

7-Day Keto Meal Plan



Baked Eggs with Ham, Spinach and Cherry Tomatoes



Baked Eggs with Ham, Spinach and Cherry Tomatoes

INGREDIENTS

- 1 ½ cup (45 g) baby spinach

¼ cup (33 g) diced pork ham

1 ½ tbsp pesto sauce

2 small eggs

¼ tsp salt
- ¼ tsp ground black pepper

⅛ cup (30 g) heavy cream

5 cherry tomatoes

INSTRUCTIONS

1.

Preheat the oven to 392°F/200°C.
2.

Mix together the spinach, pesto sauce, heavy cream, salt, and pepper, and tip into a shallow ovenproof dish. Top with diced ham.
3.

Make 2 shallow hollows in the mixture and break an egg into each hollow.
4.

Bake in the oven for 10-12 mins until the whites are set and the yolks are still runny.
5.

Place into a plate and serve with halved cherry tomatoes. Enjoy!

NUTRITIONAL VALUE

FATS	32g	SUGAR	4g
CARBS	22g	FIBER	3g
PROTEIN	9g	CHOLESTEROL	54mg
CALORIES	411kcal	GLYCEMIC LOAD	3

Keto Tuna Salad with Feta Cheese



Keto Tuna Salad with Feta Cheese

INGREDIENTS

- | | |
|---------------------------------|-------------------------------|
| 3 lettuce leaves | ¼ tsp salt |
| ¼ cup (50 g) feta cheese | ¼ tsp ground black pepper |
| ¼ cup (50 g) canned tuna in oil | 3 cherry tomatoes |
| 1 mini cucumber | ¼ cup (20 g) sliced red onion |
| ⅛ cup (20 g) green olives | 1 ½ tbsp olive oil |

INSTRUCTIONS

1. Add chopped lettuce into a bowl.
2. Halve cherry tomatoes and slice cucumber. Add into the bowl together with the chopped lettuce and sliced onion, and green olives. Toss everything to combine the ingredients. Add the salad to a large salad plate.
3. Add the feta cubes and the canned tuna into the bowl. Drizzle over the olive oil. Season with salt and pepper. Enjoy!

NUTRITIONAL VALUE

FATS	34g	SUGAR	4g
CARBS	9g	FIBER	2g
PROTEIN	20g	CHOLESTEROL	44mg
CALORIES	418kcal	GLYCEMIC LOAD	2

Keto Deviled Egg Salad with Avocado and Salmon



Keto Deviled Egg Salad with Avocado and Salmon

INGREDIENTS

- 2 large eggs, boiled

¼ tsp salt

¼ tsp ground black pepper

1 tsp Dijon mustard

½ tsp chives, chopped
- ½ tbsp mayonnaise

¼ tsp ground paprika

½ medium avocado

¼ cup (56 g) chopped salted salmon fillet

INSTRUCTIONS

1.

Peel and chop eggs. Place them in a small bowl.
2.

Add chopped avocado, chopped salmon, chives, mayonnaise and dijon mustard to the same bowl. Season with salt, pepper and paprika.
3.

Stir and combine and serve!

NUTRITIONAL VALUE

FATS	32g	SUGAR	2g
CARBS	8g	FIBER	5g
PROTEIN	28g	CHOLESTEROL	37mg
CALORIES	420kcal	GLYCEMIC LOAD	3

Burrito Omelet with Cheese and Vegetables



Burrito Omelet with Cheese and Vegetables

INGREDIENTS

- 1/2 medium sized avocado

1 tbsp water

2 medium eggs

1/4 tsp salt

1/4 ground black pepper
- 1 1/2 cup (45 g) baby spinach

3 cherry tomatoes

1/2 tbsp cooking spray

1/3 cup (28 g) shredded cheddar cheese

INSTRUCTIONS

1.

1. Whisk the eggs together with water until blended.
2.

2. Grease a medium skillet with cooking spray and set over medium-high heat.
3.

3. Pour whisked eggs into the skillet. Stir with a non-stick spatula to lightly scramble eggs. Cover and cook, without stirring, for 2 to 3 minutes or until set.
4.

4. Slide omelet onto the cutting board. Sprinkle with grated cheese. Top with half of the spinach and tomatoes. Add sliced avocado.
5.

5. Roll up, in a burrito style, and slice in half. Serve with the remaining spinach and tomatoes. Sprinkle with salt and pepper and enjoy!

NUTRITIONAL VALUE

FATS	32g	SUGAR	3g
CARBS	10g	FIBER	5g
PROTEIN	21g	CHOLESTEROL	28mg
CALORIES	405kcal	GLYCEMIC LOAD	3

Halloumi Cheese and Avocado Salad



Halloumi Cheese and Avocado Salad

INGREDIENTS

- ¼ cup (50 g) chopped tomatoes

¼ cup (13 g) chopped red onion

½ medium sized avocado

1 tbsp olive oil

1 ½ cup (30 g) arugula leaves
- ¼ tsp salt

1 tbsp lemon juice

1 tbsp apple cider vinegar

2 slices halloumi cheese

INSTRUCTIONS

1.

Heat a cast-iron skillet over high. Add the olive oil and swirl to coat. Then add halloumi cheese slices, flipping once, until browned, about 30 seconds per side.
2.

In a small bowl, combine lemon juice, vinegar, and salt for the dressing.
3.

In a large bowl, add arugula leaves, chopped onion, sliced avocado, chopped tomatoes. Top with Halloumi cheese. Pour the dressing over the salad. Enjoy!

NUTRITIONAL VALUE

FATS	35g	SUGAR	3g
CARBS	10g	FIBER	4g
PROTEIN	18g	CHOLESTEROL	55mg
CALORIES	416kcal	GLYCEMIC LOAD	3

Caprese Salad



Caprese Salad

INGREDIENTS

- 1 cup (180 g) sliced tomatoes
- 1 tbsp olive oil
- ¼ tsp salt
- Handful of basil leaves
- 1/3 cup (75 g) sliced mozzarella cheese

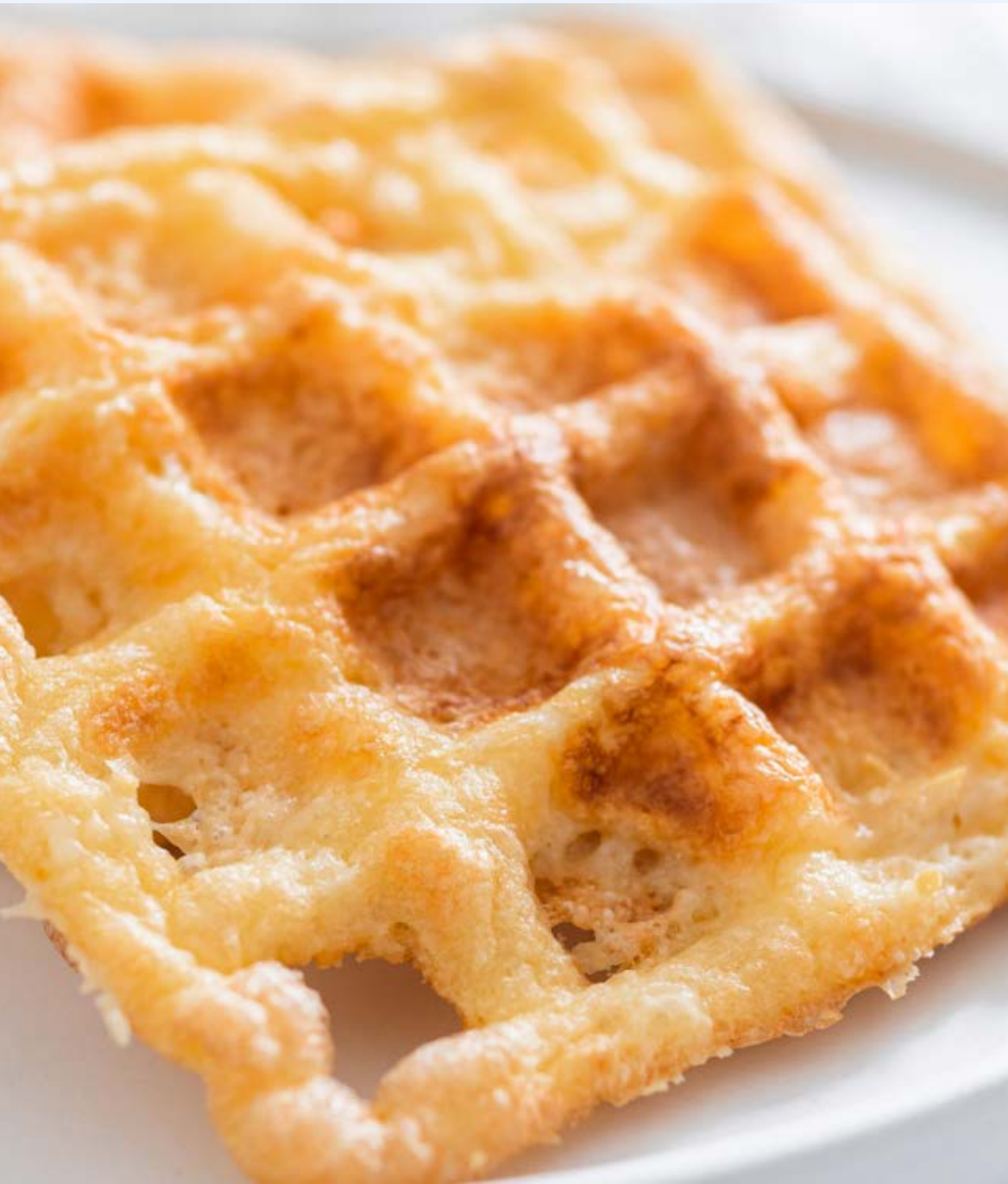
INSTRUCTIONS

1. On a large plate or platter, layer mozzarella and tomato slices in an alternating pattern. Drizzle with olive oil and season with salt and pepper. Top with fresh basil leaves and enjoy!

NUTRITIONAL VALUE

FATS	32g	SUGAR	4g
CARBS	9g	FIBER	2g
PROTEIN	23g	CHOLESTEROL	51mg
CALORIES	417kcal	GLYCEMIC LOAD	2

Keto Waffle Omelet with Chorizo



Keto Waffle Omelet with Chorizo

INGREDIENTS

- ½ cup (80 g) chopped tomato

2 small eggs

¼ tsp salt

¼ tsp ground black pepper

⅛ cup (30 g) grated cheddar cheese
- ½ tsp cooking spray

¼ cup (30 g) chorizo sausage pieces

INSTRUCTIONS

1.

In a medium bowl, mix the eggs. Add shredded cheddar cheese, chorizo pieces, chopped tomatoes, salt, and pepper. Mix well.
2.

Grease a waffle iron with nonstick spray. Add the egg mixture and cook according to machine instruction until the eggs are fully set and slightly browned, 2 minutes.
3.

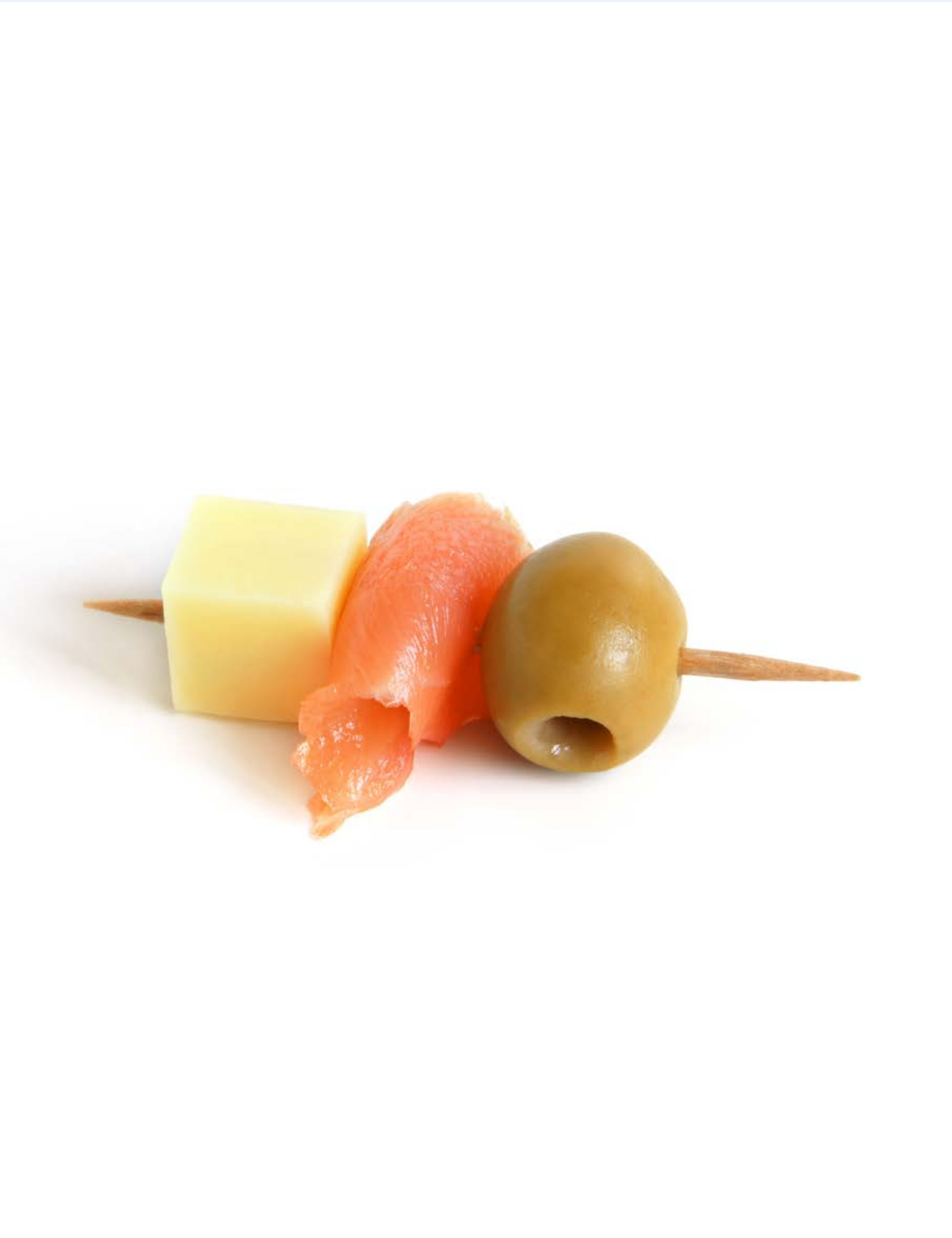
Remove the egg from the waffle iron and serve.
4.

Enjoy!

NUTRITIONAL VALUE

FATS	31g	SUGAR	2g
CARBS	5g	FIBER	1g
PROTEIN	26g	CHOLESTEROL	55mg
CALORIES	406kcal	GLYCEMIC LOAD	1

Smoked Salmon, Feta Cheese and Olive Bites



Smoked Salmon, Feta Cheese and Olive Bites

INGREDIENTS

- ¼ small smoked salmon fillet
- 5 green olives
- ¼ cup (45 g) feta cheese
- ¼ tsp ground black pepper

INSTRUCTIONS

1. Chopped cheese into 5 cubes and salmon into 5 slices.
2. Take 5 toothpicks and put on a slice of salmon, olive and cheese cube, repeat with all toothpicks.
3. Sprinkle black pepper on top and enjoy!

NUTRITIONAL VALUE

FATS	14g	SUGAR	2g
CARBS	3g	FIBER	1g
PROTEIN	11g	CHOLESTEROL	44mg
CALORIES	176kcal	GLYCEMIC LOAD	1t

Salami, Mozzarella and Mushroom Roll - Ups



Salami, Mozzarella and Mushroom Roll - Ups

INGREDIENTS

- 2 salami slices
- 1/8 cup (15 g) chopped portobello mushroom
- 1/4 tsp ground black pepper
- 1 slice mozzarella cheese

INSTRUCTIONS

1. Preheat an oven to 375°F (190°C)
2. On a sheet, tray lined with baking paper, arrange 2 slices of salami.
3. Lay a half slice of mozzarella cheese over salami slices.
4. Add chopped mushrooms on top and sprinkle black pepper.
5. Bake for about 4-5 minutes.
6. Allow the cheese to cool and then roll-up. Enjoy!

NUTRITIONAL VALUE

FATS	13g	SUGAR	1g
CARBS	2g	FIBER	1g
PROTEIN	11g	CHOLESTEROL	43mg
CALORIES	163kcal	GLYCEMIC LOAD	0

Parmesan Cheese and Chorizo Crisps



Parmesan Cheese and Chorizo Crisps

INGREDIENTS

- 1/8 cup (15 g) chorizo pieces
- 1/2 tsp olive oil
- 1/4 cup (25 g) grated parmesan cheese

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C) and line the baking paper.
2. Mix in the chorizo pieces in the bowl with the grated parmesan cheese.
3. Take a tablespoon of the cheese and chorizo and place it on the lined baking tray, repeat with the remaining mixture and drizzle olive oil on top.
4. Transfer to the oven to bake for 7-10 minutes. Enjoy!

NUTRITIONAL VALUE

FATS	13g	SUGAR	0g
CARBS	4g	FIBER	0g
PROTEIN	10g	CHOLESTEROL	34mg
CALORIES	177kcal	GLYCEMIC LOAD	1

Mozzarella, Prosciutto and Nuts Bites



Mozzarella, Prosciutto and Nuts Bites

INGREDIENTS

- 2 slices prosciutto ham
- 2 pieces sun-dried tomatoes
- 2 tsp pesto sauce
- ½ tbsp pine nuts
- 2 tbsp shredded mozzarella cheese

INSTRUCTIONS

1. Preheat the oven to 360°F (180°C) and select a muffin tray.
2. Arrange each slice of prosciutto in a muffin cup so that it covers the base and sides, forming a cup shape.
3. Add mozzarella cheese to each prosciutto cup.
4. Chop the sundried tomatoes and add to prosciutto cups.
5. Drizzle each cup with pesto and add chopped pine nuts.
6. Transfer to the oven to bake for 10 minutes. Enjoy!

NUTRITIONAL VALUE

FATS	14g	SUGAR	1g
CARBS	3g	FIBER	1g
PROTEIN	10g	CHOLESTEROL	23mg
CALORIES	177kcal	GLYCEMIC LOAD	1

Pepperoni Crisps with Mozzarella Cheese and Marinara Sauce



Pepperoni Crisps with Mozzarella Cheese and Marinara Sauce

INGREDIENTS

- 3 slices salami
- 1 tsp lemon juice
- 1 tbsp cream cheese
- ¼ tsp fresh dill
- ½ mini pickled cucumber
- ¼ tsp ground black pepper

INSTRUCTIONS

1. Chop the dill and mix together with cream cheese, lemon juice, salt, and pepper.
2. Spread the cream cheese mixture along the center of each salami slice and add chopped cucumbers.
3. Fold the edges of the salami up around the filling so that it overlaps and seals to form a tight roll. Enjoy!

NUTRITIONAL VALUE

FATS	14g	SUGAR	2g
CARBS	3g	FIBER	1g
PROTEIN	7g	CHOLESTEROL	44mg
CALORIES	163kcal	GLYCEMIC LOAD	1

Cucumber Rolls with Chicken and Cream Cheese



Cucumber Rolls with Chicken and Cream Cheese

INGREDIENTS

- ½ medium cucumber
- 2 tbsp cream cheese
- ¼ cup (30 g) oven - baked shredded chicken breast

INSTRUCTIONS

1. Wash the cucumber well and cross-cut both ends.
2. Cut the cucumber lengthwise with a vegetable cutter into thin strips.
3. In a small bowl, mix the cooked shredded chicken and cream cheese.
4. Take a cucumber and spread a layer of chicken mixture and roll-up.
Enjoy!

NUTRITIONAL VALUE

FATS	13g	SUGAR	2g
CARBS	14g	FIBER	0g
PROTEIN	12g	CHOLESTEROL	59mg
CALORIES	177kcal	GLYCEMIC LOAD	1

Keto Shrimp Chowder



Keto Shrimp Chowder

INGREDIENTS

- 1 small white onion

½ cup (60 g) shrimp, peeled and deveined

1 cup (250 ml) chicken broth

¼ tsp salt
- ¼ tsp ground black pepper

2 slices pork bacon, raw

1/3 cup (77 g) heavy whipping cream

INSTRUCTIONS

1.

In a pot, cook bacon until crisp. Remove bacon, let cool, and crumble.
2.

Add chopped onion to the pot with the bacon grease and cook until lightly sautéed.
3.

Add the chicken broth, heavy whipping cream, salt, and pepper.
4.

Bring to a boil until the mixture begins to thicken.
5.

Add shrimp and crumbled bacon.
6.

Simmer until shrimp are pink and chowder is desired consistency.

NUTRITIONAL VALUE

FATS	37g	SUGAR	7g
CARBS	11g	FIBER	1g
PROTEIN	27g	CHOLESTEROL	222mg
CALORIES	480kcal	GLYCEMIC LOAD	3

Creamy Chicken Taco Soup



Creamy Chicken Taco Soup

INGREDIENTS

- ½ medium white onion
- 1 cup (250 ml) chicken broth
- ⅛ (30 g) shredded cheddar cheese
- 2 tbsp cream cheese
- 1 garlic clove, minced
- 1 chicken thigh, raw, without bone
- 1 tsp taco seasoning
- 2 tsp avocado oil

INSTRUCTIONS

1. Chop the chicken thigh into small bite-sized pieces.
2. Heat the avocado oil over medium-high heat in a dutch oven or stockpot.
3. Add diced onion and sauté for 3-4 minutes until starting to become tender.
4. Add the chicken and cook for 4-5 minutes until chicken is browned and almost cooked through.
5. Add garlic and cook for 2 minutes more. Add taco seasoning and broth.
6. Stir in cream cheese and cheddar cheese and let simmer until melted and heated through about 8-10 minutes.
7. Whisk as needed to ensure soup has a smooth texture.

NUTRITIONAL VALUE

FATS	38g	SUGAR	5g
CARBS	11g	FIBER	1g
PROTEIN	28g	CHOLESTEROL	151mg
CALORIES	498kcal	GLYCEMIC LOAD	2

Zucchini Pizza Boats with Goat Cheese



Zucchini Pizza Boats with Goat Cheese

INGREDIENTS

- 1 ½ tbsp olive oil

1 medium zucchini
- 1 tbsp marinara sauce

1/3 cup (70 g) goat cheese
- ¼ tsp salt

1 cup (30 g) baby spinach
- ¼ tsp of ground black pepper
- 1 garlic clove

INSTRUCTIONS

1. Preheat the oven to 375°F/190°C.
2. Slice the zucchini in half lengthwise and use a spoon to scrape out the seeds. Set the zucchini seeds aside. Put the zucchini boats on a baking sheet.
3. Peel the garlic clove and slice them thinly with a knife. Fry the garlic in about half of the olive oil in a skillet over medium heat until it gets a little bit browned.
4. Add the baby spinach and zucchini seeds. Fry until soft. Season with a pinch of salt and ground black pepper.
5. Spread out the marinara sauce over the zucchini boats and top with the fried baby spinach and garlic. Sprinkle the goat cheese on top.
6. Bake for about 20-25 minutes or until the zucchini is as tender as you'd prefer and the cheese has a nice golden color.
7. Drizzle the zucchini boats with the rest of the olive oil and season with some freshly ground black pepper before serving.Enjoy!

NUTRITIONAL VALUE

FATS	40g	SUGAR	5g
CARBS	10g	FIBER	3g
PROTEIN	20g	CHOLESTEROL	39mg
CALORIES	465kcal	GLYCEMIC LOAD	2

Blue Cheese and Kale Salad



Blue Cheese and Kale Salad

INGREDIENTS

- | | |
|-----------------------------------|-----------------------------|
| 1 cup (67 g) kale | ¼ tsp salt |
| ½ tbsp olive oil | 1 garlic clove, minced |
| ¼ cup (30 g) crumbled blue cheese | 1 tsp Dijon mustard |
| 1 tbsp butter | ½ tbsp mayonnaise |
| | 3 tbsp heavy whipping cream |

INSTRUCTIONS

1. Mix together the cream, mayonnaise, dijon mustard, olive oil, garlic, and salt in a bowl.
2. Rinse the kale, remove and discard the thick stem and chop kale into small pieces.
3. Heat a large frying pan and add the butter, saute the kale quickly.
4. Place in a bowl together with a blue cheese and drizzle mayonnaise mixture on top. Enjoy!

NUTRITIONAL VALUE

FATS	48g	SUGAR	2g
CARBS	6g	FIBER	1g
PROTEIN	9g	CHOLESTEROL	105mg
CALORIES	483kcal	GLYCEMIC LOAD	1

Alfredo Chicken Bake



Alfredo Chicken Bake

INGREDIENTS

- | | |
|-----------------------------|--------------------------|
| 2 tsp olive oil | 1 tbsp parsley, chopped |
| 2 tsp butter | ¼ tsp salt |
| 1 tbsp leek, chopped | ⅛ cup (30 g) heavy cream |
| 1 portobello mushroom | 2 tbsp cream cheese |
| 1 small chicken breast, raw | ¼ tsp italian seasoning |
| ¼ ground black pepper | 1 garlic clove, minced |

INSTRUCTIONS

1. Preheat the oven to 200°C/392°F.
2. Heat the olive oil in a pan over medium-high heat. Cook diced chicken in the pan and then transfer into an ovenproof dish.
3. In a pan over medium heat, melt the butter. Add in sliced mushrooms, leeks, and minced garlic and cook for about 4 minutes. Add the cream cheese and stir until it melts. Then pour in the heavy cream and add the Italian seasoning, salt, and pepper. Stir to combine and bring to a simmer. Cook for about 5-6 minutes until the sauce thickens.
4. Pour the sauce over the chicken.
5. Place the dish into the oven and bake for 18-20 minutes.
6. When serving, scatter some fresh parsley on top.

NUTRITIONAL VALUE

FATS	41g	SUGAR	3g
CARBS	8g	FIBER	2g
PROTEIN	27g	CHOLESTEROL	141mg
CALORIES	499kcal	GLYCEMIC LOAD	2

Pork and Pepper Stir-Fry



Pork and Pepper Stir-Fry

INGREDIENTS

- ¼ tsp salt

½ medium red bell pepper

1 tbsp almonds

2 tbsp butter

2 tbsp scallions, chopped

¼ tsp ground black pepper
- 1 tsp chili paste

½ medium pork chop steak

INSTRUCTIONS

1.

Heat up the butter in a frying pan or wok. Save a dollop of butter for serving.
2.

Cut the pork meat into strips. Brown the meat over very high heat for a couple of minutes.
3.

Add chopped vegetables and chili paste. Keep frying while stirring for another couple of minutes. Season with salt and pepper towards the end of frying.
4.

Serve with chopped almonds and room-temperature butter. Enjoy!

NUTRITIONAL VALUE

FATS	41g	SUGAR	4g
CARBS	11g	FIBER	3g
PROTEIN	24g	CHOLESTEROL	113mg
CALORIES	478kcal	GLYCEMIC LOAD	3

Bunless Burger



Bunless Burger

INGREDIENTS

- | | |
|-------------------------------|----------------------------|
| 2 tomato slices | ¼ tsp salt |
| ¼ cup (25 g) sliced red onion | 1/3 cup (50 g) ground beef |
| 2 slices cheddar cheese | ¼ tsp garlic powder |
| 1 tbsp olive oil | ¼ tsp smoked paprika |
| 1 medium egg | 2 romaine lettuce leaves |
| ¼ ground black pepper | |

INSTRUCTIONS

1. Combine the ground beef with salt, pepper, garlic powder and smoked paprika powder in a bowl, add an egg into it, mix thoroughly and then form a patty.
2. Add some olive oil in a pan and turn the heat to medium-high. Cook the patty in a pan with a lid for about 4 minutes on each side.
3. Slice 2 thin pieces of cheddar cheese and place on top of the patty. Cover the pan again with the lid and let the cheese melt, cooking the burger completely. Set aside to cool slightly on a plate.
4. Slice a few pieces of a tomato and a few rings of red onion for the burger. Arrange them on top of the burger. Wrap up with few romaine lettuce leaves. Enjoy!

NUTRITIONAL VALUE

FATS	38g	SUGAR	4g
CARBS	10g	FIBER	3g
PROTEIN	30g	CHOLESTEROL	78mg
CALORIES	493kcal	GLYCEMIC LOAD	2

Egg Muffins with Feta Cheese



Egg Muffins with Feta Cheese

INGREDIENTS

- 1 large egg

½ tsp ground black pepper

1 tsp scallions, chopped

2 cherry tomatoes

¼ tsp salt
- ⅛ cup (20 g) feta cheese

1 tsp olive oil

INSTRUCTIONS

1.

Preheat the oven to 350°F (175°C).
2.

Line a muffin tin with non-stick, insertable baking cups.
3.

Add chopped scallions and feta cheese to the bottom of the tin.
4.

Whisk eggs together with salt, pepper, and olive oil. Mix in chopped tomatoes.
5.

Pour the batter on top of the scallions and feta.
6.

Bake for 15-20 minutes, depending on the size of the muffin tin. Enjoy!

NUTRITIONAL VALUE

FATS	14g	SUGAR	1g
CARBS	4g	FIBER	2g
PROTEIN	10g	CHOLESTEROL	18mg
CALORIES	179kcal	GLYCEMIC LOAD	0

Serrano Ham & Caramelized Onion Roll Ups



Serrano Ham & Caramelized Onion Roll Ups

INGREDIENTS

- Cream Cheese 1 cup (232 g)
- Ground black pepper
- Serrano Ham 16 slices (368 g)
- Caramelized Onion 4 tbsp (48 g)

INSTRUCTIONS

1. Spread the cream cheese on a slice of serrano ham and sprinkle ground black pepper.
2. Place caramelized onion at one end of each ham slice and roll it up into a tube shape.
3. Cut each roll-up into pieces. Secure with toothpicks, if desired. Enjoy!

NUTRITIONAL VALUE

FATS	15g	SUGAR	2g
CARBS	4g	FIBER	0g
PROTEIN	10g	CHOLESTEROL	54mg
CALORIES	184kcal	GLYCEMIC LOAD	0

Vanilla Dip Covered Strawberries



Vanilla Dip Covered Strawberries

INGREDIENTS FOR 18 SERVINGS

- Strawberries 1 cup (348 g)
- Coconut oil 2 tbsp (28 g)
- Vanilla extract 1 tsp (4 g)
- Vanilla protein powder 1/2 cup (49 g)

INSTRUCTIONS

1. Wash the strawberries and dry them well. Leave the stems on.
2. Melt the vanilla protein powder, vanilla extract, and coconut oil in a double boiler on the stove or microwave until melted.
3. Use forks or toothpicks to dip and swirl the strawberries through the dip, letting the excess drip off.
4. Carefully place the strawberries onto parchment or wax paper-lined baking sheet and chill until ready to serve.

NUTRITIONAL VALUE

FATS	14g	SUGAR	2g
CARBS	4g	FIBER	1g
PROTEIN	11g	CHOLESTEROL	2mg
CALORIES	187kcal	GLYCEMIC LOAD	1

Zucchini Fries with Cheese and Onion



Zucchini Fries with Cheese and Onion

INGREDIENTS

- ¼ medium zucchini
- ¼ tsp salt
- 1/3 cup (30 g) shredded American cheese
- ½ tsp coconut oil
- ¼ tsp onion powder

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. Slice the zucchini in long thin strips.
3. Pat dry with paper towels.
4. In a large bowl, toss onion powder, salt, and grated American cheese on fries.
5. Place fries on parchment paper on a baking sheet and sprinkle coconut oil.
6. Lower oven heat to 350°F (175°C).
7. Bake until brown and crunchy- about 20-35 minutes. Enjoy!

NUTRITIONAL VALUE

FATS	14g	SUGAR	2g
CARBS	4g	FIBER	1g
PROTEIN	7g	CHOLESTEROL	35mg
CALORIES	168kcal	GLYCEMIC LOAD	1

Ham and Tomatoes Roll-Up



Ham and Tomatoes Roll-Up

INGREDIENTS FOR 16 ROLL-UPS

- Cream Cheese 1 cup (232 g)
- Ground black pepper a pinch
- Ham 16 slices (368 g)
- Cherry tomatoes 1/2 cup (75 g)

INSTRUCTIONS

1. Spread the cream cheese on a slice of ham and sprinkle ground black pepper.
2. Place chopped tomatoes at one end of each ham slice and roll it up into a tube shape.
3. Cut each roll-up into pieces. Secure with toothpicks, if desired.
Enjoy!

NUTRITIONAL VALUE

FATS	15g	SUGAR	2g
CARBS	4g	FIBER	0g
PROTEIN	7g	CHOLESTEROL	54mg
CALORIES	183kcal	GLYCEMIC LOAD	1

Pancetta Chips with Chili



Pancetta Chips with Chili

INGREDIENTS FOR 4 SERVINGS

- Cheddar cheese, grated 0.5 cup (57 g)
- Chili Powder 1 tsp (4 g)
- Pancetta 2 packages (224 g)
- Ground black pepper 1 tsp (2 g)

INSTRUCTIONS

1. Preheat your oven to 400°F (205°C). Line the baking sheet with parchment paper.
2. Arrange the pancetta pieces in a single layer on the prepared baking sheet and sprinkle cheddar cheese, chili powder, and black ground pepper.
3. Bake for about 15-20 minutes.
4. Place on paper towels and allow them to cool for 5 minutes.

NUTRITIONAL VALUE

FATS	17g	SUGAR	0g
CARBS	2g	FIBER	3g
PROTEIN	7g	CHOLESTEROL	34mg
CALORIES	186kcal	GLYCEMIC LOAD	1

Bacon Cheddar Cheese Balls



Bacon Cheddar Cheese Balls

INGREDIENTS FOR 10 SERVINGS

- Cheddar Cheese 2 cups shredded (246 g/ 8.7 oz)
- Bacon 2 cups crumbles (160 g/ 5.6 oz)
- Dijon mustard 1 cup (259 g/ 9 oz)
- Curry powder 1 tsp (2 g)

INSTRUCTIONS

1. In a small bowl, stir together the cheddar cheese, curry powder, and dijon mustard.
2. Use your hands to shape the mixture into small balls. This part is messy, and a bit of a challenge, because the balls tend to fall apart at first.
3. Roll each ball in the bacon bits.
4. Place the bacon cheese balls on wax paper and refrigerate until ready to serve, or serve immediately. Enjoy!

NUTRITIONAL VALUE

FATS	15g	SUGAR	0g
CARBS	2g	FIBER	1g
PROTEIN	11g	CHOLESTEROL	40mg
CALORIES	190kcal	GLYCEMIC LOAD	0

Ribeye Steak with Garlic and Butter

INGREDIENTS

- ½ medium beef ribeye steak

1 ½ tbsp butter

1 tsp fresh thyme

1 garlic clove, minced
- ½ tsp salt

¼ tsp ground black pepper

1 cup (70 g) broccoli florets



Ribeye Steak with Garlic and Butter

INSTRUCTIONS

1.

1. Preheat the oven to 400°F (200°C). Put your cast iron skillet in the oven while it's cold so that the cast iron heats with the oven.
2.

2. Prep your steak by rubbing with a light coating of butter. Then, sprinkle the salt and pepper on all sides including the edges.
3.

3. Once the oven is preheated, remove the cast iron skillet and place on the stove top over medium heat. Add butter, and put your steak into the pan and let sear. Do this for 1 1/2 to 2 minutes.
4.

4. Flip the steak and put into the oven immediately for 4-6 minutes (depending on doneness – 4 minutes for medium-rare). Prepare for a bit of smoke to happen as the pan is very hot – but once it goes back into the oven, it should cool down slightly and stop smoking.
5.

5. Take the steak out of the oven and place on the stove top over low heat. Add the butter to the pan and base the steak with the butter. Add minced garlic to the butter too. Push the handle of the cast iron downward (you may need something to protect your hand) and scoop the butter with garlic up with a spoon, ladling it over the steak. Do this for 2-4 minutes depending on the doneness you want. Sprinkle some chopped fresh thyme on top.
6.

6. Place in foil or cover, and let rest for 5 minutes.
7.

7. Serve up with broccoli florets.

NUTRITIONAL VALUE

FATS	34g	SUGAR	1g
CARBS	7g	FIBER	3g
PROTEIN	21g	CHOLESTEROL	110mg
CALORIES	405kcal	GLYCEMIC LOAD	2

Salmon with Heavy Cream Sauce



Salmon with Heavy Cream Sauce

INGREDIENTS

- 1 small salmon fillet
- 1 tsp dried tarragon
- 1 tsp dried dill
- 1 ½ tbsp butter
- ½ tsp salt
- ½ tsp ground black pepper
- ⅛ cup (30 g) heavy cream
- ⅓ cup (50 g) broccoli florets

INSTRUCTIONS

1. Season salmon fillet with tarragon, dill weed, and salt and pepper. Turn around and season skin with salt and pepper only.
2. Heat half of butter in a ceramic cast iron skillet over medium heat (or any pan that will hold heat well). Once hot, add salmon skin side down.
3. Allow salmon to cook for 4-6 minutes while skin crisps up. Once the skin is crisp, reduce to low heat and flip salmon.
4. Cook salmon until done-ness you want is achieved. Generally about 7-15 minutes over low heat.
5. Remove salmon from the pan and set aside. Add remaining butter to the pan and let brown. Once browned, add heavy cream and mix together.
6. 6. Serve salmon fillet with broccoli and cream sauce on top.

NUTRITIONAL VALUE

FATS	33g	SUGAR	2g
CARBS	10g	FIBER	3g
PROTEIN	17g	CHOLESTEROL	110mg
CALORIES	401kcal	GLYCEMIC LOAD	2

Browned Chicken with Heavy Cream Sauce



Browned Chicken with Heavy Cream Sauce

INGREDIENTS

- | | |
|-----------------------------|-----------------------|
| 1 chicken thigh, skinless | ½ cup (15 g) kale |
| 2 tsp coconut oil | ½ tbsp butter |
| ¼ cup (60 ml) chicken broth | 1 tbsp coconut flour |
| ⅛ cup (30 g) heavy cream | ¼ tsp salt |
| ¼ tsp italian seasoning | ¼ ground black pepper |
| ½ cup (15 g) baby spinach | |

INSTRUCTIONS

1. Preheat a large skillet on a medium-high setting. Add coconut oil to the pan. Season both sides of the chicken thighs with salt and pepper while the oil heats up. Brown chicken thigh in the skillet.
2. Fry both sides until the chicken is cooked through and crispy. While the thigh is cooking you should start the sauce.
3. To create the sauce, melt butter in a saucepan. Once the butter stops sizzling, whisk in coconut flour to form a thick paste.
4. Whisk in heavy cream and bring the mixture to a boil. The mixture should thicken after a few minutes. Stir in the Italian herbs.
5. Remove cooked chicken thigh from the skillet and set aside. Pour the chicken stock into the chicken skillet. Whisk together with the cream sauce. Stir the spinach and kale into the pan so that they become coated with the sauce.
6. Lay the chicken thighs back on top of the greens, then remove from the heat and serve.

NUTRITIONAL VALUE

FATS	34g	SUGAR	3g
CARBS	10g	FIBER	2g
PROTEIN	15g	CHOLESTEROL	107mg
CALORIES	397kcal	GLYCEMIC LOAD	4

Cauliflower Rice with Salmon

INGREDIENTS

- 1 tbsp olive oil

¼ medium red bell pepper

1 small shallot

1 tbsp tamari sauce

½ tbsp sesame oil

¼ tsp ground cumin

½ tsp salt

¼ tsp lemon pepper seasoning

¼ tsp chili powder
- ¼ tsp garlic powder

1 tsp ginger, grated

¼ tsp mustard powder

¼ tsp onion powder

¼ tsp ground cloves

¼ cup (30 g) cauliflower rice

1 medium salmon fillet, cubed

¼ tsp ground black pepper



Cauliflower Rice with Salmon

INSTRUCTIONS

1. 1. In a medium sized stock-pot, preheat olive oil on medium heat. Saute the salmon fillet cubes for about 5 minutes, stirring occasionally until they have gone from pink to white.
2. 2. Add in the sliced pepper and chopped shallot. Saute for 5 minutes.
3. 3. Stir in the tamari sauce and sesame oil, making sure you coat all the vegetables and fish. Season the veggies with the spices, then stir and let the fish soak up the soy and sesame for 2-3 minutes.
4. 4. Add the cauliflower rice and mix in with a wooden spoon.
5. 5. Turn your stove up to medium-high to fry the cauliflower. Stir occasionally.
6. 6. Use a little more spice if needed, then season with more salt and pepper.

NUTRITIONAL VALUE

FATS	32g	SUGAR	3g
CARBS	10g	FIBER	3g
PROTEIN	20g	CHOLESTEROL	47mg
CALORIES	403kcal	GLYCEMIC LOAD	2

Zucchini Ribbons with Avocado and Walnut Pesto



Zucchini Ribbons with Avocado and Walnut Pesto

INGREDIENTS

- 1/2 medium zucchini

1/2 tsp salt

1/4 medium avocado, ripe

1/4 cup (7 g) basil leaves

1/8 cup (15 g) walnuts

1 garlic clove, minced
- 1 lemon slice

2 tbsp grated parmesan cheese

1 tbsp olive oil

1/4 tsp ground black pepper

1/4 tsp italian seasoning

INSTRUCTIONS

1. 1. Cut the zucchini into delicate ribbons with a vegetable peeler or mandolin slicer, being careful to stop peeling once you reach the seeds.
2. 2. Place the ribbons in a colander and toss with salt. Let stand while you prepare the avocado pesto
3. 3. Gather the avocado walnut pesto ingredients. This includes avocado, basil, walnuts, garlic, lemon, and parmesan cheese.
4. 4. Add all ingredients into the food processor and blend until the sauce is smooth. Add water to thin the sauce as needed.
5. 5. Grease a skillet with olive oil and bring to medium heat.
6. 6. Saute zucchini ribbons for 3-5 minutes or until they are just beginning to soften. Remove from heat.
7. 7. Spoon pesto onto zucchini ribbons and gently toss to coat.
8. 8. Garnish with fresh basil and grated Parmesan cheese.

NUTRITIONAL VALUE

FATS	34g	SUGAR	2g
CARBS	10g	FIBER	5g
PROTEIN	1g	CHOLESTEROL	26mg
CALORIES	396kcal	GLYCEMIC LOAD	3

One Pot Shrimp Alfredo with Cream Cheese



One Pot Shrimp Alfredo with Cream Cheese

INGREDIENTS

- 1 tbsp butter

½ cup shrimp

3 tbsp cream cheese

3 tbsp almond milk

¼ tsp garlic powder

¼ tsp basil, dried
- ¼ tsp salt

1 tbsp Parmesan cheese, grated

5 sun-dried tomatoes

½ cup (15 g) baby kale

INSTRUCTIONS

1.

Melt butter in a large skillet over medium heat.
2.

Clean the shrimp, remove tails and shell. Add the shrimp to the skillet and reduce heat to medium-low.
3.

Turn the shrimp after about 30 seconds and cook the other side until they are only slightly pink. This is important because the sauce will continue to cook the shrimp once it is added.
4.

Add cream cheese to the shrimp pan.
5.

Pour milk into the pan and increase your heat to medium. Stir frequently until the cream cheese has melted into the milk and no lumps are present.
6.

Sprinkle the garlic, basil, and salt into the pan and stir well.
7.

Dump in the parmesan cheese and stir to combine. Let simmer until the sauce begins to thicken.
8.

Complete the dish by folding in sliced sun-dried tomatoes and baby kale.
9.

Remove from heat and serve hot.

NUTRITIONAL VALUE

FATS	32g	SUGAR	2g
CARBS	7g	FIBER	1g
PROTEIN	25g	CHOLESTEROL	220mg
CALORIES	408kcal	GLYCEMIC LOAD	2

Portobello Steaks with Avocado and Tomato Salsa



Portobello Steaks with Avocado and Tomato Salsa

INGREDIENTS

1 tbsp avocado oil	medium avocado
2 tsp liquid aminos	⅛ cup (25 g) sliced Roma tomatoes
1 garlic clove, minced	1 tsp fresh parsley
¼ tsp ground cumin	2 tsp hemp seeds
1 tsp balsamic vinegar	½ tsp salt
1 small portobello mushroom	½ cup (50 g) goat cheese

INSTRUCTIONS

1. In a small dish, whisk together the avocado oil, liquid aminos, garlic, cumin and vinegar. Set aside.
2. Clean and trim the portobello mushrooms. Remove any dirt with a soft towel. Trim the stem if desired.
3. In a shallow dish, saturate the mushroom head with the marinade and toss a few times to coat. Let them sit for at least five minutes, turning occasionally to absorb the sauce.
4. Combine the diced avocado, tomato, and finely minced parsley in a small bowl. Sprinkle with salt and half of the hemp seeds. Toss to coat.
5. Preheat a dark coated or cast-iron skillet over medium-high heat. Pan sear the seasoned mushroom until each side browns and the mushroom begins to soften.
6. Top the mushroom with avocado salsa, goat cheese and remaining hemp seeds. Serve hot.

NUTRITIONAL VALUE

FATS	35g	SUGAR	3g
CARBS	10g	FIBER	5g
PROTEIN	16g	CHOLESTEROL	21mg
CALORIES	400kcal	GLYCEMIC LOAD	3



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