

MONDAY



Sausage Scramble



Pork Chop Cups



Prosciutto Skillet



Macadamia Nuts

TUESDAY



Keto Coco



Broccoli with
Cheddar Sauce



Strip Steak



Bone Broth

WEDNESDAY



Breakfast Sandwich



Steak Salad



Broccoli Cheddar
Soup



Coconut Butter

THURSDAY



Simple Keto
Breakfast



Pork Chop Salad



Mediterranean Beef
Salad



Salami and Cheese
Stick

FRIDAY



Keto Butter Coffee



Pork and Cabbage Slaw



Shrimp Scampi



Olives

SATURDAY



Keto Samoa



Jalapeno Poppers



Turkey "Sandwich"



Cucumbers + Cream Cheese

SUNDAY



Coconut Pancakes



Cajun Shrimp Soup



Steak Stir Fry



Celery + Cream Cheese

CONDIMENTS

- | | | |
|--|--|--|
| <input type="checkbox"/> 1 tsp Dijon mustard | <input type="checkbox"/> 1 tsp Dijon mustard | <input type="checkbox"/> 1 ½ tbsp avocado mayo |
| <input type="checkbox"/> 2 tbsp avocado oil | <input type="checkbox"/> 2 tbsp butter | <input type="checkbox"/> 1 tsp tabasco |

MEAT

- | | | |
|--|--|--|
| <input type="checkbox"/> 12 oz boneless pork chops | <input type="checkbox"/> 3 slices prosciutto | <input type="checkbox"/> 4 sausage links |
| <input type="checkbox"/> 20 shrimp | <input type="checkbox"/> 6 oz stir fry beef | <input type="checkbox"/> 14 oz strip steak |
| <input type="checkbox"/> 2 slices turkey deli meat | | |

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 leaf Napa cabbage | <input type="checkbox"/> 1 cup Napa cabbage | <input type="checkbox"/> 3 cups arugula |
| <input type="checkbox"/> 1 cup arugula | <input type="checkbox"/> 2 head broccoli | <input type="checkbox"/> 2 stalks celery |
| <input type="checkbox"/> 1 cucumber | <input type="checkbox"/> 2 jalapenos | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 1 handful olive | <input type="checkbox"/> ½ cup onion | <input type="checkbox"/> ½ onion |
| <input type="checkbox"/> 6 ½ tbsp red onion | <input type="checkbox"/> 3 slices red onion | |

MISCELLANEOUS

- | | | |
|---|---|--|
| <input type="checkbox"/> 3 baby cucumbers | <input type="checkbox"/> 1 cup bone broth | <input type="checkbox"/> 1 tsp cacao nib |
| <input type="checkbox"/> 2 ½ slices cheddar cheeses | <input type="checkbox"/> ½ cup cheddar cheese | <input type="checkbox"/> 1 cheese stick |
| <input type="checkbox"/> 1 ½ cups chicken stock | <input type="checkbox"/> 3 tbsp chocolate chips | <input type="checkbox"/> 1 spoonful coconut butter |
| <input type="checkbox"/> ½ cup coconut flake | <input type="checkbox"/> 1 cup coconut milk | <input type="checkbox"/> 1 ½ tbsp coconut oil |
| <input type="checkbox"/> 6 oz coffee | <input type="checkbox"/> 2 spoonful cream cheeses | <input type="checkbox"/> 6 eggs |

½ cup heavy cream

1 handful macadamia
nut

1 cup pancake mix

1 roasted red pepper

5 ½ tbsp roasted red
peppers

7 slices salami

1 ½ cups water

SPICES

black pepper

caraway seed

cinnamon

pepper

salt

Sausage Scramble

SERVES

1 serving

PREP TIME

7 minutes



INGREDIENTS

- 1 tbsp avocado oil
- 2 keto-friendly sausage links, sliced
- 4 eggs
- ¼ cup cheddar cheese, grated

INSTRUCTIONS

- 1 Crack eggs into a medium bowl, beat for 3 minutes
- 2 Heat a skillet to medium
- 3 Add in oil and sausage slices, cook for 3 minutes, stirring occasionally
- 4 Add in eggs and cheese
- 5 As eggs begin to set, gently pull the eggs across the pan with spatula, forming large soft curds (about 4 minutes).
- 6 Plate sausage scramble

Pork Chop Cups

SERVES

1 serving

PREP TIME

8 minutes



INGREDIENTS

- 6 oz boneless pork chops
- 1 leaf Napa cabbage, washed (should be around 15g)
- 1 tbsp avocado mayo
- 1 tsp Dijon mustard
- 1 pinch black pepper

INSTRUCTIONS

- 1 Heat a nonstick skillet to medium heat, add in pork chop, cook for 4 minutes on either side, set aside to cool, slice
- 2 Add avocado mayo and Dijon to a small bowl, stir until well combined, set aside
- 3 Plate cabbage leaf, top with sliced pork, spoon on sauce, sprinkle with pepper

Prosciutto Skillet

SERVES

1 serving

PREP TIME

5 minutes



INGREDIENTS

- 1 tbsp avocado oil
- 3 slices prosciutto
- ½ cup cheddar cheese, shredded
- ¼ cup red onion, diced
- 1 tbsp roasted red pepper, diced

INSTRUCTIONS

- 1 Heat oven to high broil
- 2 Add in avocado oil, prosciutto slices, cheese, onion, and roasted red pepper
- 3 Broil for 5 minutes
- 4 Set aside to cool before serving

Macadamia Nuts

SERVES

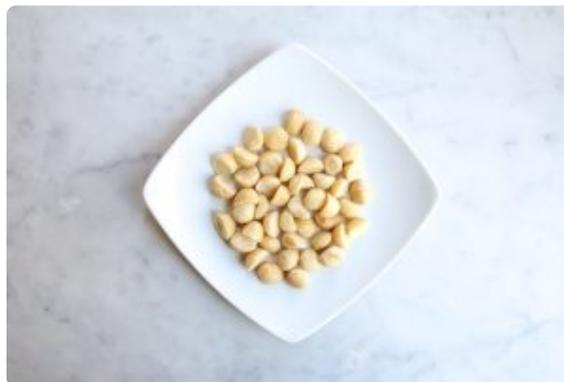
1 serving

PREP TIME

1 minute

INGREDIENTS

- 1 handful macadamia nut



INSTRUCTIONS

- 1 Measure out one handful of macadamia nuts and enjoy as a snack.

Keto Coco

SERVES

1 serving

PREP TIME

1 minute



INGREDIENTS

- ½ cup full-fat coconut milk
- ½ cup hot water
- 2 tbsp keto-friendly chocolate chips

INSTRUCTIONS

- 1 Add all ingredients to a blender, blend until smooth. Then pour into a mug and serve

Broccoli with Cheddar Sauce

SERVES

1 serving

PREP TIME

7 minutes



INGREDIENTS

- 1 tbsp avocado oil
- 1 head broccoli, cut into florets. Peel and slice stem
- ¼ cup heavy cream
- ¼ cup cheddar cheese, shredded

INSTRUCTIONS

- 1 Heat oven to high broil
- 2 Add in oil and broccoli, toss until everything is coated
- 3 Broil for 5 minutes, set aside to cool before serving
- 4 While broccoli is cooling heat a small sauce pan to medium heat
- 5 Add in cream and heat to mild boil, turn to low heat and add in cheese
- 6 Stir cream and cheese constantly for two minutes or until smooth
- 7 Plate broccoli and pour on cheese sauce

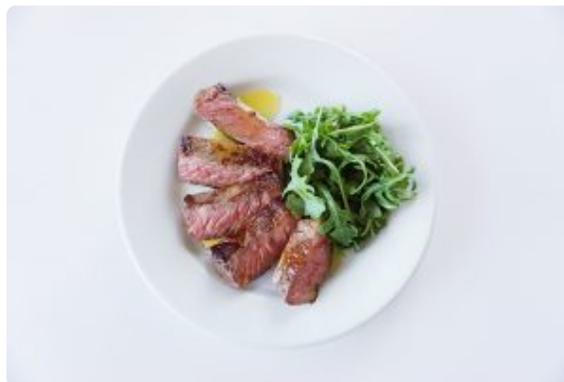
Strip Steak

SERVES

1 serving

PREP TIME

15 minutes



INGREDIENTS

- 2 tbsp avocado oil
- 8 oz strip steak
- 1 cup arugula

INSTRUCTIONS

- 1 Heat a skillet to high on the stove
- 2 Add one tablespoon of oil to the hot pan, add in steak, cook for 5 minutes, flip steak, cook for an additional 5 minutes (for medium rare)
- 3 Remove steak from pan, let cool for 5 minutes
- 4 Slice steak, plate steak and arugula
- 5 Drizzle remaining oil and steak

Bone Broth

SERVES

1 serving

PREP TIME

1 minute

INGREDIENTS

- 1 cup bone broth



INSTRUCTIONS

- 1 Enjoy a cup of bone broth as a snack. You can make your own or buy it at the store.

Breakfast Sandwich

SERVES

1 serving

PREP TIME

12 minutes



INGREDIENTS

- 1 tbsp avocado oil
- 2 eggs
- 3 keto-friendly sausage links
- ½ slice cheddar cheese (1/2 inch slice)

INSTRUCTIONS

- 1 Heat a skillet to medium
- 2 Add in oil, crack eggs into pan, leaving at least 1" separation between the eggs
- 3 Flip eggs after 3 minutes, cook eggs for an additional 3 minutes, set eggs aside to cool
- 4 Add sausage links to the pan, cook for 3 minutes, flip sausage
- 5 Scoot links together so they form a square, top links with cheese slice, cook for 3 minutes
- 6 Plate one egg, top with sausage and cheese square, top with additional egg, plate sandwich

Steak Salad

SERVES

1 serving

PREP TIME

15 minutes



INGREDIENTS

- 2 tbsp avocado oil
- 8 oz strip steak
- 2 cups arugula

INSTRUCTIONS

- 1 Heat a skillet to high on the stove
- 2 Add one tablespoon of oil to the hot pan, add in steak, cook for 5 minutes, flip steak, cook for an additional 5 minutes (for medium rare)
- 3 Remove steak from pan, let cool for 5 minutes
- 4 While steak is cooking add remaining oil, arugula, lemon juice, and lemon zest to a medium bowl, plate salad
- 5 Slice steak, plate steak

Broccoli Cheddar Soup

SERVES

1 serving

PREP TIME

5 minutes



INGREDIENTS

- ¼ cup heavy cream
- ¼ cup cheddar cheese, shredded
- ¼ cup chicken stock
- 1 head broccoli, chopped

INSTRUCTIONS

- 1 Heat a small sauce pan to medium heat
- 2 Add in cream and heat to mild boil, turn to low heat and add in cheese and chicken stock
- 3 Stir soup constantly for two minutes or until smooth
- 4 Add in broccoli and stir until well combined

Coconut Butter

SERVES

1 serving

PREP TIME

1 minute

INGREDIENTS

- 1 spoonful coconut butter

INSTRUCTIONS

- 1 Scoop out about a spoonful of coconut butter and enjoy as a snack.



Simple Keto Breakfast

SERVES

1 serving

PREP TIME

6 minutes



INGREDIENTS

- 1 tbsp avocado oil
- 2 keto-friendly sausage links
- 2 eggs

INSTRUCTIONS

- 1 Heat a skillet to medium
- 2 Add in oil, crack eggs into pan, leaving at least 1" separation between the eggs
- 3 Add sausage links to the pan
- 4 Flip eggs and sausage after 3 minutes, cook both eggs and sausage for an additional 3 minutes
- 5 Plate eggs and sausage

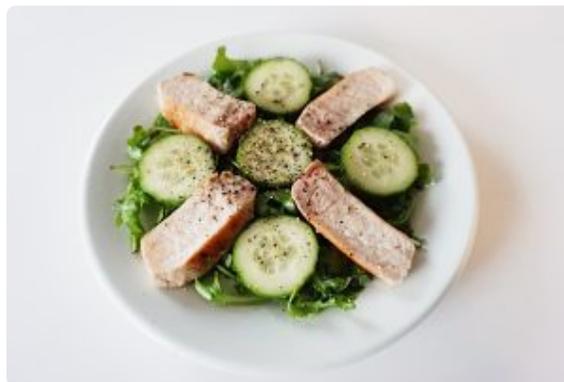
Pork Chop Salad

SERVES

1 serving

PREP TIME

15 minutes



INGREDIENTS

- 2 tbsp avocado oil
- 6 oz boneless pork chops
- 1 cup arugula
- ½ lemon, juiced
- ¼ cucumber, sliced

INSTRUCTIONS

- 1 Heat a skillet to high on the stove
- 2 Add one tablespoon of oil to the hot pan, add in pork chop, cook for 5 minutes, flip chop, cook for an additional 5 minutes (for medium)
- 3 Remove chop from pan, let cool for 5 minutes
- 4 While chop is cooling add remaining oil, arugula, and lemon to a medium bowl, mix until arugula is coated
- 5 Plate salad
- 6 Slice chop, plate chop, and cucumber slices

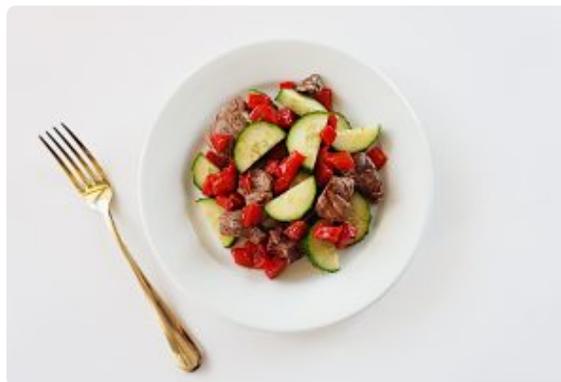
Mediterranean Beef Salad

SERVES

1 serving

PREP TIME

5 minutes



INGREDIENTS

- 2 tbsp avocado oil
- 6 oz stir fry beef
- ½ cucumber, halved and cut into thick slices
- ¼ cup roasted red pepper, diced

INSTRUCTIONS

- 1 Heat oven to high broil
- 2 Add in 1 tablespoon oil and beef in an oven-safe skillet
- 3 Broil for 5 minutes, set aside to cool
- 4 While beef is cooling, add remaining oil, cucumbers, and roasted red pepper to a medium bowl
- 5 Add cooled beef in to the bowl and toss until well combined
- 6 Plate beef salad

Salami and Cheese Stick

SERVES

1 serving

PREP TIME

1 minute



INGREDIENTS

- 7 slices salami (be sure to check ingredients list to ensure that it's low carb)
- 1 cheese stick

INSTRUCTIONS

- 1 Enjoy slices of salami with a cheese stick for a keto-friendly snack.

Keto Butter Coffee

SERVES

1 serving

PREP TIME

1 minute



INGREDIENTS

- 6 oz hot coffee
- 2 tbsp grass-fed butter
- ½ tsp cinnamon

INSTRUCTIONS

- 1 Add all ingredients to a blender and blend until frothy, about 1 minute

Pork and Cabbage Slaw

SERVES

1 serving

PREP TIME

8 minutes



INGREDIENTS

- 6 oz boneless pork chops
- 1 cup Napa cabbage, chopped
- 1 tbsp avocado mayo
- 1 tsp Dijon mustard
- ½ tsp caraway seed

INSTRUCTIONS

- 1 Heat a nonstick skillet to medium heat, add in pork chop, cook for 4 minutes on either side, set aside to cool
- 2 While pork is cooling add all remaining ingredients to a medium bowl, toss until slaw is well combined.
- 3 Plate slaw, slice and plate pork.

Shrimp Scampi

SERVES

1 serving

PREP TIME

7 minutes



INGREDIENTS

- 1 tbsp avocado oil
- ¼ cup onion, diced
- 10 shrimp, thawed
- ½ lemon, juiced
- 1 cup arugula

INSTRUCTIONS

- 1 Heat a skillet to high, add in oil, shrimp, onion, and lemon, cook for 5 minutes, stirring occasionally
- 2 Plate arugula, top with shrimp scampi

Olives

SERVES

1 serving

PREP TIME

1 minute

INGREDIENTS

- 1 handful olive



INSTRUCTIONS

- 1 Choose your favorite olives and enjoy as a snack.

Keto Samoa

SERVES

1 serving

PREP TIME

1 minute



INGREDIENTS

- 1 ½ tbsp coconut oil, melted
- 1 tbsp keto-friendly chocolate chips
- ¼ cup unsweetened coconut flakes
- 1 tsp cacao nib

INSTRUCTIONS

- 1 Add warm coconut oil and chocolate chips to a small bowl, stir until chips are melted
- 2 Add in coconut flakes
- 3 Plate samoa mixture
- 4 Top with more chocolate chips and cacao nibs if desired

Jalapeno Poppers

SERVES

1 serving

PREP TIME

9 minutes



INGREDIENTS

- 1 tbsp avocado mayo
- ½ cup cheddar cheese, shredded
- 2 tbsp red onion, finely diced
- 2 jalapenos, halved and scooped out

INSTRUCTIONS

- 1 Heat oven to high broil
- 2 Add mayo, cheese, and red onion to a small bowl and mix until well combined
- 3 Fill jalapeno halves with cheese mixture
- 4 Broil jalapeno poppers for 4 minutes
- 5 Set poppers aside to cool for 5 minutes

Turkey “Sandwich”

SERVES

1 serving

PREP TIME

10 minutes



INGREDIENTS

- 2 slices keto-friendly turkey deli meat
- 1 tsp avocado mayo
- 1 roasted red pepper, patted dry
- 3 slices red onion (slices should be thin)
- 2 slices cheddar cheese (1 oz slices)

INSTRUCTIONS

- 1 Heat oven to high broil
- 2 While oven is heating spread 1/2 of the mayo on one slice of turkey, place mayo side down on a baking mat
- 3 Top turkey with red pepper, onion, cheese, and slice of turkey
- 4 Spread the remainder of the mayo onto the top of the turkey
- 5 Broil sandwich for 4 minutes, remove from oven and set aside to cool for at least 6 minutes

Cucumbers + Cream Cheese

SERVES

1 serving

PREP TIME

2 minutes

INGREDIENTS

- 3 baby cucumbers, sliced
- 1 spoonful cream cheese
- 0 salt, to taste
- 0 pepper, to taste

INSTRUCTIONS

- 1 Slice baby cucumbers. Scoop out a spoonful of cream cheese. Top with salt and pepper as desired. Enjoy as a snack.



Coconut Pancakes

SERVES

1 serving

PREP TIME

15 minutes



INGREDIENTS

- ¾ cup paleo-friendly pancake mix
- 67/100 cup water
- ¼ cup unsweetened coconut flakes
- 2 tbsp full-fat coconut milk

INSTRUCTIONS

- 1 Add all ingredients to a bowl, stir until combined
- 2 Heat a skillet to medium, coat with coconut oil
- 3 Add 1/2 of the batter to the skillet, cook for 4 minutes, flip and cook for an additional 4 minutes
- 4 Repeat previous step with remaining serving of batter
- 5 Plate pancakes
- 6 Top pancakes with coconut milk

Cajun Shrimp Soup

SERVES

1 serving

PREP TIME

7 minutes



INGREDIENTS

- ¼ cup heavy cream
- ¼ cup cheddar cheese, shredded
- 1 cup chicken stock
- 1 tsp tabasco
- 10 shrimp

INSTRUCTIONS

- 1 Heat a small sauce pan to medium heat
- 2 Add in cream and heat to mild boil, turn to low heat and add in cheese, chicken stock, and Tabasco
- 3 Stir soup constantly for two minutes or until smooth
- 4 Add in shrimp, stir until well combined, cook for 5 minutes

Steak Stir Fry

SERVES

1 serving

PREP TIME

6 minutes



INGREDIENTS

- 1 tbsp avocado oil
- 1 head broccoli, cut into florets, stem peeled and chopped
- ¼ onion, sliced
- 6 oz strip steak

INSTRUCTIONS

- 1 Heat a skillet to high, add in oil, broccoli, and onion, cook for 3 minutes, stirring occasionally
- 2 Add in steak, cook for an additional 3 minutes, stirring occasionally
- 3 Plate stir fry

Celery + Cream Cheese

SERVES

1 serving

PREP TIME

2 minutes



INGREDIENTS

- 2 stalks celery, sliced
- 1 spoonful cream cheese

INSTRUCTIONS

- 1 Slice two stalks of celery into bite-sized pieces. Scoop out a spoonful of cream cheese. Enjoy both as a snack.

