

Keto Diet Cookbook for Beginners 2020

Artichoke Bruschetta

Makes 4 Servings

Preparation: 10 min

The Ketosis Cookbook

Appetizers & Dips

Per Serving - Fat: 14g Protein: 3g Net Carbs: 6g



(14-ounce) can artichoke hearts, drained and chopped 2 cloves garlic, minced

1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper 1/2 red bell pepper, finely chopped 1/4 cup extra-virgin olive oil 3 tablespoons minced fresh basil 2 tablespoons finely chopped red onions 1 tablespoon drained capers

1. Mix artichoke hearts, garlic, sea salt, and black pepper together in a large bowl; add red bell pepper, olive oil, basil, and onion and stir well. Top artichoke mixture with capers.

Avocado Shrimp Ceviche

Makes 4 Servings

Preparation: 30 min , Cook Time: 60 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 3g Protein: 28g Net Carbs: 9g



2 pounds large shrimp - peeled, deveined and chopped **3/4 cup fresh lime juice**

5 roma (plum) tomatoes, diced

1 white onion, chopped

1/2 cup chopped fresh cilantro **1 tablespoon Worcestershire sauce**

1 tablespoon ketchup

1 teaspoon hot pepper sauce

salt and pepper to taste

1 avocado - peeled, pitted and diced **16 saltine crackers**

1. Place the shrimp and lime juice into a large bowl, and stir to coat. Let stand for about 5 minutes, or until shrimp are opaque. The lime juice will cook them. Mix in the tomatoes, onion, and cilantro until coated with lime juice; cover and refrigerate for 1 hour.

2. Remove from the refrigerator, and mix in the Worcestershire sauce, ketchup, hot sauce, salt and pepper. We have our own hot sauce recipe, but you can use

whatever hot sauce you like, or leave it out and let people add their own when serving.

3. Serve with saltine crackers or tortilla chips. Best with hot sauce of your choice.

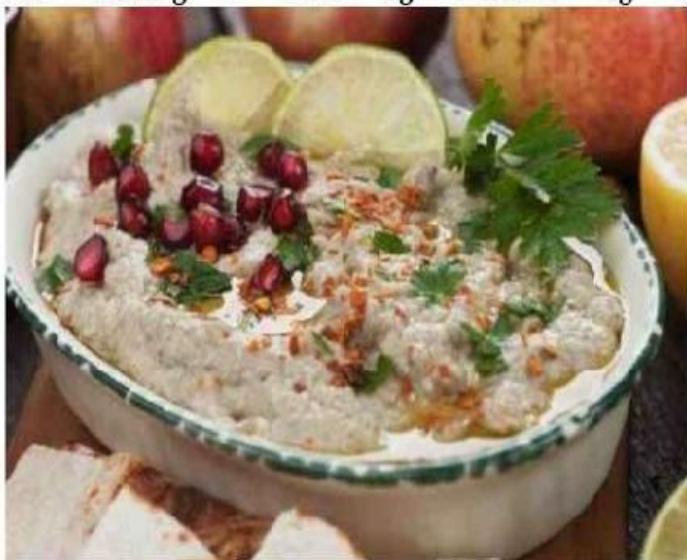
Baba Ghanoush

Makes 12 Servings

Preparation: 3 hrs 30 min , Cook Time: 40 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 2g Protein: 0g Net Carbs: 0g



1 eggplant

1/4 cup lemon juice

1/4 cup tahini

2 tablespoons sesame seeds 2 cloves garlic, minced salt and pepper to taste 1

1/2 tablespoons olive oil 1. Preheat oven to 400 degrees F (200 degrees C).

Lightly grease a baking sheet.

2. Place eggplant on baking sheet, and make holes in the skin with a fork. Roast it for 30 to 40 minutes, turning occasionally, or until soft. Remove from oven, and place into a large bowl of cold water. Remove from water, and peel skin off.

3. Place eggplant, lemon juice, tahini, sesame seeds, and garlic in an electric blender, and puree. Season with salt and pepper to taste. Transfer eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil. Refrigerate for 3 hours before serving.

6 Layer Taco Salad

Makes 4 Servings

Preparation: 20 min , Cook Time: 2 hrs *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 29g Protein: 23g Net Carbs: 10g



1 pound ground beef

4 cups shredded iceberg lettuce 1 medium tomato, seeded and chopped 1 1/2

cups shredded cheddar or

Monterey jack cheese

1/4 cup sliced pitted ripe olives 1/4 cup sliced green onion

1 6 ounce carton frozen avocado dip, thawed 1/2 cup dairy sour cream

1 4 ounce can chopped green chili peppers, drained 1 tablespoon milk

1 clove garlic, minced

1/2 teaspoon chili powder

1 chopped tomato (optional)

1. In a 2-1/2-quart glass salad bowl layer lettuce, tomato, cheese, olives, and onion.

2. For dressing, in a medium bowl stir together avocado dip, sour cream, chili peppers, milk, garlic, and chili powder. Spread over the top of the salad. If desired, sprinkle with chopped tomato. Cover the surface with plastic wrap and

chill for at least 2 hours or up to 24 hours.

4. Brown beef in a frying pan.

4. Before serving, toss salad together and place beef on top. Makes 4 servings.

7 Layer Seafood Dip

Makes 24 Servings

Preparation: 15 min , Cook Time: 2 hrs *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 5g Protein: 6g Net Carbs: 5g



1 (8-ounce) package cream cheese softened 1/2 cup sour cream

1/4 cup mayonnaise

1 cup seafood cocktail sauce

1/2 cup chopped green bell pepper 3 green onions, chopped

1 tomato seeded and chopped

1 cup cooked crabmeat

1 cup cooked baby shrimp

1 cup finely shredded mozzarella cheese 1. In a medium bowl, blend cream cheese, sour cream and mayonnaise.

2. In the bottom of an 12 inch round serving dish, spread the cream cheese mixture. Pour cocktail sauce evenly over the mixture. Layer with green bell pepper, green onions and tomato. Top with crabmeat and shrimp. Sprinkle with mozzarella.

3. Cover and chill in the refrigerator at least 2 hours before serving.

Baked Cream Cheese

Makes 8 Servings

Preparation: 10 min , Cook Time: 20 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 13g Protein: 3g Net Carbs: 9g



1/2 (8-ounce) package refrigerated crescent roll 1 (8-ounce) package cream cheese 1/2 teaspoon dried dill weed 1 egg yolk, beaten

1. Preheat oven to 350°.
2. Unroll dough on a lightly floured surface; press together seams to form a 12 x 4 inch rectangle. Sprinkle one side of the cream cheese with half of the dill weed. Place brick of cream cheese dill side down in center of dough. Sprinkle dill on top of cream cheese. Enclose cream cheese by bringing sides of dough together and pressing edges to seal. Place dough on lightly greased cookie sheet. Brush with beaten egg.
3. Bake at 350 degrees F (175 degrees C) for 15 to 18 minutes. Serve warm.

Blackberry Prosciutto Wrapped Shrimp

Makes 4 Servings

Preparation: 15 min , Cook Time: 20 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 0g Protein: 8g Net Carbs: 1g



10 ounces pre-cooked shrimp 11 slices prosciutto

1/3 cup blackberries, ground 1/3 cup red wine

2 tbsp. olive oil

1 tbsp. mint leaves, chopped 1 2 1-2 tbsp. erythritol (to taste) 1. Preheat oven to 425F.

2. Cut each slice of prosciutto in half or in thirds, depending on how many shrimp you have and their size. Wrap shrimp with prosciutto, starting from the tail and working up. Lay on a baking sheet, drizzle with olive oil, and cook for 15 minutes.

3. While shrimp are cooking, grind blackberries in a spice grinder. Add to pan with chopped mint leaves and erythritol. Let this cook for 2-3 minutes. then add red wine and stir, allowing it to reduce. Strain sauce or serve as is.

Blue Cheese Spread

Makes 12 Servings

Preparation: 10 min

The Ketosis Cookbook

Appetizers & Dips

Per Serving - Fat: 9g Protein: 0g Net Carbs: 1g



1/2 cup mayonnaise salad dressing 6 tablespoons sour cream

2 tablespoons buttermilk

2 teaspoons Dijon-style mustard 1/2 teaspoon Worcestershire sauce 1 cup

crumbled blue cheese (2 oz.) salt and ground black pepper stick celery , apple slices, and/or pear slices 1. In a small bowl stir together mayonnaise, sour cream, buttermilk, mustard, and Worcestershire sauce. Stir in blue cheese until mixture is almost smooth. Season to taste with salt and pepper. If desired, cover and refrigerate up to 3 days. Serve with celery sticks and apple and/or pear slices. Makes 6 (2 tablespoon) servings.

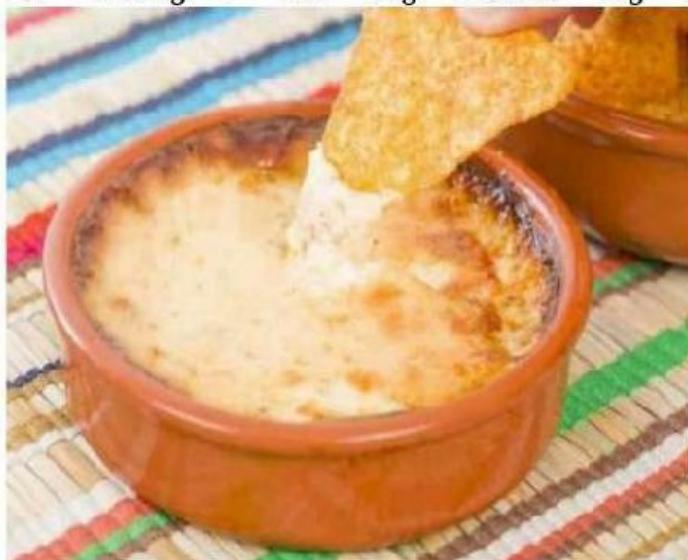
Buffalo Chicken Dip

Makes 10 Servings

Preparation: 10 min , Cook Time: 40 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 24g Protein: 17g Net Carbs: 1g



2 (10-ounce) cans chunk chicken, drained 2 (8-ounce) packages cream cheese, softened 1 cup ranch dressing

3/4 cup pepper sauce

1 1/2 cups shredded Cheddar cheese 1 bunch celery, cleaned and cut into 4 inch pieces 1. Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on Low setting until hot and bubbly. Serve with celery sticks.

Buffalo Chicken Stuffed Mushrooms

Makes 4 Servings

Preparation: 15 min , Cook Time: 30 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 19g Protein: 18g Net Carbs: 6g



10 large mushrooms, stems and insides removed 1 teaspoon olive oil, or as needed 1 celery stalk, diced

1/4 cup blue cheese dressing

1/4 cup ranch dressing ranch salad dressing 1/4 cup buffalo wing sauce

2 ounces cream cheese

2 cooked chicken breasts, shredded 1/2 cup shredded Cheddar cheese

1. Preheat oven to 350 degrees F (175 degrees C). Arrange mushrooms, open-side up, in a baking dish.

2. Heat olive oil in a small skillet over medium heat; cook and stir celery until tender, about 5 minutes. Add blue cheese dressing, ranch dressing, buffalo wing sauce, and cream cheese to celery; cook and stir until cream cheese is melted and buffalo sauce is smooth, about 5 minutes.

3. Mix chicken and buffalo sauce together in a bowl until chicken is coated; spoon into mushrooms. Sprinkle Cheddar cheese over buffalo sauce.

4. Bake in the preheated oven until cheese is melted and golden, about 20

minutes.

Cheesy Crab Dip

Makes 4 Servings

Preparation: 10 min , Cook Time: 15 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 21g Protein: 3g Net Carbs: 6g



4 ounces cream cheese

2 tablespoons mayonnaise

1/2 cup sour cream

2 tablespoons butter , softened 1/2 teaspoon seasoning salt 1/4 teaspoon

paprika

8 teaspoons onions, minced

8 teaspoons green peppers , minced 1/2 cup mozzarella cheese, shredded 2

(6-ounce) can crabmeat

1. Preheat oven to 350° F.

2. Mix cream cheese, mayo, sour cream, and butter until smooth, blend in salt and paprika, stir in onion, green pepper, cheese, and crab meat.

3. Bake at 350F for 10-15 minutes, until bubbly.

Chipotle Dipping Sauce

Makes 8 Servings

Preparation: 10 min , Cook Time: 5 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 15g Protein: 0g Net Carbs: 1g



1/2 cup mayonnaise

2 chipotle peppers in adobo sauce **1/2 cup chopped fresh cilantro**

2 tablespoons olive oil

1 lime, juiced

1 clove garlic

1. Combine keto mayonnaise, chipotle peppers, fresh cilantro, olive oil, lime juice, and garlic in a food processor or blender. Pulse or blend mixture until smooth and well combined, about 1 minute.

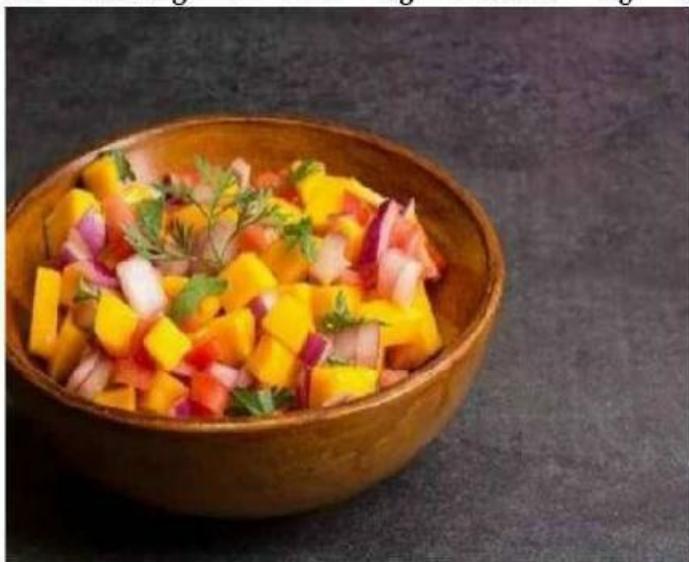
Coconut-Mango Salsa

Makes 12 Servings

Preparation: 30 min , Cook Time: 3 hrs *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 7g Protein: 1g Net Carbs: 7g



2 coconut

2 medium ripe mangoes

**1/2 cup chopped radish (about 7) 1/4 cup sliced green onion (2) 1 tablespoon
grated fresh ginger 1 Serrano chile pepper, seeded and finely chopped 1/2
teaspoon salt**

1/4 cup coconut curls, toasted 1. Using a serrated knife cut off the tip end of each coconut. Strain 1/2 cup of the coconut liquid into a food processor bowl or blender container. Using a large spoon, scoop out 2/3 cup of the coconut meat; add coconut meat to food processor bowl or blender container.

2. Cover; process or blend until coconut mixture is nearly smooth. Transfer to a large serving bowl.

3. Peel, seed, and chop mangoes. Add mangoes, radishes, onions, ginger, pepper, and salt to coconut mixture. Stir to combine. Cover and refrigerate for 2 to 6 hours.

4. Top with toasted coconut. Serve with crackers, grilled chicken, ham, or fish.

Crab Cocktail

Makes 4 Servings

Preparation: 10 min , Cook Time: 1 hr *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 1g Protein: 11g Net Carbs: 2g



1/2 large yellow bell pepper, finely diced 1/2 cup thinly sliced yellow onion 4 tablespoons fresh lime juice 3 tablespoons mayonnaise

2 teaspoons chopped fresh parsley 1/2 teaspoon salt

16 ounces canned lump crabmeat 1. In a medium bowl, combine bell pepper, yellow onion, lime juice, mayonnaise, parsley, and salt. Gently fold in crab to coat, trying to keep chunks intact.

2. Divide crab mixture into two oversized martini glasses or small clear dessert bowls, mounding mixture with a spoon. Serve immediately or cover and chill up to 1 hour.

Crab Stuffed Mushrooms with Bacon

Makes 5 Servings

Preparation: 20 min , Cook Time: 30 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 24g Protein: 23g Net Carbs: 8g



1 pound . large mushrooms (about 20) – cleaned and de-stemmed 12 ounces crab meat

6 strips bacon – cooked crisp and crumbled 6m ounces cream cheese – softened 1/3 cup sharp Cheddar cheese – shredded 1/4 cup sour cream

3 cloves garlic – minced

3 green onions – chopped

1 tablespoon Dijon

sea salt and pepper – to taste 1/2 cup Parmesan cheese – shredded 1. Preheat oven to 400° Line a rimmed baking sheet with aluminum foil. Bake mushroom caps for 10 minutes. Pour out any excess moisture that pools in the mushroom caps. In a large mixing bowl, combine crab, bacon, cream cheese, cheddar cheese, sour cream, garlic, green onions, Dijon, salt and pepper. Mix until all ingredients are well incorporated.

2. Stuff each mushroom with crab mixture. Bake for an additional 10 minutes. Remove from oven and top each mushroom with Parmesan cheese. Bake for 5-10 minutes or until cheese on top is golden brown.

Crabmeat Canapés

Makes 24 Servings

Preparation: 10 min , Cook Time: 12 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 14g Protein: 2g Net Carbs: 4g



1/2 cup butter, softened

1 cup processed cheese sauce

1/2 teaspoon garlic salt

1/2 teaspoon seasoning salt

1 (6-ounce) can crabmeat

4 English muffins, split in half 1. Preheat oven to 400 degrees F (200 degrees C).

2. In a medium mixing bowl, blend butter, cheese, garlic salt, seasoning salt, and crab meat. Spread mixture on split muffins. Freeze until ready to use. When ready, thaw for 10 minutes.

3. Cut each muffin half into 3 pie shaped slices and place on cookie sheet.

Bake at 400 degrees F (200 degrees C) for 12 minutes.

creamy Spinach and Artichoke Dip

Makes 8 Servings

Preparation: 10 min , Cook Time: 25 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 3g Protein: 2g Net Carbs: 2g



4 cloves garlic, chopped

2 6 ounces jars marinated artichoke hearts, drained, chopped 2 10 ounces

packages frozen spinach, chopped, thawed, squeezed out 2 teaspoons salt

1/2 teaspoon ground black pepper

1/2 teaspoon crushed red pepper flakes 2 8 ounces packages cream cheese

1/2 cup parmesan cheese, shredded, divided 1. Preheat oven to 400 degrees F.

2. Melt butter in sauté pan on medium-high heat. Add the garlic and sauté until golden brown. Add the artichoke hearts and sauté about 5 minutes.

3. Add the spinach to the pan and season with salt, pepper and crushed red pepper flakes. Blend well and sauté for about 3 minutes.

4. Add the cream cheese and blend completely.

5. Add 1/4 cup of the shredded Parmesan cheese to the pan and combine until melted.

6. Transfer the dip to an oven-proof dish and top with the remaining 1/4 cup of

Parmesan cheese. Heat in the oven until the cheese has melted and golden brown.

7. Serve hot with chips or sticks of vegetables.

Garlic Parmesan Stuffed Mushrooms

Makes 6 Servings

Preparation: 25 min , Cook Time: 20 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 2g Protein: 8g Net Carbs: 6g



12 whole fresh mushrooms

1 tablespoon

1 tablespoon minced garlic

1 (8-ounce) package cream cheese softened 1/4 cup grated Parmesan cheese

1/4 teaspoon ground black pepper 1/4 teaspoon onion powder

1/4 teaspoon ground cayenne pepper 1. Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.

2. Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.

3. When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a

generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.

4. Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

Guacamole Perfecto

Makes 4 Servings

Preparation: 10 min , Cook Time: 50 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 9g Protein: 2g Net Carbs: 7g



3 avocados - peeled, pitted, and mashed 1 lime, juiced

1 teaspoon salt

1/2 cup diced onion

3 tablespoons chopped fresh cilantro 2 roma (plum) tomatoes, diced 1 teaspoon minced garlic

1 pinch ground cayenne pepper (optional) 1. In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Herbed Shrimp and Tomatoes

Makes 8 Servings

Preparation: 30 min , Cook Time: 10 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 4g Protein: 13g Net Carbs: 1g



2 pounds fresh or frozen jumbo shrimp 2 tablespoons snipped fresh basil 1 tablespoon fresh lemon juice 3/4 teaspoon salt

1/4 teaspoon ground black pepper 2 tablespoons extra-virgin olive oil 2 cups grape or cherry tomatoes lemon wedges (optional)

snipped fresh basil (optional) 1 basil dipping sauce

1. Thaw shrimp, if frozen. Peel and devein shrimp, removing tails. Rinse shrimp; pat dry with paper towels. Set aside. In large bowl combine basil, lemon juice, salt, and pepper. Add shrimp. Toss to coat. Cover and marinate in refrigerator for 10 to 30 minutes.

2. In a large skillet cook shrimp, half at a time, in hot oil over medium-high heat for 2 to 3 minutes or until shrimp are opaque, stirring often to cook evenly. Transfer shrimp to serving platter.

3. Add tomatoes to shrimp; gently toss to combine. Serve with lemon wedges, snipped basil, and Basil Dipping Sauce. Serve warm or chill until serving time.
Makes 8 servings.

Herbed Yogurt Cheese

Makes 4 Servings

Preparation: 15 min , Cook Time: 15 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 5g Protein: 0g Net Carbs: 1g



2 cups yogurt cheese

2 trimmed and minced

scallion

2 tablespoons chopped parsley plus leaves for garnish 1 tablespoon chopped

basil or 1/2 tsp. dried 1 clove garlic, minced

1/2 teaspoon salt

1/4 teaspoon fresh ground black pepper

1. In a medium-sized bowl, blend together yogurt cheese, scallions, parsley, basil, garlic, salt and pepper with a wooden spoon. Ready right away but the cheese may be prepared ahead and stored, covered, in the refrigerator for up to 2 days.

To serve, spread the cheese on crostini and garnish with parsley leaves.

Marinated Grilled Shrimp

Makes 4 Servings

Preparation: 60 min , Cook Time: 10 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 19g Protein: 28g Net Carbs: 2g



3 cloves garlic, minced

1/3 cup olive oil

1/4 cup tomato sauce

2 tablespoons red wine vinegar 2 tablespoons chopped fresh basil 1/2

teaspoon salt

1/4 teaspoon cayenne pepper 2 pounds fresh shrimp, peeled and deveined

skewers

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.

2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Mussels in White Wine Sauce

Makes 4 Servings

Preparation: 10 min , Cook Time: 10 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 13g Protein: 16g Net Carbs: 9g



3/4 cup white wine

3/4 cup tomato and clam juice cocktail 3 cloves garlic - peeled and sliced 1/2 teaspoon crushed red pepper flakes 1 pound mussel, cleaned and debearded

3 tablespoons butter

1 loaf Keto bread

1. In a stock pot, combine the wine, juice cocktail, garlic and pepper flakes. Bring to a boil and add mussels.

2. Cover and continue to boil for about 4 to 6 minutes or until all the mussels have opened. Discard any mussels that haven't opened.

3. Remove mussels from liquid and keep warm. Pour off liquid to leave about 1 cup. Try not to discard the garlic. Boil the 1 cup of liquid until it's reduced to about 3/4 of a cup.

4 Add butter and stir until butter has melted and sauce has thickened slightly. Serve mussels with sauce and don't forget the bread!

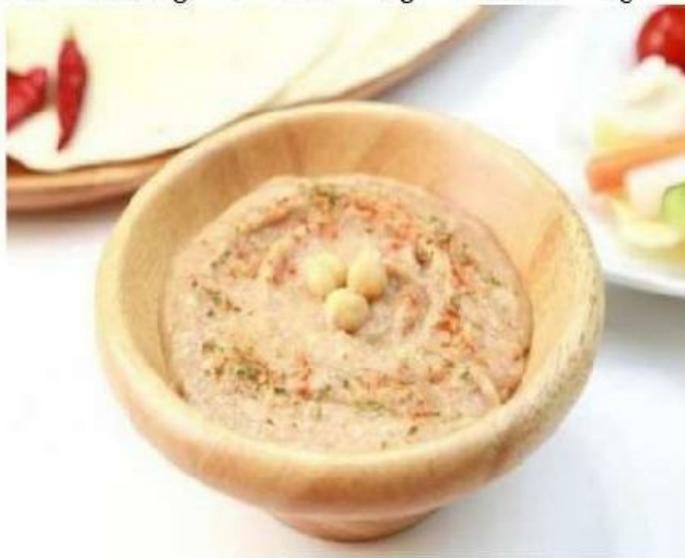
Roasted Red Pepper Dip

Makes 10 Servings

Preparation: 10 min , Cook Time: 4 hrs *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 5g Protein: 0g Net Carbs: 1g



8 ounce sour cream

1/4 cup chopped bottled roasted red sweet peppers (about 1/4 of a 7-ounce jar) **tablespoons sliced green onions** **1 tablespoon snipped fresh basil** **1 clove garlic, minced**

1/4 teaspoon salt

assorted vegetable dippers or keto chips 1. In a small bowl, stir together sour cream, roasted red peppers, green onion, basil, garlic, and salt. Cover and chill for at least 4 hours or up to 24 hours to allow flavors to blend.

2. Stir before serving. Serve with assorted vegetable dippers, baked tortilla chips, and/or baked pita chips. Makes 10 (2-tablespoon) servings.

Simple Keto Salsa

Makes 4 Servings

Preparation: 15 min , Cook Time: 5 min *The Ketosis Cookbook*

Appetizers & Dips

Per Serving - Fat: 0g Protein: 2g Net Carbs: 8g



6 roma tomatoes, coarsely chopped 1/2 red onion, coarsely chopped 1 lime, juiced

1/2 bunch cilantro, chopped 1 jalapeno pepper, chopped 1 habanero pepper, chopped (optional) 1 clove garlic, chopped

ground black pepper, to taste

1. Combine tomatoes, onion, lime juice, cilantro, jalapeno pepper, habanero pepper, garlic, and ground black pepper in a food processor. Pulse several times until desired texture is reached.



Beef



Asian Beef Short Ribs

Makes 4 Servings

Preparation: 1 hr , Cook Time: 15 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 2g Protein: 16g Net Carbs: 2g



6 large beef short ribs

1/4 cup soy sauce

2 tbsp. rice vinegar

2 tbsp. fish sauces

1 teaspoon ground ginger

1/2 teaspoon onion powder

**1/2 teaspoon , minced garlic 1/2 teaspoon red pepper flakes 1/2 teaspoon
sesame seed**

1/4 teaspoon cardamom

1 tbsp. salt

1. Mix together the marinade and marinate ribs for 1 hour.
2. Mix together the spice rub. Empty marinade from ribs, and evenly coat the ribs with the rub.
3. Heat the grill and grill the ribs for 3-5 minutes per side. Serve, and Enjoy!

Bacon-Wrapped Meatloaf

Makes 4 Servings

Preparation: 20 min , Cook Time: 30 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 29g Protein: 26g Net Carbs: 3g



1 pound ground beef

1/2 pound bacon, cut into chunks 8 additional strips of bacon; 1/4 cup coconut milk;

2 garlic cloves, minced;

1/3 cup fresh chives, minced; fresh parsley, chopped;

freshly ground black pepper to taste; 1. Preheat your oven to 400 F.

2. In a big bowl, combine the ground beef, the bacon chunks, the garlic, the chives and the coconut milk. Mix well until all the ingredients hold together. You can use an electric mixer to save some time. Then season the mixture with freshly ground black pepper to taste.

3. Form the mixture into a log shape and wrap with bacon.

4. Place in the oven and cook for 30 minutes.

5. Remove and slice into 1/2 inch slices and serve with fresh parsley sprinkled on top.

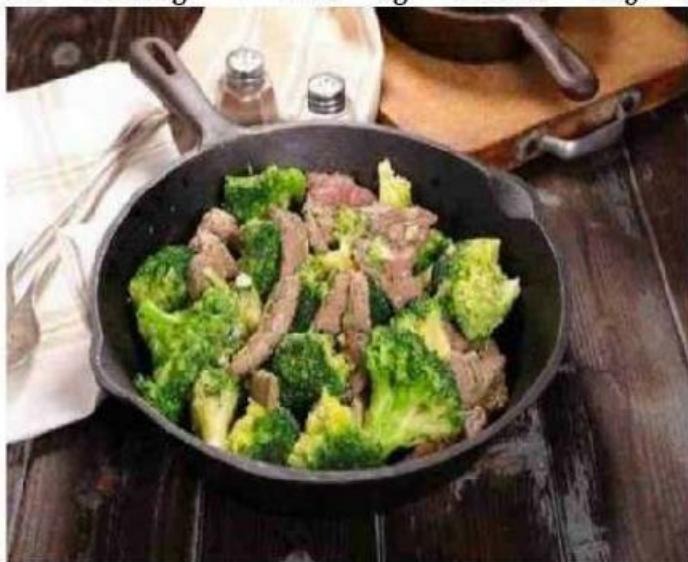
Beef & Broccoli Salad

Makes 4 Servings

Preparation: 10 min , Cook Time: 20 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 6g Protein: 27g Net Carbs: 3g



12 ounces beef sirloin steak 2/3 cup bottled ginger vinaigrette salad dressing

3 cups broccoli florets

8 cups mixed spring or baby salad greens 1 red sweet pepper

1 cup carrot chopped

1. Trim fat from beef. Thinly slice beef across the grain into bite-size strips; set aside.

2. In a wok or large skillet heat 2 tablespoons of the salad dressing over medium-high heat. Add broccoli and carrots. Cook and stir for 3 minutes. Add beef to wok or skillet. Cook and stir 2 to 3 minutes or until beef is slightly pink in center. Remove beef and broccoli from wok or skillet. Remove stem end and seeds from sweet pepper. Cut sweet pepper in bite-size strips.

3. In large bowl combine greens, sweet pepper, beef, broccoli, and carrots. Drizzle remaining salad dressing; toss to coat. Makes 4 servings.

Beef Bulgogi

Makes 4 Servings

Preparation: 10 min , Cook Time: 1 hr 10 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 3g Protein: 18g Net Carbs: 1g



1 pound flank steak, thinly sliced 5 tablespoons soy sauce

1/2 tablespoons white sugar

1/4 cup chopped green onions

2 tablespoons minced garlic

2 tablespoons sesame seeds

2 tablespoons sesame oil

1/2 teaspoon ground black pepper 1. Place the beef in a shallow dish.

Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl. Pour over beef. Cover and refrigerate for at least 1 hour or overnight.

2. Preheat an outdoor grill for high heat, and lightly oil the grate. Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.

Beef Fajita Salad

Makes 4 Servings

Preparation: 1 hr 15 min , Cook Time: 2 hrs 30 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 12g Protein: 23g Net Carbs: 8g



1 teaspoon ground cumin 1 dash hot sauce

1/2 pound flank steak, cut into strips beef flank steak

1/2 cup fresh corn kernels 1/2 cup kidney beans, cooked 1/2 cup thinly sliced red onion 1/2 cup shredded Cheddar cheese 1 tomato, chopped

8 cups mixed salad greens 1 (8-ounce) bottle Italian-style salad dressing

1. Combine the cumin, hot pepper sauce and Italian dressing in a small bowl and mix well. Reserve 1/2 cup of the dressing. In a separate bowl, add enough dressing to coat the beef and let marinate for 1 hour.

2. In a hot skillet, fry the beef and cook until done. Allow the beef to cool. In a medium bowl combine the beef with the corn, beans, onions and 1/2 cup of the dressing. Refrigerate for several hours before serving.

3. To serve, toss the beef and vegetable mixture with the salad greens, tomatoes and shredded cheese. Add extra dressing if necessary.

Beef Kebabs with Hummus

Makes 5 Servings

Preparation: 30 min , Cook Time: 15 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 25g Protein: 39g Net Carbs: 1g



2 tablespoons olive oil

2 cloves garlic, minced

1/2 lemon, juiced

1/2 teaspoon cumin

1/2 teaspoon cinnamon

1/2 teaspoon salt

1/8 teaspoon pepper

24 cherry tomatoes

1 1/2 pounds sirloin steak, trimmed and cut into 1-inch cubes beef sirloin steaks

1 1/2 cups hummus, warmed chopped cilantro (for garnish) 1. Make the marinade by stirring the first seven ingredients in a medium bowl. Pour a bit of the marinade into another bowl, then toss it with the tomatoes. Add the beef to the remaining marinade and let it sit at room temperature for about 15 minutes.

2. Thread the meat and tomatoes onto separate skewers and sprinkle with salt and pepper. Grill the beef over medium-high heat, turning several times, for 9 to 12 minutes. Grill the tomatoes until they're heated through and the skin is

puckered, about 1 minute per side.

3. To serve, spread warmed hummus on a platter and lay the skewers on top. Garnish with a sprinkling of cilantro.

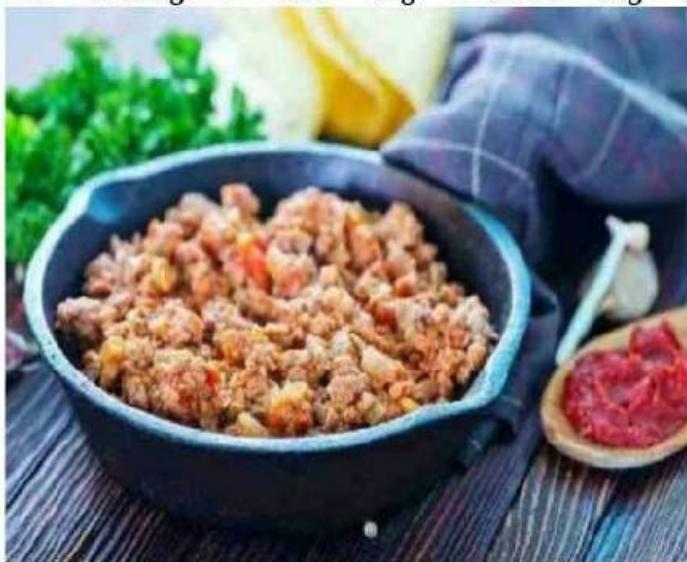
Beef Tacos

Makes 4 Servings

Preparation: 20 min , Cook Time: 15 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 29g Protein: 26g Net Carbs: 7g



1 1/2 pounds ground beef 1 onion, diced

1/2 (4-ounce) can diced jalapeno peppers jalapeño pepper

1 (1-ounce) package taco seasoning mix 2 cups shredded lettuce 1 tomato, chopped

1/2 cup shredded Cheddar cheese 1/4 cup salsa

1/4 cup sour cream

1 avocado - peeled, pitted, and sliced 1. Cook and stir ground beef, onion, and jalapeno peppers together in a skillet over medium-high heat until meat is browned and crumbly, 7 to 10 minutes. Stir taco seasoning into meat mixture; bring to a simmer and cook until flavors combine, about 5 minutes.

2. Stir meat mixture, shredded lettuce, tomato, Cheddar cheese, salsa, and sour cream together in a large bowl. Divide taco mixture among 4 bowls and top each with avocado slices.

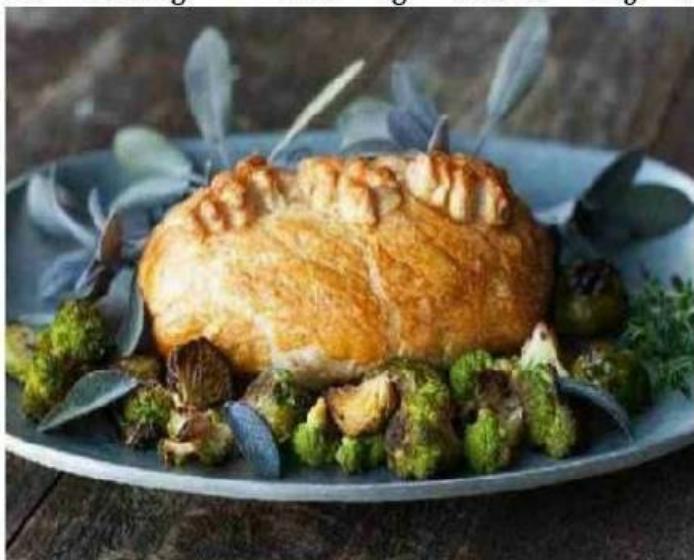
Beef Wellington

Makes 8 Servings

Preparation: 30 min , Cook Time: 30 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 5g Protein: 21g Net Carbs: 9g



2 1/2 pounds beef tenderloin 2 tablespoons butter softened 2 tablespoons butter

onion, chopped

1/2 cup sliced fresh mushrooms 2 ounces liver pate

2 tablespoons butter softened salt and pepper to taste

1 (17.5 ounce) package frozen puff pastry, thawed 1 egg yolk beaten

1 (10.5 ounce) can beef broth 2 tablespoons red wine

1. Preheat oven to 425 degrees F (220 degrees C). Place beef in a small baking dish, and spread with 2 tablespoons softened butter. Bake for 10 to 15 minutes, or until browned. Remove from pan, and allow to cool completely. Reserve pan juices.

2. Melt 2 tablespoons butter in a skillet over medium heat. Sauté onion and mushrooms in butter for 5 minutes. Remove from heat, and let cool.

3. Mix together pate and 2 tablespoons softened butter, and season with salt and pepper. Spread pate over beef. Top with onion and mushroom mixture.

4. Roll out the puff pastry dough, and place beef in the center. Fold up, and seal all the edges, making sure the seams are not too thick. Place beef in a 9x13 inch baking dish, cut a few slits in the top of the dough, and brush with egg yolk.

Bake at 450 degrees F (230 degrees C) for 10 minutes, then reduce heat to 425 degrees F (220 degrees C) for 10 to 15 more minutes, or until pastry is a rich, golden brown. Set aside, and keep warm.

5. Place all reserved juices in a small saucepan over high heat. Stir in beef stock and red wine; boil for 10 to 15 minutes, or until slightly reduced. Strain, and serve with beef.

Beef Yakitori

Makes 4 Servings

Preparation: 15 min , Cook Time: 4 hrs 15 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 16g Protein: 37g Net Carbs: 6g



1/2 cup soy sauce

2 tablespoons vegetable oil 2 tablespoons lemon juice 1 tablespoon sesame seeds 2 tablespoons white sugar 2 green onions, thinly sliced 1 clove garlic minced

1/2 teaspoon ground ginger 1 pound beef sirloin steak cubed 1. In a glass or plastic bowl, whisk together the soy sauce, oil, lemon juice, sesame seeds, sugar, green onions, garlic, and ginger.

2. Thread the meat onto skewers. (If you are using wooden skewers, soak them 30 minutes first.) Place the skewers in a plastic or glass container just large enough to hold them, and pour the marinade over the meat, turning to coat well. Cover, and chill for a minimum of 4 hours.

3. Preheat grill for high heat, and position grate 5 inches from coals. Brush grate with oil, and place skewers on grill. Grill for 10 to 15 minutes, occasionally turning kabobs to ensure even cooking.

Burger Fajita

Makes 4 Servings

Preparation: 15 min , Cook Time: 30 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 35g Protein: 21g Net Carbs: 3g



1 pound ground beef

3/4 cup chopped fresh cilantro, divided 1/2 cup finely chopped red onion 1/4

cup chopped scallions scallion 2 teaspoons minced garlic

1 tablespoon chili powder

1 teaspoon ground cumin

1/2 teaspoon dried oregano

1/2 teaspoon freshly ground pepper 1/4 teaspoon salt

1/3 cup mayonnaise

1 tablespoon lime juice

1 tablespoon Chilies - Rotel

1/2 cup shredded Monterey jack cheese 2 roasted poblano peppers 1 cup

shredded green cabbage

4 slices tomatoes

4 thin slices red onions

1 head Romaine lettuce

1. Preheat grill to medium-high.
2. Place beef, 1/4 cup cilantro, onion, scallions, garlic, chili powder, cumin, oregano, pepper and salt in a large bowl. Gently combine, without over mixing, until evenly incorporated. Form into 4 equal patties, about 1/2 inch thick and oval-shaped to match the rolls.
3. Combine the remaining 1/2 cup cilantro, mayonnaise, lime juice and chipotle in a small bowl. Peel the roasted peppers, halve lengthwise and remove the seeds.
4. Oil the grill rack . Grill the burgers until an instant-read thermometer inserted in the center registers 165 degrees F, about 6 minutes per side. Top with cheese and cook until it is melted, about 1 minute more.
5. Assemble the burgers in low carb wraps or on a bed of romaine with the chipotle mayonnaise, half a roasted pepper, cabbage, tomato and onion.

Coriander Steak Tenderloin

Makes 4 Servings

Preparation: 10 min , Cook Time: 15-18 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 12g Protein: 28g Net Carbs: 2g



16 ounces beef tenderloin steaks, cut 1 inch thick salt

1 tablespoon reduced-sodium soy sauce 1 tablespoon olive oil

1 tablespoon snipped fresh chives 2 cloves garlic, minced

1/2 teaspoon coriander seeds or cumin seeds, crushed 1/2 teaspoon celery

seeds

1/2 teaspoon coarsely ground black pepper 1. Trim fat from steaks. Sprinkle lightly with salt. In a small bowl combine soy sauce, oil, chives, garlic, coriander seeds or cumin seeds, celery seeds, and pepper. Brush the mixture onto both sides of each steak.

2. Place steaks on the unheated rack of a broiler pan. Broil 3 to 4 inches from heat until desired doneness, turning once halfway through broiling time. (Allow 12 to 14 minutes for medium-rare doneness [145 degree F] or 15 to 18 minutes for medium doneness [160 degree F].) Let Rest for 5-10 Minutes and serve.

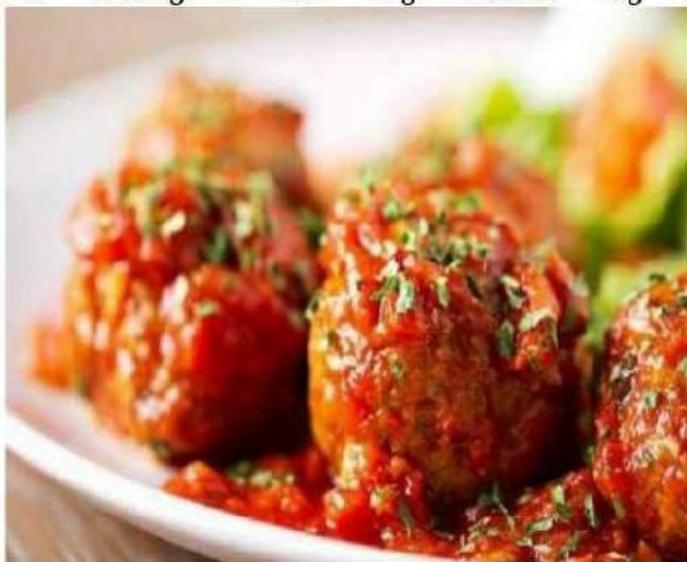
Cosmic Meatballs

Makes 8 Servings

Preparation: 20 min , Cook Time: 20 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 11g Protein: 13g Net Carbs: 6g



1 pound ground beef

1/2 teaspoon sea salt

1 small onion, diced

1/2 teaspoon garlic salt

1 1/2 teaspoons Italian seasoning 3/4 teaspoon dried oregano

3/4 teaspoon crushed red pepper flakes 1 dash hot pepper sauce Suggest

Cholula , or to taste 1 1/2 tablespoons Worcestershire sauce 1/3 cup skim milk

1/4 cup grated Parmesan cheese 1/2 cup seasoned bread crumbs 1. Preheat an oven to 400 degrees F (200 degrees C).

2. Place the beef into a mixing bowl, and season with salt, onion, garlic salt, Italian seasoning, oregano, red pepper flakes, hot pepper sauce, and Worcestershire sauce; mix well. Add the milk, Parmesan cheese, and bread crumbs. Mix until evenly blended, then form into 1 1/2-inch meatballs, and place onto a baking sheet.

3 Bake in the preheated oven until no longer pink in the center, 20 to 25 minutes.

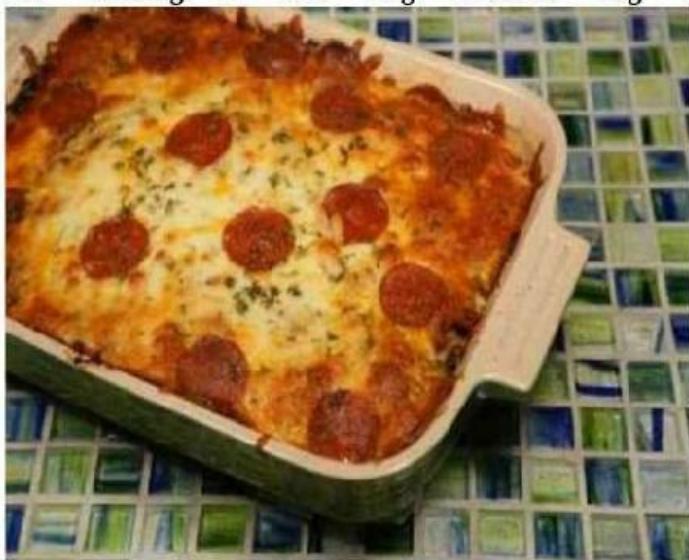
Crustless Deep Dish Pizza

Makes 6 Servings

Preparation: 30 min , Cook Time: 15 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 41g Protein: 47g Net Carbs: 3g



1 tablespoon salt

1 teaspoon caraway seeds (optional) 1 teaspoon dried oregano

1 teaspoon garlic salt

1 teaspoon ground black pepper 1/2 teaspoon red pepper flakes, or to taste

(optional) 2 pounds extra lean ground beef 2 eggs

1/2 cup grated Parmesan cheese 1 (12-ounce) package shredded mozzarella cheese 1 cup tomato sauce

1 (3.5 ounce) package sliced pepperoni, or to taste 1. Preheat oven to 450 degrees F (230 degrees C).

2. Mix together salt, caraway seeds, oregano, garlic salt, ground black pepper, and crushed red pepper flakes in a small bowl.

3. Mix ground beef and eggs in a mixing bowl until thoroughly incorporated. Add Parmesan cheese and seasoning mixture to beef; combine. Press ground beef mixture into a 12x17-inch pan, spread out evenly.

4. Bake in the preheated oven until meat is no longer pink, about 10 minutes.

Drain grease. Set oven rack about 6 inches from the heat source and turn on the oven's broiler.

5. Sprinkle 1/3 of the mozzarella cheese over baked meat, followed by tomato sauce in an even layer. Sprinkle another 1/3 of the mozzarella cheese over the sauce and top with slices of pepperoni. Sprinkle remaining mozzarella cheese over pizza.

6. Broil until cheese is melted, bubbling, and lightly browned, 3 to 5 minutes.

Easy Taco Casserole

Makes 6 Servings

Preparation: 15 min , Cook Time: 35 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 29g Protein: 15g Net Carbs: 8g



1 pound ground beef

1 cup salsa

1/2 cup chopped onion

1/2 cup mayonnaise

2 tablespoons chili powder 1 teaspoon ground cumin

2 cups crushed tortilla chips, divided 4 ounces shredded cheddar cheese,

divided 4 ounces shredded Monterey jack cheese, divided 1. Preheat oven to 350 degrees F (175 degrees C).

2. Cook and stir ground beef in a large skillet over medium-high heat until crumbly, evenly browned, and no longer pink, 5 to 7 minutes. Drain and discard any excess grease. Stir salsa, onion, mayonnaise, chili powder, and cumin into the beef. Remove from heat.

3. Spread about half the ground beef mixture into the bottom of a 2-quart casserole dish. Spread about half the tortilla chips in a layer atop the beef mixture. Layer about half of each of the Cheddar and Monterey Jack cheeses

over the tortilla chip layer. Repeat layers with remaining ingredients, ending with Monterey Jack cheese. Cover dish with aluminum foil.

4. Bake in preheated oven until the cheese is melted in the middle, about 30 minutes.

Flank Steak with Red Wine Vinegar

Makes 4 Servings

Preparation: 15 min , Cook Time: 15 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 22g Protein: 25g Net Carbs: 1g



2 tablespoons extra-virgin olive oil 2 pounds flank steak, cut into 2 equal pieces beef flank steaks kosher salt and freshly ground black pepper

2 cloves garlic, minced

4 tablespoons red wine vinegar 2 tablespoons chopped fresh oregano leaves or 1 teaspoon dried 2 tablespoons unsalted butter 10 ounces (1/2 bag) Italian salad blend

1. Heat the olive oil in a medium skillet over medium heat. Season both sides of the steaks with salt and pepper to taste. When the oil is hot and shimmering, add the steaks and cook, turning each once, until seared and rich mahogany, about 6 minutes per side.

2. Transfer the steaks to a plate. Add the garlic to the pan and cook, stirring occasionally, until aromatic, about 1 minute. Pull the skillet from the heat, add the vinegar, and use a wooden spoon to scrape up any browned bits that cling to the pan. Stir in the oregano, butter, and any juices from the steak, until the butter melts.

3. Add the greens to the skillet, season with salt and pepper, and toss just until

they begin to wilt, about 30 seconds. Slice the meat against the grain into thin slices, divide between 4 plates, top with the greens and the pan juices. Serve.

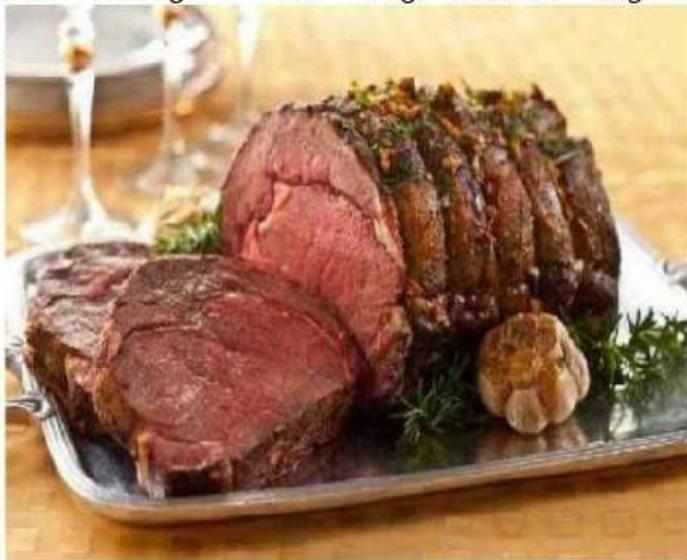
Garlic Prime Rib

Makes 15 Servings

Preparation: 10 min , Cook Time: 1 hr 30 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 24g Protein: 26g Net Carbs: 1g



1 (10 pound) prime rib roast

10 cloves garlic, minced

2 tablespoons olive oil

2 teaspoons salt

2 teaspoons ground black pepper 2 teaspoons dried thyme

1. Place the roast in a roasting pan with the fatty side up. In a small bowl, mix together the garlic, olive oil, salt, pepper and thyme. Spread the mixture over the fatty layer of the roast, and let the roast sit out until it is at room temperature, no longer than 1 hour.

2. Preheat the oven to 500 degrees F (260 degrees C).

Bake the roast for 20 minutes in the preheated oven, then reduce the temperature to 325 degrees F (165 degrees C), and continue roasting for an additional 60 to 75 minutes. The internal temperature of the roast should be at 135 degrees F (57 degrees C) for medium rare.

3. Allow the roast to rest for 10 or 15 minutes before carving so the meat can

retain its juices.

Keto Meatloaf

Makes 4 Servings

Preparation: 20 min , Cook Time: 1 hr *The Ketosis Cookbook*

Beef

Per Serving - Fat: 34g Protein: 30g Net Carbs: 8g



1 1/2 pounds ground beef

1 slice keto bread broken into chunks 1 egg

1 small Vidalia

onion 1 teaspoon

table salt

1/4 teaspoon black pepper

4 tablespoons ketchup

1/2 2/3 cup 1/2-2/3 whole milk 4 tablespoons apple cider vinegar 2 - 4

tablespoons dark brown sugar, packed firm (to taste) 1/2 cup ketchup

1. For the Meatloaf: Combine meat loaf ingredients and place into a loaf baking dish and smooth out top.

2. For the sauce: Combine sauce ingredients and pour on top and sides of meatloaf.

3. Bake at 350°F about 1 hour to 1 hour 15 minutes or until done.

Korean BBQ Beef Stuffed Peppers

Makes 4 Servings

Preparation: 15 min , Cook Time: 20 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 25g Protein: 29g Net Carbs: 9g



1 pound ground beef

2 bell peppers, sliced in half 2 spring onions, sliced thin

2 teaspoons minced garlic

2 teaspoons minced ginger

salt and pepper to taste

8 large eggs

1/3 cup sugar free apricot preserves 1 1/2 tbsp. rice wine vinegar

1 tbsp. reduced sugar ketchup

1 tbsp. chili paste

1 tbsp. soy sauce

1. Preheat your oven to 350 degrees then heat a pan to medium high and brown the beef after seasoning with salt and pepper. As the beef browns, add garlic and ginger and mix together.

2. Move beef to one side of pan and add sliced spring onions to fry. Allow to cook for 1-2 minutes. Set aside.

3. Mix together all sauce ingredients in a small saucepan over medium heat. Cook until it thickens slightly then mix 1/2 of sauce into the beef, then cut bell peppers in half. Stuff each pepper with beef.

4. Cook bell peppers for 12-15 minutes and while cooking fry your eggs in a non-stick pan.

5. Remove peppers from the oven and glaze the top with extra sauce. Serve with 2 eggs per half pepper.

Oriental Beef Brisket

Makes 8 Servings

Preparation: 20 min , Cook Time: 5 hrs *The Ketosis Cookbook*

Beef

Per Serving - Fat: 42g Protein: 44g Net Carbs: 9g



2 pounds sweet potatoes, peeled and cut into 1-inch cubes 1/2 pounds beef brisket, fat trimmed 1/2 cup bottled hoisin sauce 1/2 cup bottled salsa

2 tablespoons quick-cooking tapioca 2 cloves garlic, minced

1. In a 5-to 6-quart slow cooker place sweet potatoes. Top with beef brisket. In a small bowl combine hoisin sauce, salsa, tapioca, and garlic. Pour sauce mixture over meat; spread evenly.

2. Cover and cook on low-heat setting for 10 hours or on high-heat setting for 5 to 5-1/2 hours. Remove meat from cooker to a cutting board. Cut across the grain into slices. Serve cooking liquid and potatoes over beef. Makes 8 servings.

Spaghetti Squash with Meat Sauce

Makes 4 Servings

Preparation: 40 min , Cook Time: 30 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 32g Protein: 18g Net Carbs: 10g



1/8 cup water

1/2 spaghetti squash, halved lengthwise and seeded **3/4 pound ground beef**

1/2 white onion, diced

1/2 tablespoon extra-virgin olive oil **1/2 cup sliced mushrooms**

1/2 zucchini, diced

1/2 green bell pepper, chopped

1/2 red bell pepper, chopped

1/2 (14.5-ounce) can crushed tomato **1/2 (8-ounce) can crushed tomato**

1/8 cup chopped fresh basil, or to taste **1/8 cup chopped fresh oregano, or to taste**

1/8 cup chopped fresh thyme, or to taste **1/2 tablespoon red pepper**

flakes, or to taste **1/4 cup extra-virgin olive oil, divided** 1. Preheat oven to 400 degrees F (200 degrees C).

2. Pour water into a baking dish. Place squash halves with cut sides down in baking dish; roast for until tender, 30 to 40 minutes.

3. While squash is baking, cook and stir ground beef and onions in a skillet over

medium-high heat until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Set beef aside.

4. Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir mushrooms, zucchini, green and red bell peppers, both amounts of crushed tomatoes, basil, oregano and thyme. Simmer over medium heat until vegetables are cooked through and tender, about 10 minutes. Add the ground beef and onions; stir to combine. Simmer on low heat, stirring occasionally, while you finish preparing spaghetti squash.

5. Scrape the inside of hot spaghetti squash halves with a fork to shred the squash into strands; divide onto 8 plates. Drizzle each serving of spaghetti squash with 1 tablespoon extra-virgin olive oil and top each serving with a generous amount of meat sauce.

Stuffed Bacon Cheeseburgers

Makes 4 Servings

Preparation: 10 min , Cook Time: 15 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 36g Protein: 34g Net Carbs: 1g



16 ounces ground beef

6 slices bacon, pre-cooked 2 ounces mozzarella cheese 4 ounces Cheddar cheese

2 teaspoons salt

1 teaspoon pepper

2 teaspoons Cajun

seasoning 2 tbsp. butter

1. Precook bacon and chop into small pieces.

2. Season ground beef with spices and form into patties with mozzarella and bacon pieces stuffed inside.

3 . Heat 1 tbsp. butter (per burger) in a pan. Once hot, add burger to the pan and cover with a lid. Cook for 2-3 minutes, flip place cheese on top, cover with lid, and continue cooking until desired doneness is reached.

4. Chop remaining bacon slices in half and place over the top of the burgers.

Thai Flank Steak

Makes 4 Servings

Preparation: 6 hrs 30 min , Cook Time: 20 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 25g Protein: 23g Net Carbs: 1g



2 pounds flank steak

1/3 cup soy sauce

1/4 cup rice vinegar

1/4 cup rice wine

1/4 cup fresh lime juice

2 tablespoons dark sesame oil 1/2 small red onion, chopped 1/4 cup chopped

fresh basil 1/4 cup chopped fresh mint 3 tablespoons sliced lemons grass 3

tablespoons crushed peanuts 3 tablespoons chile paste

1 tablespoon ground coriander 1/2 teaspoon garlic salt

1. In a large bowl, combine soy sauce, rice vinegar, rice wine, lime juice and sesame oil. Stir in onion, basil, mint, lemon grass and crushed peanuts. Season with chile paste, coriander and garlic salt. Layer flank steak with marinade. Refrigerate 6 hours or overnight.

2. Preheat an outdoor grill for medium high heat, and lightly oil grate. Drain liquid from marinade. Layer meat grill and turn every 4-5 minutes for 20

minutes. Should be served medium rare.

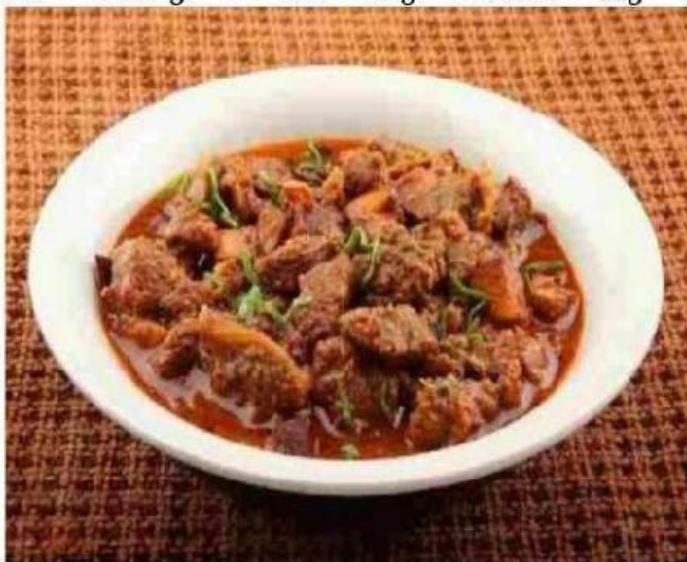
Thai Ground Beef

Makes 4 Servings

Preparation: 10 min , Cook Time: 15 min *The Ketosis Cookbook*

Beef

Per Serving - Fat: 25g Protein: 22g Net Carbs: 7g



1 pound lean ground beef

1 cup thinly sliced leek

1 teaspoon minced garlic

1 teaspoon red curry paste 1 cup tomato sauce

1/2 cup light coconut milk 1 tablespoon brown sugar

1/4 teaspoon grated lime rind 1 1/2 teaspoons fresh lime juice 1 tablespoon

Asian fish sauce 3 cups cauliflower rice

1. Prepare your cauliflower rice as described elsewhere in this book.

2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add leek; sauté 5 minutes.; add garlic; sauté 1 minute. add beef; cook 7 minutes or until lightly browned, stirring to crumble.

3. Stir in curry paste and tomato sauce; cook until half of liquid evaporates (about 2 minutes). Add remaining ingredients and cook 2 minutes or until slightly thickened.

Serve with the cauliflower rice.



Fish



Avocado Tuna Melt Patties

Makes 4 Servings

Preparation: 10 min , Cook Time: 10 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 72g Protein: 4g Net Carbs: 7g



13 1/3 ounces canned tuna, drained 1/3 cup mayonnaise

1 1/3 medium avocados, cubed

1/3 cup Parmesan cheese

4/9 cup almond flour

2/3 teaspoon garlic powder

1/3 teaspoon onion powder

salt and pepper to taste

2/3 cup coconut oil, for frying (~1/4 cup absorbed) 1. Add tuna and all ingredients (except avocado and coconut oil) into a bowl and mix.

2. Cube avocado and fold into the tuna. Form tuna into 4 patties and cover with almond flour.

3. Heat coconut oil in a pan on medium heat. Once hot, add tuna balls and fry until browned on all sides.

Baked Parmesan Haddock

Makes 4 Servings

Preparation: 10 min , Cook Time: 15 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 15g Protein: 8g Net Carbs: 7g



3/4 cup milk

2 teaspoons salt

3/4 cup keto bread crumbs 1/4 cup grated Parmesan cheese 1/4 teaspoon ground dried thyme 4 haddock fillets

1/4 cup butter, melted

1. Preheat oven to 500 degrees F (260 degrees C).

2. In a small bowl, combine the milk and salt. In a separate bowl, mix together the bread crumbs, Parmesan cheese, and thyme. Dip the haddock fillets in the milk, then press into the crumb mixture to coat. Place haddock fillets in a glass baking dish, and drizzle with melted butter.

3. Bake on the top rack of the preheated oven until the fish flakes easily, about 15 minutes.

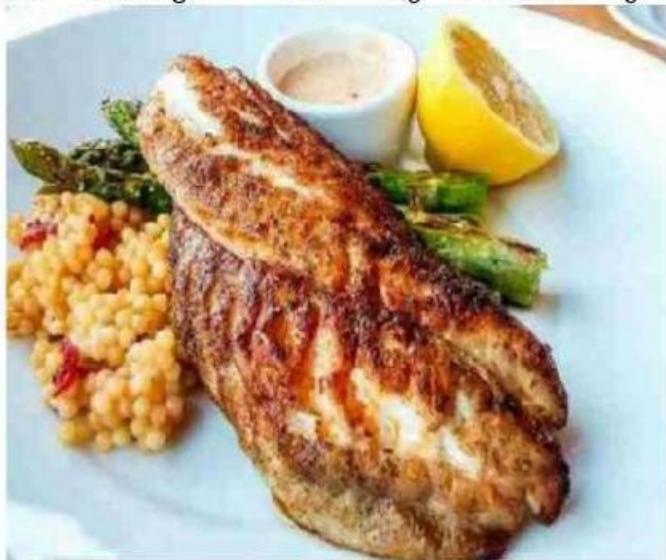
Blackened Cajun Catfish

Makes 4 Servings

Preparation: 10 min , Cook Time: 40 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 13g Protein: 8g Net Carbs: 6g



2 teaspoons cayenne pepper 2 teaspoons lemon pepper

2 teaspoons garlic powder 2 teaspoons salt

2 teaspoons pepper

1 pound catfish fillets

2 tablespoons butter

1 cup Italian-style salad 1. Preheat oven to 350 degrees F (175 degrees C).

Lightly grease a medium baking dish.

2. In a shallow, medium bowl, mix cayenne pepper, lemon pepper, garlic powder, salt and pepper. Brush both sides of catfish fillets with butter then rub fillets with the cayenne pepper mixture on both sides.

3. Heat a large heavy skillet over medium-high heat until really hot. Add fillets, and fry approximately 2 minutes on each side, until slightly blackened.

4. Arrange blackened fillets in a single layer in the prepared baking dish, and coat with our zesty Italian dressing.

5. Bake 30 to 35 minutes in the preheated oven, until fish is easily flaked with a fork.

Blackened Tuna

Makes 4 Servings

Preparation: 10 min , Cook Time: 10 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 8g Protein: 3g Net Carbs: 0g



1 pound fresh tuna steaks, 1 inch thick 1 1/3 tablespoons Cajun seasoning 1

1/3 tablespoons olive oil 1 1/3 tablespoons butter

1. Generously coat tuna with Cajun seasoning.

2. Heat oil and butter in a large skillet over high heat. When oil is nearly smoking, place steaks in pan. Cook on one side for 3 to 4 minutes, or until blackened. Turn steaks, and cook for 3 to 4 minutes, or to desired doneness.

Broiled Tilapia Parmesan

Makes 4 Servings

Preparation: 10 min , Cook Time: 10 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 12g Protein: 3g Net Carbs: 0g



1/4 cup Parmesan cheese

1/8 cup butter, softened

1 1/2 tablespoons mayonnaise

1 tablespoon fresh lemon juice 1/8 teaspoon dried basil

1/8 teaspoon ground black pepper 1/16 teaspoon onion powder

1/16 teaspoon celery salt

1 pound tilapia fillets

1. Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.

2. In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.

3. Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan

cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.

Broiled Trout With Rosemary, Lemon and Garlic

Makes 4 Servings

Preparation: 5 mins , Cook Time: 15 mins *The Ketosis Cookbook*

Fish

Per Serving - Fat: 4g Protein: 4g Net Carbs: 0g



4 Fillets trout

1 clove garlic, chopped fine 1 1/2 tablespoons coarsely chopped fresh rosemary 1 lemon zest

1/2 lemon juice

1/4 teaspoon salt

1/2 teaspoon fresh ground pepper 1 tablespoon olive oil

1. Preheat broiler, and prepare a baking or roasting pan by lining it with foil and brushing it with olive oil.

2 Mix together all ingredients except fish into a well-blended paste.

3. Place fish skin-side down (if it has skin) on baking sheet, then spread seasoning over flesh.

4. Broil fish at second rack away from heat for 5 minutes or less, just enough to sear flesh but not burn herbs. Next, lower fish to 3rd or 4th rack and decrease oven heat to 325°F. Bake for 10 additional minutes, or until fish is cooked through in the thickest portion.

Cajun Catfish and Remoulade

Makes 4 Servings

Preparation: 10 min , Cook Time: 18-20 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 26g Protein: 16g Net Carbs: 2g



1/2 cup mayonnaise

1 tablespoon capers, drained and chopped 2 teaspoons spicy brown mustard

1 teaspoon cider vinegar 1/4 teaspoon hot sauce

4 catfish fillets

2 teaspoons Cajun

seasoning 1 lemon, thinly sliced 1. In a small bowl, mix together mayonnaise, capers, mustard, vinegar and hot sauce. Cover and refrigerate remoulade.

2. Heat oven to 450 degrees F. Coat a glass 13 x 9 x 2-inch baking dish with nonstick cooking spray. Place one fish fillet in prepared dish and sprinkle with 1/4 teaspoon of the seasoning. Flip one long end over the other like a book. Sprinkle another 1/4 teaspoon seasoning over top of fillet. Repeat with remaining fillets. Top each with a slice of lemon.

3. Bake at 450 degrees F for 18 to 20 minutes or until fish flakes easily when tested with a fork. Serve with remoulade sauce, brown rice and zucchini, if desired.

Crab Stuffed Flounder

Makes 6 Servings

Preparation: 10 min , Cook Time: 21 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 19g Protein: 3g Net Carbs: 0g



1 1/2 pounds flounder fillets **1 cup crabmeat - drained, flaked and cartilage removed** **1 tablespoon finely chopped green bell pepper** **1/4 teaspoon ground dry mustard** **1/4 teaspoon Worcestershire sauce** **1/4 teaspoon salt** **ground white pepper, to taste** **3 crushed saltine crackers** **1 egg white**

1 tablespoon mayonnaise

1/4 cup butter, melted

1 egg yolk

5 tablespoons mayonnaise

1/2 teaspoon paprika

1 tablespoon dried parsley 1. Preheat oven to 400 degrees F (200 degrees C).

Rinse the fillets and pat dry with paper towels.

2. Combine crab meat, green pepper, mustard powder, Worcestershire sauce, salt, white pepper and the crushed saltines. Combine the egg white and 1 tablespoon mayonnaise. Stir this into the crab meat mixture.

3. Brush the flounder fillets with melted butter. Place in a lightly greased,

shallow baking dish. Spoon the crab mixture over the fillets and drizzle with any remaining butter.

Bake the fillets at 400 degrees for 15 minutes.

While the fish is baking, lightly beat the egg yolk in a small bowl. Stir in 5 tablespoons of mayonnaise. Remove fish from oven and spread this mixture over the stuffing; sprinkle with paprika and parsley.

Increase oven temperature to 450 degrees and bake until golden and bubbly, about 6 minutes.

Crispy Baked Fish

Makes 4 Servings

Preparation: 15 min , Cook Time: 15 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 13g Protein: 4g Net Carbs: 8g



4 Fillets white fish

1/4 cup milk

1/2 teaspoon vinegar

1 tablespoon brown mustard or 1

1 tablespoon honey mustard 1/2 cup cornmeal

1 teaspoon salt

1 teaspoon onion powder

1 teaspoon garlic powder 1 teaspoon paprika

1/2 teaspoon thyme

1/2 teaspoon pepper

1/2 teaspoon cayenne pepper, adjust to your taste lemon wedge

1. Preheat Broiler

2. Mix milk, vinegar and mustard and let set for 15 minutes. In a separate bowl mix cornmeal with the remaining seasonings.

3. Dip fish fillets in the milk mixture and then in the cornbread mixture.

4. Spray broiling pan with cooking spray or brush with a little olive oil. Place

fillets on prepared pan and place pan under broiler 4 inches from heat and broil for 4 minutes per side or until fish flakes easily with a fork.

Serve with lemon wedges .

Fish Florentine

Makes 6 Servings

Preparation: 10 min , Cook Time: 30 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 8g Protein: 14g Net Carbs: 10g



1 pound mild-flavored fish fillet 1 cup milk

1 cup shredded cheddar cheese (4 oz) 3/4 cup original bisquick mix 1

teaspoon lemon juice

1/8 teaspoon pepper

2 eggs

**1 small onion, chopped (1/4 cup) 1 box (9 oz) frozen chopped spinach,
thawed, squeezed to drain lemon wedges, if desired**

1. Heat oven to 400 degrees F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Place fish in single layer in dish.

2. In medium bowl, stir together remaining ingredients except lemon wedges. Spread over fish to edge of dish.

3. Bake uncovered about 30 minutes or until light brown. Serve with lemon wedges.

Fish Taco Lettuce Wraps

Makes 4 Servings

Preparation: 20 min , Cook Time: 20 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 15g Protein: 3g Net Carbs: 0g



1 pound cod fillets, cut into 1-inch cubes **1 tablespoon canola oil**

3 dried red chile peppers

salt and ground black pepper to taste **1/4 cup mayonnaise**

1 tablespoon wasabi paste

2 tablespoons chopped fresh cilantro **8 large green cabbage leaves**

1 tablespoon chopped fresh cilantro 1. Pat fish dry with paper towels.

2. Heat canola oil with dried red chiles in a large, nonstick skillet over medium heat. Cook fish in the hot oil until flesh is opaque and the edges of the fish are slightly browned, about 3 minutes per side. Sprinkle fish with salt and black pepper. Remove from heat, drain, and discard peppers.

3. Stir mayonnaise, wasabi paste, and 2 tablespoons cilantro together in a bowl. Spoon several tablespoons of fish into a cabbage leaf and wrap leaf around fish; repeat with remaining leaves and fish. Garnish each roll with a sprinkling of cilantro. Serve with wasabi mayonnaise.

Fish Terrine

Makes 10 Servings

Preparation: 30 min , Cook Time: 60 min *The Ketosis Cookbook*

Fish

Per Serving - Fat: 8g Protein: 14g Net Carbs: 1g



1 small onion, quartered **1 small carrot**

1 tablespoon canola oil **3 tablespoons chopped fresh parsley** **2 tablespoons fresh dill** **1 pound white fish**

1/2 pound salmon

2 large eggs

1 1/2 teaspoons salt

1/2 teaspoon pepper

3/4 cup water

1. Heat oven to 350 degrees F. Line an 8x4 inch loaf pan with aluminum foil; spray foil with nonstick cooking spray.

2. In a food processor, process onion and carrot until finely chopped. Heat oil in a medium skillet over medium heat. Cook onion and carrot until softened, about 5 minutes. Place parsley and dill in processor; process until chopped. Add white fish, salmon, eggs, salt, and pepper; process in pulses until fairly smooth. Add vegetables; pulse to combine. Gradually add water and process until

incorporated. Transfer mixture to loaf pan; smooth top.

3. Cover with aluminum foil. Place a roasting pan, half full with hot water, in oven. Place loaf pan in roasting pan (water should come at least halfway up sides of pan). Bake 1 hour until terrine is set. Remove from oven. Cool slightly before refrigerating. When chilled, unmold and cut into slices.

Meal Plan Introduction

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 defrost 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 11.2g Net Carbs per day. The total carbs, on average, is 19.6g 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, 19.6g Carbs, 8.4g Fiber, 11.2g Net Carbs, and 74.9g 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

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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.

Here are some of the order links for the products that I use regularly (and in the meal plan). If you would be so kind to order from these links, I earn a small commission for each sale that happens. I'd really appreciate any support you could offer!

Speciality Items

Almond Flour ([Buy on Amazon](#))

Milled Flaxseed Meal ([Buy on Amazon](#))

Coconut Flour ([Buy on Amazon](#))

Erythritol ([Buy on Amazon](#))

Liquid Stevia ([Buy on Amazon](#))

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 foginess, 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 in 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!

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
- Chicken Sausage
- Chicken Thighs
- Eggs
- Ground Beef
- Shrimp
- Stew Meat

Fats

- Bottle Olive Oil
- Unsalted Butter (Grass fed)
- Coconut Oil
- Half n' Half
- Heavy Cream
- Pecans

Sauces

- Beef Broth
- Chicken Stock
- Coconut Milk
- Dijon Mustard
- Ranch Dressing (Full Fat)
- Red Wine
- Soy Sauce

- Tomato Paste
- Tomato Sauce
- Worcestershire

Cheese

- Cheddar Cheese (Full Fat)
- Parmesan Cheese
- Queso Fresco Cheese

Vegetables

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

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
- Salt
- Xanthan Gum
- Yellow Curry Powder

Day 1

Breakfast

Frittata Muffins [2 Muffins]

Per Serving: 410 Calories, 32.3g Fats, 2.5g Net Carbs, and 27.3g Protein

Lunch

Canned Chicken & Spinach Salad

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

Per Serving: 450 Calories, 44g Fats, 0.5g Net Carbs, and 13.5g Protein

Dinner

Inside Out Bacon Burger [1 1/2 Patties] [Refrigerate Leftovers]

Red Pepper Salad [Add 1 Tbsp. Butter]

Per Serving: 641 Calories, 52.5g Fats, 4.7g Net Carbs, and 37g Protein

Day Totals

1601 Calories, 139.8g Fats, 7.7g Net Carbs, and 77.8g Protein

Day 2

Breakfast

Cheesy Scrambled Eggs

Per Serving: 453 Calories, 43g Fats, 1.2g Net Carbs, and 19g Protein

Lunch

Leftover Inside Out Bacon Burger & Spinach Salad

[4 Cups Spinach, 4 Tbsp. Olive Oil & 3 Tbsp. Leftover Meat]

Per Serving: 624 Calories, 63.9g Fats, 1.2g Net Carbs, and 10.8g Protein

Dinner

Cinnamon & Orange Beef Stew [Eat 80% of Whole Stew]

Per Serving: 519 Calories, 35.6g Fats, 4.1g Net Carbs, and 42.8g Protein

Day Totals

1596 Calories, 142.5g Fats, 6.5g Net Carbs, and 72.6g Protein

Day 3

Breakfast

Frittata Muffins [2 Muffins]

Per Serving: 410 Calories, 32.3g Fats, 2.5g Net Carbs, and 27.3g Protein

Lunch

Simple Spinach Salad (No Meat)

[4 Cups Spinach & 4 Tbsp. Olive Oil]

Per Serving: 537 Calories, 57g Fats, 1g Net Carbs, and

Dinner

Curry Rubbed Chicken Thigh [1 Chicken Thigh]

Fried Queso Fresco [1/4 Pound Fried Queso]

Per Serving: 657 Calories, 44.7g Fats, 0.6g Net Carbs, and 40.3g Protein

Day Totals

1604 Calories, 134g Fats, 4.1g Net Carbs, and 72.6g Protein

Day 4

Breakfast

Cheesy Scrambled Eggs

Per Serving: 453 Calories, 43g Fats, 1.2g Net Carbs, and 19g Protein

Lunch

Leftover Curry Rub Chicken & Spinach Salad

[4 Cups Spinach, 4 Tbsp. Olive Oil & 1/3 Cup Leftover Chicken]

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

Dinner

Chicken & Bacon Sausage Stir Fry [Eat 1/3 of Total Recipe] [Freeze Leftovers as 2 Portions] [Add 1/4 Cup Shredded Cheddar Cheese]

Per Serving: 541 Calories, 38.3g Fats, 8.3g Net Carbs, and 42.7g Protein

Day Totals

1580 Calories, 140g Fats, 10.5g Net Carbs, and 76.7g Protein

Day 5

Breakfast

Frittata Muffins [2 Muffins]

Per Serving: 410 Calories, 32.3g Fats, 2.5g Net Carbs, and 27.3g Protein

Lunch

Leftover Chicken Sausage & Spinach Salad

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

Per Serving: 742 Calories, 70.2g Fats, 4.7g Net Carbs, and 20.8g Protein

Dinner

Shrimp & Cauliflower Curry [Eat 1/6 of Total Recipe] [Freeze Leftovers as 5 Portions]

[Add 1 Tbsp. Coconut Oil]

Per Serving: 451 Calories, 33.5g Fats, 5.6g Net Carbs, and 27.4g Protein

Day Totals

1602 Calories, 136g Fats, 12.8g Net Carbs, and 75.5g Protein

Day 7

Breakfast

Cheesy Scrambled Eggs

[Add 1 Tbsp. Extra Butter]

Per Serving: 553 Calories, 54g Fats, 1.2g Net Carbs, and 19g Protein

Lunch

Cream Cheese & Spinach Salad

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

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

Dinner

Not Your Caveman's Chili [Eat 1/4 of Total Recipe] [Freeze Leftovers as 3 Portions]

Bacon Infused Sugar Snap Peas [Eat 1/3 of Total Recipe] [Save Leftovers as 2 Portions]

Per Serving: 545 Calories, 31.1g Fats, 9.6g Net Carbs, and 53.1g Protein

Day Totals

1594 Calories, 136.1g Fats, 12.8g Net Carbs, and 77.1g 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 bulletproof 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 bulletproof 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 bulletproof 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 bulletproof 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

Sauces/Liquids

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

Crunch

- Almonds
- Pecans
- Pork Rinds

Cheese

- Blue Cheese Crumbles
- Cream Cheese
- Mozzarella Cheese

Vegetables

- Green Beans
- Lemons

- Mushrooms
- Spring Onion
- Sugar Snap Peas

Spices

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

Speciality Items

- Almond Flour
- Milled Flax Seed

Day 8

Breakfast

Bulletproof Coffee

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

Lunch

Canned Chicken & Spinach Salad

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

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

Dinner

Leftover Chorizo Meatballs [Eat 6 Meatballs]

Roasted Pecan Green Beans [One Portion] [Use Leftovers]

Per Serving: 921 Calories, 72.2g Fats, 7.9g Net Carbs, and 47.5g Protein

Day Totals

1610 Calories, 134.2g Fats, 9.9g Net Carbs, and 74.5g Protein

Day 9

Breakfast

Bulletproof Coffee

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

Lunch

Cheddar, Chive & Bacon Mug Cake

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

Dinner

Leftover Shrimp & Cauliflower Curry [Double Serving] [Use Leftovers] [Add 1 Tbsp. Extra Butter]

Per Serving: 661 Calories, 39g Fats, 11.2g Net Carbs, and 54.8g Protein

Day Totals

1607 Calories, 135g Fats, 17.2g Net Carbs, and 78.8g Protein

Day 10

Breakfast

Bulletproof Coffee

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

Lunch

Keto Friendly Taco Tartlets [Eat 2 Tartlets] [Freeze/Store Leftovers]

Per Serving: 481 Calories, 38.8g Fats, 5.47g Net Carbs, and 26.2g Protein

Dinner

Curry Rub Chicken Thighs [Eat 2 Total Chicken Thighs] [You Need to Make 1 Extra Chicken Thigh for Lunch Tomorrow]

Red Pepper Spinach Salad

Per Serving: 763 Calories, 57.8g Fats, 4.8g Net Carbs, and 50.3g Protein

Day Totals

15 // Calories, 133.5g Fats, 11.2g Net Carbs, and 76.4g Protein

Day 11

Breakfast

Bulletproof Coffee

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

Lunch

Leftover Chicken Thigh & Spinach Salad

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

Per Serving: 553 Calories, 47.9g Fats, 1.6g Net Carbs, and 24.1g Protein

Dinner

Buffalo Chicken Strips [Eat 1/3 of Total Recipe] [Refigerate 2 Strips, Freeze Leftovers]

Bacon Infused Sugar Snap Peas [Eat 1 Portion]

Per Serving: 750 Calories, 58.7g Fats, 9.1g Net Carbs, and 42.3g Protein

Day Totals

1577 Calories, 136.5g Fats, 11.8g Net Carbs, and 66.5g Protein

Day 12

Breakfast

Bulletproof Coffee

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

Lunch

Chicken Strip Sliders [Save Almond Buns]

Per Serving: 625 Calories, 51g Fats, 4.3g Net Carbs, and 34.8g Protein

Dinner

Omnivore Burger with Creamed Spinach and Almonds [Eat 1/2 Total Recipe]

Refrigerate Leftovers]

Almond Flax Slider Bun [Use Leftovers] [Add 1 Tbsp. Butter to Almond Flax Slider Bun]

773 Calories, 59.9g Fats, 5.3g Net Carbs, and 49.1g Protein

Day Totals

1671 Calories, 140.8g Fats, 10.6g Net Carbs, and 83.9g Protein

Day 13

Breakfast

Bulletproof Coffee

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

Lunch

Omnivore Burger & Spinach Salad

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

Per Serving: 510 Calories, 42g Fats, 2.4g Net Carbs, and 25.9g Protein

Dinner

Bacon Mozzarella Meatballs [5 Meatballs] [Freeze Leftovers]

Roasted Pecan Green Beans [Eat 1 Portion] [Use Leftovers]

Per Serving: 821 Calories, 63.8g Fats, 6.7g Net Carbs, and 54g Protein

Day Totals

1605 Calories, 135.8g Fats, 10.2g Net Carbs, and 79.9g Protein

Day 14

Breakfast

Bulletproof Coffee

Per Serving: 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]

Per Serving: 641 Calories, 51.2g Fats, 3g Net Carbs, and 35.2g Protein

Dinner

Chicken & Bacon Sausage Stir Fry [Eat 1 Portion] [Use Leftovers]

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

Per Serving: 641 Calories, 49.3g Fats, 8.3g Net Carbs, and 42.7g Protein

Day Totals

1555 Calories, 130.5g Fats, 12.4g Net Carbs, and 77.9g 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 bulletproof 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

Sauces

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

Cheese

- Halloumi Cheese (Mozzarella can be substituted)

Vegetables

- Lemons

Spices

- Dried Rosemary
- Dried Sage
- Ground Clove
- Nutmeg
- Vanilla Extract

Speciality Items

- Erythritol
- Liquid Stevia

Day 15

Breakfast

[Bulletproof Coffee](#) [Double Serving]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

Lunch

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

Dinner

[Chicken Festo Roulade](#) [Eat Whole Recipe]

[Fried Queso](#) [1/4 Pound Queso]

[Add 4 Cups Spinach]

Per Serving: 886 Calories, 55.8g Fats, 3.5g Net Carbs, and 75.5g Protein

Dessert

[Vanilla Latte Cookie](#) [Eat 1 Cookie]

Per Serving: 167 Calories, 17.1g Fats, 1.4g Net Carbs, and 3.9g Protein

Day Totals

1599 Calories, 132.9g Fats, 6.4g Net Carbs, and 79.4g Protein

Day 16

Breakfast

[Bulletproof Coffee](#) [Double Serving]

Per Serving: 546 Calories, 60g Fats, 1.5g 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]

Per Serving: 531 Calories, 23.7g Fats, 7g Net Carbs, and 69g Protein

Dessert

[Vanilla Latte Cookies](#) [Eat 3 Cookies]

Per Serving: 501 Calories, 51.3g Fats, 4.3g Net Carbs, and 11.7g Protein

Day Totals

1578 Calories, 135g Fats, 12.8g Net Carbs, and 80.7g Protein

Day 17

Breakfast

[Bulletproof Coffee](#) [Double Serving]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

Lunch

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

Dinner

[Simple Keto BBQ Pulled Chicken](#) [Eat 1/4 Recipe] [Freeze Leftovers]

[Red Pepper Spinach Salad](#)

Per Serving: 756 Calories, 50g Fats, 6.3g Net Carbs, and 62.5g Protein

Dessert

[Vanilla Latte Cookies](#) [Eat 2 Cookies]

Per Serving: 334 Calories, 34.2g Fats, 2.8g Net Carbs, and 7.8g Protein

Day Totals

1636 Calories, 144.2g Fats, 10.6g Net Carbs, and 70.3g Protein

Day 18

Breakfast

[Bulletproof Coffee](#) [Double Serving]

Per Serving: 546 Calories, 60g Fats, 1.5g 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]

Per Serving: 866 Calories, 69g Fats, 2.3g Net Carbs, and 58g Protein

Dessert

[Low Carb Spice Cake](#) [Eat 1 Spice Cake]

Per Serving: 283 Calories, 27g Fats, 3.3g Net Carbs, and 7.3g Protein

Day Totals

1694 Calories, 156g Fats, 7.1g Net Carbs, and 65.3g Protein

Day 19

Breakfast

[Bulletproof Coffee](#) [Double Serving]

Per Serving: 546 Calories, 60g Fats, 1.5g 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]

Per Serving: 720 Calories, 63.7g Fats, 4.9g Net Carbs, and 54.7g Protein

Dessert

[Low Carb Spice Cake](#) [Eat 1 Spice Cake]

Per Serving: 283 Calories, 27g Fats, 3.3g Net Carbs, and 7.3g Protein

Day Totals

1549 Calories, 150.7g Fats, 9.7g Net Carbs, and 62g Protein

Day 20

Breakfast

[Bulletproof Coffee](#) [Double Serving]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

Lunch

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

Dinner

[Bacon Wrapped Pork Tenderloin](#) [Eat 80% of Recipe]

[Fried Queso Fresco](#) [1/3 Pound Fried Queso]

Per Serving: 841 Calories, 57.3g Fats, 0.2g Net Carbs, and 75.2g Protein

Dessert

[Low Carb Spice Cake](#) [Eat 1 Spice Cake]

Per Serving: 283 Calories, 27g Fats, 3.3g Net Carbs, and 7.3g Protein

Day Totals

1670 Calories, 144.3g Fats, 5g Net Carbs, and 82.5g Protein

Day 21

Breakfast

[Bulletproof Coffee](#) [Double Serving]

Per Serving: 546 Calories, 60g Fats, 1.5g 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]

Per Serving: 748 Calories, 63.7g Fats, 5.9g Net Carbs, and 57.7g Protein

Dessert

[Low Carb Spice Cake](#) [Eat 1 Spice Cake]

Per Serving: 283 Calories, 27g Fats, 3.3g Net Carbs, and 7.3g Protein

Day Totals

1577 Calories, 150.7g Fats, 10.7g Net Carbs, and 65g 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, the self-control 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

Sauces

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

Crunch

- Peanuts (or peanut butter)
- Pumpkin Seeds

Cheese

- Blue Cheese Crumbles
- Cream Cheese
- Mozzarella Cheese

Spices

- Capers

- Five-Spice
- Red Food Coloring

Day 22

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]

Per Serving: 697 Calories, 55.2g Fats, 8.5g Net Carbs, and 66.7g Protein

Dessert

[Almond Lemon Sandwich Cakes](#) [Eat 4 Sandwich Cakes]

[Add 1 Tbsp. Butter]

Per Serving: 819 Calories, 81g Fats, 7.3g Net Carbs, and 11.2g Protein

Day Totals

1517 Calories, 136.2g Fats, 15.9g Net Carbs, and 77.9g Protein

Day 23

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

[Leftover Meatballs](#) [Eat 5 Meatballs] [Use Leftovers]

[Cheesy Creamed Spinach](#) [Eat 1/2 of Recipe] [Freeze Leftovers]

Per Serving: 1061 Calories, 93.1g Fats, 8.5g Net Carbs, and 60.6g Protein

Dessert

[Chai Spice Mug Cake](#) [Add 2 Tbsp. Heavy Cream]

Per Serving: 539 Calories, 52g Fats, 5.2g Net Carbs, and 12g Protein

Day Totals

1600 Calories, 145.1g Fats, 13.7g Net Carbs, and 72.6g Protein

Day 24

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]

Per Serving: 1069 Calories, 83.7g Fats, 9.3g Net Carbs, and 63g Protein

Dessert

[Almond Lemon Sandwich Cakes](#) [Eat 3 Sandwich Cakes]

Per Serving: 539 Calories, 52.5g Fats, 5.5g Net Carbs, and 8.4g Protein

Day Totals

1609 Calories, 136.2g Fats, 14.8g Net Carbs, and 71.4g Protein

Day 25

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]

Per Serving: 1003 Calories, 81.5g Fats, 9.3g Net Carbs, and 72g Protein

Dessert

[Almond Lemon Sandwich Cakes](#) [Eat 3 Sandwich Cakes]

Per Serving: 539 Calories, 52.5g Fats, 5.5g Net Carbs, and 8.4g Protein

Day Totals

1543 Calories, 134g Fats, 14.7g Net Carbs, and 80.4g Protein

Day 26

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]

Per Serving: 1015 Calories, 76.3g Fats, 4.5g Net Carbs, and 65.3g Protein

Dessert

[Chai Spice Mug Cake](#) [Add 3 Tbsp. Heavy Cream]

Per Serving: 589 Calories, 57g Fats, 5.8g Net Carbs, and 12g Protein

Day Totals

1605 Calories, 133.3g Fats, 10.3g Net Carbs, and 77.3g Protein

Day 27

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]

Per Serving: 1030 Calories, 70g Fats, 12g Net Carbs, and 66.5g Protein

Dessert

[Keto Snickerdoodle Cookies](#) [Eat 4 Cookies]

Per Serving: 528 Calories, 49.6g Fats, 8g Net Carbs, and 13.7g Protein

Day Totals

1558 Calories, 119.6g Fats, 20g Net Carbs, and 80.2g Protein

Day 28

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]

Per Serving: 797 Calories, 58.5g Fats, 7.7g Net Carbs, and 55g Protein

Dessert

[Keto Snickerdoodle Cookies](#) [Eat 6 Cookies]

Per Serving: 792 Calories, 74.4g Fats, 12g Net Carbs, and 20.6g Protein

Day Totals

1589 Calories, 132.9g Fats, 19.7g Net Carbs, and 75.6g Protein

Week 5

This is where we have to depart! Sorry to say but you're on your own. You should have plenty of leftovers that are frozen, ready, and waiting! I know a lot of you out there have trouble with timing and are busy people – so making sure that some nights you make extras to freeze is important. All those leftovers you have in the freezer? Use them up! Create your own meal plan, at first using this as a guide, and then completely doing it yourself. Once you get the hang of it, it'll be a cinch - I promise you :)



Almond Lemon Cake Sandwiches

Makes 10 total cake sandwiches. Per cake (with icing) it will be 180 Calories, 17.5g Fats, 1.8g Net Carbs, and 2.8g Protein.

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

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 a 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.

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Inside Out Bacon Burger

Makes 1 Serving (3 patties). Per serving it will be 649 Calories, 51.8g Fats, 1.8g Net Carbs, and 43.5g Protein.

Ingredients

- 200g Ground Beef
- 2 Slices Bacon
- 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 done-ness you want.
6. Remove from pan, let rest for 3-5 minutes, and serve with cheese, extra bacon, and onion if you'd like.

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Bacon & Mozzarella Meatballs

Yields 24 medium meatballs. Per meatball, you're looking at: 128 Calories, 9.4g Fats, 0.7g Net Carbs, and 10.1g Protein.

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
- 2 Large Eggs
- 1 tsp. Pepper
- 2 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, sp'ces, 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.

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Bacon Infused Sugar Snap Peas

Yields 3 total servings. Per Serving, you're looking at: 147 Calories, 13.3g Fats, 4.3g Net Carbs, and 1.3g Protein.

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.

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BBQ Pulled Chicken

Yields 4 Total Servings. Per serving, you are looking at: 510 Calories, 30g Fats, 2.3g Net Carbs, and 51.5g Protein.

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.

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Buffalo Chicken Strips

Yields 9 total chicken strips, 3 total servings. Per serving, the chicken strips come out to 683 Calories, 54g Fats, 4.8g Net Carbs, and 41g Protein.

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
- 2 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, combine 1/2 Cup of hot sauce with 3 Tbsp. butter.
13. Serve chicken with slathering of hot sauce and blue cheese crumbles.

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Bulletproof Coffee

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

Ingredients

- 1 Cup Coffee
- 1 Tbsp. Unsalted Butter
- 1 Tbsp. Coconut Oil
- 1 Tbsp. Heavy Cream

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. Mix it all together very well using a hand blender.

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Chai Spice Mug Cake

Yields 1 Serving. Per serving this is 439 Calories, 42g Fats, 4g Net Carbs, and 12g Protein.

Ingredients

Base

- 1 Large Egg
- 2 Tbsp. Butter
- 2 Tbsp. Honeyville Almond Flour
- 1 Tbsp. NOW Erythritol
- 7 Drops Liquid Stevia
- 1/2 tsp. Baking Powder

Flavor

- 2 Tbsp. Honeyville Almond Flour

- 1/4 tsp. Cinnamon
- 1/4 tsp. Ginger
- 1/4 tsp. Clove
- 1/4 tsp. Cardamom
- 1/4 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.

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Bacon Cheddar Explosion

Yields 3 Total Servings. Per serving, you are looking at: 720 Calories, 63.7g Fats, 4.9g Net Carbs, and 54.7g Protein.

Ingredients

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

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 1/2 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!

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Cheddar Chorizo Meatballs

Yields 24 medium meatballs. Per meatball with sauce, it will have: 115 Calories, 7.8g Fats, 0.8g Net Carbs, and 9.9g Protein.

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
- 2 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, sp ces, 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.

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Cheesy Scrambled Eggs

Yields 1 serving. Per serving, it is: 453 Calories, 43g Fats, 1.2g Net Carbs, and 19g Protein.

Ingredients

- 2 Large Eggs
- 2 Tbsp. Butter
- 1 Oz. Cheddar Cheese

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.
4. Add cheese and mix everything together.

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Cheesy Spinach

Yields 2 servings. Per serving, it is: 446 Calories, 47g Fats, 4.8g Net Carbs, and 24g Protein.

Ingredients

- 7 Cups Spinach
- 1 1/2 Cup Cheddar Cheese
- 3 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.

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Chicken Roulade

Yields 1 servings. Per serving, this is 478 Calories, 31g Fats, 2.5g Net Carbs, and 53.3g Protein.

Ingredients

- 1 Chicken Breast
- 1/2 Tbsp. Pesto
- 2 1/4 tsp. Olive Oil
- Zest 1/4 Lemon
- 1/4 tsp. Garlic
- 38g Halloumi Cheese

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, and lemon zest to each 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.

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Buffalo Chicken Strip Slider

Yields 8 Buns (only 2 are used in a serving). Per serving, this is 625 Calories, 51g Fats, 4.3g Net Carbs, and 34.8g Protein.

Ingredients

Almond Flour Buns

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

Chicken Filling

- 2 Leftover Buffalo Chicken Strips

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.

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Bacon, Cheddar & Chive Mug Biscuit

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

Ingredients

Base

- 1 Egg
- 2 Tbsp. Butter
- 2 Tbsp. Almond Flour
- 1/2 tsp. Baking Powder

Flavor

- 2 Slices Bacon
- 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.

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Cinnamon & Orange Beef Stew

Yields 1 serving with leftovers. Per serving, this is 649 Calories, 44.5g Fats, 1.9g Net Carbs, and 53.5g Protein.

Ingredients

- 1/4 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

Instructions

1. Dice your vegetables, 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.

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Coffee & Red Wine Beef Stew

Yields 4 servings. Per serving, this is 755 Calories, 48.3g Fats, 4g Net Carbs, and 63.8g Protein. [Freeze Leftovers]

Ingredients

- 2.5 Pounds 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

Instructions

1. Cube all stew meat, then thinly slice onions 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 onions, 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.

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Crispy Curry Rubbed Chicken Thigh

Yields 1 serving. Per serving, this is 555 Calories, 39.8g Fats, 1.3g Net Carbs, and 42.3g Protein.

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

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Drunken Five Spice Beef

This makes 4 Total Servings, each coming out to 515 Calories, 35g Fats, 6g Net Carbs, and 33.3g Protein. [Freeze Leftovers]

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
- 2 tsp. Salt

- 2 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 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 sp nach has wilted, add ketchup, mix, and serve!

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Cheesy Frittata Muffins

Yields 8 servings, each having 205 Calories, 16.1g Fats, 1.3g Net Carbs, and 13.6g Protein.

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

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.

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Fried Queso Fresco

Yields 5 servings. Per serving, it is 243 Calories, 19.5g Fats, 0g Net Carbs, and 16g Protein. [Save Leftovers]

Ingredients

- 1 lb. Queso Fresco
- 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.

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Lemon Rosemary Chicken

Yields 1 serving. Per serving, it is 589 Calories, 40.5g Fats, 4.2g Net Carbs, and 47g Protein.

Ingredients

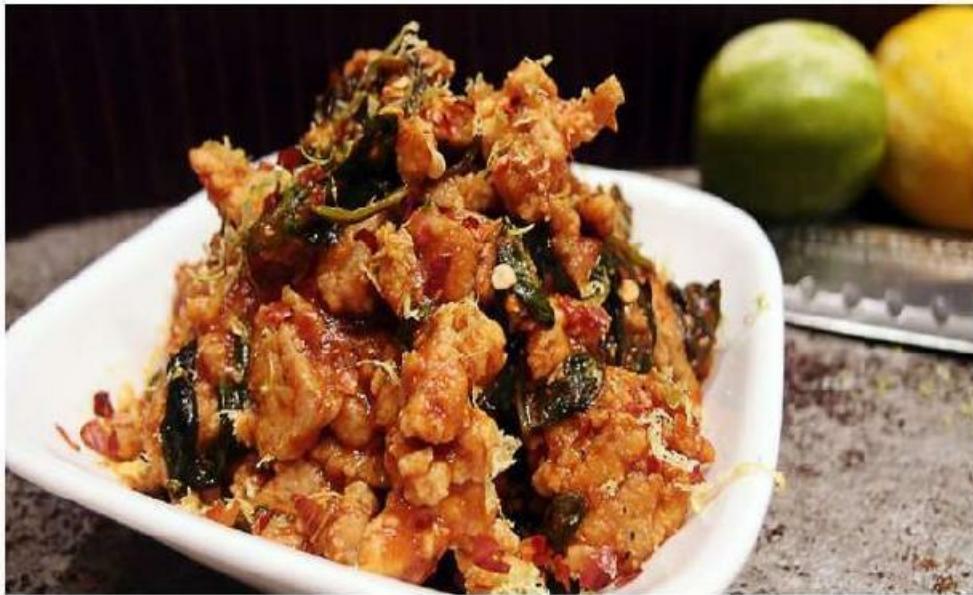
- 3 1/2 Skinless, Boneless Chicken Thigh [For 1/2, Cut 1 Thigh In Half]
- 1 1/2 tsp. Minced Garlic
- 1 1/2 tsp. Olive Oil
- 1 Lemon
- 1 1/2 tsp. Fresh Thyme
- 3/4 tsp. Dried Rosemary
- 1/2 tsp. Dried Ground Sage

Instructions

1. In a mortar, add your garlic and 1 tsp. kosher 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!

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Keto Szechuan Chicken

This makes 3 Total Servings, each coming out to 515 Calories, 38.3g Fats, 5.2g Net Carbs, and 63g Protein. [Freeze Leftovers]

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
- 2 tsp. 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 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, pepper, 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.

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Not Your Caveman's Chili

This makes 4 Total Servings, each coming out to 398 Calories, 17.8g Fats, 5.3g Net Carbs, and 51.8g Protein. [Freeze Leftovers]

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
- 2 Tbsp. + 1 tsp. Chili Powder
- 1 1/2 tsp. Cumin
- 2 tsp. Red Boat Fish Sauce
- 2 tsp. Minced Garlic
- 2 tsp. Paprika

- 1 tsp. Oregano
- 1 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.

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Omnivore Burger with Creamed Spinach & Roasted Almonds

This makes 2 total Servings, each coming out to 562 Calories, 38.5g Fats, 4.8g Net Carbs, and 45.3g Protein.

Ingredients

- 1 Pound 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.

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Bacon Wrapped Pork Tenderloin

This makes 1 total servings with leftovers. In total this comes out to 418 Calories, 20g Fats, 0.3g Net Carbs, and 54g Protein.

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.

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Red Pepper Spinach Salad

Yields 1 total serving. This comes out to 208 Calories, 18g Fats, 3.5g Net Carbs, and 8g Protein.

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.



Roasted Pecan Green Beans

Yields 3 total servings. Each serving comes out to 182 Calories, 16.8g Fats, 3.3g Net Carbs, and 3.7g Protein. [Freeze Leftovers]

Ingredients

- 1/2 Pound 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!

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Shrimp & Cauliflower Curry

Yields 6 total servings. Each serving comes out to 331 Calories, 19.5g Fats, 5.6g Net Carbs, and 27.4g Protein. [Freeze Leftovers]

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

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

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



Simple Lunch Salad

Yields 1 total serving. Macros depend on what type of meat you put in (macros broken day by day meal plan).

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.



Keto Snickerdoodle Cookies

Yields 14 total cookies. Per cookie, they are: 132 Calories, 12.4g Fats, 2g Net Carbs, and 3.4g Protein.

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 bottom as needed.
8. Bake for 9-10 minutes, remove, and let cool.

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Low Carb Spice Cakes

Yields 12 total frosted cakes. Per frosted cake, they are: 283 Calories, 27g Fats, 3.3g Carbs, and 7.3g Protein.

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.

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Chicken and Bacon Sausage Stir Fry

Yields 3 total servings. Per serving, it is: 451 Calories, 28.3g Fats, 7.3g Net Carbs, and 35.7g Protein. [Freeze Leftovers]

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.

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Taco Tartlets

Yields 11 total tartlets. Per tartlet, they are: 241 Calories, 19.4g Fats, 1.7g Net Carbs, and 13.1g Protein. [Freeze All Leftovers, We Do Not Use Them Anymore - Use as Snacks]

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 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 the oven.

11. Let cool completely and remove the pastries.

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Thai Peanut Chicken

Yields 2 total servings. Per serving, it is: 743 Calories, 53.5g Fats, 8.8g Net Carbs, and 70.5g Protein. [Freeze Leftovers]

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 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.

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Vanilla Latte Cookies

Yields 10 total cookies. Per cookie, they are: 167 Calories, 17.1g Fats, 1.4g Net Carbs, and 3.9g Protein.

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 your 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.

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Vegetable Medley

Yields 3 servings. Per serving, it is: 330 Calories, 30.7g Fats, 7.7g Net Carbs, and 6.7g Protein.

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.

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