

A man with dark hair, glasses, and a blue t-shirt is smiling and holding a large bowl of keto-friendly salad. The salad is filled with green lettuce, tomatoes, and what appears to be keto-friendly burger patties. The background is a blurred restaurant or cafe setting.

KETOBURN

**60 Days Keto
Meal Plan**
recipes &
shopping lists

About Logan Delgado



My name is Logan Delgado, You may recognize me from my Youtube channel as Goody Beats where I share my keto journey on how I lost 70 pounds using the keto diet and continue to inspire others to do the same.

I struggled for a long time just trying to figure out what I was doing wrong. So I can relate to the idea that people think losing weight is hard. I was there. I was overweight, confused, lacking confidence, and at one point I was depressed.

Looking back now, I wish I would have had somebody like me, coaching me. Somebody that could hold my hand and show me the way! The keto diet not only transformed my body, but it transformed my life.

Keto increased my energy levels to the point that I no longer needed my energy drinks. I had more energy to be able to play with my kids. I didn't need to eat every 2-3 hours so I had more time to spend with my family since I wasn't stuck in the kitchen all day long. My mental focus improved which allowed me to get more stuff done.

For somebody who works long hours and stays busy trying to raise kids, I needed a diet that was easy and manageable even when you're busy trying to raise a family. So after years of trial and error, I learned that Keto CAN be quick and easy, even for a Dad!

Lastly, I learned how to have my cake and eat it too (literally) – without having to cheat! When most people think about the Keto diet they think it's all about eating buckets of butter and bacon all day long. That's NOT what the Keto diet is about. Yes, you get to eat fatty foods, but you still get to eat veggies and fruits too. And, I occasionally have cookies and cake too without the guilt.

WHERE TO FIND ME



youtube.com/goodybeats



[@goodyBEATS](https://www.instagram.com/goodyBEATS)



facebook.com/goodybeats



www.ketogoody.com



[@goodyBEATS](https://www.twitter.com/goodyBEATS)

What To Expect On Keto

The Keto diet is a diet where you consume very little carbs, moderate protein, and lots of fats. The easiest way to explain how keto works is that your body can either run off of glucose (sugar) from carbs or it can run off of ketones from fats. By restricting carb intake, your body goes into a state of Ketosis and can now use and burn your stored body fat for fuel. What does all of this mean? It means you're literally burning your stored body fat for energy – which is good news for you!

- The Benefits Of Keto:
- Increased Energy
- Quick Weight Loss
- Mental Clarity
- Slow Down Aging
- Improved Performance
- Increased Brain Function
- Better Digestion & Gut Health
- Control Appetite

You may notice increased satiety on keto, both from the increased energy and the satiation of a high fat diet. Some people have a hard time eating enough because of this. It's ok to listen to your body and eat less sometimes, just don't make it a habit long-term because severe calorie restriction over time will decrease your metabolism and plus, it's hard to get enough baseline micronutrients in when you're eating very little. Do your best to follow the meal plan. Because you will become more insulin sensitive on keto, you will most likely experience a decrease in carbohydrate and sugar cravings, which is so, so good for you and will further promote fat loss.

Transitioning into ketosis can be unpleasant for some at first as the body switches energy systems and enters a new metabolic state that uses fat as its primary energy source. Your body isn't used to that, so it takes some time to adapt. For some people it's easier than others. It's highly individual.

Some people experience fatigue, lightheadedness or a general feeling of low energy. This is sometimes referred to as "keto flu." This can happen for many reasons. Often it's a result of your body not being able to efficiently use fat for fuel yet. As your body adapts and produces the correct enzymes to digest fats, symptoms subside.

Dehydration is EXTREMELY common and is often mistaken for keto flu. Symptoms of dehydration include fatigue, sluggishness, general low energy, stomach cramps, headache, dizziness, dry mouth and decreased urine.

Drink at least half your body weight a day in ounces of water. It's important to note that just drinking more water will not hydrate you in ketosis. It MUST be balanced with electrolytes. Carbohydrates cause your body to hold more water and electrolytes in, so when you're keto, you REALLY have to stay on top of electrolytes: sodium, potassium and magnesium as well as water. Otherwise your body will just get more and more diluted of vital electrolytes the more water you drink

STEP 1: RECOMMENDATIONS & KETO ESSENTIALS



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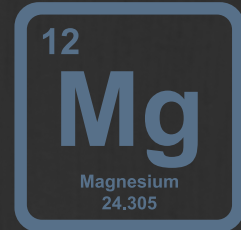
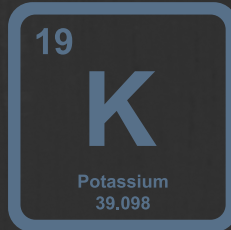
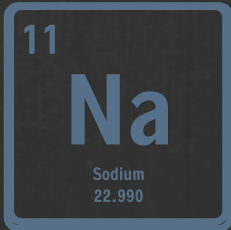
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RECOMMENDATIONS & KETO ESSENTIALS



Sodium: (Redmond Real Salt recommended) __2 tsp of salt (4.6g sodium)
*1 tsp salt (2.3g sodium) if you
have high blood pressure

Potassium: (Citrate recommended) _____99–200mg daily






Magnesium: (Glycinate recommended) _____400mg 2–3x/day

-  A blood ketone meter. You will need it to see if you're in ketosis. I recommend the KetoCoach. [CLICK HERE](#) and Use Code: ketogoody to GET 10% OFF
-  Electrolytes to add to your water. This will help you maintain. I recommend Synerplex Revive on Amazon [CLICK HERE](#)
-  American Metabolix MCT Oil Powder, Collagen, and Keto Meal Replacement–[CLICK HERE](#) and Use Code: GB30 to GET 30% OFF
-  Drop an F Bomb Nut Butter packets. These are snacks/desserts in your meal plan. You can just do a serving of regular nut butter but these are REALLY good and the portion control really helps. [CLICK HERE](#)
-  Redmond Real Salt. I recommend these products because of the trace minerals in the salt. I highly recommend their seasoning salt, garlic salt and onion salt as well. [CLICK HERE](#) and Use Code: GOODY15 for 15% OFF

STEP 2:

CUSTOMIZING & CALCULATING YOUR MACROS

This program has calories at 1500 calories per day. You can calculate your own specific needs with the steps below. This is also helpful for when you're traveling or just can't follow the meal plan certain days. How to customize your own macros and calories if you don't follow the meal plan exactly or to tweak it so it fits your needs:

-  Download the “MyFitnessPal” or “Carb Manager” app onto your phone.
-  Calculate your calories and macros with this calculator:
www.ruled.me/ketocalculator
-  Your starting macros should be set to: 70% fat, 25% protein and 5% carbs. I recommend keeping net carbs under 20g.
-  Set those numbers into your phone tracking app.
-  Adjust the recipe portions/shopping lists to fit your needs.

Do not exceed 20g net carbs for the first 2 weeks while you adapt. Net carbs means you subtract fiber and sugar alcohols from the carbohydrates in foods.

CARBOHYDRATES – FIBER – SUGAR ALCOHOLS = NET CARBS

STEP 3:

PREPING YOUR ENVIRONMENT

Clean junk food out of the house!! If your favorites are there, you're going to cave and eat them eventually. Get them out.

USE THE WEEK 1 SHOPPING LIST SO YOU HAVE EVERYTHING YOU NEED!



STEP 4:

FASTING

THE QUICKEST WAY TO GET INTO KETOSIS IS TO FAST.

That allows your body to use up its stored glycogen/carbs and start producing ketones. Fasting is also SO good for you so you're starting off on a great foot, doing something good for your body and also gaining mindset training for diet you are always in control, you always have a choice, nothing is prohibited – it's your choice. You are choosing this because you care about yourself.

REMEMBER THAT.
FAST FOR 24 HOURS.



You can drink water during the fast.

If you don't want to fast, that's ok. You can start following the meal plan. It will just take a little longer to get into ketosis.

Going for a walk or doing a cardio workout is also a great way to deplete the glycogen in your body and get into ketosis.

WEEK 1: MEALS

DAY 1

MEAL1: Creamy Collagen Coffee
MEAL 2: Cobb Salad
MEAL3: Creamy Steak & Spinach

Cal: 1700 Fat: 127g Protein: 116g
Carbs: 35g Fiber: 17g Net Carbs: 18g

DAY 2

MEAL1: Keto Breakfast Burger
MEAL 2: Quick Buffalo Chicken Salad
MEAL3: Low Carb Big Mac

Cal: 1676 Fat: 142g Protein: 98g
Carbs: 14g Fiber: 4g Net Carbs: 10g

DAY 3

MEAL1: Creamy Collagen Coffee +
Spinach Eggs with Salsa
MEAL 2: Steak Lo Mien
MEAL3: Garlic & Thyme Seared Sirloin Steak
DESSERT: F Bomb
Cal: 1704 Fat: 143g Protein: 95g
Carbs: 19g Fiber: 10g Net Carbs: 9g

DAY 4

MEAL1: Creamy Collagen Coffee
MEAL 2: Bacon Ranch Chicken Wraps +
Parmesan Crisps
MEAL3: Keto Nachos
Cal: 1521 Fat: 123g Protein: 89g
Carbs: 22g Fiber: 4g Net Carbs: 18g

DAY 5

MEAL1: Creamy Collagen Coffee +
Spinach Eggs with Salsa
MEAL 2: Steak Lo Mien
MEAL3: Low Carb Hamburger Helper
Cal: 1651 Fat: 134g Protein: 97g
Carbs: 19g Fiber: 6g Net Carbs: 13g

DAY 6

MEAL1: Coconut Collagen Coffee +
Deviled Eggs
MEAL 2: Mexican Zucchini Beef Skillet
MEAL3: Broiled Tilapia Parm + Roasted
Brussel Sprouts
Cal: 1605 Fat: 128g Protein: 105g
Carbs: 19g Fiber: 6g Net Carbs: 13g

DAY 7

MEAL1: Coconut Collagen Coffee +
Bacon Avocado Eggs
MEAL 2: Quick Buffalo Chicken Salad
MEAL3: One Sheet Fajitas
Cal: 1606 Fat: 121g Protein: 108g
Carbs: 36g Fiber: 19g Net Carbs: 17g



WEEK 1:

Shopping List

MEAT:

Rotisserie Chicken – 1
Ground beef 80% lean meat / 20% – 16 oz
Beef top sirloin – 18 oz
Filet of Siloin Steak – 1 1/4 steak (178 g)
Beef flank – 4 oz
Bacon – 3 1/2 oz
Pork Rinds – 1 1/2 oz
Deli cut turkey – 4 slice
Turkey and pork sausage – 2 oz
Tilapia – 8 oz

PRODUCE:

Spinach – 7 1/2 cup
Romaine Lettuce – 2 heads
Garlic – 1 clove
Tomatoes – 2 medium whole
Broccoli – 1/2 cup
Asparagus – 8 spear, medium
Zucchini – 1 medium
Onions – 1/4 medium
Parsley – 1 tbsp
Cauliflower – 1 head
Mushrooms – 3/4 cup
Brussels sprouts – 1 cup
Avocado – 2 medium
Coleslaw – 1/2 cup
Grape Tomatoes – 1/2 cup
Mini peppers – 3 peppers

PANTRY/PROTEIN POWDER/ SUPPLEMENTS

MCT Powder
Collagen
Coffee – 5 servings
Aged Parmesan Crisps – 1 serving (15 g)
Diced Tomatoes and Green Chillies – 1 can
Organic Shirataki Spaghetti Pasta – 2 pkg

DAIRY/EGGS/REFRIGERATED

Egg – 12 large
Butter – 11 1/2 tbsp
Cheddar Shredded Cheese – 3/4 cup
Cheddar Cheese – 3 slice
Sour cream – 1/4 cup
Feta cheese – 2 2/3 oz
Heavy whipping cream – 1/2 cup
Parmesan cheese – 2 1/2 tbsp
Unsweetened Coconut Milk

OILS/DRESSINGS/CONDIMENTS

Salsa – 1/2 cup
Pepper or hot sauce – 4 tsp
Yellow Mustard
Coconut oil
Avocado Oil Mayonnaise
Primal Ranch
Primal Ketchup

SPICES

Pepper
Salt
Dry taco seasoning mix
Thyme
Paprika
Smoked Paprika
Italian Seasoning
Garlic Powder
Onion Powder



WEEK 2: MEALS

DAY 1

- MEAL1:** Coconut Collagen Coffee + Spinach Eggs with Salsa
MEAL 2: Sausage Taco Cauliflower Skillet
MEAL3: Baked Chicken Pesto Parm + Roasted Broccoli

Cal: 1570 Fat: 123g Protein: 96g
Carbs: 25g Fiber: 6g Net Carbs: 19g

DAY 2

- MEAL1:** Coconut Collagen Coffee + Morning Omelet
MEAL 2: Low Carb Beef Stroganoff
MEAL3: Lemon Pepper Cod + Roasted Broccoli

Cal: 1627 Fat: 130g Protein: 101g
Carbs: 19g Fiber: 5g Net Carbs: 14g

DAY 3

- MEAL1:** Bacon Avocado Eggs
MEAL 2: Oven Grilled Bacon Wrapped Chicken + Roasted Brussel Sprouts
MEAL3: Creamy Steak & Spinach

Cal: 1749 Fat: 135g Protein: 105g
Carbs: 35g Fiber: 19g Net Carbs: 16g

DAY 4

- MEAL1:** Coconut Collagen Coffee
MEAL 2: Keto Taco Salad
MEAL3: Baked Chicken Pesto Parm + Roasted Broccoli

Cal: 1634 Fat: 130g Protein: 95g
Carbs: 29g Fiber: 17g Net Carbs: 12g

DAY 5

- MEAL1:** Scrambled Eggs with Feta
MEAL 2: Roll Ups with Ricotta Cheese + Spinach
MEAL3: Low Carb Big Mac

Cal: 1721 Fat: 136g Protein: 108g
Carbs: 25g Fiber: 12g Net Carbs: 13g

DAY 6

- MEAL1:** Coconut Collagen Coffee
MEAL 2: Keto Nachos
MEAL3: Creamy Steak & Spinach

Cal: 1552 Fat: 121g Protein: 102g
Carbs: 15g Fiber: 4g Net Carbs: 11g

DAY 7

- MEAL1:** Coconut Collagen Coffee
MEAL 2: Chicken and Caprese Salad
MEAL3: Grilled Salmon with Dill Butter + Roasted Broccoli

Cal: 1740 Fat: 142g Protein: 111g
Carbs: 16g Fiber: 3g Net Carbs: 13g



WEEK 2:

Shopping List

MEAT:

Rotisserie Chicken – 1
Chicken Broth – 1/4 cup
Chicken breast – 2 breast
Ground beef – 18 oz 80% lean meat / 20% fat
Beef top sirloin – 12 oz
Bacon – 2 1/4 oz
Pork Rinds – 1 1/2 oz
Sausage – 4 oz
Atlantic salmon – 8 oz
Cod – 8 oz
Deli Meat Turkey – 8 slices

PRODUCE:

Spinach – 6 1/2 cup
Romaine Lettuce – 2 heads
Garlic – 1 clove
Tomatoes – 1/3 medium whole
Grape Tomatoes – 1/4 cup
Broccoli – 3 cup
Asparagus – 6 spear, medium
Onions – 1/4 medium
Red Onion – 1/3 small raw
Parsley – 1 tbsp
Mushrooms – 1 2/3 cup, whole
Brussels sprouts – 1 cup
Red bell pepper – 1/4 medium
Red Onion – 1/4 cup
Lemon juice – 6 tbsp
Avocados – 3

PANTRY/PROTEIN POWDER/ SUPPLEMENTS

MCT Powder – 5 serving
Collagen – 5 serving
Coffee – 5 servings
Diced Tomatoes and Green Chilies – 1 can

DAIRY/EGGS/REFRIGERATED

Egg – 10 large
Butter – 14 tbsp
Cheddar Shredded Cheese – 1 cup
Cheddar Cheese – 1 slice
Sour cream – 1/4 cup
Feta cheese – 1 1/3 oz
Heavy whipping cream – 1/2 cup
Parmesan cheese – 2 tbsp, shredded
Cream cheese – 2 tbsp
Mozzarella cheese – 1 1/4 oz
Ricotta cheese – 4 tbsp
Shredded Monterey Jack Cheese – 1/4 cup
Mozzarella Cheese – 1/2 cup
Riced Cauliflower, frozen – 1/2 cup

OILS/DRESSINGS/CONDIMENTS

Salsa – 1/2 cup
Basil Pesto – 4 tbsp
Mustard – 2 tsp
Coconut oil – 12 tbsp
Avocado Oil Mayonnaise – 2 tablespoon
Primal Ketchup – 1/3 serving
Broth – 1/4 cup

SPICES

Pepper – 1 1/3 tbsp
Salt – 2 2/3 tbsp
Dry taco seasoning mix – 1 tbsp
Dill – 1 tbsp
Basil – 2 leaf, whole
Balsamic vinegar – 1/4 cup



WEEK 3: MEALS

DAY 1

MEAL1: Creamy Collagen Coffee +
Keto Breakfast Burger
MEAL 2: Bacon Ranch Chicken Wraps +
Parmesan Crisp
MEAL3: Lemon Pepper Cod + Roasted Boccoli
Cal: 1650 Fat: 129g Protein: 106g
Carbs: 24g Fiber: 5g Net Carbs: 19g

DAY 2

MEAL1: Coconut Collagen Coffee + Spinach
Eggs with Salsa
MEAL 2: Roll Ups with Ricotta Cheese +
Spinach
MEAL3: Peppered Ribeye + Sauteed Spinach
Cal: 1591 Fat: 112g Protein: 135g
Carbs: 14g Fiber: 4g Net Carbs: 10g

DAY 3

MEAL1: Keto Breakfast Burger
MEAL 2: Spicy Chicken Celery Sticks +Red
Bell Pepper Slices + Ranch
MEAL3: Low Carb Hamburger Boccoli Alfredo
Cal: 1746 Fat: 144g Protein: 94g
Carbs: 25g Fiber: 6g Net Carbs: 19g

DAY 4

MEAL1: Morning Omelet
MEAL 2: Lasagna Zucchini Boats
MEAL3: Low Carb Big Mac
Cal: 1629 Fat: 138g Protein: 83g
Carbs: 24g Fiber: 7g Net Carbs: 17g

DAY 5

MEAL1: Creamy Collagen Coffee +
Morning Omelet
MEAL 2: Bacon Ranch Chicken Wraps +
Parmesan Crisps
MEAL3: Bacon & Beef Pizza
Cal: 1792 Fat: 151g Protein: 93g
Carbs: 25g Fiber: 6g Net Carbs: 19g

DAY 6

MEAL1: Spinach Eggs with Salsa
MEAL 2: Keto Taco Salad
MEAL3: Baked Chicken Pesto Parm +
Roasted Broccoli
Cal: 1605 Fat: 122g Protein: 99g
Carbs: 34g Fiber: 19g Net Carbs: 15g

DAY 7

MEAL1: Coconut Collagen Coffee +
Morning Omelet
MEAL 2: Mexican Zucchini Beef Skillet
MEAL3: Creamy Steak & Spinach
Cal: 1660 Fat: 133g Protein: 97g
Carbs: 22g Fiber: 6g Net Carbs: 16g



WEEK 3:

Shopping List

MEAT:

Chicken breast – 6oz
Canned chicken – 2/3 cup
Ground beef – 23 oz, 80% lean meat / 20% fat
Beef top sirloin – 6 oz
Bacon – 4 oz
Deli cut turkey – 8 slice
Turkey and pork sausage – 3 2/3 oz
Cod – 8 oz
Deli Meat Turkey – 8 slices
Ribeye Steak – 6oz

PRODUCE:

Spinach – 10 cup
Romaine Lettuce – 2 heads
Garlic – 1 clove
Tomatoes – 1 medium whole
Broccoli – 3 cups
Onions – 1/4 medium
Parsley – 1 tbsp
Mushrooms – 1 cup
Red bell pepper – 2/3 medium
Zucchini – 1 2/3 medium
Celery – 3 stalk, medium
Tomato sauce – 1/4 cup
Lemon – 1
Avocado – 1
Red Onion – 1 small

PANTRY/PROTEIN POWDER/ SUPPLEMENTS

MCT Powder – 2 serving
Collagen – 4 serving
Coffee – 4 cups
Aged Parmesan Crisps – 2 serving
Diced Tomatoes and Green Chillies – 1 can

DAIRY/EGGS/REFRIGERATED

Egg – 16 large
Butter – 10 tbsp
Sharp Cheddar Shredded Cheese – 1/4 cup
Cheddar Cheese – 9 slice
Heavy whipping cream – 1/2 cup
Parmesan cheese – 6 tbsp, Shredded
Cream cheese – 3 tbsp
Ricotta cheese – 6 tbsp
Mozzarella Cheese – 1 1/4 cup
Sour cream – 1/4 cup
Mexican cheese – 1 oz
Unsweetened Coconut Milk – 4 cup

OILS/DRESSINGS/CONDIMENTS

Salsa – 1/4 cup
Basil Pesto – 2 tbsp
Pepper or hot sauce – 6 1/4 tsp
Pizza sauce – 1/4 cup
Mustard – 2 tsp
Coconut oil – 9 tbsp
Avocado Oil Mayonnaise – 4 tablespoon
Primal Ketchup – 1/3 serving
Primal Ranch – 4 serving

SPICES

Pepper
Salt
Dry taco seasoning mix
Thyme
Paprika
Smoked Paprika
Italian Seasoning
Garlic Powder
Onion Powder



WEEK 4: MEALS

DAY 1

MEAL1: Creamy Collagen Coffee
MEAL 2: Philly Cheese Steak Skillet
MEAL3: Garlic & Thyme Seared Sirloin Steak
DESSERT: F BOMB
Cal: 1770 Fat: 146g Protein: 98g
Carbs: 22g Fiber: 7g Net Carbs: 15g

DAY 2

MEAL1: Coconut Collagen Coffee
MEAL 2: Cobb Salad
MEAL3: Creamy Chicken & Herb Skillet +
Sauteed Zucchini
Cal: 1606 Fat: 122g Protein: 113g
Carbs: 31g Fiber: 16g Net Carbs: 15g

DAY 3

MEAL1: Coconut Collagen Coffee
MEAL 2: Bacon Ranch Chicken Wraps +
Parmesan Crisps
MEAL3: Low Carb Hamburger Helper
DESSERT: F BOMB
Cal: 1746 Fat: 155g Protein: 76g
Carbs: 28g Fiber: 7g Net Carbs: 19g

DAY 4

MEAL1: Creamy Collagen Coffee
MEAL 2: Keto Chicken Salad with Bacon
MEAL3: Garlic & Thyme Seared Sirloin
Steak
Cal: 1621 Fat: 135g Protein: 93g
Carbs: 26g Fiber: 6g Net Carbs: 20g

DAY 5

MEAL1: Coconut Collagen Coffee
MEAL 2: Keto Nachos
MEAL3: Low Carb Beef Stroganoff
DESSERT: F BOMB
Cal: 1733 Fat: 149g Protein: 87g
Carbs: 16g Fiber: 6g Net Carbs: 10g

DAY 6

MEAL1: Coconut Collagen Coffee
MEAL 2: Pickle Tuna Bites + Parm Crisps
MEAL3: Low Carb Big Mac
Cal: 1711 Fat: 140g Protein: 115g
Carbs: 10g Fiber: 2g Net Carbs: 8g

DAY 7

MEAL1: Bacon Avocado Eggs
MEAL 2: Quick Buffalo Chicken Salad
MEAL3: Peppered Ribeye + Sauteed
Spinach
Cal: 1706 Fat: 129g Protein: 122g
Carbs: 30g Fiber: 17g Net Carbs: 13g



WEEK 4:

Shopping List

MEAT:

Rotisserie Chicken – 12oz
Ground beef – 16 oz 80% lean meat / 20% fat
Beef flank – 6 oz
Bacon – 3 1/2 oz
Deli cut turkey – 4 slice
Tuna – 11 1/4 oz
Beef Ribeye Steak – 6 oz
Filet of Siloin Steak – 6 oz

PRODUCE:

Spinach – 4 cup
Romaine Lettuce – 3 heads
Garlic – 3 clove
Tomatoes – 2 medium whole
Onions – 1/4 medium
Parsley – 3 tbsp
Mushrooms – 1/2 cup
Zucchini – 2/3 medium
Celery – 2/3 stalk, medium
Pickles Dill – 1 1/2
Asparagus – 16 spear, medium
Chives – 1 tbsp chopped
Cauliflower – 1 cup chopped
Red Onion – 1 1/4 cup
Lemon juice – 1 tbsp
Avocados – 1 1/2
Mini peppers – 3 peppers
Grape Tomatoes – 1/4 cup

PANTRY/PROTEIN POWDER/ SUPPLEMENTS

MCT Powder – 4 servings
Collagen – 6 servings
Coffee – 6 cups
Pork Rinds – 1 1/2 oz
Aged Parmesan Crisps – 2 serving

DAIRY/EGGS/REFRIGERATED

Egg – 4 large
Butter – 19 1/2 tbsp
Cheddar Shredded Cheese – 3/4 cup
Cheddar Cheese – 2 slice
Heavy whipping cream – 1/4 cup
Cream cheese – 2 tbsp
Herb and Garlic Gournay Cheese – 2 tbsps
Feta cheese – 1 1/3 oz
Provolone cheese – 2 oz
Swiss cheese – 2 oz
Sour cream – 1/4 cup
Unsweetened Coconut Milk – 4 cup

OILS/DRESSINGS/CONDIMENTS

Salsa – 1/4 cup
Pepper or hot sauce – 2 tsp
Yellow Mustard – 3 tbsp
Coconut oil – 6 tbsp
Avocado Oil Mayonnaise – 6 1/2 tbsp
Primal Ranch – 2 servings
Primal Ketchup – 1 1/3 serving
Chicken Broth – 1/2 cup

SPICES

Pepper
Salt
Mustard – 1 tbsp
Thyme – 1 1/3 tbsp
Dill – 1/2 tbsp
Dry taco seasoning mix – 1 tbsp



WEEK 5: MEALS

DAY 1

MEAL1: Creamy Collagen Coffee +
Keto Breakfast Burger
MEAL 2: Egg Roll in a Bowl
MEAL3: Garlic & Thyme Seared Sirloin Steak

Cal: 1721 Fat: 139g Protein: 95g
Carbs: 29g Fiber: 9g Net Carbs: 20g

DAY 2

MEAL1: Coconut Collagen Coffee
MEAL 2: Bacon Ranch Chicken Wraps +
Parmesan Crisps
MEAL3: Keto Nachos

DESSERT: F Bomb
Cal: 1701 Fat: 143g Protein: 91g
Carbs: 24g Fiber: 7g Net Carbs: 17g

DAY 3

MEAL1: Coconut Collagen Coffee +
Spinach Eggs with Salsa
MEAL 2: Lemon Pepper Cod + Roasted
Broccoli
MEAL3: Low Carb Hamburger Helper

Cal: 1622 Fat: 126g Protein: 104g
Carbs: 23g Fiber: 6g Net Carbs: 17g

DAY 4

MEAL1: Morning Omelet
MEAL 2: Oven Grilled Bacon Wrapped
Chicken + Roasted Brussel Sprouts
MEAL3: Low Carb Stroganoff

DESSERT: F Bomb
Cal: 1796 Fat: 149g Protein: 96g
Carbs: 24g Fiber: 9g Net Carbs: 15g

DAY 5

MEAL1: Creamy Collagen Coffee
MEAL 2: Pickle Tuna Bites + Parm Crisps
MEAL3: Creamy Chicken & Herb Skillet +
Sauteed Zucchini

DESSERT: F BOMB
Cal: 1778 Fat: 137g Protein: 132g
Carbs: 18g Fiber: 4g Net Carbs: 14g

DAY 6

MEAL1: Coconut Collagen Coffee
MEAL 2: Keto Chicken Salad with Bacon
MEAL3: Garlic & Thyme Seared Sirloin
Steak

Cal: 1591 Fat: 133g Protein: 93g
Carbs: 24g Fiber: 6g Net Carbs: 18g

DAY 7

MEAL1: Coconut Collagen Coffee +
Morning Omelet
MEAL 2: One Sheet Fajitas
MEAL3: Bacon & Beef Pizza

DESSERT: F Bomb
Cal: 1652 Fat: 133g Protein: 95g
Carbs: 27g Fiber: 9g Net Carbs: 18g



WEEK 5:

Shopping List

MEAT:

Chicken breast – 6 oz
Rotisserie Chicken – 6 oz
Ground turkey – 4 oz ()
Ground beef – 13 oz 80% lean meat / 20% fat
Beef flank – 4 oz
Bacon – 4 1/4 oz
Pork Rinds – 1 1/2 oz
Deli cut turkey – 4 slice
Turkey and pork sausage – 2 oz
Tuna – 11 1/4 oz , canned
Cod – 8 oz
Filet of Siloin Steak – 6 oz

PRODUCE:

Spinach – 3 cup
Romaine Lettuce – 1 head
Garlic – 3 clove
Tomatoes – 1/3 medium
Onions – 1/2 medium
Parsley – 3 tbsp
Mushrooms – 1/4 cup
Zucchini – 1 small
Celery – 1 stalk, medium
Pickles Dill – 1 1/2 pickle
Asparagus – 16 spear, medium
Chives – 1 tbsp
Cauliflower – 1 cup
Red Onion – 1 1/2 cup
Onions – 1 stalk
Red bell pepper – 1/3 medium
Broccoli – 1 cup
Cabbage – 1/4 head, medium
Brussels sprouts – 1 cup
Lemon juice – 3 tbsp
mini peppers – 3 peppers

PANTRY/PROTEIN POWDER/

SUPPLEMENTS MCT Powder – 4 servings
Collagen – 6 servings
Aged Parmesan Crisps – 2 serving

DAIRY/EGGS/REFRIGERATED

Egg – 10 large
Butter – 17 tbsp
Shredded Cheddar Cheese – 3/4 cup
Cheddar Cheese – 5 slice
Heavy whipping cream – 1/3 cup
Cream cheese – 3 tbsp
Herb and Garlic Gournay Cheese – 2 tbsps
Swiss cheese – 2 oz
Sour cream – 1/4 cup
Mexican cheese – 1 oz
Parmesan cheese – 1 tbsp
Unsweetened Coconut Milk – 4 cup
Mozzerella Cheese – 1/4 cup

OILS/DRESSINGS/CONDIMENTS

Salsa – 1/2 cup
Pizza Sauce – 1/4 cup
Yellow Mustard – 1 tbsp
Coconut oil – 9 tbsp
Avocado Oil Mayonnaise – 4 1/2 tbsp
Primal Ranch – 1 serving
Primal Ketchup – 1 serving
Sesame Oil – 1 tbsp
Chicken Broth – 1/2 cup
Coconut Aminos – 1 serving

SPICES

Pepper
Salt
Thyme – 1 1/3 tbsp
Dill – 1/2 tbsp
Dry taco seasoning mix – 1 tbsp
Ginger – 1 tbsp



WEEK 6: MEALS

DAY 1

MEAL1: Coconut Collagen Coffee
MEAL 2: Spicy Chicken Celery Sticks +
Red Bell Pepper Slices + Ranch
MEAL3: Creamy Steak & Spinach

Cal: 1571 Fat: 134g Protein: 82g
Carbs: 18g Fiber: 4g Net Carbs: 14g

DAY 2

MEAL1: Coconut Collagen Coffee +
Morning Omelet
MEAL 2: Quick Buffalo Chicken Salad
MEAL3: Baked Chicken Pesto Parm +
Roasted Broccoli

Cal: 1678 Fat: 124g Protein: 129g
Carbs: 22g Fiber: 7g Net Carbs: 15g

DAY 3

MEAL1: Creamy Collagen Coffee
MEAL 2: Pickle Tuna Bites + Parm Crisps
MEAL3: Philly Cheese Steak Skillet

Cal: 1721 Fat: 121g Protein: 146g
Carbs: 17g Fiber: 1g Net Carbs: 16g

DAY 4

MEAL1: Creamy Collagen Coffee
MEAL 2: Egg Roll in a Bowl
MEAL3: Grilled Salmon with Dill Butter
+ Roasted Broccoli

Cal: 1740 Fat: 148g Protein: 84g
Carbs: 28g Fiber: 8g Net Carbs: 20g

DAY 5

MEAL1: Keto Breakfast Burger
MEAL 2: Sausage Taco Cauliflower Rice
Skillet
MEAL3: Garlic & Thyme Seared Sirloin Steak

Cal: 1578 Fat: 129g Protein: 89g
Carbs: 20g Fiber: 5g Net Carbs: 15g

DAY 6

MEAL1: Coconut Collagen Coffee
MEAL 2: Bacon Ranch Chicken + Parm
Crisps
MEAL3: Keto Nachos
DESSERT: F Bomb

Cal: 1701 Fat: 143g Protein: 91g
Carbs: 24g Fiber: 7g Net Carbs: 17g

DAY 7

MEAL1: Coconut Collagen Coffee +
Morning Omelet
MEAL 2: Chicken & Caprese Salad
MEAL3: Creamy Chicken & Herb Skillet +
Sauteed Zucchini

Cal: 1668 Fat: 126g Protein: 124g
Carbs: 21g Fiber: 4g Net Carbs: 17g



WEEK 6: Shopping List

MEAT:

Chicken breast – 6 oz
Rotisserie Chicken – 12 oz
Ground turkey – 4 oz
Canned chicken – 2/3 cup
Ground beef – 4 oz 80% lean meat / 20% fat
Beef flank – 6 oz
Beef top sirloin – 6 oz
Bacon – 1 3/4 oz
Sausage – 4 oz
Deli cut turkey – 4 slice
Turkey and pork sausage – 2 oz
Tuna – 11 1/4 oz canned
Atlantic salmon – 8 oz
Filet of Sirloin Steak – 6 oz

PRODUCE:

Spinach – 5 1/2 cup
Romaine Lettuce – 1 head
Garlic – 3 clove
Tomatoes – 1/3 medium
Onions – 1/4 medium
Parsley – 1 tbsp
Mushrooms – 3/4 cup
Zucchini – 2/3 medium
Celery – 3 stalk, medium
Pickles Dill – 1 1/2 pickle
Asparagus – 14 spear, medium
Red Onion – 1 cup
Green Onions – 1 stalk
Red bell pepper – 2/3 medium
Broccoli – 1 cup
Cabbage – 1/4 head, medium
Lemon Juice – 5 tbsp
Mini Peppers – 3 peppers
Grape Tomatoes – 1/2 cup

PANTRY/PROTEIN POWDER/ SUPPLEMENTS

DAIRY/EGGS/REFRIGERATED

Cheddar Shredded Cheese – 3/4 cup
Cheddar Cheese – 5 slice
Heavy whipping cream – 1/4 cup
Herb and Garlic Gournay Cheese – 2 tbsps
Swiss cheese – 2 oz
Sour cream – 1/4 cup
Parmesan cheese – 1 tbsp, Shredded
Feta cheese – 1 1/3 oz
Shredded Monterey Jack Cheese – 1/4 cup
Mozzarella cheese – 1 1/2 oz
Provolone cheese – 2 oz
Unsweetened Coconut Milk – 4 cup

OILS/DRESSINGS/CONDIMENTS

Salsa – 1/4 cup
Pepper or hot sauce – 8 1/4 tsp
Basil Pesto – 2 tbsp
Coconut oil – 12 tbsp
Avocado Oil Mayonnaise
Primal Ranch – 4 servings
Sesame Oil – 1 tbsp
Chicken Broth – 1/2 cup
Coconut Aminos – 1 serving

SPICES

Pepper
Salt
Thyme – 2/3 tbsp
Dill – 1 tbsp
Dry taco seasoning mix – 1 tbsp
Ginger – 1 tbsp
Basil – 2 leaf
Balsamic vinegar – 1/4 cup

MCT Powder – 4 servings
Collagen – 6 servings
Coffee – 6 cups
Pork Rinds – 1 1/2 oz
Aged Parmesan Crisps – 2 serving
Diced Tomatoes and Green Chilies – 1 can



WEEK 7: MEALS

DAY 1

MEAL1: Creamy Collagen Coffee
MEAL 2: Quick Buffalo Chicken Salad
MEAL3: Philly Cheese Steak Skillet
DESSERT: F Bomb

Cal: 1746 Fat: 137g Protein: 116g
Carbs: 23g Fiber: 6g Net Carbs: 17g

DAY 2

MEAL1: Keto Breakfast Burger
MEAL 2: Roll Ups with Ricotta Cheese & Spinach
MEAL3: Low Carb Hamburger Helper
DESSERT: F Bomb

Cal: 1761 Fat: 165g Protein: 93g
Carbs: 22g Fiber: 7g Net Carbs: 15g

DAY 3

MEAL1: Creamy Collagen Coffee
MEAL 2: Mexican Zucchini Beef Skillet
MEAL3: Low Carb Big Mac

Cal: 1691 Fat: 147g Protein: 75g
Carbs: 22g Fiber: 6g Net Carbs: 16g

DAY 4

MEAL1: Coconut Collagen Coffee
MEAL 2: Spicy Chicken Celery Sticks + Red Bell Pepper Slices + Ranch
MEAL3: Bacon & Beef Pizza
DESSERT: F Bomb

Cal: 1695 Fat: 151g Protein: 76g
Carbs: 21g Fiber: 6g Net Carbs: 15g

DAY 5

MEAL1: Coconut Collagen Coffee
MEAL 2: Quick Buffalo Chicken Salad
MEAL3: Low Carb Big Mac
DESSERT: F BOMB

Cal: 1736 Fat: 156g Protein: 85g
Carbs: 15g Fiber: 7g Net Carbs: 8g

DAY 6

MEAL1: Creamy Collagen Coffee
MEAL 2: Steak Lo Mien
MEAL3: One Sheet Fajitas
DESSERT: F Bomb

Cal: 1614 Fat: 132g Protein: 93g
Carbs: 21g Fiber: 8g Net Carbs: 13g

DAY 7

MEAL1: Coconut Collagen Coffee + Keto Breakfast Burger
MEAL 2: Egg Roll in a Bowl
MEAL3: Garlic & Thyme Seared Sirloin Steak

Cal: 1691 Fat: 137g Protein: 95g
Carbs: 27g Fiber: 9g Net Carbs: 18g



WEEK 7:

Shopping List

MEAT:

Rotisserie Chicken – 12 oz
Ground turkey – 4 oz
Canned chicken – 2/3 cup
Ground beef – 21 oz 80% lean meat / 20% fat
Beef flank – 10 oz
Beef top sirloin – 6 oz
Bacon – 2 1/4 oz
Turkey and pork sausage – 3 2/3 oz
Filet of Sirloin Steak – 6 oz
Deli Meat Turkey – 8 slices

PRODUCE:

Spinach – 5 1/2 cup
Romaine Lettuce – 2 heads
Garlic – 3 clove
Tomatoes – 2/3 medium
Onions – 1/3 medium
Parsley – 1 tbsp
Zucchini – 1 1/3 medium
Celery – 3 stalk, medium
Asparagus – 8 spear, medium
Red Onion – 1/4 cup
Green Onions – 1 stalk
Red bell pepper – 1/4 medium
Broccoli – 1/4 cup
Cabbage – 1/4 head, medium
Cauliflower – 1 cup chopped
Grape Tomatoes – 1/2 cup
Coleslaw – 3/8 cup
Mini Peppers – 3 peppers

PANTRY/PROTEIN POWDER/ SUPPLEMENTS

MCT Powder – 3 servings
Collagen – 6 servings
Coffee – 6 cups
Aged Parmesan Crisps – 2 serving
Diced Tomatoes and Green Chilies – 1 can
Shirataki Spaghetti Pasta – 1 pkg

DAIRY/EGGS/REFRIGERATED

Egg – 6 large
Butter – 15 tbsp
Cheddar Shredded Cheese – 1/2 cup
Cheddar Cheese Sliced – 2 slices
Heavy whipping cream – 1/3 cup
Parmesan cheese – 1 tbsp, Shredded
Feta cheese – 2 2/3 oz
Provolone cheese – 2 oz
Cream cheese – 1 tbsp
Ricotta cheese – 4 tbsp
Mexican cheese – 1 oz
Mozzarella Cheese – 1/2 cup
Unsweetened Coconut Milk – 6 cup

OILS/DRESSINGS/CONDIMENTS

Salsa – 1/2 cup
Pizza Sauce – 1/4 cup
Pepper or hot sauce – 10 1/4 tsp
Yellow Mustard – 2 1/2 tbsp
Coconut oil – 6 tbsp
Avocado Oil Mayonnaise – 9 tbsp
Primal Ranch – 4 serving
Primal Ketchup – 2 serving
Sesame Oil – 1 tbsp
Chicken Broth – 1/2 cup
Coconut Aminos – 1 serving

SPICES

Pepper
Salt
Thyme – 2/3 tbsp
Ginger – 1 tbsp
Smoked Paprika – 1/2 tsp



WEEK 8: MEALS

DAY 1

MEAL1: Coconut Collagen Coffee + Spinach Eggs with Salsa
MEAL 2: Roll Ups with Ricotta Cheese & Spinach
MEAL3: Low Carb Beef Stroganoff
DESSERT: F Bomb
Cal: 1743 Fat: 1140g Protein: 109g
Carbs: 19g Fiber: 6g Net Carbs: 13g

DAY 3

MEAL1: Creamy Collagen Coffee + Morning Omelet
MEAL 2: Mexican Zucchini Beef Skillet
MEAL3: Keto Nachos
Cal: 1764 Fat: 137g Protein: 110g
Carbs: 25g Fiber: 6g Net Carbs: 19g

DAY 5

MEAL1: Coconut Collagen Coffee
MEAL 2: Oven Grilled Bacon Wrapped Chicken + Roasted Brussel Sprouts
MEAL3: Creamy Steak & Spinach
DESSERT: F BOMB
Cal: 1700 Fat: 139g Protein: 98g
Carbs: 19g Fiber: 8g Net Carbs: 11g

DAY 7

MEAL1: Coconut Collagen Coffee
MEAL 2: Steak Lo Mien
MEAL3: Keto Taco Salad
DESSERT: F Bomb
Cal: 1792 Fat: 151g Protein: 91g
Carbs: 29g Fiber: 19g Net Carbs: 10g

DAY 2

MEAL1: Creamy Collagen Coffee + Keto Breakfast Burger
MEAL 2: Bacon Ranch Chicken Wraps + Parmesan Crisps
MEAL3: Broiled Tilapia Parm + Roasted Brussel Sprouts
40Cal: 1782 Fat: 140g Protein: 116g
Carbs: 25g Fiber: 6g Net Carbs: 19g

DAY 4

MEAL1: Bacon Avocado Eggs
MEAL 2: Lasagna Zucchini Boats
MEAL3: Creamy Steak & Spinach
Cal: 1655 Fat: 127g Protein: 96g
Carbs: 39g Fiber: 19g Net Carbs: 20g

DAY 6

MEAL1: Creamy Collagen Coffee + Deviled Eggs
MEAL 2: One Sheet Fajitas
MEAL3: Bacon & Beef Pizza
DESSERT: F Bomb
Cal: 1753 Fat: 149g Protein: 88g
Carbs: 24g Fiber: 7g Net Carbs: 17g



WEEK 8:

Shopping List

MEAT:

Chicken breast – 6 oz
Ground beef – 23 oz 80% lean meat / 20% fat
Beef flank – 4 oz
Beef top sirloin – 18 oz
Bacon – 4 1/4 oz
Turkey and pork sausage – 2 oz
Deli cut turkey – 12 slice
Tilapia – 8 oz

PRODUCE:

Spinach – 6 1/2 cup
Romaine Lettuce – 2 heads
Tomatoes – 1/3 medium
Onions – 1/2 medium
Parsley – 2 tbsp
Zucchini – 2 medium
Red bell pepper – 1/4 medium
Broccoli – 1/4 cup
Mushrooms – 1 2/3 cup
Brussels sprouts – 2 cup
Lemon juice – 1 tbsp
Avocados – 2
Mini peppers – 3 peppers
Cole Slaw – 1/2 cup
Red Onion – 1/3 small

PANTRY/PROTEIN POWDER/ SUPPLEMENTS

MCT Powder – 3 servings
Collagen – 6 servings
Coffee – 6 cups
Pork Rinds – 1 1/2 oz
Aged Parmesan Crisps – 1 serving
Diced Tomatoes and Green Chilies – 1 can
Shirataki Spaghetti Pasta – 1 pkg

DAIRY/EGGS/REFRIGERATED

Egg – 12 large
Butter – 11 tbsp
Cheddar Shredded Cheese – 1/2 cup
Heavy whipping cream – 2/3 cup
Parmesan cheese – 5 1/2 tbsp, Shredded
Cream cheese – 3 tbsp
Ricotta cheese – 6 tbsp
Mexican cheese – 1 oz
Mozzarella Cheese – 3/4 cup
Cheddar Cheese – 4 slice
Sour cream – 1/4 cup
Unsweetened Coconut Milk – 6 cup

OILS/DRESSINGS/CONDIMENTS

Tomato sauce – 1/4 cup
Salsa – 1/2 cup
Pizza Sauce – 1/4 cup
Pepper or hot sauce – 10 1/4 tsp
Yellow Mustard – 2 1/2 tbsp
Coconut oil – 6 tbsp
Avocado Oil Mayonnaise – 3 1/2 tbsp
Primal Ranch – 1 serving
Primal Ketchup – 2 serving
Chicken Broth – 1/4 cup

SPICES

Pepper
Salt
Dry taco seasoning mix – 1 tbsp
Smoked Paprika – 1/2 tsp



WEEK 9: MEALS

DAY 1

MEAL1: Creamy Collagen Coffee +
Spinach Eggs with Salsa

MEAL 2: Quick Buffalo Chicken Salad

MEAL3: Garlic & Thyme Seared Sirloin

Cal: 1693 Fat: 137g Protein: 109g
Carbs: 21g Fiber: 7g Net Carbs: 14g

DAY 2

MEAL1: Creamy Collagen Coffee

MEAL 2: Pickle Tuna Bits + Parm Crisps

MEAL3: Cobb Salad

40Cal: 1795 Fat: 122g Protein: 161g
Carbs: 31g Fiber: 15g Net Carbs: 16g

DAY 3

MEAL1: Coconut Collagen Coffee +
Spinach Eggs with Salsa

MEAL 2: Bacon Ranch Chicken Wraps +
Parm Crisps

MEAL3: Keto Nachos

Cal: 1772 Fat: 14g Protein: 103g
Carbs: 25g Fiber: 6g Net Carbs: 19g

DAY 4

MEAL1: Coconut Collagen Coffee +
Scrambled Eggs with Feta

MEAL 2: Steak Lo Mien

MEAL3: Lemon Pepper Cod + Roasted
Broccoli

Cal: 1635 Fat: 121g Protein: 116g
Carbs: 27g Fiber: 14g Net Carbs: 13g

9

WEEK 9:

Shopping List

MEAT:

Chicken breast – 6 oz
Ground beef – 23 oz 80% lean meat / 20% fat
Beef flank – 4 oz
Beef top sirloin – 18 oz
Bacon – 4 1/4 oz
Turkey and pork sausage – 2 oz
Deli cut turkey – 12 slice
Tilapia – 8 oz

PRODUCE:

Spinach – 6 1/2 cup
Romaine Lettuce – 2 heads
Tomatoes – 1/3 medium
Onions – 1/2 medium
Parsley – 2 tbsp
Zucchini – 2 medium
Red bell pepper – 1/4 medium
Broccoli – 1/4 cup
Mushrooms – 1 2/3 cup
Brussels sprouts – 2 cup
Lemon juice – 1 tbsp
Avocados – 2
Mini peppers – 3 peppers
Cole Slaw – 1/2 cup
Red Onion – 1/3 small

PANTRY/PROTEIN POWDER/ SUPPLEMENTS

MCT Powder – 3 servings
Collagen – 6 servings
Coffee – 6 cups
Pork Rinds – 1 1/2 oz
Aged Parmesan Crisps – 1 serving
Diced Tomatoes and Green Chilies – 1 can
Shirataki Spaghetti Pasta – 1 pkg

DAIRY/EGGS/REFRIGERATED

Egg – 12 large
Butter – 11 tbsp
Cheddar Shredded Cheese – 1/2 cup
Heavy whipping cream – 2/3 cup
Parmesan cheese – 5 1/2 tbsp, Shredded
Cream cheese – 3 tbsp
Ricotta cheese – 6 tbsp
Mexican cheese – 1 oz
Mozzarella Cheese – 3/4 cup
Cheddar Cheese – 4 slice
Sour cream – 1/4 cup
Unsweetened Coconut Milk – 6 cup

OILS/DRESSINGS/CONDIMENTS

Tomato sauce – 1/4 cup
Salsa – 1/2 cup
Pizza Sauce – 1/4 cup
Pepper or hot sauce – 10 1/4 tsp
Yellow Mustard – 2 1/2 tbsp
Coconut oil – 6 tbsp
Avocado Oil Mayonnaise – 3 1/2 tbsp
Primal Ranch – 1 serving
Primal Ketchup – 2 serving
Chicken Broth – 1/4 cup

SPICES

Pepper
Salt
Dry taco seasoning mix – 1 tbsp
Smoked Paprika – 1/2 tsp



KETO RECIPES

Recipes Are For 1 Person



MACROS ARE:

70% Fat

25% Protein

5% Carbs

Coconut Collagen Coffee

Cold Brew Or Hot

ADD:

1. Coconut Milk **2 cups**
2. Hot/Cold Brew **4 oz**
3. Coconut Oil **1 tbsp**
4. Butter **1 tbsp**
5. Collagen **1 serving**
6. Blend Together in blender or frother
(for cold pour over ice)

Creamy Collagen Coffee

Cold Brew Or Hot

ADD:

1. Coconut Milk **2 cups**
2. Hot/Cold Brew **4 oz**
3. Coconut Oil **1 tbsp**
4. Heavy Cream **1 tbsp**
5. Collagen **1 serving**
6. Blend Together in blender or frother
(for cold pour over ice)

Calories	340
Fat	30g
Carbs	2g
Fiber	0g
Protein	18g

Cobb Salad

Serves 1

- 1. Rotisserie Chicken **6 oz**
- 2. Bacon **2 strips**
- 3. Avocado **1/2**
- 4. Grape Tomato **5 oz (about 6-8)**
- 5. Romaine Lettuce **2 cups (about 1/2 head)**
- 6. Eggs **2 - hard boiled**
- 7. Primal Ranch **3 tbsp**

Heat pan over medium heat.

Chop and season chicken breast with salt and garlic pepper.

Heat until chicken is warm through.

Fry bacon until crispy and remove to paper towel, then crumble when cooled.

Chop lettuce, half tomatoes, cube avocado.

Top lettuce with chicken, bacon, avocado, hard-boiled egg, and ranch.



Calories 776

Fat 50g

Carbs 26g

Fiber 15g

Protein 67g

Creamy Steak & Spinach

Serves 1

- 1. Top Sirloin **6 oz**
- 2. Mushrooms **1 cup – sliced**
- 3. Spinach **1 1/2 cup**
- 4. Heavy Cream **1/4 cup**
- 5. Salt & Pepper **to taste**

Heat pan over high heat.

Rub steak with oil, salt and pepper.

Cook steak in pan, 3 minutes each side, or until desired doneness.

Remove from pan.

Reduce heat to medium, add mushrooms. Cook 1–2 minutes.

Add spinach salt & pepper.

Pour heavy cream into pan with veggies. Cook until simmering.

Top steak with creamy veggies.



Calories 583

Fat 44g

Carbs 7g

Fiber 2g

Protein 39g

Keto Breakfast Burger

Serves 1

- 1. Bacon **2 strips**
- 2. Turkey/Pork Patties **2 patties**
- 3. Cheese Slice **1 slice**
- 4. Egg **1**
- 5. Butter **1/2 tbsp**
- 6. Salt & Pepper **to taste**

Preheat oven to 400 degrees F. Start by cooking the bacon and sausage patties in a pan over medium-high heat. Once sausage patty is browned, add cheese and cover with a lid. Remove sausage patties with melted cheese and set aside. Fry an egg over easy in the same pan. Assemble everything together: sausage patty, egg, bacon. Enjoy!



Calories	461
Fat	39g
Carbs	2g
Fiber	1g
Protein	26g

Quick Buffalo Chicken Salad

Serves 1

1. Rotisserie Chicken **5 oz**
2. Spinach **2 cups**
3. Grape Tomatoes **1/4 cup**
4. Feta Cheese **1/4 cup**
5. Hot Sauce **2 tsp**
6. Ranch **1 tbsp**
7. Salt & Pepper **to taste**

Chop or slice chicken. Add to bowl with hot sauce and mix.

Top spinach with buffalo chicken.

Half tomatoes and add to salad.

Sprinkle feta cheese over salad and drizzle with ranch.



Calories 523

Fat 35g

Carbs 7g

Fiber 2g

Protein 52g

Low Carb Big Mac

Serves 1

- 1. Ground Beef **3 oz**
- 2. Butter **2 tbsp**
- 3. Avocado Mayo **2 tbsp**
- 4. Mustard **2 tsp**
- 5. Primal Ketchup **2 tsp**
- 6. Cheese **1 slice**
- 7. Tomato **2 slices**
- 8. Lettuce **2 leaves**

Heat skillet over medium to high heat. Form ground beef into a patty, salt and pepper.

Cook until desired doneness. 3 minutes each side.

Top with cheese while hot in pan.

Place on one leaf, add tomatoes.

Mix mayo, mustard, and ketchup in small bowl.

Top burger with sauce and additional lettuce.



Calories	691
Fat	68g
Carbs	4g
Fiber	2g
Protein	21g

Spinach Eggs with Eggs

Serves 1

- 1. Eggs **2**
- 2. Spinach **1 cup**
- 3. Coconut Oil **1 tbsp**
- 4. Salsa **2 tbsp**
- 5. Salt & Pepper **to taste**

Coat skillet with oil. Whisk eggs. Cook eggs until halfway done. Add spinach and cook until soft, 1–2 minutes. Add salsa and enjoy.



Calories	290
Fat	24g
Carbs	4g
Fiber	1g
Protein	15g

Steak Lo Mien

Serves 1

- 1. Beef Top Sirloin **6 oz**
- 2. Cole Slaw **1/4 cup**
- 3. Broccoli **1/4 cup**
- 4. Shirataki Spaghetti **1 serving**
- 5. Coconut Aminos **2 tbsp**
- 6. Salt & Peper **to taste**

Coat skillet with oil. Add sliced steak to hot pan. Cook for 4 minutes.

Add broccoli and cole slaw to pan, salt and pepper. Add coconut aminos. Cook for 3 minutes. Add rinsed noodles. Cook for additional 2 minutes.



Calories	354
Fat	22g
Carbs	3g
Fiber	2g
Protein	35g

Garlic & Thyme Seared Steak + Butter Asparagus

Serves 1

- 1. Beef Top Sirloin **6 oz**
- 2. Butter **2 tbsp**
- 3. Garlic, minced **1 clove**
- 4. Thyme **2 tsp**
- 5. Asparagus **8 spears**
- 6. Salt & Peper **to taste**

Heat skillet with oil over medium to high heat.

Salt and pepper steak, and add to hot pan. Cook for 3 minutes each side or until desired doneness.

In seperate pan add asparagus and butter. Salt and pepper. Cook for 5 minutes.



Calories	547
Fat	45g
Carbs	6g
Fiber	3g
Protein	33g

Bacon Ranch Chicken Wraps + Parmesan Crisps

Serves 1

- 1. Rotisserie Chicken **4 oz**
- 2. Bacon **2 strips**
- 3. Cheese **2 slices**
- 4. Lettuce **2 leaves**
- 5. Tomatoes **2 slices**
- 6. Ranch **1 tbsp**
- 7. Parmesan Crisps **1 serving (15g)**

Fry bacon til crispy.
Cool and crumble.
Lay lettuce leaves on plate.
Top with chicken, bacon,
tomato and drizzle with ranch.
Serve parmesan crisps on side.



Calories	522
Fat	44g
Carbs	12g
Fiber	2g
Protein	26g

Keto Nachos

Serves 1

- 1. Ground Beef **4 oz**
- 2. Pork Rinds **1 1/2 oz**
- 3. Dry Taco Seasoning **1 tbsp**
- 4. Lettuce **1 leaf**
- 5. Cheddar Cheese **1/4 cup**
- 6. Sour Cream **1 tbsp**
- 7. Salsa **1/4 cup**

Brown ground beef in pan over medium heat. Drain grease. Add taco seasoning and a couple of spoonfuls of water to coat. Arrange chicharrones on plate. Top with beef, salsa, cheese, lettuce and sour cream.



Calories	658
Fat	46g
Carbs	8g
Fiber	2g
Protein	52g

Low Carb Hamburger Helper

Serves 1

1. Ground Beef **4 oz**
2. Cauliflower **1 1/2 oz**
3. Parsley **1 tbsp**
4. Heavy cream **1 leaf**
5. Cheddar Cheese **1/4 cup**
6. Ketchup **1 tbsp**
7. Mustard **1/4 cup**
8. Onion powder **1 tsp**
9. Garlic Powder **1 tsp**
10. Paprika **1 tsp**
11. Parsely **1 tbsp**

Brown ground beef skillet over medium heat.

Add all of the remaining ingredients to the skillet with the beef, except for the grated cheese and parsley. Stir well.

Bring to a boil, reduce to a simmer, and cover. Cook for 10 minutes or until the cauliflower is as soft as you'd like, stirring every couple of minutes.

Remove from the heat, stir in the cheddar cheese, and cover for 2 minutes. Stir well and sprinkle with parsley before serving.



Calories	703
Fat	58g
Carbs	10g
Fiber	2g
Protein	37g

Deviled Eggs

Serves 1

- 1. Eggs **3**
- 2. Avocado Mayo **3 tbsp**
- 3. Mustard **1/2 tbsp**
- 4. Paprika **1/2 tbsp**

Hard boil eggs.

Slice eggs in half and remove yolks.

Add yolks to bowl with mayo and mustard. Salt and pepper to taste.

Add mixture to halved eggs.

Sprinkle with paprika.



Calories 507

Fat 49g

Carbs 2g

Fiber 0g

Protein 19g

Mexican Zucchini Beef Skillet

Serves 1

1. Ground Beef **4 oz**
2. Zucchini **1 cup, chopped**
3. Diced Tomato/Green Chile **1/4 cup**
4. Chili Powder **2 tsp**
5. Cumin **1 tsp**
6. Onion Powder **1 tsp**
7. Salt & Pepper **to taste**

Brown ground beef with minced garlic, salt, and pepper.

Cook over medium heat until meat is browned. Add tomatoes and remaining spices.

Cover and simmer on low heat for another 10 minutes. Add the zucchini.

Cover and cook for about 10 more minutes until zucchini is cooked, but still firm.



Calories	329
Fat	23g
Carbs	8g
Fiber	2g
Protein	22g

Broiled Tilapia Parmesan + Roasted Brussel Sprouts

Serves 1

- | | |
|--------------------|-------------------|
| 1. Tilapia | 8 oz |
| 2. Butter | 1 tbsp |
| 3. Avocado Mayo | 1/2 tbsp |
| 4. Lemon Juice | 1 tbsp |
| 5. Parmesan Cheese | 2 1/2 tbsp |
| 6. Brussel Sprouts | 1 cup |
| 7. Parsely | 1 tbsp |
| 8. Salt and Pepper | to taste |

Preheat oven to broil. Line baking sheet with aluminum foil.

Zest half a small lemon, aboutteaspoon.

In small bowl whisk together mayo, parsley, garlic and lemon zest.

Pat tilapia fillet dry with a paper towel and place them on lined baking sheet. Salt and pepper both sides of tilapia to taste.

Spread mayo mixture over top of the fish.

Toss brussel sprouts in oil, salt, pepper, and add to pan with tilapia.

Broil until fish easily flakes with a fork and the top golden brown.

Approximately 6 to 8 minutes.



Calories 329

Fat 23g

Carbs 8g

Fiber 2g

Protein 22g

Bacon Avocado Eggs

Serves 1

- 1. Avocado **1**
- 2. Bacon **2 strip**
- 3. Eggs **2**
- 4. Salt and Pepper **to taste**

Preheat oven to 425 degrees.

In a large skillet, cook bacon most of the way.

Cut the avocado in half and remove the pit. Spoon out the avocado around the area the pit was to make larger. Cut the cooked bacon strips in half and place two halves in each avocado.

Crack one egg into each avocado. It's ok if the whites run out of the avocado slightly, just keep the yolk in the crater.

Bake for 12–15 minutes until eggs are cooked. The yolk will jiggle when you shake the pan, but the whites will be set.



Calories 570

Fat 49g

Carbs 20g

Fiber 14g

Protein 20g

One Sheet Fajitas

Serves 1

- | | |
|-----------------------|------------------------|
| 1. Beef Flank | 4 oz |
| 2. Romaine Lettuce | 3 leaves |
| 3. Onion | 1/4 cup, sliced |
| 4. Mini Peppers | 3, sliced |
| 5. Salt and Pepper | to taste |
| 6. Dry Taco Seasoning | 2 tbsp |
| 7. Chili powder | 2 tsp |

Preheat your oven to 400.

Add the sliced onions, sliced bell peppers, and thinly sliced steak to the sheet pan, along with the taco seasoning, paprika, chili powder, oil and lime juice.

Using your hands or tongs, toss everything together well until the meat and veggies are well coated in the seasonings and the oil.

Bake 12 minutes, or until the veggies are becoming soft and the steak has browned on the outside.



Calories	202
Fat	6g
Carbs	9g
Fiber	3g
Protein	26g

Baked Chicken Pesto Parmesan + Roasted Broccoli

Serves 1

- | | |
|---------------------|-----------------|
| 1. Chicken Breast | 5 oz |
| 2. Basil Pesto | 2 tbsp |
| 3. MozerrellaCheese | 1/8 cup |
| 4. Parmesan Cheese | 1 tbsp |
| 5. Broccoli | 1 cup |
| 6. Butter | 1 tbsp |
| 7. Salt & Pepper | to taste |

Preheat oven to 390 degrees.
Prepare the pesto. Place chicken breast in a baking tray that is lightly sprayed with cooking oil. Salt and pepper. Top chicken breasts with pesto and grated Parmesan. Bake for 20 minutes or until done.
While chicken is cooking, heat skillet over medium heat. Add butter and broccoli, salt and pepper. Cook for 4 minutes.



Calories	407
Fat	23g
Carbs	8g
Fiber	3g
Protein	42g

Sausage Taco Cauliflower Skillet

Serves 1

- | | |
|------------------------------|------------------------|
| 1. Sausage | 4 oz |
| 2. Butter | 1/2 tbsp |
| 3. Red Onion | 1/8 cup |
| 4. Garlic | 1 clove, minced |
| 5. Diced Tomato/Green Chiles | 1/4 cup |
| 6. Riced Cauliflower | 1/2 cup |
| 7. Chicken Broth | 1/8 cup |
| 8. Cheddar Cheese | 1/3 cup |
| 9. Monterey Jack Cheese | 1/8 cup |
| 10. Dry Taco Seasoning | 2 tbsp |

In a skillet, melt butter, add the sausage and cook over medium-high heat until cooked through. Stir red onion, pepper, and garlic into the meat and saute for one minute. Add homemade taco seasoning, diced tomatoes, chicken broth, and cauliflower rice to the skillet. Stir well to combine then cook on medium-low heat for 5-7 minutes until extra liquid is absorbed. Simmer on low covered for 5 minutes. Adjust seasoning with salt and pepper if desired. Sprinkle shredded cheese on top, cover and simmer until cheese is melted.



Calories	570
Fat	46g
Carbs	12g
Fiber	2g
Protein	30g

Morning Omelet

Serves 1

- 1. Eggs **3**
- 2. Red Onion **1/4 cup**
- 3. Red Bell Pepper **1/4 cup**
- 4. Spinach **1 cup**
- 5. Coconut Oil **1 tbsp**
- 6. Cheese **1 slice**
- 7. Salt & Pepper **to taste**

Heat medium size skillet over medium heat.

Add coconut oil to pan.

In bowl scramble eggs, add salt and pepper.

Spread egg into pan and create "pancake" like shape. Let cook on bottom side. Add remaining ingredients on top of half the eggs. Flip empty half over veggies. Cook for addition 2 minutes.



Calories	436
Fat	35g
Carbs	7g
Fiber	2g
Protein	25g

Low Carb Beef Stroganoff

Serves 1

- 1. Ground Beef **4 oz**
- 2. Mushrooms **1/4 cup**
- 3. Onions **1/8 cup**
- 4. Cream Cheese **2 tbsp**
- 5. Sour Cream **2 tbsp**
- 6. Butter **1 1/2 tbsp**
- 7. Broth **1/8 cup**
- 8. Parsley **1 tbsp**
- 9. Cauliflower Rice **1 cup**
- 10. Salt & Pepper **to taste**

Heat pan over medium heat Add butter and mushrooms, cook for 2 minutes, turn them over, cook another 1 1/2. Push mushrooms to side of the pan and add onions and saute until softened.

Remove the mushrooms and onions from the pan. Cook the ground beef in pan. Add broth. Scrape the mushroom mixture (and any accumulated liquid) back into pan. Let simmer.

Add the cream cheese, stirring to melt. Stir in the sour cream and simmer gently until thickened. Stir in the parsley. Salt and pepper to taste. Serve over cooked cauliflower rice.



Calories	554
Fat	50g
Carbs	4g
Fiber	1g
Protein	22g

Lemon Pepper Cod + Roasted Broccoli

Serves 1

- | | |
|------------------|---------------|
| 1. Cod | 8 oz |
| 2. Lemon Juice | 2 tbsp |
| 3. Lemon Pepper | 1 tsp |
| 4. Garlic Powder | 1 tsp |
| 5. Broccoli | 1 cup |
| 6. Butter | 1 tbsp |
| 7. Salt & Pepper | |

Heat oven to 425. Season fish with lemon pepper, garlic powder, and salt. Place on baking sheet.

Toss broccoli in melted butter, salt and papper. Place on baking sheet with fish and cook for 10 minutes or until done.



Calories	325
Fat	13g
Carbs	8g
Fiber	2g
Protein	43g

Oven Grilled Bacon Wrapped Chicken + Roasted Brussel Sprouts

Serves 1

- 1. Chicken Breast **6 oz**
- 2. Bacon **3 strips**
- 3. Brussel Sprouts **1 cup**
- 4. Butter **2 tbsp**
- 5. Salt & Pepper **to taste**
- Optional:
Ranch **2 tbsp**

Heat oven to 375. Cut chicken into six even strips. Cut bacon strips in half. Salt and pepper chicken and wrap each in bacon. Half brussel sprouts and toss in melted butter, salt and pepper. Place everything on baking sheet and cook for 10–12 minutes or until done.



Calories	596
Fat	42g
Carbs	8g
Fiber	3g
Protein	46g

Keto Taco Salad

Serves 1

- 1. Ground Beef **6 oz**
- 2. Cheddar Cheese **1/4 cup**
- 3. Romaine Lettuce **2 cups**
- 4. Sour Cream **2 tbsp**
- 5. Avocado **1**
- 6. Grape Tomato **1/4 cup**
- 7. Dry Taco Seasoning **2 tbsp**
- 8. Ranch **2 tbsp**

Heat skillet over medium to high heat. Brown ground beef. Add taco seasoning.

Chop lettuce, tomatoes, and avocado. Put all together in bowl and enjoy.



Calories	916
Fat	76g
Carbs	21g
Fiber	14g
Protein	43g

Scrambled Eggs with Feta

Serves 1

- 1. Eggs **3**
- 2. Feta Cheese **1/4 cup**
- 3. Coconut Oil **1 tbsp**
- 4. Avocado **1**
- 5. Salt & Pepper **to taste**

Heat skillet over medium heat. Add coconut oil.

Scramble eggs in bowl and add salt and pepper. Cook in hot pan until done.

Top with feta cheese and avocado slices.



Calories	644
Fat	55g
Carbs	15g
Fiber	9g
Protein	27g

Roll Ups with Ricotta Cheese + Spinach

Serves 1

- | | |
|----------------------|------------------|
| 1. Deli Meat | 8 slices |
| 2. Ricotta Cheese | 4 tbsp |
| 3. Mozzarella Cheese | 1/4 cup |
| 4. Spinach | 1 1/2 cup |
| 5. Salt & Pepper | to taste |
| 6. Garlic Powder | |
| 7. Italian Seasoning | |

Heat up the oven to broil (low).
Heat 1 tbsp coconut oil in a skillet
over medium heat.

Add spinach to skillet and cook
until just wilted.

In a mixing bowl, combine the
ricotta and mozzarella cheese. Add
in the garlic powder and Italian
seasoning. Mix in the cooked
spinach.

Roll the turkey around the filling.
Place the roll ups in a single layer
within a baking dish.

Cook roll ups under the broiler for 5
minutes, or until the tops are
browned and the insides are
melted.



Calories 644

Fat 55g

Carbs 15g

Fiber 9g

Protein 27g

Chicken & Caprese Salad

Serves 1

- 1. Rotisserie Chicken **5 oz**
- 2. Grape Tomatoes **1/4 cup**
- 3. Mozzarella Cheese **1/4 cup**
- 4. Basil **2 leaves**
- 5. Balsamic Vinegar **2 tbsp**
- 6. Salt & Pepper **to taste**

Chop tomatoes and chicken. In large bowl add all ingredients and mix well.



Calories	402
Fat	19g
Carbs	8g
Fiber	1g
Protein	53g

Grilled Salmon with Dill Butter + Roasted Asparagus

Serves 1

- | | |
|------------------|-----------------|
| 1. Salmon | 8 oz |
| 2. Coconut Oil | 2 tbsp |
| 3. Lemon Juice | 4 tbsp |
| 4. Dill | 1 tbsp |
| 5. Butter | 3 tbsp |
| 6. Asparagus | 6 spears |
| 7. Salt & Pepper | to taste |

Heat skillet over medium to high heat. Add coconut oil.

Season salmon with salt and pepper. Add to hot pan. Cook 3–4 minutes each side or until done.

Melt 1 tbsp of butter in separate skillet. Add asparagus, salt and pepper.

In bowl soften remaining butter and add dill. Mix until combined. Add dill butter on top of salmon and enjoy.

Calories **1027**

Fat **92g**

Carbs **8g**

Fiber **2g**

Protein **48g**



Peppered Ribeye + Sauteed Spinach

Serves 1

- 1. Ribeye Steak **6 oz**
- 2. Mushrooms **1/4 cup**
- 3. Spinach **2 cups**
- 4. Butter **2 tbsp**
- 5. Salt & Pepper **to taste**

Heat skillet over medium to high heat. Add salt and pepper to steak and cook 3–4 minutes each side or until desired doneness.

In separate pan add oil, mushrooms, and spinach. Salt and pepper. Top steak with butter and enjoy.



Calories	612
Fat	45g
Carbs	3g
Fiber	1g
Protein	50g

Spicy Chicken Celery Sticks + Red Bell Pepper Slices

Serves 1

- | | |
|--------------------|------------------------|
| 1. Canned Chicken | 5 oz |
| 2. Avocado Mayo | 2 tbsp |
| 3. Hot Sauce | 2 tbsp |
| 4. Cayenne pepper | 1 tsp |
| 5. Garlic Powder | 1 tsp |
| 6. Celery | 3 stalks |
| 7. Red Bell Pepper | 1/4 cup, sliced |
| 8. Salt & Pepper | to taste |
| 9. Ranch | 2 tbsp |

In bowl, mix chicken, mayo, hot sauce, and seasoning. Mix well. Spoon out onto celery sticks. Slice peppers and enjoy.



Calories	681
Fat	59g
Carbs	11g
Fiber	3g
Protein	33g

Low Carb Hamburger Broccoli Alfredo

Serves 1

- | | |
|----------------------|------------------------|
| 1. Ground Beef | 4 oz |
| 2. Onion | 1/8 cup |
| 3. Garlic | 1 clove, minced |
| 4. Broccoli | 1 cup |
| 5. Cream Cheese | 2 tbsp |
| 6. Heavy Cream | 1 tbsp |
| 7. Parmesan Cheese | 2 tbsp |
| 8. Mozzarella Cheese | 1/4 cup |
| 9. Salt & Pepper | to taste |

Heat oven to 375

in skillet over medium to high heat, brown ground beef, onions, and broccoli. Once cooked add all ingredients to large bowl and mix well.

Add to baking dish and bake for 10 minutes.



Calories	604
Fat	47g
Carbs	12g
Fiber	3g
Protein	35g

Lasagna Zucchini Boats

Serves 1

- | | |
|----------------------|-----------------|
| 1. Ground Beef | 4 oz |
| 2. Ricotta Cheese | 2 tbsp |
| 3. Zucchini | 1 medium |
| 4. Tomato Sauce | 4 tbsp |
| 5. Parmesan Cheese | 2 tbsp |
| 6. Mozzarella Cheese | 1/4 cup |
| 7. parsley | 1 tbsp |
| 8. Salt & Pepper | to taste |

Heat oven to 400.

Cut zucchini in half lengthwise.

Carve out middle, leave 1/4" flesh around.

In skillet cook ground beef, season with salt and pepper. Mix tomato sauce with meat.

In bowl mix ricotta, Parmesan, and parsley

Spoon cheese into zucchini boats, add meat sauce on top, sprinkle mozzarella cheese on top.

Add to baking dish and bake for 15 minutes.

Calories 502

Fat 35g

Carbs 13g

Fiber 3g

Protein 37g



Bacon & Beef Pizza

Serves 1

- 1. Ground Beef **1 oz**
- 2. Bacon **1 strip**
- 3. Mozzarella Cheese **1/4 cup**
- 4. Mexican Cheese **1/4 cup**
- 5. Parmesan Cheese **1 tbsp**
- 6. Heavy Cream **1 tbsp**
- 7. Cream Cheese **1 tbsp**
- 8. Egg **1**
- 9. Pizza Sauce **2 tbsp**
- 10. Salt & Pepper **to taste**

Preheat oven to 375. Mix cream cheese and eggs in a bowl. Add cream, parmesan cheese, and spices to bowl.

Spray a pizza pan with non-stick cooking spray and sprinkle the Mexican cheese to make crust. Pour the egg mix over the cheese.

Bake for 15 minutes and let stand for 5 minutes.

Spread on sauce, cooked ground beef, and bacon, sprinkle with mozzarella cheese.

Place the pizza back into the oven and cook for 15 minutes or until it is brown. Let the pizza cool for at least 10 minutes before cutting and enjoying.



Calories	502
Fat	35g
Carbs	13g
Fiber	3g
Protein	37g

Philly Cheese Steak Skillet

Serves 1

- 1. Beef Flank **6 oz**
- 2. Provolone Cheese **2 slices**
- 3. Butter **2 tbsp**
- 4. Mini Peppers **3, sliced**
- 5. Garlic **1 clove, minced**
- 6. Red Onion **1/8 cup, chopped**
- 7. Salt and Pepper **to taste**

Slice steak in strips salt and pepper.

Heat butter in skillet over medium to high heat and add steak, sliced peppers, garlic, and onions.

Cook for about 4–5 minutes.

Top with provolone and allow to melt.



Calories	672
Fat	46g
Carbs	9g
Fiber	1g
Protein	52g

Creamy Chicken & Herb Skillet + Sauteed Zucchini

Serves 1

- | | |
|------------------------------------|-----------------|
| 1. Chicken Breast | 5 oz |
| 2. Herb & Garlic
Gournay Cheese | 2 tbsp |
| 3. Lemon Juice | 1 tbsp |
| 4. Chicken Broth | 1/8 cup |
| 5. Parsley | 1 tbsp |
| 6. Zucchini | 1 cup |
| 7. Butter | 2 tsbp |
| 8. Salt and Pepper | to taste |

Brush both sides of chicken breasts with extra virgin olive oil then season both sides with salt and pepper. Cook in an olive oil or nonstick sprayed skillet over medium-high heat until no longer pink in the center then remove to a plate and set aside. Turn heat down to medium then add extra virgin olive oil and shallots. Saute until shallots are slightly softened, about 1 minute, then add herb cheese, chicken broth, and lemon juice. Stir until creamy then add in fresh herbs. Spoon sauce over cooked chicken then serve.



Calories	519
Fat	40g
Carbs	6g
Fiber	1g
Protein	36g

Creamy Chicken & Herb Skillet + Sauteed Zucchini

Serves 1

- | | |
|------------------------------------|-----------------|
| 1. Chicken Breast | 5 oz |
| 2. Herb & Garlic
Gournay Cheese | 2 tbsp |
| 3. Lemon Juice | 1 tbsp |
| 4. Chicken Broth | 1/8 cup |
| 5. Parsley | 1 tbsp |
| 6. Zucchini | 1 cup |
| 7. Butter | 2 tsbp |
| 8. Salt and Pepper | to taste |

Brush both sides of chicken breasts with extra virgin olive oil then season both sides with salt and pepper. Cook in an 1 tbsp coconut oil skillet over medium-high heat until no longer pink in the center then remove to a plate and set aside. Turn heat down to medium then add herb cheese, chicken broth, and lemon juice. Stir until creamy then add in fresh herbs. Saute cubed zucchini in butter with salt and pepper. Spoon sauce over cooked chicken then serve.



Calories	519
Fat	40g
Carbs	6g
Fiber	1g
Protein	36g

Keto Chicken Salad with Bacon

Serves 1

- 1. Rotisserie Chicken **5 oz**
- 2. Celery **1/4 cup**
- 3. Red Onion **1/4 cup**
- 4. Bacon **2 strips**
- 5. Avocado Mayo **3 tbsp**
- 6. Mustard **1 tbsp**
- 7. Dill **1/2 tbsp**
- 8. Chives **1 tbsp**
- 9. Salt & Pepper **to taste**

In a medium bowl, make the dressing. Stir together the mayonnaise, mustard, dill, chives, salt, and pepper. Mix well to combine. Add the cooked chicken, celery, red onion, and bacon. Stir well to combine. Taste and adjust seasoning with additional salt and pepper, as needed.



Calories	733
Fat	57g
Carbs	18g
Fiber	3g
Protein	49g

Pickle Tuna Bites + Parm Crisps

Serves 1

- 1. Canned Tuna **1 can**
- 2. Avocado Mayo **1 1/2 tbsp**
- 3. Dill Pickles **2 oz**
- 4. Swiss Cheese **2 slices**
- 5. Salt & Pepper **to taste**
- 6. Parmesan Crisps **1 serving (15g)**

Drain Tuna.

Mix tuna with mayo, salt and pepper.

Make tiny sandwiches with tuna between pickle slices.

Add pieces of swiss or eat on side.



Calories 708

Fat 41g

Carbs 6g

Fiber 0g

Protein 84g

Egg Roll In A Bowl

Serves 1

- 1. Ground Turkey **4 oz**
- 2. Cabbage **1/4 head, chopped**
- 3. Onion **1 tbsp**
- 4. Seseame Oil **1 tbsp**
- 5. Coconut Aminos **1 tbsp**
- 6. Ginger **1 clove, minced**
- 7. Garlic Powder **1 stalk**
- 8. Green Onion

Brown meat in pan over medium heat. Add sesame oil and onion to pan with browned meat.

Mix soy sauce, garlic, and ground ginger together in a small bowl.

Add the sauce mixture to the pan. Immediately add the cabbage mixture to the pan and toss to coat.

Add chicken broth to the pan and mix. Continue cooking over medium heat for three minutes, stirring frequently. Garnish with salt, pepper, and green onion.



Calories	371
Fat	23g
Carbs	19g
Fiber	6g
Protein	26g