

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

Bullet Proof Style  
Coffee/Bone Broth  
Ham and Cheese Omelet

2 Hard Boiled Eggs, Cheese  
Stick, and 1/2 Avocado

Low Carb Chicken Cordon  
Bleu

Bullet Proof Style  
Coffee/Bone Broth  
Keto Banana Pancakes

Leftover Low Carb  
Chicken Cordon Bleu

Keto Stuffed  
Portobello Mushrooms

Bullet Proof Style  
Coffee/Bone Broth  
Over Easy Eggs with Avocado

Leftover Keto Stuffed  
Portobello Mushrooms

Baked Chicken with  
Steamed Veggies

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Keto Banana  
Pancakes

Keto Grilled Cheese

Baked Fish (your choice)  
with Roasted Veggies  
Topped with Butter

Bullet Proof Style  
Coffee/Bone Broth  
Scrambled Eggs with Bacon and  
Cheese

Leftover Baked Fish (your  
choice) with Roasted Veggies  
Topped with Butter

Spaghetti with Zoodles

Bullet Proof Style  
Coffee/Bone Broth  
Cheesy Eggs

Leftover Spaghetti with  
Zoodles

Taco Salad

Bullet Proof Style  
Coffee/Bone Broth  
Hard Boiled Eggs with Mayo

Leftover Taco Salad

Low Carb Baked  
Zucchini Pizza Boats

# KETO BANANA PANCAKES

## INGREDIENTS

4 oz Cream Cheese room temperature and soft  
4 eggs  
1 tablespoon melted butter  
1/2 teaspoon vanilla extract  
1 tsp banana extract  
1 tablespoon powdered stevia  
4 tablespoons coconut flour  
1 1/2 teaspoons baking powder

## INSTRUCTIONS

1. Add all the ingredients to a blender and blend it on high for about 1 minute until all the ingredients come out nice and smooth. If you don't have a blender, you can mix it in a small bowl on medium speed for a minute or two. You will want to make sure you cream together all of the cream cheese so you don't have any lumps.
2. Optional: Add sugar free chocolate chips to make a sugar free chocolate chip banana pancake!
3. Turn on the stove top burner heat over low to medium heat.
4. Use a small frying pan to cook one at a time or a large frying pan to cook 3 at a time.
5. Spray the frying pan with non-stick olive oil cooking spray.
6. Once the pan is hot, pour about 1/8 to a 1/4 cup batter for each banana pancake.
7. This batter will be nice and thick so you will need to use a spoon to spread the batter evenly. You can add more water to the batter if you want thinner pancakes too.
8. Serve warm and top with an Easy Keto Syrup Recipe such as this one! You could easily switch out the vanilla extract in that syrup recipe and make a sugar free banana syrup recipe too!

Serves 5

Calories 96, Total C 5g, Fiber 2g, Net C 3g, Sugars 1g, Fat 6g, Protein 5g

# KETO GRILLED CHEESE

## KETO GRILLED CHEESE INGREDIENTS

60 Second Bread ingredients:

1/4 cup almond flour

1 egg

1 tbs butter melted

1/2 tsp baking powder

pinch salt

Add one or two slices of your favorite cheese to make a Keto Grilled Cheese sandwich!

## INSTRUCTIONS

1. Choose the microwave-safe shape you want for your sandwich.
2. I used this square microwave-safe dish to make the perfect keto bread shape!
3. In your microwave-safe dish, heat up 1 tbs of butter for about 10 to 15 seconds until it's fully melted.
4. Add the egg, almond flour, baking powder and a pinch of salt.
5. Mix until all of the ingredients is fully incorporated.
6. Now place that microwave-safe dish back in the microwave for 60 seconds, or until the bread has fully cooked. (it could take 90 seconds if your microwave has fewer watts)
7. Remove the bread from the container. Be careful, it's hot!
8. Use a bread knife and slice the bread in half to form 2 slices of bread.
9. In a small frying pan, heat 1 tsp of butter until it's fully melted.
10. Place 1 slice of Keto bread in the frying pan.
11. Add 1 or 2 slices of your favorite cheese.
12. Place the other slice of Keto bread on top of the cheese slices.
13. Cook for about 30 seconds to a minute on each side until the sandwich is golden brown on both sides.

# LOW CARB CHICKEN CORDON BLEU

## KETO CHICKEN CORDON BLEU INGREDIENTS

- 4 boneless chicken breasts sliced in half
- 1 cup of almond flour
- salt and pepper
- 1 tablespoon of Italian seasoning
- 2 eggs whisked
- 8 slices of ham
- 4 slices of swiss cheese cut in half (total of 8)
- 4 tablespoons of butter sliced in 4
- For the sauce:
- 1 1/2 tablespoons of butter
- 2 tablespoons of almond flour
- 3/4 cup of heavy cream
- 1/4 cup water
- 2 teaspoons of Dijon mustard
- 3 tablespoons of Parmesan cheese

## INSTRUCTIONS

- Preheat oven to 375 degrees Fahrenheit.
- In a large bowl add in almond flour, salt, pepper, and Italian seasoning mix together.
- Take a chicken half, and dip it into the egg mixture, then layer on a slice of ham and cheese halves to the center of the chicken. Roll it so the ham and cheese are in the center and secure with 3 toothpicks.
- Gently coat the rolled chicken in the almond mixture, set to the side and repeat until all 3 have been coated.
- Add all rolled chicken to a well-greased oven safe pan and dab with a slice of butter to each chicken. Bake for 30-35 minutes or until chicken is cooked through.
- Tip: For a nice golden color, gently brown the rolled chicken on a skillet with olive oil for 2 minutes on each side.
- To make the sauce:
- In a small pan over medium heat, melt butter. Whisk in the almond flour, cook for a minute, then slowly add in the heavy cream and water. Once it is beginning to thicken, add in Dijon mustard, Parmesan cheese, and any remaining cream. Continue to gently whisk until thickened, about 3 minutes. Turn off heat and drizzle sauce over cooked chicken.

SERVES 8

Calories 559, Total C 8.8g, Fiber 1.7g, Net C 7.1g, Sugar 1.4g, Fat 36.1g, Protein 51.4g

# KETO STUFFED PORTOBELLO MUSHROOMS

## KETO STUFFED PORTOBELLO MUSHROOMS INGREDIENTS

- 4 Raw Portobello Mushroom caps cleaned
- 4 oz. Cream Cheese softened
- 3.8 oz. can Black Olives sliced
- 8 Slices or 1 oz. each Provolone Cheese
- 1 oz. Pkg Fresh Basil
- 1 tsp Smoked Salt or pink
- 1 tsp Smoked Paprika
- 1 tsp Granulated Onion
- 1 tsp Granulated Garlic
- 1/2 tsp Black Pepper fine
- 1 TBS Italian Herb Blend

## INSTRUCTIONS

1. Heat grill @ med-high heat, or oven @ 425.
2. Clean mushroom caps, stems removed and set aside.
3. In a small mixing bowl- Whisk softened cream cheese w/ all seasoning.
4. Drain the olives juice and set aside.
5. Prepare a grill pan or foil-lined baking sheet.
6. Spread cream cheese mixture evenly among the 4 caps.
7. Add about 1 oz. of sliced olives over top of the cream cheese.
8. Then layer 2 slices or 1 oz. of cheese over the olives.
9. Lightly salt/pepper a sprinkle, if you'd like.
10. Cover loosely with foil.
11. Grill or bake the caps approx. 25-30 minutes, check for tender.
12. Rip basil leaves over top and serve!

SERVES 4

Calories 277, Total C 4g, Fiber 1g, SA 0g, Net C 2g, Fat 22g, Protein 13g

# LOW CARB BAKED ZUCCHINI PIZZA BOATS

## LOW CARB BAKED ZUCCHINI PIZZA BOATS INGREDIENTS

3 zucchini sliced in half  
4 oz of tomato sauce  
2 teaspoons of Italian seasoning  
3 tablespoons of chopped pepperoni  
3 tablespoons of cooked ground sausage  
3 tablespoons of cooked crumbled bacon  
1/4 cup of mozzarella cheese shredded  
1/4 teaspoon of dried oregano seasoning

## INSTRUCTIONS

- Preheat oven to 400 degrees Fahrenheit.
- Create a shallow crevice in the zucchini, with a spoon, discard filling. Microwave zucchini for 2 minutes, to soften. Use a paper towel to soak up any moisture.
- In a small bowl, mix together tomato sauce with Italian seasoning. Add a tablespoon of sauce to each crevice of the zucchini, spread.
- Top with an even layer of meat on each zucchini boat.
- Layer an even amount of cheese and dust oregano on top of each boat.
- Bake for 15 minutes, or until cheese has melted.

SERVES 6

Calories 187, Total C 4g, Fiber .7g, Net C 3.3g, Sugar 1.5g, Fat 13.6g, Protein 12g

# KETO STRAWBERRY SHORTCAKE 1/2

## INGREDIENTS

12 egg whites  
 2 tsp cream of tarter  
 1 cup allulose confectioners blend  
 1 3/4 cups almond flour, fine texture  
 1/3 cup vanilla whey protein powder  
 1/2 tsp cake batter extract  
 1 tsp vanilla extract  
 1/4 tsp salt  
 sugar free whipped topping  
 strawberries, sliced

## INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a small bowl, combine the almond flour and the vanilla whey protein. Set aside until you are ready to use it.
3. Measure out the Allulose sweetener and have that ready to add to the egg whites once they are ready.
4. Using another bowl, separate the egg yolks from the egg whites and place the egg whites into the mixer bowl. Save the egg yolks for another recipe.
5. Use a stand mixer or a hand mixer and whip the eggs with the cream of tarter until you form soft peaks.
6. Add the cake batter extract, vanilla extract and slowly add the Allulose confectioners blend sweetener a small amount at a time.
7. Combine these ingredients until the egg whites have medium peaks. This means that you can remove the mixer whisk and turn it upside down with egg whites on the blades. If the egg white batter folds over slightly, this is a medium peak. If the egg whites stand straight up those are hard peaks. You want a medium peak for this recipe.
8. Use a spatula and fold in the dry ingredients into the egg white mixture. Just fold the dry ingredients in don't mix it fully. You just want to incorporate the dry mixture just enough without losing the air you added to the egg whites. The air is what makes the angel food cake tall!
9. Using an angel food cake pan ungreased, add small parchment sounds to the very bottom of the cake pan as seen in the photos below.
10. Pour the cake batter into the cake pan.
11. Add more parchment rounds to the side of the cake pan after the batter has already been added. It's easy to slide them down in between the batter and the pan.
12. Roll one parchment round halfway around the center of the pan and slide it down the middle. Do the same thing with another parchment round on the other side of the middle of the angel food cake pan.
13. These parchment rounds will help prevent the angel food cake from sticking. The nut flour used in this recipe would make it stick more than usual so it's important to use parchment paper if you want a perfectly formed angel food cake as an end result.

Serves 16

Calories 91, Total C 3g, Fiber 1g, Net C 2g, Sugar 1g, Fat 6g, Protein 7g

# KETO STRAWBERRY SHORTCAKE 2/2

## INGREDIENTS

12 egg whites  
 2 tsp cream of tarter  
 1 cup allulose confectioners blend  
 1 3/4 cups almond flour, fine texture  
 1/3 cup vanilla whey protein powder  
 1/2 tsp cake batter extract  
 1 tsp vanilla extract  
 1/4 tsp salt  
 sugar free whipped topping  
 strawberries, sliced

## INSTRUCTIONS

14. Bake the angel food cake on the very bottom rack for 30 to 35 minutes or until the top is a nice dark golden brown. This color will be slightly darker than the light golden brown color you are used to seeing with a non-keto angel food cake. The nut flours bake darker.
15. Remove the cake from the oven and immediately turn it over upside down.
16. Allow it to fully cool for a minimum of 1 hour before attempting to remove it from the pan. This cooling process will prevent the cake from falling. It won't release from the pan until you help it.
17. There are 3 ridges on the lip of the angel food cake pan that are there to help it completely cool upside down. Those ridges were designed exactly for this reason. It allows air under the cake to help it cool evenly.
18. When you are ready to release the cake, use a butter knife and scrape the outside of the pan all around the edges to release the cake from the pan.
19. Carefully place your hand over the cake top and turn it upside down to remove the outer side of the angel food cake pan.
20. You will be left with the bottom portion of the pan with the cake attached to it.
21. Use the same butter knife and scrape the bottom of the pan between the cake and the pan to release the bottom portion of the cake.
22. Remove the center cake pan and peel off all the parchment paper rounds. These rounds will peel off easily.
23. Place the keto angel food cake on a cake platter and slice in half, lengthwise.
24. Add a layer of sugar-free whipped topping then a layer of strawberries and another layer of sugar-free whipped topping.
25. Place the top layer of cake and top with sugar-free whipping cream and your favorite berries!

Serves 16

Calories 91, Total C 3g, Fiber 1g, Net C 2g, Sugar 1g, Fat 6g, Protein 7g