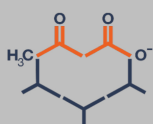




# KETO BATCH COOKING



THE  
KETO SUMMIT

# FOUR TIPS FOR MEAL PLANNING ON A KETOGENIC DIET

If you're looking for detailed Keto Meal Plans, then check out <https://mealplan.club/keto-meal-plans>

But I know everybody's tastes and lifestyles are different, so if you want to do your own meal planning, then here are four tips to help make your life easier:

## 1. Keep it simple

It's easy to fall off a diet if preparing the meals gets too complicated. So, remember to keep it simple. I love cooking a large batch of meat in the slow cooker, such as the slow cooker chicken and bacon or the oxtail stew. Then, we eat it over the next few days - each time with some veggie side dishes.

Or, for more variation, we sauté the meat with whatever veggies we have on hand. Or, we throw it into some bone broth with some veggies and make a quick soup out of it.

## 2. Eat the same foods on multiple days

It's easy to use up all your mental energy trying to figure out what to eat. Another way to keep it simple is to eat the same foods on multiple days. Breakfast is an easy meal to do this with. During the weekdays, choose an easy and nutritious breakfast recipe to make every day. The coconut ghee coffee or the breakfast green smoothie are both excellent options to start your day with.

## 3. Plan what you'll eat if you get stuck at work or can't eat at home

Many diets fail because you had one bad day at work, you went out to a restaurant with friends, or you went on vacation. At those times, all your great intentions vanish into thin air.

So try to plan ahead for those situations. Which local restaurant can you go to and order a steak and salad if you get home too late or you're too tired to cook?

Or if you're going out with friends, do you know exactly what you can order at the restaurant? That way, you don't even have to look at the menu again and get tempted.

## 4. Carry some snacks round with you

I suggest snacks like nuts, coconut butter, cacao nibs, or 100% dark chocolate to keep with you. If you do get hungry, then you can eat some of your snack rather than be tempted by foods that will derail your ketogenic diet. Just note that nuts, coconut butter, cacao nibs, and dark chocolate all do contain small amounts of net carbohydrates, so try not to overeat them!

# BATCH COOKING MEAL PLAN

No time to cook dinner every night? Then this meal plan is for you!

Pick 2-3 main dishes and 2 side dishes to cook on the weekend (make a large batch, so double or triple the recipes depending on the size of your family), then separate into individual portions and freeze. Reheat and enjoy during the week for a fast dinner.

## MAIN DISHES (BEEF)

Old Fashioned Lasagna (page 57)

Mexican Tacos (page 61)

Slow Cooker Asian Pot Roast (page 70)

Beef Bacon Stew (page 73)

Slow Cooker Beef Stew (page 74)

## MAIN DISHES (CHICKEN)

Spinach Basil Chicken Meatballs (page 43)

Pressure Cooker Chicken Stew (page 49)

Chicken Bacon Burgers (page 51)

Slow Cooker Jerk Chicken (page 54)

Crispy Chicken Drumsticks (page 55)

## SIDE DISHES

Cauliflower White “Rice” (page 99)

Easy Bacon Brussels Sprouts (page 103)

Turmeric Cauliflower Pancakes (page 105)

Tangy Red Cabbage Coleslaw (page 106)

Cauliflower Notato Salad (page 106)

Roasted Cauliflower (page 107)