

Meal Plan #4

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1	1 cup bone broth Keto Protein Chocolate Shake	Tuna Egg Salad	Ground Beef and Kale Stir Fry	1 apple w/1tbsp almond butter 1 fat bomb 6 olives Free snacks: celery, cucumber, lemon water, pickles, olives
2	1 cup bone broth Smoothie	Ground Turkey and Zucchini Plate	Salmon and Salad Plate	½ grapefruit Pickles
3	1 cup bone broth Eggs, Sausage, and Spinach Platter	Chicken and Sauerkraut	Butter Lettuce Burger with Side of Brussel Sprouts	10 grapes 1 fat bomb
4	1 cup bone broth Strawberry Chia Seed Pudding	Cold Cuts w/Collard Greens	Bison Patty w/salad	6 olives 2 Pickles
5	1 cup bone broth Coconut Pancakes	Pork Chops w/Sauerkraut and Salad	Shredded Beef and Brussel Sprouts Plate	Bison Bar Raspberry tea w/lemon and 1 tbsp of MCT oil
6	1 cup bone broth Skinny Coffee Egg Omelet	Salmon w/Super Salad	Almond Crusted Chicken Breast w/Cauliflower Rice	Chia pudding with coconut flakes and cacao nibs
7	1 cup bone broth Keto Smoothie	Mayo Chicken w/Zucchini Noodles	Almond Butter Ground Beef, Sauerkraut, and Super Salad	Hot tea w/1 tbsp of MCT oil and lemon 8 oz Green Beauty Cleansing Drink

Week #4 Daily Target Macros: FAT 182 g; PROTEIN 70 g; CARBS 40g

Week #4 – 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; you can add 1-2 tbsp. of MCT or coconut oil to get more fat and keep you satiated if you do that would be 14-28 g Fat or 1-2 Keto Fat Points

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

BREAKFAST RECIPES

SAUSAGE, SPINACH, AND CHEESE OMELET- 3 large eggs; 2 small breakfast sausages; 1 cup spinach leaves; 1 tbsp.; feta cheese; salt and pepper to taste. Crack eggs in bowl and add salt and pepper and mix with whisk. Fry 2 sausage links in olive oil and sauté spinach as well. Set aside and use the pan grease, add eggs to the pan, and let it sit to lightly brown the bottom of omelet. Once eggs appear to

cook through a bit, add spinach, links, and cheese to middle. Let sit for a bit before flipping, then let cook another 2-3 minutes. You can use a lid to steam cook, ensuring egg is well done. Makes 1 serving.

Fats 41.89g; Protein 31.38g; Carbs 6.05g

GROUND BEEF BREAKFAST BOWL - 1 small onion, sliced; 6-8 medium mushroom, sliced; 3 ounces grass-fed ground beef; salt and pepper to taste; ½ tsp smoked paprika; 2 eggs, lightly beaten; 1 small avocado, diced; 10-12 pitted black olives, sliced. In a heavy skillet set over medium high heat and melt a little bit of coconut oil. When oil is nice and hot, add onions, mushrooms, salt and pepper and cook until the veggies are fragrant and softened, about 2-3 minutes. Add ground beef and smoked paprika and continue cooking until the beef is no longer pink. Move to a plate. Add eggs to the skillet and scramble them to your liking. Return beef to the pan, add avocado and sliced olives. Continue cooking just to slightly warm up the avocados and olives, about 45 seconds to a minute. Transfer to a bowl and garnish with parsley if desired. Makes 1 serving.

Fats 45.8g; Protein 28.9g; Carbs 12g

KETO BREAKFAST CEREAL- ½ cup coconut milk; ½ tsp vanilla; ½ oz. pecans; 1 tbsp. of flaxseed; 1 tbsp. of chia seeds; ½ tbsp. of coconut flakes; stevia or maple syrup to sweeten. Mix all in a bowl and enjoy. Makes 1 serving.

Fats 27g; Protein 8g; Carbs 14g

PERFECT KETO BREAKFAST- 2 slices hearty thick sliced bacon; 2 eggs; 1/2 small avocado; 2 slices of roma tomatoes; 1 ounce shredded mozzarella cheese; 2 medium strawberries. Pan-fry bacon slices and use grease to cook eggs. Top with sliced tomatoes, avocado, and cheese. Makes 1 serving
Fats 33g; Protein 27g; Carbs 8g

KETO BREAKFAST HASH- 1 medium zucchini (200 g/ 7.1 oz.); 2 slices bacon (60 g/ 2.1 oz.); ½ small white onion (30 g/ 1.1 oz.) or 1 clove garlic; 1 tbsp. ghee or coconut oil; 1 tbsp. freshly chopped parsley or chives; ¼ tsp salt (I like pink Himalayan); 1 large egg, free-range or organic on top (for AIP-friendly, egg-free alternative, top with ½ avocado instead). Peel and finely chop the onion (or garlic) and slice the bacon. Sauté the onion over a medium heat and add the bacon. Stir frequently and cook until lightly browned. Meanwhile, dice the zucchini into medium pieces. Add the zucchini to the pan and cook for 10-15 minutes. When done, remove from the heat and add chopped parsley. Top with a fried egg or avocado. (<https://blog.paleohacks.com/keto-breakfast-recipes>) Makes 1 serving.

Fats 35.5g; Protein 17.4g; Carbs 9.1g

KETO AVOCADO SMOOTHIE W/COCONUT MILK, GINGER, AND TURMERIC - 1/2 avocado (3-4 oz.); 1.5 cup full-fat coconut milk (from a can); 0.5 cup almond milk; 1 tsp fresh grated ginger (about 1/2 inch piece); 1/2 tsp turmeric; dash of ground black pepper, dash of sea salt, 2 tbsp. of MCT oil, 1 tsp lemon or lime juice (or more to taste); 1 cup crushed ice (or more for a thicker smoothie); stevia sweetener to taste. Add the first 6 ingredients to a blender and blend on low-speed until smooth. Add crushed ice and

sweetener. Blend on high until smooth. Taste and adjust sweetness and tartness per your taste buds. Makes 2 servings. Nutrition info per 1 serving.

Fats 49g; Protein 0.75g; Carbs 5.75g

BULLETPROOF COFFEE- 1 cup hot coffee freshly brewed; 1 tablespoon coconut oil; 1 tablespoon unsalted butter. Combine and blend until smooth and frothy. Makes 1 serving.

Fats 28g; Protein 0.4g; Carbs 0g

KETO HOT CHOCOLATE - 1 tablespoon of Kerry Gold butter; 1 tablespoon cocoa powder; ¼ teaspoon vanilla extract or 1/8 tsp of stevia; 1 cup boiling water. Mix with hand blender (if available) to make foamy. You can top off with cinnamon and chocolate shavings.

Fats 14.7g; Protein 1g; Carbs 3g

STEAK AND EGGS- 1 tbsp. butter; 3 eggs; 4 oz. sirloin; 1/4 avocado; salt; pepper. Melt your butter in a pan and fry 2-3 eggs until the whites are set and yolk is to desired doneness. Season with salt and pepper. In another pan, cook your sirloin (or favorite cut of steak) until desired doneness. Then slice into bite sized strips and season with salt and pepper. Slice up some avocado and serve together! (<https://www.tasteaholics.com/recipes/breakfast-recipes/steak-and-eggs>) Makes 1 serving.

Fats 36g; Protein 44g; Carbs 3g

KETO PROTEIN CHOCOLATE SHAKE-2 large eggs or 2 tbsp. chia seeds or 2 tbsp. coconut butter; ¼ cup full fat coconut milk (60 ml/ 2 fl oz.); 1 scoop Pure Paleo Chocolate powder (22 g); 1 tbsp. MCT oil or extra virgin coconut oil; ¼ cup water + few ice cubes. Place all ingredients in blender and enjoy!
With eggs Fats 31; Protein 66; Carbs 6

With 2 tbsp chia seeds Fats 27; Protein 24; Carb 11

With coconut butter Fats 43; Protein 23; Carb 9.6

SMOOTHIE-1 cup almond milk, 1 cup berries, 2 tbsp. MCT oil or coconut oil, protein powder (plant based or other be careful with whey) 1 raw egg.

Fats 37.5; Protein 30; Carb 27

EGGS, SAUSAGE, AND SPINACH PLATTER-3 eggs cooked in 1 tbsp. butter; 2 chicken sausage cooked in oil; spinach with olive oil, vinegar and lemon; ½ avocado.

Fats 38.8; Protein 22.5; Carb 8.67

STRAWBERRY CHIA SEED PUDDING-1 can of coconut cream or milk; 1 cup of water; ½ cup of chia seeds ½ cup of frozen strawberries; Stevia to taste. Blend in a blender and refrigerate for at least 2 hours. Make 2 servings (very filling).

Fats 23.7; Protein 8.8; Carb 27.93

COCONUT PANCAKES- 3 eggs; 4 tablespoons coconut flour; 6 tablespoons coconut milk; 1 tablespoon melted coconut oil; ½ pinch salt; ½ teaspoon baking powder; butter or coconut oil for frying and for topping. Separate the yolks from the egg whites and whip the egg whites and pinch of salt vigorously with a hand mixer. Continue whipping until stiff peaks form and then set aside. In a separate bowl, whisk together yolks, oil and coconut milk. Add coconut flour and baking powder. Mix into a smooth batter. Ever so gently fold the egg whites into the batter. Let batter rest for 5 minutes. Fry in butter or coconut oil for a couple of minutes or so on each side on low to medium heat. Serve with melted butter and/or fresh berries.

Tip:

Don't skimp on the fat in your frying pan. Butter and coconut oil make everything taste better. Consider a dollop of crème fraîche on top... so scrumptious! Makes 2 servings. Macros per serving.

Fats 17.88; Protein 12; Carb 11.72

EGG OMELET- 3 egg omelet with 2 strips of bacon and 2 sausage on a bed of spinach drizzled with olive oil.

Fats 23.8; Protein 31; Carb 2.17

KETO COFFEE- 1 cup organic coffee brewed; 1 tbsp. MCT oil; 1 tbsp. coconut butter; 1 tbsp. grass fed butter or ghee; 1 scoop of great lakes collagen or other collagen.

Fats 26; Protein 13; Carbs 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 Protein.

Fats 68; Protein 29.8; Carb 37.55

LUNCH & DINNER RECIPES

(Additional recipes have been added for variety)

CREAM OF ZUCCHINI SOUP – 1/2 small onion, quartered; 2 cloves garlic; 3 medium zucchini, skin on cut in large chunks; 32 oz. bone broth; 2 tbsp. sour cream (grass-fed); salt and black pepper to taste; grated cheese (grass-fed) is optional. Combine broth, onion, garlic and zucchini in a large pot over medium heat and bring to a boil. Lower heat, cover, and simmer until tender, about 20 minutes. Remove from heat and purée with an immersion blender, add the sour cream, 2 tablespoons of butter, avocado or olive oil and purée again until smooth. Taste for salt and pepper and adjust to taste. Makes approx. 4 servings.

Fats 29g; Protein 3.5g; Carb 10g

KETO TURKEY PLATE – 3 slices of Applegate cold cuts; 1/2 avocado; 1 oz. goat cream cheese; 2 oz. lettuce; 4 tablespoons olive oil; salt and pepper. Put the turkey, sliced avocado, lettuce and cream cheese on a plate. Drizzle olive oil over the vegetables and season to taste with salt and pepper.

Fats 50.5g; Protein 16g; Carb 7g

FRIED SALMON W/BROCCOLI AND MAYO – 4 oz. salmon; olive oil; 1 cup broccoli; 2 tbsp. mayo; ½ tsp lemon juice; salt and pepper. Fry salmon in olive oil, add salt and pepper to taste. Steam cup of broccoli. Mix 2 tbsp. mayo with ½ tsp lemon juice. Serve salmon with broccoli and mayo on the side. Makes 1 serving.

Fats 31.8g; Protein 23.8g; Carb 11.2g

GREEK SALAD- 3 ripe tomatoes; ½ cucumber; ½ red onion; ½ green bell pepper; 7 oz. feta cheese; 10 black olives; 4 tablespoons olive oil; ½ tablespoon apple cider vinegar; salt and pepper; 2 teaspoons dried oregano. Cut the tomatoes and cucumber into bite-sized pieces. Thinly slice the bell pepper and the onion. Arrange on a serving platter or, if possible, plate the salad on individual salad plates. Add feta cheese and olives, and drizzle olive oil and vinegar over the salad. Season with salt and pepper according to taste. Sprinkle with crumbled oregano and serve. Makes 2 servings.

Fats 51g; Protein 17g; Carb 15g

ZUCCHINI AND WALNUT SALAD- ½ zucchini; ¼ tablespoon olive oil; salt and pepper; ¼ head of Romaine lettuce; 1 oz. arugula lettuce; 1 tablespoon finely chopped fresh chives or scallions; 3 tablespoons chopped walnuts or pecans. For dressing: ½ tablespoon olive oil; 3 tablespoons mayonnaise; ½ teaspoon lemon juice; ¼ garlic clove; 1/8 teaspoon salt; 1/10 teaspoon chili powder. In a small bowl, whisk together all the dressing ingredients. Reserve the dressing to develop flavor while you make the salad. Split the zucchini length-wise and scoop out the seeds. Cut the zucchini halves crosswise into ½-inch pieces. Heat olive oil in a frying pan over medium heat, until it shimmers. Add zucchini to the pan, and season with salt and pepper. Sauté until lightly browned but still firm. Trim and cut the salad. Place the romaine, arugula and chives in a large bowl. Stir in the cooked zucchini. Roast the nuts briefly in the same pan as the zucchini. Season with salt and pepper. Spoon nuts onto salad, and drizzle with salad dressing. (<https://www.dietdoctor.com/recipes/low-carb-zucchini-walnut-salad/servings/1>) Makes 1 serving.

Fats 54g; Protein 8g; Carb 8g

KETO CHEESEBURGER- 1½ lbs. ground beef; 7 oz. shredded cheese; 2 teaspoons garlic powder; 2 teaspoons onion powder; 2 teaspoons paprika powder; 2 tablespoons fresh oregano, finely chopped; 2 oz. butter, for frying; Salsa, 2 tomatoes; 2 scallions; 1 avocado; 1 tablespoon olive oil; salt; fresh cilantro, to taste; toppings, ¼ cup mayonnaise; 5 oz. cooked bacon; 4 tablespoons Dijon mustard; ½ cup sliced dill pickles; 5 oz. lettuce; 4 tablespoons pickled jalapeños. Chop up the salsa ingredients and stir together in a small bowl. Put aside. Mix in seasoning and half the cheese into the ground beef. Make four burgers and fry in a pan or grill if you prefer. Add cheese on top towards the end. Serve on lettuce with dill pickle, and mustard. (<https://www.dietdoctor.com/recipes/keto-cheese-burger>) Makes 4 servings.

Fats 104g; Protein 54g; Carb 8g

KETO CHICKEN AND CABBAGE PLATE- 1 lb. rotisserie chickens; 7 oz. fresh green cabbage; ½ red onion 1 tablespoon olive oil; ½ cup mayonnaise; salt and pepper. Note: Any leftover chicken will work. Shred the cabbage using a sharp knife or a mandolin and place on a plate. Slice the onion thinly and add it to the plate, together with the rotisserie chicken and a hearty dollop of mayonnaise. Drizzle olive oil over the cabbage and add some salt and pepper to taste. (<https://www.dietdoctor.com/recipes/keto-chicken-cabbage-plate>) Makes 2 servings.

Fats 91g; Protein 48g; Carb 7g

CHIPOTLE STYLE STEAK BOWL- 4 oz. skirt steak; salt and pepper; homemade guacamole; 1 oz. shredded cheese; 1 tbsp. of organic sour cream, few leaves of fresh cilantro. Season the skirt steak with salt and pepper to taste and heat up a cast iron skillet on high heat. When it's very hot, cook the skirt steak for 3-4 minutes on each side. Let it rest on a plate while you prepare the guacamole. Prepare the guacamole (use your favorite recipe). Slice the skirt steak against the grain into thin, bite-sized strips. Add about 1/4 cup of guacamole for portion and top with sour cream, shredded cheese, cilantro leaves and 1 tablespoon of olive oil or avocado oil. Makes 1 serving.

Fats 64g; Protein 33g; Carb 5.5g

CHARRED VEGGIE AND FRIED GOAT CHEESE SALAD- 2 tablespoons poppy seeds; 2 tablespoons sesame seeds; 1 teaspoon onion flakes; 1 teaspoon garlic flakes; 4 ounces goat cheese, cut into 4 ½ in thick medallions; 1 medium red bell pepper, seeds removed & cut into 8 pieces; ½ cup baby Portobello mushrooms, sliced; 4 cups arugula, divided between two bowls; 1 tablespoon avocado oil. Combine the poppy and sesame seeds, onion, and garlic flakes in a small dish. Coat each piece of goat cheese on both sides. Plate and place in the refrigerator until you are ready to fry the cheese. Prepare a skillet with nonstick spray and heat to medium. Char the peppers and mushrooms on both sides, just until the pieces begin to darken and the pepper softens. Add to the bowls of arugula. Place the cold goat cheese in the skillet and fry on each side for about 30 seconds. This melts quickly so be gentle as you flip each piece! Add the cheese to the salad and drizzle with avocado oil. Serve warm!
(<https://www.ruled.me/charred-veggie-fried-goat-cheese-salad>) Makes 2 servings.

Fats 27.61g; Protein 16.09g; Carb 12.28g

KALE FETA STUFFED PORTOBELLO MUSHROOM CAPS & Chicken Meal - 4 cups chopped fresh kale; 2 teaspoons oil; 1 teaspoon minced garlic; 1 teaspoon garlic powder; 1/2 teaspoon salt; 4 ounces goat cheese, crumbled; 6 medium Portobello mushroom caps or 4 large; 2 tablespoons extra virgin olive oil; 2 teaspoons minced garlic. Prepare your kale and feta stuffing first by heating oil and minced garlic in a sauté pan. Once you can smell the garlic and before it burns add your kale. Sauté the kale for about 5-8 minutes until almost wilted then add garlic powder, salt and feta cheese. Stir to combine. Continue to cook until feta is warmed through and kale is tender and wilted. Turn off heat and set aside. Preheat your grill to medium high heat. In a small bowl mix olive oil and garlic. Brush grates on grill with a little of the oil. Place your mushrooms on the grill and brush them lightly on top with the oil. Cook for about 5-8 minutes on this side then flip them over and brush them with the oil on the other side. Cook for another 5-8 minutes or until tender. Evenly divide your stuffing mixture on top of each mushroom. Serve with 3 ounces of chicken breast topped with 2 tbsp. of Primal kitchen mayonnaise or 2 tbsp. of avocado oil. Makes 2 servings.

Fats 62.5g; Protein 35g; Carb 12g

KETO GROUND BEEF GREEN BEANS- 2/3 lb. ground beef; 9 oz. fresh green beans; 3½ oz. butter; salt and pepper; 1/3 cup mayonnaise. Rinse and trim the green beans. Heat up a generous dollop of butter in a frying pan where you can fit both the ground beef and the green beans. Brown the ground beef on high heat until it's almost done. Add salt and pepper. Lower the heat somewhat. Add more butter and fry the beans for 5 minutes in the same pan. Stir the ground beef every now and then. Season beans with salt

and pepper. Serve with remaining butter and add mayonnaise if you need more fat for satiety. (<https://www.dietdoctor.com/recipes/keto-ground-beef-green-beans>) Makes 2 servings.

Fats 60g; Protein 32g; Carb 5g

LOW CARB CHICKEN SAUSAGE AND VEGETABLE SKILLET- 3 tablespoons butter or ghee; 5 chicken sausage links, sliced; 2 cloves garlic, minced; 1 small red onion, cut into large chunks; 1 small zucchini, halved lengthwise and sliced into moons; 1 small summer squash, halved lengthwise and sliced into moons; 1 small red bell pepper, cut into large chunks; 1 small yellow bell pepper, cut into large chunks; 6 cremini mushrooms, quartered; 1/2 teaspoon Italian seasoning; 1/2 teaspoon crushed red pepper flakes; sea salt and black pepper, to taste. In a large skillet over medium heat, melt the butter. Add the chicken sausage, garlic and onion to the skillet and sauté for 10 minutes. Add zucchini, squash, bell peppers, mushrooms, Italian seasoning, red pepper flakes, sea salt and pepper to the pan and sauté for an additional 10-15 minutes or until vegetables are crisp tender. Drizzle 2 tablespoons of avocado or olive oil over your single serving. Makes 4 servings.

Fats 51g; Protein 20g; Carb 9.5g

COCONUT CHUNK CURRIED KALE SALAD- 1 fennel bulb, stems and core removed, sliced thinly; 1 red onion, sliced thinly; 2 cups cubed squash, sweet potato or parsnips; 1 tablespoon melted coconut oil or avocado oil; 1 tablespoon curry powder; juice from 1 fresh lemon, divided; 1 bunch kale, chopped and lightly steamed for 5-10 seconds; 1 pomegranate, seeds removed and reserved or ¾ cup pomegranate seeds; ½ cup fresh coconut meat, cubed; ¼ cup chopped fresh cilantro; 2 tablespoons chopped fresh mint; dressing, 2 teaspoons avocado oil or extra-virgin olive oil; 1/8 teaspoon sea salt. Preheat oven to 400F and line a baking sheet with parchment paper or a silicon baking sheet. Combine sliced fennel, sliced onion, squash, oil, curry powder and half of the lemon juice in a large bowl. Toss to combine then lay out onto prepared baking sheet. Roast in the preheated oven for 35-40 minutes until onions are soft and squash is tender. Meanwhile, add very lightly steamed kale, pomegranate seeds, coconut meat, cilantro and mint in a separate, clean large bowl. Set aside. Whisk together oil, remaining lemon juice and salt. Set aside. When fennel mixture is complete, remove from the oven and allow to cool for 10 minutes. Transfer to large bowl with kale mixture and drizzle with dressing. Serve warm or cold. (<https://www.healthfulpursuit.com/recipe/coconut-chunk-curried-kale-salad>) Makes 4 servings.

Fats 9.8g; Protein 5.7g; Carb 38.8g

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

Fats 14g; Protein 2.5g; Carb 2.5g

PORK CHOPS - 4 ounces pork chops tenderloin cooked in 2 tbsp. of coconut oil or tallow with homemade gravy from bacon drippings or 2 tbsp. of butter

Fats 46g; Protein 29g; Carb 2g

SWEET POTATOS FRIES - 1/2 sweet potato, cut up as you do French fries and cook in 2 tbsp. coconut oil sprinkle with cinnamon, sea salt and 1 tbsp. of coconut oil or butter

Fats 21g; Protein 1g; Carb 13g

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

Fats 26g; Protein 22g; Carb 0g

KETO CAULIFLOWER W/BACON - 1 cup of cauliflower, chopped and sautéed in butter, add 1 tbsp. butter and garlic salt; 2 strips of bacon chopped in small pieces, after cooked

Fats 19.6g; Protein 9.2g; Carb 7.4g

BASIC KETO GREEN SALAD – 2 cups of mixed leafy greens like kale, spinach, baby kale with celery, cucumber, mushrooms, bell peppers add 1 tbsp. of desired oil.

Fats 14g; Protein 2g; Carbs 5g

TUNA EGG SALAD-5 oz. of canned salmon or wild caught tuna drained mixed with 2 Tbsp. Primal Kitchen mayonnaise or other fat that has either avocado oil or olive oil (no canola or safflower oil). 2 eggs, hard-boiled, free range or organic – sliced and add to salad. Mixed greens with cucumber, celery, carrots, celery, bell peppers, tomatoes with 2 tablespoons of olive oil and vinegar, lemon juice.

Fat 54; Protein 17.6; Carb 2

GROUND BEEF AND KALE STIR FRY-3 oz. of ground beef cooked in 1 tbsp. avocado oil or coconut oil 2-3 cups of shredded kale stir fry in coconut oil and add 1 tbsp. butter or ghee after cooked and mix with ground beef. Side of sweet potato with cinnamon and 1 tbsp. coconut oil, ghee, or grass fed butter.

Fat 56; Protein 22.5; Carb 38.5

CHICKEN AND SAUERKRAUT- 3 ounces of chicken cooked in 1 tbsp. of coconut oil topped with 1 tbsp. of mustard & 1 tablespoon of mayonnaise (avocado based only); ½ cup sauerkraut. Green salad with 2 tbsp. oil and vinegar, topped with toasted or 8 raw pecans.

Fats 66.55; Protein 28.45; Carb 7.4

COLD CUTS WITH COLLARD GREENS- 2 collard greens leaves, each filled with 2 slices of Applegate turkey cold cuts, ½ avocado; 1 tbsp. of mayo; 1 tbsp. of sunflower seeds – roll them up like a tortilla.

Fats 26.75; Protein 13; Carb 8.25

PORK CHOPS W/SAUERKRAUT AND SALAD- 3 ounces of pork chops cooked in 1-2 tbsp. fat (lard, coconut oil, ghee, butter, avocado oil) topped with 1 tbsp. butter and sea salt; ½ cup sauerkraut Super salad with 1 tbsp. olive oil and vinegar.

Fats 45.6; Protein 18.65; Carb 3.1

SALMON W/SUPER SALAD- 4 ounces of canned salmon with ½ avocado. Super salad with 2 tbsp. of avocado oil and vinegar.

Fats 46.8; Protein 23.5; Carb 6.5

MAYO CHICKEN W/ZUCCHINI NOODLES- 3 ounces cooked chicken mayonnaise and cooked bacon bits. Zucchini noodle with olive oil, salt and pepper. 6 olives.

Fats 24.44; Protein 31.5; Carb 4.8

SALMON AND SALAD PLATE- 4 ounces of wild caught salmon drizzled with 1 tbsp. of grass fed butter and a side of 1 tbsp. of mayo. Salad with 2 Tbsp. olive oil, lemon, vinegar.

Fats 59.8; Protein 22; Carb 0

BUTTER LETTUCE BURGER W/SIDE OF BRUSSEL SPROUTS- 1 cup of Brussel sprouts cooked in 2 -3 Tbsp. of butter and topped off with 2 Tbsp. of grass fed butter or ghee. Butter Lettuce Burger: 3 oz. beef patty with 2 slices of bacon and 1 slice of goat cheese or grass fed cheese on butter lettuce.

Fats 97.9; Protein 35.2; Carb 10.2

BISON PATTY W/SALAD- 1 bison burger patty wrapped in lettuce leaf with 1 tbsp. mayo and tomato. Green salad with ½ avocado, ½ cucumber, grape tomatoes, bell peppers, mushrooms, onions, 2 tbsp. shredded coconut flakes, 1 tbsp. chia seeds, 5 pecans with 1-2 tablespoons of olive oil, apple cider vinegar and lemon,

Fats 75 g (89 g if 2 tbsp of olive oil); Protein 32.7g; Carbs 15.6 g

SHREDDED BEEF AND BRUSSEL SPROUTS PLATE- Shredded beef with cauliflower rice (add 1-2 tbsp. of ghee or grass fed butter). Side of roasted Brussel sprouts sprinkled with 2 tbsp. of ghee and bits of bacon.

Fats 81.85; Protein 34.35; Carb 20.65

ALMOND CRUSTED CHICKEN BREAST W/CAULIFLOWER RICE- Cauliflower rice with butter and garlic. ½ - ¾ cup of almond meal; sea salt; pepper; 2 chicken breast. Place almond meal and seasonings in a Ziploc bag. Dip the chicken breast in a liquid (water, almond milk or coconut milk). Place the chicken in the bag and shake until well coated. Place in a frying pan with 3 Tbsp. of coconut oil or avocado oil. For crisper chicken cut the chicken breast in several bite size pieces before placing in liquid.

Fats 84; Protein 64; Carb 17.3

ALMOND BUTTER GROUND BEEF, SAUERKRAUT, AND SUPER SALAD-1.5 pounds of ground beef; ½ cup almond butter without sugar; 1 tsp sea salt; ½ teaspoon ground cinnamon; ½ teaspoon freshly ground pepper; 2 tbsp. coconut oil. In a medium skillet brown the ground beef in coconut oil until thoroughly cooked. Add salt, cinnamon, and ground pepper. Stir in almond butter 1 tablespoon at a time until all almond butter is thoroughly mixed. Makes 4 servings.

Fats 53.5; Protein 44.71; Carb 6.63 Per serving

SNACK RECIPES

BACON CHIPS W/THICK GUACAMOLE DIP- 8-10 strips thick cut pasture-raised bacon; 2 avocados; 1/4 cup red onion, chopped; 1 tbsp. cilantro, chopped; 1 tbsp. Jalapeño, minced; 1/4 tsp ground cumin; 1/4 tsp sea salt. Preheat oven to 375°F and line a baking sheet with parchment paper. Slice each bacon strip into 2-3 inch pieces and lay on the baking sheet. Bake 15-20 minutes. Remove from the oven and allow the bacon to crisp up on a plate. In a small bowl, use a fork to mash the avocados. Stir in the red onion, jalapeño, ground cumin and sea salt. Serve bacon chips alongside the guacamole dip. (<https://blog.paleohacks.com/bacon-chips>) Makes 4 servings.

Fats 21g; Protein 14g; Carb 4g

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

Fats 47.9g; Protein 14.9g; Carb 20g

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)

Fats 22g; Protein 26.3g; Carb 8.3g

SPROUTED PUMPKIN SEEDS- 2 oz. of pumpkin seeds

Fats 16g; Protein 6g; Carb 6g

GRAPES- 1/2 cup grapes

Fats 0.15g; Protein 0.3g; Carb 7.9g

PICKLE TUNA BOAT- Slice pickle in half (4"), scrape out seeds, and fill with tuna. Top with mayo if desired.

Fats 7.2g; Protein 25.6g; Carb 3.5g

FAT BOMBS (base recipe) – Melt 1/3 cup coconut butter, 1/3 coconut oil in a double broiler, flavor as noted below. Pour into a silicone mini muffin molds and place in refrigerator or freezer for 10 minutes-20 minutes until hardened; pop out of mold and place in air tight container and store in refrigerator makes 10 fat bombs.

Macros/points Fat = 14g; Protein 1g; Carbs 2g

- **Macadamia Chocolate fat bombs**- add to the above base recipe 2 tsp. dark cocoa powder, 3 tbsp. finely chopped macadamias, stevia to taste
- **Strawberry Cheesecake fat bombs** – add to the above base recipe 2 medium strawberries finely chopped, 2 tbsp. of goat milk cream cheese or organic grass fed cream cheese, stevia to taste
- **Cinnamon Almond Fat bombs** – add to the above base recipe 1 ½ tsp. ground cinnamon, 2 tbsp. Almond butter, ½ tsp. vanilla extract, stevia to taste

- **Butter Pecan Fat bombs** – add to the above base recipe 1/4 cup finely chopped toasted pecans, 1 tbsp. melted butter, stevia to taste

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.

Fats 0.6g; Protein 0g; Carb 9.67g

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.

Fats 19.2g; Protein 0.5g; Carb 1g

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

Fats 14g; Protein 0g; Carb 0g

KETO TEA 3 - 1 cup of hot tea with 2 Tbsp. of MCT oil

Fats 28 g or 2 Keto Fat; Protein 0g or 0 keto Protein; Carb 0g or 0 Keto Carb

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.

Fats 0.3g; Protein 1.49g; Carb 35.7g

SKINNY COFFEE/KETO COFFEE/MODIFIED BULLET PROOF COFFEE

Brew 10-12 ounces of organic prefer bullet proof coffee (on Amazon or health food stores), pour in blender and add 1 tbsp. grass fed butter, 1 tbsp. MCT oil, 2 Tbsp. coconut cream, dash sea salt, and stevia to preferred sweetness.

Fats 34.5g; Protein 0g; Carb 1.5g

AMAZING GOLDEN MILK-Blend 1 cup of full fat coconut milk until hot and not boiling, 1 tsp. turmeric, 1 tsp. maca powder, ½ tsp. cinnamon, 1 tbsp. MCT oil, pinch of ground black pepper, sea salt and dash of stevia or 1 tsp of raw honey or maple syrup. Pour into small saucepan and heat for 3-5 minutes over medium heat until hot but boiling and drink immediately.

Fats 53g, Protein 0g; Carbs 1.5g

KETO GREEN CLEANSING DRINK-Blend one 18 ounce bottle Bai Antioxidant CocoFusion Andes coconut lime, 1 organic cucumber, 1 large handful or 2 cusp of organic spinach, 3 kale leaves without stem, 1 whole lemon with skin, 1 small handful cilantro, 1 handful of parsley, 2 tbsp. of MCT oil, 1 cup of water or more to desired thickness. Makes 2 servings

Fats 14g; Protein 1.5g, Carbs 12g Per Serving

GREEN BEAUTY CLEANSING DRINK-1 organic cucumber; 2 -3 cups organic spinach; Leaves of 3 kale stalks remove stem; ¼ cup of frozen pineapple; 1 handful of cilantro; 1 handful of parsley; 1 whole lemon; 1 bottle of Bai Anti-oxidant Cocofusion; 3 Tbsp. MCT oil; 1 cup water. Blend all ingredients in blender. Makes 2 servings.

Fats 21; Protein 0.75; Carb 8.75 Per serving