

K E T O



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KETO
MEAL
PLAN

28-Day Keto Plan

How To Read Your Meal Plan

YOUR GROCERY LIST

This meal plan includes a full grocery list, which outlines the ingredients you will need to follow this meal plan.

Take some time to go through the shopping list and check off any items you already have before heading out to the grocery store. You should be able to find all ingredients on the list at your local grocery store, so ideally, there are no additional trips to the health food store required.

SERVINGS + PREP TIME

Every recipe within this meal plan gives you the total number of servings and total cooking time. This way, you know how many servings the recipe creates, and how long it will take you to make it.

MEAL PREP

You will be preparing one serving of each meal unless a recipe calls for two or more servings. In this case, prepare the meal according to the meal plan, divide it into two even portions, eat one, and keep the other portion in an airtight container in the fridge or freezer.

LEFTOVER MEALS

There are some meals on the plan that are shaded out. This indicates a leftover meal, which means you will have already cooked that meal the previous day. If a meal calls for two or more servings, it means you will be meal prepping for the next day. Leftover meals are a great way to save you valuable time in the kitchen!

28-Day Keto Plan - Week 1



WEEKLY MEAL PLANNER

MON



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Bacon Cheese & Avocado Omelet



LUNCH
Curry Coconut Soup With Zucchini Noodles



AFTERNOON SNACK
Coconut Fat Bombs



DINNER
Keto Salmon Burger Burgers

TUE



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Bacon Cheese & Avocado Omelet



LUNCH
Curry Coconut Soup With Zucchini Noodles



AFTERNOON SNACK
Coconut Fat Bombs



DINNER
Keto Salmon Burger Burgers

WED



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Overnight Carrot Cake Chia Breakfast Pudding



LUNCH
Curry Coconut Soup With Zucchini Noodles



AFTERNOON SNACK
Coconut Fat Bombs



DINNER
High-Fat Bacon & Tomato Frittata

THU



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Overnight Carrot Cake Chia Breakfast Pudding



LUNCH
High-Fat Bacon & Tomato Frittata



AFTERNOON SNACK
Coconut Fat Bombs



DINNER
Fried Chicken Salad

FRI



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Overnight Carrot Cake Chia Breakfast Pudding



LUNCH
Fried Chicken Salad



AFTERNOON SNACK
Coconut Fat Bombs



DINNER
High-Fat Bacon & Tomato Frittata

SAT



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Bacon Cheese & Avocado Omelet



LUNCH
Fried Chicken Salad



AFTERNOON SNACK
Coconut Fat Bombs



DINNER
Keto Salmon Burger Burgers

SUN



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Bacon Cheese & Avocado Omelet



LUNCH
Curry Coconut Soup With Zucchini Noodles



AFTERNOON SNACK
Coconut Fat Bombs



DINNER
Keto Salmon Burger Burgers

28-Day Keto Plan - Week 1

GROCERY LIST

Fruits

- 1 1/4 Avocado
- 1 tbsp Lime Juice

Breakfast

- 14 cups Organic Coffee

Seeds, Nuts & Spices

- 3/4 cup Chia Seeds
- 1 tsp Chili Flakes
- 3/4 tsp Cinnamon
- 2 tbsps Curry Powder
- 1/3 tsp Ground Ginger
- 1 tsp Sea Salt
- 1/2 tsp Sea Salt & Black Pepper
- 1 1/2 tbsps Sesame Seeds
- 1/3 cup Walnuts

Vegetables

- 2 tbsps Basil Leaves
- 1 1/2 Carrot
- 2 cups Cauliflower Rice
- 1/3 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1/3 Cucumber
- 2 Garlic Clove
- 1 tbsp Ginger
- 6 cups Mixed Greens
- 2 tbsps Parsley
- 1 1/3 cups Red Onion
- 4 leaves Romaine
- 3 Tomatoes
- 2 cups White Button Mushrooms
- 1 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 3 3/4 cups Organic Coconut Milk
- 4 cups Organic Vegetable Broth

Baking

- 1/2 cup Almond Flour
- 1/4 cup Coconut Flour
- 1/8 tsp Ground Cloves
- 1 2/3 tps Stevia Powder
- 2/3 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 2 ozs Cheddar Cheese
- 9 ozs Chicken Breast
- 14 slices Organic Bacon
- 14 ozs Salmon Fillet

Condiments & Oils

- 3 3/4 tbsps Black Olives
- 2/3 cup Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Mct Coconut Oil
- 2 tbsps Rice Wine Vinegar
- 1 tbsp Sesame Oil

Cold

- 1/2 cup Butter
- 12 Egg
- 1/3 cup Plain Coconut Milk
- 3 cups Unsweetened Almond Milk

Bulletproof Coffee

3 ingredients · 5 minutes · 1 serving



Directions

1. Brew or make your coffee as usual, using your preferred method. You will need around 2 cups of black coffee.
2. Combine the butter and MCT oil in a blender.
3. Pour the hot coffee over the butter and MCT oil and blend for a few seconds until smooth and frothy.
4. Pour in a cup and enjoy.

Notes

Classic Bullet Proof Ingredients

The classic bulletproof coffee recipe contains coffee, grass-fed butter and either MCT oil or coconut oil. Healthy fats encourage ketone production for fat-fueled metabolism.

MCT Oil

The MCT oil boosts you mentally as it quickly gets converted into energy ready to be used by your brain and your body.

Benefits

Drinking a bullet proof coffee in the morning helps increase the good fats in your diet and you will feel satiated for hours.

Ingredients

2 cups Organic Coffee (brewed)

1 tbsp Mct Coconut Oil

1 tbsp Butter (grass-fed butter)

Nutrition

Amount per serving

Calories	227	Fiber	0g
Fat	25g	Protein	1g
Carbs	0g		

Bacon Cheese & Avocado Omelet

6 ingredients · 25 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Add the bacon and cook for 5 to 7 minutes each side or until it is cooked through and crispy. Remove and set aside.
2. Meanwhile, in a mixing bowl, whisk the eggs and salt together until well combined.
3. Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
4. Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan. Flip the egg and sprinkle 1/4 of the shredded cheese onto the top side of the egg and continue cooking for 60 to 90 seconds until the cheese begins to melt. Remove and repeat with remaining egg and cheese.
5. Transfer the omelet to a plate and layer the avocado and cooked bacon on one side of the omelet. Fold over and enjoy!

Notes

Leftovers

Refrigerate the egg omelet in an airtight container for up to two days. Assemble just before serving.

Pan Size

This recipe was tested in a 8-inch non-stick pan.

Ingredients

- 4 slices Organic Bacon
- 2 Egg
- 1/8 tsp Sea Salt
- 1 1/2 tsps Coconut Oil (divided)
- 1 oz Cheddar Cheese (shredded)
- 1/4 Avocado (sliced)

Nutrition

Amount per serving

Calories	419	Fiber	2g
Fat	37g	Protein	18g
Carbs	3g		

Overnight Carrot Cake Chia Breakfast Pudding

9 ingredients · 3 hours · 3 servings



Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Ingredients

- 1 1/2 Carrot (medium, grated)
- 3/4 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/3 tsp Ground Ginger
- 1 1/2 tps Stevia Powder (to taste)
- 3 cups Unsweetened Almond Milk
- 3/4 cup Chia Seeds
- 1/3 cup Walnuts (chopped)
- 3 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	415	Fiber	16g
Fat	32g	Protein	12g
Carbs	30g		

Curry Coconut Soup With Zucchini Noodles

13 ingredients · 30 minutes · 4 servings



Directions

1. In a medium-size pot, combine the coconut oil, ginger, garlic, and onion and heat over medium-low heat.
2. Sauté for 3 to 5 minutes, then add in the curry powder, mushrooms, and mix well.
3. Next, add in the coconut milk, organic vegetable broth, and lime juice and bring to a boil. Reduce the heat and let it simmer for 8-10 minutes.
4. Use a julienne knife to prepare the zucchini noodles and add them to the pot during the last minute of cooking. Stir well and remove from the heat.
5. Divide the coconut soup between bowls, top with cilantro, and season with black pepper or chili flakes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days or freeze for longer.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 **tbsp** Ginger (thinly sliced or finely diced)
- 2 Garlic Clove (minced)
- 1 Yellow Onion (diced)
- 2 **tbsps** Curry Powder
- 2 **cups** White Button Mushrooms (sliced)
- 1 **tbsp** Lime Juice
- 3 **cups** Organic Coconut Milk
- 4 **cups** Organic Vegetable Broth
- 1/2 **tsp** Sea Salt (optional, season to taste)
- 1 Zucchini (spiralized into noodles)
- 1/4 **cup** Cilantro
- 1 **tsp** Chili Flakes (optional, or chili pepper slices)

Nutrition

Amount per serving

Calories	414	Fiber	4g
Fat	36g	Protein	6g
Carbs	17g		

Coconut Fat Bombs

4 ingredients · 1 hour 5 minutes · 7 servings



Directions

1. Add melted coconut oil to a large mixing bowl. (If coconut oil is hard, pour into a baking dish and place in the oven at medium heat until melted.)
2. Add stevia and coconut milk to the warm coconut oil and stir well. Add coconut flakes and mix until combined.
3. Pour the mixture into ice tray molds and place them in the freezer for about one hour. Enjoy.

Notes

Leftovers

These fat bombs are best kept in the freezer and last for 7 days.

Ingredients

1/3 cup Coconut Oil (melted)

3/4 cup Organic Coconut Milk (room temperature)

1/2 cup Unsweetened Coconut Flakes

1/8 tsp Stevia Powder (check package instructions)

Nutrition

Amount per serving

Calories	176	Fiber	1g
Fat	19g	Protein	1g
Carbs	2g		

Keto Salmon Burger Burgers

11 ingredients · 24 minutes · 2 servings



Directions

1. Melt the butter in a skillet over medium heat, add the cauliflower rice and cook for 5 minutes or until tender – season with salt and pepper. Transfer to a bowl and set aside.
2. To the same pan, add the salmon and season with salt and pepper. Cook the salmon until just opaque, then remove and flake the fish into a bowl. Set aside.
3. To the bowl with the salmon, add the cauliflower rice along with the almond flour, coconut flour, egg, red onion, and parsley. Stir until well combined.
4. Using your hands, form into 6 patties. Add coconut oil to the pan and heat over medium heat. Fry the patties until both sides are browned - for about 3 to 5 minutes per side.
5. Wrap in romaine leaves and eat as a salmon burger. Enjoy.

Notes

Leftover

Refrigerate in an airtight container for up to two days.

Ingredients

- 1 **tblsp** Butter
- 1 **cup** Cauliflower Rice
- 1/8 **tsp** Sea Salt & Black Pepper (to taste)
- 7 **ozs** Salmon Fillet
- 1/4 **cup** Almond Flour
- 2 **tblsps** Coconut Flour
- 1 Egg (large)
- 2 **tblsps** Red Onion (minced)
- 1 **tblsp** Parsley (freshly chopped)
- 1 **tblsp** Coconut Oil
- 2 **leaves** Romaine

Nutrition

Amount per serving

Calories	418	Fiber	6g
Fat	29g	Protein	28g
Carbs	11g		

High-Fat Bacon & Tomato Frittata

8 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C).
2. In a small bowl, whisk together the eggs, coconut milk, basil, and salt. Set aside.
3. Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, then remove the bacon from the pan, plate, and set aside.
4. Add the onion and diced tomatoes to the pan and saute for 2 to 3 minutes.
5. Add the bacon back into the pan, stir once and pour the egg mixture on top. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg.
6. Place the black olives on top. Place in the oven and cook for 20 minutes.
7. Remove from the oven. Garnish with extra basil if desired. Let it cool slightly, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 6 Egg
- 1/3 cup Plain Coconut Milk
- 1/8 tsp Sea Salt (to taste)
- 2 tbsps Basil Leaves (diced)
- 6 slices Organic Bacon (chopped)
- 1 1/8 cups Red Onion (diced)
- 3 Tomatoes (diced)
- 3 3/4 tbsps Black Olives (pitted, sliced)

Nutrition

Amount per serving

Calories	410	Fiber	1g
Fat	32g	Protein	21g
Carbs	8g		

Fried Chicken Salad

11 ingredients · 9 minutes · 3 servings



Directions

1. Heat the coconut oil in a skillet over medium-high heat. Add the chicken, season with salt and pepper, and cook for 8 to 10 minutes or until cooked through. Stir occasionally.
2. Meanwhile, divide the mixed greens, cucumber, tomatoes, and avocado between plates. Set aside.
3. In a mixing bowl combine the olive oil, sesame oil, and rice wine vinegar. Whisk until combined and pour over the salad.
4. When the chicken is done, arrange on top of the salad and sprinkle with sesame seeds. Enjoy.

Notes

Leftovers

Store the chicken, salad, and dressing in separate airtight containers in your fridge for up to three days.

Ingredients

- 1 1/2 tbsps Coconut Oil
- 9 ozs Chicken Breast (cut into cubes or chunks)
- 1/4 tsp Sea Salt & Black Pepper (to taste)
- 6 cups Mixed Greens
- 1/3 Cucumber (sliced)
- 1/3 cup Cherry Tomatoes (halved)
- 3/4 Avocado (sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Sesame Oil
- 2 tbsps Rice Wine Vinegar
- 1 1/2 tbsps Sesame Seeds

Nutrition

Amount per serving

Calories	409	Fiber	5g
Fat	32g	Protein	23g
Carbs	9g		

28-Day Keto Plan - Week 2



WEEKLY MEAL PLANNER

MON



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Keto Breakfast Skillet



LUNCH
Green Goddess Soup



AFTERNOON SNACK
Keto Gingerbread Fat Bombs



DINNER
Almond Crusted Salmon With Avocado Mash

TUE



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Keto Breakfast Skillet



LUNCH
Green Goddess Soup



AFTERNOON SNACK
Keto Gingerbread Fat Bombs



DINNER
Almond Crusted Salmon With Avocado Mash

WED



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Guac & Egg Breakfast Bowl



LUNCH
Green Goddess Soup



AFTERNOON SNACK
Keto Gingerbread Fat Bombs



DINNER
Keto Quesadillas

THU



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Guac & Egg Breakfast Bowl



LUNCH
Keto Quesadillas



AFTERNOON SNACK
Keto Gingerbread Fat Bombs



DINNER
Broccoli Cheddar Keto Quiche

FRI



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Guac & Egg Breakfast Bowl



LUNCH
Keto Quesadillas



AFTERNOON SNACK
Keto Gingerbread Fat Bombs



DINNER
Broccoli Cheddar Keto Quiche

SAT



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Keto Breakfast Skillet



LUNCH
Broccoli Cheddar Keto Quiche



AFTERNOON SNACK
Keto Gingerbread Fat Bombs



DINNER
Almond Crusted Salmon With Avocado Mash

SUN



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Keto Breakfast Skillet



LUNCH
Green Goddess Soup



AFTERNOON SNACK
Keto Gingerbread Fat Bombs



DINNER
Almond Crusted Salmon With Avocado Mash

28-Day Keto Plan - Week 2

GROCERY LIST

Fruits

- 6 1/4 Avocado
- 1 1/2 tbsps Lemon Juice

Breakfast

- 14 cups Organic Coffee

Seeds, Nuts & Spices

- 1 3/4 tsps Black Pepper
- 2 1/4 tbsps Chili Flakes
- 1/2 tsp Cinnamon
- 1 tbsp Cumin
- 1 tsp Ground Ginger
- 1/2 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/2 tsp Nutmeg
- 2 1/2 tsps Sea Salt
- 1/8 tsp Sea Salt & Black Pepper
- 1/2 cup Sliced Almonds
- 3 tbsps Walnuts

Vegetables

- 3 cups Asparagus
- 10 cups Baby Spinach
- 1 cup Broccoli
- 6 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 3 Garlic
- 2 3/4 stalks Green Onion
- 1 Jalapeno Pepper
- 3/4 Red Bell Pepper
- 2/3 cup Red Onion
- 1 Tomato
- 1 1/3 Yellow Onion

Boxed & Canned

- 2 3/4 cups Canned Coconut Milk

Baking

- 1 3/4 cups Almond Flour
- 1/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 2 3/4 cups Cheddar Cheese
- 3 ozs Chicken Breast
- 8 ozs Extra Lean Ground Beef
- 1 2/3 cups Monterey Jack
- 1 lb Salmon Fillet

Condiments & Oils

- 1/4 cup Black Olives
- 3 tbsps Coconut Oil
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1/2 cup Mct Coconut Oil

Cold

- 1/2 cup Butter
- 16 Egg
- 1/2 cup Powdered Erythritol
- 3 tbsps Sour Cream

Other

- 2 1/16 cups Water

Bulletproof Coffee

3 ingredients · 5 minutes · 1 serving



Directions

1. Brew or make your coffee as usual, using your preferred method. You will need around 2 cups of black coffee.
2. Combine the butter and MCT oil in a blender.
3. Pour the hot coffee over the butter and MCT oil and blend for a few seconds until smooth and frothy.
4. Pour in a cup and enjoy.

Notes

Classic Bullet Proof Ingredients

The classic bulletproof coffee recipe contains coffee, grass-fed butter and either MCT oil or coconut oil. Healthy fats encourage ketone production for fat-fueled metabolism.

MCT Oil

The MCT oil boosts you mentally as it quickly gets converted into energy ready to be used by your brain and your body.

Benefits

Drinking a bullet proof coffee in the morning helps increase the good fats in your diet and you will feel satiated for hours.

Ingredients

2 cups Organic Coffee (brewed)

1 tbsp Mct Coconut Oil

1 tbsp Butter (grass-fed butter)

Nutrition

Amount per serving

Calories	227	Fiber	0g
Fat	25g	Protein	1g
Carbs	0g		

Keto Breakfast Skillet

13 ingredients · 30 minutes · 2 servings



Directions

1. In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
2. Once the beef is cooked, add in the chili flakes, cumin, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
3. Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
4. Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/4 **cup** Red Onion (chopped)
- 4 **ozs** Extra Lean Ground Beef
- 1 **tbsp** Chili Flakes
- 1 1/2 **tsps** Cumin
- 1/8 **tsp** Black Pepper
- 2 **tbsps** Nutritional Yeast
- 2 Egg
- 1/2 Tomato (chopped)
- 2 **tbsps** Black Olives
- 1 Avocado (cubed)
- 1/2 Jalapeno Pepper (sliced)
- 2 **tbsps** Cilantro

Nutrition

Amount per serving

Calories	425	Fiber	10g
Fat	30g	Protein	26g
Carbs	16g		

Guac & Egg Breakfast Bowl

10 ingredients · 15 minutes · 3 servings



Directions

1. Place eggs in a pot of boiling water and simmer for 5-6 minutes. When done, place eggs in cold water, then peel the eggs and slice in half.
2. In a small bowl, whisk together the olive oil, lemon juice, sea salt, and pepper. Set aside
3. Wash and dry the spinach, then divide spinach into bowls and top with avocado cubes and sliced onions. Add the olive oil-lemon dressing and toss well to combine.
4. Place the egg halves on top and top with crushed walnuts. Season with additional salt, pepper, or chili flakes. Enjoy!

Notes

Leftovers

Store the eggs, salad, and avocado in separate airtight containers in the fridge. Drizzle lemon juice over the open avocado to prevent it from going brown. Assemble all when ready to eat.

Ingredients

- 6 Egg
- 1 tbsps Water
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3/4 tsp Lemon Juice (freshly squeezed)
- 1/3 tsp Sea Salt (to taste)
- 1/3 tsp Black Pepper (to taste)
- 6 cups Baby Spinach
- 1 1/2 Avocado (cubed)
- 3 tbsps Red Onion (thinly sliced)
- 3 tbsps Walnuts (crushed)

Nutrition

Amount per serving

Calories	432	Fiber	9g
Fat	36g	Protein	18g
Carbs	14g		

Green Goddess Soup

12 ingredients · 25 minutes · 4 servings



Directions

1. In a large stockpot, heat coconut oil over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add the minced garlic, then saute for another minute.
2. Add water, coconut milk, sea salt, and black pepper to the stockpot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds, baby spinach, and lemon juice to your blender. Pour soup over top and puree. Ladle into bowls and garnish with coconut milk. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to one month.

Ingredients

- 2 tbsps** Coconut Oil
- 1** Yellow Onion (chopped)
- 6 stalks** Celery (chopped)
- 3** Garlic (cloves, minced)
- 2 cups** Water
- 2 1/3 cups** Canned Coconut Milk (keep 1/4 cup to garnish)
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 3 cups** Asparagus (woody ends snapped off)
- 1/2 cup** Hemp Seeds
- 4 cups** Baby Spinach
- 2 tsps** Lemon Juice (freshly squeezed)

Nutrition

Amount per serving

Calories	458	Fiber	5g
Fat	41g	Protein	11g
Carbs	16g		

Keto Gingerbread Fat Bombs

7 ingredients · 10 minutes · 7 servings



Directions

1. Take a medium-sized mixing bowl and add all of the dry ingredients. Then, stir in the melted butter and mix it all up to form a thick dough.
2. Use a cookie scoop to scoop out a portion of the dough and roll into one ball. Make 10 balls and place them in an airtight container, then refrigerate for 1 hour.
3. After an hour, take two fat bombs out and enjoy!

Notes

Serving Size

one serving equals two fat bombs.

Storage

Keep your fat bombs in an airtight container in your fridge for up to 7 days.

No Cookie Scoop

Use a tablespoon to scoop out the dough and form into balls. Form 16 balls.

Ingredients

1 3/4 cups Almond Flour (finely ground)

1/2 cup Powdered Erythritol

1 tsp Ground Ginger

1/2 tsp Cinnamon (ground)

1/2 tsp Nutmeg (ground)

1/8 tsp Sea Salt

1 tsp Butter (melted)

Nutrition

Amount per serving

Calories	166	Fiber	3g
Fat	15g	Protein	6g
Carbs	6g		

Almond Crusted Salmon With Avocado Mash

11 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the almonds, green onion, salt, and Italian seasoning. Add the freshly squeezed lemon juice and melted butter and stir until well combined.
3. Place the salmon on the prepared baking sheet skin side down. Season with salt and pepper, then spoon the almond mixture on the top side of the fillets. Gently press it down with the back of the spoon.
4. Place into the oven and bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily.
5. In the meantime, add the avocado and remaining lemon juice to a bowl. Season with salt, pepper, and chili flakes if using. Mash with a fork until you get a smooth avocado mash.
6. Divide the avocado mash between plates, top with baked salmon, and garnish with cherry tomatoes. Enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. The avocado mash may go slightly brown.

Ingredients

- 1/4 cup Sliced Almonds
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt (divided, or more to taste)
- 1/2 tsp Italian Seasoning
- 1 tsp Lemon Juice (freshly squeezed, divided)
- 1 1/2 tps Butter (melted)
- 8 ozs Salmon Fillet
- 1/4 tsp Black Pepper (divided)
- 1 Avocado (mashed)
- 1/8 tsp Chili Flakes (optional, to taste)
- 1/4 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving

Calories	459	Fiber	9g
Fat	34g	Protein	29g
Carbs	14g		

Keto Quesadillas

11 ingredients · 40 minutes · 3 servings



Directions

1. Preheat oven to 400 °F.
2. Line a medium baking sheet with parchment paper.
3. Heat the coconut oil in a medium skillet over medium-high heat. Add the onions and bell pepper, and season with salt, pepper, and chili flakes. Cook for 5 minutes until soft and transfer to a plate.
4. Add the cheeses to a small bowl and mix well. Then take 1 1/2 cups of cheese mixture and add to the center of one of the prepared baking sheets. Spread the cheese mixture into an even layer in the shape of a circle in the size of a flour tortilla.
5. Bake the cheese tortilla for 8 to 10 minutes until melty and slightly golden around the edge.
6. Take out of the oven and add the shredded chicken, the onion-pepper mixture, and avocado slices to one half of the cheese tortilla. Let cool for a minute. With the help of a small spatula and the parchment paper, try to gently lift and fold the empty side of the cheese tortilla over the side with the fillings.
7. Return to the oven and bake for another 3 to 4 minutes. In case you prepare more servings, repeat until you have used up all ingredients.
8. Once done, cut the quesadilla into quarters. Divide onto plates and garnish with green onion and sour cream. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Ingredients

- 2 1/4 **tsps** Coconut Oil
- 3/4 **Red Bell Pepper** (sliced)
- 1/3 **Yellow Onion** (sliced)
- 1/3 **tsp** Chili Flakes
- 1/8 **tsp** Sea Salt & Black Pepper (to taste)
- 1 2/3 **cups** Monterey Jack (shredded)
- 1 2/3 **cups** Cheddar Cheese (shredded)
- 3 **ozs** Chicken Breast (shredded)
- 3/4 **Avocado** (thinly sliced)
- 3/4 **stalk** Green Onion (thinly sliced)
- 3 **tbsps** Sour Cream (for decoration)

Nutrition

Amount per serving

Calories	436	Fiber	4g
Fat	34g	Protein	24g
Carbs	11g		

Broccoli Cheddar Keto Quiche

8 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (176°C).
2. Grease a pie pan with the coconut oil and arrange the broccoli and cheese in a single layer in the pie pan.
3. Crack the eggs into a mixing bowl. Add the milk, salt, and chili flakes to the mixing bowl and whisk until well combined. Pour the beaten egg mixture over the broccoli and cheese in the pie pan.
4. Bake for 30 to 35 minutes or until golden brown.
5. Remove from the oven and let cool for a minute. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 3/4 tsp Coconut Oil
- 1 cup Broccoli (finely chopped)
- 1 1/8 cups Cheddar Cheese (shredded)
- 6 Egg
- 1/2 cup Canned Coconut Milk
- 1/8 tsp Chili Flakes
- 1/3 tsp Sea Salt (to taste)
- 1/8 tsp Black Pepper (to taste)

Nutrition

Amount per serving

Calories	415	Fiber	1g
Fat	33g	Protein	23g
Carbs	7g		

28-Day Keto Plan - Week 3



WEEKLY MEAL PLANNER

MON



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Bacon-Cauliflower Breakfast Bowl



LUNCH
Sardine & Avocado Keto Salad



AFTERNOON SNACK
Coconut Biscuits With Cranberries



DINNER
Keto Halloumi with Cucumbers & Avocado

TUE



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Bacon-Cauliflower Breakfast Bowl



LUNCH
Sardine & Avocado Keto Salad



AFTERNOON SNACK
Coconut Biscuits With Cranberries



DINNER
Keto Halloumi with Cucumbers & Avocado

WED



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Coconut Chia Pudding With Almond Butter



LUNCH
Sardine & Avocado Keto Salad



AFTERNOON SNACK
Coconut Biscuits With Cranberries



DINNER
Cheese, Ham & Bacon Wrap

THU



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Coconut Chia Pudding With Almond Butter



LUNCH
Cheese, Ham & Bacon Wrap



AFTERNOON SNACK
Coconut Biscuits With Cranberries



DINNER
Tuna Avocado Fish Cakes

FRI



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Coconut Chia Pudding With Almond Butter



LUNCH
Cheese, Ham & Bacon Wrap



AFTERNOON SNACK
Coconut Biscuits With Cranberries



DINNER
Tuna Avocado Fish Cakes

SAT



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Bacon-Cauliflower Breakfast Bowl



LUNCH
Tuna Avocado Fish Cakes



AFTERNOON SNACK
Coconut Biscuits With Cranberries



DINNER
Keto Halloumi with Cucumbers & Avocado

SUN



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Bacon-Cauliflower Breakfast Bowl



LUNCH
Sardine & Avocado Keto Salad



AFTERNOON SNACK
Coconut Biscuits With Cranberries



DINNER
Keto Halloumi with Cucumbers & Avocado

28-Day Keto Plan - Week 3

GROCERY LIST

Fruits

- 4 Avocado
- 1 Lemon
- 1 1/3 **tbps** Lemon Juice
- 3/4 **cup** Raspberries

Breakfast

- 1/2 **cup** Almond Butter
- 14 **cups** Organic Coffee

Seeds, Nuts & Spices

- 1/3 **tsp** Black Pepper
- 1/3 **cup** Chia Seeds
- 2/3 **tsp** Curry Powder
- 2/3 **tsp** Garlic Powder
- 1/8 **tsp** Italian Seasoning
- 1 **tsp** Onion Powder
- 1/8 **tsp** Red Pepper Flakes
- 2/3 **tsp** Sea Salt
- 1/8 **tsp** Sea Salt & Black Pepper

Vegetables

- 5 1/3 **cups** Arugula
- 4 **cups** Baby Spinach
- 1 1/3 **heads** Cauliflower
- 1 3/4 **cups** Cherry Tomatoes
- 1 Cucumber
- 1 Garlic Clove
- 4 **cups** Iceberg Lettuce
- 6 **leaves** Iceberg Lettuce
- 3 **cups** Mixed Greens
- 1 1/3 **tbps** Parsley
- 12 **ozs** Portobello Mushroom Caps
- 3 Tomato
- 1 **cup** White Onion

Boxed & Canned

- 3 **tbps** Canned Coconut Milk
- 7 **ozs** Sardines

Baking

- 1 1/16 **cups** Almond Flour
- 1 **tsp** Baking Powder
- 1/4 **cup** Coconut Flour
- 3 **tbps** Dried Unsweetened Cranberries

Bread, Fish, Meat & Cheese

- 6 **slices** Bacon, Cooked
- 3 **slices** Cheddar Cheese
- 8 **ozs** Halloumi
- 8 **slices** Organic Bacon
- 12 **ozs** Sliced Ham
- 7 1/2 **ozs** Tuna Canned

Condiments & Oils

- 1/2 **cup** Black Olives
- 2 2/3 **tbps** Coconut Aminos
- 1/3 **cup** Coconut Oil
- 1/2 **cup** Extra Virgin Olive Oil
- 1/2 **cup** Green Olives
- 1/2 **cup** Mct Coconut Oil

Cold

- 1/2 **cup** Butter
- 3 **tbps** Cream Cheese, Regular
- 6 Egg
- 1 2/3 **cups** Plain Coconut Milk

Bulletproof Coffee

3 ingredients · 5 minutes · 1 serving



Directions

1. Brew or make your coffee as usual, using your preferred method. You will need around 2 cups of black coffee.
2. Combine the butter and MCT oil in a blender.
3. Pour the hot coffee over the butter and MCT oil and blend for a few seconds until smooth and frothy.
4. Pour in a cup and enjoy.

Notes

Classic Bullet Proof Ingredients

The classic bulletproof coffee recipe contains coffee, grass-fed butter and either MCT oil or coconut oil. Healthy fats encourage ketone production for fat-fueled metabolism.

MCT Oil

The MCT oil boosts you mentally as it quickly gets converted into energy ready to be used by your brain and your body.

Benefits

Drinking a bullet proof coffee in the morning helps increase the good fats in your diet and you will feel satiated for hours.

Ingredients

2 cups Organic Coffee (brewed)

1 tbsp Mct Coconut Oil

1 tbsp Butter (grass-fed butter)

Nutrition

Amount per serving

Calories	227	Fiber	0g
Fat	25g	Protein	1g
Carbs	0g		

Bacon-Cauliflower Breakfast Bowl

12 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference.
2. Meanwhile, place the cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until soft.
3. In the meantime, cook the mushrooms. Add coconut oil to the pan and heat over medium heat. Add sliced mushrooms and cook for 5 to 7 minutes. Add the coconut aminos to deglaze the pan and turn the heat off. Set aside.
4. When the cauliflower is done, transfer it to a food processor or blender along with the coconut milk, sea salt, curry and garlic powder. Process until smooth.
5. When the bacon is done, remove from the oven and set aside.
6. Add the arugula to a large mixing bowl, pour olive oil and lemon juice on top and toss until well mixed. Set aside. (If you prepare leftover meals, do not do this step until you're ready to assemble your breakfast bowl. The arugula will get soggy otherwise.)
7. Add the mashed cauliflower to a bowl, top with bacon, mushrooms and arugula. Serve and enjoy!

Notes

Leftovers

Refrigerate the cauliflower mash, mushrooms and bacon in one airtight container and the arugula in another airtight container for up to three days. For best results, reheat before enjoying.

Ingredients

- 4 slices Organic Bacon
- 2/3 head Cauliflower (large, sliced into florets)
- 2/3 tsp Coconut Oil
- 6 ozs Portobello Mushroom Caps (sliced)
- 1 1/3 tbsps Coconut Aminos
- 1 1/3 tbsps Plain Coconut Milk
- 1/8 tsp Sea Salt
- 1/3 tsp Curry Powder
- 1/3 tsp Garlic Powder
- 2 2/3 cups Arugula
- 1 1/3 tbsps Extra Virgin Olive Oil
- 2 tsps Lemon Juice

Nutrition

Amount per serving

Calories	406	Fiber	6g
Fat	32g	Protein	15g
Carbs	17g		

Coconut Chia Pudding With Almond Butter

4 ingredients · 30 minutes · 3 servings



Directions

1. In a medium bowl, whisk together the almond milk and chia seeds. Pour into a mason jar and refrigerate for at least 20 minutes or overnight to allow the chia-milk mixture to thicken.
2. In a small bowl, mash the raspberries until they resemble jam.
3. When ready, take your chia pudding out of the fridge and top with raspberries and almond butter. Serve and enjoy!

Notes

Leftovers

Refrigerate covered for up to three days.

Ingredients

- 1/3 cup Chia Seeds
- 1 1/2 cups Plain Coconut Milk
- 3/4 cup Raspberries
- 1/2 cup Almond Butter

Nutrition

Amount per serving

Calories	418	Fiber	12g
Fat	33g	Protein	13g
Carbs	24g		

Sardine & Avocado Keto Salad

12 ingredients · 20 minutes · 3 servings



Directions

1. Place the sardines on a plate and drizzle with half of the lemon juice and sprinkle with parsley. Set aside and let marinate for 10 minutes.
2. In a small bowl, whisk together the extra virgin olive oil, a dash of salt, and the rest of the lemon juice. Set aside.
3. Add the spinach and lettuce to a bowl and top with chopped tomatoes, onions, olives, and avocado cubes. Place the sardines on top and drizzle with the dressing. Season with salt and pepper to your liking and enjoy!

Notes

No Sardines

Use canned salmon or smoked salmon instead.

Leftovers

Store sardines, salad, and dressing in separate airtight containers in the fridge for up to three days.

Ingredients

- 5 1/4 ozs Sardines (in oil, drained)
- 3/4 Lemon (divided, freshly squeezed)
- 1 tbsp Parsley (diced)
- 3 tbsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 3 cups Baby Spinach (packed)
- 3 cups Iceberg Lettuce (shredded)
- 1 1/2 Tomato (chopped)
- 3/4 cup White Onion (diced)
- 1/3 cup Green Olives
- 3/4 Avocado (cubed)

Nutrition

Amount per serving

Calories	358	Fiber	6g
Fat	28g	Protein	16g
Carbs	14g		

Coconut Biscuits With Cranberries

6 ingredients · 30 minutes · 7 servings



Directions

1. Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
2. Mix together almond flour, coconut flour, baking powder, and cranberries. Add coconut oil and use your hands to break it up until crumbly. Set aside in the fridge.
3. Use a hand mixer to whip the egg whites until stiff peaks form. (This step is crucial for the biscuits to turn out right). Fold the whites into your chilled flour mixture.
4. Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
5. Remove from oven. Let cool then enjoy!

Notes

Leftovers

Store in an airtight container in your fridge for up to seven days.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 3/4 cup** Almond Flour
- 1/4 cup** Coconut Flour
- 1 tsp** Baking Powder
- 1 1/2 tbsps** Coconut Oil (Must be chilled!!!!)
- 6** Egg (whites only)
- 3 tbsps** Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	183	Fiber	3g
Fat	14g	Protein	9g
Carbs	8g		

Keto Halloumi with Cucumbers & Avocado

8 ingredients · 10 minutes · 2 servings



Directions

1. Heat the avocado oil in a frying pan over medium-high heat. Add the halloumi slices to the frying pan and cook until browned; about 1 to 2 minutes per side.
2. Divide the halloumi, avocado, tomatoes, olives, and cucumber onto plates. Season with salt and cracked pepper. Enjoy!

Notes

Leftovers

Place in an airtight container and store in the fridge until the next day.

Ingredients

- 1 1/4 tbsps Coconut Oil (divided)
- 4 ozs Halloumi (sliced, patted dry)
- 1 Avocado (pit removed, halved)
- 1/2 Cucumber (sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/8 tsp Sea Salt (to taste)
- 1/8 tsp Black Pepper (to taste)
- 1/4 cup Black Olives (pitted)

Nutrition

Amount per serving

Calories	497	Fiber	8g
Fat	43g	Protein	17g
Carbs	14g		

Cheese, Ham & Bacon Wrap

9 ingredients · 10 minutes · 3 servings



Directions

1. Divide the salad leaves between plates and set aside.
2. In a small bowl, combine the cream cheese, Italian seasoning, onion powder, and red pepper flakes if using. Mix until combined and set aside.
3. Evenly spread the cream cheese on the cheddar slices and place them on the lettuce leaves. Add the ham, bacon, and tomato. Wrap and repeat with the remaining salad leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 6 leaves** Iceberg Lettuce
- 3 tbsps** Cream Cheese, Regular
- 1/8 tsp** Italian Seasoning
- 1/8 tsp** Onion Powder
- 1/8 tsp** Red Pepper Flakes (optional)
- 3 slices** Cheddar Cheese
- 12 ozs** Sliced Ham
- 6 slices** Bacon, Cooked (cut in half or chopped)
- 1** Tomato (thinly sliced)

Nutrition

Amount per serving

Calories	379	Fiber	1g
Fat	25g	Protein	34g
Carbs	4g		

Tuna Avocado Fish Cakes

11 ingredients · 20 minutes · 3 servings



Directions

1. Arrange mixed greens and tomatoes on a plate and drizzle with olive oil. Set aside.
2. In a mixing bowl, combine coconut milk, onion powder, garlic, salt, and pepper. Whisk until combined and add in the tuna along with the mashed avocado.
3. Form the mixture into 9 patties and roll in the almond flour.
4. Heat the oil in a large skillet over medium-high heat and add the tuna patties. Fry until golden brown - approx. 3 to 5 minutes per side.
5. Arrange on the plate with mixed greens and tomato. Season with salt and pepper and enjoy.

Notes

Leftover

Refrigerate in an airtight container for up to three days.

Ingredients

- 3 cups Mixed Greens
- 3/4 cup Cherry Tomatoes (halved)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3 tbsps Canned Coconut Milk
- 3/4 tsp Onion Powder
- 1 Garlic Clove (minced)
- 1/8 tsp Sea Salt & Black Pepper (to taste)
- 7 1/2 ozs Tuna Canned (drained)
- 1 Avocado (medium, mashed)
- 1/3 cup Almond Flour
- 2 tbsps Coconut Oil

Nutrition

Amount per serving

Calories	503	Fiber	7g
Fat	40g	Protein	26g
Carbs	12g		

Sardine & Avocado Keto Salad

12 ingredients · 20 minutes · 1 serving



Directions

1. Place the sardines on a plate and drizzle with half of the lemon juice and sprinkle with parsley. Set aside and let marinate for 10 minutes.
2. In a small bowl, whisk together the extra virgin olive oil, a dash of salt, and the rest of the lemon juice. Set aside.
3. Add the spinach and lettuce to a bowl and top with chopped tomatoes, onions, olives, and avocado cubes. Place the sardines on top and drizzle with the dressing. Season with salt and pepper to your liking and enjoy!

Notes

No Sardines

Use canned salmon or smoked salmon instead.

Leftovers

Store sardines, salad, and dressing in separate airtight containers in the fridge for up to three days.

Ingredients

- 1 3/4 ozs Sardines (in oil, drained)
- 1/4 Lemon (divided, freshly squeezed)
- 1 tsp Parsley (diced)
- 1 tbsp Extra Virgin Olive Oil
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1 cup Baby Spinach (packed)
- 1 cup Iceberg Lettuce (shredded)
- 1/2 Tomato (chopped)
- 1/4 cup White Onion (diced)
- 1 3/4 tbsps Green Olives
- 1/4 Avocado (cubed)

Nutrition

Amount per serving

Calories	358	Fiber	6g
Fat	28g	Protein	16g
Carbs	14g		

28-Day Keto Plan - Week 4



WEEKLY MEAL PLANNER

MON



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Ham & Cheese Omelet



LUNCH
Green Salad With Smoked Salmon & Avocado



AFTERNOON SNACK
Celery with Almond Butter



DINNER
Zucchini Noodles with Creamy Avocado Sauce

TUE



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Ham & Cheese Omelet



LUNCH
Green Salad With Smoked Salmon & Avocado



AFTERNOON SNACK
Celery with Almond Butter



DINNER
Zucchini Noodles with Creamy Avocado Sauce

WED



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Keto Egg & Avocado



LUNCH
Green Salad With Smoked Salmon & Avocado



AFTERNOON SNACK
Celery with Almond Butter



DINNER
Cauliflower Steak With Cheesy Sauce & Bacon

THU



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Keto Egg & Avocado



LUNCH
Cauliflower Steak With Cheesy Sauce & Bacon



AFTERNOON SNACK
Celery with Almond Butter



DINNER
Thai Style Cauliflower Green Curry With Chicken

FRI



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Keto Egg & Avocado



LUNCH
Cauliflower Steak With Cheesy Sauce & Bacon



AFTERNOON SNACK
Celery with Almond Butter



DINNER
Thai Style Cauliflower Green Curry With Chicken

SAT



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Ham & Cheese Omelet



LUNCH
Thai Style Cauliflower Green Curry With Chicken



AFTERNOON SNACK
Celery with Almond Butter



DINNER
Zucchini Noodles with Creamy Avocado Sauce

SUN



BULLETPROOF
Bulletproof Coffee



BREAKFAST
Ham & Cheese Omelet



LUNCH
Green Salad With Smoked Salmon & Avocado



AFTERNOON SNACK
Celery with Almond Butter



DINNER
Zucchini Noodles with Creamy Avocado Sauce

28-Day Keto Plan - Week 4

GROCERY LIST

Fruits

- 6 3/4 Avocado
- 1 1/2 tbsps Lemon Juice
- 1 1/3 tbsps Lime Juice

Breakfast

- 1 2/3 cups Almond Butter
- 14 cups Organic Coffee

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 1/3 tsp Ground Sumac
- 1 tsp Sea Salt
- 1/2 tsp Sea Salt & Black Pepper
- 1/4 cup Sesame Seeds

Vegetables

- 2 1/2 cups Baby Spinach
- 1 cup Basil Leaves
- 3/4 head Cauliflower
- 26 stalks Celery
- 1 Garlic Clove
- 2 stalks Green Onion
- 6 cups Mixed Greens
- 4 Zucchini

Boxed & Canned

- 2 cups Canned Coconut Milk

Bread, Fish, Meat & Cheese

- 1 cup Cheddar Cheese
- 8 ozs Chicken Breast, Cooked
- 3 slices Organic Bacon
- 4 ozs Sliced Ham
- 1 lb Smoked Salmon
- 4 ozs Swiss Cheese

Condiments & Oils

- 3 tbsps Coconut Oil
- 1 1/2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Curry Paste
- 1/2 tsp Hot Sauce
- 1/2 cup Mct Coconut Oil

Cold

- 1/2 cup Butter
- 18 Egg
- 1/3 cup Ghee
- 1/2 cup Plain Coconut Milk
- 1/3 cup Whipping Cream

Other

- 3 tbsps Water

Bulletproof Coffee

3 ingredients · 5 minutes · 1 serving



Directions

1. Brew or make your coffee as usual, using your preferred method. You will need around 2 cups of black coffee.
2. Combine the butter and MCT oil in a blender.
3. Pour the hot coffee over the butter and MCT oil and blend for a few seconds until smooth and frothy.
4. Pour in a cup and enjoy.

Notes

Classic Bullet Proof Ingredients

The classic bulletproof coffee recipe contains coffee, grass-fed butter and either MCT oil or coconut oil. Healthy fats encourage ketone production for fat-fueled metabolism.

MCT Oil

The MCT oil boosts you mentally as it quickly gets converted into energy ready to be used by your brain and your body.

Benefits

Drinking a bullet proof coffee in the morning helps increase the good fats in your diet and you will feel satiated for hours.

Ingredients

2 cups Organic Coffee (brewed)

1 tbsp Mct Coconut Oil

1 tbsp Butter (grass-fed butter)

Nutrition

Amount per serving

Calories	227	Fiber	0g
Fat	25g	Protein	1g
Carbs	0g		

Ham & Cheese Omelet

6 ingredients · 10 minutes · 2 servings



Directions

1. In a non-stick skillet over medium heat, add the oil. Once hot, pour the eggs into the skillet and let it cook until almost set.
2. Place the ham and cheese evenly across one half of the omelette and then fold the other half over on top. Remove from the heat and transfer it onto a plate. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 4 Egg (whisked)
- 1/4 cup Plain Coconut Milk
- 1 tbsp Coconut Oil
- 2 ozs Sliced Ham (chopped)
- 2 ozs Swiss Cheese (sliced)
- 1/2 Avocado (sliced)

Nutrition

Amount per serving

Calories	443	Fiber	3g
Fat	35g	Protein	27g
Carbs	7g		

Keto Egg & Avocado

7 ingredients · 5 minutes · 1 serving



Directions

1. In a medium-sized pan, heat the oil over medium heat.
2. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate, add the avocado and top with sumac, salt, and pepper. Enjoy!

Ingredients

- 1 tsp Coconut Oil
- 2 Egg
- 1/8 tsp Ground Sumac
- 3/4 Avocado (sliced)
- 1/8 tsp Lemon Juice (drizzle on top of avocado)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Nutrition

Amount per serving

Calories	426	Fiber	10g
Fat	36g	Protein	16g
Carbs	14g		

Green Salad With Smoked Salmon & Avocado

7 ingredients · 10 minutes · 3 servings



Directions

1. Hard boil the eggs by placing them in a small pot of boiling water. Cook for 7 minutes (or to your liking), and when done, transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
2. Divide the greens into bowls and add the olive oil and salt. Toss gently to mix well, then place the avocado on top, as well as the eggs and the salmon. Sprinkle salmon with lemon juice and enjoy!

Ingredients

- 3 Egg
- 4 1/2 cups Mixed Greens
- 12 ozs Smoked Salmon
- 3/4 Avocado (sliced)
- 3 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/3 tsp Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	415	Fiber	4g
Fat	31g	Protein	29g
Carbs	6g		

Celery with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread almond butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Ingredients

2 stalks Celery (sliced into sticks)

2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	203	Fiber	4g
Fat	17g	Protein	7g
Carbs	8g		

Zucchini Noodles with Creamy Avocado Sauce

9 ingredients · 10 minutes · 2 servings



Directions

1. In a blender or food processor, combine the avocado, basil, ghee, lemon juice, sesame seeds, salt, pepper, and optional a dash of cayenne pepper. Blend on low while slowly adding in the water to create a smooth sauce.
2. Use a julienne knife or spiralizer to prepare the zucchinis and add to a bowl. Pour avocado sauce on top and carefully stir until combined.
3. Divide the zucchini noodles between bowls and sprinkle with basil. Enjoy!

Ingredients

- 1/2 cup Basil Leaves (plus additional for garnish)
- 1 1/4 Avocado
- 2 2/3 tbsps Ghee
- 2 tpsps Lime Juice
- 2 tbsps Sesame Seeds
- 1/8 tsp Sea Salt (to taste)
- 1/8 tsp Cayenne Pepper (optional, a dash to taste)
- 1 1/2 tbsps Water
- 2 Zucchini (large)

Nutrition

Amount per serving

Calories	436	Fiber	12g
Fat	40g	Protein	7g
Carbs	20g		

Cauliflower Steak With Cheesy Sauce & Bacon

11 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (215°C). Line a rimmed baking sheet with parchment paper.
2. Using a large, sharp knife, cut the cauliflower into 3 equal slices or 'steaks,' slicing from the top down through to the core. Place the cauliflower steaks in a single layer on the prepared baking sheet, drizzle with olive oil, and sprinkle with salt and pepper.
3. Place in the oven and bake the cauliflower steaks for 15 minutes. Flip over and bake for 5 to 10 more minutes, until fork-tender and browned on the edges.
4. Meanwhile, in a large saucepan, combine heavy cream, cheddar cheese, garlic, mustard, hot sauce, salt, and pepper and heat over medium heat. Stir continuously until the cheese has melted and the ingredients are well blended. Reduce heat to low and stir occasionally until the cauliflower is done baking.
5. Remove from the oven and transfer the cauliflower steaks to plates. Top with cheese sauce, bacon, and green onions. Serve and enjoy.

Notes

Leftover

Place cauliflower and sauce in separate airtight containers in your fridge for up to three days. Heat up again before serving or enjoy cold.

Ingredients

- 1/2 head Cauliflower (large)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (to taste)
- 1/8 tsp Black Pepper
- 1/3 cup Whipping Cream
- 1 cup Cheddar Cheese (shredded)
- 1 Garlic Clove (minced)
- 1 1/2 tps Dijon Mustard
- 1/4 tsp Sea Salt
- 1/2 tsp Hot Sauce
- 3 slices Organic Bacon (cooked, crisp, and chopped)
- 2 stalks Green Onion (diced)

Nutrition

Amount per serving

Calories	413	Fiber	2g
Fat	36g	Protein	14g
Carbs	9g		

Thai Style Cauliflower Green Curry With Chicken

5 ingredients · 15 minutes · 3 servings



Directions

1. Add the curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
2. Add the cauliflower to the pot and cook uncovered for about five minutes or until the cauliflower is just tender.
3. Stir in the chicken breast and continue to cook for 5 minutes. Stir in the spinach and cook for 1 more minute until the spinach has wilted. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/3 cups.

Curry Paste

This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Ingredients

- 1/4 cup Green Curry Paste (or to taste)
- 2 cups Canned Coconut Milk
- 1/4 head Cauliflower (small, cut into florets)
- 2 1/2 cups Baby Spinach
- 8 ozs Chicken Breast, Cooked (thinly sliced)

Nutrition

Amount per serving

Calories	448	Fiber	3g
Fat	33g	Protein	27g
Carbs	11g		

Green Salad With Smoked Salmon & Avocado

7 ingredients · 10 minutes · 1 serving



Directions

1. Hard boil the eggs by placing them in a small pot of boiling water. Cook for 7 minutes (or to your liking), and when done, transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
2. Divide the greens into bowls and add the olive oil and salt. Toss gently to mix well, then place the avocado on top, as well as the eggs and the salmon. Sprinkle salmon with lemon juice and enjoy!

Ingredients

- 1 Egg
- 1 1/2 cups Mixed Greens
- 4 ozs Smoked Salmon
- 1/4 Avocado (sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Lemon Juice
- 1/8 tsp Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	415	Fiber	4g
Fat	31g	Protein	29g
Carbs	6g		