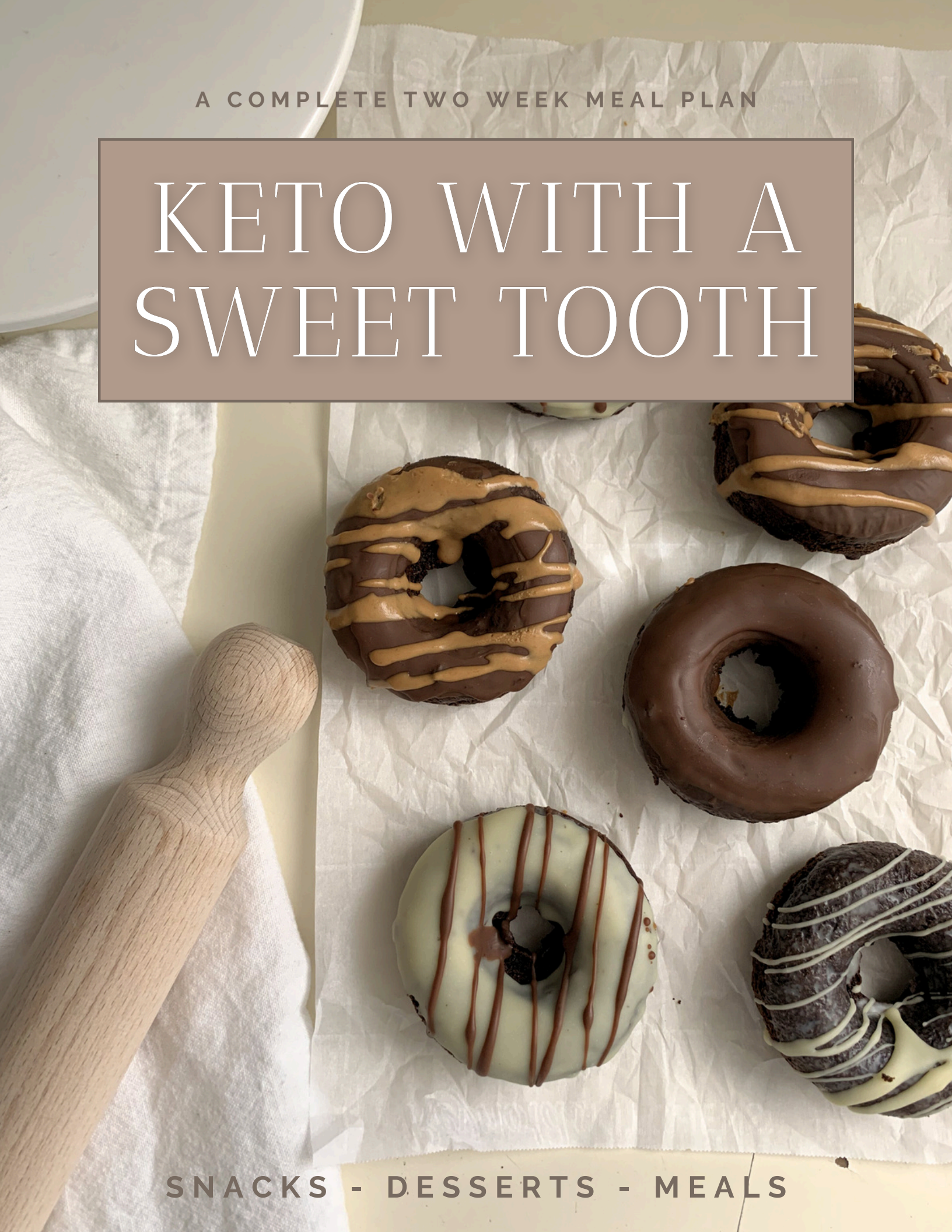


A COMPLETE TWO WEEK MEAL PLAN

KETO WITH A SWEET TOOTH



SNACKS - DESSERTS - MEALS



HELLO THERE

Hi! I'm so glad you're here, my name is Kelsie, I am a mom to 3 (+ 1 on the way) and I started eating keto in October of 2020. When I first started following the keto diet I noticed some stubborn postpartum weight start to shed and more importantly I started to feel energetic again! I felt like myself again (the before I had kids version) and it was such a blessing to feel so good and be able to be my best self for my family.

This led me to create the Keto With a Sweet Tooth guide so that I could help other recovering "sugar addicts" to overcome their cravings and unlock the energy potential that I experienced. Thank you for being here and I hope that this guide will bless your life like it has blessed mine. I can't wait to see where your keto journey takes you.

*xoxo
Kelsie*



ALL ABOUT KETO

If you are here, you probably already have a pretty good idea of what the keto diet is about. If not, that's okay too! I'll give you the basic run down so that you can feel confident understanding why we will be eating the way we do and to know what to watch out for in the first couple of weeks on the keto diet.

The Keto Diet: A Simple Overview

The Keto Diet (short for Ketogenic Diet) is a low-carbohydrate, high-fat diet designed to put your body into a metabolic state called ketosis. In this state, your body shifts from burning carbohydrates for energy to burning fat. The primary purpose of the keto diet is to promote weight loss, improve energy levels, and potentially support other health benefits such as reduced inflammation and improved mental clarity.

What is Ketosis?

Ketosis occurs when your body starts to break down fats into molecules called ketones to use as fuel instead of glucose, which is derived from carbohydrates. When you significantly reduce your carbohydrate intake, your body runs out of glucose and begins producing ketones, which are a more efficient source of energy. This process helps to promote fat burning, which is one of the key reasons the keto diet is popular for weight loss.

Net Carb Goal for Ketosis

To stay in ketosis, it's important to limit your carbohydrate intake. The general guideline is to consume 20 to 50 grams of net carbs per day, depending on your individual needs and activity level. Net carbs are the total carbohydrates in a food minus fiber, certain sugar alcohols, allulose, etc. which don't affect blood sugar in the same way. By maintaining a low-carb intake, your body will continue producing ketones, helping you remain in ketosis and burn fat effectively. Check out the "Macro Goal Calculators" on pages 5-7 for resources to help you figure out your personal keto macro goals.

Total Carbohydrates - Fiber - Sugar Alcohols - Allulose = Net Carbs

The Keto Flu: What you Should Know

When transitioning to the keto diet, some people experience flu-like symptoms, commonly known as the Keto Flu. This happens as your body adapts to using fat for fuel instead of carbohydrates. The symptoms typically occur within the first few days to two weeks of starting the diet and can include:

- Headaches
- Fatigue
- Nausea
- Dizziness
- Irritability
- Muscle cramps
- Difficulty sleeping

These symptoms are temporary and usually subside once your body fully adjusts to ketosis. Staying hydrated, replenishing electrolytes (such as potassium, magnesium, and sodium), and gradually reducing carb intake can help ease the transition and alleviate these symptoms.

Final Thoughts

The keto diet can be an effective tool for weight loss and improved energy by promoting ketosis. However, it's essential to monitor your carb intake to stay in ketosis and be mindful of the potential keto flu symptoms as your body adjusts to this new way of eating. Always consult with a healthcare provider before making significant dietary changes, especially if you have underlying health conditions.

The information provided in this description is for general informational purposes only and is not intended as medical advice. Always consult with a healthcare professional before making any changes to your diet or lifestyle, especially if you have any underlying health conditions. The author and publisher are not responsible for any adverse effects or consequences resulting from the use of this information.

MACROS + THE KETO DIET

What Are Macros?

Macronutrients (macros) are the three primary nutrients our bodies use for energy:

1. Carbohydrates
2. Proteins
3. Fats

On a standard keto diet, the goal is to drastically reduce carbohydrate intake, replace it with healthy fats, and moderate protein. The typical macronutrient breakdown for keto looks something like this:

- 70-75% fats
- 20-25% protein
- 5-10% carbohydrates

This shift encourages your body to enter ketosis, where it begins to break down fat for energy instead of carbs.

Why Are Macros Important on the Keto Diet?

By adhering to a specific macro ratio, your body can transition from burning glucose (carbs) to burning fat as its primary energy source. Here's why macros are important:

1. Helps you stay in ketosis: Carbs are limited to keep insulin levels low and trigger fat burning. Too many carbs can kick you out of ketosis.
2. Supports fat loss: The higher fat intake helps keep you feeling full and satisfied while burning fat.
3. Maintains muscle mass: Moderate protein intake ensures you don't lose muscle while losing fat.
4. Promotes energy and mental clarity: When in ketosis, your body relies on ketones (produced from fat) for energy, which many people report leads to increased focus and sustained energy.

How to Calculate Your Personal Macros for Keto

To calculate your keto macros, we need to determine how many calories you should consume in a day. From there, we can break it down into the percentage of fat, protein, and carbohydrates.

The formula for calculating your macros is complicated and can be intimidating, so feel free to use the macro calculators linked on page 7 instead!

Step One: Calculate Your Total Daily Energy Expenditure (TDEE)

Your TDEE is the total number of calories you burn in a day, including exercise. To estimate your TDEE, follow this formula:

1. Find your Basal Metabolic Rate (BMR):
 - For Men: $BMR = 10 \times \text{weight in kg} + 6.25 \times \text{height in cm} - 5 \times \text{age in years} + 5$
 - For Women: $BMR = 10 \times \text{weight in kg} + 6.25 \times \text{height in cm} - 5 \times \text{age in years} - 161$
2. Multiply your BMR by your activity factor:
 - Sedentary (little to no exercise): $BMR \times 1.2$
 - Lightly active (light exercise 1-3 days/week): $BMR \times 1.375$
 - Moderately active (moderate exercise 3-5 days/week): $BMR \times 1.55$
 - Very active (hard exercise 6-7 days/week): $BMR \times 1.725$
 - Extremely active (twice a day or very intense exercise): $BMR \times 1.9$

This will give you your TDEE.

Step Two: Determine Your Caloric Intake for Keto

Once you know your TDEE, you'll want to create a calorie deficit for fat loss (unless you're looking to maintain weight or gain muscle).

- For weight loss, subtract 10-20% from your TDEE.
- For maintenance, aim for your TDEE.
- For muscle gain, add 10-20% to your TDEE.

Continued on the next page... 4

MACROS + THE KETO DIET

Step Three: Calculate Your Macros

Now that you know your daily calorie intake, you can calculate your macros using the following percentages for a typical keto diet:

- Fats: 70% of total calories
- Protein: 25% of total calories
- Carbs: 5% of total calories

Use these formulas to convert the percentages into grams:

- Grams of fat: $\text{Total calories} \times 0.70 \div 9$ (since 1 gram of fat = 9 calories)
- Grams of protein: $\text{Total calories} \times 0.25 \div 4$ (since 1 gram of protein = 4 calories)
- Grams of carbs: $\text{Total calories} \times 0.05 \div 4$ (since 1 gram of carbohydrate = 4 calories)

Example Calculation

Let's walk through an example using an average male with a body weight of 80 kg (176 lbs), height of 175 cm (5'9"), and age of 30, with moderate activity.

Step 1: Calculate BMR

$$\text{BMR} = 10 \times 80 + 6.25 \times 175 - 5 \times 30 + 5 = 1,740 \text{ calories/day}$$

Step 2: Multiply by Activity Factor (Moderately Active = 1.55)

$$\text{TDEE} = 1,740 \times 1.55 = 2,697 \text{ calories/day}$$

Step 3: Create a Caloric Deficit (for weight loss, let's subtract 10%)

$$\text{Calories for weight loss} = 2,697 - 10\% = 2,427 \text{ calories/day}$$

Step 4: Calculate Macros

- Fats: $2,427 \times 0.70 \div 9 = 189$ grams of fat/day
- Protein: $2,427 \times 0.25 \div 4 = 152$ grams of protein/day
- Carbs: $2,427 \times 0.05 \div 4 = 30$ grams of carbs/day

Key Differences Between Men & Women

- Caloric Requirements: Generally, men have more muscle mass and a higher TDEE than women, meaning their caloric intake for keto will usually be higher.
- Fat Intake: Due to hormonal differences and body composition, women might benefit from a slightly higher fat intake (around 75% instead of 70%) to support hormone balance, while men can often tolerate a lower fat percentage.
- Protein Needs: Women may require slightly less protein than men because of lower muscle mass. However, both men and women should aim to maintain muscle mass during fat loss.

By understanding and calculating your personal macros, you can make the most of your keto diet and support your health and fitness goals effectively. Keep in mind, consistency is key!

The formula for calculating your macros is complicated and can be intimidating, so feel free to use the macro calculators linked on page 7 instead!

GETTING STARTED

When getting started with keto, I firmly believe that the key to success is having the right tools at your disposal. That is why I recommend taking a week (or two) to prepare your pantry before you even try to dive into keto. It really makes ALL THE DIFFERENCE.

It can be a bit of an upfront investment because it means swapping out many of your pantry staples for keto approved alternatives. So don't feel bad if this means spreading this process out over a couple weeks or even a month! Make it work for you and your budget but I promise you that taking the time to do this BEFORE you start keto, will set you up for success in the long run. You'll be able to confidently reach for ingredients that you know will fit within your keto plan and will help you reach your goals.

I am here to walk you through the process and get you setup for success so that you can confidently get started on your keto journey.



Step One

Say goodbye to sugar. Go through your fridge, cupboards and pantry and get rid of all of the products containing sugar. It is hidden in everything so start looking at the labels and determine if the net carbs contained in each item will be able to fit into your new lifestyle. This includes fruits that are high in carbs, like bananas, apples, grapes, etc. We will mostly be eating berries as our primary fruit source on keto since they are low carb. Remember, we will replace these staples with keto friendly options so it's out with the old and in with the new!

Step Two

Clear out all bread & milk. Once you've cleared out all sugar, begin searching for products containing wheat, like bread and flour. At this point, you should also make sure you are not buying anything that is not keto friendly, so you don't need to go through any of these steps again. You can stop buying milk, and make sure you stock up on heavy cream, and alternative low carb milks like almond or coconut milk instead.

Step Three

Restock! Now that your pantry is feeling a bit bare, let's start to restock. First things first, let's order the online ingredients that may take a couple of days to arrive. Order anything that you are planning to purchase online and get it coming so you can get started as soon as possible! Then print out or take the grocery list at the end of this guide and mark off any ingredients that you already have (or ordered online) in your pantry and fridge. Then take it to the store with you and get shopping!

Step Four

Make a plan. Now that you have the tools at your disposal, look through week one and determine how these meals will best fit into your week. Then feel free to meal prep some snacks or some of the meat, or soups ahead of time so that you can make sure you have lunches ready for on the go if needed.

HELPFUL RESOURCES

Here are some of my favorite keto products that I have found helpful with the transition to a low carb diet.

Some of the links in this content may be affiliate links, meaning I may earn a commission if you make a purchase through them at no additional cost to you.

This helps support the content provided. However, all opinions are my own, and I only recommend products or services I genuinely believe in.

Keto Friendly Electrolytes

LMNT

Redmond Life (Relyte).

Low Carb Protein Powders

Just Ingredients (chocolate has 0g net carbs).

Keyto Collagen Protein Powder

Sugar Free Sweets

Choc Zero (hazelnut spread + chocolate chips)

Sugar Free Honey

Sugar Free Maple Syrup

Brown Sugar Replacement

Monk Fruit/Allulose Blend

Sugar Free Sauces

G Hughes Sauces (I am going to link some of my favorites here so you can see them but they are priced significantly higher on Amazon, considering you can find them at your local Walmart or Target for a fraction of the price - so I would shop there first!)

G Hughes Cluckin' Sauce (think sugar free Chick-Fil-A sauce).

G Hughes Teriyaki Sauce

G Hughes Sugar Free Ketchup

G Hughes Sugar Free Original BBQ Sauce

At Home Ketone Tests

Ketone Urine Test Strips

Keto Mojo Blood Glucose Monitor

Macro Goal Calculators

<https://keto-mojo.com/mymojomacros-keto-macro-calculator/>

<https://perfectketo.com/keto-macro-calculator/>

<https://www.drberg.com/calculators/keto>



KETO TIPS FOR SUCCESS

Tip #1

Download a macro tracker like MyFitness Pal, that can help you track your daily macros, at least in the beginning! This way you will start to get a feel for what 20g of carbs looks like and eventually, you may stop using it altogether. I did and was able to maintain the weight I lost without constantly tracking my macros, which was a really freeing feeling.

Tip #2

Stay hydrated! Don't underestimate the power of water and electrolytes while on keto. Especially in the first couple of weeks! Keeping your body hydrated will help alleviate any keto-flu symptoms you may experience while transitioning into ketosis.

Tip #3

Find your body's limits! Ketone test strips can be super helpful for checking to see if your body is in ketosis. Then you will know exactly what carb count keeps your body in ketosis. There are some really affordable options on Amazon that can help make sure that your body is still producing ketones.

Tip #4

Keep it simple! Especially in the beginning. Keto does not have to be complicated, if you're stumped for what to eat, keep it simple. Choose a meat like steak, chicken, or fish and a low carb vegetable, season and cook them in butter or avocado oil and voila! It's as simple as that!

Tip #5

Push through the tough moments! It is going to be challenging, especially the first two weeks, but I promise that if you stick with it, it will get better. It will start to feel like a lifestyle change and you will get it. At first it can feel like learning a whole new language, and checking labels feels really monotonous, but once you know what to look for and have switched your pantry over, you will start to get creative and find your keto self.

Tip #6

Make smart swaps! If there is something you don't think you can live without, find the keto version and add it to your pantry! There are even keto versions of Nutella! There is so much variety in the keto world, you will be amazed at what options are out there! Don't let a limiting mindset be your downfall.



KETO WITH A SWEET TOOTH

Bonus Tip

Another one of my top tips for keto is to eat what you are already eating. Meaning, go through your recipes and try to find some that don't need to be adapted, and are already keto, you just didn't realize it. You may be surprised to find that some of the recipes you've been making are already keto, or could be modified in insignificant ways to make keto. For instance, the Jalapeno Poppers, Deviled Eggs, and Sausage Stuffed Mushrooms in this guide were recipes that my family was already eating but that happened to also fit into a keto diet.

Finding recipes that don't need to be changed that you are already used to eating will help you to feel more comfortable with the transition and will give you great options to bring to pot luck parties (that you know you can eat) and for sharing without needing to explain to your family and friends why the sugar free, gluten free dessert may not be what they are used to.

"Keep it simple."

@keto.kelsie





HOW TO MAKE THE MOST OF THIS GUIDE

This guide is intended to provide a wide variety of options and most importantly, to show you how delicious keto can be! That being said, some of the meals are more advanced than others and require more time to prep. Of course you can jump right in and make each meal according to the meal plan, but the prep time and serving sizes vary by recipe.

So I would recommend taking some time to look through the guide and serving sizes before diving in to adjust the meals you want to try each week. For instance, if you are short on time one week, batch your meals and make extra of the soup recipes, or a recipe you are really excited about so that you will have leftovers to take to work or for lunches the next day or two.

If you are really short on time, but want to try to stick to the guide as outlined, then take the day before you start to meal prep. Some easy meal prep items are; chopping the veggies in advance, make some of the soups, salad dressings, snacks, etc. You could also make the pancakes, waffles, muffins, etc and freeze them for the week so all you have to do is throw them in the toaster and go!

The grocery lists are long and look quite daunting but I can almost guarantee that you have many of the basic ingredients in your pantry already. So take time to go through your list before you run off to the store and mark off the things that you already have in your pantry so you don't buy things you don't need! There are a lot of repeat ingredients between the two weeks so make sure you still have enough of the ingredients from week to week, but things like spices, will most likely only need to be purchased once.

Feel free to modify and change any of the recipes to suit your preferences. Seeing success with keto is all about longevity and creating a new lifestyle so take ownership of your journey and make it yours! Add more sweetener at first to get you through your sugar cravings if you need to, and indulge in the sweet snacks (staying within your macro goals). And over time, you will start to notice a major decline in your cravings and you will be able to taper back.

I know you are excited to dive in, so let's get started!

Week One

MEAL PLAN

Each day, choose 1-2 snack options from the snack section to pair with your macro plan for the day.



DAY ONE

BREAKFAST	Fluffy Keto Pancakes (pg 13)
LUNCH	Cauliflower Rice Stir Fry (pg 14)
DINNER	Jalapeno Popper Soup (pg 15)

DAY TWO

BREAKFAST	Loaded Breakfast Burrito (pg 16)
LUNCH	Broccoli Bacon Salad (pg 17)
DINNER	Creamy Beef Stroganoff (pg 18)

DAY THREE

BREAKFAST	Chocolate PB Protein Shake (pg 19)
LUNCH	Tuna Salad Sandwich (pg 20)
DINNER	Chicken Divan (pg 21)

DAY FOUR

BREAKFAST	High Protein Yogurt Parfait (pg 22)
LUNCH	Triple Berry Salad (pg 23)
DINNER	Taco Boats (pg 24)

DAY FIVE

BREAKFAST	Fried Eggs + Bacon (pg 25)
LUNCH	Cheeseburger Stuffed Peppers (pg 26)
DINNER	Steak Cobb Salad (pg 27)

DAY SIX

BREAKFAST	Mini Quiche Egg Muffins (pg 28)
LUNCH	Salmon Sushi Roll (pg 29)
DINNER	Fall Apart Pot Roast (pg 30)

DAY SEVEN

BREAKFAST	Homemade Waffles (pg 31)
LUNCH	Keto Chicken Salad (pg 32)
DINNER	Cheeseburger Soup (pg 33)

GROCERY SHOPPING LIST

week one

Remember to check your pantry first! Cross off any items that you already have.
This list does NOT include ingredients for any snack choices, so be sure to add any snack ingredients to your list!

SPICES

- ☐ salt
- ☐ black pepper
- ☐ paprika, smoked or regular
- ☐ sesame seeds
- ☐ onion powder
- ☐ italian seasoning
- ☐ oregano
- ☐ cumin
- ☐ chili powder
- ☐ cayenne pepper
- ☐ cinnamon
- ☐ dried dill
- ☐ curry powder

PRODUCE

- ☐ minced garlic
- ☐ 4 yellow onions
- ☐ 1 bunch green onions
- ☐ 4 large red onions
- ☐ 2.5 lb fresh broccoli
- ☐ blueberries
- ☐ raspberries
- ☐ strawberries
- ☐ ginger
- ☐ 1 large bell pepper
- ☐ 12 mini bell peppers
- ☐ 1 lemon
- ☐ 5 limes
- ☐ baby spinach
- ☐ fresh rosemary
- ☐ fresh thyme
- ☐ fresh mint
- ☐ fresh parsley
- ☐ romaine lettuce leaves
- ☐ 5 oz spring greens mix
- ☐ 1 small bunch celery
- ☐ 7 avocados
- ☐ cilantro
- ☐ 1 medium tomato
- ☐ 1 c cherry tomatoes
- ☐ 1 cucumber
- ☐ 1 bunch chives
- ☐ 6 large jalapeno peppers

BAKING

- ☐ vanilla extract
- ☐ almond flour
- ☐ allulose (or other keto sweetener)
- ☐ baking powder
- ☐ avocado oil
- ☐ olive oil
- ☐ xanthan gum
- ☐ keto granola of choice
- ☐ sliced, toasted pecans

MEAT

- ☐ 1 rotisserie chicken
- ☐ 27 slices bacon
- ☐ 3 lbs ground beef
- ☐ 2 lbs beef stew meat, cubed
- ☐ 20 oz canned tuna packed in water
- ☐ 8 oz smoked salmon
- ☐ 1.25 lbs flank steak or strip steak
- ☐ 1 boneless chuck roast, ~3lbs
- ☐ 1/2 lbs pork chorizo
- ☐ diced ham

DAIRY + EGGS

- ☐ 12 oz cream cheese
- ☐ unsweetened almond milk
- ☐ butter
- ☐ 2 c heavy cream
- ☐ sharp cheddar cheese
- ☐ monterey jack cheese
- ☐ shredded colby jack or mozzarella cheese
- ☐ goat cheese
- ☐ blue cheese crumbles
- ☐ queso fresco
- ☐ plain greek yogurt
- ☐ 25 large eggs
- ☐ 16 oz sour cream

SAUCES

- ☐ keto maple syrup
- ☐ salsa verde
- ☐ tomato paste
- ☐ dijon mustard
- ☐ yellow mustard
- ☐ peanut butter, sugar free
- ☐ mayonnaise
- ☐ balsamic vinegar
- ☐ apple cider vinegar
- ☐ sugar free honey

OTHER

- ☐ small/petite dill pickles
- ☐ low carb tortilla or wrap
- ☐ zucchini noodles or cauliflower rice
- ☐ beef broth
- ☐ 1 12 oz bag cauliflower riced stir fry (Tattooed Chef)

OPTIONAL TOPPINGS

- ☐ sugar free whipped cream or extra whipping cream
- ☐ low carb chocolate chips
- ☐ walnuts
- ☐ sugar free, low carb salsa
- ☐ keto bread
- ☐ lettuce wrap
- ☐ cottage cheese
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

SPECIALTY / ORDER ONLINE

☐ chocolate protein powder

☐ keto electrolytes (alleviate keto flu symptoms)

Fluffy Keto Pancakes

thick + delicious



week one



4 servings



10 minutes

macro breakdown
per serving
net carbs: 3g*
protein: 9g*
fat: 16g*

INGREDIENTS

Pancakes

1 cup almond flour

1/4 teaspoon salt

2 large eggs room temperature

1 tablespoon keto maple syrup

1/4 cup water

Optional Toppings

keto maple syrup

whipped cream

peanut butter

low carb chocolate chips

walnuts

berries

DIRECTIONS

In a mixing bowl, whisk together the almond flour, salt, eggs, maple syrup, and water until smooth.

Grease a large non-stick pan or skillet and place it over medium heat. Once hot, drop 1/4 c of the batter onto the pan and immediately cover it. Cook the pancakes for 3-4 minutes, or until the edges begin to bubble. Remove the lid, carefully flip the pancakes, and cook for another 1-2 minutes covered.

Repeat the process until all the batter has been cooked.

Serve pancakes warm.

**The macro breakdown of this recipe is just for the pancakes themselves, make sure you figure your macros based on any optional toppings you decide to add to your pancakes.*

Cauliflower Rice Stir Fry

low carb & delicious



week one



3 servings



15 minutes

macro breakdown
per serving
net carbs: 6g
protein: 29g
fat: 33.7g

INGREDIENTS

- 1 12 oz bag Tattooed Chef Organic Cauliflower Riced Stir Fry
- 2 Tbsp Avocado Oil or Olive Oil or Butter
- 1 Rotisserie Chicken Breast

DIRECTIONS

Heat oil in a large skillet, in the meantime chop up chicken breast into pieces. (If you use an uncooked chicken breast make sure to cook it in advance.)

Add cauliflower riced stir fry to pan. Cook for 4 minutes, then add chicken to the pan and cook an additional 3-5 minutes or until desired doneness.

Let stand 1 minute before serving.

If you decide you don't want to use a rotisserie chicken for this recipe, just make sure to cook your chicken breast before starting the cauliflower rice since it will take longer to cook the chicken. You could also substitute the chicken for an egg, or other protein of choice!

Jalapeno Popper Soup

low carb & delicious



week one



4 servings



6-8 hours

macro breakdown
per serving
net carbs: 2.5g
protein: 17g
fat: 38g

INGREDIENTS

4 slices raw bacon
4 oz cream cheese
1/2 cup heavy cream
2 cups water or chicken broth
2 Tbl salsa verde
1/2 tsp garlic powder
3/4 cup shredded sharp cheddar
cheese
3/4 cup shredded monterey jack
cheese
4 large jalapeno peppers

DIRECTIONS

Cook the bacon in a medium saucepan until crisp – remove and chop for garnish and set aside.

Wash the jalapenos and remove the seeds and stems and chop finely. Add to bacon grease and saute until they are tender.

In the same pan, along with the jalapenos, add the heavy cream, water or broth, and cream cheese. Simmer gently, stirring often, until the cream cheese has melted and the liquid is smooth.

Whisk in the garlic powder, salsa verde and shredded cheeses until completely incorporated. Season with salt and pepper to taste.

Remove from heat and serve garnished with chopped bacon.

This recipe could also be adapted to be cooked in the crockpot if needed. If you are wanting to meal prep ahead of time, cooking the bacon and chopping the jalapenos are the most time consuming part of this recipe and would save time when cooking this meal.

Loaded Breakfast Burrito

stuffed with delicious nutrients



week one



2 servings



20 minutes

macro breakdown
per serving

net carbs: 6g*

protein: 20g*

fat: 35g*

INGREDIENTS

Burrito

- 4 large eggs (scrambled)
- 4 strips of bacon or 2 sausage links
- ½ cup shredded cheese (cheddar, Monterey Jack, or mozzarella)
- 1 avocado (sliced)
- ¼ cup diced onions
- ¼ cup diced bell peppers
- 1 tbsp butter
- low carb tortilla or wrap

Optional Toppings

- sour cream
- salsa
- cilantro
- jalapenos

DIRECTIONS

In a skillet, cook the bacon until crispy. Drain on paper towels and crumble into small pieces. If using sausage, crumble and cook sausage in the skillet until browned. Set aside.

In the same skillet, sauté the diced onions and bell peppers in a little bit of butter or oil until soft.

In a separate pan, melt butter over medium heat. Add the whisked eggs and cook, stirring frequently, until softly scrambled. Set aside once cooked.

Lay your tortilla or wrap on a flat surface. Start by adding a layer of scrambled eggs, followed by shredded cheese, crumbled bacon or sausage, sautéed vegetables, and avocado slices. Add any optional toppings, if desired.

**The macro breakdown of this recipe is just for a single burrito, make sure you figure your macros based on portion sizes and any optional toppings you decide to add.*

Broccoli Bacon Salad

with creamy dressing



week one



4 servings



15 minutes

macro breakdown
per serving
net carbs: 5.7g
protein: 13g
fat: 21.8g

INGREDIENTS

4 slices thick-cut bacon
1/4 medium red onion, finely
chopped (about 1/3 cup)
2 jalapeños, seeded and diced
1 lb broccoli (1 head), rinsed, and
cut into florets
3/4 cup shredded cheddar or feta
1/4 cup mayonnaise
1/4 cup Greek yogurt
1 Tbsp apple cider vinegar
1 Tbsp Dijon mustard
1/2 tsp salt and fresh ground black
pepper

DIRECTIONS

Cook the bacon until crisp. Drain fat and chop into small bits.

Toss with broccoli, red onion, cheddar, jalapeño, and bacon, in a large salad bowl.

In a separate bowl, stir the mayonnaise, Greek yogurt, apple cider vinegar, mustard, a pinch of salt, and a few grinds of pepper together. Taste and adjust seasoning if needed.

Pour 2/3 of the dressing over the broccoli salad and mix well. If the broccoli salad seems a little dry, add a little more of the dressing.

Creamy Beef Stroganoff

crockpot recipe



week one



6 servings



6-8 hours

macro breakdown
per serving
net carbs: 5g
protein: 28g
fat: 32g

INGREDIENTS

Stroganoff

- 2 lbs beef stew meat, cubed
- 4 cups beef broth
- 1 cup sour cream
- 1 cup heavy cream
- 1 cup mushrooms, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp paprika
- salt and pepper, to taste

Serve Over

- zucchini noodles
- or
- cauliflower rice

DIRECTIONS

Add the beef, beef broth, mushrooms, onion, garlic, paprika, salt, and pepper to the crockpot.

Cook on low for 6-8 hours until the beef is tender.

Stir in the sour cream and heavy cream just before serving.

Serve over zucchini noodles or cauliflower rice.

This recipe could also be cooked outside the crockpot, if you just cook the beef stew meat in a pan, then, sauté the mushrooms, onion, and garlic. Then add the broth, creams, and seasonings and simmer the sauce until it is the desired thickness.

Chocolate PB Protein Shake

perfect for on the go



week one



1 servings



5 minutes

macro breakdown
per serving
net carbs: 6.5g
protein: 25g
fat: 18g

INGREDIENTS

1 cup unsweetened almond milk
¼ cup greek yogurt unsweetened
1 scoop chocolate protein powder
(equivalent to 20g)
1 tablespoons peanut butter
1-2 tablespoons allulose
1 cup crushed ice

DIRECTIONS

In a blender, add all the ingredients. The order doesn't matter, but start with only 1 tablespoon of sweetener and increase later if needed based on the sweetness desired. Some keto protein powders are already sweetened, and you may not need any sweetener.

Blend on high speed until smooth. If you want a frothier/icy smoothie, add a few more ice cubes, or for a runnier texture, add cold water or more almond milk. Blend again after each addition until smooth.

For an extra creamy shake, you could add 1/2 an avocado, just remember to adjust your daily macros. You could also swap the almond milk and greek yogurt for coconut milk and coconut yogurt if you want it dairy free.

Tuna Salad Sandwich

open-faced



week one



6 servings



10 minutes

macro breakdown
per serving
net carbs: 2g
protein: 23g
fat: 19g

INGREDIENTS

Tuna Salad

20 ounces canned tuna packed in
water

1 rib celery, minced

3 tablespoons minced red onion

3 baby dill pickles, minced

$\frac{3}{4}$ cup mayonnaise see notes

1 tablespoon fresh lemon juice

1 teaspoon garlic powder

$\frac{1}{2}$ teaspoon dried dill

Salt and pepper to taste

*Serving Options***

1 slice low-carb keto bread

lettuce wrap

stuff or dip a bell pepper

cut da carb wrap

DIRECTIONS

Drain the tuna well and place in a large bowl with the celery, red onion, and baby pickles. Stir to combine.

Add the mayonnaise, lemon juice, garlic powder, dill, and salt and pepper to a small bowl and whisk to combine.

Pour the dressing over the tuna and stir well.

Taste and add additional salt and pepper or mayonnaise to reach the taste and consistency you prefer.

Serve immediately or cover and refrigerate for 3 to 5 days.

***The macros for this recipe are for the Tuna Salad ONLY - don't forget to add your serving option choice to your daily macro count.*

Chicken Divan

cheesy and creamy



week one



8 servings



50 minutes

macro breakdown
per serving
net carbs: 6.5g
protein: 31.9g
fat: 39.2g

INGREDIENTS

4 cups cooked chicken cubed
1.5 lb fresh broccoli florets
steamed and drained
1 tbsp minced onion
1 tsp curry powder
1/2 tsp garlic powder
3/4 tsp salt
1/2 tsp pepper
8 oz sour cream
8 oz mayo
8 oz shredded cheddar

DIRECTIONS

Preheat oven to 350.

In a big bowl combine sour cream, mayo, and spices and mix thoroughly.

Add the chicken, broccoli, and 3/4 of the cheese and mix well.

Dump into a greased 9x13 baking dish. Sprinkle the remaining cheese on top.

Bake until hot, about 35 minutes.

This recipe can easily be made ahead by combining everything and adding to the baking dish, then keep it in the refrigerator for a day or two before baking.

High Protein Yogurt Parfait

perfect for on the go



week one



2 servings



5 minutes

macro breakdown
per serving
net carbs: 5g
protein: 11g
fat: 29g

INGREDIENTS

- ½ cup plain greek yogurt (full fat)
- ¼ cup heavy cream
- 1 teaspoon vanilla extract
- ½ cup keto granola of choice
- 2 strawberries diced
- 8 blueberries

DIRECTIONS

In a mixing bowl, add together the yogurt, cream and vanilla. Whisk together until thick and smooth.

Spoon half the yogurt between two glasses, then sprinkle over half the granola.

Layer by adding the remaining yogurt, followed by the remaining granola.

Top with berries and enjoy!

Tip #1 If you want a different yogurt base flavor but are not sure how to do it without compromising your carb count, try adding a scoop of your favorite keto protein powder.

And bonus - it will also sky rocket the protein count for this recipe!

Tip #2 Feel free to make this recipe your own by adding different extracts, or granola flavors, or chia seeds or hemp hearts. You could even drizzle with a nut butter or hazelnut spread. Tailor it to your favorite flavors so that you get the most out of it!

Triple Berry Salad

with a honey lime vinaigrette



week one



6 servings



10 minutes

macro breakdown
per serving
net carbs: 2g
protein: 23g
fat: 19g

INGREDIENTS

Berry Salad

5 ounces spring greens mix

1 cup fresh strawberries

$\frac{2}{3}$ cup fresh raspberries

$\frac{1}{2}$ cup fresh blueberries

$\frac{1}{2}$ cup sliced toasted pecans

$\frac{1}{3}$ cup crumbled goat cheese

$\frac{1}{2}$ avocado

$\frac{1}{4}$ cup chopped fresh mint

$\frac{1}{2}$ chicken breast (optional)

$\frac{1}{3}$ c sliced red onion (optional)

Honey Lime Vinaigrette

$\frac{1}{3}$ cup olive oil

$\frac{1}{4}$ cup fresh lime juice

2 tablespoons apple cider vinegar

1 tablespoon sugar-free honey

1 teaspoon dijon mustard

1 clove garlic, grated

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground black pepper

DIRECTIONS

Wash and dry all berries. Slice the strawberries and set aside.

Add all the dressing ingredients into a blender bottle or mixing bowl. Shake or whisk until well combined and emulsified, then set aside while you prepare the salad.

Add the spring greens to a large serving bowl. Sprinkle the fresh berries and avocado over the top of the greens.

Add in the toasted pecans, goat cheese, chicken (if adding) and fresh mint.

Right before serving, pour the dressing over the top, toss and serve.

Taco Boats

with a surprising secret ingredient



week one



10 servings



30 minutes

macro breakdown
per serving
net carbs: 4.3g
protein: 21g
fat: 21g

INGREDIENTS

Taco Seasoning

- 3 tsp paprika
- 1 tsp cumin
- 1 tsp oregano
- ½ tsp chili powder
- ¼ tsp cinnamon
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt

Guacamole

- 3 avocados
- 4 tbsp tomatoes diced
- 4 tbsp red onion diced
- 2 cloves garlic diced
- 1 tbsp lime juice or to taste
- salt and pepper to taste
- optional hot sauce to taste

Taco Meat

- 1 lb. ground beef
- ½ lb. pork chorizo
- ½ yellow onion diced
- 2 cloves garlic diced
- ¼ cup water
- 2-3 tbsp homemade taco seasoning

Serve With

- 10 romaine lettuce leaves
- cilantro
- queso fresco

DIRECTIONS

Taco Seasoning

Mix all the spices for the taco seasoning. Set aside.

Guacamole

Add the diced avocado, onion, tomato, and garlic to a medium bowl. Mash to desired consistency. Add lime juice, salt, pepper, and hot sauce and stir. Cover and store in the fridge.

Taco Meat

Heat a skillet over medium-high heat. Add the chorizo and cook until it begins to crisp. Add the hamburger and onions and cook until the hamburger is browned and no pink remains. This will take approximately 7 to 10 minutes.

Add the garlic and cook until fragrant and soft (about 1-2 minutes).

Add ¼ cup of water and 2-3 tbsp of the taco seasoning. Stir until well combined and allow the mixture to cook for about two minutes to allow the spices to open up. Remove from the heat.

Scoop taco meat into the lettuce boats and top with guacamole, queso fresco, and fresh cilantro!

This recipe could be adapted in so many ways, but it could easily be simplified to fit a busy schedule by using store bought taco seasoning and guacamole. Make sure the ingredients still fit into your macros though!

Fried Eggs + Bacon

incredibly low carb + so delicious



week one



1 servings



15 minutes

macro breakdown
per serving

net carbs: 1.8g

protein: 24.6g

fat: 22.6g

INGREDIENTS

2 eggs

3 strips of bacon

Optional Add ons

cottage cheese

1/2 avocado

fresh berries

protein shake

keto muffin

yogurt

DIRECTIONS

Heat a skillet over medium-high heat. Add strips of bacon and cook 7-10 minutes or until desired doneness. Remove bacon from the pan but leave the pan over heat.

In the same skillet as the bacon grease, crack your eggs on opposite sides of the pan. Cook for 1-2 minutes, or until the egg lifts easily with a spatula. Using a flat spatula, flip egg over and cook 1-2 more minutes until desired doneness.

Remove eggs from the pan and serve with bacon.

This recipe is so simple and the eggs can be cooked however you want, (boiled, scrambled, poached, etc) and the macros will stay the same. Feel free to include any optional add ons, just make sure to add them to your macro count!

Cheeseburger Stuffed Peppers

a fun lunch twist on classic stuffed peppers



week one



6 servings



6-8 hours

macro breakdown
per serving
net carbs: 5g
protein: 18g
fat: 9g

INGREDIENTS

- 12 mini peppers (or 4 large)
- 1 lb ground beef
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1 tsp ground cumin
- 1 small onion, grated, with the juice
- 1 egg white, large
- 1/2 cup shredded colby jack or mozzarella

DIRECTIONS

Preheat oven to 350F. Spray a baking sheet with avocado oil spray or line with aluminum foil.

In a bowl, combine the beef, seasoning, grated onion and egg white. Mix to combine.

Cut each pepper in half lengthwise and remove the seeds. Fill with the ground beef mixture, leaving the top flat.

Bake for 20 minutes or until the peppers have softened and the beef is cooked through. Top with cheese. Bake for additional 3-4 minutes. Serve.

Steak Cobb Salad

with a cilantro lime dressing



week one



6 servings



30 minutes

macro breakdown
per serving
net carbs: 6g
protein: 31g
fat: 30g

INGREDIENTS

Salad

- 1.25 lbs flank steak or strip steak
- Sea salt and cracked black pepper
- 1 tablespoon avocado or olive oil
- 8 slices bacon
- 4 large eggs hardboiled and peeled
- 8 cups romaine lettuce roughly chopped, or preferred greens
- 1 cup cherry tomatoes sliced in half
- 1 small red onion thinly sliced
- 1 large avocado thinly sliced
- Blue cheese crumbles

Dressing

- 1 medium ripe avocado
- 1/3 cup kite hill almond milk greek yogurt or Kite hill sour cream
- 1/4 cup + 2 tablespoons plain almond milk or water
- 1/3 cup cilantro leaves
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 2 tablespoons fresh lime juice

DIRECTIONS

Cook & crumble your bacon and eggs hardboiled and cooled before beginning.

Season the steak liberally on both sides with sea salt and cracked black pepper. Heat a large cast iron skillet or grill to medium high/high heat. Drizzle the oil in the skillet or brush the grill with oil.

Once smoking hot, add the steak and cook about 3 minutes on each side for medium rare, or about 4 minutes for medium. The cook time will depend on the thickness of your steak.

Remove the steak from the skillet or grill to a cutting board and cover with aluminum foil. Allow it to sit for about 10 minutes while you arrange the salad.

In a large bowl, layer the greens with the sliced cherry tomatoes, sliced onions, sliced hardboiled eggs and crumbled bacon. Peel and slice the avocado and arrange around the salad. Add the blue cheese crumbles.

With a sharp knife, slice the steak and arrange on top of the salad. Add the dressing ingredients to a blender and blend until smooth and creamy. Serve the dressing on the side.

Mini Quiche Egg Muffins

with spinach and ham



week one



12 servings



25 minutes

macro breakdown
per serving
net carbs: 1.1g
protein: 8.8g
fat: 7.5g

INGREDIENTS

Eggs

- 10 large eggs
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne

Egg Muffins

- 1 c ham diced
- 2 green onions diced
- 1 large slice of red onion diced
- 2 oz cheddar jack cheese shredded
or diced
- 4 oz cheddar / monterey jack
cheese shredded or diced
- 1/2 c spinach

DIRECTIONS

Preheat oven to 375 degrees and spray a 12 count muffin pan with non-stick spray (I love avocado oil spray for high heat baking).

Crack your eggs into a medium sized bowl, add spices and whisk to combine.

Start layering your egg muffin ingredients in the muffin pan, reserving some of the ingredients to top your egg muffin cups at the end. Carefully pour your whisked eggs into the muffin tins about half way, let settle and then add a little more. You want your muffin tins filled almost all the way to the top. Once your muffin tins are filled, take a fork and lightly stir each of the muffin tins to mix everything together. Top with reserved ingredients and bake for 25 minutes.

Remove from the oven and let sit in the muffin tin for 1-2 minutes. Run a sharp knife around the edge of the muffin tins and gently remove from the pan, using the tip of the knife under the muffin to gently lift it out.

Salmon Sushi Roll

a keto spin on sushi



week one



12 servings



25 minutes

macro breakdown
per serving

net carbs: 1g

protein: 5g

fat: 6g

INGREDIENTS

- 8 oz smoked salmon
- 1/2 cup cream cheese, whipped
- 2 Tbsp chives minced + divided
- 1 Tbsp lemon zest
- 1/2 avocado thinly sliced
- 1/2 cucumber matchstick
- 2 Tbsp sesame seeds (optional)

DIRECTIONS

Lay a piece of plastic wrap on the counter. Sprinkle plastic wrap with sesame seeds (if desired). Place smoked salmon over the sesame seeds, overlapping the slices to form a 6"x10" rectangle.

Spread whipped cream cheese over the top of the smoked salmon. Sprinkle with chives and lemon zest.

Place sliced avocado and cucumbers along the long edge of the salmon, then use the plastic wrap to help roll the salmon over itself.

Toss roll up in the freezer for 10 minutes before slicing. Slice into 12 pieces, and enjoy!

As always, feel free to experiment with different fillings and flavors. You can use any fish here as an alternative too. Or if you're not into fish, try thinly sliced steak strips instead!

Easy Pot Roast

easy + delicious



week one



10 servings



30 minutes

macro breakdown
per serving
net carbs: 3g
protein: 30g
fat: 28g

INGREDIENTS

- One boneless chuck roast,
approximately 3 lbs.
- 1 tablespoon coarse kosher salt (if
using fine salt reduce by half)
- 1 teaspoon black ground pepper
- 1 teaspoon garlic powder
- 1/4 cup of balsamic vinegar
- 2 cups water
- 1/2 cup onion, chopped
- 1/4 teaspoon xanthan gum
- Fresh parsley, chopped to
garnish

DIRECTIONS

Season the chuck roast with salt, pepper, and garlic powder on both sides.

In a large heavy bottomed pan sear both sides of the roast until browned.

Deglaze the pan with the balsamic vinegar and cook for one minute.

Add the water and onion to the pan. Bring to a boil. Cover and simmer on low for 3 to 4 hours or place in the oven at 350 degrees for 4 hours.

Carefully remove the meat from the pan to a large bowl. Break carefully into chunks and remove any large pieces of fat or other refuse.

Whisk the xanthan gum into the broth and add the meat back to the pan.

This would be an easy recipe to convert to a crock pot. Just place the roast in the crock pot after deglazing the pan (from searing) and add the roast, glaze, and the rest of the ingredients to the crock pot at that point. Cook on low for 4-6 hours or until internal temp reaches at least 180-200 degrees (for fall-apart doneness).

Homemade Waffles

incredibly low carb + so delicious



week one



4 servings



15 minutes

macro breakdown
per serving
net carbs: 1.8g
protein: 24.6g
fat: 22.6g

INGREDIENTS

2 eggs
4 tbsp butter melted
 $\frac{1}{4}$ cup water
1 tsp vanilla extract
 $\frac{3}{4}$ cup almond flour
 $\frac{1}{2}$ tbsp granulated sweetener
of choice
1 tsp baking powder

Optional Toppings

nut butter
keto syrup
sugar free whipped cream
sugar free chocolate chips
fresh berries

DIRECTIONS

Plug in your large waffle iron and let it preheat.

Mix all the ingredients together in a mixing bowl or a large two-cup measuring cup.

Open the waffle iron and brush or spray with avocado oil or butter. Then pour $\frac{1}{4}$ of the mixture into the waffle iron.

Close the waffle iron and cook for 3-4 minutes or until the light on the waffle iron turns off to indicate it's done.

Carefully remove the waffle with a fork and repeat until all the waffle batter is cooked.

Top with any optional toppings and enjoy!

Keto Chicken Salad

high protein lunch



week one



4 servings



15 minutes

macro breakdown
per serving
net carbs: 1.5g
protein: 26.1g
fat: 18.4g

INGREDIENTS

- 1 pound cooked and shredded chicken
- ½ cup celery finely diced
- ¼ cup green onions chopped, green parts only
- ¼ cup fresh parsley finely chopped
- ½ cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tbsp lemon juice
- 1 teaspoon garlic powder or 1 clove minced garlic

DIRECTIONS

Stir together; mayonnaise, garlic powder, lemon, mustard, salt and pepper.

Chop the celery finely by slicing the stalk lengthways a few times, then chopping it into very small cubes. Chop the green onions. Add the celery, onions, chopped parsley.

Shred the chicken using 2 forks. Option to cut into small cubes. Fold the shredded chicken into the salad.

Refrigerate until ready to serve. Serve in a lettuce wrap or plain.

Cheeseburger Soup

low carb + makes great leftovers



week one



4 servings



30 minutes

macro breakdown
per serving
net carbs: 4g
protein: 40g
fat: 66g

INGREDIENTS

4 slices bacon
1 lb ground beef
4 oz cream cheese at room temperature
2 tbsp tomato paste
1 tbsp yellow mustard
1/2 tsp garlic powder
1/4 tsp smoked paprika
1/4 tsp salt
1/4 tsp pepper
2 cups beef broth or beef stock
6 oz shredded cheddar cheese
1/4 cup heavy whipping cream
10 small pickles (chopped for topping)

DIRECTIONS

Chop bacon into small pieces. Heat dutch oven or other heavy bottomed pan over medium high heat. Add bacon and cook, stirring occasionally until browned and crispy, about 5-8 minutes.

Remove bacon to paper towel lined plate to drain. Leave bacon grease in pan and add ground beef.

Cook, breaking up meat while it browns until fully cooked. Stir in cream cheese, tomato paste, mustard, garlic powder, smoked paprika, salt and pepper until smooth.

Pour in beef broth and cream and bring to a low simmer. Stir in cheese and let simmer 5-7 minutes until fully heated and melted smooth.

Let cool for 5-10 minutes to thicken before serving. Top with pickles and extra cheese (if desired).

This recipe is a great one for leftovers, and would make a great work lunch the next day.

Week Two

MEAL PLAN

Each day, choose 1-2 snack options from the snack section to go along with your macro-plan for the day.



DAY ONE

BREAKFAST	Chocolate Protein Pancakes (pg 36)
LUNCH	Sausage stuffed mushrooms (pg 37)
DINNER	Broccoli Cheddar Soup (pg 38)

DAY TWO

BREAKFAST	Blueberry Muffins (pg 39)
LUNCH	Chinese Lettuce Wraps (pg 40)
DINNER	Keto Chicken Parmesan (pg 41)

DAY THREE

BREAKFAST	Strawberry Chia Pudding (pg 42)
LUNCH	Steak Kabobs (pg 43)
DINNER	Chicken Tikka Masala (pg 44)

DAY FOUR

BREAKFAST	Berry Smoothie (pg 45)
LUNCH	Coconut Shrimp (pg 46)
DINNER	Teriyaki Chicken (pg 47)

DAY FIVE

BREAKFAST	Everything Bagels (pg 48)
LUNCH	Lemon Garlic Salmon (pg 49)
DINNER	Steak Fajitas (pg 50)

DAY SIX

BREAKFAST	Eggs Benedict (pg 51)
LUNCH	Blackened Shrimp (pg 52)
DINNER	Creamy Pork Chops (pg 53)

DAY SEVEN

BREAKFAST	Biscuits & Gravy (pg 54)
LUNCH	Bourbon Chicken (pg 55)
DINNER	Prime Rib Roast (pg 56)

Grocery Shopping List

week two

Remember to check your pantry first! Many of these ingredients cross over with week one. So check what you have leftover from last week, first!

This list does NOT include ingredients for any snack choices, so be sure to add any snack ingredients to your list!

SPICES

- ☐ salt
- ☐ black pepper
- ☐ paprika, smoked or regular
- ☐ ground ginger
- ☐ sesame seeds
- ☐ garlic powder
- ☐ garlic salt
- ☐ onion powder
- ☐ italian seasoning
- ☐ oregano
- ☐ garam masala
- ☐ cumin
- ☐ chili powder
- ☐ turmeric
- ☐ ground coriander
- ☐ cayenne pepper
- ☐ crushed red pepper flakes
- ☐ fennel seeds
- ☐ thyme
- ☐ ground sage
- ☐ lemon pepper

MEAT

- ☐ 1 lb mild Italian sausage
- ☐ 7 boneless, skinless chicken breasts
- ☐ 3 lbs boneless, skinless chicken thighs
- ☐ 1 lb ground chicken
- ☐ 1.5 lbs sirloin steak
- ☐ 1.5 lbs salmon filet
- ☐ 1.5 lbs skirt steak
- ☐ 4 boneless pork chops
- ☐ 1.5 lb medium to large raw shrimp, uncooked, peeled and deveined.
- ☐ 1 lb ground pork
- ☐ 5 lbs boneless or bone in beef prime rib

OTHER

- ☐ 1/4 c bourbon
- ☐ sugar free apricot jam
- ☐ mayonnaise
- ☐ frozen raspberries
- ☐ frozen strawberries
- ☐ frozen blueberries
- ☐ diced water chestnuts
- ☐ natural, smooth peanut butter

BAKING

- ☐ vanilla extract
- ☐ almond flour
- ☐ allulose (or other keto sweetener)
- ☐ baking powder
- ☐ cocoa powder
- ☐ avocado oil
- ☐ avocado oil spray
- ☐ olive oil
- ☐ chia seeds
- ☐ xanthan gum
- ☐ unsweetened shredded coconut
- ☐ coconut flour
- ☐ sesame oil

PRODUCE

- ☐ minced garlic
- ☐ 1 lb cremini mushrooms
- ☐ 1 lb bella mushrooms
- ☐ Italian flat leaf parsley
- ☐ 4 yellow onions
- ☐ 1 bunch green onions
- ☐ 1 small red onion
- ☐ 4 c broccoli
- ☐ blueberries
- ☐ ginger
- ☐ 1 red bell pepper
- ☐ 1 yellow bell pepper
- ☐ 1 green bell pepper
- ☐ lemon juice
- ☐ 1 lime
- ☐ baby spinach
- ☐ fresh rosemary
- ☐ fresh thyme
- ☐ 8 romaine lettuce leaves

SAUCES

- ☐ chicken broth
- ☐ sesame oil
- ☐ rice wine vinegar
- ☐ red wine vinegar
- ☐ apple cider vinegar
- ☐ white wine vinegar
- ☐ sriracha sauce
- ☐ marinara sauce (no sugar added)
- ☐ worcestershire sauce
- ☐ passata sauce
- ☐ tomato puree
- ☐ dijon mustard
- ☐ soy sauce or coconut aminos

DAIRY + EGGS

- ☐ 16 oz cream cheese
- ☐ unsweetened almond milk
- ☐ grated parmesan cheese
- ☐ shredded parmesan cheese
- ☐ butter
- ☐ 6.5 c heavy cream
- ☐ cheddar cheese
- ☐ shredded mozzarella cheese
- ☐ plain greek yogurt
- ☐ 20 large eggs

OPTIONAL TOPPINGS

- ☐ keto maple syrup
- ☐ fresh berries
- ☐ keto granola
- ☐ veggies (for sides)
- ☐ cauliflower rice
- ☐ avocado
- ☐ keto tortillas
- ☐ keto hamburger buns
- ☐ horseradish
- ☐ sour cream

SPECIALTY / ORDER ONLINE

☐ chocolate protein powder

☐ Carbquik

Chocolate Protein Pancakes

thick + delicious



week two



6 servings



30 minutes

macro breakdown
per serving
net carbs: 4.3g*
protein: 14g*
fat: 19g*

INGREDIENTS

Pancakes

- 4 oz cream cheese softened
- 3 large eggs
- 1/4 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1 cup almond flour
- 3/4 cup chocolate protein powder
- 1/3 cup Swerve Granular
- 2 tsp baking powder
- 1 tbsp cocoa powder
- Oil or butter for the pan

Optional Toppings

- keto maple syrup
- whipped cream
- berries

DIRECTIONS

In a large blender, combine the cream cheese, eggs, almond milk, and vanilla extract. Blend until smooth.

Add the almond flour, protein powder, sweetener, baking powder, and cocoa powder and blend again until smooth.

Heat a large nonstick skillet or griddle over medium heat and lightly grease with oil. Use about 3 tablespoons of batter for each pancake. Cook until bubbles begin to appear on the tops and the edges are set and dry, 3 to 4 minutes.

Flip pancakes and continue to cook until the second side is nicely browned, another 3 or 4 minutes. Repeat with the remaining batter, adding more butter or oil to the pan as needed.

You should get about 18 4-inch pancakes.

**The macro breakdown of this recipe is an estimate for the pancakes, and could vary based on the protein powder you use, make sure it is keto friendly protein powder so you don't add any unwanted hidden carbs! Also, figure your macros based on any optional toppings you decide to add to your pancakes.*

Sausage Stuffed Mushrooms

with cream cheese filling



week two



5 servings



45 minutes

macro breakdown
per serving
net carbs: 5.8g
protein: 22.2g
fat: 43.5g

INGREDIENTS

1 lb cremini mushrooms (About 20)

1 lb mild Italian sausage

4 large cloves garlic, minced

8 oz cream cheese, softened

½ cup grated Parmesan cheese

a few sprigs Italian flat leaf

parsley, chopped

sea salt and black pepper, to taste

DIRECTIONS

De-stem mushrooms and finely chop the stems.

To a large skillet, over medium-high heat, add chopped mushroom stems, Italian sausage and garlic. Cook until sausage is browned and cooked through. Remove from the heat and let cool.

Preheat the oven to 350°F.

In a large mixing bowl, combine the cream cheese, ¼ cup of the Parmesan cheese, and the parsley. Mix until well combined.

Once the sausage has cooled, add it to the cream cheese mixture. Taste and add salt and pepper if needed.

Spoon heaping mounds of the stuffing mixture into each mushroom cap. Bake on middle rack for 30 minutes.

Sprinkle remaining ¼ cup Parmesan cheese over the top of mushrooms. Broil on high 3 to 5 minutes, or until Parmesan is a nice golden brown. Let stand 5 to 10 minutes before serving.

Broccoli Cheddar Soup

creamy + satisfying



week two



6 servings



30 minutes

macro breakdown
per serving

net carbs: 2g

protein: 12g

fat: 17g

INGREDIENTS

- 1 tablespoon butter
- 1/2 large onion chopped
- 2 cloves garlic minced
- 3 cups chicken broth
- 1 1/2 cups heavy cream
- 4 cups broccoli finely chopped
- 1/2 teaspoon smoked paprika
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 3 1/2 cups cheddar cheese

DIRECTIONS

In a large pot, add the butter and place it over medium heat. Once hot, add the onions and garlic and sauté for 1-2 minutes, until fragrant.

Add the chicken broth and heavy cream and finely chopped broccoli, smoked paprika, pepper, and salt and bring it to a boil. Once it begins to boil, reduce to low and simmer for 20 minutes until the broccoli is tender.

Add the cheddar cheese in half a cup at a time until combined. Remove from the heat and serve with extra shredded cheese and chopped parsley on top.

This would be another easy make-ahead recipe or a great one to use for lunches and leftovers because it reheats really well.

Blueberry Muffins

perfect on the go breakfast



week two



12 servings



30 minutes

macro breakdown
per serving
net carbs: 3g
protein: 7g
fat: 19g

INGREDIENTS

2 1/2 cups almond flour
1/2 cup monk fruit allulose blend
1/2 tbsp baking powder
1/4 tsp sea salt
1/3 cup unsalted butter (melted)
1/3 cup unsweetened almond
milk (at room temperature)
3 large eggs (at room temperature)
1/2 tsp vanilla extract
3/4 cup blueberries

DIRECTIONS

Preheat the oven to 350 degrees. Line a muffin pan with 10 or 12 silicone or parchment paper muffin liners.

In a large bowl, stir together the almond flour, monk fruit allulose blend, baking powder and sea salt.

Mix in the melted butter, almond milk, eggs, and vanilla extract. Fold in the blueberries.

Distribute the batter evenly among muffin cups. Bake for 20-25 minutes, until the tops are golden and an inserted toothpick comes out clean.

The macro breakdown is per muffin, depending on the size, this may vary slightly but make sure you calculate your macros for the day and decide if you want to add some more protein to your meal (protein shake or an egg are good low carb options).

Chinese Lettuce Wraps

keto copycat recipe of the famous lettuce wraps



week two



8 servings



30 minutes

macro breakdown
per serving
net carbs: 4g
protein: 12g
fat: 10g

INGREDIENTS

Lettuce Wraps

- 1 tbsp avocado oil
- 1 lb ground chicken
- 1 small onion diced
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1 tbsp ground ginger
- 3 minced garlic cloves
- 2 tbsp rice wine vinegar
- 6 tbsp low carb hoisin sauce
- 2 tbsp sriracha (optional)
- ½ cup diced water chestnuts
- 2 sliced green onion scallions
- 8 lettuce wraps

Hoisin Sauce

- ¼ c soy sauce or coconut aminos
- 2 tbsp natural smooth peanut butter
- 2 tbsp low carb sweetener of choice
- 1 tsp rice wine vinegar
- 2 tsp sesame oil
- 1 tsp hot sauce (optional)
- 1 minced garlic clove
- ⅛ tsp black pepper

DIRECTIONS

Using a skillet over medium heat, brown the ground chicken and then add the onions and cook until softened.

Create a well in the centre of the pan and add the following ingredients: sesame oil, ginger, garlic, vinegar, soy sauce. Combine well and cook for a couple minutes, lower the heat if needed:

Next add the low carb hoisin sauce and sriracha. Taste and use more if desired. Mix until well combined.

Add the water chestnuts and green onions, mix through until warm and then remove the skillet from the heat.

Serve on lettuce wraps and garnish with more sliced green onions and sriracha sauce if using.

For the Hoisin Sauce:

Whisk ingredients together until well combined, use with your favorite Asian inspired dishes. Store in an airtight jar for up to 1 month in the fridge.

A keto spin on the famous lettuce wraps from a famous Chinese restaurant. Making the hoisin sauce ahead of time would be an easy way to meal prep for this lunch.

Keto Chicken Parmesan

hearty + comforting



week two



4 servings



30 minutes

macro breakdown
per serving
net carbs: 4.3g
protein: 39.1g
fat: 27.8g

INGREDIENTS

- 2 chicken breasts
- 2 eggs – medium
- 1 cup parmesan cheese
- 1 ½ tsp garlic powder
- 1 ½ tsp onion powder
- ½ tbsp Italian seasoning
- salt and pepper to taste
- ½ cup shredded mozzarella
- ½ cup marinara sauce (no sugar added)
- ¼ cup extra virgin olive oil

DIRECTIONS

Preheat the oven to 400°F. Pour the olive oil into a baking a large baking pan so that the bottom is completely covered.

Cut each chicken breast in half down the length so that you have 4 thinner chicken breasts. Place each chicken breast between a sheet of plastic wrap or parchment paper. Using a meat mallet or rolling pin pound the chicken until it is an even thickness, about 1/2 inch thick. Salt and pepper the chicken if desired.

Next, crack your eggs into a bowl and whisk them together with a fork to make an egg wash for your chicken. In a separate bowl mix together the grated parmesan cheese, onion powder, garlic powder, and Italian seasoning.

Dip each chicken breast into the egg so that each side is coated with the egg. Then dip the chicken into the seasoned parmesan cheese on each side so that it is completely coated.

Lay the coated chicken breasts in the baking pan. Bake in the oven for 15-17 minutes and the internal temperature reaches 165°F. Then turn the oven to broil to let the chicken crisp on each side for 2-3 minutes.

Remove the chicken from the oven. Spoon 2 spoonfuls of marinara sauce over each chicken breast and then top with mozzarella cheese. Place back in the oven under the broiler for another 1-3 minutes to allow the mozzarella cheese to melt. Remove from the oven and serve.

This would be delicious served over zucchini noodles, or mashed cauliflower, or with a side of broccoli!

Strawberry Chia Pudding

perfect for busy mornings



week two



1 serving



45 minutes

macro breakdown
per serving
net carbs: 1.2g
protein: 8g
fat: 15g

INGREDIENTS

¼ cup water
½ cup (frozen) strawberries
2 tbsp heavy cream
2 ½ tbsp chia seeds
2 tbsp allulose

Optional Toppings

fresh berries
keto granola
protein powder
nut butter
sugar free whipped cream

DIRECTIONS

Add the strawberries into a small pot and set the heat to medium. Let the strawberries simmer for about 10 minutes and stir them regularly while they cook. Cook until the consistency starts to resemble a thick strawberry jam.

Mash the cooked strawberries with a fork (or immersion blender) until you get a smooth consistency.

Add the mashed strawberries and the remaining ingredients to a small jar and mix right away. Let the jar sit for about two minutes before stirring again.

Wait another five minutes before stirring again. Make sure there are no clumps of chia seeds at the bottom or the edge of the jar and that it is evenly distributed.

Place the jar in your refrigerator for at least 30 minutes. Stir one last time and enjoy right away or let sit overnight.

This recipe is a perfect make-ahead recipe for busy mornings and could also easily be scaled up and made ahead for quick and easy weekday breakfasts.

You can store it covered in the fridge for 3-4 days.

Steak Kebabs

a great hosting meal idea



week two



8 servings



6 hrs 30 minutes

macro breakdown
per serving
net carbs: 3g
protein: 19g
fat: 7g

INGREDIENTS

Kebabs

- 1.5 lb sirloin steak - cut into inch size cubes
- 3 oz red bell pepper
- 3 oz yellow bell pepper
- 3 oz green bell pepper
- 8 small mushrooms
- 4 oz red onion, sliced

Steak Marinade

- 3 tbsp red wine vinegar
- 2 tbsp olive oil
- 1 tbsp oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp Worcestershire sauce
- 1/2 tsp salt

DIRECTIONS

Mix the marinade ingredients into a gallon size Ziplock bag then add the chopped steak pieces.

Marinate the beef in the fridge for at least 4 - 12 hours for best results, a shorter marinate time will result in much less flavor.

After the minimum 4 hours marinate time is up thread the beef and vegetables onto the kabob skewers, do not pack them on too tightly.

Turn on the broiler onto the high setting. (You can also grill these if you have access to a grill, feel free to throw them on the grill for 5-10 minutes or until the steak is cooked through.)

Lay the keto beef kabobs on to a small baking sheet (see photo in post) and balance them so they are not touching the bottom of the baking sheet.

Broil for up to 5- 10 minutes per side, turning at least once and basting with remaining marinade until the meat is cooked.

Feel free to mix and match different veggie and meat combinations!

Chicken Tikka Masala

we're not missing out just because we are keto



week two



6 servings



45 min - overnight

macro breakdown
per serving
net carbs: 6.9g
protein: 32.3g
fat: 24g

INGREDIENTS

5 skinless chicken breasts, diced into 1 in cubes

½ cup plain greek yogurt

3 garlic cloves minced

1 tbsp fresh ginger grated

2 tsp garam masala

1 tsp each cumin, paprika

¾ tsp salt

1 tbsp lemon juice optional

Sauce

2 tablespoon butter

1 small yellow onion diced

2 garlic cloves minced

1 tablespoon fresh ginger grated

1 tsp each garam masala, cumin,
ground coriander

½ tsp each turmeric, paprika, chili
powder

1.5 cups passata sauce

1 tablespoon tomato puree

¾ teaspoon salt

1 cup heavy cream

¾ teaspoon golden erythritol (optional)
water (to thin)

DIRECTIONS

Add the diced chicken to a large bowl with the chicken marinade ingredients and mix to combine. Leave to marinade for at least 15 minutes or ideally overnight, covered in the fridge.

Heat 1 tablespoon of butter or oil in large non-stick frying pan. Fry the chicken for about 3 minutes per side, or until golden and almost cooked through. About 8 minutes in total. Remove from the pan.

Add the remaining 1 tablespoon of butter to the pan and fry the onions for 3 minutes on a medium heat until golden. Add the garlic, ginger and spices and fry for 1 more minute until fragrant. Add the passata and tomato puree. Turn the heat down to a simmer and cook for a further 10 minutes or until thick.

Add the cream and optional low carb sweetener. Put the chicken back in the pan and cook for about 5 minutes until the chicken is fully cooked through and warm.

Make sure to prep the sauce/marinade ahead of time for the best results!

Berry Smoothie

thick + creamy



week two



4 servings



30 minutes

macro breakdown
per serving
net carbs: 8.5g
protein: 2.5g
fat: 23.8g

INGREDIENTS

1 cup unsweetened almond milk
½ cup frozen blueberries
½ cup frozen raspberries
½ cup coconut cream or heavy
cream or light coconut milk
2 tablespoons granulated
sweetener

DIRECTIONS

In a blender, add frozen blueberries, raspberries, cream, and unsweetened almond milk.

Add sweetener if desired. If you have a sweet tooth you can also add some sugar-free stevia drops or monk fruit crystal.

Add 1 or 2 ice cubes for an icee/slushie-like texture, if desired.

Blend on high speed until smooth, about 45 seconds to 1 minute.

Enjoy immediately.

Coconut Shrimp

with a sweet and tangy dipping sauce



week two



4 servings



20 minutes

macro breakdown
per serving
net carbs: 2g
protein: 18g
fat: 10g

INGREDIENTS

Coconut Shrimp

½ lb medium to large raw shrimp
uncooked, peeled and deveined

2 eggs, beaten

½ cup unsweetened shredded coconut

1 ½ tablespoon coconut flour

1 teaspoon baking powder

¼ teaspoon garlic powder

¼ teaspoon paprika

¼ teaspoon onion powder

⅛ teaspoon salt

⅛ teaspoon black pepper

Dipping Sauce

¼ cup mayonnaise

¼ cup sriracha sauce

2 tbsp sugar-free apricot jam

2 tsp fresh lime juice

pinch of salt

DIRECTIONS

In a bowl, mix the shredded coconut with coconut flour, baking powder, garlic powder, paprika, onion powder, salt and pepper. Set aside.

In a separate bowl, beat the eggs. Coat the bottom of the air fryer basket with oil or spray oil.

Dip each shrimp into the beaten egg, ensuring it is fully coated. Then transfer the shrimp to the bowl with the shredded coconut mixture and coat it completely with the coconut mixture.

Place the coated shrimp into the air fryer basket in a single layer, with some space between them. You may need to cook them in two or more batches if the basket gets too crowded.

Spray the tops of the shrimp with spray oil. Cook the shrimp in the air fryer at 350°F for about 10 minutes, flipping them over with tongs halfway through cooking time, and finish cooking until they turn golden and crispy.

Carefully remove the first batch of cooked shrimp using tongs and place them on a plate or serving platter. Repeat the coating and cooking process with the remaining shrimp for the second batch.

While shrimp is cooking, combine the ingredients for dipping sauce in a bowl and store in the fridge.

Serve with cauliflower rice, or a veggie as a side!

Teriyaki Chicken

with sweet and tangy sauce



week two



4 servings



40 minutes

macro breakdown
per serving
net carbs: 2g
protein: 38g
fat: 22g

INGREDIENTS

8 boneless, skinless chicken thighs
¼ cup soy sauce
2 tbsp granulated allulose
1 tbsp rice vinegar
1 tbsp sesame oil
2 cloves garlic, minced about 1 tsp
1 tsp grated ginger
½ tsp xanthan gum
1 tbsp water
1 tbsp sesame seeds
2 green onions, thinly sliced
Salt and pepper to taste

DIRECTIONS

Season the chicken thighs with salt and pepper and set aside.

In a small bowl, whisk together soy sauce, allulose, rice vinegar, and sesame oil.

Heat a large skillet over medium-high heat. Add the chicken thighs and cook for 5-7 minutes on each side until browned and nearly cooked through.

Reduce the heat to medium. Add minced garlic and grated ginger to the skillet and sauté for 1 minute until fragrant.

Pour the soy sauce mixture over the chicken and continue to cook, turning the thighs occasionally, until the sauce thickens and the chicken is well coated, about 5 minutes.

In a small bowl, mix xanthan gum with water until dissolved, then stir into the skillet to thicken the sauce further, cook for an additional 2 minutes.

Garnish the chicken with sesame seeds and green onions before serving.

Serve with cauliflower rice, or a veggie as a side!

Everything Bagels

a keto spin on a classic



week two



6 servings



25 minutes

macro breakdown
per serving

net carbs:	5g
protein:	17g
fat:	28g

INGREDIENTS

- 1 ½ c almond flour
- 1 tbsp baking powder
- ½ tsp garlic salt
- ½ tsp fresh cracked pepper
- 2 ½ c shredded mozzarella cheese
- 3 oz cream cheese, cubed
- 2 large eggs

DIRECTIONS

Preheat the oven to 425°F. Line a baking sheet with parchment paper, set aside.

Stir together the almond flour, baking powder, garlic salt and pepper. Set aside.

Place mozzarella and cubed cream cheese in a large bowl. Microwave for 2 minutes, stirring halfway through. Stir again at the end until well incorporated. Let the mixture cool just until you can handle touching it (about 1 minute).

Add the flour mixture and two eggs to the melted cheese mixture. Quickly knead with your hands until a dough forms. The dough will be very sticky and it will take a few minutes for the dough to form, but just keep kneading, it will come together as the cheese cools. Watch the video posted above for extra tips and to see what the dough looks like. (If the dough becomes hard before fully mixed, or is too difficult to mix, you can microwave for 15-20 seconds to soften it.)

Divide the dough into 6 parts. Form a long log with each piece, then press the ends together to make a bagel shape on the lined baking sheet. Repeat with the remaining dough.

Sprinkle everything bagel seasoning over the bagels and gently press into the dough. Bake for 12-14 minutes, until the bagels are firm and golden.

Lemon Garlic Salmon

refreshing and filling



week two



4 servings



20 minutes

macro breakdown
per serving
net carbs: 1g
protein: 34g
fat: 20g

INGREDIENTS

- 1.5 lbs salmon fillet
- 1 tbsp olive oil
- 3 cloves garlic, finely minced
- 1/2 lemon juice
- 1 tsp Italian seasoning
- 1/4 tsp salt
- black pepper to taste
- 2 tbsp butter, diced

DIRECTIONS

Preheat oven to 400°. Place a large piece of aluminum foil in a large rimmed baking dish that will comfortably hold all of your salmon.

Lightly grease the foil with olive oil. Place the salmon fillets on top (they can be close together if using individual fillets, just not on top of each other). Drizzle with 1 tablespoon olive oil and evenly scatter garlic on top. Drizzle with lemon juice and sprinkle with Italian seasoning, salt and pepper. Dot with butter. Seal foil over salmon.

Bake for 10–15 minutes (depending on the thickness of your fillet, or until salmon flakes easily. Serve immediately.

Would be delicious with a side salad, or asparagus.

Steak Fajitas

with veggies



week two



8 servings



30 minutes + 4 hr
marinade

macro breakdown
per serving
net carbs: 1.5g
protein: 19g
fat: 13g

INGREDIENTS

- ¼ c avocado oil
- 1 tbsp hot smoked paprika
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp minced garlic
- 1 tsp sea salt
- ½ tsp fresh ground black pepper
- 1 ½ lbs skirt steak
- Avocado oil spray
- 1 bell pepper seeded and cut into strips
- 1 large onion sliced thin

Optional Toppings

- shredded cheese
- avocado
- keto tortillas
- sour cream

DIRECTIONS

In a medium bowl, whisk together the avocado oil, smoked paprika, chili powder, cumin, garlic, salt, and pepper. Place the steak in a shallow dish or ziploc bag and pour the marinade over. Marinate for at least 4 hours or overnight.

Coat a large pan with cooking spray and heat to medium-high heat. Cook for 6 to 12 minutes, flipping once, to the desired doneness. Remove from the heat and allow to rest while you cook the vegetables.

Re-coat with cooking spray and add the bell pepper and onion to the pan. Cook for 5 to 10 minutes, until tender.

Cut the steak thinly against the grain.

Fill a keto tortilla with steak and veggies, top with optional toppings and remember to add any optional additions to your macros!

Eggs Benedict

with a homemade hollandaise sauce



week two



4 servings



30 minutes

macro breakdown
per serving
net carbs: 13g
protein: 20g
fat: 20g

INGREDIENTS

Eggs

3 tbsp white wine vinegar

4 large eggs

4 slices bacon or prosciutto or a
leftover salmon fillet
keto hamburger buns (optional)

Hollandaise Sauce

4 egg yolks (room temperature)

1 tablespoon lemon juice

1 teaspoon Dijon mustard

1/2 cup unsalted butter or ghee

Pinch cayenne

Pinch salt (optional)

DIRECTIONS

Eggs

Bring a deep saucepan of water to a boil. Add 3 tbsp white wine vinegar. Break the eggs into 4 separate cups. Slice the hamburger buns in half and toast. Set them on plates.

Using a spoon, swirl the water briskly to form a vortex and slide in one egg. It will curl round and set to a neat round shape. Cook for 2–3 mins, then remove with a slotted spoon. Repeat with the process for the other eggs, one at a time, re-swirling the water as you slide in the eggs.

Spread hollandaise sauce on each half-bun. Set your protein on top. Drizzle with hollandaise sauce on top. Serve immediately.

Hollandaise Sauce

Place the mason jar on the counter to keep your mason jar from slipping. Pour hot water into a mason jar to warm it up. Discard the water.

Add the egg yolks, lemon juice, and Dijon mustard to the mason jar. Using a hand-held emersion blender, blend the yolks, increasing its volume.

Heat the butter in the microwave. Slowly add the butter to the mason jar, about 1 tablespoon at a time, all the while blending with the emersion blender. Set the jar in a bowl of warm water to keep it warm until ready to use.

Blackened Shrimp

quick + easy



week two



4 servings



20 minutes

macro breakdown
per serving
net carbs: 1g
protein: 23g
fat: 9g

INGREDIENTS

- 1 lb raw shrimp (peeled and deveined)
- 2 tbsp olive oil
- 1 tsp smoked paprika
- ¼ tsp cayenne pepper
- 1 tsp lemon pepper
- ½ tsp black pepper
- ½ tsp dried oregano
- ½ tsp salt

DIRECTIONS

- Wash and pat dry shrimp.
- Drizzle about a tablespoon of oil and mix with all spices.
- Refrigerate for about an hour (optional if you have time).
- Heat 1 tablespoon of olive oil in a cast-iron pot.
- Spread shrimps on a single layer (do not stack).
- Cook about 5 mins on both sides or until shrimp is blackened.

This would be delicious served over cauliflower rice or with a veggie on the side.

Creamy Pork Chops

comfort food



week two



4 servings



40 minutes

macro breakdown
per serving
net carbs: 3g
protein: 46g
fat: 37g

INGREDIENTS

4 boneless pork chops
Kosher salt
Freshly ground black pepper
2 Tbsp extra-virgin olive oil
8 oz baby bella mushrooms, sliced
2 cloves garlic, finely chopped
1/2 c finely grated Parmesan
1/2 c heavy cream
1 tsp dried oregano
Pinch of crushed red pepper flakes
3 c packed baby spinach

DIRECTIONS

Season pork chops on both sides with salt and pepper. Heat oil in a large skillet over medium heat. Add pork chops and cook, turning halfway through, until golden and cooked through, about 5 minutes per side. Transfer to a plate; keep warm.

In same skillet over medium heat, cook mushrooms stirring occasionally until softened, about 5 minutes. Add garlic and cook, stirring until fragrant, about 1 minute more.

Add parmesan, cream, oregano, and red pepper flakes; season with salt and black pepper. Bring sauce to a simmer and cook, stirring occasionally until thickened, about 3 minutes. Add spinach and cook, stirring until wilted, about 2 minutes more.

Return pork chops to skillet and cook until warmed through, about 5 minutes.

Serve with cauliflower rice, or a veggie on the side.

Biscuits & Gravy

with creamy sausage gravy



week two



8 servings



30 minutes

macro breakdown
per serving

net carbs: 7g

protein: 22g

fat: 59g

INGREDIENTS

Biscuits

4 cups Carbquick

4 Tbsp butter

1 tsp salt

1 cup heavy cream

4 Tbsp water

Gravy

1 lb ground pork

1/2 Tbsp black peppercorns

1/2 tsp fennel seeds

1/2 tsp salt

1/2 tsp thyme

1/2 tsp ground sage

1 cup chicken stock

2 cups heavy cream

2 1/2 tsp xanthan gum

1/4 cup onion finely diced

DIRECTIONS

Preheat your oven to 425F. Add two cups of Carbquick to a food processor, 1/2 teaspoon salt. Cut in the butter. Add the cream and water. Blend to combine.

Turn out your dough and form it into a log about 2-3 inches thick. Cut the log into equal-sized pieces. Shape these into biscuits and place them onto a lined baking sheet.

Place into a preheated oven and cook until golden brown on the outside. (About 20 minutes).

For the gravy:

To a pan add one pound of ground pork and 1/4 cup diced onion. When the pork is no longer pink and the onion is translucent add the seasonings (black pepper, fennel, thyme, sage, and salt). Cook until brown.

Remove any excess grease from the pan and add chicken stock. Bring to a boil. Add heavy cream and bring to a boil. Taste and adjust seasoning to your taste.

Add two teaspoons of Xanthan gum. Stir and bring to a boil.

Stir and check if the gravy is thick enough for you if not add more Xanthan gum 1/2 teaspoon at a time. If it's too thick add more cream or chicken stock.

Bourbon Chicken

simple and quick



week two



4 servings



30 minutes

macro breakdown
per serving
net carbs: 4g
protein: 25g
fat: 18g

INGREDIENTS

1 lb chicken thighs, diced
1/4 cup soy sauce (or coconut
amino)
1/4 cup bourbon
1 tbsp apple cider vinegar
2 tbsp allulose (or more to taste)
1/4 cup green onions, chopped
cauliflower rice (optional)

DIRECTIONS

In a skillet, combine soy sauce, bourbon, vinegar, and sweetener. Bring to a simmer.

Add the chicken and cook until browned and cooked through and the sauce has thickened.

Serve over cauliflower rice (optional + not included in macros) and top with green onions.

The macro breakdown does not include the cauliflower rice so add that to your macros if you choose to make it!

Prime Rib Roast

tender and juicy



week two



10 servings



2 hours

macro breakdown
per serving
net carbs: 1g
protein: 31g
fat: 66g

INGREDIENTS

5 lbs boneless beef prime rib
Sea salt
2 tsp freshly ground black pepper
2 tsp fresh rosemary
1 tsp fresh thyme
8 cloves garlic, minced
1/4 cup olive oil
horseradish, optional

DIRECTIONS

Bring meat to room temperature: Remove prime rib from the refrigerator one hour before cooking. Season it on all sides with salt and cover it loosely with plastic wrap as it comes to room temperature. Prime rib roast will cook better and more evenly when it's at room temperature.

Preheat the oven to 500 degrees F. In the meantime, mix together 1 1/2 teaspoons salt, pepper, rosemary, thyme, garlic, and olive oil.

Pat the roast with paper towels. Spoon seasoning over it, rubbing it onto all sides. Place a boneless roast on a rack inside a cast iron roasting pan.

Bake prime rib at 500 degrees for 15 minutes, then reduce the oven temperature to 325 degrees and continue baking until desired level of doneness. Use a meat thermometer to check the temperature of the meat (130-140 for medium rare-medium). Remember, the meat will continue to cook as it rests out of the oven so remove it from the oven 5-10 degrees before it reaches your optimal temperature.

Remove it from the oven and tent it with foil. Allow it to rest for 30 minutes before carving.

Carve prime rib roast by slicing against the grain into about 1/2 inch thick slices. Serve with horseradish, if desired.

Serve with a veggie of choice or a salad.



Snacks

PICK 1 - 2 EVERY DAY

Choose 1-2 snacks every day that fit into your macro goals for the day.

Snacks

PICK 1-2 EVERY DAY

Each day, choose 1-2 snack options to go along with your macro plan for the day.



SWEET

Chocolate PB Cookie Dough (pg 59)

Rich & Creamy Hot Cocoa (pg 60)

Chocolate Cake Donuts (pg 61)

Chocolate Mug Cake (pg 62)

Macadamia Chocolate Trail Mix (pg 63)

Rainbow White Chocolate Bark (pg 64)

Baked Scones (pg 65)

Berries + Cream (pg 66)

Chocolate Covered Strawberries (pg 67)

Brazilian Lemonade (pg 68)

SAVORY

Bacon Wrapped Asparagus (pg 69)

Bacon Topped Deviled Eggs (pg 70)

Jalapeno Poppers (pg 71)

Keto Guacamole (pg 72)

Cheddar Bay Biscuits (pg 73)

WHOLE FOOD

SNACK IDEAS (pg 74)

Chocolate PB Cookie Dough

with peanut butter bites



snacks



5 servings



35 minutes

macro breakdown
per serving
net carbs: 2.8g
protein: 4.9g
fat: 17.7g

INGREDIENTS

Cookie Dough

- 1/2 c. + 2 Tbsp almond flour
- 1 Tbsp allulose
- 1 Tbsp monk fruit sweetener
- 1/8 tsp salt
- 1/2 Tbsp cocoa powder
- 3 Tbsp butter
- 1/2 tsp vanilla
- 1 Tbsp sugar free chocolate chips
(opt)

PB Bites

- 1 Tbsp peanut butter (sugar free)
- 3/4 Tbsp allulose
- 1/2 Tbsp butter
- 1.5 Tbsp powdered peanut butter
- 1/2 Tbsp almond flour
- Sprinkle of salt

DIRECTIONS

In a blender or food processor, add almond flour, allulose, monk fruit sweetener, salt, cocoa powder and powdered peanut butter and blend until combined. Add butter and vanilla and blend again until smooth. Transfer dough to a medium sized bowl and set aside.

In a separate bowl, add all ingredients for PB Bites and mix until a dough forms. Roll into marble size balls and freeze for 15-20 minutes or until they hold their shape.

Remove PB Bites from the freezer and stir them and the chocolate chips into prepared cookie dough.

This recipe could easily be made into bites or balls to keep to your portion sizes and easy to prep ahead of time

Rich & Creamy Hot Cocoa

with whipped cream



snacks



1 servings



10 minutes

macro breakdown
per serving
net carbs: 3-6g
protein: 6g
fat: 30.3g

INGREDIENTS

1/4 c whipping cream

3/4 c water

1/2 heaping Tbsp 100% cocoa
powder

1 1/2 Tbsp swerve confectioners
sugar

1/2 Tbsp allulose

1 Tbsp MCT powder

Pinch of salt

Splash of vanilla

Optional toppings - whipped
cream, pb powder, low carb
chocolate chips or shavings, sugar
free hot fudge or melted chocolate
drizzle

DIRECTIONS

In a small or medium saucepan, heat whipping cream, water, swerve, and allulose over medium heat until steaming. Add MCT powder, cocoa powder and salt. Continue to heat until a light boil, then remove from heat and add vanilla. Pour into a mug and add toppings. Enjoy!

OPTIONAL ADD-ONS

The sky is the limit as far as toppings go, you could add whipped cream by blending a few tablespoons of heavy whipping cream on high in a blender or with a hand mixer until stiff peaks form. Scoop on top of your cocoa and enjoy!

Depending on where your macros are for the day, you can adjust this recipe quite a bit to round out what you need. You can use protein powder instead of the cocoa and sweeteners, you can add more cream, omit the MCT powder for fewer carbs, etc. Feel free to play around with it and make it fit your goals.

Chocolate Cake Donuts

with chocolate glaze



snacks



8 servings



40 minutes

macro breakdown
per serving
net carbs: 3g
protein: 6g
fat: 19g

INGREDIENTS

Donuts

- 1 cup almond flour
- ¼ cup unsweetened cocoa powder
- 3 tablespoons Powdered Monkfruit Sweetener
- ¼ teaspoon xanthan gum
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ cup heavy whipping cream
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 tablespoons unsalted butter melted

Glaze

- ¾ cup ChocZero milk chocolate baking chips (divided)
- 1 tablespoon coconut oil
- keto sprinkles (optional)

DIRECTIONS

Preheat the oven to 350 degrees.

In a mixing bowl, beat together the almond flour, cocoa powder, monkfruit sweetener, xanthan gum, baking powder, baking soda, heavy whipping cream, eggs, vanilla and butter until well combined. Fold in ¼ cup chocolate chips.

Fill the sections of a well greased donut baking pan evenly with the batter.

Bake for 10-12 minutes until cooked through. Let the donuts cool.

Add remaining ½ cup baking chips and coconut oil to a microwave safe bowl and heat at 30 second intervals until completely melted and combined.

Dip the top of each donut into the melted chocolate, and place on a parchment lined baking sheet.

Place the baking sheet into the freezer for several minutes to set before serving.

There are endless possibilities for toppings so feel free to customize! I did white chocolate chips, and a monkfruit sweetener glaze. Then drizzled with peanut butter, or chocolate/white chocolate.

Chocolate Mug Cake

quick + easy



snacks



1 servings



10 minutes

macro breakdown
per serving
net carbs: 4g
protein: 14g
fat: 38g

INGREDIENTS

- 1 tbsp Salted butter
- 3/4 oz Unsweetened baking chocolate
- 3 tbsp Wholesome Yum Blanched Almond Flour
- 1 1/2 tbsp Besti Monk Fruit Allulose Blend
- 1/2 tsp baking powder
- 1 large egg
- 1/4 tsp vanilla extract

DIRECTIONS

Melt the butter and chocolate together in a mug or large 12 oz (355 mL) ramekin in the microwave (about 45-60 seconds, stirring halfway through). Be careful not to burn it. Make sure the ramekin is at least double the volume of the ingredients, because the mug cake will rise.

Add the almond flour, sweetener, baking powder, egg, and vanilla (if using). Stir everything well until completely mixed together.

Microwave for about 60-75 seconds, until just firm. (Don't overcook, or it will be dry.)

Serve with whipped cream, sugar free chocolate chips, keto sprinkles, or drizzle with more melted chocolate stirred with sweetener.

Macadamia Nut Trail Mix

with chocolate chips. of course!



snacks



1 servings



2 minutes

macro breakdown
per serving
net carbs: 5g
protein: 3-4g
fat: 28.5g

INGREDIENTS

1/4 c roasted + salted Macadamia
nuts
1 Tbsp Lily's milk chocolate chips
1 Tbsp Lily's white chocolate chips

DIRECTIONS

Add all ingredients to a small bowl and combine. Enjoy!

OPTIONAL ADD-ONS

The sky is the limit as far as toppings go, you could throw in some freeze dried berries, or some sugar free candy or another nut for variety. This is just to give you a quick and easy snack option to help give you ideas so you can start to create your own customized keto plan that fits your lifestyle.

Rainbow Bark

with sprinkles



snacks



8 servings



2 hours

macro breakdown
per serving
net carbs: 2g
protein: 2g
fat: 10g

INGREDIENTS

1 c sugar free white chocolate chips
sugar free sprinkles (optional)
food coloring (optional)

OPTIONAL ADD-ONS

milk chocolate chips
dark chocolate chips
freeze dried berries
sugar free candy
nuts

DIRECTIONS

Line a baking sheet with parchment paper and set aside.

If you want to make a rainbow bark, divide chocolate chips between several microwave safe bowls (depending on how many colors you want, I did 4)

Microwave each bowl in 30 second increments, stirring after each one, until melted.

Add food coloring to each bowl, and stir until combined (I used pink, blue, purple, and left one white if you want it to look like the picture).

Drop spoonfuls of each color of melted chocolate onto your parchment lined baking sheet in a pattern so your colors are spread out. Use a rubber spatula or spoon to swirl the colors together to create one large piece of chocolate. Add sprinkles or optional toppings.

Place baking sheet in the freezer for 1-2 hours, or until hardened. Break into pieces and enjoy!

Baked Scones

Flaky and sweet



snacks



12 servings



30 minutes

macro breakdown
per serving
net carbs: 3.7g
protein: 17.2g
fat: 17.3g

INGREDIENTS

3 cups almond flour
1/3 cup allulose
1 tbsp baking powder
1 tsp vanilla extract
1/4 tsp salt
2 large eggs
1/4 cup melted butter
2 tbsp heavy cream
1/2 tsp vanilla extract

DIRECTIONS

Preheat oven to 325F and line a large baking sheet with parchment paper or a silicone liner.

In a large bowl, whisk together the almond flour, allulose, baking powder, vanilla extract, and salt.

Stir in eggs, melted butter, cream and vanilla extract until dough comes together.

Split dough into 3 equal portions and form into discs, each about 1 inch thick and 5 to 6 inches in diameter. Cut each disk into 8 equal pieces (I used a heart shaped cookie cutter).

Separate the scones and place on prepared baking sheet and bake 15 to 18 minutes, or until just golden and firm to the touch.

Remove and let cool completely.

You could add blueberries or a vanilla glaze to these to take it to the next level!

Berries & Cream

easy + quick



snacks



1 servings



5 minutes

macro breakdown
per serving
net carbs: 8.2g
protein: 4.1g
fat: 44.3g

INGREDIENTS

½ c mixed berries (cut
strawberries to bite sized pieces)
½ c heavy whipping cream
½ tsp vanilla
1 tsp allulose or sugar free syrup
(optional)
sprinkle of cinnamon (optional)

DIRECTIONS

Mix heavy whipping cream, vanilla, sweetener of choice, and cinnamon (optional) in a cereal bowl.

Add berries and enjoy!

*You can also whip the heavy cream if you prefer a whipped cream with your berries. Or take it a step further and whip it with some cream cheese for a cheesecake twist!

Chocolate Covered Strawberries

quick and tasty



snacks



24 servings



30 minutes

macro breakdown

net carbs: 1.7g *per serving*
protein: .4g
fat: 1.8g

INGREDIENTS

2 cartons (approx. 24) fresh strawberries, washed and dried
9 oz. bag no sugar added semi-sweet chocolate chips (such as Bake Believe, Lily's or Choczero)
1 tbsp coconut oil

OPTIONAL ADD-ONS

unsweetened coconut
sugar free white chocolate chips,
melted
crushed nuts
sugar free sprinkles
peanut butter

DIRECTIONS

Line counter or baking sheet with parchment paper.

Make sure all strawberries are completely washed and dry by patting them with paper towels. Make sure that the strawberries are very dry so that the chocolate sticks to them. Choose either stovetop or microwave instructions below.

Stovetop: Create a double boiler by placing a pot on the stove filled with 1 cup of water. Bring water to a boil. Once the water reaches a boil, place a heat-safe glass bowl on top of the saucepan. Add chocolate chips into the glass bowl and slowly stir until the chocolate is completely melted. Remove from stovetop, add in coconut oil, and stir.

Microwave: Place chocolate into a microwave-safe bowl. Heat in the microwave for 15-second intervals. Between each interval, stir with a spatula. Add in coconut oil and stir to combine.

Pinch stem of the strawberry and dip strawberries into melted chocolate $\frac{3}{4}$ of the way covering the berry. Remove strawberry from chocolate and lay on parchment paper to harden. Add any optional toppings.

If you have them on a baking sheet, you can transfer them to the fridge or freezer to harden faster. Store in the fridge.

Brazilian Lemonade

sweet and sour



snacks



4 servings



10 minutes

macro breakdown
per serving
net carbs: 3.7g
protein: 1g
fat: 15.7g

INGREDIENTS

4 medium limes
1/2 cup sugar free condensed milk
1/3 cup powdered Swerve Sweetener
4 cups water, divided

DIRECTIONS

Wash the limes, then chop into slices and place in a blender (preferably a good strong one!).

Add the condensed milk, sweetener, and 2 cups of the water, and blend only about 15 to 30 seconds. Strain through a sieve into a serving pitcher filled with ice.

Stir in the remaining water. Adjust sweetness to taste and serve immediately.

This recipe is also delicious as a freeze, if you juice and zest the limes instead of blending them. Then substitute the first 2 cups of water for ice and blend with other ingredients (including remaining 2 cups water) until smoothie consistency.

Bacon Wrapped Asparagus

straightforward + delicious



snacks



9 servings



35 minutes

macro breakdown
per serving
net carbs: 0g
protein: 3g
fat: 10g

INGREDIENTS

18 spears asparagus trimmed
9 slices bacon thinly sliced
2 tablespoons butter melted
2 tablespoons balsamic vinegar
1/2 teaspoon salt
1/2 teaspoon pepper

DIRECTIONS

Preheat the oven to 400. Line a large baking sheet with parchment paper.

Cut the bacon lengthwise (hot dog style) down the middle. Wrap a slice of bacon around each asparagus spear, then place it on the baking sheet. Brush with the melted butter then sprinkle with salt and pepper.

Bake the bacon wrapped asparagus for 20-25 minutes, or until the bacon is crispy.

Remove the asparagus from the oven and brush with balsamic vinegar.

*If you don't have balsamic vinegar or don't like the flavor, feel free to omit it and enjoy the buttery bacon wrapped asparagus without it.
These would also be delicious dipped in some homemade ranch or a garlic butter sauce!*

Bacon Topped Deviled Eggs

so satisfying + perfect for sharing



snacks



12 servings



20 minutes

macro breakdown
per serving
net carbs: 0.8g
protein: 7.9g
fat: 10.6g

INGREDIENTS

12 eggs large
1/2 cup sour cream
2 teaspoons Dijon mustard
1/2 cup sharp cheddar cheese
shredded
4 strips bacon cooked and
crumbled**
3 tablespoons fresh chives minced
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper
paprika (for garnish)

DIRECTIONS

Make hard-boiled eggs: Fill a large pot with water and bring to a boil. Carefully place eggs in the hot water. Place the lid on the pot, reduce heat to low, and cook the eggs on a bare simmer for 12 minutes. **

Remove the eggs to an ice bath and chill for 10–15 minutes. Carefully peel the eggs, then slice them in half lengthwise. Remove egg yolks and place in a mixing bowl. Using a fork, mash the yolks.

Add the sour cream, mustard, shredded cheese, bacon, chives, garlic powder, salt, and pepper. Mix well. You may add more sour cream to reach desired smoothness.

Taste for seasoning, and add more salt and pepper as needed. Spoon or pipe the yolk mixture into the halved egg whites. Sprinkle with paprika if desired. Garnish with additional cheese, chives, and bacon, if desired. Chill in the fridge and enjoy!

***If using raw bacon, cook the bacon while your eggs are boiling so that it has time to cool and crumble to top your eggs.*

Jalapeno Poppers

bacon wrapped peppers with a cream cheese filling



snacks



18 servings



35 minutes

macro breakdown
per serving
net carbs: 2.8g
protein: 4.9g
fat: 17.7g

INGREDIENTS

Poppers

9 jalapeno peppers

8 oz chive & onion cream cheese

9 slices bacon cut in half

DIRECTIONS

Preheat the oven to 400. Cut the jalapenos in half and remove all of the seeds.

Using a spoon or rubber spatula, fill the hollow peppers with cream cheese.

Line a baking sheet with aluminum foil (not totally necessary but makes for quick and easy cleanup!) and place a wire cooling rack on top of the baking sheet.

Wrap peppers with 1/2-1 full slice of bacon depending on how large your jalapenos are.**

Arrange the peppers on the baking sheet and bake for 20-25 minutes or until bacon is crispy and browned. Serve immediately.

***I like to secure mine with a toothpick just to keep them together in case they roll when I'm transporting them, but if you don't have a toothpick, don't worry about it.*

Keto Guacamole

high fat and low carb



snacks



12 servings



5 minutes

macro breakdown
per serving
net carbs: 3g
protein: 2g
fat: 15g

INGREDIENTS

Guacamole

- 6 large, ripe hass avocados
- 1 large lime, juiced
- 1 tsp ground cumin
- 1-2 tsp salt (adjust to taste)
- 1/2 cup finely minced red onion
- 2 roma tomatoes, finely diced
- 4 cloves garlic, finely minced
- 1/3 cup fresh cilantro leaves, finely chopped
- 2-4 tbsp minced jalapeño pepper

Dipping Options

- pork rinds
- cucumber slices/celery/veggie
- bell peppers
- zucchini chips
- low carb wrap/quesadilla
- cooked bacon
- cheese crisps
- Quest chips

DIRECTIONS

In a medium bowl, mash together avocados, lime juice, cumin, and 1 tsp salt. Mix in onion, tomatoes, garlic, cilantro, and jalapeño. Add extra salt to taste. For best flavor, refrigerate for at least 1/2 hour before serving.

Enjoy with your favorite keto dipping option or on top of tacos, or keto toast!

Cheddar Bay Biscuits

Low carb and full of flavor



snacks



11 servings



20 minutes

macro breakdown
per serving

net carbs: 2g

protein: 10g

fat: 18g

INGREDIENTS

Biscuits

- 4 large eggs
- 1 1/4 cup almond flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 2 Tbsp melted butter
- 2 cups shredded cheddar cheese

Topping

- 1 Tbsp Butter (melted)
- 2 tsp parsley (chopped)

DIRECTIONS

Preheat your oven to 450 degrees F. Line a baking sheet with parchment paper.

In a mixing bowl, whisk the eggs.

Stir in the almond flour, melted butter, baking powder, garlic powder and salt. Stir in the cheddar cheese.

Divide the biscuit batter into 11 equal portions, and form them into a rounded biscuit shape. Place them on a baking sheet lined with parchment paper, and bake for 10-12 minutes until the tops are lightly golden brown and toothpick inserted into the middle comes out clean.

While the biscuits are cooking, melt the butter for the topping.

Brush the tops of the biscuits with the butter while they are still warm and top with the fresh parsley.

These would be a great companion to the coconut shrimp recipe on page

Whole Food Snacks

ideas to help when you have "nothing to eat"



snacks



unlimited



2 minutes

WHOLE FOOD SNACK IDEAS

- olives
- cheese
- berries
- cucumbers
- lunch/deli meats
- bacon
- boiled eggs
- smoked salmon
- beef jerky
- nuts
- broccoli
- cauliflower
- mushrooms
- green peppers
- celery

Any of these ideas could be combined, or paired with some homemade ranch, or a nut butter, or heavy cream to give you a complete snack option. Remember, it doesn't have to be complicated - keep it simple!