
55 keto Recipes

Dairy-Free



Savor the Fusion of Taste and Health
with Vibrant Recipe Creation

By Ella Ross

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Quick & Easy 55 Keto Dairy- Free Recipes by Love Keto Published by Ella Ross.

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Low-carb Snack List

Raspberries

1/4 cup: 16 calories, 0.20g fat, 3.67g carbs, 2g fiber, 0.37g protein

1/2 cup: 32 calories, 0.40g fat, 7.34g carbs, 4g fiber, 0.75g protein

1 cup: 64 calories, 0.80g fat, 14.69g carbs, 8g fiber, 1.48g protein

Blueberries

1/4 cup: 21 calories, 0.12g fat, 5.25g carbs, 0.9g fiber, 0.27g protein

1/2 cup: 41 calories, 0.24g fat, 10.51g carbs, 1.7g fiber, 0.54g protein

1 cup: 83 calories, 0.48g fat, 21.01g carbs, 3.5g fiber, 1.07g protein

Strawberries

1/4 cup: 12 calories, 0.11g fat, 2.92g carbs, 0.8g fiber, 0.25g protein

1/2 cup: 24 calories, 0.23g fat, 5.84g carbs, 1.5g fiber, 0.51g protein

1 cup: 49 calories, 0.46g fat, 11.67g carbs, 3g fiber, 1.07g protein

Blackberries

1/4 cup: 15 calories, 0.18g fat, 3.46g carbs, 1.9g fiber, 0.5g protein

1/2 cup: 31 calories, 0.35g fat, 6.92g carbs, 3.8g fiber, 1g protein

1 cup: 62 calories, 0.71g fat, 13.84g carbs, 7.6g fiber, 2g protein

Nuts (Raw)

Almonds

1/4 cup: 160 calories, 14g fat, 6g carbs, 4g fiber, 6g protein

Cashews

1/4 cup: 160 calories, 12g fat, 8g carbs, 1g fiber, 5g protein

Pecans

1/4 cup: 210 calories, 21g fat, 4g carbs, 2g fiber, 3g protein

Walnuts

1/4 cup: 190 calories, 18g fat, 4g carbs, 2g fiber, 4g protein

Boiled Egg

1 egg: 78 calories, 5.3g fat, 0.56g carbs, 0g fiber, 6.29g protein

Avocado

1/2 fruit: 161 calories, 14.73g fat, 8.57g carbs, 6.7g fiber, 2.01g protein

Kalamata Olives

10 olives: 90 calories, 9g fat, 2g carbs, 2g fiber, 2g protein

Almond Nut Butter

2 tbsp: 190 calories, 18g fat, 6g carbs, 3g fiber, 7g protein

Peeled Cucumber

1 cup: 16 calories, 0.21g fat, 2.87g carbs, 2.8g fiber, 0.78g protein

Celery Sticks

2 sticks: 15 calories, 0g fat, 4g carbs, 2g fiber, 1g protein

The following snack ideas depend on the brand or preparation method.

Deviled Egg

Can of tuna

Cold meat – Leftover from a roast or deli meat like ham, salami, chicken, beef, etc.

Week 1 Menu

Lunch Dinner

	Breakfast			Nutritional Info
Day 1	Avocado Bun Breakfast Burger	Avocado Cream Chicken Cutlet and Zoodles Cauli Rice		1765 calories 139.05g fat 20.75g net carbs 12.16g sugars 90.91g protein
Day 2	Breakfast Sausage, Eggs & Greens	Chicken Cutlet & Cauli Rice Leftovers	Shirataki Noodles Asian Salad	1374 calories 93g fat 19.79g net carbs 12.35g sugars 98.61g protein
Day 3	Breakfast Sausage & Eggs	BLT Lettuce Boats	Grilled Cod & Shrimps	1177 calories 78.94g fat 15.74g net carbs 6.92g sugars 94.65g net carbs
Day 4	90 sec Sausage Egg Muffin	Grilled Cod & Shrimps Leftovers	Arugula Caesar Salad & Veggies	1316 calories 89g fat 19.75g net carbs 11.92g sugars 99.06g protein
Day 5	Breakfast Sausage & Poached Egg	Rosemary Chicken & Broccoli	Rosemary Pork Roast Leftovers Side Caesar Salad 3	1495 calories 111.31g fat 12.34g net carbs 7.29g sugars 101.2g protein
Day 6	Spinach & Breakfast Sausage Omelette	Rosemary Pork Roast Leftovers Side Caesar Salad 2	Broccoli, Bacon & Mushrooms	1313 calories 99.55g fat 13.02g net carbs 9.71g sugars 84.98g protein
Day 7	Spinach & Pork Omelette Leftovers	Zucchini Salad with Grilled Chicken Thigh	Rosemary Pork Roast Leftovers Side Caesar Salad 1	1509 calories 114.98g fat 15.62g net carbs 10.28g sugars 96.37g protein

Week 1 Grocery List

Baking Spices

- Baking Powder [1/2 tsp]
- Black Pepper
- Blanched Almond Flour [7 tbsp]
- Cayenne Pepper
- Pork Rinds [40g]
- Celery Seed
- Dashi Powder (Japanese Fish Broth Granule)
- Condiments
- Garlic Powder
- Anchovy Paste [10 ml]
- Himalayan Salt
- Coconus Aminos [25 ml]
- Nutmeg
- Fish Sauce [5 ml]
- Onion Powder
- Lemon Juice [25 ml]
- Oregano
- Mayonnaise [125 ml]
- Paprika Powder
- White Vinegar [20 ml]
- Parsley
- Rosemary

Dairy

- Sage
- Almond Milk [45ml]
- Sesame Seeds
- Eggs [19]
- Thyme

Meat Vegetables

- Bacon [5 slices]
- Arugula [40g]
- Chicken Breast [1] {260g} skinless
- Asparagus [6 stems] {120g}
- Chicken Thighs [3] {200g} boneless
- Avocado [2 3/4 hass]
- Ground Chicken [220g]
- Baby Spinach [2 cups] {80g}
- Ground Pork [220g]
- Basil Leaves [25 leaves]
- Pork Roast Boneless [500g]
- Broccoli [3 heads]
- Prosciutto [60g]
- Brown Mushrooms [7] {70g}
- Cauliflower [1 small] {300g}

Oil

- Cherry Tomatoes [14]
- Chili Oil [1/4 tsp] (or cayenne pepper)
- Cilantro [1 stem]
- Frying Oil (Could be refined coconut oil, lard or beef tallow)
- Cucumber [3/4 cup] {85g}
- Olive oil [215ml]
- Garlic [9 cloves]
- Refined Coconut Oil [15ml]
- Green Beans [50g]
- Sesame Oil [35ml]
- Lettuce [18 leaves]
- Parsley [2 stems]

Seafood & Fish

- Red Onion [1/16]
- Cod Fillets [2] {300g}
- Red Pepper [3/4]
- Shrimps [200g]
- Swiss Chard [50g]
- Tomato [4]
- Zucchini [1 1/4]

Miscellaneous

- Shirataki Noodles [200g]

Day 1 - Make Ahead



Savoury Breakfast Sausage

0.25g carbs 0.2g fiber

185 calories 12.81g fat

0.04g sugar 16.17g protein

Ingredients (6 portions)

220g ground chicken

220g ground pork

1 tsp sage

1/2 tsp salt, thyme, black pepper

**1/4 tsp celery seed, garlic powder,
nutmeg, onion powder, paprika**

1/8 tsp cayenne pepper

1. Mix all of the ingredients in a bowl and knead with your hands.
2. Make six hamburger patty, wrap them in saran wrap and freeze them. We'll be using these for the next 6 days so if you think the meat will stay fresh, you don't have to freeze them, but I did just in case. I just thaw each hamburger the night before or thaw them in the microwave the day of.

Day 1 - Breakfast



Avocado Bun Breakfast Burger

20.11g carbs 14.6g fiber

717 calories 61.36g fat

2.88g sugar 27.41g protein

1. Lay the avocado on its side, horizontally, and cut it right in the middle making sure you're not cutting it in an awkward angle. Once it's cut, carefully remove the seed and carefully spoon out of the flesh.

Cut the bottom of one avocado so that it can stand on its own on the plate.

2. Heat the oil in a non-stick skillet on medium-low heat. Add the breakfast sausage and cook 1-2 minutes on each side until perfectly cooked. Crack the egg open in the skillet, turn the heat to low, cover and cook sunny side up. Cook for a couple of minutes until the egg white is fully cooked.

3. Place the bottom half of the avocado on a plate, spoon some mayo in the avocado hole, top with lettuce, the tomato, sausage, carefully add the egg over and top with the avocado top! Sprinkle some salt, pepper and sesame seeds.

Ingredients (1 portion)

1 avocado

1 egg

1 tbsp olive oil

1 breakfast sausage

1 lettuce leaf

1 slice tomato

1 tbsp mayo

pinch salt, pepper, sesame seeds

Day 1 - Lunch



Avocado Cream & Zoodles

18g carbs 9.4g fiber 4.74g sugar

383 calories 35.34g fat

5.46g protein

1. Spiralize your zucchini. Slice the mushrooms in half.
2. In a stick blender cup, add the avocado, basil, 1 tbsp olive oil, garlic, lemon juice and salt. Press the button on the stick blender for about a minute until everything is super creamy and delicious.
3. Add 1/2 tbsp of olive oil in a frying pan and cook the mushrooms until tender. Add the zucchini noodles and cook just for a minute or so until they get hot.
4. Add the avocado cream, mix everything together and serve.

Ingredients (1 portion)

- 1 zucchini**
- 1/2 avocado (100g)**
- 20 basil leaves**
- 1.5 tbsp olive oil**
- 3 brown mushrooms (30g)**
- 1 garlic clove**
- 1 tsp lemon juice**
- 1/4 tsp salt**

Day 1 - Dinner



Chicken Cutlet & Cauli Rice

14.64g carbs 8g fiber

665 calories 42.35g fat

4.54g sugar 58.04g protein

Ingredients (2 portions)

1 small cauliflower (300g)

2 tbsp sesame oil

1 tbsp coconut aminos

1 tsp dashi powder

1/4 tsp salt + pepper

1 skinless chicken breast (260g)

pinch salt + pepper

1 egg

4 tbsp almond flour

40g pork rinds

pinch salt + pepper

**frying oil (refined coconut oil/lard/
beef tallow)**

1. Rice the cauliflower in a food processor or by using a cheese grater. In a wok, heat the sesame oil and add the riced cauliflower. Fry a couple of minutes, add the coconut aminos, dashi, salt and pepper, and mix until combined. Fry until the cauliflower is soft and crunchy.
2. Crush the pork rinds using a food processor/coffee grinder/or your hands. Mix the rinds with the almond flour, salt and pepper. Add the egg in a small bowl and whisk.
3. Slice the chicken breast in 2 length ways. Sprinkle the salt and pepper on both sides and dip in it the whisked egg. Coat the chicken with the breading on both sides.
4. Fry the cutlet in 150C/300F preheated oil and fry until the inner temperature of the chicken cutlet registers to 65C/150F. Serve with the cauliflower rice. Keep half for another meal.

Day 2 - Breakfast



Breakfast Sausage, Eggs & Greens

560 calories 43.30g fat 12g carbs 7g fiber 2.79g sugar 31.71g protein

1. Cut the stems off the green beans. Mince the garlic.
2. Put some water to boil in a pot. Add the broccoli and green beans and cook until tender. Take out of the water once cooked. Place the broccoli onto a plate.
3. Add the olive oil to a frying pan and add the breakfast sausage. Cook on both sides until cooked through. Add the eggs and scramble them. Place the eggs and sausage to the plate.
4. Add the garlic and green beans to the frying pan. Fry until the garlic is starting to crisp up. Sprinkle some salt, pepper and garlic powder over the beans and scrambled eggs. Place the beans and eggs onto the plate.

Ingredients (1 portion)

1 breakfast sausage

2 eggs

4 broccoli florets

50g green beans

1.5 tbsp olive oil

1 garlic clove

pinch salt, pepper, garlic powder

Day 2 - Lunch



Chicken Cutlet & Cauli Rice

14.64g carbs 8g fiber

665 calories 42.35g fat

4.54g sugar 58.04g protein

Ingredients (2 portions)

2nd portion of Day 1 dinner!

1. Heat up the leftovers from last night's dinner!

Day 2 - Dinner



Shirataki Noodles Asian Salad

12.45g carbs 4.3g fiber

149 calories 7.53g fat

5.02g sugar 8.86g protein

1. Put some water to boil in a pot. Place the egg inside and boil for 7 minutes exactly. Once cooked, transfer to a bowl full of ice water. Peel and cut in four.
2. Wash the shirataki noodles under some water and boil for 2 minutes. This will get rid of their smell. In the same pot, add the asparagus and boil until tender. Drain the water and let the noodles and asparagus cool down. You can cut the noodles in half to make them shorter as they tend to be super long.
3. Thinly slice the red onion with a cabbage shredder. Cut the asparagus in half. Dice the tomato, slice the cucumber, chop the cilantro, and mince the garlic using a garlic crusher.
4. Combine all of the ingredients in a large bowl and mix. Serve cold!

Ingredients (1 portion)

- 200 g shirataki noodles (konjac)**
- 2 asparagus (40g)**
- 1/2 cup cucumber (65g)**
- 1/2 tomato (65g)**
- 1/16 red onions (20g)**
- 1 stem cilantro**
- 1 garlic**
- 1 egg**
- 2 tsp coconut aminos**
- 1 tsp fish sauce**
- 1/2 tsp sesame oil**
- 1 tsp lemon juice**
- 1/4 tsp salt and pepper**
- 1/4 tsp hot chili oil or chili flakes**

Day 3 - Breakfast



Breakfast Sausage & Eggs

6.40g carbs 2.5g fiber 3.16g sugar

477 calories 36.51g fat

30.61g protein

1. Cut the asparagus in two and cut off a bit off the stems.
2. Put some water to boil and add the broccoli. Cook until tender.
3. Add 1/2 tbsp of olive oil to a non-stick frying pan and add the breakfast sausage and asparagus and cook on all sides until cooked through. Transfer to a plate with the boiled broccoli.
4. Add the other 1/2 tbsp of olive oil and crack the eggs open. Switch the heat to low, cover and cook for a few minutes until the egg whites are fully cooked. Slide to the plate and sprinkle the salt, pepper and parsley over.

Ingredients (1 portion)

- 2 eggs**
- 1 breakfast sausage**
- 1 tbsp olive oil**
- 2 asparagus**
- 3 broccoli**
- 3 cherry tomatoes**
- pinch salt, pepper, parsley**

Day 3 - Lunch



BLT Lettuce Boats

10.64g carbs 3.34g fiber

362 calories 33.20g fat

1.79g sugar 8.62g protein

1. Fry the bacon in a frying pan until crispy.
2. Slice the tomato into a few slices. Slice the avocado.
3. Spoon 1/2 tbsp of mayo over each lettuce leaf and cover with the bacon, tomato and avocado.

Ingredients (1 portion)

2 lettuce leaves

2 slices bacon

1/2 avocado

1/4 tomato

1 tbsp mayo

Day 3 - Dinner



Grilled Cod & Shrimps

5.54g carbs 1g fiber 1.97g sugar

338 calories 9.23g fat

55.42g protein

1. Mince the garlic and parsley
2. Melt the butter in a pan and add the garlic. Cook for a few seconds and place the cod and shrimp in the pan. Add the chopped parsley. Cook the shrimps for a few minutes until they turn orange. For the cod, cook for 2 minutes on each side, carefully not breaking it apart when flipping it over. Add the tomatoes to the pan and fry with the shrimps for about a minute until soft.
3. Add the lemon juice over everything and it's ready to serve. Store half for tomorrow.

Ingredients (2 portions)

- 2 cod fillet (300g)**
- 200g shrimps**
- 1 tbsp lemon juice**
- 2 stems fresh parsley**
- 2 tbsp olive oil**
- 2 garlic cloves**
- 8 cherry toamtoes**

Day 4 - Make Ahead



Easy Dairy-free Caesar Dressing

106 calories 11.39g fat 0.4g carbs 0.1g fiber 0.02g sugar 0.32g protein

1. Mince the garlic. Mix all of the ingredients together and keep in an air-tight container in the fridge. It will keep for weeks, just mix it again before using.

Ingredients (6 portions)

6 tbsp mayonnaise

2 tsp anchovy paste

1 garlic clove

3 tbsp unsweetened almond milk

1/2 tsp lemon juice

1.5 tsp oregano

1/8 tsp salt

1/4 tsp garlic powder

Day 4 - Breakfast



90 sec Sausage Egg McMuffin

9.38g carbs 4.15g fiber 2.61g sugar

719 calories 60.15g fat

36.57g protein

1. Combine the ingredients for the 90 second bread into a large mug. Mix carefully and microwave for 90 seconds. Take it out of the mug and carefully slice in half.
2. Heat the olive oil in a frying pan and fry the breakfast sausage until cooked. Add the sliced bread and grill on both sides until desired toastness.
3. Using a mini egg frying pan, cook the egg until the egg whites are fully cooked.
4. Spread the mayo over one slice of bread, cover with the tomato slice, sausage, egg and last slice of bread. Enjoy!!

Ingredients (1 portion)

1 breakfast sausage

1 slice tomato

1 egg

1 tsp olive oil

1 tsp mayo

90 sec bread: mix all of these

***1 tbsp refined coconut oil**

***1 egg**

***1/2 tsp salt**

***1/2 tsp baking powder**

***3 tbsp almond flour**

Day 4 - Lunch



Grilled Cod & Shrimps

5.54g carbs 1g fiber 1.97g sugar

338 calories 9.23g fat

55.42g protein

1. Reheat yesterday's dinners leftover and enjoy!

Ingredients (2 portions)

Leftovers from Day 3 Dinner

Day 4 - Dinner



Arugula Caesar Salad & Veggies

259 calories 19.62g fat 19.08g carbs 9.1g fiber 7.34g sugar 7.07g protein

1. Put some water to boil and cook the broccoli and asparagus until tender.
2. Shred the rucola and iceberg lettuce and put into a bowl.
3. Slice the avocado, tomato, and cucumber. Put everything in a plate and cover with the dressing.

Ingredients (1 portion)

- 3 leaves iceberg lettuce (120g)**
- 40g arugula**
- 2 asparagus (60g)**
- 4 broccoli florets (60g)**
- 5-6 slices cucumber (20g)**
- 1/2 avocado**
- 1/2 tomato**
- 1 portion caesar dressing**

Day 5 - Breakfast



Breakfast Sausage & Poached Egg

461 calories 37.54g fat 7.08g carbs 4.2g fiber 1.93g sugar 24.55g protein

1. Put some water to heat in a small pot and add the vinegar. Crack the egg inside a small bowl or cup. Once the water is simmering, make a circulating motion with a spatula inside the water and drop the egg in the middle of the spiral. Turn off the heat, cover for 6 minutes exactly. Take it out of the water once done.
2. Heat the olive oil in a frying pan and cook the breakfast sausage on medium-low heat on both sides until cooked through. Place the sausage on a plate. Add the fresh spinach to the frying pan with the leftover grease from the sausage. Cook until wilted and transfer to a plate. Cover with the poached egg.
3. Slice the avocado and put on the plate along with the cherry tomatoes.

Ingredients (1 portion)

- 1 breakfast sausage**
- 1 tbsp olive oil**
- 1 egg**
- 40g fresh spinach**
- 3 cherry tomatoes**
- 1/4 avocado**
- 1/4 tsp salt & pepper**
- 1 tbsp vinegar**

Day 5 - Lunch



Rosemary Chicken & Broccoli

6.99g carbs 2.8g fiber 1.7g sugar

461 calories 33.71g fat

33.94g protein

1. Cut the chicken leg into bite-size pieces. Sprinkle the salt and pepper all over it. Separate the broccoli into florets.
2. In a cast iron skillet, heat the olive oil and add the chicken skin side down to the pan along with the rosemary. Fry 3 minutes to crisp up the skin and turn the chicken around. Add the broccoli florets and cook for a minute mixing everything together.
Add the water, cover and let the steam of the water cook the broccoli for 2 minutes. Uncover and serve.

Ingredients (1 portion)

- 1 boneless chicken leg (125g)**
- 1/3 broccoli head (100g)**
- 1/4 tsp salt**
- 1/4 tsp black pepper**
- 1/2 tsp rosemary**
- 1 tbsp olive oil**
- 2 tbsp water**

Day 5 - Dinner



Rosemary Pork Roast

0.12g carbs 0.1g fiber 0g sugar

359 calories 23.88g fat

33.75g protein

1. Preheat the oven to 200C/400F.
2. Massage the olive oil, salt, black pepper and rosemary into the pork roast. Place it on a baking tray over some parchment paper.
3. Place in the oven and cook 1 hour. Take it out and let cool for 5-10 minutes. Slice and serve. Keep 2/3 for the other meals.

Ingredients (3 portions)

500g boneless pork roast

1 tbsp olive oil

1 tsp salt

1 tsp black pepper

1 tbsp rosemary

Day 5 - Dinner



Side Caesar Salad 3

7.85g carbs 2.6g fiber

214 calories 16.72g fat

3.66g sugar 8.96g protein

1. Put some water to boil and add the egg. Boil for 7 minutes exactly, transfer to an bowl filled with ice water. Peel it. Put the broccoli to boil and cook until tender.
2. Slice the broccoli and egg. Rip the lettuce leaves.
3. Mix everything together with the caesar dressing and eat with one portion of the rosemary pork roast.

Ingredients (1 portion)

4 lettuce leaves

1 egg

1/2 tomato

3 broccoli stems (50g)

1 tbsp caesar dressing

Day 6 - Breakfast



Spinach & Pork Omelette

4.29g carbs 0.9g fiber 3.39g sugar

446 calories 34.96g fat

27.84g protein

1. Crumble the sausage. Slice the red pepper and mince the garlic.
2. In a large non-stick frying pan, add the olive oil and cook the sausage. Add the garlic, red pepper and spinach to the pan and cook for 1-2 minutes until soft.
3. Crack the eggs open in a large bowl, add the spices and mix with a whisk for 2 minutes.
4. Pour the egg batter to the pan, cover and let cook on low heat for 4-5 minutes.
5. When the top of the omelette is cooked through, just slide the omelette to a plate and cut in half. Save half for the next day.

Ingredients (2 portions)

1 breakfast sausage

1 cup fresh spinach (30g)

1/4 red pepper (40g)

2 garlic cloves

2 tbsp olive oil

1/4 tsp salt, pepper, garlic powder, parsley

6 eggs

Day 6 - Lunch



Rosemary Pork Roast

0.12g carbs 0.1g fiber 0g sugar

359 calories 23.88g fat

33.75g protein

1. Reheat 1/3 of the pork roast from Day 5 dinner.

Ingredients (3 portions)

Leftovers from Dinner 5 Dinner

Day 6 - Lunch



Side Caesar Salad 2

6.64g carbs 2g fiber 4.19g sugar

264 calories 19.15 fat

16.32g protein

1. Put some water to boil and add the egg. Boil for 7 minutes exactly, transfer to an bowl filled with ice water. Peel it.
2. Slice the egg in four. Rip the lettuce leaves.
3. Mix everything together with the caesar dressing and eat with the leftover pork roast.

Ingredients (1 portion)

4 lettuce leaves

30g prosciutto

1 egg

1 tomato

1 tbsp caesar dressing

Day 6 - Dinner



Bacon, Broccoli & Mushrooms

4g carbs 1.6g fiber

386 calories 26.22g fat

0.98g sugar 32.72g protein

1. Put some water to boil in a small pot and cook the broccoli until tender.
2. Sprinkle the salt over the bacon slices and cut into 1cm strips.
3. Cut the mushrooms in 6.
4. Fry the bacon in a frying pan for a minute and add the mushrooms. Add the rosemary and fry until the bacon is crispy. Add the broccoli, mix everything together and sprinkle the garlic powder and black pepper over.

Ingredients (1 portion)

80g broccoli

4 brown mushrooms (40g)

3 slices bacon (40g cooked)

1/4 tsp salt

1/2 tsp rosemary

1/4 tsp garlic powder

pinch black pepper.

Day 7 - Breakfast



Spinach & Pork Omelette

4.29g carbs 0.9g fiber 3.39g sugar

446 calories 34.96g fat

27.84g protein

1. Reheat Day 6's breakfast leftovers.

Ingredients (2 portions)
leftovers from Day 6 breakfast

Day 7 - Lunch



Zucchini Salad w/ Grilled Chicken Thigh

430 calories 36.93g fat 8.18g carbs 2.6g fiber 3.89g sugar 17.84g protein

1. Using a peeler, peel the zucchini lengthwise to make long ribbons. Slice the red pepper and cut in half. Dice the tomato. Chop the swiss chard. Mince the basil leaves and garlic cloves.
2. Mix all of the above with the olive oil, vinegar and salt & pepper together in a bowl and put on a plate.
3. Sprinkle the salt and pepper over the chicken thigh. Preheat the oil in a cast iron skillet and place chicken breast skin-side down and cook until crispy. Turn it around, cook a few more minutes until cooked through. Place on the plate with the salad.

Ingredients (1 portion)

1/4 zucchini

1/4 red pepper

50g swiss chard

1/4 tomato

5 basil leaves

1 tbsp olive oil

1 tsp vinegar

1 garlic clove

1/4 tsp salt & pepper

1 chicken thigh with skin (75g)

1 tbsp olive oil

1/2 tsp salt & pepper

Day 7 - Dinner



Rosemary Pork Roast

0.12g carbs 0.1g fiber 0g sugar

359 calories 23.88g fat

33.75g protein

1. Reheat the leftovers from Day 5's dinner and serve with the side caesar salad 1.

Ingredients (3 portions)
leftovers from Day 5 Dinner

Day 7 - Dinner



Side Caesar Salad 1

8.83g carbs 2.2g fiber 3g sugar

274 calories 19.21g fat

16.94g protein

1. Put some water to boil and add the egg. Boil for 7 minutes exactly, transfer to an bowl filled with ice water. Peel it. Put the broccoli to boil and cook until tender.
2. Slice the broccoli and egg. Rip the lettuce leaves. Slice the tomato and red pepper.
3. Mix everything together with the caesar dressing and eat with one portion of the rosemary pork roast.

Ingredients (1 portion)

4 lettuce leaves

30g prosciutto

1 egg

1/2 tomato

1/4 red pepper

2 broccoli stems (25g)

1 tbsp caesar dressing

Week 2 Menu

Lunch Dinner

	Breakfast		Chicken Brochettes	Nutritional Info
Day 8	Avocado Boat, Sausage & Asparagus	Easy Sesame Salad Rosemary Shrimps & Radishes		1266 calories 91.45g fat 16.02g net carbs 8.52g sugars 81.77g protein
Day 9	Eggs, Bacon & Tomato Salad	Chicken Brochettes & Easy Sesame Salad	Lettuce-wrapped Burger	1299 calories 97.34g fat 16.86g net carbs 11.5g sugars 80.22g protein
Day 10	Avocado Boat, Sausages, & Scrambled Eggs	Chicken Brochettes & Sesame Salad	Arugula Salad with Basil Vinaigrette	1529 calories 120.89g fat 19.48g net carbs 10.59g sugars 40.37g protein
Day 11	Fluffy Omelette & Veggies	Zucchini & Cucumber Salad	Roasted Chicken Leg & Veggies	1191 calories 83g fat 19.08g net carbs 13.48g sugars 85.18g protein
Day 12	Grilled Veggies & Fluffy Omelette	Roasted Chicken Leg & Veggies Leftovers	Cauliflower & Veggie Ranch Salad	1434 calories 103.26g fat 19.79g net carbs 14.77g sugars 97.3g protein
Day 13	Veggie Omelette	Kale Beef & Veggie Caesar Wrap	Grilled Rosemary Chicken with Veggies	1779 calories 125.69g fat 20.33g net carbs 9.46g sugars 92.39g protein
Day 14	Eggs in Mini Skillet	Grilled Rosemary Chicken with Veggies Leftovers	Grilled Chicken & Guacamole	1834 calories 130.48g fat 17.71g net carbs 9.11g sugars 95.34g protein

Week 2 Grocery List

Canned Goods

- Tuna [140g]

Condiments

- Coconut Aminos [37 ml]
- Lemon Juice [15 ml]
- Mayonnaise [112 ml]
- Tahini [15 ml] (sesame paste)
- White Vinegar [20 ml]

Dairy

- Almond Milk Unsweetened [5 ml]
- Eggs [14]

Fruits

- Lemon [2]

Meat

- Bacon [7 slices]
- Breakfast Pork Sausage [5] {200g}
- Chicken Leg [4] {1100g} boneless
- Chicken Leg [2] {600g} bone-in
- Chicken Thigh [1] {150g} with skin
- Ground Beef [70g]
- Prosciutto [60g]
- Thinly Sliced Beef [100g]

Oil

- Chili Oil [1/4 tsp]
- Olive Oil [205 ml]
- Sesame Oil [15 ml]

Spices

- Black Pepper
- Chili Powder
- Cumin Powder
- Garlic Powder
- Himalayan Salt
- Onion Powder
- Oregano
- Paprika Powder
- Parsley
- Rosemary
- Sesame Seeds
- Stevia Powder [1/16 tsp]
- Thyme

Vegetables

- Arugula [40g]
- Asparagus [12 stems] {320g}
- Avocado [3 hass]
- Basil Leaves [11]
- Black Olives [2 tbsp]
- Brown Mushrooms [10]
- Broccoli [2 heads]
- Cauliflower [3 florets]
- Cherry Tomatoes [18 cherries]
- Cucumber [1 cup]
- Garlic [16]
- Kale [1 leaf] {50g}
- Lettuce [16 leaves]
- Long Asian Green Onion [1] (Japanese Leek)
- Mini Carrots [1 bag] (about 200g)
- Okra [2]
- Radishes [15]
- Red Onion [1/2]
- Red Pepper [1 1/2]
- Spinach [4 1/4 cups]
- Spring Onions [2 stems]
- Swiss Chard [30g]
- Tomato [4]
- Zucchini [1 1/2]

Day 8 - Breakfast



Avocado Boat, Sausage & Asparagus

537 calories 42.29g fat 11.2g carbs 8.3g fiber 1.3g sugar 30.78g protein

1. Heat the olive oil in a small frying pan and fry the sausages and asparagus until cooked through. Transfer to a plate.
2. Scoop the inside of the avocado and place it in a bowl, along with the tuna, wilted spinach, mayo and salt & pepper. Stuff the avocado shell with it and place on the plate.

Ingredients (1 portion)

60g sausage

1-2 asparagus

1 tsp olive oil

1/2 avocado

70g tuna

1/4 cup wilted spinach (50g fresh)

1 tbsp mayo

pinch salt & pepper

Day 8 - Lunch



Rosemary Shrimps & Radishes

15.63g fat 8.13g carbs 3.2g fiber 2.82g sugar

261 calories

22.64g protein

1. Put some water to boil in a pot and add the broccoli. Cook until tender.
2. In a skillet, heat the oil and add the radishes to one side and the shrimps to another. Sprinkle the salt, pepper and rosemary and cook for a few minutes. The radishes should be soft and crunchy, and the shrimps should be orange.
3. Put everything on a plate and enjoy!

Ingredients (1 portion)

5 radishes (85g)

10 shrimps (100g)

3 broccoli florets (60g)

1 tbsp rosemary

1 tbsp olive oil

1/2 tsp salt, pepper

Day 8 - Make Ahead



Soy & Dairy-free Creamy Sesame Dressing

61 calories 5.95g fat 1.27g carbs 1g fiber 0g sugar 0.42g protein

1. Mix all of the ingredients together in a small bowl.
Store in an air-tight container in the fridge. Just remix with a spoon before use each time.

Ingredients (10 portions)

3 tbsp mayo

2.5 tbsp coconut aminos

1 tbsp sesame oil

1 tbsp tahini

1 tbsp crushed sesame seeds

1 tbsp sesame seeds

1 tsp vinegar

1/16 tsp stevia powder

Day 8 - Make Ahead



Chicken & Vegetable Brochettes

7.21g carbs 1.5g fiber 2.79g sugar

317 calories 20.11g fat

26.35g protein

1. Preheat the oven to 210C/420F.
2. Dice the chicken leg into bite size pieces. Slice the long green onion into 12-14 pieces. Cut the asparagus into 4.
3. Add all of the ingredients to a bowl and mix together. Skewer the veggies and chicken on 9 brochettes.
4. Place in the oven and bake for 20 minutes.

Ingredients (3 portions)

- 1 boneless chicken leg (300g)**
- 4 asparagus**
- 1 large asian green onion**
- 1 tbsp lemon juice from a lemon**
- 1 tbsp rosemary**
- 10 cherry tomatoes**
- 1 tbsp olive oil**
- 1 tsp salt & pepper**
- 5 garlic cloves**
- 1/2 tsp onion powder**

Day 8 - Dinner



Chicken Brochettes & Sesame Salad

468 calories 33.53g fat 14.89g carbs 6.7g fiber 4.44g sugar 28.35g protein

1. Rip the lettuce into bite size pieces. Scoop out the avocado and cube it, slice the tomato slice in a few pieces. Add the sesame dressing and coat well.
2. Add the brochettes to a plate along with the salad.

Ingredients (1 portion)

- 3 chicken & veggie brochettes**
- 3 lettuce leaves**
- 1 tomato slice**
- 1/4 avocado**
- 1 portion sesame dressing**

Day 9 - Breakfast



Eggs, Bacon & Tomato Salad

8.12g carbs 1.8g fiber 4.42g sugar

541 calories 39.81g fat

36.3g protein

1. Slice the red pepper and zucchini.
2. Fry the bacon in a small non-stick frying pan until crispy. Put the bacon on a plate. Fry the peppers and zucchini in the bacon fat until tender, crack the eggs open and scramble until cooked. Sprinkle the salt and pepper over. Put on the plate with the bacon.
3. Mince the garlic clove and basil leaf. Mix the olive oil, basil, garlic, vinegar, salt & pepper together in a small bowl. Add the tomato slices to the plate and pour the dressing over.

Ingredients (1 portion)

3 slices bacon

2 eggs

1/4 red pepper

1/4 zucchini (40g)

pinch salt & pepper

3 slices tomato

1 basil leaf

1 tsp olive oil

1 garlic clove

1/2 tsp vinegar

sprinkle salt & pepper

Day 9 - Lunch



Chicken Brochettes & Easy Salad

400 calories 26.29g fat 13.28g carbs 4.2g fiber 5.89g sugar 27.92g protein

1. Rip the lettuce into bite size pieces. Slice the red pepper and tomato. Add the sesame dressing and coat well.
2. Add the brochettes to a plate along with the salad.

Ingredients (1 portion)

3 chicken brochettes

5 lettuce leaves

1/4 red pepper

1 slice tomato

1 tbsp sesame dressing

Day 9 - Dinner



Lettuce-wrapped Burger

2.76g carbs 1.3g fiber 1.19g sugar

358 calories 31.24g fat

16g protein

1. Fry the bacon in a skillet until crispy. Form a hamburger patty with the ground beef and fry in the leftover bacon grease. Cook on both sides until cooked through.
2. Add the spinach to the leftover grease in the skillet and cook until wilted.
3. Add the mayo, tomato, spinach, patty and bacon in a large lettuce leaf, fold and make a burger!

Ingredients (1 portion)

70g ground beef

2 slices bacon (50g) (18g cooked)

1 large lettuce leaf

1 cup fresh baby spinach

1 slice tomato

1 tbsp mayo

Day 10 - Make Ahead



Basil Vinaigrette

2.27g carbs 0.2g fiber

188 calories 20.28g fat

0.24g sugar 0.38g protein

1. Crush the garlic cloves using a garlic crusher. Mince the basil leaves. Combine all of the ingredients into a bowl and mix. Refrigerate until later used.

Ingredients (2 portions)

3 tbsp olive oil

1 tbsp white vinegar

1 tbsp lemon juice

3 garlic cloves

10 basil leaves

1/4 tsp salt, pepper

Day 10 - Breakfast



Avocado Boat, Sausages & Scrambled Eggs

792 calories 64.82g fat 11.23g carbs 7.5g fiber 2.19g sugar 42.93g protein

1. Slice the mushrooms.
2. Heat the oil in a small non stick frying pan and fry the sausages. Once cooked, add them to a plate.
Fry the mushrooms and fresh spinach until soft and add the eggs. Scramble until cooked, sprinkle the salt and pepper, and add to the plate.
3. Scoop out the insides of the avocado, and mix with the green onions, tuna, mayo and salt and pepper in a small bowl. Refill the avocado shell with the bowl ingredients and place on the plate.

Ingredients (1 portion)

60g sausage

2 eggs

2 mushrooms

1/4 spinach

1 tbsp olive oil

pinch salt & pepper

1/2 avocado

70g tuna can

1 tbsp mayo

1 tsp sliced green onion

pinch salt & pepper

Day 10 - Lunch



Chicken Brochettes & Sesame Salad

468 calories 33.53g fat 14.89g carbs 6.7g fiber 4.44g sugar 28.35g protein

1. Rip the lettuce into bite size pieces. Scoop out the avocado and cube it, slice the tomato slice in a few pieces. Add the sesame dressing and coat well.
2. Add the brochettes to a plate along with the salad.

Ingredients (1 portion)

3 chicken & veggie brochettes

3 lettuce leaves

1 tomato slice

1/4 avocado

1 tbsp sesame dressing

Day 10 - Dinner



Arugula salad with Basil Vinaigrette

269 calories 22.54g fat 10.46g carbs 2.9g fiber 3.96g sugar 9.09g protein

1. Put some water to boil in a pot and add the broccoli. Cook until tender and cool under cold water.
2. In a bowl, mix all of the ingredients together and serve on a plate!

Ingredients (1 portion)

40g arugula

1/2 tomato

5-6 slices cucumber

2 slices prosciutto (20g)

3 broccoli florets (50g)

1 serving Basil Vinaigrette

Day 11 - Breakfast



Fluffy Omelette & Veggies

8.56g carbs 2.4g fiber 5.26g sugar

263 calories 19.29g fat

14.98g protein

1. Crack the eggs open in a bowl and beat with a hand mixer for 3 minutes.
2. Add 1 tsp of olive oil to a non-stick pan and pour the whipped eggs in. Cover and cook on low heat for about 2 minutes, or until the eggs are cooked through. This will be a fluffy omelette. Fold in half and slide onto a plate.
3. Dice the red pepper, slice the mushrooms and chop the swiss chard. Heat the oil in a non-stick frying pan and add the red peppers. Cook for a minute, add the mushrooms and swiss chard and cook until wilted. Sprinkle the salt, pepper and garlic powder. Place over the folded omelette.

Ingredients (1 portion)

1/2 red pepper

30g swiss chard

3 mushrooms

1 tsp olive oil

pinch salt, pepper, garlic powder

2 eggs

1 tsp olive oil

Day 11 - Lunch



Fluffy Omelette & Veggies

9.16g carbs 2.3g fiber 3.53g sugar

296 calories 25.93g fat

9.05g protein

1. Using a cabbage shredder, thinly slice the zucchini and cucumber.
2. Chop the spinach and cut the egg in 4.
3. Place everything on a plate and pour the dressing over.

Ingredients (1 portion)

- 1/2 zucchini (100g)**
- 1/2 small cucumber**
- 1/2 cup fresh spinach**
- 1 hard-boiled egg**
- 1 serving basil vinaigrette**

Day 11 - Dinner



Roasted Chicken Leg & Veggies

9.06g carbs 3g fiber

632 calories 37.78g fat

4.69g sugar 61.15g protein

Ingredients (2 portions)

6 asparagus spears (40g)

1/2 zucchini

100g mini carrots

2 chicken legs (600g)

1 tbsp olive oil

6 cherry tomatoes (80g)

1/4 tsp salt, black pepper, cumin, paprika, chili powder

1. Preheat the oven to 200C/400F.
2. Cut the stems off the asparagus. Slice the zucchini into vertical slices. Slice the mini carrots in half. Place all of the veggies in a 10" cast iron skillet. Cover with the two chicken legs. Pour the olive oil over everything. Sprinkle the spices over both of the chicken legs.
3. Place the skillet in the oven and bake for 50 minutes uncovered.
4. Take out and enjoy. Keep half for another meal.

Day 12 - Breakfast



Grilled Veggies & Fluffy Omelette

492 calories 42.26g fat 8.37g carbs 2.2g fiber 5.38g sugar

21.16g protein

1. Crack the eggs open in a bowl and beat with a hand mixer for 3 minutes.
2. Dice the red pepper, slice the mushrooms and slice the mushrooms. Heat 1 tbsp of olive oil in a non-stick frying pan and add the red peppers. Cook for a minute, add the mushrooms and spinach and cook until wilted. Sprinkle the salt, pepper and garlic powder. Set aside.
3. Add 1 tbsp of olive oil to a non-stick pan and pour the whipped eggs in. Cover and cook on low heat for about 2 minutes, or until the eggs are cooked through. This will be a fluffy omelette. Place the cooked veggies on one side of the omelette and fold in half. Carefully slide onto a plate.

Ingredients (1 portion)

1/2 red pepper

1/2 cup fresh spinach

3 mushrooms

2 tbsp olive oil

pinch salt, pepper, garlic powder

3 eggs

Day 12 - Lunch



Roasted Chicken Leg & Veggies

9.06g carbs 3g fiber

632 calories 37.78g fat

4.69g sugar 61.15g protein

Ingredients (2 portions)

Leftovers from Day 11's Dinner.

1. Leftovers from Day 11's dinner.

Day 12 - Dinner



Cauliflower & Veggie Ranch Salad

310 calories 23.22g fat 12.32g carbs 4.76g fiber

4.7g sugar 14.90g protein

Ingredients (1 portion)

4 lettuce leaves

3 broccoli florets (50g)

3 cauliflower florets (50g)

40g prosciutto

1/2 tomato

1/4 cup sliced cucumber

2 tbsp sliced black olives

Spicy Ranch Dressing:

1.5 tbsp mayo

1 tsp unsweetened almond milk

1/4 tsp paprika powder

1/4 tsp chili oil

1/4 tsp salt, pepper

1/2 tsp oregano

1. Put some water to boil in a pot and add the cauliflower and broccoli in. Cook until tender.
2. Cut the tomato and slice the cucumber.
3. Mix the dressing ingredients together.
4. Add all of the salad ingredients on a plate and drizzle the dressing over.

Day 13 - Breakfast



Veggie Omelette

9.34g carbs 3.2g fiber

399 calories 27.97g fat

4.42g sugar 26.59g protein

1. Slice the broccoli, sausages, mushrooms, zucchini and cherry tomatoes in a few pieces.
2. Heat the oil in a medium skillet, and fry the sausage, mushrooms and zucchini slices for 2-3 minutes until cooked through. Put aside.
3. Put some water to boil and boil the sliced broccoli and okra for 2 minutes. Take out of the boiling water, and slice the okra in 6-8 pieces.
4. Crack the eggs into a bowl and whisk for a minute with a whisk. Pour the egg batter in a frying pan and cook on low heat. Top with all of the veggies and meat, cover and cook until the eggs are cooked through. The omelette should just slide out of the frying pan onto a plate.

Ingredients (1 portion)

- 2 eggs**
- 3 broccoli (40g)**
- 1 okra (10g)**
- 2 mushrooms (20g)**
- 1 breakfast sausage (80g)**
- 1/4 zucchini (50g)**
- 2 cherry tomatoes**
- 1 tsp olive oil**
- pinch salt & pepper**

Day 13 - Lunch



Kale Beef & Veggie Caesar Wrap

714 calories 59.64g fat 17.23g carbs 8.6g fiber 2.66g sugar

30.93g protein

1. Carefully trim the stem of the kale leaf so that you can roll the leaf to make a sandwich.
2. Slice the avocado, red onion and tomato.
3. Heat the olive oil in a skillet and add the sliced beef. Sprinkle the salt, pepper and garlic powder and cook until cooked through, 1-2 minutes.
4. Spoon the caesar dressing over the entire leaf. On one end, add all of the toppings and carefully roll the leaf into a wrap. You can use aluminum foil to keep it from rolling out.

Ingredients (1 portion)

1 portion caesar dressing

1 large kale leaf (50g)

1/2 avocado

1/2 tomato

1/8 red onion

100g thinly sliced beef

1 tbsp olive oil

1/4 tsp salt, pepper, garlic powder

Day 13 - Dinner



Grilled Rosemary Chicken with Veggies

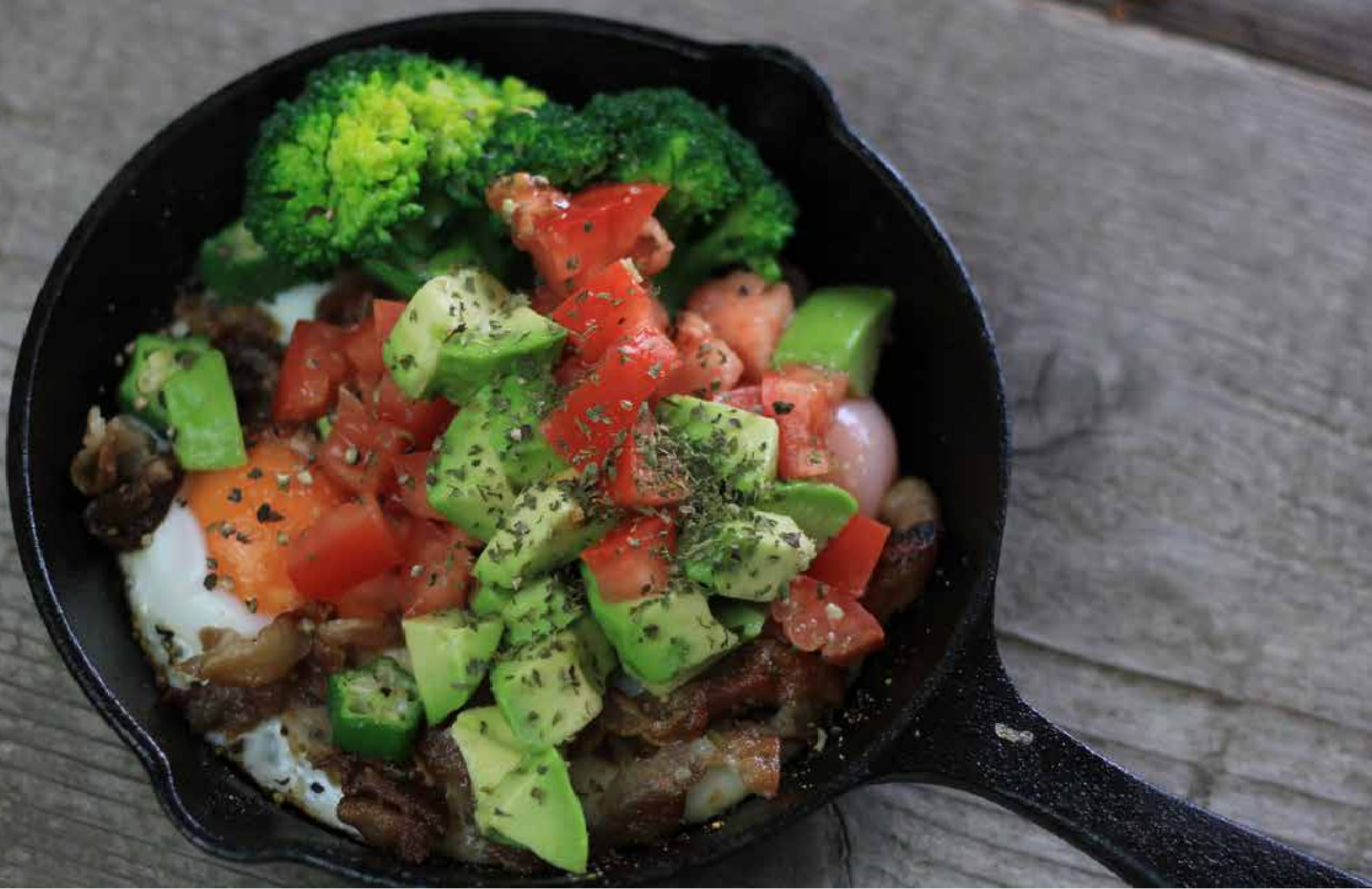
666 calories 38.08g fat 7.76g carbs 2.2g fiber 2.38g sugar 34.86g protein

1. Preheat the oven to 190C/410F.
2. Slice the radishes in half, cut the lemon into 6 slices, slice the red onion and cut the chicken thighs into two.
3. Place the chicken thighs on a baking tray that's been covered with parchment paper (to avoid a mess) and scatter the veggies everywhere around the thighs. Place the lemon slices over the chicken, drizzle the whole tray with the olive oil and sprinkle the salt, pepper, rosemary and thyme over everything.
4. Place in oven and bake for 45 minutes. Take out of the oven and serve hot!

Ingredients (3 portions)

- 3 boneless chicken legs (800g)**
- 14 mini carrots**
- 6 garlic cloves**
- 10 radishes**
- 1/4 red onion**
- 1 lemon**
- 1 tbsp rosemary**
- 1 tbsp thyme**
- 1/2 tsp salt**
- 1/2 tsp black pepper**
- 2 tbsp olive oil**

Day 14 - Breakfast



Eggs in Mini Skillet

15.07g carbs 8.7g fiber

491 calories 40.87g fat

3.90g sugar 19.34g protein

Ingredients (2 portions)

2 slices bacon

2 eggs

1/2 avocado

1 okra

1/2 tomato

3 boiled broccoli (50g)

sprinkle salt, pepper, parsley

1. Fry the bacon until crispy in a 6" mini skillet. Chop into bits. Dice the tomato and avocado. Slice the okra into a few pieces.
2. In the same mini skillet, rack the eggs open into the bacon grease, cover and cook on low heat until cooked through. Top with the bacon bits, tomato, avocado, okra and broccoli. Sprinkle the salt, pepper and parsley over.

Day 14 - Lunch



Grilled Rosemary Chicken with Veggies

666 calories 38.08g fat 7.76g carbs 2.2g fiber 2.38g sugar 34.86g protein

1. Heat up 1/3 of the leftovers from Day 13's dinner.

Ingredients (3 portions)

leftover's from Day 13's dinner

Day 14 - Dinner



Grilled Chicken & Guacamole

14.38g carbs 8.6g fiber 2.83g sugar

677 calories 51.53g fat

41.14g protein

1. Sprinkle the salt and pepper over the chicken thigh on both sides.
2. Heat the olive oil in a cast iron skillet and place the thigh skin side down. Grill on both sides until cooked through, about 4-5 minutes.
3. Dice the tomato and red onion. Mince the garlic and green onion. Mash the avocado and mix with the rest, and add the salt and pepper. Top over chicken along with the broccoli.

Ingredients (1 portion)

- 1 chicken thigh with skin (150g)**
- 1 tbsp olive oil**
- 1/2 tsp salt, pepper**
- 1/2 avocado**
- 1/4 tomato**
- 1 green onion stem**
- 1 slice red onion**
- pinch salt and pepper**
- 3 boiled broccoli (25g)**

Week 3 Menu

Lunch Dinner

	Breakfast		Spicy Chicken &	Nutritional Info
Day 15	Broccoli, Bacon & Poached Egg Veggies Leftovers	Kale Salad Grilled Rosemary & Chicken with		1450 calories 91.88g fat 19.28g net carbs 8.4g sugars 89.73g protein
Day 16	Breakfast Egg Burrito	Spicy Chicken & Kale Salad Leftovers	Chicken Meatballs & Zoodles	1386 calories 98.37g fat 15.81g net carbs 13.24g sugars 88.56 protein
Day 17	Asparagus, Bacon & Poached Egg	Spicy Chicken & Kale Salad Leftovers	Cauli Mash & Chicken Meatballs	1165 calories 75.97g fat 21.19g net carbs 11.61g sugars 86.75g protein
Day 18	Bacon, Spinach & Eggs Cups	Chicken Meatball Lettuce	Chili Con Carne & Veggies	1318 calories 97.49g fat 19.2g net carbs 11.39g sugars 79.86g protein
Day 19	Bacon, Eggs & Chicken Asparagus Cups Salmon	Meatball Lettuce	Cauli Mash, Green Beans & Parsley	1376 calories 95.34g fat 19.19g net carbs 19.66g sugars 96.29g protein
Day 20	Chicken Meatballs & Eggs	Chili Con Carne	Grilled Salmon, Radishes & Green Beans	1277 calories 85.05g fat 21.92g net carbs 12.96g sugars 97.14g protein
Day 21	Bacon, Spinach, Egg & Avocado	Chicken Meatballs & Arugula Salad	Chili Con Carne & Veggies + Egg	1376 calories 108.15g fat 20.34g net carbs 12.32g sugars 70.24g protein

Week 3 Grocery List

Baking

- Blanched Almond Flour [70g]

Canned Goods

- Diced Tomato Can [500 ml]
- Tomato Paste [7 ml]

Condiments

- Dijon Mustard [15ml]
- Lemon Juice [25 ml]
- Mayonnaise [40 ml]
- White Vinegar [32 ml]

Dairy

- Almond Milk Unsweetened [30 ml]
- Egg [12]

Meat

- Bacon [18 slices]
- Chicken Breast [1] {285g} with skin
- Ground Beef [200g]
- Ground Chicken [650g]

Oil

- Chili Oil [1/4 tsp] or cayenne pepper
- Olive Oil [120 ml]

Seafood & Fish

- Salmon Fillet [2] {300g}

Spices

- Black Pepper
- Chili Powder
- Cumin Powder
- Dill
- Garlic Powder
- Himalayan Salt
- Onion Powder
- Oregano
- Paprika Powder
- Parsley
- Rosemary
- Sage
- Thyme

Vegetables

- Arugula [40g]
- Asparagus [10 stems] {200g}
- Avocado [3 hass]
- Basil Leaves [10 leaves]
- Black Olives [1 tbsp]
- Broccoli [2 heads]
- Brown Mushrooms [5]
- Carrot [1/4]
- Cauliflower [1 head] {300g}
- Celery [1/2 stick]
- Cherry Tomatoes [8 cherries]
- Garlic [7 cloves]
- Green Beans [150g]
- Kale [6 leaves] {120g}
- Lettuce [9 leaves]
- Okra [2]
- Onion [3/4]
- Parsley [4 stems]
- Radishes [5]
- Red Cabbage [1/8]
- Shiitake Mushrooms [3]
- Spinach [1 cup]
- Tomato [2]
- Zucchini [1 1/2]

Day 15 - Breakfast



Broccoli, Bacon & Poached Egg

11.46g carbs 4.6g fiber 2.76g sugar

378 calories 26.48g fat

23.99g protein

1. Put the broccoli to boil in a pot of water and cook until tender. Take the broccoli out and place on a plate.
2. In a different pot, add some water and the white vinegar and put to simmer. Add the egg in a bowl. Swirl the water with a spatula and add the egg in the middle of the whirlpool. Cover and turn off the heat and cook the egg for 6 minutes exactly. Carefully take it out and place over the broccoli.
3. Fry the bacon in a skillet until crispy. Chop it up into a few pieces and place over the broccoli. Drizzle the sesame dressing over everything. Sprinkle the salt, pepper and parsley.

Ingredients (1 portion)

- 1 egg**
- 140g broccoli (1/3 head)**
- 3 slices bacon (36g cooked)**
- 1 portion sesame dressing**
- 1 tbsp white vinegar**
- pinch salt, pepper, parsley**

Day 15 - Lunch



Grilled Rosemary Chicken with Veggies

666 calories 38.08g fat 7.76g carbs 2.2g fiber 2.38g sugar 34.86g protein

1. Reheat 1/3 of the leftovers from Day 14's dinner.

Ingredients (3 portions)

1/3 leftover from day 14's dinner.

Day 15 - Dinner



Spicy Chicken & Kale Salad

406 calories 27.32g fat 9.96g carbs 3.1g fiber 3.26g sugar 30.88g protein

1. Slice the chicken breast in half length ways.

Sprinkle the salt, pepper, paprika, cumin, **Ingredients (3 portions) Spicy Salad Dressing:** garlic and oregano over the chicken breasts. **1 chicken breast (285g) 2 tbsp mayo**

Heat the 1 tsp of olive oil on a grill or use a **1/4 tsp salt, black pepper, 1 tbsp lemon juice** bbq, and grill your chicken 4-5 minutes until

cooked through. Slice in 5-6 pieces. **paprika, cumin, garlic powder-1 tbsp olive oil**

2. Slice lengthways the zucchini. Heat the 1 tbsp **oil 1/2 tsp vinegar**

of olive oil in a non-stick frying pan and add **1 tsp oregano**

1/2 tsp paprika powder

the zucchini slices. Sprinkle the salt and pepper over and grill on both sides until browned. **2 tsp olive oil 1/8 tsp salt**

3. Boil the broccoli and okras for 2 minutes. Use **6 small kale leaves (120g) 1/4 tsp garlic powder**

6-7 broccoli with stem (100g) in a cabbage shredder, shred the red cabbage and thinly slice the watermelon radish. **1 tsp oregano**

Shred with your hands the kale. **2 okra (20g) 1/4 tsp chili oil or cay-**

enne pepper
4. In a small bowl, combine the salad dressing **100g red cabbage (1/8)** ingredients.

5. On a large plate, cover with the kale, the rest **8 cherry tomatoes (65g)**

of the veggies, and grilled chicken. Pour 1/3 **4-5 radishes**

of the spicy dressing over ONE portion.

1/2 zucchini (70g)

6. Place the rest in some tupperwares for the

64 next 2 meals and keep the dressing separated **1 tbsp olive oil**

so that it doesn't leave the lettuce soggy. **pinch salt + pepper**

Day 16 - Breakfast



Breakfast Egg Burrito

10.35g carbs 6.9g fiber 1.96g sugar

538 calories 46.85g fat

20.7g protein

1. In a Japanese rectangular tamagoyaki frying pan, heat 1/2 tsp of olive oil. In a small bowl, whisk the two eggs together for 20 seconds or so. Pour half of the eggs into the pan, spread out evenly and cook on medium-low heat until the egg is cooked through. Carefully slide onto a plate. Repeat this step with the leftover egg mixture.
2. Fry the bacon until crispy.
3. Slice the avocado in a few slices. Slice the tomato in two. Chop the lettuce.
4. On each egg omelette, spread 1/2 tbsp of mayo. Cover with the lettuce, tomato, avocado and bacon and carefully roll up like a burrito.

Ingredients (1 portion)

- 2 eggs**
- 1 tsp olive oil**
- 2 slices bacon**
- 1 lettuce leaf**
- 1/2 avocado**
- 1 slice tomato**
- 1 tbsp mayo**

Day 16 - Lunch



Spicy Chicken & Kale Salad

406 calories 27.32g fat 9.96g carbs 3.1g fiber 3.26g sugar 30.88g protein

1. Drizzle 1/2 of the dressing over 1/2 of the left-

Ingredients (3 portions)

overs from day 15's dinner and enjoy! **Spicy Salad Dressing:**

leftover from day 15's dinner

dinner.

Day 16 - Make Ahead



Chicken & Herbs Meatballs

6.47g carbs 2.2g fiber 1.64g sugar

442 calories 28.34g fat

40.12g protein

1. Preheat the oven to 200C/400F.
2. Mince the garlic, shiitake and onion.
3. Add the olive oil to a frying pan and fry the mushrooms, onions and garlic until tender. Turn off heat and transfer to a bowl.
4. Mix all of the remaining ingredients into a large bowl and mix until well incorporated.
5. Place a parchment paper over a baking tray. Make 12 large meatballs and place them on the baking tray carefully making space between each meatball. The mixture is a bit sticky, but that's fine. It'll cook perfectly in the oven.
6. Add to the oven and cook for 25 minutes. Take out and let cool before keeping them in the fridge.

Ingredients (6 portions)

- 3 shiitake mushrooms (60g)**
- 1/2 white onion (90g)**
- 2 garlic cloves**
- 1 tsp olive oil**
- 650g ground chicken**
- 2-3 stems chopped parsley (8g)**
- 10 leaves chopped basil (5g)**
- 1 tsp thyme, sage**
- 1/2 tsp onion powder, salt, pepper**
- 1/4 tsp garlic powder**
- 1 egg**
- 70g blanched almond flour**

Day 16 - Dinner



Chicken Meatballs & Zoodles

423 calories 24.2g fat 17.6g carbs 12.1g fiber 8.02g sugar 36.98g protein

1. Spiralize your zucchini. Cut the meatballs into 8.
2. Add the tomatoes, water and spices to a pot and simmer for 5-10 minutes until desired thickness. Add the meat to the tomato sauce, mix well
3. Add the zoodles to the sauce and cook for a minute or so just to get them warmed up.

Ingredients (1 portion)

2 chicken meatballs

1 zucchini

1/2 cup diced tomato can

1/2 cup water

1/4 tsp garlic powder, onion powder, basil, parsley, oregano

Day 17 - Breakfast



Asparagus, Bacon & Poached Egg

288 calories 21.07g fat 6.65g carbs 3.15g fiber 2.64g sugar 18.21g protein

1. Add some water to a small pot and the white vinegar and put to simmer. Add the egg in a bowl. Swirl the water with a spatula and add the egg inside the middle of the whirlpool. Turn off the heat and cook the egg for 6 minutes exactly. Carefully take it out.
2. Fry the bacon until crispy. Cut the stems off the asparagus and fry into the bacon grease.
3. Place the asparagus onto a plate, cover with the bacon and poached egg and spoon the sesame dressing over. Add a bit of parsley over everything.

Ingredients (1 portion)

6 asparagus

3 slices bacon

1 egg

1 tbsp sesame dressing

1 tbsp white vinegar

pinch parsley

Day 17 - Lunch



Spicy Chicken & Kale Salad

406 calories 27.32g fat 9.96g carbs 3.1g fiber 3.26g sugar 30.88g protein

1. Drizzle 1/2 of the dressing over 1/2 of the left-

Ingredients (3 portions)

overs from day 15's dinner and enjoy! **Spicy Salad Dressing:**

leftover from day 15's dinner leftover from day 15's

dinner.

Day 17 - Dinner



Cauli Mash & Chicken Meatballs

471 calories 27.81g fat 18.45g carbs 7.46g fiber 5.71g sugar 37.66g protein

1. Mince the garlic cloves.
2. Separate the cauliflower florets. Put some water to boil in a large pot and cover with a metal steamer. Add the cauliflower, cover, and cook for 5-7 minutes until tender. Once tender, transfer to a small bowl, add half the garlic, almond milk, garlic powder, onion powder, 1/2 tsp of salt and pepper. Using a stick blender (or a food processor), puree the cauliflower until desired consistency.
3. Put the green beans to a boil and cook for 5-6 minutes. Take out of the water into a frying pan along with the olive oil and add the leftover minced garlic. Sprinkle the 1/4 tsp of salt and pepper over and cook in the frying pan until the garlic gets crispy.
4. Reheat two chicken meatballs and place on a plate with half the cauliflower mash and half the green beans. Add the parsley over the cauli mash. Keep the other half for tomorrow.

Ingredients (1 portion)

2 chicken meatballs

Ingredients (2 portions)

1 small cauliflower (300g)

3 garlic cloves

100g green beans

1/4 tsp salt

2 tbsp unsweetened almond milk

2 tsp olive oil

1/4 tsp garlic powder, onion powder

1/2 tsp salt, pepper

pinch parsley

