

Week #1

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1	American Keto Breakfast	Ground Beef Super Salad	Keto Chicken Keto Broccoli American Sweet Potato	1 apple w/1 T. Almond butter 1 serving cranberry detox drink
2	Blueberry smoothie	Lettuce Wrap 8 olives 1 small Orange	Keto Chili Meal Baked Asparagus Super Salad	Easy Trail Mix 1 pear ½ cup coconut or goat milk yogurt pickles 1 serving cranberry detox drink
3	Simple Keto Breakfast	Beef strips or Bacon Super Salad Steamed broccoli, cauliflower, carrots with fat	Pork chops w/gravy Sauerkraut Zucchini noodles Sweet potato fries	Beef Jerky (Epic Bar) 1 cup strawberries 1 serving cranberry detox drink
4	Yogurt Keto Style Ultimate Breakfast	Chicken Mayo Zucchini noodles Olives	Kale Beef Mix	½ American Sweet Potato 1 serving cranberry detox drink
5	Keto Smoothie	Lemon salmon Super Salad Keto Cauliflower Keto Tea 20 grapes	Pulled Pork Super Salad ½ Cup Sauerkraut	1 apple w/1 T. Almond butter Keto Wrap 1 serving cranberry detox drink
6	Super Keto Breakfast	Shredded cabbage beef	Keto Burger Super Salad	Yogurt Keto Style Epic Bar 1 serving cranberry detox drink
7	Collagen Milk Shake	Lettuce Wrap	Keto Chicken Super Salad	1 serving cranberry detox drink

Week #1 Daily Macros Target: Fat = 140 g ; Protein= 90 g ; CARBS 80 g

Week #1 – Drink a cup of bouillon or bone broth in the mornings – this will help with the electrolytes; look for bouillon without gluten, corn starch and chemicals; I prefer the bone broth and add sea salt, turmeric and onions

FREE SNACKS – celery, cucumber lemon water, pickles, olives, keto water

BREAKFAST RECIPES

AMERICAN KETO BREAKFAST – 2 eggs, 3 chicken or pork sausages, ½ avocado, side of 1 cup berries

F=21g P=26g C=24g

BLUEBERRY SMOOTHIE – 1 cup canned coconut milk, 1 cup blueberries, 1 TBSP MCT oil or coconut oil, protein powder (plant based or other be careful with whey), blend until smooth

F=57g P=24g C=21g

SIMPLE KETO BREAKFAST – 2 Sausages with 2 Tbsp. sauerkraut, 1 Tbsp. Primal Kitchen mayonnaise; Side of grape tomatoes

F=21 g P=9g C=4g

YOGURT KETO STYLE - Dairy free yogurt mixed 1 Tbsp. cacao nips, 1 Tbsp. toasted coconut flakes

F=38g P=3g C=10g

ULTIMATE BREAKFAST - 2 eggs with 2 chicken sausage cooked in oil on a bed of spinach with 1 Tbsp. olive oil, vinegar and lemon

F=32.5g P=32.5 g C=0

KETO SMOOTHIE - 1 cup full fat coconut milk, 1 Tbsp. Coconut oil, handful of berries, 1Tbsp. chia seeds or flax seed, 1 scoop of collagen protein powder or Designs for health Pure Paleo Chocolate or Vanilla Protein, blend until smooth

F=56.6 g P=23.5 C=18.5g

SUPER KETO BREAKFAST - 2 eggs with onions, mushrooms cooked in oil or butter with 4 pieces of bacon On a bed of spinach (1 cup) with 1 Tbsp. of olive oil and vinegar and a side of ½ cup berries

F=32g P=20g C=6g

COLLAGEN MILK SHAKE – 1 cup vanilla almond or coconut milk (carton), 1 cup frozen strawberries, 1 Tbsp. collagen, 2 Tbsp cacao powder, 1 Tbsp. Almond butter, dash of cinnamon powder, blend until smooth

F=48g P=9.5g C=24.5g

LUNCH & DINNER RECIPES

GROUND BEEF - 3 ounces of beef cooked in coconut oil and drizzle 1 TBSP of olive oil or MCT oil

F=28 g P=20g C=0g

SUPER SALAD - Mixed greens with cucumber, celery, carrots, celery, bell peppers, tomatoes, 1 Tbsp. chia seeds, 2 Tbsp. of shredded unsweetened coconut flakes with 2 tablespoons of olive oil and vinegar, lemon juice

F=41.5g P=3.5g C=7.5g

KETO CHICKEN - 3 ounces of chicken cooked in coconut oil topped with 1 Tbsp olive oil or avocado oil

F=35g P=20g C=0g

KETO BROCCOLI - Steamed broccoli with 1-2 tablespoons of butter and sea salt

F=28g P=2.5g C=5g

AMERICAN SWEET POTATO – 1 small baked sweet potato with cinnamon and 1 Tbsp. coconut oil, ghee, or grass fed butter

F=14g P=2.04g C=26g

LETTUCE WRAP – 2 slices Lunch meat with avocado, 1 Tbsp. mayonnaise, wrapped in lettuce

F=24g P=13g C=6g

KETO CHILI MEAL - ½ cup cooked beans with 3 ounces beef, ½ avocado, ¼ cup salsa

F=26g P=29g C=34g

BAKED ASPARAGUS – 1 cup asparagus baked with garlic salt and butter, drizzle with 1 Tbsp. melted butter, ghee or olive oil

F=21g P=2.5g C=5g

BEEF STRIPS OR BACON MEAL - 3 ounces Beef strips or bacon cooked in fat (Tallow, Lard, Coconut Oil, Ghee or Butter)

F=21g P=2.5g C=5g

STEAMED BROCCOLI - Steamed broccoli, carrots, cauliflower topped with coconut oil, butter or ghee

F=14g P=0g C=7g

PORK CHOPS - 3 ounces Pork Chops cooked in coconut oil or tallow with homemade gravy from bacon drippings

F=16g P=17.5g C=0g

SWEET POTATOS FRIES - 1/2 sweet potato, cut up as you do French fries and cook in coconut oil sprinkle with cinnamon and sea salt if desired

F=7g P=0g C=20g

CHICKEN MAYO - 3 ounces cooked chicken with 1 Tbsp. Primal Kitchen mayonnaise and cooked bacon bits

F=30g P=20g C=0g

ZUCCHINI NOODLES - Wash them thoroughly in cold, running water just before cooking. You can use a mandolin slicer, a julienne peeler or just a regular peeler to make zoodles. You can peel them into zucchini ribbon zoodles or spiralize them using a spiralizer gadget.

...If you're using a Spiraliser

Slice the ends of the zucchini flatly and evenly. Follow instructions on your spiraliser machine or use the peelers. We like to keep the skin of the zucchini on.

Sauté them in coconut oil. (Add coconut oil to a pan and heat on low-medium temperature.

Add the zoodles and sauté for a few minutes, gently stirring until soft. Season with salt and pepper a 1-2 Tbsp. of butter, ghee or olive oil right before serving

F=28g P=1.5g C=4g

KALE BEEF MIX - 3 ounces of beef mixed with chopped kale cooked in coconut oil, onions, and mushrooms add sea salt

F=21g P=20g C=5g

LEMON SALMON - 4 ounces of baked fish with 1 Tbsp of melted butter and lemon added after cooked

F=24.5g P=20.7g C=0g

KETO CAULIFLOWER - 1 cup of cauliflower, chopped and sautéed in butter, add 1 Tbsp. butter after cooked

F=21g P=0g C=5g

PULLED PORK - 6 ounces of pulled pork shoulder

F=30.5g P=30g C=0g

SHREDDED CABBAGE BEEF – Mix 3 ounces of beef with 2 Tbsp. of salsa and 1 cup shredded cabbage cooked in butter

F=15g P=20g C=7g

KETO BURGER - 1 beef patty with grass fed cheese, onions wrapped in a green lettuce leaf

F=30g P=34g C=2g

SNACK RECIPES

EASY TRAIL MIX – ¼ cup of coconut flakes, 15 cashews, 3 Tbsp. sunflower seeds

F=30.75g P=10.5g C=15.75g

KETO WRAP – 2 slices of applegate turkey, ½ avocado, 1Tbsp. mayonnaise, 1 Tbsp. sauerkraut if desired in a collard green leaf (break the stems of the leaf by bending them, so that you can fold the leaves over)

F=26g P=3 g C=6

BEVERAGE RECIPES

CRANBERRY DETOX DRINK – Mix 8 ounces of water, 2 ounces organic unsweetened cranberry juice, 1-2 Tbsp. Bragg's apple cider vinegar, juice of ½ lemon or 1 Tbsp. of lemon juice, pinch of sea salt

C=4g

KETO TEA – 1 cup of hot tea with 1 Tbsp. coconut cream, 1 Tbsp. of coconut oil or MCT oil and dash of stevia to taste

F=18.5g

KETO TEA 2 - 1 cup of hot tea with 1 Tbsp. of coconut oil or MCT oil and lemon to taste

F=14g

KETO WATER - Mix 1 quart of water with 1 cup of aloe vera gel, ½ cucumber sliced, juice of 1 lemon, ½ lemon sliced , ½ teaspoon of sea salt

KETO COFFEE/SKINNY COFFE/FATTY COFFEE – 1 cup of brewed organic coffee blended with 1 Tbsp. coconut cream, 1 Tbsp. of coconut oil or MCT oil, 1 Tbsp. grass fed butter and dash of stevia to taste

F=32.5g P=0.5g C=0.5g