheat the leftover mini meatloaves to desired temperature.
3. Divide the mini meatloaves between 2 plates and enjoy with the avocado salad.

Calories: 725

Fat: 58 g

Total Carbs: 16 g

Fiber: 8 g

Sugar: 3 g

Net Carbs: 8 g

Protein: 37 g

## Dinner (D5):

### One-Pot Pork and Cabbage Stew

[Refrigerate half of the stew for Day 7 Dinner (D7)]

---

Prep Time: 20 mins | Cook Time: 2 hours | Yield: 4 servings

---

#### Ingredients:

- 2 Tablespoons of coconut oil (30 ml), to cook with
- 2 lbs of pork shoulder (900 g), cubed
- 1 head of cabbage (700 g), thinly sliced
- 1 medium onion (110 g), thinly sliced
- 1/2 leek (45 g), sliced
- 3 cups of cold water (720 ml)
- 1 Tablespoon of apple cider vinegar (15 ml)
- 2 teaspoons of salt (10 g) (plus additional, to taste)
- 1 Tablespoon of fresh ginger (5 g), minced or finely diced
- Pepper, to taste

#### Instructions:

1. In a large pot or Dutch oven, melt the coconut oil over medium-high heat. In batches, sear the pork until browned on all sides, about 5 to 6 minutes per batch. Return the browned pork to the pot.
2. Reduce the heat to medium and add the cabbage, onion, leek, water, apple cider vinegar, salt, and fresh ginger to the pot.
3. Cover and simmer, stirring occasionally, for 2 hours until the vegetables are soft and the pork is fork-tender. Add additional water to the pot during the cook time, if needed. Season with additional salt and pepper, to taste. Refrigerate half of the stew for Day 7 Dinner (D7).
4. Divide the remaining stew between 2 bowls and serve.

Calories: 544

Fat: 35 g

Total Carbs: 14 g

Fiber: 5 g

Sugar: 7 g

Net Carbs: 9 g

Protein: 42 g



# Day 6 Menu

*Lunch (L6):*

## **Leftover Chicken Cauliflower “Couscous” Salad**

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

### **Ingredients:**

- Leftover Chicken Cauliflower “Couscous” Salad from Day 3 Lunch (L3)

### **Instructions:**

1. If desired, reheat the leftover chicken cauliflower “couscous” salad.
2. Divide the “couscous” salad between 2 plates and enjoy.

Calories: 372

Fat: 24 g

Total Carbs: 11 g

Fiber: 4 g

Sugar: 5 g

Net Carbs: 7 g

Protein: 27 g

## Dinner (D6):

### Zucchini Beef Saute with Garlic and Cilantro

---

Prep Time: 10 mins | Cook Time: 10 mins | Yield: 2 servings

---

#### Ingredients:

- 3 Tablespoons of avocado oil (45 ml), to cook with
- 2 beef steaks (400 g), sliced into 1-inch (2 1/2 cm) strips
- 1 zucchini (120 g), sliced into 1-inch (2 1/2 cm) strips
- 2 Tablespoons of gluten-free tamari sauce or coconut aminos (30 ml)
- 3 cloves of garlic (9 g), minced or finely diced
- 1/4 cup of fresh cilantro (4 g), chopped
- Salt and pepper, to taste

#### Instructions:

1. Add the avocado oil to a large skillet over medium-high heat. Add the steak to the skillet and saute until slightly browned, about 1 to 3 minutes.
2. Add the zucchini to the skillet and saute until slightly soft, about 1 to 2 minutes.
3. Add the tamari sauce or coconut aminos, garlic, and fresh cilantro to the skillet and continue to saute until the beef is cooked to your liking, about 1 to 3 minutes. Season with salt and pepper, to taste.
4. Divide the saute between 2 plates and serve.

Calories: 737

Fat: 63 g

Total Carbs: 5 g

Fiber: 1 g

Sugar: 1 g

Net Carbs: 4 g

Protein: 35 g

# Day 7 Menu

*Lunch (L7):*

## **Chicken Hash with Coconut Dijon Sauce**

---

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 2 servings

---

### **Ingredients:**

For the coconut dijon sauce -

- 1/4 cup of ghee (60 ml)
- 2 Tablespoons of Dijon mustard (30 ml)
- 2 Tablespoons of chicken broth (30 ml)
- 2 Tablespoons of coconut butter (30 g)

For the chicken hash -

- 2 Tablespoons of coconut oil (30 ml), to cook with
- 1/2 medium onion (55 g), thinly sliced
- 1 carrot (50 g), grated or thinly sliced
- 1/2 leek (45 g), thinly sliced
- 1 chicken breast (200 g), diced
- 2 cups of spinach (60 g)
- Salt and pepper, to taste

### **Instructions:**

1. In a small saucepan, melt the ghee over medium heat.
2. Reduce the heat to low and add the Dijon mustard and chicken broth to the saucepan. Simmer, whisking frequently, for 5 minutes until the sauce is slightly thickened.
3. Add the coconut butter to the saucepan and continue to simmer, whisking continuously, for an additional 5 minutes until the sauce is desired consistency. Remove the saucepan from the heat and let cool. (Sauce will continue to thicken as it cools.)
4. Meanwhile, melt the coconut oil in a large skillet over medium-high heat. Add the onion, carrot, and leek to the skillet and saute until the vegetables are slightly soft, about 3 to 4 minutes.
5. Add the chicken to the skillet and saute until cooked through, about 5 to 6 minutes. Season with salt and pepper, to taste.

6. Divide the spinach between 2 plates and top with equal amounts of the chicken hash. Drizzle equal amounts of the coconut sauce over the hash and serve.

Calories: 698

Fat: 62 g

Total Carbs: 13 g

Fiber: 5 g

Sugar: 4 g

Net Carbs: 8 g

Protein: 26 g

## Dinner (D7):

### Leftover One-Pot Pork and Cabbage Stew

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- Leftover One-Pot Pork and Cabbage Stew from Day 5 Dinner (D5)

#### Instructions:

1. On the stovetop or in a microwave, reheat the leftover pork and cabbage stew to desired temperature.
2. Divide the stew between 2 bowls and enjoy.

Calories: 551

Fat: 35 g

Total Carbs: 16 g

Fiber: 6 g

Sugar: 8 g

Net Carbs: 10 g

Protein: 42 g

# Pantry Items

<b>Pantry Items:</b>	<b>Quantity</b>
<a href="#">Apple cider vinegar</a>	1 Tablespoon (15 ml)
<a href="#">Avocado oil</a> *	Approx. 1/2 cup (120 ml)
<a href="#">Balsamic vinegar</a>	1 Tablespoon (15 ml)
<a href="#">Chicken broth</a>	Approx. 3 cups (720 ml)
<a href="#">Chili powder</a>	Approx. 1 teaspoon (2 g)
<a href="#">Coconut butter</a>	2 Tablespoons (14 g)
<a href="#">Coconut milk</a>	2 cans (240 ml each)
<a href="#">Coconut oil</a> *	Approx. 1 cup (240 ml)
<a href="#">Cumin powder</a>	2 teaspoons (4 g)
<a href="#">Curry powder</a>	Approx. 2 Tablespoons (14 g)
<a href="#">Diced tomatoes</a> (canned)	1 can (14 oz or 400 g)
<a href="#">Garlic powder</a>	1 Tablespoon (10 g)
<a href="#">Ghee</a> *	Approx. 1/2 cup (120 ml)
<a href="#">Gluten-free tamari sauce or coconut aminos</a> ***	3 Tablespoons (45 ml)
<a href="#">Italian seasoning</a>	4 Tablespoons (12 g)
<a href="#">Mayo</a> **	2 Tablespoons (30 ml)
<a href="#">Mustard</a>	2 Tablespoons (30 ml)
<a href="#">Olive oil</a> *	Approx. 1/2 cup (120 ml)
<a href="#">Pepper</a>	Approx. 10 teaspoons (10 g)
<a href="#">Salt</a>	Approx. 10 Tablespoons (150 g)

\* You can generally use these oils interchangeably in the recipes.

\*\* You can make your own Paleo mayo (see recipe [here](#)) or purchase [Paleo mayo here](#).

\*\*\* If you have trouble finding Gluten-Free Tamari Sauce or Coconut Aminos, then you can omit this seasoning from the recipes.

# Shopping List

- 7 **chicken breasts** (1400 g) (L1, D2, L3, L7)\*
- 2 **beef steaks** (400 g) (D6)\*\*
- 2 lbs of **ground beef** (900 g) (D1, L2)
- 2 lbs of **pork shoulder** (900 g) (D5)
- 1/2 lb of **ground pork** (225 g) (L2)
- 1 lb of filets of **salmon** (with skin on), fresh or frozen (450 g) (D3)
  
- 12 medium **eggs** (L2, L4)
  
- 4 medium **onions** (440 g) (D1, L2, D3, D5, L7)
- 4 **green onions** (20 g) (L3)
- 1 **leek** (90 g) (D5, L7)
- 12 cups of **spinach** (360 g) (L2, L4, L7)
- 3 large **avocados** (600 g) (L4, L5)
- 3 medium **bell peppers** (360 g) (L1, L3)
- 3 **carrots** (150 g) (D1, L7)
- 2 heads of **cauliflower** (1200 g) (D1, L3)
- 1 head of **cabbage** (700 g) (D5)
- 2 **zucchini**s (240 g) (D2, D6)
- 2 **cucumbers** (440 g) (L2, L3)
- 7 oz of **green beans** (196 g) (D3)
- 1 **lemon** (L2, L3)
- 2 heads of **garlic** (approx. 11 cloves) (L2, D2, D6)
- 1 Tablespoon of **fresh ginger** (5 g) (D5)
- 10 Tablespoons of **fresh basil leaves** (20 g) (D2, D3)
- 1 bunch of **fresh cilantro** (D6)

\*Get chicken breast with the skin on, if possible.

\*\*Pick fattier cuts of steak, if possible.

# WEEK 4





**WEEK  
4**

# KETO MEAL PLAN

## Breakfast Ideas

[Collagen-Boosted Keto Coffee](#)  
[10-Minute Keto Toast](#)  
[Keto Blueberry Muffins](#)

	Lunch	Dinner	Notes	Net Carbs	Total Calories
<b>Day 1</b>	<a href="#">Smoked Salmon and Cucumber Ham Wraps</a>	<a href="#">Roast Beef with Carrots and Onions</a>	Make enough roast beef for Day 4 Dinner (D4)	8	1125
<b>Day 2</b>	<a href="#">Basil Chicken Saute</a>	<a href="#">Easy Pork Fajitas</a>		16	1204
<b>Day 3</b>	<a href="#">Ham and Spinach Mini Quiches with Lemon Fried Avocado</a>	<a href="#">3-Ingredient Crispy Chicken Thighs with Cauliflower Mash</a>	Make enough mini quiches for Day 6 Lunch (L6) and chicken thighs and mash for Day 5 Dinner (D5)	9	1266
<b>Day 4</b>	<a href="#">Roasted Cauliflower Broccoli Tuna Bowl</a>	<a href="#">Leftover Roast Beef with Carrots and Onions</a>		18	1282
<b>Day 5</b>	<a href="#">Easy Meatball Soup</a>	<a href="#">Leftover Crispy Chicken Thighs with Cauliflower Mash</a>	Make enough meatball soup for Day 7 Lunch (L7)	6	1260
<b>Day 6</b>	<a href="#">Leftover Ham and Spinach Mini Quiches with Side Salad</a>	<a href="#">Quick Beef and Broccoli Stir-Fry</a>		10	1144
<b>Day 7</b>	<a href="#">Leftover Easy Meatball Soup</a>	<a href="#">Cucumber Ginger Shrimp with Fried "Rice"</a>		11	1115

## Breakfast:

### Collagen-Boosted Keto Coffee

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- 2 cups of black coffee (480 ml)
- 2 Tablespoons of ghee (30 ml)
- 1 scoop of unflavored hydrolyzed collagen powder (10 g)

#### Instructions:

1. Place the coffee, ghee, and collagen powder in a blender and blend until fully combined.
2. Divide the coffee between 2 mugs and serve.

Calories: 160

Fat: 14 g

Total Carbs: 0 g

Fiber: 0 g

Sugar: 0 g

Net Carbs: 0 g

Protein: 0 g

## Breakfast:

### 10-Minute Keto Toast

---

Prep Time: 5 mins | Cook Time: 5 mins | Yield: 2 servings

---

#### Ingredients:

- 1/3 cup of almond flour (40 g)
- 1/2 teaspoon of baking powder (1 g)
- Dash of salt
- 1 medium egg, whisked
- 2 1/2 Tablespoons of ghee (38 ml), melted (plus additional for the mug and for serving)

#### Instructions:

1. Preheat oven to 400 F (200 C).
2. In a small bowl, combine the toast ingredients with a small whisk or fork. Pour the mixture into a greased mug.
3. Place the mug in a microwave and cook for 90 seconds on high. Remove from microwave and let cool slightly.
4. Once the mug is cool enough to handle, gently remove the bread and slice into 4 pieces. Place the on a baking tray.
5. Place the baking tray in the oven and toast for 4 minutes. Remove the baking tray from the oven and let cool slightly.
6. Serve the toast with additional ghee, if desired.

Calories: 270

Fat: 27 g

Total Carbs: 3 g

Fiber: 2 g

Sugar: 1 g

Net Carbs: 1 g

Protein: 6 g

## Breakfast:

### Keto Blueberry Muffins

---

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 6 small muffins

---

#### Ingredients:

- 1 1/2 cups of almond flour (180 g)
- 1/4 cup of ghee (60 ml), melted (plus additional to grease the muffin pan)
- 2 eggs, whisked
- 1 Tablespoon of vanilla extract (15 ml)
- Stevia or low carb sweetener of choice, to taste
- 1/2 teaspoon baking soda (2 g)
- Dash of salt
- 24 blueberries (12 g or 1/2 cup)

#### Instructions:

1. Preheat oven to 350 F (175 C). Grease a 12-cup muffin pan with melted ghee or line with paper liners.
2. In a large bowl, combine the almond flour, melted ghee, eggs, vanilla extract, stevia, baking soda, and salt.
3. Poke a sharp knife or toothpick into the blueberries burst the skin. Stir-in 12 of the blueberries into the batter. Set aside the remaining 12 blueberries.
4. Spoon the batter into the prepared muffin pan, filling each cup about 3/4 full. Place 2 blueberries at the top of each muffin and push halfway into the batter.
5. Place the muffin pan in the oven and bake for 18 to 20 minutes until a toothpick comes out clean when you insert it into a muffin.
6. Remove the muffins from the oven and let cool before serving. Store any leftovers in an airtight container.

Calories: 240

Fat: 22 g

Total Carbs: 6 g

Fiber: 3 g

Sugar: 2 g

Net Carbs: 3 g

Protein: 7 g

# Day 1 Menu

*Lunch (L1):*

## **Smoked Salmon and Cucumber Ham Wraps**

---

Prep Time: 10 mins | Cook Time: 0 mins | Yield: 2 servings

---

### **Ingredients:**

- 2 Tablespoons of coconut cream (30 ml) (from the top of a refrigerated can of coconut milk)
- 8 slices of ham (224 g)
- 6 oz of smoked salmon (168 g)
- 1/2 cucumber (110 g), thinly sliced
- 4 cups of spinach (120 g)
- 2 Tablespoons of olive oil (30 ml)
- Salt and pepper, to taste

### **Instructions:**

1. Evenly spread equal amounts of coconut cream on each ham slice. Place equal amounts of smoked salmon and sliced cucumber on each ham slice. Roll each ham slice to create a wrap.
2. In a medium bowl, toss the spinach with the olive oil. Season with salt and pepper, to taste.
3. Divide the spinach between 2 plates. Top each plate with 4 ham wraps and serve.

Calories: 382

Fat: 24 g

Total Carbs: 4 g

Fiber: 2 g

Sugar: 1 g

Net Carbs: 2 g

Protein: 38 g

## Dinner (D1):

### Roast Beef with Carrots and Onions

[Refrigerate half of the roast beef for Day 4 Dinner (D4)]

---

Prep Time: 10 mins | Cook Time: 60 mins | Yield: 4 servings

---

#### Ingredients:

- 2 carrots (100 g), peeled and roughly chopped
- 1 medium onion (110 g), peeled and roughly chopped
- 6 cloves of garlic (18 g), peeled and lightly crushed
- 4 Tablespoons of olive oil (60 ml), divided
- 1 large sprig of rosemary, leaves removed
- 1 sprig of thyme, leaves removed
- 2 lbs of beef round (900 g)
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 400 F (200 C).
2. Toss the carrots, onion, and garlic with 2 Tablespoons (30 ml) of olive oil, half of the rosemary leaves, half of the thyme leaves, and salt, to taste. Place in the center of a large roasting pan.
3. Rub the beef round with the remaining 2 Tablespoons (30 ml) of olive oil, the remaining rosemary leaves, and the remaining thyme leaves. Season with salt and pepper, to taste. Place the beef on top of the vegetables in the roasting pan.
4. Place the roasting pan in the oven and roast for 1 hour or until cooked to your liking. Remove the roasting pan from the oven and let sit for 10 to 15 minutes before slicing. Refrigerate half of the roast beef for Day 4 Dinner (D4).
5. Divide the remaining sliced roast beef and roasted vegetables between 2 plates and serve.

Calories: 743

Fat: 62 g

Total Carbs: 7 g

Fiber: 1 g

Sugar: 2 g

Net Carbs: 6 g

Protein: 38 g

# Day 2 Menu

*Lunch (L2):*

## **Basil Chicken Saute**

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

---

### **Ingredients:**

- 2 Tablespoons of coconut oil (30 ml), to cook with
- 1 chili pepper (14 g), seeds removed and finely diced (optional)
- 4 cloves of garlic (12 g), minced or finely diced
- 2 chicken breasts (400 g), minced or chopped small
- 1 cup of fresh basil leaves (32 g), chopped
- 2 Tablespoons of gluten-free tamari sauce or coconut aminos (30 ml)
- Salt and pepper, to taste

### **Instructions:**

1. In a large skillet, melt the coconut oil over medium-high heat. Add the optional chili pepper and garlic to the skillet and saute until fragrant, about 30 seconds.
2. Add the chicken to the skillet and saute until cooked through, about 6 to 8 minutes.
3. Add the fresh basil and tamari sauce or coconut aminos to the skillet and saute for an additional 2 to 3 minutes. Season with salt and pepper, to taste.
4. Divide the saute between 2 plates and serve.

Calories: 535

Fat: 34 g

Total Carbs: 3 g

Fiber: 0 g

Sugar: 0 g

Net Carbs: 3 g

Protein: 47 g



## Dinner (D2):

### Easy Pork Fajitas

---

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 2 servings

---

#### Ingredients:

- 3 Tablespoons of coconut oil (45 ml), to cook with
- 1 medium bell pepper (120 g), sliced
- 1 medium onion (110 g), thinly sliced
- 1 lb of pork tenderloin (450 g), sliced
- 1 Tablespoon of garlic powder (10 g)
- 1 Tablespoon of onion powder (7 g)
- 1 Tablespoon of cumin powder (6 g)
- 2 Tablespoons of fresh cilantro (2 g), chopped
- 1/4 teaspoon of chili powder (1 g) (or to taste)
- 1 large avocado (200 g), sliced
- Salt and pepper, to taste

#### Instructions:

1. In a large skillet, melt the coconut oil over medium-high heat. Add the bell pepper and onion to the skillet and saute until golden brown, about 6 to 8 minutes.
2. Add the pork to the skillet and saute until browned, about 2 to 4 minutes.
3. Add the garlic powder, onion powder, cumin powder, fresh cilantro, and chili powder to the skillet and continue to saute until the pork is cooked to your liking, about 2 to 5 minutes. Season with salt and pepper, to taste
4. Divide the pork fajitas between 2 plates. Top the fajitas with equal amounts of sliced avocado and serve.

Calories: 669

Fat: 45 g

Total Carbs: 22 g

Fiber: 9 g

Sugar: 7 g

Net Carbs: 13 g

Protein: 51 g

# Day 3 Menu

## *Lunch (L3):*

### **Ham and Spinach Mini Quiches with Lemon Fried Avocado**

[Refrigerate half of the mini quiches for Day 6 Lunch (L6)]

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 4 servings

---

#### **Ingredients:**

For the ham and spinach mini quiches -

- 1/2 Tablespoon of olive oil (8 ml), to grease 12-cup muffin pan (optional)
- 6 medium eggs, whisked
- 8 slices of ham (224 g), diced
- 4 cups of spinach (120 g), chopped
- 1/2 medium onion (55 g), thinly sliced
- 1/2 cup of coconut milk (120 ml)
- 1/2 teaspoon of baking powder (1 g)
- Salt and pepper, to taste

For the lemon fried avocado -

- 1 large avocado (200 g), sliced
- 2 Tablespoons of lemon juice (30 ml) (or to taste)
- 1 Tablespoon of coconut oil (15 ml), to cook with
- Salt, to taste

#### **Instructions:**

For the ham and spinach mini quiches -

1. Preheat oven to 350 F (175 C). Grease a muffin pan with olive oil and set aside. (Alternately, use paper liner inserts or a silicone muffin pan and do not grease.)
2. In a large bowl, combine the whisked eggs, ham, spinach, and onion with the coconut milk and baking powder. Season with salt and pepper, to taste. Pour the mixture into 12 cups of muffin pan.
3. Place the muffin pan in the oven and bake for 15 minutes until the eggs are firm and cooked through. Remove the muffin pan from the oven and let cool slightly. Refrigerate half of the mini quiches for Day 6 Lunch (L6).
4. Divide the remaining mini quiches between 2 plates and serve.

For the lemon fried avocado -

1. Dip each avocado slice into the lemon juice.
2. In a small skillet, melt the coconut oil over medium heat. Add the avocado slices and fry until slightly brown, about 3 to 5 minutes. If desired, season with salt, to taste.
3. Divide the avocado slices between 2 plates and serve.

Calories: 464

Fat: 39 g

Total Carbs: 12 g

Fiber: 7 g

Sugar: 2 g

Net Carbs: 5 g

Protein: 22 g

## Dinner (D3):

### 3-Ingredient Crispy Chicken Thighs with Cauliflower Mash

[Refrigerate half of the chicken thighs and cauliflower mash for Day 5 Dinner (D5)]

---

Prep Time: 10 mins | Cook Time: 40 mins | Yield: 4 servings

---

#### Ingredients:

For the crispy chicken thighs -

- 4 Tablespoons of olive oil (60 ml), divided (plus additional for the baking tray)
- 12 chicken thighs (with skin on) (1800 g)
- 2 Tablespoons of salt (30 g)

For the cauliflower mash -

- 1 head of cauliflower (600 g), broken into small florets
- 1/2 cup of coconut milk (120 ml)
- Salt, to taste

#### Instructions:

For the crispy chicken thighs -

1. Preheat oven to 450 F (230C). Grease a rimmed baking tray with olive oil and set aside.
2. Rub each chicken thigh with salt and place on the prepared baking tray. Drizzle each thigh with 1 teaspoon (5 ml) of olive oil.
3. Place the baking tray in the oven and bake for 40 minutes until the thighs are cooked through and the skin is crispy. Check with an instant-read meat thermometer that the internal temperature reaches 165 F (75 C). Remove from the oven and let cool slightly. Refrigerate half of the thighs for Day 5 Dinner (D5).
4. Divide the remaining chicken thighs between 2 plates and serve.

For the cauliflower mash -

1. Boil or steam the cauliflower until soft, about 5 to 7 minutes. Drain well.
2. Using a food processor or blender, combine the cauliflower with the coconut milk. Season with salt, to taste. Refrigerate half of the cauliflower mash for Day 5 Dinner (D5).
3. Divide the remaining cauliflower mash between 2 plates and serve.

Calories: 802

Fat: 62 g

Total Carbs: 8 g  
Fiber: 4 g  
Sugar: 4 g  
Net Carbs: 4 g  
Protein: 51 g

# Day 4 Menu

*Lunch (L4):*

## **Roasted Cauliflower Broccoli Tuna Bowl**

---

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 2 servings

---

### **Ingredients:**

- 1/2 head of cauliflower (300 g), broken into small florets
- 1/2 head of broccoli (225 g), broken into small florets
- 2 Tablespoons of avocado oil (30 ml), divided
- 2 teaspoon of lemon juice (10 ml) (or to taste)
- 2 Tablespoons of tahini sauce (30 ml)
- 1 1/2 Tablespoons of gluten-free tamari sauce or coconut aminos (23 ml)
- 1 1/2 teaspoons of sesame oil (8 ml) (or to taste)
- 2 cans of tuna (340 g), drained and flaked
- Salt and pepper, to taste

### **Instructions:**

1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss the cauliflower and broccoli with 1 Tablespoon (15 ml) of avocado oil. Season with salt and pepper, to taste. Place the vegetables in a single layer on a rimmed baking sheet.
3. Place the baking sheet in the oven and bake for 20 minutes until the vegetables are tender and slightly brown.
4. Remove the baking sheet from the oven and place the roasted vegetables in the same large bowl. Toss the vegetables with the remaining 1 Tablespoon (15 ml) of avocado oil and the lemon juice. Season with additional salt and pepper, if desired.
5. In a small bowl, whisk to combine the tahini sauce, tamari sauce or coconut aminos, and sesame oil. Season with salt and pepper, to taste.
6. Divide the roasted vegetables between 2 bowls and top with equal amounts of tuna. Drizzle equal amounts of the tahini mixture over the tuna and serve.

Calories: 539

Fat: 30 g

Total Carbs: 20 g

Fiber: 8 g

Sugar: 6 g

Net Carbs: 12 g

Protein: 50 g

## Dinner (D4):

### Leftover Roast Beef with Carrots and Onions

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- Leftover Roast Beef with Carrots and Onions from Day 1 Dinner (D1)

#### Instructions:

1. In the oven or microwave, reheat the leftover roast beef and vegetables to desired temperature.
2. Divide the roast beef and vegetables between 2 plates and enjoy.

Calories: 743

Fat: 62 g

Total Carbs: 7 g

Fiber: 1 g

Sugar: 2 g

Net Carbs: 6 g

Protein: 38 g



# Day 5 Menu

## *Lunch (L5):*

### **Easy Meatball Soup**

[Refrigerate half of the meatball soup for Day 7 Lunch (L7)]

---

Prep Time: 15 mins | Cook Time: 15 mins | Yield: 4 servings

---

#### **Ingredients:**

- 8 cups of chicken broth (1920 ml)
- 1/4 cup of fresh cilantro (4 g), chopped
- 1 teaspoon of fresh ginger (2 g), minced or finely diced
- 1 1/4 lbs of ground beef (675 g)
- 2 medium eggs, whisked
- 4 cloves of garlic (12 g), minced or finely diced
- 1/2 cup of fresh parsley (8 g), chopped
- 2 teaspoons of salt (10 g) (plus additional, to taste)
- 1/2 teaspoon of pepper (plus additional, to taste)
- 2 cups of spinach (60 g)

#### **Instructions:**

1. Add the chicken broth, fresh cilantro, and fresh ginger to a large pot and simmer over low heat.
2. Meanwhile, in a large bowl, combine the ground beef, whisked eggs, garlic, fresh parsley, salt and pepper. Form the beef mixture into about 40 small meatballs.
3. Place the meatballs in the pot and increase the temperature to medium-high. Bring the broth to a boil and continue to boil until the meatballs are cooked through with an internal temperature of 160 F (71 C), about 10 to 15 minutes.
4. Add the spinach to the pot and continue to cook until wilted, about 1 to 2 minutes. Season with additional salt and pepper, if desired. Refrigerate half of the meatball soup for Day 7 Lunch (L7).
5. Divide the remaining soup between 2 bowls and serve.

Calories: 458

Fat: 34 g

Total Carbs: 3 g  
Fiber: 1 g  
Sugar: 0 g  
Net Carbs: 2 g  
Protein: 27 g

## Dinner (D5):

### Leftover Crispy Chicken Thighs with Cauliflower Mash

---

Prep Time: 10 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- Leftover 3-Ingredient Crispy Chicken Thighs from Day 3 Dinner (D3)
- Leftover Cauliflower Mash from from Day 3 Dinner (D3)

#### Instructions:

1. In the oven or microwave, reheat the leftover chicken thighs to desired temperature.
2. On the stovetop or in a microwave, reheat the leftover cauliflower mash to desired temperature.
3. Divide the chicken thighs and cauliflower mash between 2 plates and enjoy.

Calories: 802

Fat: 62 g

Total Carbs: 8 g

Fiber: 4 g

Sugar: 4 g

Net Carbs: 4 g

Protein: 51 g

# Day 6 Menu

## Lunch (L6):

### Leftover Ham and Spinach Mini Quiches with Side Salad

---

Prep Time: 10 mins | Cook Time: 0 mins | Yield: 2 servings

---

#### Ingredients:

- 1 head of romaine lettuce (200 g), chopped
- 1/2 cucumber (110 g), thinly sliced
- 3 Tablespoons of olive oil (45 ml)
- 1 Tablespoon of lemon juice (15 ml)
- Leftover Ham and Spinach Mini Quiches from Day 3 Lunch (L3)

#### Instructions:

1. In a large bowl, toss the romaine lettuce and cucumber with the olive oil and lemon juice. Divide the salad between 2 bowl.
2. In the oven or microwave, reheat the leftover mini quiches to desired temperature.
3. Divide the mini quiches between 2 plates and enjoy with the side salad.

Calories: 416

Fat: 35 g

Total Carbs: 6 g

Fiber: 3 g

Sugar: 3 g

Net Carbs: 3 g

Protein: 21 g

## Dinner (D6):

### Quick Beef and Broccoli Stir-Fry

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

---

#### Ingredients:

- 1/2 head of broccoli (225 g), broken into small florets
- 2 Tablespoons of avocado oil (30 ml), to cook with
- 1/4 medium onion (28 g), thinly sliced
- 2 beef steaks (400 g), sliced
- 2 Tablespoons of gluten-free tamari sauce or coconut aminos (30 ml)
- 2 cloves of garlic (6 g), minced or finely diced
- 1 teaspoon of sesame oil (5 ml) (or to taste)
- Salt and pepper, to taste

#### Instructions:

1. In a pot of salted water, boil the broccoli until tender, about 2 to 3 minutes. Remove the broccoli from the pot with a slotted spoon and drain well.
2. Add the avocado oil to a large skillet over medium-high heat. Add the onion to the skillet and stir-fry until translucent, about 1 to 2 minutes.
3. Add the sliced steak to the skillet and stir-fry until just slightly browned, about 1 to 2 minutes.
4. Add the broccoli, tamari sauce or coconut aminos, garlic, and sesame oil to the skillet and continue to stir-fry until beef is cooked to your liking and broccoli is heated through, about 2 to 5 minutes. Season with salt and pepper, to taste.
5. Divide the beef and broccoli between 2 plates and serve.

Calories: 728

Fat: 59 g

Total Carbs: 11 g

Fiber: 4 g

Sugar: 3 g

Net Carbs: 7 g

Protein: 37 g

# Day 7 Menu

*Lunch (L7):*

## **Leftover Easy Meatball Soup**

---

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

---

### **Ingredients:**

- Leftover Easy Meatball Soup from Day 5 Lunch (L5)

### **Instructions:**

1. On the stovetop or microwave, reheat the leftover meatball soup to desired temperature.
2. Divide the meatball soup between 2 bowls and enjoy.

Calories: 450

Fat: 34 g

Total Carbs: 1 g

Fiber: 1 g

Sugar: 0 g

Net Carbs: 0 g

Protein: 27 g

## Dinner (D7):

### Cucumber Ginger Shrimp with Fried "Rice"

---

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

---

#### Ingredients:

For the cucumber ginger shrimp -

- 3 Tablespoons of coconut oil (45 ml), to cook with
- 2 cucumbers (440 g), cut into 1/2-inch (1.25 cm) slices
- 2 teaspoons of fresh ginger (3 g), minced or finely diced
- 1 lb of shrimp (450 g), defrosted if frozen, peeled and deveined
- Salt, to taste

For the fried "rice" -

- 3 Tablespoons of ghee (45 ml), to cook with
- 1/2 head of cauliflower (300 g), processed into rice-like pieces
- 1 carrot (50 g), grated or thinly sliced
- 1/4 medium onion (28 g), thinly sliced
- Salt, to taste

#### Instructions:

For the cucumber ginger shrimp -

1. In a large skillet, melt the coconut oil over medium-high heat. Add the cucumbers and fresh ginger to the skillet and saute until slightly soft, about 2 to 3 minutes.
2. Add the shrimp to the skillet and saute until opaque and cooked through, about 2 to 5 minutes. Season with salt, to taste.
3. Divide the shrimp saute between 2 plates and serve.

For the fried "rice" -

1. In a large skillet, melt the ghee over high heat. Add the cauliflower, carrot, and onion to the skillet and saute until the vegetables are soft, about 5 to 8 minutes. Season with salt, to taste.
2. Divide the fried "rice" between 2 plates and serve.

Calories: 665

Fat: 47 g

Total Carbs: 16 g

Fiber: 5 g

Sugar: 7 g  
Net Carbs: 11 g  
Protein: 50 g



# Pantry Items

<b>Pantry Items:</b>	<b>Quantity</b>
<a href="#">Avocado oil</a> *	Approx. 1/2 cup (180 ml)
<a href="#">Baking powder</a>	Approx. 1 teaspoon (2 g)
<a href="#">Canned tuna</a>	2 cans (5-6 oz each)
<a href="#">Chicken broth</a>	8 cups (1920 ml)
<a href="#">Chili powder</a>	Approx. 1 teaspoon (2 g)
<a href="#">Coconut milk</a>	2 cans (240 ml each)
<a href="#">Coconut oil</a> *	Approx. 3/4 cup (180 ml)
<a href="#">Cumin powder</a>	1 Tablespoon (6 g)
<a href="#">Garlic powder</a>	1 Tablespoon (10 g)
<a href="#">Ghee</a> *	3 Tablespoons (45 ml)
<a href="#">Gluten-free tamari sauce or coconut aminos</a> ***	Approx. 1/2 cup (180 ml)
<a href="#">Olive oil</a> *	Approx. 1 cup (240 ml)
<a href="#">Onion powder</a>	1 Tablespoon (7 g)
<a href="#">Pepper</a>	Approx. 10 teaspoons (10 g)
<a href="#">Salt</a>	Approx. 10 Tablespoons (150 g)
<a href="#">Sesame oil</a>	Approx. 3 Tablespoons (45 ml)
<a href="#">Tahini sauce</a>	2 Tablespoons (30 ml)

\* You can generally use these oils interchangeably in the recipes.

\*\* You can make your own Paleo mayo (see recipe [here](#)) or purchase [Paleo mayo here](#).

\*\*\* If you have trouble finding Gluten-Free Tamari Sauce or Coconut Aminos, then you can omit this seasoning from the recipes.

# Shopping List

- 2 **chicken breasts** (400 g) (L2)\*
- 12 **chicken thighs** (with skin on) (1800 g) (D3)
- 2 lbs of **beef round** (900 g) (D1)\*\*
- 2 **beef steaks** (400 g) (D6)
- 1 1/4 lbs of **ground beef** (562.5 g) (L5)
- 1 lb of **pork tenderloin** (450 g) (D2)
- 16 slices of **ham** (448 g) (L1, L3)
- 1 lb of **shrimp**, fresh or frozen (450 g) (D7)
- 6 oz of **smoked salmon** (168 g) (L1)
  
- 8 medium **eggs** (L3, L5)
  
- 3 medium **onions** (330 g) (D1, D2, L3, D6, D7)
- 7 1/2 cups of **spinach** (225 g) (L1, L3, L5)
- 2 large **avocados** (400 g) (D2, L3)
- 1 medium **bell pepper** (120 g) (D2)
- 1 **chili pepper** (14 g) (L2) (optional)
- 3 **carrots** (150 g) (D1, D7)
- 2 heads of **cauliflower** (1200 g) (D3, L4, D7)
- 1 head of **broccoli** (450 g) (L4, D6)
- 1 head of **romaine lettuce** (200 g) (L6)
- 3 **cucumbers** (660 g) (L1, L6, D7)
- 2 heads of **garlic** (approx. 16 cloves) (D1, L2, L5, D6)
- 2 **lemons** (L3, L4, L6)
- 1 Tablespoon of **fresh ginger** (5 g) (L5, D7)
- 16 Tablespoons of **fresh basil leaves** (32 g) (L2)
- 1 Tablespoon of **fresh thyme** (3 g) (D1)
- 1 Tablespoon of **fresh rosemary** (3 g) (D1)
- 1 bunch of **fresh cilantro** (D2, L5)
- 1 bunch of **fresh parsley** (L5)

\*Get chicken breast with the skin on it if possible.

\*\*Pick fattier cuts of steak if possible.

*Looking for more*  
**MEAL PLANS?**

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Please check out our AIP,  
Paleo, and Keto Meal Plans at

<https://mealplan.club>

The logo for Meal Plan .club is centered on a white square. The word "Meal" is written in a dark teal, cursive font. Below it, a horizontal yellow bar is positioned. Underneath the bar, the word "Plan" is written in the same dark teal, cursive font. At the bottom of the logo, ".club" is written in a smaller, dark teal, sans-serif font.

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