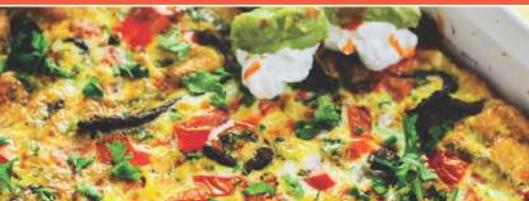


WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

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

Deli Ham and Cheese on
Lettuce Wraps with Mayo

Keto Baked Parmesan
Cruised Chicken with a
Side Salad and Ranch

Bullet Proof Style
Coffee/Bone Broth
Eggs & Bacon

Leftover Keto Baked
Parmesan Cruised Chicken
with a Side Salad and Ranch

Slow Cooker Creamy
Green Enchilada
Chicken Soup

Bullet Proof Style
Coffee/Bone Broth
Cheese Omelet

Leftover Slow Cooker
Creamy Green Enchilada
Chicken Soup

Baked Chicken Over
Spinach, Bacon and
Cheese Salad with Ranch

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

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

Dutch Oven Keto Pot
Roast

Bullet Proof Style
Coffee/Bone Broth
Egg Muffins

Leftover Dutch Oven
Keto Pot Roast

Baked Pork Chops with
Roasted Veggies

Bullet Proof Style
Coffee/Bone Broth
Deviled Eggs

Leftover Baked Pork Chops
with Roasted Veggies

Keto French Onion
Soup

Bullet Proof Style
Coffee/Bone Broth
Ham & Cheese Omelet

Leftover Keto French
Onion Soup

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

KETO BAKED PARMESAN CRUSTED CHICKEN

INGREDIENTS

- 4 chicken breasts
- 1/2 cup protein powder, unflavored
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded Romano cheese
- 1/2 teaspoon salt
- 2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 3 eggs
- 2 tablespoons heavy cream

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a medium bowl, combine the protein powder, seasonings, and cheeses. Mix until fully combined.
3. In a separate medium bowl, combine the eggs and heavy cream. Whip the eggs till fluffy.
4. Cut the chicken breasts in a butterfly cut and use a meat tenderizer in the chicken to that the whole breast is of equal size. This will allow the chicken to cook evenly.
5. If the chicken breasts are too big you can cut them in half.
6. Start by dipping the chicken in the egg mixture and then dredge into the protein powder cheese mixture. For an extra crispy crust, fry in a frying pan until brown on each side and then place in a baking dish to fully cook. This step is optional.
7. You can place the chicken directly in a baking dish without frying the coating too.
8. Sprinkle a bit more cheese on the top of the chicken before it's baked.
9. Bake it for about 30 minutes or until the internal temperature as reached 165 degrees at the thickest part of the chicken breasts. If you fried the crust beforehand it may only need to cook for 20 minutes.
10. Serve with a side salad or vegetable.

SERVES 8

Calories 135, Total C 2g, Fiber 0.2g, Net C 1.8g, Sugars 0.4g, Fat 8.1g, Protein 13.2g

SLOW COOKER CREAMY GREEN ENCHILADA CHICKEN SOUP

INGREDIENTS

2 to 3 pounds chicken thighs, boneless and skinless
 24 ounces Fire & Kettle Chicken Broth
 1 tablespoon garlic, minced
 4 ounces green salsa verde
 1/2 sour cream
 3/4 cup heavy whipping cream
 1 - 28 ounce can of mild green Enchilada sauce
 1 cup Monterrey Jack cheese
 1 cup Cheddar Cheese

OPTIONAL TOPPINGS

1/4 cup cilantro
 1 avocado, diced
 Sour cream

INSTRUCTIONS

1. Place the chicken thighs in the slow cooker with the broth, garlic, and salsa verde.
2. Cook over low heat for 6 to 8 hours or high heat for 4 hours.
3. Remove the cooked chicken and shred it on a cutting board. Set aside.
4. Mix in the sour cream, heavy whipping cream, and green enchilada sauce, and cheeses to the liquid still in the slow cooker.
5. Stir until the liquid is well combined.
6. Place the shredded chicken in the soup mixture.
7. Turn the slow cooker to a warm setting.
8. Serve warm!
9. Top with extra cheese, cilantro, avocado, and more sour cream if desired.

SERVES 6

Calories 368, Total C 7.1g, Fiber 3g, Net C 4.1g, Sugars 2.1g, Fat 28.2g, Protein 22.6g

DUTCH OVEN KETO POT ROAST

INGREDIENTS

3 tablespoons olive oil
4 pound chuck roast
2 small yellow onions, chopped (about 1 1/2 cups)
2 tablespoons garlic, minced
2 bay leaves
16 ounces Kettle & Fire Beef Bone Broth
1 teaspoon salt
1 teaspoon pepper
2 rosemary sprigs
4 cups radishes, quartered
2 parsnips, peeled, halved, and cut into 1 inch pcs.

INSTRUCTIONS

1. Preheat the oven to 325 degrees.
2. Using a 5-quart dutch oven, place the dutch oven on the stovetop. Turn on the heat to medium-high and add 2 tbs of olive oil once the pan is hot.
3. Sear the chuck roast on each side for about 4 to 5 minutes or until it's browned.
4. Transfer the beef to a platter.
5. Add the onion, garlic, bay leaves, beef bone broth, salt, pepper, radishes, and parsnips.
6. Place the roast back in the dutch oven on top of the mixture.
7. Place the rosemary sprigs on top of the roast and cover.
8. Place the roast in the oven at 325 degrees for 4 1/2 hours or until the beef is nice and tender and reaches an internal temperature of 145 degrees.
9. Remove the bay leaves and rosemary and serve warm.

SERVES 10

Calories 309, Total C 8.2g, Fiber 2.3g, Net C 5.9g, Sugars 2g, Fat 13.6g, Protein 37.3g

KETO FRENCH ONION SOUP

INGREDIENTS

4 large onions (3 yellow, 1 sweet)
 1/4 cup butter, salted
 2 tablespoons olive oil
 1/4 cup dry white wine (2 tbs apple cider vinegar as a substitute)
 6 cups beef broth (we use Kettle & Fire)
 4 sprigs fresh thyme (or 2 tsp dry thyme seasoning)
 1 teaspoon Worcestershire sauce
 1 tablespoon Kosher Salt
 1 teaspoon black pepper
 1 cup cheese of your choice, shredded

TOASTED BREAD TOPPING

3 tablespoons butter
 1/2 teaspoon garlic powder
 6 slices low carb/keto bread such as Sola Bread

Top with Gruyere, Swiss, or your favorite cheese to melt on top.

INSTRUCTIONS

1. Slice onions into very thin slices.
2. Use a large stockpot over medium to high heat. Add the butter and oil to the pan until it's melted.
3. Add the sliced onions to the hot pan and mix until the onions are fully coated.
4. Cook the onions until they start to brown slightly and caramelize. This may take 15 to 20 minutes.
5. Add the 1/4 cup of dry white wine or apple cider vinegar and scrape the brown color at the bottom of the pan while stirring long enough for most of the liquid to evaporate. This is known as deglazing the pan and it releases the brown bits that are full of flavor into the onions. This will only take a couple of minutes.
6. Add the beef broth, thyme, Worcestershire sauce, salt, and pepper.
7. Taste and add more salt and pepper if needed.

MAKE THE TOASTED BREAD TOPPING:

1. Toast the bread.
2. In a small bowl, combine the butter and garlic powder.
3. Spread the butter mixture over the toasted bread.
4. Cut the bread into cubes.
5. Set aside.

PUTTING IT ALL TOGETHER!

1. Preheat the oven to 350 degrees.
2. Divide the soup into individual servings using oven-safe soup bowls.
3. Top each serving with a small amount of toasted bread cubes and shredded cheese.
4. Place the oven-safe soup bowls on a large baking sheet.
5. Using the middle rack, place the baking sheet in the oven for about 5 minutes or just long enough for the cheese to melt completely.
6. Switch the oven to broil and allow the cheese to brown slightly on the top. This will only take a couple of minutes until the cheese has browned and is bubbly.
7. Remove the soup from the oven and allow it to cool slightly before serving it.

SERVES 12

Calories 172, Total C 9g, Fiber 2.9g, Net C 6.1g, Sugars 2.5g, Fat 13.1g, Protein 7.1g

KETO PEPPERMINT CHOCOLATE BAR

INGREDIENTS

- 1 cup Lily's Chocolate Chips
- 1 tsp coconut oil
- Sugar free peppermint candies, chopped

INSTRUCTIONS

1. In a small bowl combine the Lily's chocolate chips and 1/2 tsp of coconut oil.
2. Microwave on high for 30 seconds at a time until the chips are melted. Be sure to stir in between each blast of 30 seconds because it may look as though the chips are still solid but will melt together once you stir them. It will be very important not to burn them. Once you overcook the chocolate it will not be useable. This process should only take a minute or so to fully melt the sugar free chips.
3. Use a spoon and drizzle chocolate into the chocolate bar mold. Be sure to spread the chocolate evenly and tap the mold on the counter so it levels out. Leave enough space to add the chopped sugar free peppermint candies at the top.
4. Place the sugar free peppermint candies in a small baggy and use a rolling pin or a meat tenderizer to crush or chop the peppermint into small pieces.
5. Sprinkle a layer of chopped sugar free peppermint candy over the top of the chocolate bar while the chocolate is still warm. It will sink into the chocolate a bit and hold it together. Add as much or as little as you like.
6. Place the chocolate bars in the refrigerator for at least 30 minutes to harden or you can place them in the freezer for about 10 minutes to get them to harden and set fully.
7. Enjoy!

SERVES 8 (1 bar)

Calories 6, Total C 0g, Fiber 0g, Sugars 0g, Fat 0.6g, Protein 0g