



**HIGHER
HORIZONS**
HIGH PROTEIN WRAPS

FULL 28-Day KETO MEAL PLAN

RECIPES FOR BREAKFAST,
LUNCH & DINNER

Guaranteed to Kickstart Your Fat Loss
Journey & a Healthier Life

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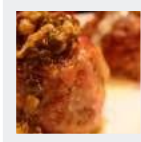
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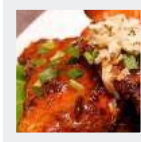
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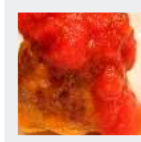
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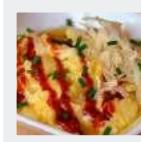
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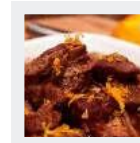
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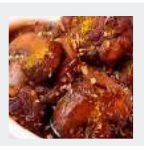
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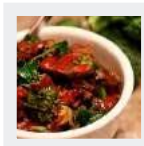
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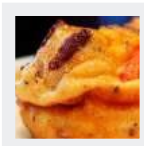
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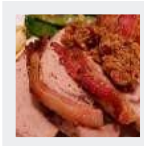
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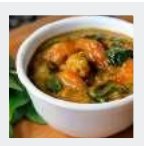
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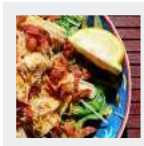
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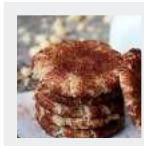
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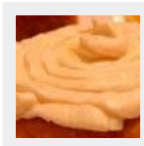
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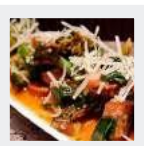
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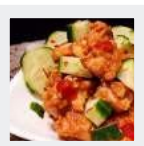
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What is a Ketogenic Diet?

A keto diet is well-known for being a low carb diet, in which the body produces ketones in the liver to be used as energy. It's referred to by many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), and so on. Though some of these other “names” have different standards, we'll stick with the standards of keto.

When you eat something high in carbs, your body will produce glucose and insulin. Glucose is the easiest molecule for your body to convert and use as energy, so it will be chosen over any other energy source.

Insulin is produced to process the glucose in your bloodstream, by taking it around the body.

Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored.

Typically on a normal, higher carbohydrate diet, the body will use glucose as the main form of energy.

By lowering the intake of carbs, the body is induced into a state known as ketosis.

What Should You Eat?

To start a keto diet, you will want to plan ahead. Normally, anywhere between 20-30g of net carbs is recommended for every day dieting.

You might be asking, “What's a net carb?” It's simple, really! The net carbs are your total dietary carbohydrates, minus the total fiber. Let's say for example you want to eat some broccoli (1 cup).

- There are a total of 6g carbohydrates in 1 cup.
- There's also 2g of fiber in 1 cup.
- So, we take the 6g (total carbs) and subtract the 2g (dietary

fiber).

- This will give us our net carbs of 4g

What Are the Benefits?

- **Weight Loss** As your body is burning fat as the main source of energy, you will essentially be using your fat stores as an energy source while in a fasting state.
- **Energy** By giving your body a better and more reliable energy source, you will feel more energized during the day. Fats are shown to be the most effective molecule to burn as fuel.
- **Cholesterol** A keto diet has shown to improve triglyceride levels and cholesterol levels most associated with arterial buildup.
- **Blood Sugar** Many studies show the decrease of LDL cholesterol over time and have shown to eliminate ailments such as type 2 diabetes.
- **Hunger Fat** is naturally more satisfying and ends up leaving us in a satiated (“full”) state for longer.
- **Skin** Recent studies have shown a drop in acne lesions and skin inflammation over 12 weeks.

Tips Before Starting

A lot of people take their macros as a “set in stone” type of thing. You shouldn’t worry about hitting the mark every single day to the dot. If you’re a few calories over some days, a few calories under on others – it’s fine. Everything will even itself out in the end. It’s all about a long term plan that can work for you, and not the other way around.

I wanted to put it out there that I made this meal plan specifically with women in mind. I took an average of about 150 women and what their macros were. The end result was 1600 calories – broken down into 136g of fat, 74g of protein, and 20g net carbs a day. This is all built around a sedentary lifestyle, like most of us live. If you need to increase or decrease calories, you will need to do that on your own terms.

To increase calories, it’s quite easy – increase the amounts of fat you eat. Olive oil, coconut oil, macadamia nuts, and butter are great ways to increase fats without getting too much of the other stuff in the way. Drizzle it on salads, slather it on vegetables, snack on it, do what you need to do to make it work in your favor!

To decrease calories, you will have to think about what you need. Most likely, you will need less protein as well. So, keep in mind the portions of sizes of meals. Decrease them as you need to, or see fit. Last, but certainly not least, is sticking to the diet! Ketosis is a process that happens in your body. You can’t just have “that one” cheat meal. If you do, it can hamper progress for up to a week before your body is back in ketosis and normally functioning again.

You want to keep your cheats to none. Be prepared, make sure you’re eating what you need to be satiated (“full”), and make sure you’re satisfied with what you’re eating. If you have to force yourself to eat something, it will never work out in the end. This is just a guideline on how you can eat on a ketogenic diet, so you’re very welcome to change up what kind of foods you eat!

Going Through The Ketogenic Diet

I tried to scale the recipes as best as I could in this meal plan, but not every recipe will be scaled, and some recipes will give leftovers. Make sure you look a few days ahead in the meal plan, as some leftovers are used. Freeze things if you have too much leftovers. You can always re-use this food later on!

Some of the food, for example the Not Your Caveman's Chili, is used in the first week and then again in the last week. You could use the same batch you cook in the first, which not only saves you energy and time, but also saves money. Just freeze it and bring it out to de-frost as needed.

I initially intended to keep the net carb count around 20 a day, but it ended up working out even better than that. The 28 day average for the net carbs is 11g Net Carbs per day. The total carbs, on average, is 20g per day. Even if you're not counting net carbs, this would be a great way to quickly get yourself into ketosis.

Although I wanted to get as close to the macros as I could, I was off by a little bit. The 28 day average across all days comes out to 1597 Calories – broken down into 136g Fats, 20g Carbs, 8g Fiber, 11g Net Carbs, and 75g Protein.

I get many questions about intermittent fasting, the health benefits, the weight loss benefits, and the like. People normally use intermittent fasting for both the energy and mental clarity it can offer. But it's not just good for that.

It can offer breakthroughs of plateaus and even benefits in nutrient uptake in exercise. We go more in depth to intermittent fasting in Week 3 and 4, so keep your eyes peeled!

Now, Week 1's shopping list is going to be long. I have to make the assumption you have nothing in your house. Many of the items are common items that most people will have already. These are all staples in my everyday cooking for keto, and should be considered an investment for your health.

Once you have all of the items from week 1, there won't be too much else to buy.

As you move on to Week 2 and beyond, take a look ahead. Some of the items you bought in Week 1 will need to be restocked. Whether it's beef, chicken, or some kind of vegetables. In fact, you'll be going through a lot of spinach on this meal plan - so make sure you keep your pantry restocked!

The last thing I suggest doing is buying the speciality items prior to needing them. Normally some of these items you can only find online, and by the time you need them, you'll actually have them. There are no speciality items used in Week 1 for that reason. Make sure you order what you need and have it by the time you need it.

Week 1

Our main goal here is to stay pretty simple at first. In my eyes, simplicity is key for someone that is just starting out on a low carb diet. You don't want it to be a difficult transition (kitchen wise), because it will be hard to just get rid of your cravings.

Leftovers will be another thing we will take into consideration. Not only is it easier on you, but why put yourself through the hassle to cook the same food more than once? Breakfast is something I normally do leftover style, where I don't have to worry about it in the morning and I certainly don't have to stress about it. Grab some food out the fridge, pre-made for me, and head out the door. It doesn't get much easier than that, does it?

The first signs of ketosis are known as the "keto flu" where headaches, brain fogginess, fatigue, and the like can really rile your body up. Make sure that you're drinking plenty of water and eating plenty of salt. The ketogenic diet is a natural diuretic and you'll be peeing more than normal. Take into account that you're peeing out electrolytes, and you can guess that you'll be having a thumping headache no time. Keeping your salt intake and water intake high enough is very important, allowing your body to re-hydrate and re-supply your electrolytes. Doing this will help with the headaches, if not get rid of them completely.

If you need to, drink water with a sprinkling of salt in it. Just keep drinking water (I recommend 4 liters a day), and keep eating salt. It will help, trust me. If you're worried about high blood pressure and salt, don't be! Recent studies show that the sodium intake and blood pressure are not as correlated as we so once believed.

Breakfast

For breakfast, you want to do something that's quick, easy, tasty, and of course – gives you leftovers. I suggest starting day 1 on a weekend. This way, you can make something that will last you for the entire week. The first week is all about simplicity. Nobody wants to be making breakfast before work, and we're not going to be doing that either!

Lunch

We're also going to keep it simple here. Most of the time, it'll be salad and meat, slathered in high fat dressings and calling it a day. We don't want to get too rowdy here. You can use leftover meat from previous nights or use easy accessible canned chicken/fish. If you do use canned meats, try to read the labels and get the one that uses the least (or no) additives! You can also add spices and seasonings to your salad to your liking. Just be careful about onion and garlic powder, but most other spices in small amounts have negligible carbs.

Dinner

Dinner will be a combination of leafy greens (normally broccoli and spinach) with some meat. Again, we'll be going high on the fat and moderate on the protein.

P.S. No dessert for the first 2 weeks.

Week 1

SHOPPING LIST

MEAT

- Bacon
- Canned Chicken
- Bacon & Cheddar
- Chicken Sausage
- Chorizo Sausage
- Chicken Thighs
- Eggs
- Ground Beef
- Shrimp
- Stew Meat
- Pork Rinds

VEGETABLES

- 1 Green Pepper
- 3 Onions
- 6 Lemons
- Broccoli
- Cauliflower
- Green Beans
- Orange
- Parsley
- Spinach (**lots of this**)
- Sugar Snap Peas

FATS

- Bottle Olive Oil
- Unsalted & Salted Butter (**Grass fed**)
- Coconut Oil
- Half n' Half
- Heavy Cream
- Pecans
- Bacon Fat (just save the fat from the bacon you cook)

SAUCES

- Beef Broth
- Chicken Stock
- Coconut Milk
- Dijon Mustard
- Ranch Dressing (**Full Fat**)
- Red Wine
- Soy Sauce
- Tomato Paste
- Rao's Tomato Sauce (**or other low-carb brand**)
- Worcestershire
- Red Boat Fish Sauce (Gluten-free)

CHEESE

- Cheddar Cheese (**Full Fat**)
- Parmesan Cheese
- Queso Fresco Cheese (**or Paneer Cheese**)

SPICES

- Allspice
- Bay Leaf
- Black Pepper
- Cardamom
- Cayenne Pepper
- Chili Powder
- Chives
- Coconut Flour
- Coriander
- Cumin
- Ginger
- Minced Garlic
- Onion Powder
- Oregano
- Paprika
- Red Pepper Flakes
- Rosemary
- Sage
- Salt
- Thyme
- Xanthan Gum
- Yellow Curry Powder

Breakfast



[View](#)

Cheesy Frittata Muffins

2 Muffins

410 Calories, 32g Fats, 3g Net Carbs, 27g Protein

Lunch



[View](#)

Simple Lunch Salad

2 Cups Spinach, 3 Tbsp. Olive Oil & 1/3 Cup Canned Chicken

You can add seasonings of your choice to salads - just be wary of onion and garlic powder. Most other spices have negligible amount of carbs when seasoning in small amounts.

450 Calories, 44g Fats, 1g Net Carbs, 14g Protein

Dinner



[View](#)

Inside Out Bacon Burger

1 1/2 Patties - Refrigerate Leftovers



[View](#)

Red Pepper Spinach Salad

Add 1 Tbsp. Butter

641 Calories, 53g Fats, 5g Net Carbs, 37g Protein

Breakfast



Cheesy Scrambled Eggs

453 Calories, 43g Fats, 1g Net Carbs, and 19g Protein

Lunch

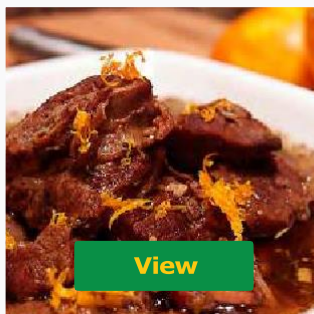


Leftover Inside Out Bacon Burger & Spinach Salad

4 Cups Spinach, 4 Tbsp. Olive Oil & 3 Tbsp. Leftover Meat You can add seasonings of your choice to salads - just be wary of onion and garlic powder. Most other spices have negligible amount of carbs when seasoning in small amounts.

624 Calories, 64g Fats, 1g Net Carbs, and 11g Protein

Dinner

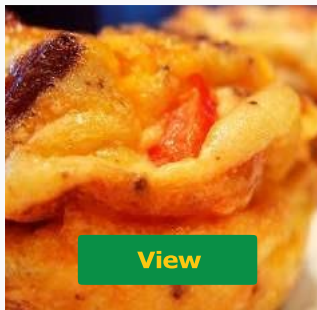


Cinnamon & Orange Beef Stew

Eat 80% of Whole Stew

519 Calories, 36g Fats, 4g Net Carbs, and 43g Protein

Breakfast

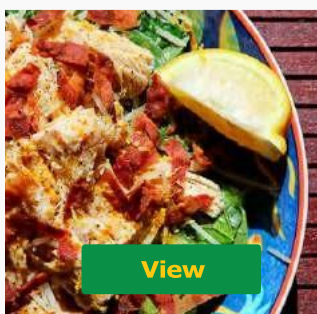


Cheesy Frittata Muffins

2 Muffins

410 Calories, 32g Fats, 3g Net Carbs, 27g Protein

Lunch



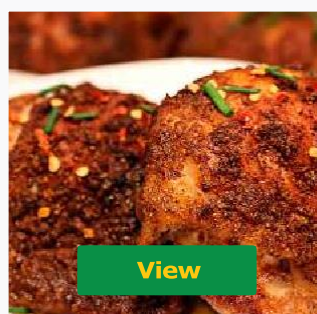
Simple Spinach Salad

(No Meat) 4 Cups Spinach & 4 Tbsp. Olive Oil

You can add seasonings of your choice to salads - just be wary of onion and garlic powder. Most other spices have negligible amount of carbs when seasoning in small amounts.

537 Calories, 57g Fats, 1g Net Carbs, and 5g Protein

Dinner



Curry Rubbed Chicken Thigh

1 Chicken Thigh



Fried Queso Fresco

1/4 of Recipe: Fried Queso

657 Calories, 45g Fats, 1g Net Carbs, and 40g Protein

Breakfast



[View](#)

Cheesy Scrambled Eggs

453 Calories, 43g Fats, 1g Net Carbs, and 19g Protein

453 Calories, 43g Fats, 1g Net Carbs, and 19g Protein

Lunch



[View](#)

Leftover Curry Rub Chicken & Spinach Salad

4 Cups Spinach, 4 Tbsp. Olive Oil & 1/3 Cup Leftover Chicken You can add seasonings of your choice to salads - just be wary of onion and garlic powder. Most other spices have negligible amount of carbs when seasoning in small amounts.

586 Calories, 58g Fats, 1g Net Carbs, and 15g Protein

Dinner



[View](#)

Chicken & Bacon Sausage Stir Fry

Eat 1/3 of Total Recipe
Freeze Leftovers as 2 Portions
Add 1/4 Cup Shredded Cheddar Cheese to actual meal (not leftovers)

541 Calories, 38g Fats, 8g Net Carbs, and 43g Protein

Breakfast



Frittata Muffins

2 Muffins

410 Calories, 32g Fats, 3g Net Carbs, and 27g Protein

Lunch



Leftover Chicken Sausage & Spinach Salad

4 Cups Spinach, 2 Tbsp. Olive Oil & Leftover Sausage Stir Fry (1/2 Portion)

You can add seasonings of your choice to salads - just be wary of onion and garlic powder. Most other spices have negligible amount of carbs when seasoning in small amounts.

742 Calories, 70g Fats, 5g Net Carbs, and 21g Protein

Dinner



Shrimp & Cauliflower Curry

Eat 1/6 of Total Recipe - Freeze Leftovers as 5 Portions Add 1 Tbsp. Coconut Oil

451 Calories, 34g Fats, 6g Net Carbs, and 27g Protein

Breakfast



Cheesy Scrambled Eggs

453 Calories, 43g Fats, 1g Net Carbs, and 19g Protein

Lunch



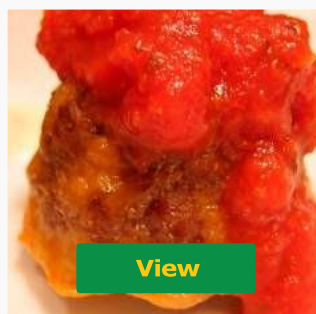
Canned Chicken & Spinach Salad

2 Cups Spinach, 2 Tbsp. Olive Oil & 1/3 Cup Leftover Chicken

You can add seasonings of your choice to salads - just be wary of onion and garlic powder. Most other spices have negligible amount of carbs when seasoning in small amounts.

351 Calories, 31g Fats, 1g Net Carbs, and 16g Protein

Dinner



Chorizo & Cheddar Meatballs

Eat 5 Meatballs - Freeze Leftovers



Roasted Pecan Green Beans

Eat 1/2 Serving - Save Leftovers as 5 Portions

The green beans and meatballs both use the oven. You can pan-fry the green beans (instead of roasting) if you'd like in order to have both finished at the same time. If not, you may need to reheat the meatballs in the oven or microwave.

798 Calories, 63g Fats, 7g Net Carbs, and 40g Protein

Breakfast



[View](#)

Cheesy Scrambled Eggs

Add 1 Tbsp. Extra Butter

453 Calories, 43g Fats, 1g Net Carbs, and 19g Protein

Lunch



[View](#)

Cream Cheese & Spinach Salad

4 Cups Spinach, 3 Tbsp. Olive Oil & 1 Oz. Cream Cheese

You can add seasonings of your choice to salads - just be wary of onion and garlic powder. Most other spices have negligible amount of carbs when seasoning in small amounts.

496 Calories, 51g Fats, 2g Net Carbs, and 5g Protein

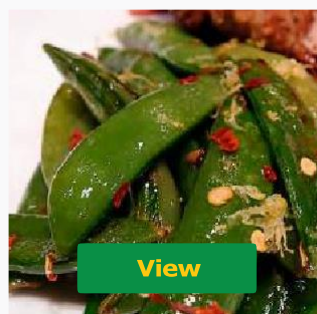
Dinner



[View](#)

Not Your Caveman's Chili

Eat 1/4 of Total Recipe - Freeze Leftovers as 3 Portions



[View](#)

Bacon Infused Sugar Snap Peas

Eat 1/3 of Total Recipe - Save Leftovers as 2 Portions

545 Calories, 31g Fats, 10g Net Carbs, and 53g Protein

Week 2

Wow, week 1 is over. I hope you're still doing well on the diet and have found it pretty easy breezy to keep on track with everything!

This week we're going to be keeping it simple for breakfast again. We're going to introduce ketoproof coffee. It's a mixture of coconut oil, butter, and heavy cream in your coffee. If this repulses you - and I know some of you are saying "WHAT?" - just put some trust in me!

This concoction is not as strange as it sounds. Butter, after all, is made out of cream. So when you blend the oil, butter, and cream together it just adds a decadent richness to your coffee that I am quite sure you'll really like!

Breakfast

For breakfast, we are going to change it up a bit. Here's where we introduce ketoproof coffee. Now, don't get me wrong – I know some of you won't like it. If you're not a fan of coffee, then try it with tea. If you're not a fan of the taste (which is very rare), then try making a mixture of the ingredients by themselves and eating it like that.

So, why ketoproof coffee?

- **Fat Loss** Plain and simple, the consumption of medium-chain triglycerides (MCT) has been shown to lead to greater losses in adipose tissue (fat tissue), in both animals and humans.
- **Fats!** Do I even need to explain this one? Eating fat has been shown to lead to greater amounts of energy, more efficient energy usage, and more effective weight loss. Not to mention, it's the main component of this diet.
- **More Energy** Studies have shown that the rapid rate of oxidation in MCFAs (Medium Chain Fatty Acids) leads to an increase in energy expenditure. Primarily, MCFAs are converted into ketones (our best friends), are absorbed differently in the body compared to regular oils, and give us more overall energy.

Feel free to add sweetener and spices to this if you're not the biggest fan of the taste. Cinnamon, stevia, vanilla extract.

Whatever you'd like to make it great tasting. You can even switch up the taste each and every day so you don't get bored! If this is your first time drinking ketoproof coffee, I suggest taking 1-2 hours or so to drink it down.

Normally when people have a large exposure to coconut oil and they're not used to it, it can make them go to the bathroom quite often. Make sure you build a tolerance to coconut oil before drinking it within a 20 minute time frame.

Lunch

We're still keeping simple here. We can incorporate more meat from the previous night of cooking into each lunch we do. Green vegetables and high fat dressings (or vinaigrettes) are key. Making sure to balance out the fats with the amounts of protein is very important.

Dinner

Dinner, again, will be pretty simplistic. Meats, vegetables, high fat dressings are the center of our life.

Maybe even a slathering of butter on our vegetables since we're getting friskier. Don't over think things in the first 2 weeks; simple is success.

P.S. No dessert for this week either, but we'll be delving into that next week!

Week 2

SHOPPING LIST

MEAT

- Chicken Breast
- Chorizo Sausage

VEGETABLES

- Green Beans
- Lemons
- Mushrooms
- Spring Onion
- Sugar Snap Peas

CRUNCH

- Almonds
- Pecans
- Pork Rinds

SAUCES

- Apple Cider Vinegar
- Coffee
- Hot Sauce
- Yellow Mustard

SPECIALITY ITEMS

- Almond Flour
- Milled Flax Seed

CHEESE

- Blue Cheese Crumbles
- Cream Cheese
- Mozzarella Cheese
- Cheddar Cheese

SPICES

- Baking Powder
- Baking Soda
- Mrs. Dash Table Blend
- Tone's Southwest Chipotle Seasoning
-

Breakfast



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Ketoproof Coffee

273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

Lunch



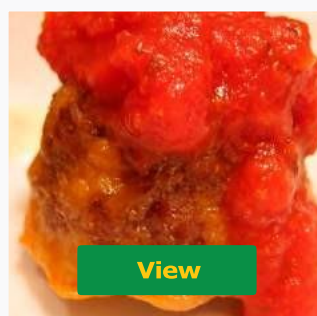
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Canned Chicken & Spinach Salad

4 Cups Spinach, 2 Tbsp. Olive Oil
& 2/3 Cup Leftover or Canned Chicken

416 Calories, 32g Fats, 1g Net Carbs, and 27g Protein

Dinner



[View](#)

Leftover Chorizo Meatballs

Eat 6 Meatballs



[View](#)

Roasted Pecan Green Beans

One Portion - Use Leftovers

921 Calories, 72g Fats, 8g Net Carbs, and 48g Protein

Breakfast



Ketoproof Coffee

273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

Lunch



Cheddar, Chive & Bacon Mug Cake

573 Calories, 55g Fats, 5g Net Carbs, and 24g Protein

Dinner



Leftover Shrimp & Cauliflower Curry

Double Serving - Use

Leftovers Add 1 Tbsp. Extra

Butter

661 Calories, 39g Fats, 11g Net Carbs, and 55g Protein

Breakfast



[View](#)

Ketoproof Coffee

273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

Lunch



[View](#)

Keto Friendly Taco Tartlets

Eat 2 Tartlets - Freeze/Store Leftovers

481 Calories, 39g Fats, 5g Net Carbs, and 26g Protein

Dinner

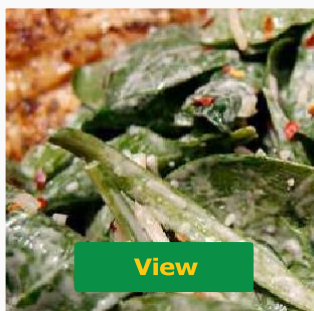


[View](#)

Curry Rub Chicken Thighs

Eat 2 Total Chicken Thighs

(You Need to Make 1 Extra Chicken Thigh for Lunch Tomorrow)



[View](#)

Red Pepper Spinach Salad

763 Calories, 58g Fats, 5g Net Carbs, and 50g Protein

Breakfast



[View](#)

Ketoproof Coffee

273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

Lunch



[View](#)

Leftover Chicken Thigh & Spinach Salad

4 Cups Spinach, 2 Tbsp. Olive Oil & 1 Leftover Chicken Thigh

553 Calories, 48g Fats, 2g Net Carbs, and 24g Protein

Dinner

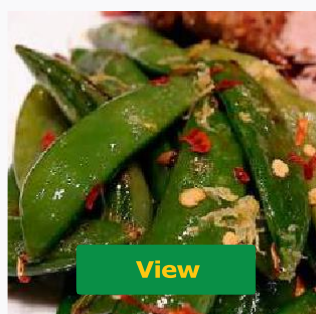


[View](#)

Buffalo Chicken Strips

Eat 1/3 of Total Recipe

Refrigerate 2 Strips, Freeze Leftovers



[View](#)

Bacon Infused Sugar Snap Peas

Eat 1 Portion

750 Calories, 59g Fats, 9g Net Carbs, and 42g Protein

Breakfast



[View](#)

Ketoproof Coffee

273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

Lunch



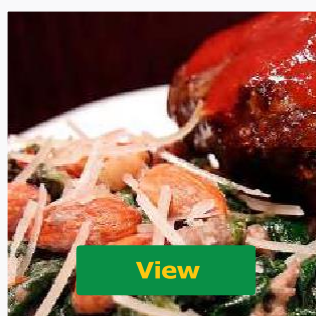
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Chicken Strip Sliders

Save Almond Buns

625 Calories, 51g Fats, 4g Net Carbs, and 35g Protein

Dinner



[View](#)

Omnivore Burger with Creamed Spinach and Almonds

Eat 1/2 Total Recipe - Refrigerate Leftovers



[View](#)

Buffalo Chicken Strip Slider

Use Leftovers

Add 1 Tbsp.

Butter

773 Calories, 60g Fats, 5g Net Carbs, and 49g Protein

Breakfast



[View](#)

Ketoproof Coffee

273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

Lunch



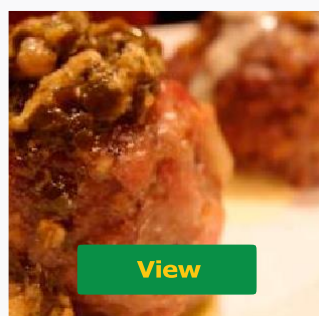
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Omnivore Burger & Spinach Salad

4 Cups Spinach, 2 Tbsp. Olive Oil & 1/2 Leftover Omnivore Burger

510 Calories, 42g Fats, 2g Net Carbs, and 26g Protein

Dinner



[View](#)

Bacon Mozzarella Meatballs

5 Meatballs - Freeze Leftovers

Roasted Pecan Green Beans

Eat 1 Portion - Use Leftovers



[View](#)

821 Calories, 64g Fats, 7g Net Carbs, and 54g Protein

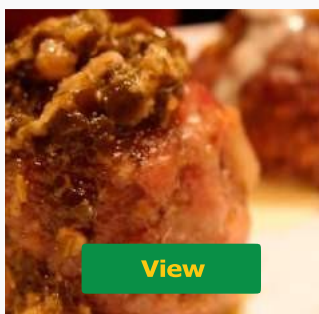
Breakfast



Ketoproof Coffee

273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

Lunch



Leftover Mozzarella Meatballs & Spinach Salad

4 Cups Spinach, 2 Tbsp. Butter (No Olive Oil) & 4 Leftover Meatballs

641 Calories, 51g Fats, 3g Net Carbs, and 35g Protein

Dinner



Chicken & Bacon Sausage Stir Fry

Eat 1 Portion - Use Leftovers

Add 1/4 Cup Shredded Cheddar Cheese & 1 Tbsp. Butter

641 Calories, 49g Fats, 8g Net Carbs, and 43g Protein

Week 3

This week we're introducing a slight fast. We're going to get full on fats in the morning and fast all the way until dinner time. Not only are there a myriad of health benefits to this, it's also easier on our eating schedule (and cooking schedule). I suggest eating (rather, drinking) your breakfast at 7am and then eating dinner at 7pm. Keeping 12 hours between your 2 meals. This will help put your body into a fasted state.

In a fasting state, our bodies can break down extra fat that's stored for the energy it needs. When we're in ketosis, our body already mimics a fasting state, being that we have little to no glucose in our bloodstream, so we use the fats in our bodies as energy.

Intermittent fasting is using the same reasoning – instead of using the fats we are eating to gain energy, we are using our stored fat. That being said, you might think it's great – you can just fast and lose more weight. You have to take into account that later on, you will need to eat extra fat in order to keep out of a starvation mode state.

There are a number of benefits shown that come from intermittent fasting. Some of these include blood lipid levels, longevity, and the much needed mental clarity.

If you find that you can't do a fast, then no big deal. Go back to week 1 and experiment as you see fit. You can eat what you want as long as it fits into your macros.

This is where things start to get more fun - less to worry about, more deliciousness to cook!

Breakfast

We're going full on fats with breakfast, just like we did last week. This time we'll double the amount of ketoproof coffee (or tea) we drink, meaning we double the amount of coconut oil, butter, and heavy cream. It should come to quite a lot of calories, and should definitely keep us full all the way to dinner.

Remember to continue drinking water like a fiend to make sure you're staying hydrated.

Lunch

No lunch, oh no! Don't worry – the fats from the morning should keep you feeling energized and full all the way through lunch. Normally people start

hitting a wall at first at around 2pm, so make sure you have plenty of water to drink, drink, and drink.

Dinner

Well, dinner is staying the same. Meats, vegetables, and fats are almost always going to be the dinnertime norm. But don't worry – we'll mix in some bread-y type things!

And guess what, we get to eat dessert this week! Woo! We'll be creating some low carb and great tasting treats that will reward you ever so much for doing the fasting. Sweets, treats, and losing weight – lucky us, right?

Week 3

SHOPPING LIST

MEAT

- Boneless, Skinless
- Chicken Thigh
- Pork Tenderloin

VEGETABLES

- Lemons

CHEESE

- Halloumi Cheese
(Mozzarella can be substituted)

SAUCES

- Liquid Smoke
- Pesto Sauce
- Red Wine Vinegar
- Red Boat Fish Sauce
(or Gluten Free Fish Sauce)
- Spicy Brown Mustard
- Sugar-free Maple Syrup

SPECIALITY ITEMS

- Erythritol
- Liquid Stevia

SPICES

- Dried Rosemary
- Dried Sage
- Ground Clove
- Nutmeg
- Vanilla Extract
- Instant Coffee Grounds

Breakfast



Ketoproof

273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

Lunch

Fasting through lunch, make sure you drink plenty of

Dinner



Chicken Pesto Roulade

Eat Whole Recipe



Fried Queso

1/4 Pound Queso - Add 4 Cups Spinach

886 Calories, 56g Fats, 4g Net Carbs, and 76g Protein

Dessert



Vanilla Latte Cookie

Eat 1 Cookie

167 Calories, 17g Fats, 1g Net Carbs, and 4g Protein

Breakfast



Ketoproof Coffee

Double Serving

546 Calories, 60g Fats, 2g Net Carbs, and 0g Protein

Lunch

Fasting through lunch, make sure you drink plenty of water!

Dinner



Not Your Caveman's Chili

Eat 1 1/3 Portion - Use Leftovers

531 Calories, 24g Fats, 7g Net Carbs, and 69g Protein

Dessert



Vanilla Latte Cookie

Eat 3 Cookies

501 Calories, 51g Fats, 4g Net Carbs, and 12g Protein



[View](#)

Ketoproof Coffee

Double Serving

546 Calories, 60g Fats, 2g Net Carbs, and 0g Protein

Lunch

Fasting through lunch, make sure you drink plenty of water!

Dinner



[View](#)

Simple Keto BBQ Pulled Chicken

Eat 1/4 Recipe - Freeze Leftovers



[View](#)

Red Pepper Spinach Salad

756 Calories, 50g Fats, 6g Net Carbs, and 63g Protein

Dessert



[View](#)

Vanilla Latte Cookie

Eat 2 Cookies

334 Calories, 34g Fats, 3g Net Carbs, and 8g Protein

Breakfast



Ketoproof Coffee

Double Serving

546 Calories, 60g Fats, 2g Net Carbs, and 0g Protein

Lunch

Fasting through lunch, make sure you drink plenty of water!

Dinner

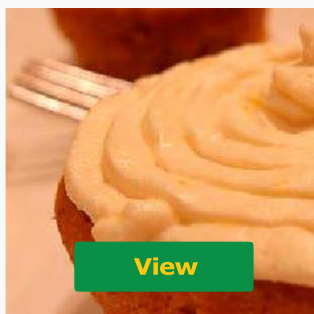


Inside Out Bacon Burger

3 Total Patties - Use 290g Beef

866 Calories, 69g Fats, 2g Net Carbs, and 58g Protein

Dessert



Low Carb Spice Cake

Eat 1 Spice Cake

283 Calories, 27g Fats, 3g Net Carbs, and 7g Protein

Breakfast



Ketoproof Coffee

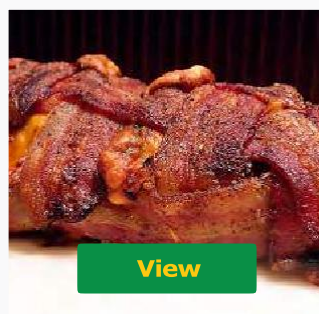
Double Serving

546 Calories, 60g Fats, 2g Net Carbs, and 0g Protein

Lunch

Fasting through lunch, make sure you drink plenty of water!

Dinner

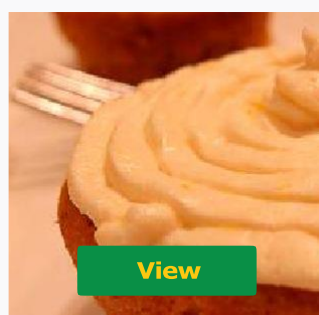


Cheddar Bacon Explosion

Eat 1/3 of Recipe - Refrigerate Leftovers as 2 Portions

720 Calories, 64g Fats, 5g Net Carbs, and 55g Protein

Dessert



Low Carb Spice Cake

Eat 1 Spice Cake

283 Calories, 27g Fats, 3g Net Carbs, and 7g Protein

Breakfast



[View](#)

Ketoproof Coffee

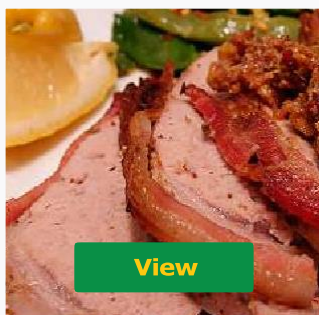
Double Serving

546 Calories, 60g Fats, 2g Net Carbs, and 0g Protein

Lunch

Fasting through lunch, make sure you drink plenty of water!

Dinner



[View](#)

Bacon Wrapped Pork Tenderloin

Eat 80% of Recipe



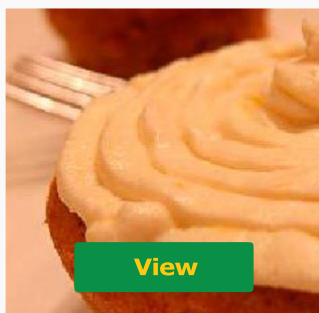
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Fried Queso Fresco

1/3 Pound Fried Queso

841 Calories, 57g Fats, 0g Net Carbs, and 75g Protein

Dessert



[View](#)

Low Carb Spice Cake

Eat 1 Spice Cake

283 Calories, 27g Fats, 3g Net Carbs, and 7g Protein

Breakfast



Ketoproof Coffee

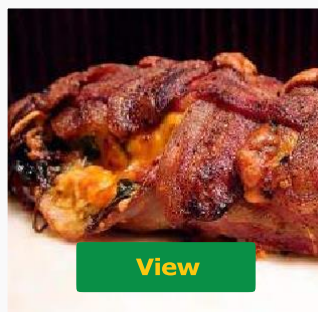
Double Serving

546 Calories, 60g Fats, 2g Net Carbs, and 0g Protein

Lunch

Fasting through lunch, make sure you drink plenty of water!

Dinner

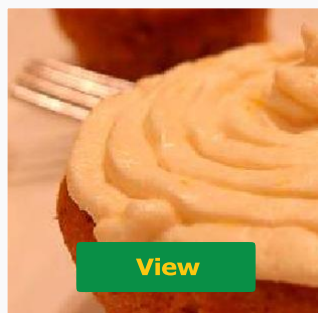


Leftover Bacon Explosion

Eat 1 Portion - Use Leftovers
Add 4 Cups Spinach

748 Calories, 64g Fats, 6g Net Carbs, and 58g Protein

Dessert



Low Carb Spice Cake

Eat 1 Spice Cake

283 Calories, 27g Fats, 4g Net Carbs, and 7g Protein

Week 4

This week we're getting stricter with our fasting. We had a full week of intermittent fasting and now we're going to skip breakfast and lunch. Water is our BEST friend here! Don't forget that you can drink coffee, tea, flavored water, and the like to get your liquids in. Keep drinking to make sure you're not thinking about your stomach. It MIGHT start growling, just ignore it – your body will adjust with time.

Now, if you're the kind of person that can't fast then you can go back and follow week 2 again. That's no big deal. Though fasting does take some time for the body to get used to, so I suggest putting your best efforts into it. Not only are the health benefits fantastic, but the self-control also that you gain from doing so is really a great thing.

This is by far my favorite week because it most closely resembles how I eat on a daily basis. I normally set a window of 6 hours for myself to eat in. From waking up until 5pm, I fast. After that, I am open to eating until 11pm. This is where the real fun begins. Eating copious amounts of food and being full all the way through the next day.

You get to start experimenting more with dessert and dinner. You get to snack as you please inside your window and best of all – you get to eat that protein laden chicken that you've been missing so much of!

Breakfast

We're fasting! Black coffee if you're a caffeine addict like me. Tea, if you are not into the coffee so much. Tea can add great health benefits like coffee also. Some of the great benefits of green tea are:

- **Polyphenols** – These function as antioxidants in your body. The most powerful antioxidant in green tea is Epigallocatechin gallate (EGCG), which has shown to be effective against fatigue.
- **Improved Brain Function** – Not only does green tea contain caffeine, it also contains L-theanine, which is an amino acid. L-theanine increases your GABA activity, which improves anxiety, dopamine, and alpha waves.
- **Increased Metabolic Rate** – Green tea has been shown to improve your metabolic rate. In combination with the caffeine, this can lead up to 15% increased fat oxidization.

Lunch

Water, water, and then some more water. You don't get to eat lunch and you don't get to eat breakfast. So make sure you keep yourself VERY hydrated. It's imperative here that you do a good job with your hydration. Remember – I recommend 4 liters a day.

Dinner

Lots and lots of food with dessert to cover the bases! Dinner is a fantastic time for me. I suggest breaking your fast with a small snack, then after 30-45 minutes eat to your hearts content. Normally I need 2 meals to get to my macros, and I think you'll need to do the same.

Week 4

SHOPPING LIST

MEAT

- Ground Chicken

FATS

- Sesame Oil

CRUNCH

- Peanuts (or peanut butter)
- Pumpkin Seeds
- Pistachios

SAUCES

- 1 Can Coors Light
- Chili Garlic Paste
- Reduced Sugar Ketchup
- Rice Vinegar

CHEESE

- Blue Cheese Crumbles
- Cream Cheese
- Mozzarella Cheese

SPICES

- Capers
- Five-Spice
- Red Food Coloring

Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients.

Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

Dinner



Keto Style Szechuan Chicken

Eat 1/3 Total Recipe - Freeze Leftovers as 2 Portions



Roasted Pecan Green Beans

Eat 1 Portion - Use Leftovers

697 Calories, 55g Fats, 9g Net Carbs, and 68g Protein

Dessert



Almond Lemon Sandwich Cakes

Eat 4 Sandwich Cakes - Add 1 Tbsp. Butter

819 Calories, 81g Fats, 7g Net Carbs, and 11g Protein

Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

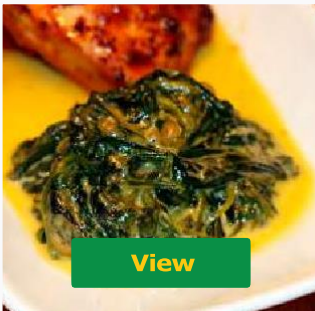
Dinner



[View](#)

Leftover Meatballs

Eat 5 Meatballs - Use Leftovers



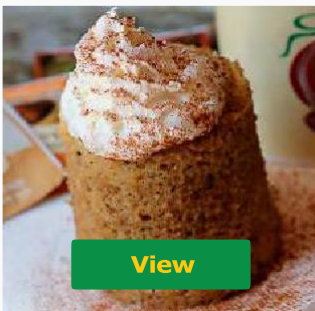
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Cheesy Creamed Spinach

Eat 1/2 of Recipe - Freeze Leftovers

1061 Calories, 93g Fats, 9g Net Carbs, and 61g Protein

Dessert



[View](#)

Chai Spice Mug Cake

Add 2 Tbsp. Heavy Cream

539 Calories, 52g Fats, 5g Net Carbs, and 12g Protein

Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

Dinner



Curry Rubbed Chicken Thigh

Make 3 Chicken Thighs



Vegetable Medley

Eat 1/3 of Recipe - Freeze Leftovers

1069 Calories, 84g Fats, 9g Net Carbs, and 63g Protein

Dessert



Almond Lemon Sandwich Cakes

Eat 3 Sandwich Cakes

539 Calories, 53g Fats, 6g Net Carbs, and 8g Protein

Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients.

Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

Dinner



Thai Style Peanut Chicken

Eat 1/2 of Recipe - Freeze Leftovers

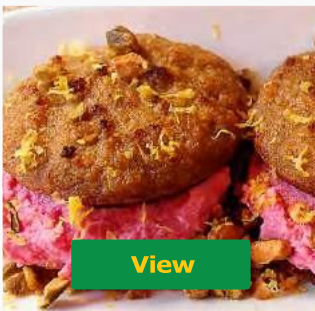


Simple Spinach Salad

2 Cups Spinach, 2 Tbsp. Olive Oil

1003 Calories, 82g Fats, 9g Net Carbs, and 72g Protein

Dessert



Almond Lemon Sandwich Cakes

Eat 3 Sandwich Cakes

539 Calories, 53g Fats, 6g Net Carbs, and 8g Protein

Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

Lunch

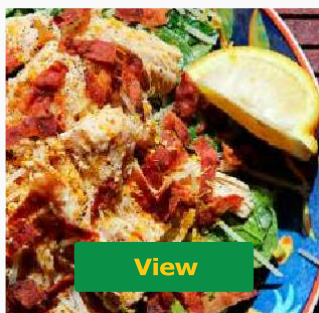
We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

Dinner



Coffee & Wine Beef Stew

Eat 1/4 of Recipe - Freeze Leftovers as 3 Portions

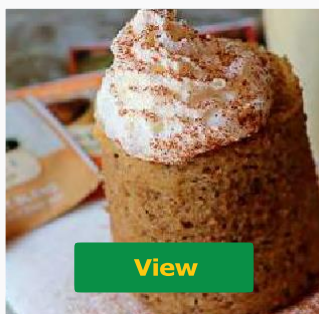


Spinach Salad

2 Cups Spinach, 2 Tbsp. Olive Oil

1015 Calories, 76g Fats, 5g Net Carbs, and 65g Protein

Dessert



Chai Spice Mug Cake

Add 3 Tbsp. Heavy Cream

589 Calories, 57g Fats, 6g Net Carbs, and 12g Protein

Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients.

Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

Dinner

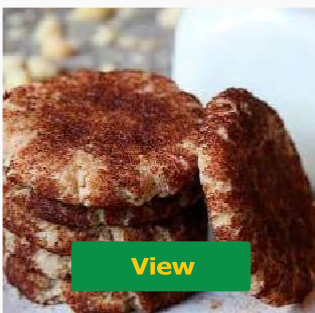


Drunken Five-Spice Beef

Eat 1/2 of Recipe - Freeze Leftovers

1030 Calories, 70g Fats, 12g Net Carbs, and 67g Protein

Dessert



Keto Snickerdoodle Cookies

Eat 4 Cookies

528 Calories, 50g Fats, 8g Net Carbs, and 14g Protein

Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

Dinner



Lemon & Rosemary Roasted Chicken Thighs

Eat Whole Recipe



Red Pepper Spinach Salad

Eat 1/2 Recipe

797 Calories, 59g Fats, 8g Net Carbs, and 55g Protein

Dessert



Keto Snickerdoodle Cookies

Eat 6 Cookies

792 Calories, 74g Fats, 12g Net Carbs, and 21g Protein

Recipes

Recipes



Almond Lemon Cake Sandwiches

INGREDIENTS

Almond Lemon Cakes

- 1/4 Cup Honeyville Almond Flour
- 1/4 Cup Coconut Flour
- 1/4 Cup Butter
- 3 Large Eggs
- 1/4 Cup Erythritol
- 1 Tbsp. Lemon Juice
- 1 Tbsp. Coconut Milk
- 1 tsp. Cinnamon
- 1/2 tsp. Almond Extract
- 1/2 tsp. Vanilla Extract
- 1/2 tsp. Baking Soda
- 1/2 tsp. Apple Cider Vinegar
- 1/4 tsp. Liquid Stevia
- 1/4 tsp. Salt
- Garnish (optional): Zest 1/2 Lemon**
- Garnish (optional): 2 tbsp. Crushed Pistachios**

Sandwich Icing

- 1/4 Cup Powdered Erythritol
- 4 Oz. Cream Cheese
- 4 Tbsp. Butter
- 2 Tbsp. Heavy Cream
- 1 tsp. Red Food Coloring

INSTRUCTIONS

1. Preheat your oven to 325F.
2. Sift and mix coconut flour, almond flour, cinnamon salt, and baking soda.
3. Combine eggs, erythritol, vanilla extract, almond extract, lemon juice, melted butter, coconut milk, vinegar, stevia, and food coloring.
4. Mix the wet ingredients into the dry ingredients, using a hand mixer until it is fluffy.
5. Divide your batter between your muffin top pan and bake for 17-18 minutes.
6. Remove from the oven and let cool on a cooling rack for 10 minutes.
7. Slice cakes in half and fry them in butter until crisped.
8. Let cool on cooling rack again.
9. Mix together butter, cream cheese, heavy cream, and powdered erythritol until fluffy. Add food coloring until color is attained.
10. Divide icing in between middle of the cakes and make a sandwich. Garnish with lemon zest and pistachios.

Makes 10 total cake sandwiches. Per cake (with icing) it will be: 180 Calories, 18g Fats, 2g Net Carbs, and 3g Protein.

Recipes



Inside Out Bacon Burger

INGREDIENTS

- 200g** Ground Beef
- 2** Slices Bacon, chopped
- 2 Tbsp.** Cheddar Cheese
- 1 1/2 tsp.** Chopped Chives
- 1/2 tsp.** Minced Garlic
- 1/2 tsp.** Black Pepper
- 3/4 tsp.** Soy Sauce
- 1/2 tsp.** Salt
- 1/4 tsp.** Onion Powder
- 1/4 tsp.** Worcestershire

INSTRUCTIONS

1. In a cast iron skillet, cook all your chopped bacon until crisp. Once cooked, remove and place on paper towel. Drain grease separately and save.
2. In a large mixing bowl, combine ground beef, 2/3 chopped bacon, and the rest of the spices.
3. Mix meat and spices together well, then form into 3 patties.
4. Put 2 Tbsp. bacon fat into cast iron and place patties inside once fat is hot.
5. Cook about 4-5 minutes on each side, depending on the doneness you want.
6. Remove from pan, let rest for 3-5 minutes, and serve with cheese, extra bacon, and onion if you'd like.

**Makes 1 Serving (3 patties). Per serving it will be:
649 Calories, 52g Fats, 2g Net Carbs, and 44g Protein.**

Recipes



Bacon & Mozzarella Meatballs

INGREDIENTS

- 1 1/2 lb.** Ground Beef
- 4** Slices Bacon
- 1** Cup Mozzarella Cheese
- 3/4** Cup Pesto Sauce
- 1/3** Cup Crushed Pork Rinds
- 1** Large Eggs
- 1 tsp.** Pepper
- 1 tsp.** Minced Garlic
- 1/2 tsp.** Onion Powder
- 1/2 tsp.** Kosher Salt

INSTRUCTIONS

1. Preheat oven to 350F.
2. Slice your bacon into small pieces (*almost into small cubes*).
3. Add your ground beef, ground pork rinds, spices, cheese, and eggs to the bacon.
4. Mix everything together well until you can form meatballs.
5. Roll your meatballs out into circles and place them in a foiled baking tray.
6. Bake in the oven for 40-45 minutes, or until bacon is cooked.
7. Spoon out 1/2 Tbsp. pesto sauce per meatball and serve.

Yields 24 medium meatballs. Per meatball, you're looking at: 128 Calories, 9g Fats, 1g Net Carbs, and 10g Protein.

Recipes



Bacon Infused Sugar Snap Peas

INGREDIENTS

- 3** Cups Sugar Snap Peas (~200g)
- 1/2** Lemon Juice
- 3 Tbsp.** Bacon Fat
- 2 tsp.** Garlic
- 1/2 tsp.** Red Pepper Flakes

INSTRUCTIONS

1. Add 3 Tbsp. bacon fat to a pan and bring to its smoking point.
2. Add your garlic and reduce heat on the pan, letting the garlic cook for 1-2 minutes.
3. Add sugar snap peas and lemon juice, let cook for 1-2 minutes.
4. Remove and serve. Garnish with red pepper flakes and lemon zest.

Yields 3 total servings. Per Serving, you're looking at: 147 Calories, 13g Fats, 4g Net Carbs, and 1g Protein.

Recipes



BBQ Pulled Chicken

INGREDIENTS

6 Boneless, Skinless Chicken Thighs
1/3 Cup Salted Butter
1/4 Cup Erythritol
1/4 Cup Red Wine Vinegar
1/4 Cup Chicken Stock
1/4 Cup Organic Tomato Paste
2 Tbsp. Yellow Mustard
2 Tbsp. Spicy Brown Mustard
1 Tbsp. Liquid Smoke
1 Tbsp. Soy Sauce
2 tsp. Chili Powder
1 tsp. Cumin
1 tsp. Cayenne Pepper
1 tsp. Red Boat Fish Sauce

INSTRUCTIONS

1. Mix together all ingredients except for butter and chicken thighs.
2. Place frozen (*or fresh*) chicken thighs in slow cooker and pour sauce over them.
3. If you aren't going to be home, add butter, turn to low and leave for 7-10 hours.
4. If you are going to be home, let cook on low for 2 hours. Add your butter, turn to high, and cook for an additional 3 hours.
5. Once your chicken has cooked down, shred the chicken with 2 forks. Mix all the sauce together and let cook on high for 45 minutes without the top. This will reduce the sauce.
6. Optional: Serve with coarse sea salt sprinkled over the top, along with chili paste and a sprinkle of curry powder for color.

Yields 4 Total Servings. Per serving, you are looking at: 510 Calories, 30g Fats, 2g Net Carbs, and 51g Protein.

Recipes



Buffalo Chicken Strips

INGREDIENTS

- 5** Chicken Breasts Pounded to 1/2" Thickness
- 3/4** Cup Almond Flour
- 1/2** Cup Hot Sauce
- 1/4** Cup Olive Oil
- 3 Tbsp.** Butter
- 3 Tbsp.** Blue Cheese Crumbles
- 2** Large Eggs
- 1 Tbsp.** Paprika
- 1 Tbsp.** Chili powder
- 1 tsp.** Salt
- 2 tsp.** Pepper
- 1 tsp.** Garlic Powder
- 1 tsp.** Onion Powder

INSTRUCTIONS

1. Preheat oven to 400F.
2. In a ramekin, combine paprika, chili powder, salt, pepper, garlic powder, and onion powder.
3. Pound out chicken breasts to 1/2" thickness, then cut the chicken breasts in half.
4. Sprinkle 1/3 of the spice mix over the chicken breast then flip them over and do the same with 1/3 of the spice mix.
5. In a bowl, combine almond flour and 1/3 of the spice mix.
6. In another container, crack 2 eggs and whisk them.
7. Dip each piece of seasoned chicken into the spice mix and then into the almond flour. Make sure each side is coated well.
8. Lay each piece on a cooling rack on top of a foiled baking sheet.
9. Bake the chicken for 15 minutes.
10. Take the chicken out of the oven and turn your oven to broil. Drizzle 2 Tbsp. olive oil over the chicken.
11. Broil for 5 minutes, flip the breasts, drizzle with remaining olive oil, and broil again for 5 minutes.
12. In a sauce pan, combined 1/2 Cup of hot sauce with 3 Tbsp. butter.
13. Serve chicken with slathering of hot sauce and blue cheese crumbles.

Yields 9 total chicken strips, 3 total servings.

Per serving, the chicken strips come out to:

683 Calories, 54g Fats, 5g Net Carbs, and 41g Protein.

Recipes



“Keto” proof Coffee

INGREDIENTS

1 Cup Coffee
1 Tbsp. Unsalted Butter
1 Tbsp. Coconut Oil
1 Tbsp. Heavy Cream
Seasonings of your choice

INSTRUCTIONS

1. Brew a cup worth of coffee into a large container. I use a measuring cup.
2. Cut off 1 Tbsp. of butter. Drop your butter into the coffee and watch it ooze.
3. Measure out 1 Tbsp. of coconut oil and plunk that it into your coffee also.
4. Last but not least, the 1 Tbsp. of heavy cream. This adds a great creaminess to the coffee.
5. You are welcome to add some ingredients of your choice to change the flavor. Try ground cinnamon, nutmeg, or allspice with a splash of liquid stevia.
6. Mix it all together very well using a hand blender.

**Yields 1 total serving. Per serving, it comes out to:
273 Calories 30g Fats, 1g Net Carbs, and 0g Protein.**

Recipes



Chai Spice Mug Cake

INGREDIENTS

- 2 Tbsp.** Butter
- 2 Tbsp.** Honeyville Almond Flour
- 1 Tbsp.** Now Erythritol
- 1** Drops Liquid Stevia
- ½ tsp.** Baking Powder
- 2 Tbsp.** Honeyville Almond Flour
- ¼ tsp.** Cinnamon
- ¼ tsp.** Ginger
- ¼ tsp.** Clove
- ¼ tsp.** Cardamom
- ¼ tsp.** Vanilla Extract

INSTRUCTIONS

1. Mix all room temperature ingredients together in a mug.
2. Microwave on high for 70 seconds.
3. Turn cup upside down and lightly bang it against a plate.
4. Optional: Top with whipped cream and sprinkle of cinnamon.

Yields 1 Serving. Per serving this is:

439 Calories, 42g Fats, 4g Net Carbs, and 12g Protein.

Recipes



Bacon Cheddar Explosion

INGREDIENTS

30 Slices of Bacon
2 ½ Cups Cheddar Cheese
4-5 Cups Raw Spinach
1-2 Tbsp. Tones Southwest
Chipotle Seasoning
2 tsp. Mrs. Dash Table
Seasoning

You will be weaving the bacon in a longer weave, so make sure that you keep going horizontally in this weave with the extra bacon slices.

INSTRUCTIONS

1. Preheat your oven to 375F convection bake. (*400F regular bake*)
2. Weave the bacon. 15 pieces that are vertical, 12 pieces horizontal, and the extra 3 cut in half to fill in rest, horizontally.
3. Season your bacon with your favorite seasoning mix.
4. Add your cheese to the bacon, leaving about 1 ½ inch gaps between the edges.
5. Add your spinach and press down on it to compress it some. This will help when you roll it up.
6. Roll your weave slowly, making sure it stays tight and not too much falls through. You may have some cheese fall out, but don't worry about it. Add your seasoning to the outside here, if you'd like.
7. Foil a baking sheet and add plenty of salt to it. This will help catch excess grease from the bacon and not let your oven smoke.
8. Put your bacon on top of a cooling rack and put that on top of your baking sheet.
9. Bake for 60-70 minutes, without opening the oven door. Your bacon should be very crisp on the top when finished.
10. Let cool for 10-15 minutes before trying to take it off the cooling rack. Slice into pieces, and serve!

Yields 3 Total Servings. Per serving, you are looking at: 720 Calories, 64g Fats, 5g Net Carbs, and 55g Protein.

Recipes



Cheddar Chorizo Meatballs

INGREDIENTS

- 1 1/2 lb.** Ground Beef
- 1 1/2** Chorizo Sausages
- 1** Cup Cheddar Cheese
- 1** Cup Tomato Sauce
- 1/3** Cup Crushed Pork Rinds
- 1** Large Eggs
- 1 tsp.** Cumin
- 1 tsp.** Chili Powder
- 1 tsp.** Kosher Salt

INSTRUCTIONS

1. Preheat oven to 350F.
2. Break up sausage into small pieces so that it will mix well with the ground beef.
3. Add your ground beef, ground pork rinds, spices, cheese, and eggs to the sausage.
4. Mix everything together well until you can form meatballs.
5. Roll your meatballs out into circles and place them in a foiled baking tray.
6. Bake in the oven for 30-35 minutes, or until meatballs are cooked through.
7. Spoon tomato sauce over meatballs and serve.

Yields 24 medium meatballs. Per meatball with sauce, it will have: 115 Calories, 8g Fats, 1g Net Carbs, and 10g Protein.

Recipes



Cheesy Scrambled Eggs

INGREDIENTS

- 2 Large Eggs
- 2 Tbsp. Butter
- 1 Oz. Cheddar Cheese
- 1 tsp. Chopped Chives
- Spices of your choice

INSTRUCTIONS

1. Heat a pan on the stove, adding the butter.
2. Once the butter has melted, add 2 eggs that have been scrambled.
3. Let the eggs cook slowly, only touching them once or twice throughout the whole process. You can add seasonings of your choice here – chives, salt, pepper, hot sauce.
4. Add cheese and mix everything together.

**Yields 1 serving. Per serving, it is:
453 Calories, 43g Fats, 1g Net Carbs, and 19g Protein.**

Recipes



Cheesy Spinach

INGREDIENTS

446 Cups Spinach
1 1/2 Cup Cheddar
Cheese
446 Tbsp. Butter
1/2 tsp. Mrs. Dash
1/2 tsp. Salt
1/2 tsp. Pepper

INSTRUCTIONS

1. Heat a pan on the stove, adding the butter.
2. Once the butter has melted, add spinach and spices. Let the spinach begin to wilt.
3. Once the spinach is almost completely wilted, add shredded cheese to the top and let it all melt together.
4. Once melted, serve.

Yields 2 servings. Per serving, it is:

446 Calories, 47g Fats, 5g Net Carbs, and 24g Protein.

Recipes



Chicken Roulade

INGREDIENTS

1 Chicken Breast
1/2 Tbsp. Pesto
1 1/4 tsp. Olive Oil
1/4 Lemon zest
1/4 tsp. Minced
Garlic
38g Halloumi
Cheese Salt &
Pepper

INSTRUCTIONS

1. Pat your chicken breast dry of any extra moisture. Pound the chicken breast to 1/8".
2. Mix together Pesto and 1 1/4 tsp. olive oil. Spread the mixture out on all the chicken breast.
3. Add salt, pepper, garlic, and lemon zest to chicken.
4. Add sliced halloumi cheese to chicken breast.
5. Roll the chicken breast up and tie them using butchers string or toothpicks.
6. Preheat oven to 450F.
7. Heat 1 tsp. Olive Oil in a cast iron to high heat.
8. Sear each side of the chicken making sure it gets nice and brown.
9. Bake for 6-7 minutes until juice runs clear.

Yields 1 servings. Per serving, this is:

478 Calories, 31g Fats, 2g Net Carbs, and 53g Protein.

Recipes



Buffalo Chicken Strip Slider

INGREDIENTS

Chicken Strips

Buns

- 1/3 Cup Almond Flour
- 1/4 Cup Flax Seed
- 1 Tbsp. Parmesan Cheese
- 1 Large Eggs
- 4 Tbsp. Butter
- 1 tsp. Baking Soda
- 1 tsp. Southwest Seasoning
- 1 tsp. Paprika
- 1/2 tsp. Apple Cider Vinegar
- 8 drops Liquid Stevia

Chicken Filling

- 1 Leftover Buffalo

INSTRUCTIONS

1. Preheat oven to 350F.
2. Mix together all dry ingredients in a large mixing bowl.
3. Melt butter in the microwave, then add eggs, vinegar, stevia and butter to mixture.
4. Mix everything well and spread the mixture out between 8 muffin top slots in a pan.
5. Bake for 15-17 minutes. Once baked, let cool for 5 minutes, then cut buns in half.
6. Assemble slider together with bun, and buffalo chicken strips.

**Yields 8 Buns (only 2 are used in a serving). Per serving, this is:
625 Calories, 51g Fats, 4g Net Carbs, and 35g Protein.**

Recipes



Bacon, Cheddar & Chive Mug Biscuit

INGREDIENTS

- 1 Egg
- 1 Tbsp. Butter
- 2 Tbsp. Almond Flour
- 1/2 tsp. Baking Powder
- 2 Slices Bacon, cooked
- 1 Tbsp. Almond Flour
- 1 Tbsp. Packed Shredded Cheddar
- 1 Tbsp. Packed Shredded White Cheddar
- 1 Tbsp. Chopped Chive Pinch Salt
- 1/4 tsp. Mrs. Dash

INSTRUCTIONS

1. Mix all room temperature ingredients together in a mug.
2. Microwave on high for 70 seconds.
3. Turn cup upside down and lightly bang it against a plate.
4. Optional: Let cool for 3-4 minutes.

**Yields 1 Serving. Per serving this is:
573 Calories, 55g Fats, 5g Net Carbs, and 24g Protein.**

Recipes



Cinnamon & Orange Beef Stew

INGREDIENTS

- 1/2 lb** Pound Beef
- 3/4 Cup** Beef Broth
- 1 Tbsp.** Coconut Oil
- 1/4** Medium Onion Zest of
- 1/4** Orange Juice of
- 1/4** Orange
- 3/4 tsp.** Fresh Thyme
- 3/4 tsp.** Minced Garlic
- 1/2 tsp.** Ground Cinnamon
- 1/2 tsp.** Soy Sauce
- 1/2 tsp.** Fish Sauce
- 1/4 tsp.** Rosemary
- 1/4 tsp.** Sage
- 1** Bay Leaf

Note: You are welcome to double, triple, or quadruple the recipe in order to save extras for leftovers on another night. Using a crock pot for 1 recipe may sound silly, but I had scaled the original recipe back for the meal plan.

INSTRUCTIONS

1. Cut your meat into approximate 1" cubes and zest a whole orange.
2. Heat coconut oil in a cast iron skillet, waiting for it to get to the smoke point.
3. Add your seasoned (*salt and pepper*) meat to the skillet in batches. Don't overfill the skillet. Brown the beef and remove from the cast iron, then add more beef to brown.
4. Once your beef is finished browning, remove the last batch and add your vegetables. Let these cook for 1-2 minutes.
5. Add your orange juice to de-glaze the pan and then add all other ingredients except for the rosemary, sage, and thyme.
6. Let this cook for a moment, and then transfer all ingredients to your crock pot.
7. Let this cook for 3 hours on high.
8. Open your crock pot and add the rest of your spices. Let this cook down for 1-2 hours on high.

Yields 1 serving with leftovers. Per serving, this is: 649 Calories, 44g Fats, 2g Net Carbs, and 53g Protein.

Recipes



Coffee & Red Wine Beef Stew

INGREDIENTS

2.5 lbs Stew Meat
3 Cups Coffee
1 Cup Beef Stock
1 1/2 Cup Mushrooms
2/3 Cup Red Wine
(*Merlot*)
1 Medium Onion
3 Tbsp. Coconut Oil
2 Tbsp. Capers
2 tsp. Garlic
Salt & Pepper to taste

INSTRUCTIONS

1. Cube all stew meat, then thinly slice onion and mushrooms.
2. Bring 3 Tbsp. coconut oil to its smoking point in a pan on the stove.
3. Season beef with salt and pepper, then brown all of it in small batches, making sure that the pan isn't overcrowded.
4. Once all meat is browned, cook onion, mushrooms, and garlic in the remaining fat in the pan. Do this until onions are translucent.
5. Add coffee, beef stock, red wine, and capers to the vegetables and stir this mixture.
6. Add beef into the mixture, bring to a boil then reduce heat to low.
7. Cover and cook for 3 hours.

Yields 4 servings. Per serving, this is:
755 Calories, 48g Fats, 4g Net Carbs, and 64g Protein.
[Freeze Leftovers]

Recipes



Crispy Curry Rubbed Chicken Thigh

INGREDIENTS

2 Chicken Thighs
1 Tbsp. Olive Oil
1/2 tsp. Yellow Curry
1/2 tsp. Salt
1/4 tsp. Cumin
1/4 tsp. Paprika
1/4 tsp. Garlic Powder
1/8 tsp. Cayenne
Pepper
1/8 tsp. Allspice
1/8 tsp. Chili Powder
1/8 tsp. Coriander
Pinch Cardamom Pinch
Cinnamon Pinch Ginger

INSTRUCTIONS

1. Preheat oven to 425F.
2. Mix together all spices into a bowl.
3. Wrap a baking sheet in foil and lay chicken thighs on to the foil.
4. Rub olive oil evenly into all chicken thighs.
5. Rub spice mixture on both sides of the chicken, coating liberally.
6. Bake for 40-50 minutes.
7. Let cool for 5 minutes before serving.

Yields 1 serving. Per serving, this is:

555 Calories, 40g Fats, 1 g Net Carbs, and 42g Protein.

If you are on week 4, you will need to make 1 extra chicken thigh.

Recipes



Drunken Five Spice Beef

INGREDIENTS

- 1 1/2 lbs.** Ground Beef
- 1 Can** Coors Light
(Or 1/2 Cup Red Wine)
- 150g** Sliced Mushrooms
- 135g** Chopped Broccoli
- 75g** Raw Spinach
- 3 Tbsp.** Reduced Sugar Ketchup
- 2 Tbsp.** Soy Sauce
- 2 tsp.** Garlic
- 2 tsp.** Minced ginger
- 1 Tbsp.** Five Spice
- 1 Tbsp.** Pepper
- 1 tsp.** Salt
- 1 tsp.** Cumin
- 1 tsp.** Cayenne Pepper
- 1/2 tsp.** Onion Powder

INSTRUCTIONS

1. Chop up broccoli florets, ginger, and garlic.
2. Bring cast iron to high heat and add ground beef.
3. Brown all ground beef then add ginger and garlic to the pan.
4. Mix everything well, add broccoli, soy sauce, and spices and stir everything together.
5. Pour 1 can of Coors Light *(or other low carb beer, or 1/2 Cup Red Wine)* into the pan. Add mushrooms and spinach and mix everything in together.
6. Once spinach has wilted, add ketchup, mix, and serve!

**This makes 4 Total Servings, each coming out to:
515 Calories, 35g Fats, 6g Net Carbs, and 33g Protein.
[Freeze Leftovers]**

Recipes



Cheesy Frittata Muffins

INGREDIENTS

- 8** Large Eggs
- 1/2** Cup Half n' Half
- 4 Oz.** Bacon
(pre-cooked and chopped)
- 1/2** Cup Cheddar Cheese
- 1 Tbsp.** Butter
- 2 tsp.** Dried Parsley
- 1/2 tsp.** Pepper
- 1/4 tsp.** Salt

Note: You are welcome to add sauces or seasonings of your choice to this. If you'd like to add red pepper flakes, a little bit of reduced sugar ketchup, or mayonnaise - feel free!

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Mix eggs and half n' half in a bowl until almost scrambled, leaving streaks of egg white
3. Fold in the bacon, cheese, and spices. Add any other additional ingredients now.
4. Grease a muffin tin with butter. This recipe makes about 8 frittata muffins.
5. Pour the mixture, filling each cup about 3/4 way.
6. Stick them in the oven for 15-18 minutes, or until puffy and golden on the edges.
7. Remove from the oven and let cool for 1 minute. These freeze well and can be heated individually.

**Yields 8 servings, each having:
205 Calories, 16g Fats, 1g Net Carbs, and 14g Protein.**

Recipes



Fried Queso Fresco

INGREDIENTS

- **1 lb.** Queso Fresco
(or Paneer Cheese if Queso Fresco is not available)
- **1 Tbsp.** Coconut Oil
- **1/2 Tbsp.** Olive Oil

INSTRUCTIONS

1. Cut cheese into cubes, or thin rectangles.
2. Bring 1 Tbsp. coconut oil and 1/2 Tbsp. olive oil to high heat in a pan.
3. Once the smoke point hits, add your cheese. Let it cook until browned on one side and then flip over and do the same on the other side.
4. Remove from pan and drain excess grease on a paper towel.

Yields 5 servings. Per serving, it is:
243 Calories, 19g Fats, 0g Net Carbs, and 16g Protein.
[Save Leftovers]

Recipes



Lemon Rosemary Chicken

INGREDIENTS

3 1/2 Skinless, Boneless Chicken Thigh

[For 1/2, Cut 1 Thigh In Half]

1 1/2 tsp. Minced Garlic

1 1/2 tsp. Olive Oil

1 Lemon

1 1/2 tsp. Fresh Thyme

3/4 tsp. Dried Rosemary

1/2 tsp. Dried Ground

Sage

1 tsp. Kosher Salt

INSTRUCTIONS

1. In a mortar, add your garlic and 1/2 tsp. salt.
2. Grind the garlic and salt together with a pestle, creating a paste.
3. Slowly add your oil, grinding and mixing the paste into an aioli.
4. Once the aioli is finished, dry your chicken off and put it into a bag with the aioli. Coat the chicken well.
5. Marinate the chicken for anywhere from 2-10 hours.
6. Preheat your oven to 425F.
7. Slice 1 lemon thin and arrange the slices on the bottom of a baking pan.
8. Lay your chicken on top of the lemons.
9. Remove the thyme leaves from the stem and add your thyme, rosemary, sage, pepper, and remaining salt to the chicken.
10. Bake for 25-30 minutes, or until the juices run clear.
11. Remove the chicken from the pan and add all the pan drippings to a saucepan.
12. Bring the sauce to a boil while stirring well.
13. Turn the heat down to medium-low while continuing to stir the sauce. Let it reduce.
14. Spoon the sauce over the chicken, enjoy!

Yields 1 serving. Per serving, it is:

589 Calories, 40g Fats, 4g Net Carbs, and 47g Protein.

Recipes



Keto Szechuan Chicken

INGREDIENTS

- 1 1/2 lbs.** Ground Chicken
- 6** Cups Spinach
- 1/2** Cup Chicken Stock
- 4 Tbsp.** Organic Tomato Paste
- 3 Tbsp.** Coconut Oil
- 2 Tbsp.** Chili Garlic Paste
- 2 Tbsp.** Soy Sauce
- 1 Tbsp. + 1 tsp.** Erythritol
- 1 Tbsp.** Red Wine Vinegar
- 2 tsp.** Spicy Brown Mustard
- 2 tsp.** Salt
- 1tsp.** Pepper
- 1 tsp.** Red Pepper Flakes
- 1/2 tsp.** Mrs. Dash Table Blend
- 1/2 tsp.** Minced Ginger

INSTRUCTIONS

1. Mix together tomato paste, soy sauce, chili garlic paste, brown mustard, and ginger in a ramekin.
2. On the stove, bring 3 Tbsp. coconut oil to medium-high temperature.
3. Cook the ground chicken with salt and pepper (*to taste, about half*) in the oil until it is cooked through. Break it up into small pieces.
4. Add 2/3 of your sauce to the mixture and mix it well.
5. Add your spinach to the chicken and let it wilt. Add salt and pepper (to taste, about half), Mrs. Dash seasoning, red pepper flakes.
6. Add the last 1/3 of your sauce, chicken stock, red wine vinegar and erythritol. Mix the spinach and spices in well.
7. Turn the heat to low and cover the pan. Let this cook for about 10-15 minutes.

This makes 3 Total Servings, each coming out to:

515 Calories, 38g Fats, 5g Net Carbs, and 63g Protein.

Recipes



Not Your Caveman's Chili

INGREDIENTS

- 2 lbs.** Stew Meat
- 1** Medium Onion
- 1** Medium Green Pepper
- 1** Cup Beef Broth
- 1/3** Cup Tomato Paste
- 2 Tbsp.** Soy Sauce
- 2 Tbsp.** Olive Oil
- 3 Tbsp. + 1 tsp.** Chili Powder
(Reduce if you're not a fan of heat)
- 1 1/2 tsp.** Cumin
- 2 tsp.** Red Boat Fish Sauce
- 2 tsp.** Minced Garlic
- 2 tsp.** Paprika
- 1 tsp.** Oregano
- 1/2 tsp.** Cayenne Pepper
- 1 tsp.** Worcestershire

INSTRUCTIONS

1. Cube half stew meat into small cubes, and process the other half in a food processor into ground beef.
2. Chop pepper and onion into small pieces.
3. Combine all spices together to make sauce.
4. Saute cubed beef in a pan until browned, transfer to a slow cooker. Do the same with the ground beef.
5. Saute vegetables in the remaining fat in the pan until onions are translucent.
6. Add everything to the slow cooker and mix together.
7. Simmer for 2 1/2 hours on high, then simmer for 20-30 minutes without the top.

Note: If you're a fan of spicy chili, use 1 tsp. Cayenne pepper in this instead of 1/2 tsp.

**This makes 4 Total Servings, each coming out to:
398 Calories, 18g Fats, 5g Net Carbs, and 52g Protein.
[Freeze Leftovers]**

Recipes



Omnivore Burger Creamed Spinach & Roasted Almonds

INGREDIENTS

- 1 lb. Ground Beef
- 100g (~1 Cup) Sliced Mushrooms
- 1/4 Onion
- 1/4 Bell Pepper
- 2 1/2 Cups Raw Spinach
- 2 1/2 Tbsp. Roasted Almonds
- 1 Tbsp. Cream Cheese
- 1/2 Tbsp. Heavy Cream
- 1/2 Tbsp. Butter
- 1/2 Tbsp. Tone’s Southwest Chipotle Seasoning
- 1 tsp. Cumin
- 1 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Preheat oven to 450 convection or 475 normal. *(Convection preferred)*
2. Measure out 100g mushrooms, 1/4 onion, and 1/4 bell pepper. Put them in the food processor and pulse until you have diced vegetables.
3. Add your meat, diced vegetables, and seasonings into a mixing bowl and mix well.
4. Portion out 3 burger patties from the meat mix.
5. Rest the 3 patties on a cooling rack that sits over a baking sheet. The baking sheet should be covered in foil and salt added to it *(to catch drippings)*.
6. Put small amount of remaining meat into pan and bring to sizzle.
7. Add spinach and let it wilt down with some salt, pepper, and red pepper flakes.
8. Add almonds, cream cheese, butter, and heavy cream and stir it well. Let this continue to cook down and stay warm.
9. Remove the burgers from the oven after 19-24 minutes. Keep your eye on these as once they start getting past rare temperature, they cook quickly.

This makes 2 total Servings, each coming out to: 562 Calories, 38g Fats, 5g Net Carbs, and 45g Protein.

Recipes



Bacon Wrapped Pork Tenderloin

INGREDIENTS

1/2 lb. Pork Tenderloin
2 1/2 Slices Bacon
1 1/2 tsp. Dijon Mustard
1 1/2 tsp. Sugar Free Maple Syrup
3/4 tsp. Soy Sauce
1/4 tsp. Minced Garlic
1/4 tsp. Liquid Smoke
1/4 tsp. Dried Rosemary
Pinch Black Pepper
Pinch Cayenne
Pinch Dried Sage

INSTRUCTIONS

1. Mix together all of the wet and dry ingredients to make the marinade.
2. Pat the pork tenderloins dry and add them to a ziploc bag.
3. Pour marinade into bag and rub onto the tenderloins. Put this in the fridge for 3-5 hours.
4. Preheat oven to 350F.
5. Put pork tenderloins on a foiled baking sheet, and wrap in bacon. About 5 slices per tenderloin.
6. Bake for 1 hour, then broil the bacon for 5-10 minutes.
7. Cover the tenderloins with foil for 10-15 minutes to rest. Cut and serve.

This makes 1 total servings with leftovers. In total this comes out to:
418 Calories, 20g Fats, 0g Net Carbs, and 54g Protein.

Recipes



Red Pepper Spinach Salad

INGREDIENTS

- 3 Cups Spinach
- 2 Tbsp. Ranch Dressing
- 1 1/2 Tbsp. Parmesan Cheese
- 1/2 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Add spinach to a mixing bowl, then drench in ranch.
2. Mix everything together and add your parmesan and red pepper flakes.
3. Mix everything together again and serve.

**Yields 1 total serving. This comes out to:
208 Calories, 18g Fats, 3g Net Carbs, and 8g Protein.**

Recipes



Roasted Pecan Green Beans

INGREDIENTS

1/2 lb. Green Beans
2 Tbsp. Olive Oil
1/4 Cup Chopped Pecans
2 Tbsp. Parmesan Cheese
1/2 Lemon's Zest
1 tsp. Minced Garlic
1/2 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Preheat oven to 450F, then add pecans to your food processor.
2. Grind the pecans in the food processor until they are chopped nicely. Some pieces should be large, some small.
3. In a large mixing bowl, mix together green beans, pecans, olive oil, parmesan cheese, the zest of 1/2 lemon, minced garlic, and red pepper flakes.
4. Spread out the green beans on a foiled baking sheet.
5. Roast the green beans in the oven for 20-25 minutes.
6. Let cool for 4-5 minutes, then serve!

**Yields 3 total servings. Each serving comes out to:
182 Calories, 17g Fats, 3g Net Carbs, and 4g Protein.
[Freeze Leftovers]**

Recipes



Shrimp & Cauliflower Curry

INGREDIENTS

24 Oz. Shrimp
5 Cups Raw Spinach
4 Cups Chicken Stock
1 Medium Onion
1/2 Head Medium Cauliflower
1 Cup Coconut Milk
1/4 Cup Butter
1/4 Cup Heavy Cream
3 Tbsp. Olive Oil
2 Tbsp. Curry Powder
1 Tbsp. Coconut Flour
1 Tbsp. Cumin
2 tsp. Garlic Powder
1 tsp. Chili Powder
1 tsp. Onion powder
1 tsp. Cayenne
1 tsp. Paprika
1/2 tsp. Ground Ginger
1/2 tsp. Coriander
1/2 tsp. Turmeric
1/4 tsp.

Cardamom **1/4 tsp.** Cinnamon
1/4 tsp. Xanthan Gum

INSTRUCTIONS

- Mix all spices (*except xanthan and coconut flour*), set aside.
- Cut 1 medium onion into slices.
- Bring 3 tbsp. olive oil to hot heat in a pan. Add onion, cook onion till soft.
- Add butter, heavy cream 1/8 tsp. xanthan and spices, stir it in so it's all mixed well.
- After about 1-2 mins of the spices sweating, add 4 cups chicken broth, and 1 cup coconut milk. Stir well and cover.
- Cook for 30 mins, with the lid on. Chop cauliflower into small florets then add to curry. Cook for another 15 minutes, covered.
- Detail and devein shrimp, then add them to the curry. Cook for an additional 20 minutes with the lid off.
- Measure out coconut flour and 1/8 tsp. xanthan gum and stir well into curry. Let cook for 5 minutes.
- After 5 minutes, add spinach and mix it in well. Cook for an addition 5-10 minutes with the lid off.

Yields 6 total servings. Each serving comes out to:
331 Calories, 19g Fats, 6g Net Carbs, and 27g Protein.
[Freeze Leftovers]

If you're on week 2, double the serving size.

Recipes



Simple Lunch Salad

INGREDIENTS

2 Tbsp. - 4 Tbsp. Olive Oil
2 Cups Spinach
1 Tbsp. - 2 Tbsp. Parmesan Cheese
1 1/2 tsp. Dijon Mustard
3/4 tsp. Curry Powder (*optional*)
Zest **1/4** Lemon
Meat Specified in Day-by-Day

INSTRUCTIONS

1. Combine all wet ingredients in a small bowl.
2. Combine meat and spinach in a bowl.
3. Pour wet ingredients over meat and spinach when ready to eat.

Yields 1 total serving.

Macros depend on what type of meat you put in (macros broken day by day meal plan).

Recipes



Keto Snickerdoodle Cookies

INGREDIENTS

2 Cups Almond
Flour **1/4** Cup
Coconut Oil **1/4**
Cup Maple Syrup
**[You can find the recipe on my
website!]**
1 Tbsp. Vanilla
1/4 tsp. Baking Soda
2 Tbsp. Cinnamon

INSTRUCTIONS

1. Preheat oven to 350F.
2. Mix together your almond flour, baking soda, and salt.
3. In a separate bowl, mix together coconut oil, homemade maple syrup, vanilla, and stevia.
4. Mix dry ingredients into wet ingredients until a dough is formed.
5. Mix together cinnamon and erythritol until a powder is formed.
6. Roll dough into balls, roll into cinnamon mixture, then set them on a silpat.
7. Use the underside of a mason jar to flatten the balls, greasing the bot- tom as needed.
8. Bake for 9-10 minutes, remove, and let cool.

**Yields 14 total cookies. Per cookie, they are:
132 Calories, 12g Fats, 2g Net Carbs, and 3g Protein.**

Recipes



Low Carb Spice Cakes

INGREDIENTS

Spice Cakes

2 Cups Honeyville Almond Flour

3/4 Cup Erythritol

1/2 Cup Salted Butter

5 Tbsp. Water

4 Large Eggs

2 tsp. Baking Powder

1 tsp. Vanilla Extract

1/2 tsp. Cinnamon

1/2 tsp. Nutmeg

1/2 tsp. Allspice

1/2 tsp. Ginger

1/4 tsp. Ground Clove

Cream Cheese Frosting

8 Oz. Cream Cheese

2 Tbsp. Butter

3 Tbsp. Erythritol

1 tsp. Vanilla Extract

1/2 of Lemon's Zest

INSTRUCTIONS

1. Preheat your oven to 350F.

2. In a mixing bowl, add your butter and sweetener. Cream it together until smooth.

3. Add 2 of your eggs and continue mixing it until combined, then add and mix in your last 2 eggs.

4. Grind up your spices, then add all the dry ingredients to the batter. Mix until smooth.

5. Add your water to the batter and mix well, until it is creamy.

6. Spray your cupcake tray, fill it about 3/4 of the way up, and put them in the oven for 15 minutes.

7. While they're cooking, cream together your cream cheese, butter, sweetener, vanilla, and lemon zest for the frosting.

8. Remove your cupcakes from the oven, let them cool for 15 minutes, and then frost them.

Yields 12 total frosted cakes. Per frosted cake, they are: 283 Calories, 27g Fats, 3g Carbs, and 7g Protein.

Recipes



Chicken and Bacon Sausage Stir Fry

INGREDIENTS

4 Chicken Sausages
3 Cups Broccoli Florets
3 Cups Spinach
1/2 Cup Parmesan
Cheese **1/2** Cup Rao's
Tomato Sauce **1/4** Cup
Red Wine
2 Tbsp. Salted Butter
2 tsp. Minced Garlic
1/2 tsp. Red Pepper
Flakes

INSTRUCTIONS

1. Slice the 4 bacon & cheddar chicken sausages.
2. Start to boil water on the stove. While that is happening, add your sausage to a pan on high heat.
3. Add your broccoli to the boiling water and cook for 3-5 minutes depending on how you like it done.
4. Stir your sausages until they brown on both sides.
5. Move your sausages to one side of the pan, then add the butter. Put your garlic in the butter and let it saute for 1 minute.
6. Mix everything together and then add your broccoli.
7. Pour in the tomato sauce, red wine, and add red pepper flakes.
8. Mix together, add your spinach with salt and pepper and let it cook down. Simmer this for 5-10 minutes.
9. Before serving, add fresh parmesan cheese over the top to let it melt.

**Yields 3 total servings. Per serving, it is:
451 Calories, 28g Fats, 7g Net Carbs, and 36g Protein.
[Freeze Leftovers]**

Recipes



Taco Tartlets

INGREDIENTS

The Pastry

- 1 Cup Blanched Almond Flour
- 3 Tbsp. Coconut Flour
- 5 Tbsp. Butter
- 1/4 tsp. Salt
- 1 tsp. Xanthan Gum
- 1 tsp. Oregano
- 1/4 tsp. Paprika
- 1/4 tsp. Cayenne
- 2 Tbsp. Ice Water

The Filling

- 1/3 Cup Cheddar Cheese
- 400g Ground Beef
- 80g Mushroom
- 3 Stalks Spring Onion
- 2 Tbsp. Tomato Paste
- 1 Tbsp. Olive Oil
- 2 tsp. Yellow Mustard
- 2 tsp. Garlic
- 1 tsp. Cumin
- 1/2 tsp. Pepper
- 1 tsp. Salt

- 1 tsp. Worcestershire
- 1/4 tsp. Cinnamon

INSTRUCTIONS

1. Combine all the dry ingredients of the pastry and put them into a food processor.
2. Chop cold butter into small squares and add it to your food processor also. Pulse the dough together until crumbly, adding 1 Tbsp. ice water until pliable.
3. Chill your dough in the freezer for 10 minutes.
4. Roll the dough out between 2 silpats using a rolling pin. Cut out circles using a cookie cutter or a glass.
5. Put the dough into your whoopie pan and preheat your oven to 325F.
6. Prep all the filling ingredients – chop spring onions, mince garlic, and slice mushrooms.
7. Saute onions and garlic in olive oil. Add ground beef to the mixture and sear it well – adding dry spices and Worcestershire.
8. Add mushrooms and mix together. Then add tomato paste and mustard right before finishing.
9. Spoon ground beef mixture evenly into the pastry tartlets. Cover with cheese and bake for 20-25 minutes. Optional: Broil for 3-5 minutes before taking out of the oven.
10. Let cool completely and remove the pastries.

Yields 11 total tartlets. Per tartlet, they are:
241 Calories, 19g Fats, 2g Net Carbs, and 13g Protein.
[Freeze All Leftovers, We Do Not Use Them Anymore - Use as Snacks]

Recipes



Thai Peanut Chicken

INGREDIENTS

6 Boneless, Skinless Chicken Thighs
1 Cup Peanuts (*1/2 Cup Peanut Butter if you aren't making your own*)
1/4 Cup Chicken Stock
2 Tbsp. Soy Sauce
1 Tbsp. Orange Juice
1 Tbsp. Lemon Juice
1 Tbsp. Rice Vinegar
1/2 Tbsp. Coconut Oil
1/2 Tbsp. Erythritol
1/2 tsp. Sesame Oil
2 tsp. Chili Garlic Paste
1/4 tsp. Coriander
1/4 tsp. Cayenne Pepper
Salt + Pepper to

taste

INSTRUCTIONS

1. Rinse peanuts off and spin them in a salad spinner to get rid of extra moisture. Pat dry with paper towels.
2. Put the nuts in your food processor and blend until creamy. Add coconut oil and erythritol and blend further.
3. Mix together all of the ingredients except for chicken, cayenne, salt and pepper to make the sauce.
4. Cube your chicken thighs and season with salt and pepper.
5. Heat 1 Tbsp. olive oil to high heat in a pan. Add your chicken once hot.
6. Pat the extra moisture out of the pan with a paper towel. Continue cooking until chicken is browned on both sides.
7. Stir in your peanut butter sauce and add 1/4 tsp. cayenne pepper and more salt and pepper if you wish.
8. Turn to low and let simmer for 10 minutes.

Yields 2 total servings. Per serving, it is:
743 Calories, 53g Fats, 9g Net Carbs, and 70g Protein.
[Freeze Leftovers]

Recipes



Vanilla Latte Cookies

INGREDIENTS

1 1/2 Cups Honeyville Blanched Almond Flour
1/2 Cup Unsalted Butter **1/3** Cup NOW Erythritol **2** Large Eggs
1 Tbsp. + 1 tsp. Instant Coffee Grounds
1 1/2 tsp. Vanilla Extract **1/2 tsp.** Baking Soda **1/2 tsp.** Kosher Salt
1/4 tsp. Cinnamon
17 Drops Liquid Stevia

INSTRUCTIONS

1. Preheat your oven to 350F.
2. In a mixing bowl, combine your almond flour, coffee grounds, baking soda, salt, and cinnamon.
3. In separate containers or bowls, separate your egg whites and egg yolks.
4. In another mixing bowl, add your butter and beat it well. Add you erythritol to the butter and continue beating it until almost white in color.
5. Add your egg yolks to the butter and mix until smooth.
6. Add half of the mixed almond flour to the butter and mix it in. Add your vanilla extract and liquid stevia, then add the rest of your almond flour and mix well.
7. Beat your egg whites until stiff peaks form. Fold the egg whites into the cookie dough.
8. Divide your cookies on a cookie sheet, I made 10 large cookies. Bake them for 12-15 minutes.
9. Once finished, remove the cookies to a cooling rack for 10-15 minutes.

**Yields 10 total cookies. Per cookie, they are:
167 Calories, 17g Fats, 1g Net Carbs, and 4g Protein.**

Recipes



Vegetable Medley

INGREDIENTS

6 Tbsp. Olive Oil
240g Baby Bella
Mushrooms
115g Broccoli
100g Sugar Snap Peas
90g Bell Pepper
90g Spinach
2 Tbsp. Pumpkin Seeds
2 tsp. Minced Garlic
1 tsp. Salt
1 tsp. Pepper
1/2 tsp. Red Pepper
Flakes

INSTRUCTIONS

1. Prep all vegetables by chopping them into small, bite size pieces.
2. Heat oil in a pan to high heat. Once hot, add garlic and let saute for 1 minute.
3. Add mushrooms and let them soak up some of the oil. Once they do, add broccoli and mix together well.
4. Let broccoli cook for a few minutes, then add sugar snap peas. Mix this together well.
5. Add bell pepper, spices, and pumpkin seeds then mix together well.
6. Once everything is cooked, lay spinach on top of the vegetables and let the steam wilt it.
7. Once the spinach wilts, mix it all together and serve.

Yields 3 servings. Per serving, it is:

330 Calories, 31g Fats, 8g Net Carbs, and 7g Protein.