

## MENU PLAN #2

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1	1 cup bone broth Turmeric Milk Latte	Lettuce Wrap Super Salad	Keto Chili Meal Keto Broccoli	6 squares 100% dark chocolate w/2 T. Almond butter 1 serving cranberry detox drink
2	1 cup bone broth Breakfast Porridge	Chicken Mayo Salad Pickles 1 small Orange	3 ounces fajita steak Baked Asparagus Super Salad	2 fat bombs 1 serving cranberry detox drink
3	1 cup bone broth Ultimate Breakfast	Keto Salmon Salad Super Salad	Keto Burger Super Salad Sweet Potato Fries	1 med apple w/2 Tbsp. Almond butter 1 cup strawberries 1 serving cranberry detox drink
4	1 cup bone broth Matcha Milk 1 cup blueberries	Ground beef Super Salad Olives Lemon salmon	Keto Chicken Keto Cauliflower w/Bacon ½ Cup Sauerkraut	Epic Beef Jerky Bar 1 serving cranberry detox drink
5	1 cup bone broth Strawberry Chia pudding	Lemon Salmon Super Salad Zucchini noodles	Pork chops w/gravy Sauerkraut Steamed broccoli, cauliflower, carrots with fat	1 skinny coffee before noon Keto Wrap 1 serving cranberry detox drink
6	1 cup bone broth Keto smoothie	Keto Meat Loaf Brussel Sprouts with slivered almonds, garlic & butter	Turkey Patty w/Mayo Sweet potato fries Super Salad	¼ cup Macadamia nuts 1 serving cranberry detox drink
7	1 cup bone broth Keto Coconut pancakes 1 cup blueberries	Shredded cabbage beef	Beef strips or Bacon Meal Super Salad	Epic Bison Bar 1 serving cranberry detox drink

Week #2 Daily Target Macros: FAT = 154 grams; PROTEIN = 80 grams; CARBS = 60 grams- average meal plan is 1,946 calories

**Week #2Keto** – 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***

**TURMERIC MILK LATTE** – 1 cup canned coconut milk, 1 tsp ground turmeric, 1 tsp chai spice blend, ½ tsp. tsp black pepper, ½ tsp vanilla extract, 1 tbsp MCT oil, 1 tbsp collagen powder, stevia to taste; Warm the milk, turmeric, chai spices, an pepper in a small sauce pan until hot but not boiling, let simmer for 2-3 minutes; stir in vanilla, MCT oil, collagen powder and stevia; place in a blender and blend for about 20-30 seconds; taste and adjust sweetness as needed. 1 serving

*Fats 53g ; Protein 6.6 g ; Carbs 3 g*

**BREAKFAST PORRIDGE** - 1/2 cup ground almonds, 1/2 cup coconut cream (from the top of 1 can of refrigerated coconut milk), 1/4 cup water, sweetener of choice (I added 1 tsp of raw honey or 1 tsp. yacon syrup or sweeten with stevia to taste), 1 tsp. cinnamon powder, dash of nutmeg, dash of cloves, dash of cardamom (optional); Heat coconut cream and water in small saucepan over medium heat until a liquid forms, stir in almonds and sweetener and mix for about 5 minutes as it starts to thicken, once it thickens stir in spices and more sweetener depending on your taste and serve hot. 1 serving

*Fats 48g ; Protein 10 g; Carbs 15 g*

**ULTIMATE BREAKFAST** - 2 eggs with 3 applegate chicken & maple breakfast chicken sausage cooked in oil on a bed of spinach with 1 Tbsp. olive oil, vinegar and lemon

*Fats 29g ; Protein 21g ; Keto Carb 0*

**MATCHA MILK** - 1 tsp culinary grade matcha tea powder, 1/2 cup hot water 1 cup of canned coconut milk, 1 Tbsp. MCT oil, 1 tsp. collagen powder, Liquid stevia to taste; Put 1 teaspoon of culinary grade matcha green tea powder and 1/2 cup of hot water into blender and blend for 10 seconds; add the remaining ingredients and blend until frothy. 1 serving

*Fats 53g; Protein 6.6 g; Carbs 3 g*

**STRAWBERRY CHIA PUDDING** - 1 cup full fat coconut milk, 1/2 cup chia seeds, 1/2 cup water, 1/2 cup strawberries, 1 tsp. lemon juice, 1 tsp. grated lemon peel, stevia to taste; place all ingredients in blender and store in a mason jar for at least 4 hours or overnight. 2 servings

*Fats 35g; Protein 10g; Carbs 20.5 g*

**KETO SMOOTHIE** - 1 cup full fat coconut milk, 1 Tbsp. MCT oil, 1/2 cup blue berries, 1 Tbsp. chia seeds or flax seed, 3 scoops/tbsp. of collagen protein powder or 1 scoop of Designs for health Pure Paleo Chocolate or Vanilla Protein, blend until smooth

*Fats 60 g; Protein 27.8 g; Carbs 15 g*

**KETO COCONUT PANCAKES** - 1/4 cup Grass-Fed Butter melted, 1/4 cup Full-Fat Coconut Milk, 1/4 tsp Salt, 4 Eggs, 1 tsp Pure Vanilla Extract, 1/4 cup Coconut Flour, 1/2 tsp Baking Powder, Extra Butter/Ghee or coconut oil for the skillet; Whisk together the butter, coconut milk, salt, eggs, and vanilla in a medium bowl until smooth. Add in the coconut flour and baking powder and whisk until no lumps remain. Use a cookie scoop (this recipe makes (7) 4" pancakes) so scoop enough batter for 7 pancakes onto heated non-stick skillet with butter or oi. Cook on each side for about 1 minute until it bubbles and edges are lightly browned and flip for another minute. Serve warm and top off with blueberries. You made add stevia to the pancake mix if you want it sweeter. Makes 7 pancakes; left overs can be stored.

*Fats 11 g; Protein 4.3 g; Carbs 3.6 g*

*For 3 pancakes Fats 33 g; Protein 12.9 g; Carbs 10.8 g*

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

*Fats 21 g; Protein 26 g; Carb 24 g*

**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

*Fats 57 g; Protein 24 g; Carb 21 g*

**SIMPLE KETO BREAKFAST** – 3 Sausages with 2 Tbsp. sauerkraut, 1 Tbsp. Primal Kitchen mayonnaise; Side of grape tomatoes

*Fats 21 g; Protein 9 g; Carb 4 g*

**YOGURT KETO STYLE** - 1 cup plain goat milk yogurt mixed 2 Tbsp. cacao nips, 1 Tbsp. toasted coconut flakes

*Fats 34.5 g; Protein 17 g; Carb 16.5 g*

**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

*Fats 32 g; Protein 20 g; Carb 6 g*

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

*Fats 27 g; Protein 16.6 g; Carb 19 g*

## ***LUNCH & DINNER RECIPES***

(Additional recipes have been added for variety)

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

*Fats 30.8 g; Protein 14 g; Carb 0 g*

**KETO SALMON SALAD** – Mix 5-6 ounce canned salmon, drained and mix with 2 tbsp. Primal Kitchen Mayonnaise, 1 small celery stalk, chopped, 1 tbsp. chopped onion, ¼ tsp dill weed, dash of black pepper and squeeze of lemon; serve on a bed of greens with cucumbers or serve in a collard wrap. Makes 2 servings

*Fats 16 g; Protein 16 g; Carbs 0g*

**STEAK FAJITAS W/TORTILLAS** – Filling: 1 small onion, 1 medium bell pepper, 3 medium jalapenos, 1 small red chili pepper, 2 pounds skirt steak, 2 teaspoons cumin, ½ can whole tomatoes, 1 tablespoon apple cider vinegar, 3 tablespoons reduced sugar ketchup, 1 teaspoon liquid smoke, 1 teaspoon minced garlic, Salt and pepper to taste. Tortillas: ¼ cup coconut flour, 1 tablespoon ground psyllium husk, 2 tablespoons butter, ½ cup chicken or beef broth, 1 pinch garlic powder, 1 pinch seasoning salt. Start by doing all the prep. Slice 1 small onion, 1 medium bell pepper, 3 medium jalapenos, and 1 small red chili pepper. Remove the silver skin from the skirt steak if you need to. In a crock pot, add all of the ingredients (spices included). I made a small layer of the 1/2 can whole tomatoes and some onions, then layered the steak on top, and then added the rest of the vegetables. Cook everything for 3-4 hours on low and stir it all up. Replace the lid and cook for an additional 3-4 hours on low. Once your steak is finished, shred it all with 2 forks and start on your tortillas. You can find the tortilla recipe here. Boil the chicken or beef broth and mix it into all the other tortilla ingredients. Once you form a dough, cut out small (or large, depending) circles and fry them in a frying pan on medium-low heat. Stuff the tortillas with whatever mixture you want (I used goat cheese and sriracha) and serve!

*Fats 30.2 g; Protein 36.8g; Carb 9.5 g*

**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

*Fats 41.5 g; Protein 3.5 g; Carb 7.5g*

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

*Fats 20.5; Protein 25g; Carb 19 g*

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

*Fats 28 g; Protein 2.5 g; Carb 2.5 g*

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

*Fats 14 g; Protein 1.2 g; Carb 12.4 g*

**LETTUCE WRAP** - Lunch meat with avocado, 1 Tbsp. mayonnaise, wrapped in lettuce

*Fats 26 g; Protein 3 g; Carb 6g*

**KETO MEATLOAF** – Mix the following ingredients in a bowl, I do this by hand 1.5 pounds of grass fed ground beef or ground pork ( I use half and half), ¼ cu chopped onion, ½ tsp. fresh minced garlic, 2 eggs, 1 tbsps. Italian seasoning, ½ cup almond flour, ground flaxseed or crushed pork rinds, 1tsp. mustard powder, 1 tsp. liquid coconut aminos, 5 tbsps. organic ketchup; place in a bread pan with coconut oil, add extra ketchup on top and cover with foil and bake for about 1 hour at 400 degrees. Serving size 6

*Fats 7.6 grams, Protein 27.6 g, Carbs 2.7 g*

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

*Fats 34.3 g; Protein 34 g; Carb 33.5 g*

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

*Fats 14 g; Protein 4g Protein; Carb 4g*

**BRUSSEL SPROUTS WITH ALMONDS** - 1 cup cooked Brussels sprouts in 2tbsp. coconut or olive oil with 2 tbsp. of slivered almonds 2 tsp. minced garlic; add 2 tbsp. of grass fed butter or olive oil after cooked

*Fats 54 g; Protein 6g; Carb 18g*

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

*Fats 23 g; Protein 22 g; Carb 0 g*

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

*Fats 14 g; Protein 2 g; Carbs: 15 g*

**PORK CHOPS** - 3 ounces Pork Chops cooked in coconut oil or tallow with homemade gravy from bacon drippings (whisk bacon grease, almond flour, almond milk to desired consistency add a dash of pepper and sea salt

*Fats 8; Protein 24*

**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

*Fats: 14; Protein 1 g; Carbs 14g*

**CHICKEN MAYO** - 3 ounces cooked chicken with 1 Tbsp. Primal Kitchen mayonnaise, 2 tbsp. cooked bacon bits

*Fats 18.5 g; Protein 30 g; Carbs 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

*1 cup Fats 21g, Protein 1.5, Carbs 3.8g*

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

*Fats 28g, Protein 20g, Carbs 5g*

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

*Fats: 27g, Protein 29g, Carbs 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: 27g, Protein 7g, Carbs 5g*

**PULLED PORK** - 6 ounces of pulled pork shoulder

*Fats: 20.9g, Protein 35.2g, Carbs 3g*

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

*Fats: 21g, Protein 20g, Carbs 6g*

**KETO BURGER** - 1 beef patty with grilled onions, 1 tbsp. mayo, 2 ounces grass fed cheese, wrapped in a green lettuce leaf

*Fats: 42g, Protein 34g, Carbs 2g*

## **SNACK RECIPES**

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

*Fat 30.75g Protein 10.5g Carbs 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)

*Fats 26g Protein 3 g Carbs 6g*

**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 mod and place in air tight container and store in refrigerator makes 10 fat bombs;

*Fat 14 grams ; Protein 1 g ; 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 tbps. 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

*Carbs 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

*Fats 18.5g*

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

*Fats 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 COFFEE/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

*Fats 32.5g Proteins 0.5g Carbs 0.5g*