



THE
KETO SUMMIT

14-DAY

KETO MEAL PLAN



How the **MEAL PLAN WORKS**

Your first few weeks on Keto can be tough, so creating a really simple plan is the best way to stick to Keto, learn about your body, and live a healthier lifestyle long-term. The following 14-day meal plan is designed as a guide to help you create your own.

This meal plan is designed for 2 people and uses recipes from the Essential Keto Cookbook. Please check recipe yields and make sure to halve or double the recipe accordingly.

We didn't put in snacks and desserts as we don't think it should be a normal part of your eating habits. But if you want to add in an occasional snack/sweet treat, then please pick one of the recipes from the cookbook.



Jump **TO THE WEEK**



WEEK *1*



WEEK 1

	BREAKFAST	LUNCH	DINNER	NOTES	NET CARBS	TOTAL CALORIES
Day 1	Coconut Ghee Coffee	Mexican Tacos	Singapore-Style Noodles		13 g	1080
Day 2	Breakfast Green Smoothie	Spinach Basil Chicken Meatballs with Garlic Zucchini Saute	Easy Broccoli Beef Stir-Fry		19 g	1415
Day 3	Coconut Ghee Coffee	Guacamole Burgers	Avocado Tuna Bowl		7 g	1254
Day 4	Bacon and Fried Eggs	Basil Chicken Saute	Mustard Ground Beef Saute		8 g	1438
Day 5	Creamy Breakfast Porridge	Mini Burgers	Spaghetti Squash Bolognese	Keep 2 servings of Spaghetti Squash Bolognese for dinner tomorrow (D6)	15 g	1433
Day 6	Breakfast Turkey Wrap	Big Easy Salad	Leftover Spaghetti Squash Bolognese		21 g	1380
Day 7	Breakfast Green Smoothie	Chicken Noodle Soup	Fish Tacos		18 g	1090

Day 1 Menu

Breakfast (B1):

Coconut Ghee Coffee

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 1 cup of coffee

Ingredients:

- 1/2 Tablespoon (7 g) ghee
- 1/2 Tablespoon (7 g) coconut oil
- 1-2 cups (240-480 ml) of whatever coffee you like (*or black or rooibos tea*)
- 1 Tablespoon (15 ml) almond milk or coconut milk

Instructions:

1. Put the ghee, coconut oil, almond milk (*or coconut milk*), and the coffee into a blender.
2. Blend for 5-10 seconds. The coffee turns a foamy, creamy color. Pour it into your favorite coffee cup and enjoy!
3. If you don't have a blender, then try using a milk frother.

Calories: 150

Fat: 15 g

Net Carbohydrates: 0 g

Protein: 0 g

Lunch (L1):

Mexican Tacos

Prep Time: 15 mins | Cook Time: 15 mins | Yield: 2 servings

Ingredients:

- 1 lb (454 g) ground beef
- 1 small onion, diced
- 2 tomatoes, diced
- 1 bell pepper, diced
- 1 jalapeño pepper, deseeded and diced
- 2 cloves of garlic, minced
- 1 Tablespoon (6 g) cumin powder
- 1 Tablespoon (6 g) paprika
- 1 Tablespoon (5 g) dried oregano
- 1/4 teaspoon (0.5 g) chili powder (*or to taste*)
- Salt and pepper, to taste
- 1/4 cup (8 g) cilantro, finely chopped (*for garnish*)
- 1 Tablespoon (15 ml) coconut oil, to cook with
- Lettuce leaves, to serve with

Instructions:

1. Sauté the onions in the coconut oil until the onions turn translucent.
2. Add in the ground beef and sauté until the beef is pretty much cooked (turns light brown). Use a spatula to stir the beef to ensure it doesn't clump together. Pour out any excess water/oil produced during cooking.
3. When the beef is pretty much cooked, add in the tomatoes, bell pepper, jalapeño pepper, minced garlic, cumin powder, paprika, oregano, chili powder, salt, and pepper.
4. Cook until the tomatoes and peppers are soft.
5. Garnish with cilantro and serve with lettuce wraps or by themselves.

Note:

Lettuce, deli meat, and store-bought coconut wraps (if you can find them) are all good options for wraps.

Calories: 560

Fat: 37 g

Net Carbohydrates: 7 g

Protein: 47 g

Dinner (D1):

Singapore-Style Noodles

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 4 servings

Ingredients:

- 3 Tablespoons (45 ml) avocado oil, to cook with
- 2 zucchinis, shredded (*squeeze out as much moisture from it as possible*)
- 1 carrot, shredded (*squeeze out as much moisture from it as possible*)
- 1/2 onion, diced
- 3 eggs, whisked
- 1 chicken breast, diced (*or replace with beef or shrimp*)
- 3 cloves garlic, peeled and minced
- 1 teaspoon fresh ginger, minced
- 1 red bell pepper, thinly sliced (*use chili peppers if you like it spicy*)
- 1 Tablespoon (6 g) curry powder
- 2 Tablespoons (30 ml) gluten-free tamari sauce or coconut aminos
- 1 Tablespoon (15 ml) apple cider vinegar

Instructions:

1. Add the avocado oil to a hot pan and saute the diced chicken breast until cooked. Remove from the pan and set aside. Then add in the eggs and scramble until mostly cooked.
2. Add in the vegetables to the pan along with the spices, seasoning, and apple cider vinegar. Then add the chicken breast back in and cook for 5 more minutes.

Calories: 370

Fat: 24 g

Net Carbohydrates: 6 g

Protein: 29 g

Day 2 Menu

Breakfast (B2):

Breakfast Green Smoothie

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 1 serving

Ingredients:

- 2 cups (60 g) spinach (or other leafy greens)
- 1/3 cup (46 g) raw almonds
- 2 Brazil nuts
- 1 cup (240 ml) coconut milk (unsweetened - from refrigerated cartons not cans)
- 1 scoop (20 g) greens powder (optional)
- 1 Tablespoon (10 g) psyllium seeds (or psyllium husks) or chia seeds

Instructions:

1. Place the spinach, almonds, Brazil nuts, and coconut milk into the blender first.
2. Blend until pureed.
3. Add in the rest of the ingredients (greens powder, psyllium seeds) and blend well.

Note:

Green smoothies can be a great source of soluble dietary fiber - it'll help keep your gut bacteria functioning well. To boost up your fiber intake even more, add a scoop of [CoBionic Foundation \(prebiotic fiber\)](#).

Calories: 380

Fat: 30 g

Net Carbohydrates: 5 g

Protein: 12 g

Lunch (L2):

Spinach Basil Chicken Meatballs with Garlic Zucchini Saute

Prep Time: 15 mins | Cook Time: 20 mins | Yield: 2 servings

Ingredients:

For the spinach basil chicken meatballs:

- 2 chicken breasts (approx. 1 lb or 454 g)
- 1/4 lb (115 g) spinach
- 2 teaspoons (10 g) salt
- 10 basil leaves
- 5 cloves of garlic, peeled
- 3 Tablespoons (45 ml) olive oil
- 2 Tablespoons (30 ml) olive oil or avocado oil, to cook in

For the garlic zucchini saute:

- 2 lb (908 g) zucchini, chopped into small pieces or slices
- 6 cloves of garlic, minced
- Olive oil, to saute in

Instructions:

To make the spinach basil chicken meatballs:

1. Place the chicken breasts, spinach, salt, basil leaves, garlic, and 3 Tablespoons of olive oil into a food processor and process well.
2. Make ping-pong ball sized meatballs from the meat mixture.
3. Add the 2 Tablespoons olive oil or avocado oil to a frying pan and fry the meatballs for 4 minutes on medium heat (fry in 2 batches if necessary). Turn the meatballs and fry for another 10 minutes. Make sure the meatballs don't get burnt.
4. Check the meatballs are fully cooked by cutting into one or using a meat thermometer.

To make the garlic zucchini saute:

5. Add olive oil into a skillet on medium heat. Add in the zucchini and saute until they're softened (approx. 10 minutes). Add the garlic and saute for 1-2 minutes more.

Calories: 635

Fat: 44 g

Net Carbohydrates: 8 g

Protein: 55 g



Dinner (D2):

Easy Broccoli Beef Stir-Fry

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

Ingredients:

- 2 cups (225 g) broccoli florets
- 1/2 lb (225 g) beef, sliced thin and precooked
- 3 cloves of garlic, minced
- 1 teaspoon (1 g) fresh ginger, grated
- 2 Tablespoons (30 ml) tamari sauce or to taste
- Avocado oil, to cook in

Instructions:

1. Place 2 Tablespoons of avocado oil into a skillet or saucepan on medium heat. Add the broccoli florets into the skillet.
2. When the broccoli softens to the amount you want (*I like it soft, but some people like it crunchier*), add in the beef slices.
3. Saute for 2 minutes and then add in the garlic, ginger, and tamari sauce.
4. Serve immediately.

Calories: 400

Fat: 28 g

Net Carbohydrates: 6 g

Protein: 28 g

Day 3 Menu

Breakfast (B3):

Coconut Ghee Coffee

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 1 cup of coffee

Ingredients:

- 1/2 Tablespoon (7 g) ghee
- 1/2 Tablespoon (7 g) coconut oil
- 1-2 cups (240-480 ml) of whatever coffee you like (*or black or rooibos tea*)
- 1 Tablespoon (15 ml) almond milk or coconut milk

Instructions:

1. Put the ghee, coconut oil, almond milk (*or coconut milk*), and the coffee into a blender.
2. Blend for 5-10 seconds. The coffee turns a foamy, creamy color. Pour it into your favorite coffee cup and enjoy!
3. If you don't have a blender, then try using a milk frother.

Calories: 150

Fat: 15 g

Net Carbohydrates: 0 g

Protein: 0 g

Lunch (L3):

Guacamole Burgers

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 4 servings

Ingredients:

- 1-1.5 lbs (454-731 g) ground beef
- 4 eggs
- Coconut oil, to cook with
- 1 cup (220 g) guacamole

Instructions:

1. With your hands, mold the ground beef into 4 patties.
2. Cook the 4 burger patties, either in a skillet with a bit of coconut oil or on a grill.
3. Once the burgers are cooked through, place to the side.
4. Fry the eggs (*preferably in coconut oil*) in a skillet.
5. Place 1 fried egg on top of each burger and then top with guacamole.

Note:

You can also use store-bought guacamole if you don't have time to make your own.

Calories: 600

Fat: 45 g

Net Carbohydrates: 4 g

Protein: 45 g

Dinner (D3):

Avocado Tuna Bowl

Prep Time: 10 mins | Cook Time: 0 mins | Yield: 2 servings

Ingredients:

- 1 large avocado, destoned and diced
- 2 Tablespoons (30 ml) lime juice
- 2 Tablespoons (30 ml) olive oil, to cook with
- 2 cans of tuna (340 g or 12 oz), drained and flaked
- 2 Tablespoons of fresh cilantro, finely chopped

Instructions:

1. To make the tuna salad, mix the lime juice, cilantro, olive oil, and tuna together.
2. To serve, place the diced avocado into a bowl, then top with the tuna and paste.

Calories: 504

Fat: 34 g

Net Carbs: 3 g

Protein: 43 g

Day 4 Menu

Breakfast (B4):

Bacon and Fried Eggs

Prep Time: 0 mins | Cook Time: 15 mins | Yield: 1 serving

Ingredients:

- 4 thin slices of bacon
- 2 large eggs
- Salt and pepper, to taste
- 1 Tablespoon (15 ml) olive oil, for frying

Instructions:

1. Heat the olive oil in a pan and fry the two eggs to your liking. Season with salt and pepper.
2. Cook the bacon until crispy.
3. Add the eggs and bacon in a plate and serve.

Calories: 638

Fat: 60 g

Net Carbs: 0 g

Protein: 24 g

Lunch (L4):

Basil Chicken Saute

Prep Time: 10 mins | Cook Time: 15 mins | Yield: 2 servings

Ingredients:

- 1 chicken breast (*0.5 lb or 225 g*), minced or chopped very small
- 2 cloves of garlic, minced
- 1 chili pepper, diced (*optional*)
- 1 cup (*1 large bunch*) basil leaves, finely chopped
- 1 Tablespoon (*15 ml*) tamari sauce
- 2 Tablespoons (*30 ml*) avocado or coconut oil to cook in
- Salt, to taste

Instructions:

1. Add oil to a frying pan and saute the garlic and pepper.
2. Then add in the minced chicken and saute until the chicken is cooked.
3. Add the tamari sauce and salt to taste. Add in the basil leaves and mix it in.

Calories: 320

Fat: 24 g

Net Carbohydrates: 2 g

Protein: 24 g

Dinner (D4):

Mustard Ground Beef Saute

Prep Time: 5 mins | Cook Time: 15 mins | Yield: 2 servings

Ingredients:

- 0.8 lbs (360 g) ground beef
- 5 celery stalks, cut into thin slices
- 10 cherry tomatoes, halved (*or 1 tomato, chopped*)
- 1 egg
- 1.5 Tablespoons (20 g) yellow mustard
- 6 cloves of garlic, minced
- Salt, to taste
- 1 Tablespoon (15 ml) coconut oil, to cook with

Instructions:

1. Melt the coconut oil in a large frying pan or saucepan on medium heat and cook the ground beef until all of it turns brown. Stir regularly to get it to cook evenly and to break up any large chunks.
2. Add in the celery slices and cherry tomato halves and cook for 5 minutes while stirring regularly.
3. Break an egg into the pan and stir to mix it into the ground beef mixture.
4. Add in the mustard and garlic, and cook until the pieces of eggs are cooked (not liquid anymore).
5. Add salt, to taste.

Calories: 480

Fat: 30 g

Net Carbohydrates: 6 g

Protein: 40 g

Day 5 Menu

Breakfast (B5):

Creamy Breakfast Porridge

Prep Time: 2 mins | Cook Time: 5 mins | Yield: 2 servings

Ingredients:

- 1/2 cup (60 g) almonds, ground using a food processor or blender
- 3/4 cup (180 ml) coconut milk
- Erythritol or stevia, to taste (*optional*)
- 1 teaspoon (2 g) cinnamon powder
- Dash of nutmeg
- Dash of cloves
- Dash of cardamom (*optional*)

Instructions:

1. Heat the coconut milk in a small saucepan on medium heat until it forms a liquid.
2. Add in the ground almonds and sweetener and stir to mix in.
3. Keep stirring for approximately 5 minutes (*it'll start to thicken a bit more*).
4. Add in the spices (*have a taste to check whether you want more sweetener or spices*) and serve hot.

Calories: 430

Fat: 40 g

Net Carbohydrates: 6 g

Protein: 8 g

Lunch (L5):

Mini Burgers

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 4 servings

Ingredients:

- 12 oz (340 g) ground beef
- 2 Tablespoons (28 g) mustard
- Pickles (optional)
- A few lettuce leaves
- Salt, to taste
- 2 Tablespoons (30 ml) avocado oil (or coconut oil or ghee), to cook with

For “burger buns:”

- 2/3 cup (70 g) almond flour
- 1 teaspoon (4 g) baking powder
- 1 teaspoon (5 g) salt
- 2 eggs
- 5 Tablespoons (75 ml) avocado oil (or coconut oil or ghee), melted

Instructions:

1. Make 4 small thin patties with the ground beef (each should be approx. 2-inch across in diameter).
2. Place avocado oil into a frying pan and fry the burger patties on medium to high heat. Fry for 2 minutes on each side until both sides are well browned (this is around medium in terms of rareness for the patties).
3. After the patties are cooked, salt them lightly and place them on a plate to drain.
4. Meanwhile, take 2 mugs and divide the burger bun ingredients between the 2 mugs (i.e., 1/3 cup almond flour, 1/2 teaspoon baking powder, 1/2 teaspoon salt, 1 egg, and 2.5 Tablespoons coconut oil in each mug). Mix well.
5. Microwave each mug for 90 seconds on high. Wait a few minutes before popping them out of the mug. Slice each bread into 4 slices and use as burger buns. (Gently fry them for a few seconds in the frying pan without oil for a toasted taste.)
6. Serve the burgers (1 mini burger for each person) with the mustard, lettuce leaves, and pickles.

Calories: 553

Fat: 52 g

Net Carbohydrates: 1 g



Protein: 21 g

Dinner (D5):

Spaghetti Squash Bolognese

[Refrigerate 2 servings for dinner tomorrow]

Prep Time: 10 mins | Cook Time: 50 mins | Yield: 4 servings

Ingredients:

- 1 spaghetti squash
- 2 lb (908 g) ground or minced beef
- 1 large onion, diced
- 1 14.5 oz (410 g) can of diced tomatoes
- 1 cup (40 g) fresh basil, finely chopped
- 8 cloves of garlic, minced
- Coconut oil, to cook with
- Salt and pepper, to taste

Instructions:

1. Cook the onion in a large pot with coconut oil. Add the ground beef.
2. Once the meat is browned, add the diced tomatoes and simmer with the lid on for 30 minutes (*simmer for 1 hour if you have time*). Stir regularly to make sure it's not sticking to the bottom of the pot.
3. Meanwhile, chop a spaghetti squash in half, remove the seeds (*you can roast the seeds for a snack*), cover the insides with a thin layer of coconut oil (*you can use your hands to do this*), cover with a paper towel to avoid splattering, and microwave each half for 6-7 minutes on high.
4. Use a fork to scratch out the spaghetti squash strands and divide between 4 plates.
5. Add the basil, garlic, salt, and pepper to taste to the meat sauce, cook for 5 more minutes, and top onto the spaghetti squash.
6. Save and refrigerate half of the Spaghetti Squash Bolognese for dinner tomorrow.

Calories: 450

Fat: 30 g

Net Carbohydrates: 8 g

Protein: 45 g

Day 6 Menu

Breakfast (B6):

Breakfast Turkey Wrap

Prep Time: 5 mins | Cook Time: 20 mins | Yield: 1 serving

Ingredients:

- 2 slices of turkey breast (*use more if the slices break easily*)
- 2 romaine lettuce leaves (*or 2 slices of avocado*)
- 2 slices of bacon
- 2 eggs
- 1 Tablespoon (*15 ml*) coconut oil, to cook in

Instructions:

1. Cook the 2 slices of bacon to the crispness you like.
2. Scramble the 2 eggs in the coconut oil (*or bacon fat*).
3. Make 2 wraps by placing half the scrambled eggs, 1 slice of bacon, and 1 romaine lettuce leaf on each slice of turkey breast.

Calories: 360

Fat: 30 g

Net Carbohydrates: 3 g

Protein: 20 g

Lunch (L6):

Big Easy Salad

Prep Time: 15 mins | Cook Time: 0 mins | Yield: 2 servings

Ingredients:

- 2 romaine lettuce, chopped into small pieces
- 10 cherry or grape tomatoes
- 1 Tablespoon (4 g) sliced almonds (*optional*)
- 4-6 slices of bacon, cooked (*crumbled*)
- 1/2 lb (225 g) ham, diced
- Olive oil and lemon juice, as dressing

Instructions:

1. Add all the ingredients together and toss with olive oil and small amount of lemon juice to taste.

Calories: 570

Fat: 36 g

Net Carbohydrates: 10 g

Protein: 40 g

Dinner (D6):

Leftover Spaghetti Squash Bolognese

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

Ingredients:

- Leftover Spaghetti Squash Bolognese from yesterday's dinner.

Instructions:

1. On the stovetop or in the microwave, reheat the leftover Spaghetti Squash Bolognese to desired temperature.
2. Divide it between 2 plates. Serve and enjoy!

Calories: 450

Fat: 30 g

Net Carbohydrates: 8 g

Protein: 45 g

Day 7 Menu

Breakfast (B7):

Breakfast Green Smoothie

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 1 serving

Ingredients:

- 2 cups (60 g) spinach (or other leafy greens)
- 1/3 cup (46 g) raw almonds
- 2 Brazil nuts
- 1 cup (240 ml) coconut milk (unsweetened - from refrigerated cartons not cans)
- 1 scoop (20 g) greens powder (optional)
- 1 Tablespoon (10 g) psyllium seeds (or psyllium husks) or chia seeds

Instructions:

1. Place the spinach, almonds, Brazil nuts, and coconut milk into the blender first.
2. Blend until pureed.
3. Add in the rest of the ingredients (greens powder, psyllium seeds) and blend well.

Note:

Green smoothies can be a great source of soluble dietary fiber - it'll help keep your gut bacteria functioning well. To boost up your fiber intake even more, add a scoop of [CoBionic Foundation \(prebiotic fiber\)](#).

Calories: 380

Fat: 30 g

Net Carbohydrates: 5 g

Protein: 12 g

Lunch (L7):

Chicken Noodle Soup

Prep Time: 15 mins | Cook Time: 15 mins | Yield: 2 servings

Ingredients:

- 3 cups (720 ml) chicken broth or bone broth
- 1 chicken breast (approx 225 g or 0.5 lb), chopped into small pieces
- 2 Tablespoons (30 ml) avocado oil
- 1 stalk of celery, chopped
- 1 green onion, chopped
- 1/4 cup (8 g) cilantro, finely chopped
- 1 zucchini, peeled
- Salt, to taste

Instructions:

1. Add the avocado oil into a saucepan and saute the diced chicken in there until cooked.
2. Add chicken broth to the same saucepan and simmer.
3. Add the chopped celery and green onion into the saucepan.
4. Create zucchini noodles – I used a potato peeler to create long strands, but other options include using a spiralizer or a food processor with the shredding attachment.
5. Add zucchini noodles and finely chopped cilantro to the saucepan. Simmer for a few more minutes, add salt to taste, and serve immediately.

Note:

Other options for keto noodles include long slices of cucumbers, shirataki noodles, and kelp noodles.

Calories: 310

Fat: 16 g

Net Carbohydrates: 4 g

Protein: 34 g

Dinner (D7):

Fish Tacos

Prep Time: 30 mins | Cook Time: 15 mins | Yield: 2 servings

Ingredients:

For the fish:

- 1 lb (454 g) tilapia (*halibut/cod*), cut into 1/2 inch by 3/4 inch (1 cm by 2 cm) strips
- 1/2 cup (56 g) coconut flour
- 1 Tablespoon (10 g) garlic powder
- 2 teaspoons (10 g) salt
- 2 teaspoons (5 g) cumin powder
- Coconut oil, for frying

For the white sauce:

- 1/2 cup (120 g) mayo
- 1 Tablespoon (15 ml) lime juice
- 1 teaspoon (2 g) dried oregano
- 1/2 teaspoon (1 g) cumin powder
- Dash of chili powder

To eat:

- 4-6 lettuce leaves
- 1/4 cup (60 g) salsa (*optional*)
- 2 Tablespoons (4 g) cilantro, chopped
- 4-6 lime wedges

Instructions:

1. To make the white sauce, mix all the sauce ingredients together with a fork.
2. Mix together the coconut flour, garlic powder, cumin powder, and salt in a bowl.
3. Drop the fish strips into the bowl and coat with the coconut flour mixture.
4. Heat up coconut oil in a saucepan on high heat (*the coconut oil should be approx. 1/2 inch (1-2 cm) deep*).
5. Carefully add the coated fish strips to the hot coconut oil.
6. Fry until the coconut flour coating turns a golden brown color (*approx. 5 minutes*).
7. Place fried fish strips in a bowl lined with a paper towel to soak up excess oil.
8. To eat, place fish strips on a lettuce leaf with salsa, cilantro, and white sauce. Serve with lime wedges.

Calories: 400



Fat: 15 g
Net Carbohydrates: 9 g
Protein: 50 g

Pantry Items

Pantry Items:	Quantity
Apple Cider Vinegar	1 Tablespoon (15 ml)
Raw Almonds	1.5 cups (210 g)
Almond Flour	2/3 cup (70 g)
Almond Milk	2 Tablespoons (30 ml)
Avocado Oil*	1 cup (240 ml)
Baking Powder	1 teaspoon (4 g)
Brazil Nuts	4 pieces
Chicken Broth or Bone Broth	3 cups (720 ml)
Chili Powder	1 teaspoon (2 g)
Cinnamon Powder	1 teaspoon (2 g)
Cloves	1 teaspoon (2 g)
Coconut Flour	1/2 cup (56 g)
Carton Coconut Milk (Unsweetened)	2 cups (480 ml)
Canned Coconut Milk	3/4 cup (180 ml)
Canned Diced Tomatoes	1 14.5 oz can (410 g)
Canned Tuna	2 cans (340 g or 12 oz)
Coconut Oil*	1/4 cup (60 ml)
Coffee (or Black or Rooibos Tea)	Enough coffee grounds or tea bags to make 2-4 cups (480-960 ml)
Cumin Powder	2 Tablespoons (12 g)
Curry Powder	1 Tablespoon (6 g)
Dried Oregano	2 Tablespoons (10 g)
Garlic Powder	1 Tablespoon (10 g)
Ghee*	1 Tablespoon (14 g)
Gluten-free tamari sauce or coconut aminos***	1/2 cup (120 ml)
Guacamole****	1 cup (220 g)
Mayo**	1/2 cup (120 g)
Mustard	1/4 cup (60 g)
Nutmeg	1 teaspoon (2 g)
Olive Oil*	1/2 cup (120 ml)
Paprika	1 Tablespoon (6 g)
Psyllium Seeds (or Psyllium Husks or Chia Seeds)	2 Tablespoons (20 g)
Pepper	Approx. 10 teaspoons (10 g)
Salt	Approx. 10 Tablespoons (150 g)

* You can generally use these oils interchangeably in the recipes.

** You can make your own Keto mayo (see recipe [here](#)) or purchase [Paleo mayo here](#).

*** If you have trouble finding Gluten-Free Tamari Sauce or Coconut Aminos, then you can omit this seasoning from the recipes.

**** You can also make your own Guacamole (see recipe [here](#)).

Shopping List

- ☐ 6 lbs-6.5 lbs (2.7 kg-3 kg) of **ground beef** (L1, L3, D4, L5, D5)
- ☐ 1/2 lb (225 g) **beef**, sliced thin (D2)
- ☐ 1/2 lb (225 g) **ham**, diced (L6)
- ☐ 10-12 slices of **bacon** (B4, B6, L6)
- ☐ 5 **chicken breasts*** (approx. 2.5 lbs or 1.1 kg) (D1, L2, L4, L7)
- ☐ 2 slices of **turkey breast** (use more if the slices break easily) (B6)
- ☐ 1 lb (454 g) **tilapia** (halibut/cod), cut into 1/2 inch by 3/4 inch (1 cm by 2 cm) strips (D7)

- ☐ 14 large **eggs** (D1, L3, B4, D4, L5, B6)

- ☐ 1 large **avocado** (D3)
- ☐ 2 medium **bell peppers** (L1, D1)
- ☐ 3 cups (3 large bunches) of fresh **basil leaves** (L2, L4, D5)
- ☐ 2 cups (225 g) **broccoli** florets (D2)
- ☐ 1 **carrot** (D1)
- ☐ 6 **celery** stalks (D4, L7)
- ☐ 2 cups (32 g) of fresh **cilantro** (L1, D3, L7, D7)
- ☐ 20 **cherry or grape tomatoes** (D4, L6)
- ☐ 4 heads (approx. 35 cloves) of **garlic** (L1, D1, L2, D2, L4, D4, D5)
- ☐ 2 teaspoons (2 g) **fresh ginger** (D1, D2)
- ☐ 1 **green onion** (L7)
- ☐ 1 **jalapeño pepper** (L1)
- ☐ 1 **lemon** (L6)
- ☐ 2 **limes** (D3, D7)
- ☐ 3 large **onions** (L1, D1, D5)
- ☐ 6 **romaine lettuce** (L1, L5, B6, L6, D7)
- ☐ 1 **spaghetti squash** (D5)
- ☐ 8 cups (240 g) **spinach** (or other leafy greens) (B2, L2, B7)
- ☐ 2 **tomatoes** (L1)
- ☐ 4 **zucchini**s (D1, L2, L7)

*Get chicken breast with the skin on it if possible.

WEEK 2



WEEK 2

	BREAKFAST	LUNCH	DINNER	NOTES	NET CARBS	TOTAL CALORIES
Day 1	Almond Butter Choco Shake	Zucchini Beef Pho	Breaded Cod with Creamy Cauliflower Mash		23 g	970
Day 2	Breakfast Green Smoothie	Cucumber Ginger Shrimp	Beef Bacon Stew	Keep 2 servings for dinner tomorrow (D3)	19 g	1430
Day 3	Keto Toast	Easy Salmon Stew	Leftover Beef Bacon Stew		19 g	1510
Day 4	Pumpkin Spice Latte	Guacamole Burgers	Coconut Chicken Curry	Keep 2 servings for dinner tomorrow (D5)	14 g	1170
Day 5	Scrambled Eggs	Mini Burgers	Leftover Coconut Chicken Curry		10 g	1367
Day 6	Breakfast Turkey Wrap	Chicken Noodle Soup	Bifteck Hache with Spinach Almond Saute	Keep 2 servings for dinner tomorrow (D7)	12 g	1280
Day 7	Fried Eggs	Chicken Nuggets with Creamy Cauliflower Mash	Leftover Bifteck Hache		13 g	1455

Day 1 Menu

Breakfast (B1):

Almond Butter Choco Shake

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 1 serving

Ingredients:

- 1 cup (240 ml) coconut milk or almond milk
- 2 Tablespoons (10 g) unsweetened cacao powder (or 1 scoop [CoBionic Indulgence](#), for added collagen)
- 1 Tablespoon (16 g) almond butter
- 1 teaspoon (5 ml) vanilla extract
- 1/4 cup (35 g) ice (optional)
- Erythritol or stevia, to taste (optional)

Instructions:

1. Place all the ingredients into a blender and blend well.

Calories: 190

Fat: 15 g

Net Carbohydrates: 7 g

Protein: 4 g

Lunch (L1):

Zucchini Beef Pho

Prep Time: 15 mins | Cook Time: 10 mins | Yield: 2 servings

Ingredients:

- 3 cups (720 ml) chicken/beef broth or bone broth
- 1/2 lb (225 g) beef round, sliced very thin
- 1 teaspoon (1 g) fresh ginger, grated (*or use 1/2 teaspoon (1 g) ginger powder*)
- 1/2 teaspoon (1 g) cinnamon powder
- 2 green onions, diced (*scallions*)
- 1/4 cup (8 g) cilantro, finely diced
- 2 zucchinis, shredded (*or 2 packs of shirataki noodles*)
- Salt and pepper to taste
- 10 basil leaves
- 1/2 lime, cut into 4 wedges

Instructions:

1. Slice the beef round very thinly against the grain (*tip: freeze the beef for 20-30 minutes before slicing to get thinner slices*).
2. Heat up the broth.
3. When the broth starts boiling, add in the freshly grated ginger, cinnamon powder, and salt and pepper to taste.
4. Add in the beef slices slowly, making sure they don't all clump together.
5. Then add in the zucchini noodles, the green onions, and the cilantro.
6. Cook for 1 minute until the beef slices are done.
7. Serve with the basil leaves and lime wedges.

Note:

A spiralizer can be a fun way to make noodles using zucchini or cucumber, but if you don't want to splash out for one of those devices, you can use a julienne peeler, a potato peeler, or your food processor's shredding attachment to make your noodle strands.

Calories: 300

Fat: 14 g

Net Carbohydrates: 7 g

Protein: 30 g



Dinner (D1):

Breaded Cod with Creamy Cauliflower Mash

Prep Time: 20 mins | Cook Time: 20 mins | Yield: 2 servings

Ingredients:

- 2 cod filets (*approx. 0.15 lb or 68 g each*)
- 1/4 cup (*15 g*) coconut flour (*or almond flour*)
- 1 Tablespoons (*8 g*) coconut flakes
- 1.5 Tablespoons (*15 g*) garlic powder
- 1/2 Tablespoon (*3 g*) onion powder
- 1 egg, whisked
- Salt, to taste
- Coconut oil, for greasing baking tray

For the creamy cauliflower mash:

- 1/2 head of cauliflower (*approx. 220 g*), broken into small florets
- 2 Tablespoons (*30 ml*) ghee (*or coconut oil*)
- 1/4 cup (*60 ml*) coconut milk, from a can shaken & at room temperature
- Salt, to taste

Instructions:

1. Preheat oven to 425 F (220 C).
2. In a large bowl, whisk an egg.
3. In a separate large bowl, combine the breading ingredients (*coconut flour, coconut flakes, garlic powder, and onion powder*). Add in salt and taste the mixture to see how much salt you like.
4. Cover a baking tray with aluminum foil and grease with coconut oil.
5. Dip each cod filet first into the whisked egg and then into the breading mixture and cover it well with the breading. Place the breaded cod onto the baking tray.
6. Bake for 15-20 minutes until the cod flakes easily.

While the cod is in the oven, prepare the Creamy Cauliflower Mash:

7. Place the cauliflower florets into a large microwaveable bowl with 1/4 cup of water at the bottom. Microwave on high until they are softened (*around 10-12 minutes*). Check every 3 minutes to make sure there's water in the bowl still. Alternatively, you can steam the cauliflower florets in a steamer.
8. Blend the cauliflower with ghee, coconut milk, and salt until smooth.

Calories: 480

Fat: 35 g



Net Carbohydrates: 9 g

Protein: 29 g

Day 2 Menu

Breakfast (B2):

Breakfast Green Smoothie

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 1 serving

Ingredients:

- 2 cups (60 g) spinach (or other leafy greens)
- 1/3 cup (46 g) raw almonds
- 2 Brazil nuts
- 1 cup (240 ml) coconut milk (unsweetened - from refrigerated cartons not cans)
- 1 scoop (20 g) greens powder (optional)
- 1 Tablespoon (10 g) psyllium seeds (or psyllium husks) or chia seeds

Instructions:

1. Place the spinach, almonds, Brazil nuts, and coconut milk into the blender first.
2. Blend until pureed.
3. Add in the rest of the ingredients (greens powder, psyllium seeds) and blend well.

Note:

Green smoothies can be a great source of soluble dietary fiber - it'll help keep your gut bacteria functioning well. To boost up your fiber intake even more, add a scoop of [CoBionic Foundation \(prebiotic fiber\)](#).

Calories: 380

Fat: 30 g

Net Carbohydrates: 5 g

Protein: 12 g

Lunch (L2):

Cucumber Ginger Shrimp

Prep Time: 5 mins | Cook Time: 10 mins | Yield: 1 serving

Ingredients:

- 1 large cucumber, peeled and sliced into 1/2-inch round slices
- 10-15 large shrimp/prawns (*defrosted if frozen*)
- 1 teaspoon (*1 g*) fresh ginger, grated
- Salt, to taste
- Coconut oil, to cook with

Instructions:

1. Place 1 Tablespoon (*15 ml*) of coconut oil into a frying pan on medium heat.
2. Add in the ginger and the cucumber and sauté for 2-3 minutes.
3. Add in the shrimp and cook until they turn pink and are no longer translucent.
4. Add salt to taste and serve.

Calories: 250

Fat: 16 g

Net Carbohydrates: 4 g

Protein: 20 g

Dinner (D2):

Beef Bacon Stew

[Refrigerate 2 servings for dinner tomorrow (D3)]

Prep Time: 10 mins | Cook Time: 2 hrs 10 mins | Yield: 4 servings

Ingredients:

- 2 lbs (908 g) beef stew meat
- 1 carrot, peeled and diced
- 1/4 lb (112 g) green beans, chopped in half
- 1/2 lb (225 g) bacon, cooked and diced
- 8-12 cups (1.9-2.8 l) water or broth (*so it covers the meat and vegetables*)
- 3 Tablespoons (21 g) unflavored gelatin (*optional*)
- 3 Tablespoons (18 g) cumin powder
- 3 Tablespoons (15 g) dried onion flakes (*or substitute 1 chopped onion or onion powder*)
- 1 Tablespoon (6 g) turmeric
- 1 Tablespoon (10 g) garlic powder (*or substitute 3 cloves of garlic, minced*)
- 1 teaspoon (1 g) ginger powder (*or substitute 1 teaspoon freshly grated ginger*)
- Salt, to taste

Instructions:

1. Add the beef, carrots, and green beans to the 8-12 cups (1.9-2.8 l) of water or broth in a large pot and bring to a boil. Then add in the gelatin and the spices and mix well. Place the lid on the pot and let simmer for 1 hour (simmer for 2 hours if you have time). Stir to make sure it doesn't stick to the bottom.
2. When the vegetables are soft, add in the cooked pieces of bacon.
3. Simmer for 5-10 minutes more.

Calories: 800

Fat: 50 g

Net Carbohydrates: 10 g

Protein: 75 g



Day 3 Menu

Breakfast (B3):

Keto Toast

Prep Time: 5 mins | Cook Time: 1.5 mins | Yield: 2 servings

Ingredients:

- 1/3 cup (35 g) almond flour
- 1/2 teaspoon (2 g) baking powder
- 1 egg, whisked
- 2.5 Tablespoons (37 ml) ghee or coconut oil, melted

Instructions:

1. Grease a mug and mix all the ingredients in it with a fork.
2. Microwave for 90 seconds on high. (*You may need to adjust the time for your microwave settings.*)
3. Cool for a few minutes, pop out of mug gently and slice into 4 thin slices and toast them.

Calories: 260

Fat: 26 g

Net Carbohydrates: 2 g

Protein: 6 g

Lunch (L3):

Easy Salmon Stew

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 2 servings

Ingredients:

- 4 cups (1 l) chicken broth (*or bone broth*)
- 2 salmon filets (1/2 lb or 225 g), diced
- 2 zucchinis, diced
- 4 button mushrooms, diced
- 2 cups (200 g) chopped celery
- 1/2 cup (16 g) chopped cilantro
- Salt and pepper, to taste

Instructions:

1. Place all the vegetables with the broth into a pot and simmer for 15 minutes.
2. Add the diced salmon and simmer for another 5 minutes. Add salt and pepper.

Calories: 450

Fat: 12 g

Net Carbohydrates: 7 g

Protein: 70 g



Dinner (D3):

Leftover Beef Bacon Stew

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

Ingredients:

- Leftover Beef Bacon Stew from yesterday's dinner.

Instructions:

1. On the stovetop or in the microwave, reheat the leftover Beef Bacon Stew to desired temperature.
2. Divide it between 2 plates. Serve and enjoy!

Calories: 800

Fat: 50 g

Net Carbohydrates: 10 g

Protein: 75 g

Day 4 Menu

Breakfast (B4):

Pumpkin Spice Latte

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 1 cup of coffee

Ingredients:

- 1 cup (240 ml) black coffee
- 1 Tablespoon (15 g) pumpkin puree
- 1/4 teaspoon (1 g) cinnamon
- 1/4 teaspoon (1 g) nutmeg
- Dash of cloves
- 1 Tablespoon (15 ml) ghee

Instructions:

1. Place all the ingredients into a blender and blend well for 15 seconds.

Note:

While pumpkin is generally not a keto food, it's included in this recipe as it only uses 1 Tablespoon.

Calories: 120

Fat: 13 g

Net Carbohydrates: 1 g

Protein: 1 g

Lunch (L4):

Guacamole Burgers

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 4 servings

Ingredients:

- 1-1.5 lbs (454-731 g) ground beef
- 4 eggs
- Coconut oil, to cook with
- 1 cup (220 g) guacamole

Instructions:

1. With your hands, mold the ground beef into 4 patties.
2. Cook the 4 burger patties, either in a skillet with a bit of coconut oil or on a grill.
3. Once the burgers are cooked through, place to the side.
4. Fry the eggs (*preferably in coconut oil*) in a skillet.
5. Place 1 fried egg on top of each burger and then top with guacamole.

Note:

You can also use store-bought guacamole if you don't have time to make your own.

Calories: 600

Fat: 45 g

Net Carbohydrates: 4 g

Protein: 45 g

Dinner (D4):

Coconut Chicken Curry

[Refrigerate 2 servings for dinner tomorrow (D5)]

Prep Time: 15 mins | Cook Time: 50 mins | Yield: 4 servings

Ingredients:

- 3 chicken breasts, cut into chunks
- 1 Tablespoon (15 ml) ghee or coconut oil
- 1 cup (240 ml) coconut cream (*the top layer of cream from a refrigerated can of coconut milk*)
- 1 cup (240 ml) chicken broth
- 2 cups (250 g) carrots (*or zucchini*), diced
- 1 cup (100 g) celery, chopped
- 2 tomatoes, diced
- 1 Tablespoon (5 g) fresh ginger, grated
- 1.5 Tablespoons (10 g) curry powder or garam masala
- 1/4 cup (8 g) cilantro, roughly chopped
- 6 cloves of garlic, minced
- Salt, to taste

Instructions:

1. Sauté the chicken in the ghee in a medium-sized saucepan.
2. When the outside of the chicken has all turned white, add in the coconut cream and the chicken broth and mix well.
3. Add in the carrots, celery, and tomatoes.
4. Add in the ginger and curry powder (*or garam masala*).
5. Cook on medium heat with the lid on for 40 minutes (*stirring occasionally*).
6. Add in the cilantro, minced garlic, and salt to taste. Cook for another 5 minutes and serve.

Calories: 450

Fat: 25 g

Net Carbohydrates: 9 g

Protein: 45 g



Day 5 Menu

Breakfast (B5):

Scrambled Eggs

Prep Time: 0 mins | Cook Time: 10 mins | Yield: 1 serving

Ingredients:

- 2 eggs (*do not whisk! – this is very important!*)
- 2 Tablespoons of coconut oil (*use unsalted butter if you tolerate dairy*)
- 1/4 teaspoon salt (*or to taste*), and a small amount of pepper

Instructions:

1. Prior to placing the saucepan on the stove, crack the eggs into the saucepan and add the coconut oil to the saucepan as well.
2. Place the saucepan on medium heat and start stirring so that the eggs get broken up.
3. Keep stirring without stopping.
4. Move the saucepan off the heat when you start to see some of the egg sticking a bit to the bottom of the saucepan. Keep stirring off the heat for about 10 seconds and then put it back onto the heat for another 20-30 seconds, but always keep stirring.
5. Do this three or four times until you see that the mixture becomes more solid (*but don't wait until it's actually solid!*).
6. Once the eggs have solidified a bit, take the pot off the heat permanently.
7. Lastly, season with salt and pepper.

Calories: 364

Fat: 36 g

Net Carbs: 0 g

Protein: 12 g



Lunch (L5):

Mini Burgers

Prep Time: 10 mins | Cook Time: 20 mins | Yield: 4 servings

Ingredients:

- 12 oz (340 g) ground beef
- 2 Tablespoons (28 g) mustard
- Pickles (optional)
- A few lettuce leaves
- Salt, to taste
- 2 Tablespoons (30 ml) avocado oil (or coconut oil or ghee), to cook with

For “burger buns:”

- 2/3 cup (70 g) almond flour
- 1 teaspoon (4 g) baking powder
- 1 teaspoon (5 g) salt
- 2 eggs
- 5 Tablespoons (75 ml) avocado oil (or coconut oil or ghee), melted

Instructions:

1. Make 4 small thin patties with the ground beef (each should be approx. 2-inch across in diameter).
2. Place avocado oil into a frying pan and fry the burger patties on medium to high heat. Fry for 2 minutes on each side until both sides are well browned (this is around medium in terms of rareness for the patties).
3. After the patties are cooked, salt them lightly and place them on a plate to drain.
4. Meanwhile, take 2 mugs and divide the burger bun ingredients between the 2 mugs (i.e., 1/3 cup almond flour, 1/2 teaspoon baking powder, 1/2 teaspoon salt, 1 egg, and 2.5 Tablespoons coconut oil in each mug). Mix well.
5. Microwave each mug for 90 seconds on high. Wait a few minutes before popping them out of the mug. Slice each bread into 4 slices and use as burger buns. (Gently fry them for a few seconds in the frying pan without oil for a toasted taste.)
6. Serve the burgers (1 mini burger for each person) with the mustard, lettuce leaves, and pickles.

Calories: 553

Fat: 52 g

Net Carbohydrates: 1 g



Protein: 21 g

Dinner (D5):

Leftover Coconut Chicken Curry

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

Ingredients:

- Leftover Coconut Chicken Curry from yesterday's dinner.

Instructions:

1. On the stovetop or in the microwave, reheat the leftover Coconut Chicken Curry to desired temperature.
2. Divide it between 2 plates. Serve and enjoy!

Calories: 450

Fat: 25 g

Net Carbohydrates: 9 g

Protein: 45 g

Day 6 Menu

Breakfast (B6):

Breakfast Turkey Wrap

Prep Time: 5 mins | Cook Time: 20 mins | Yield: 1 serving

Ingredients:

- 2 slices of turkey breast (*use more if the slices break easily*)
- 2 romaine lettuce leaves (*or 2 slices of avocado*)
- 2 slices of bacon
- 2 eggs
- 1 Tablespoon (15 ml) coconut oil, to cook in

Instructions:

1. Cook the 2 slices of bacon to the crispness you like.
2. Scramble the 2 eggs in the coconut oil (*or bacon fat*).
3. Make 2 wraps by placing half the scrambled eggs, 1 slice of bacon, and 1 romaine lettuce leaf on each slice of turkey breast.

Calories: 360

Fat: 30 g

Net Carbohydrates: 3 g

Protein: 20 g

Lunch (L6):

Chicken Noodle Soup

Prep Time: 15 mins | Cook Time: 15 mins | Yield: 2 servings

Ingredients:

- 3 cups (720 ml) chicken broth or bone broth
- 1 chicken breast (approx 225 g or 0.5 lb), chopped into small pieces
- 2 Tablespoons (30 ml) avocado oil
- 1 stalk of celery, chopped
- 1 green onion, chopped
- 1/4 cup (8 g) cilantro, finely chopped
- 1 zucchini, peeled
- Salt, to taste

Instructions:

1. Add the avocado oil into a saucepan and saute the diced chicken in there until cooked.
2. Add chicken broth to the same saucepan and simmer.
3. Add the chopped celery and green onion into the saucepan.
4. Create zucchini noodles – I used a potato peeler to create long strands, but other options include using a spiralizer or a food processor with the shredding attachment.
5. Add zucchini noodles and finely chopped cilantro to the saucepan. Simmer for a few more minutes, add salt to taste, and serve immediately.

Note:

Other options for keto noodles include long slices of cucumbers, shirataki noodles, and kelp noodles.

Calories: 310

Fat: 16 g

Net Carbohydrates: 4 g

Protein: 34 g

Dinner (D6):

Bifteck Hache with Spinach Almond Saute

[Refrigerate 2 servings of Bifteck Hache for dinner tomorrow (D7)]

Prep Time: 15 mins | Cook Time: 25 mins | Yield: 4 servings

Ingredients:

- 2 Tablespoons (30 ml) ghee or coconut oil, slightly melted
- 1 onion, finely diced (*divided into 2 portions*)
- 1.5 lb (680 g) ground beef
- 1 egg
- 1 Tablespoon (2 g) fresh thyme leaves
- Salt and pepper, to taste
- Additional ghee or coconut oil, to cook with

For the sauce:

- 1/2 cup (120 ml) beef stock
- 2 Tablespoons (30 ml) additional ghee
- 1/4 cup (8 g) parsley, finely chopped

For the spinach almond saute:

- 1 lb (454 g) spinach leaves
- 3 Tablespoons (12 g) almond slices
- Salt, to taste
- 1 Tablespoon (15 ml) avocado oil, for cooking

Instructions:

1. Place the 2 Tablespoons of ghee or coconut oil into a frying pan and cook half the diced onions in the pan until they turn translucent.
2. Let the onions cool and then add them (*including the oil in the pan*) to a mixing bowl with the ground beef, egg, thyme leaves, salt, and pepper.
3. Mix well and form 8 patties from the meat mixture.
4. Cook the patties in a frying pan with additional ghee or coconut oil until both sides are well browned (*make flatter patties if you prefer the burgers to be well done*).
5. For the sauce, pour out the remaining oil from the pan, add in the 2 Tablespoons of additional ghee and saute the rest of the diced onions. Then add in the beef stock and reduce the sauce down for a few minutes. Add in the parsley and serve the sauce with the burgers.

To make the spinach almond saute:

6. Place the 1 Tablespoon of avocado oil into a large pot on medium heat.
7. Add in the spinach and let it cook down.
8. Once the spinach is cooked down, add the salt to taste and stir.
9. Before serving, stir in the almond slices.

Calories: 610

Fat: 47 g

Net Carbohydrates: 5 g

Protein: 43 g

Day 7 Menu

Breakfast (B7):

Fried Eggs

Prep Time: 0 mins | Cook Time: 5 mins | Yield: 1 serving

Ingredients:

- 2 large eggs
- Salt and pepper, to taste
- 1 Tablespoon (15 ml) olive oil, for frying

Instructions:

1. Heat the olive oil in a pan and fry the two eggs to your liking. Season with salt and pepper.

Calories: 245

Fat: 22 g

Net Carbs: 0 g

Protein: 12 g

Lunch (L7):

Chicken Nuggets with Creamy Cauliflower Mash

Prep Time: 20 mins | Cook Time: 25 mins | Yield: 2 servings

Ingredients:

- 2 chicken breasts, cut into cubes
- 1/2 cup (56 g) coconut flour
- 1 egg
- 2 Tablespoons (20 g) garlic powder
- 1 teaspoon (5 g) salt (*or to taste*)
- 1/4-1/2 cup (60-120 ml) ghee, for shallow frying

For the creamy cauliflower mash:

- 1/2 head of cauliflower (*approx. 220 g*), broken into small florets
- 2 Tablespoons (30 ml) ghee (*or coconut oil*)
- 1/4 cup (60 ml) coconut milk, from a can shaken & at room temperature
- Salt, to taste

Instructions:

1. Cube the chicken breasts if you haven't done so already.
2. In a bowl, mix together the coconut flour, garlic powder, and salt. Taste the mixture to see if you'd like more salt.
3. In a separate bowl, whisk 1 egg to make the egg wash.
4. Place the ghee in a saucepan on medium heat (*or use a deep fryer*).
5. Dip the cubed chicken in the egg wash and then drop into the coconut flour mixture to coat it with the "breading."
6. Carefully place some of the "breaded" chicken cubes into the ghee and fry until golden (*approx. 10 minutes*). Make sure there's only a single layer of chicken in the pan so that they can all cook in the oil. Turn the chicken pieces to make sure they get cooked uniformly. Depending on the size of the pan, you might need to do this step in batches.
7. Place the cooked chicken pieces onto paper towels to soak up any excess oil.

To make the creamy cauliflower mash:

8. Place the cauliflower florets into a large microwaveable bowl with 1/4 cup of water at the bottom. Microwave on high until they are softened (around 10-12 minutes). Check every 3 minutes to make sure there's water in the bowl still. Alternatively, you can steam the cauliflower florets in a steamer.
9. 2. Blend the cauliflower with ghee, coconut milk, and salt until smooth.

Calories: 750



Fat: 47 g
Net Carbohydrates: 12 g
Protein: 64 g

Dinner (D7):

Leftover Bifteck Hache

Prep Time: 5 mins | Cook Time: 0 mins | Yield: 2 servings

Ingredients:

- Leftover Bifteck Hache from yesterday's dinner.

Instructions:

1. On the stovetop or in the microwave, reheat the leftover Bifteck Hache to desired temperature.
2. Divide it between 2 plates. Serve and enjoy!

Calories: 460

Fat: 36 g

Net Carbohydrates: 1 g

Protein: 35 g

Pantry Items

Pantry Items:	Quantity
Almond Butter	1 Tablespoon (16 g)
Almond Flour	1 cup (105 g)
Almond Slices	3 Tablespoons (12 g)
Raw Almonds	1/3 cup (46 g)
Avocado Oil*	10 Tablespoons (150 ml)
Baking Powder	1.5 teaspoons (6 g)
Beef Stock	1/2 cup (120 ml)
Black Coffee	1 cup (240 ml)
Brazil Nuts	2 pieces
Cacao Powder (Unsweetened)	2 Tablespoons (10 g)
Chicken Broth or Bone Broth	11 cups (2.7 l)
Cinnamon Powder	1 teaspoon (2 g)
Cloves	Approx. 1/4 (1 g) teaspoon
Coconut Flakes	1 Tablespoons (8 g)
Coconut Flour	1 cup (112 g)
Carton Coconut Milk (Unsweetened)	2 cups (480 ml)
Canned Coconut Milk	2 cups (480 ml)
Coconut Oil*	Approx. 1 cup (240 ml)
Cumin Powder	3 Tablespoons (18 g)
Curry Powder or Garam Masala	1.5 Tablespoons (10 g)
Garlic Powder	4.5 Tablespoons (45 g)
Ghee*	Approx. 3 cups (720 ml)
Ginger Powder	1 teaspoon (1 g)
Guacamole**	1 cup (220 g)
Mustard	2 Tablespoons (28 g)
Nutmeg	1/4 teaspoon (1 g)
Olive Oil*	1 Tablespoon (15 ml)
Dried Onion Flakes	3 Tablespoons (15 g)
Onion Powder	1/2 Tablespoon (3 g)
Psyllium Seeds (or Psyllium Husks or Chia Seeds)	1 Tablespoon (10 g)
Pepper	Approx. 10 teaspoons (10 g)
Pumpkin Puree	1 Tablespoon (15 g)
Salt	Approx. 10 Tablespoons (150 g)
Turmeric	1 Tablespoon (6 g)
Vanilla Extract	1 teaspoon (5 ml)

* You can generally use these oils interchangeably in the recipes.

** You can also make your own Guacamole (see recipe [here](#)).

Shopping List

- ☐ 3.25-3.75 lbs (1.5 kg-1.8 kg) **ground beef** (L4, L5, D6)
- ☐ 6 **chicken breast*** (approx 1.35 kg or 3 lbs) (D4, L6, L7)
- ☐ 2 slices of **turkey breast** (use more if the slices break easily) (B6)
- ☐ 0.55 lb (250 g) **bacon** (D2, B6)
- ☐ 1/2 lb (225 g) **beef round**, sliced very thin (L1)
- ☐ 2 lbs (908 g) **beef stew meat** (D2)
- ☐ 10-15 **large shrimp/prawns**, defrosted if frozen (L2)
- ☐ 2 **salmon** filets (1/2 lb or 225 g) (L3)

- ☐ 20 large **eggs** (D1, B3, L4, B5, L5, B6, D6, B7, L7)

- ☐ 10 **basil leaves** (L1)
- ☐ 4 **button mushrooms** (L3)
- ☐ 5 **carrots** (D2, D4)
- ☐ 1 head of **cauliflower** (approx. 440 g) (D1, L7)
- ☐ 7 stalks of **celery** (L3, D4, L6)
- ☐ 1.5 cups (48 g) **fresh cilantro** (L1, L3, D4, L6)
- ☐ 1 large **cucumber** (L2)
- ☐ 6 cloves of **garlic** (D4)
- ☐ 2 Tablespoons (10 g) fresh **ginger** (L1, L2, D4)
- ☐ 1/4 lb (112 g) **green beans** (D2)
- ☐ 3 **green onions** (L1, L6)
- ☐ 1/2 **lime** (L1)
- ☐ 1 **onion** (D6)
- ☐ 1/4 cup (8 g) **parsley** (D6)
- ☐ 1 **romaine lettuce** (L5, B6)
- ☐ 1.1 lbs (514 g) **spinach leaves** (B2, D6)
- ☐ 1 Tablespoon (2 g) **fresh thyme leaves** (D6)
- ☐ 2 **tomatoes** (D4)
- ☐ 5 **zucchini**s (L1, L3, L6)

*Get chicken breast with the skin on it if possible.

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Keto Meal Plans at

<https://mealplan.club>

The logo for Meal Plan .club is centered within a white square, which is itself set against a dark wood-grain background. The words "Meal" and "Plan" are written in a dark blue, cursive script font, with "Meal" on the top line and "Plan" on the bottom line. A horizontal yellow bar is positioned between the two words. Below "Plan", the text ".club" is written in a smaller, dark blue, sans-serif font.

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