

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

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

Low Carb Turkey Lettuce
Wrap

Keto Taco Salad

Bullet Proof Style
Coffee/Bone Broth
Keto Egg Burritos

Leftover Keto Taco Salad

Keto Breaded Shrimp
with a Side Salad

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Leftover Keto Breaded
Shrimp with a Side Salad

Keto Italian Wedding
Soup

Bullet Proof Style
Coffee/Bone Broth
Leftover Keto Egg Burritos

Leftover Keto Italian
Wedding Soup

Baked Chicken with
Steamed Veggies

Bullet Proof Style
Coffee/Bone Broth
Ham and Cheese Omelet

Rolled Up Ham Slices with
Cream Cheese and Banana
Peppers

Instant Pot Crack Chicken

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

Leftover Instant Pot Crack
Chicken

Easy Salisbury Steak with
Low Carb Gravy

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

Leftover Easy Salisbury
Steak with Low Carb
Gravy

Keto BLT Chaffle

KETO EGG BURRITOS

KETO EGG BURRITO INGREDIENTS

2 large eggs
2 tbsp parmesan cheese
1 tbsp butter

TOPPING OPTION INGREDIENTS

2 slices ham
1 green onion
pinch of shredded cheese
Or
crumbled breakfast sausage
chopped pepper
pinch of shredded cheese
Or
fresh spinach
chopped pepper
pinch of shredded cheese

INSTRUCTIONS

1. Melt butter in small saucepan over medium heat.
2. Whisk together eggs and parmesan cheese.
3. Pour in a pan of melted butter.
4. Cook on low for 1 minute.
5. Top with ham, green onion, and shredded cheese (or use other topping options).
6. Place cover on sauce pan and cook for 2 minutes.
7. Slide your egg onto a plate and roll up burrito.

SERVES 1

Calories 286, Total C 1.1g, Fiber g, Net C 1.1g, Sugar .5g, Fat 23.8g, Protein 16.5g



LOW CARB TURKEY LETTUCE WRAP

INGREDIENTS

- 2 leaves of romaine lettuce
- 1-2 slices of turkey deli meat
- 1 tablespoon of cream cheese softened
- Thin slices of red onions
- 2 slices of tomatoes
- 2 slices of avocados
- 1 slice of provolone cheese

INSTRUCTIONS

1. Over a sheet of parchment paper or aluminum foil, open one lettuce leaf, lay a slice (or slices) of turkey over it.
2. Spread cream cheese over turkey and add remaining ingredients, leaving the extra romaine lettuce for last.
3. Top with the remaining lettuce and gently roll lettuce tightly into a burrito like shape.
4. Hold in place with either parchment paper or aluminum foil.
5. To eat either cut it in half, or roll down the paper/aluminum foil.

Serves 1

Calories 269, Total C 11.9g, Fiber 5.3g, Net C 6.6g, Fat 15.9g, Sugars 4.6g, Protein 21.8g

KETO BREADED SHRIMP

KETO BREADED SHRIMP INGREDIENTS

3 cup pork rinds, crushed
3/4 cup grated parmesan
3 teaspoon chili powder
1 1/2 teaspoon paprika
1 teaspoon dried oregano
2 teaspoon pepper
1/2 teaspoon salt
2 eggs, beaten
1 pound peeled & deveined shrimp
1/2 cup mayonnaise
juice of 1/2 lemon
dash of hot sauce
1 teaspoon parsley
parsley, for garnish

INSTRUCTIONS

1. In a medium-size shallow bowl, mix together pork rinds, parmesan, chili powder, paprika, oregano, salt, and pepper.
2. In a separate small shallow bowl, beat the eggs.
3. Dump the shrimp in the eggs and the pork rind mixture to coat. Repeating the process for each shrimp.
4. For the air fryer version, coat your basket with oil or non-stick cooking spray so the breading doesn't stick.
5. Place shrimp in an even layer (you'll need to do 2 batches) and place on

Serves 4

Calories 1245, Total C 8.7g, Fiber 2.2g, Net C 6.5g, Sugar 2.3g, Fat 70.6g, Protein 138.7g

KETO ITALIAN WEDDING SOUP

MEATBALL INGREDIENTS

- 4 ounces ground pork
- 4 ounces ground beef
- 1 egg
- 1 teaspoon fresh garlic, minced
- 1 teaspoon pink salt
- 2 tablespoons parsley
- 1/2 teaspoon black pepper
- 1/4 cup parmesan cheese, grated
- 1/4 cup pork panko

SOUP INGREDIENTS

- 6 cups of chicken bone broth
- 1 small onion, diced
- 1 teaspoon fresh garlic, minced
- 1 cup celery, diced
- 8 ounces fresh spinach or escarole (trimmed and torn into small pcs)

INSTRUCTIONS

1. First, create the meatballs by placing all of the ingredients into a bowl.
2. Mix well and form the mixture into meatballs that are about 1 to 1 1/2 inch in diameter. In a large frying pan, add about 2 tbs of olive oil and cook the meatballs until they are browned. Turn them to brown all sides. They don't have to be fully cooked because they will continue cooking in the soup. This will take about 5 to 7 minutes to brown them.
3. In a large stockpot, add a tablespoon of oil and saute celery and the onion until the onion is translucent.
4. Add the garlic and saute for another minute or two.
5. Add the broth and bring the liquid to a boil.
6. Add the spinach or escarole.
7. Reduce the heat and allow it to simmer for another 10 to 12 minutes.
8. Now add the meatballs and cook it for another 5 to 10 minutes until they are fully cooked and no longer pink in the center.
9. Serve warm!

Serves 8

Calories 129, Total C 5.7g, Fiber 1.7g, Net C 4g, Sugars 2.3g, Fat 7.9g, Protein 9.4g

INSTANT POT CRACK CHICKEN

INGREDIENTS

2 lbs chicken breasts or chicken tenders boneless and skinless
12 oz cream cheese block and a half
2 1 oz packets of Dry Ranch Seasoning mix or 4 tbs or make your own
homemade version - see recipe below
8 oz bacon crumbles
1/2 cup Cheddar Cheese
1 cup bone broth or water

INSTRUCTIONS

1. Place 1 cup of liquid (bone broth or water) in the bottom of the pressure cooker.
2. Prep the cream cheese by cutting the blocks into large cubes.
3. Add the chicken to the pressure cooker.
4. Add the cream cheese and seasonings on top of the chicken.
5. Set the pressure cooker to high for 10 minutes for chicken tenders or 12 minutes for full chicken breasts.
6. Once the time is up, do a quick release.
7. Carefully remove the chicken and shred it using two forks.
8. Place the shredded chicken back in the liquid juices that are reserved in the pressure cooker.
9. Add the cheddar cheese and bacon crumbles to the shredded chicken and mix the ingredients together.
10. Place the lid back on the pressure cooker (but don't turn it on, it will be hot enough to melt the cheese and warm the bacon) for about 5 minutes. Letting the ingredients sit for a few minutes will allow the sauce to thicken.
11. Serve warm and enjoy!

RANCH SEASONING INGREDIENTS

1/2 cup Dry Buttermilk Powder
1 tablespoon parsley
2 teaspoons dill weed
1 teaspoon chives
1 tablespoon garlic powder
1 tablespoon onion powder
1 teaspoon sea salt
1/2 teaspoon ground black pepper

INSTRUCTIONS

1. Mix all ingredients in an airtight container or mason jar to store for later use.

SERVES 6

Calories 440, Total C 3.5g, Fiber 0g, Net C 3.5g, Sugar 2.2g, Fat 28.4g, Protein 41.1g

SALISBURY STEAK RECIPE WITH LOW CARB GRAVY

SALISBURY STEAK INGREDIENTS

2 pounds of lean ground beef
 1 cup of crushed pork rinds
 1 egg
 1 teaspoon of salt
 1 teaspoon of pepper
 1/2 teaspoon of garlic powder
 2 teaspoons of Worcestershire sauce
 1 tablespoon of parsley flakes
 3 tablespoons of butter
 1 onion sliced
 8 oz of mushrooms sliced
 3 sprigs of fresh thyme

LOW CARB GRAVY INGREDIENTS

2 cups Beef Stock
 1/2 cup Heavy Cream
 4 tbsp Butter
 1 tsp Pepper
 2 sprigs of fresh thyme
 1/2 tsp Xanthan Gum

INSTRUCTIONS

- Preheat oven to 350 degrees Fahrenheit.
- In a large bowl mix beef, seasonings, pork rinds, egg, and Worcestershire together.
- Create 8-10 steak patties with the meat mixture.
- In a large greased pan over medium high heat, brown both sides of the steak patties.
- Remove Salisbury steak from the pan and place in an oven safe casserole pan.
- Add in butter to pan along with onions, mushrooms, and thyme. Cook for 2-3 minutes, or until onions have softened. Add onion mixture to cover the steak patties.
- In the same pan used to brown the steak patties, add in gravy ingredients.
- Bring gravy ingredients to a boil and allow to reduce (whisk occasionally) until your desired level of thickness. (About 10-15 minutes.)
- Top Salisbury steak with gravy, cover pan with aluminum foil and bake for 35-40 minutes, or until center of steak patties are cooked.

SERVES 10

Calories 547, Total C 5.5g, Fiber 1g, Net C 4.5g, Sugar 1.6g, Fat 46.8g, Protein 25.8g

BLT CHAFFLE SANDWICH

CHAFFLE BREAD INGREDIENTS

1/2 cup mozzarella, shredded
1 egg
1 tbs green onion, diced
1/2 tsp Italian seasoning

SANDWICH INGREDIENTS

Bacon, pre-cooked
Lettuce
Tomato, sliced
1 tbs mayo

INSTRUCTIONS

1. Preheat the mini waffle maker.
2. In a small bowl, whip the egg.
3. Add the cheese, seasonings, and onion. Mix it until it's well incorporated.
4. Place half the batter in the mini waffle maker and cook it for 4 minutes.
5. If you want a crunchy bread, add a tsp of shredded cheese to the mini waffle iron for 30 seconds before adding the batter. The extra cheese on the outside creates the best crust!
6. After the first chaffle is complete, add the remaining batter to the mini waffle maker and cook it for 4 minutes.
7. Add the mayo, bacon, lettuce, and tomato to your sandwich.
8. Enjoy!

SERVES 2

Calories 183, Total C 3.6g, Fiber 0.6g, Net C 3g, Sugars 1.4g, Fat 13.9g, Protein 10.8g

KETO LEMON CHAFFLE CAKE

CHAFFLE INGREDIENTS

2 oz cream cheese, room temp and softened
 2 eggs
 2 tsp butter, melted
 2 tbs coconut flour
 1 tsp monkfruit, powdered confectioners blend
 1 tsp baking powder
 1/2 tsp lemon extract
 20 drops cake batter extract

FROSTING INGREDIENTS

1/2 cup heavy whipping cream
 1 tbs monkfruit, powdered confectioners blend
 1/4 tsp lemon extract

INSTRUCTIONS

1. Preheat the mini waffle maker.
2. Add all of the ingredients for the chaffle cake in a blender and mix it until the batter is nice and smooth. This should only take a couple of minutes.
3. Use an ice cream scoop and fill the waffle iron with one full scoop of batter. This size of the ice cream scoop is about 3 tablespoons and fits perfectly in the mini waffle maker.
4. While the chaffles are cooking, start making the frosting.
5. In a medium-size bowl, add the chaffle frosting ingredients.
6. Mix the ingredients until the frosting is thick with peaks.
7. All the chaffles to completely cool before frosting the cake.
8. Optional: Add lemon peel for extra flavor!

SERVES 4

Calories 221, Total C 5.2g, Fiber 1.3g, Net C 3.9g, Sugars 2.2g, Fat 20.3g, Protein 5.6g