

Meal Plan - It's time to eat!

This week

- 13 keto fat points
- 7 Keto Protein points
- 2 Keto Carb points

✓ Day #1

Drink a cup of bouillon or bone broth – 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

Breakfast

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!

Lunch

Tuna Egg Salad

5 ounces of canned salmon or wild caught tuna drained mixed with 2 Tbsp. Primal Kitchen mayonnaise or other 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

Dinner

3 ounces 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

Sweet potato with cinnamon and 1 Tbsp. coconut oil, ghee, or grass fed butter

Snacks

1 apple with 1 Tbsp. of Almond butter

1 fat bomb

6 olives

Free snacks: celery, cucumber, lemon water, pickles, olives,

✓ **Day #2**

Drink a cup of bouillon or bone broth – 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

Breakfast

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

Lunch

4 ounces of free range ground turkey cooked in 2 tablespoons of coconut oil add 1 tablespoon of after cooked

6 ounces of zucchini sautéed in 1-2 tablespoons of coconut oil, drizzle 1 tablespoon of butter

½ avocado with lemon and sea salt

6-8 olives

Dinner

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

Snack

½ grapefruit

Pickles

✓ **Day #3**

Drink a cup of bouillon or bone broth – 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

Breakfast

3 eggs cooked in 1 tbsp butter

2 chicken sausage cooked in oil

Spinach with olive oil, vinegar and lemon

½ avocado

Lunch

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

Dinner

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 ounces beef patty with 2 slices of bacon and 1 slice of goat cheese or grass fed cheese on butter lettuce

Snack

10 grapes

1 fat bomb

✓ **Day #4**

Drink a cup of bouillon or bone broth – 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, onions, 1 Tbsp. MCT

Breakfast

Strawberry Chia Seed pudding (*recipe included in this meal plan*)

Lunch

2 Collard greens, 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

Dinner

1 bison burger patty wrapped in lettuce leaf with 1 tbsp mayo and tomato

Large Super salad with 2 Tbsp. of oil and vinegar (*recipe below included in this meal plan*)

Snacks

6 olives

2 pickles

✓ **Day #5**

Breakfast:

Coconut pancakes (*recipe below included in this meal plan*) with 1-2 Tbsp. butter

Lunch

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

Dinner

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

Snack

Bison Bar

Raspberry tea with lemon and 1 tbsp of MCT oil

✓ **Day #6**

Coffee with 1 Tbsp. grass fed butter, 1Tbsp coconut butter, 1 Tbsp. MCT oil

Breakfast

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

Lunch

4 ounces of canned salmon with ½ avocado

Super salad with 2 Tbsp of avocado oil and vinegar

Dinner

3 ounces almond crusted chicken breast *recipe below*

Cauliflower rice with butter and garlic

Snack

Chia pudding with coconut flakes and cacao nibs

✓ **Day #7**

Drink a cup of bouillon or bone broth – 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, onions and 1 Tbsp. MCT oil

Breakfast

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

Lunch

3 ounces cooked chicken mayonnaise and cooked bacon bits

Zucchini noodle with olive oil, salt and pepper

6 olives

Dinner

Almond Butter Ground beef *recipe below*

½ cup Sauerkraut

Super Salad *recipe below*

Snack

Hot tea with 1 Tbsp. of MCT oil and lemon

8 ounces Green Beauty Cleansing drink *recipe below*

Recipes

❖ **Skinny 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

❖ **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)

❖ **Basic Fat Bomb Recipe**

½ cup coconut butter
1/3 cup coconut oil

10 servings

Variations:

Strawberry Cheesecake Fat bomb

1 tablespoon of goat milk cream cheese or heavy cream
3 -4 tablespoons of strawberries, if frozen thawed

Chocolate Macadamia Fat bomb

2 tablespoon of dark cocoa powder
3 tablespoon of finely chopped macadamias

Cinnamon Almond Fat bomb

1.5 tablespoons cinnamon
2 tablespoons almond butter
¼ teaspoon vanilla extract

❖ **Almond Butter Ground Beef**

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

❖ **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.

❖ **Coconut pancakes from Diet doctor**

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!!

1. 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.
2. In a separate bowl, whisk together yolks, oil and coconut milk.
3. Add coconut flour and baking powder. Mix into a smooth batter.
4. Ever so gently fold the egg whites into the batter. Let batter rest for 5 minutes.
5. Fry in butter or coconut oil for a couple of minutes or so on each side on low to medium heat.
6. 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

❖ **Super Salad**

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

❖ **Almond Crusted Chicken Breast**

½ - ¾ cup of almond meal

Sea salt

Pepper

2 chicken breast

Place almond meal and seasonings in a ziplock 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.

❖ **Butter lettuce Burger**

3 ounces beef patty with 2 slices of bacon and 1 slice of goat cheese or grass fed cheese on butter lettuce