

MONDAY



Keto Samoa



Pork Chop Salad



Simple Pork Chop



Almonds

TUESDAY



Keto Butter Coffee



Steak and Eggs



Mediterranean Beef Salad



Deli Meat + Sauerkraut

WEDNESDAY



Chocolate Chip Waffles



Cajun Shrimp Soup



Turkey "Sandwich"



Veggies and Guacamole

THURSDAY



Sausage Scramble



Spicy Tuna Salad



Thai Shrimp Saute



Fried Egg

FRIDAY



Sausage and Spicy Dip



Raw Broccoli Salad



Turkey Tower



Moon Cheese

SATURDAY



Simple Keto Breakfast



Jalapeno Poppers



Strip Steak with Cheese Sauce



Walnuts

SUNDAY



Coconut Pancakes



Fatty Smoothie



Steak with Broccoli Salad



Canned Salmon + Avocado

CONDIMENTS

- | | | |
|--|---|--|
| <input type="checkbox"/> 3 tbsp avocado mayo | <input type="checkbox"/> 2 tbsp avocado oil | <input type="checkbox"/> 2 tbsp butter |
| <input type="checkbox"/> ½ cup guacamole | <input type="checkbox"/> 1 tbsp olive oil | <input type="checkbox"/> 4 tsp tabasco |
| <input type="checkbox"/> ½ tsp tabasco | | |

MEAT

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> 12 oz boneless pork chops | <input type="checkbox"/> 4 sausage links | <input type="checkbox"/> 20 shrimp |
| <input type="checkbox"/> 12 oz stir fry beef | <input type="checkbox"/> 16 oz strip steak | <input type="checkbox"/> 1 can tuna |
| <input type="checkbox"/> 5 slices turkey deli meat | | |

PRODUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> 2 cups arugula | <input type="checkbox"/> ½ avocado | <input type="checkbox"/> 2 head broccoli |
| <input type="checkbox"/> 1 handful carrot | <input type="checkbox"/> 1 handful celery | <input type="checkbox"/> 1 cucumber |
| <input type="checkbox"/> 2 jalapenos | <input type="checkbox"/> 1 lemon | <input type="checkbox"/> ½ cup onion |
| <input type="checkbox"/> ½ cup red onion | <input type="checkbox"/> 3 slices red onion | |

MISCELLANEOUS

- | | | |
|---|--|---|
| <input type="checkbox"/> 1 handful Moon Cheese | <input type="checkbox"/> ½ cup almond | <input type="checkbox"/> 1 tsp cacao nib |
| <input type="checkbox"/> 6 ounce canned salmons | <input type="checkbox"/> ½ cup cheddar cheese | <input type="checkbox"/> 2 slices cheddar cheeses |
| <input type="checkbox"/> 1 cup chicken stock | <input type="checkbox"/> 1 tbsp chocolate chip | <input type="checkbox"/> 1 cup coconut cream |
| <input type="checkbox"/> ½ cup coconut flake | <input type="checkbox"/> 2 tbsp coconut milk | <input type="checkbox"/> 3 ½ tbsp coconut oil |
| <input type="checkbox"/> 6 oz coffee | <input type="checkbox"/> 5 eggs | <input type="checkbox"/> ½ cup heavy cream |
| <input type="checkbox"/> ½ cup ice | <input type="checkbox"/> 2 cups pancake mixes | <input type="checkbox"/> 1 cup roasted red pepper |

1 roasted red pepper

½ cup sauerkraut

1 handful walnut

1 cup water

SPICES

black pepper

cinnamon

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

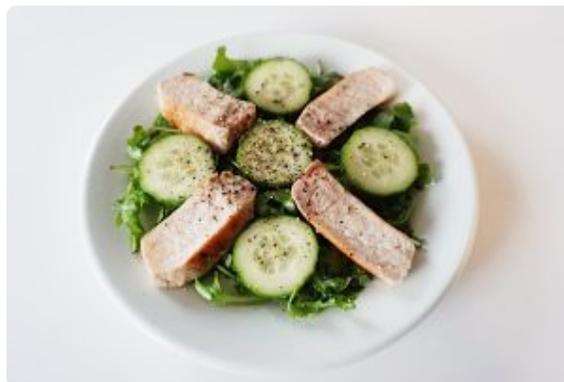
Pork Chop Salad

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

Simple Pork Chop

SERVES

1 serving

PREP TIME

15 minutes



INGREDIENTS

- 2 tbsp avocado oil
- 6 oz boneless pork chops
- 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 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, plate arugula
- 5 Slice chop, plate chop, and drizzle with remaining avocado oil

Almonds

SERVES

1 serving

PREP TIME

1 minute

INGREDIENTS

¼ cup almond

INSTRUCTIONS

1 Measure out and enjoy!



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

Steak and Eggs

SERVES

1 serving

PREP TIME

5 minutes



INGREDIENTS

- 2 tbsp avocado oil
- 6 oz stir fry beef
- 2 eggs

INSTRUCTIONS

- 1 Heat oven to high broil
- 2 Add oil and beef to a medium skillet, toss until everything is coated
- 3 Broil for 5 minutes, set aside to cool
- 4 While beef is cooling, heat a nonstick pan to medium heat
- 5 Add in remaining oil and crack both eggs into the skillet, leaving at least 1" of space in between them.
- 6 Cook eggs for 2 minutes, flip and cook for an additional 2 minutes -Plate steak and eggs

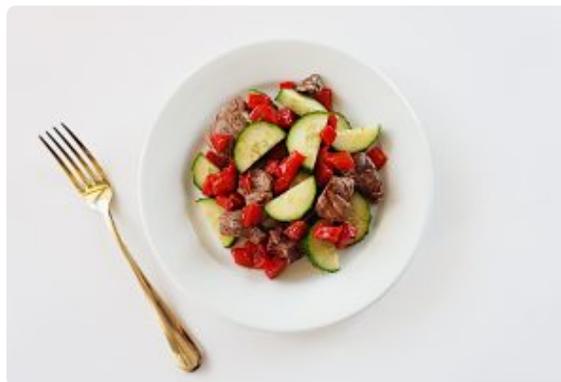
Mediterranean Beef Salad

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

Deli Meat + Sauerkraut

SERVES

1 serving

PREP TIME

2 minutes



INGREDIENTS

- 3 slices turkey deli meat
- ½ cup sauerkraut

INSTRUCTIONS

- 1 Place each ingredient on a plate and enjoy.

Chocolate Chip Waffles

SERVES

1 serving

PREP TIME

5 minutes



INGREDIENTS

- 1 cup paleo-friendly pancake mix
- ¾ cup water
- 2 tbsp coconut oil
- 0 tbsp paleo-friendly chocolate chips

INSTRUCTIONS

- 1 Mix all ingredients in a medium bowl
- 2 Oil waffle iron
- 3 Pour batter into waffle iron
- 4 Cook until golden brown 3-6 minutes depending on size of iron
- 5 Plate waffles

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

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

Veggies and Guacamole

SERVES

1 serving

PREP TIME

2 minutes



INGREDIENTS

- 1 handful carrots, sliced into snack size pieces
- 1 handful celery, sliced into snack size pieces
- ¼ cup guacamole

INSTRUCTIONS

- 1 Dip your favorite veggies in guacamole and enjoy.

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

Spicy Tuna Salad

SERVES

1 serving

PREP TIME

2 minutes



INGREDIENTS

- 1 can tuna, drained
- 1 tsp avocado mayo
- ½ tsp tabasco
- ½ cup roasted red pepper, diced
- 2 cups arugula

INSTRUCTIONS

- 1 Add tuna, mayo, Tabasco, and red pepper to a small bowl, mix until well combined
- 2 Plate arugula, top with spicy tuna mixture

Thai Shrimp Saute

SERVES

1 serving

PREP TIME

6 minutes



INGREDIENTS

- 2 tbsp coconut cream
- ¼ cup onion, diced
- 1 head broccoli, cut into florets, stem peeled and chopped
- 10 shrimp, thawed
- 1 tbsp tabasco

INSTRUCTIONS

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

Fried Egg

SERVES

1 serving

PREP TIME

5 minutes



INGREDIENTS

- 1 tbsp olive oil
- 1 egg

INSTRUCTIONS

- 1 Add olive oil to pan over medium heat. Add egg and fry to desired doneness.

Sausage and Spicy Dip

SERVES

1 serving

PREP TIME

6 minutes



INGREDIENTS

- 2 keto-friendly sausage links
- 2 tbsp avocado mayo
- 1 tsp tabasco

INSTRUCTIONS

- 1 Heat a skillet to medium and add sausage links to the pan, cook for 3 minutes, flip and cook for an additional 3 minutes, set aside to cool
- 2 Add mayo and tabasco to a small bowl, stir until well combined
- 3 Plate spicy dip and sausage

Raw Broccoli Salad

SERVES

1 serving

PREP TIME

2 minutes



INGREDIENTS

- 1 head broccoli, chopped
- 1 tbsp avocado mayo
- ½ lemon, juiced
- ¼ cup red onion, diced
- 1 pinch black pepper

INSTRUCTIONS

- 1 Add all ingredients to medium bowl, stir until well combined
- 2 Plate broccoli salad

Turkey Tower

SERVES

1 serving

PREP TIME

9 minutes



INGREDIENTS

- ½ cup cheddar cheese, grated
- 3 slices keto-friendly turkey deli meat
- 1 tsp avocado mayo
- 1 cup arugula

INSTRUCTIONS

- 1 Heat oven to high broil
- 2 Separate cheese into 4 piles, place on a nonstick baking mat on a cookie sheet, broil cheese for 3 minutes, set aside to cool for at least 5 minutes
- 3 While cheese is cooking plate first piece of turkey, top with 1/2 teaspoon mayo, 1/2 cup arugula, and repeat all steps one more time, top with final piece of turkey
- 4 Top turkey with cooled broiled cheese crisps

Moon Cheese

SERVES

1 serving

PREP TIME

1 minute

INGREDIENTS

- 1 handful Moon Cheese

INSTRUCTIONS

- 1 Enjoy Moon Cheese as a keto-friendly 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

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

Strip Steak with Cheese Sauce

SERVES

1 serving

PREP TIME

15 minutes



INGREDIENTS

- 1 tbsp avocado oil
- 8 oz strip steak
- ¼ cup heavy cream
- ¼ cup cheddar cheese, shredded

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 cooling heat a small sauce pan to high, add in cream and heat to mild boil, turn to low heat and add in cheese
- 5 Stir cream and cheese constantly for two minutes or until smooth
- 6 Slice steak, plate steak and drizzle cheese sauce on steak

Walnuts

SERVES

1 serving

PREP TIME

1 minute

INGREDIENTS

- 1 handful walnut

INSTRUCTIONS

- 1 Measure out around 1 handful of walnuts and enjoy!



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

Fatty Smoothie

SERVES

1 serving

PREP TIME

1 minute



INGREDIENTS

- ¼ cup heavy cream
- ½ cup full-fat coconut cream
- ¼ cup water
- ½ tsp cinnamon
- ½ cup ice

INSTRUCTIONS

- 1 Add all ingredients to a blender and blend until smooth -Pour into cup and sprinkle on additional cinnamon (optional)

Steak with Broccoli Salad

SERVES

1 serving

PREP TIME

15 minutes



INGREDIENTS

- 1 tbsp avocado oil
- 8 oz strip steak
- 1 head broccoli, chopped
- 1 tbsp avocado mayo
- ¼ cup red onion, diced

INSTRUCTIONS

- 1 Combine broccoli, mayo, and red onion in a medium bowl. Mix until broccoli is well-covered. Plate broccoli salad.
- 2 Heat a skillet to high on the stove
- 3 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)
- 4 Remove steak from pan, let cool for 5 minutes
- 5 Slice steak, plate steak on the same plate as the broccoli salad

Canned Salmon + Avocado

SERVES

1 serving

PREP TIME

2 minutes



INGREDIENTS

- 6 ounce canned salmons
- ½ avocado

INSTRUCTIONS

- 1 Scoop salmon into a bowl to eat. You can put the avocado into the salmon and mix it up, or you can scoop the salmon into the avocado and eat together. Season as desired.

