

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

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

Keto Roast Beef  
Sandwich

Easy Poblano Chicken  
Enchiladas with Steamed  
Veggies

Bullet Proof Style  
Coffee/Bone Broth  
Ham and Cheese Omelet

Leftover Easy Poblano  
Chicken Enchiladas

Keto Spaghetti Squash  
Casserole with a Side  
Salad

Bullet Proof Style  
Coffee/Bone Broth  
Baked French Toast Casserole

Leftover Keto Spaghetti  
Squash Casserole with a  
Side Salad

Low Carb Instant Pot  
Chicken Stew

Bullet Proof Style  
Coffee/Bone Broth  
Eggs and Bacon

Leftover Low Carb Instant  
Pot Chicken Stew

Baked Pork over Salad  
with MCT Oil Dressing

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Baked French Toast  
Casserole

Leftover Baked Pork  
over Salad with MCT Oil  
Dressing

Keto French Onion Soup

Bullet Proof Style  
Coffee/Bone Broth  
Bacon & Egg Omelet

Leftover Keto French  
Onion Soup

Zucchini Noodles with Keto  
Bolognese Sauce

Bullet Proof Style  
Coffee/Bone Broth  
Cheesy Eggs

Leftover Zucchini Noodles  
with Keto Bolognese Sauce

Baked Chicken with  
Roasted Vegetables

# BAKED FRENCH TOAST CASSEROLE

## BAKED FRENCH TOAST CASSEROLE INGREDIENTS

- 1 loaf Sola Bread or Deidra's homemade keto bread  
(link on Low Carb Inspirations)
- 5 eggs
- 1/2 cup heavy whipping cream
- 1/2 cup unsweetened milk (coconut, almond or cashew)
- 1/3 cup Swerve, monk fruit, or erythritol sweetener
- 1 tsp cinnamon powder
- 1/4 tsp salt
- 1/4 tsp nutmeg

## CREAM CHEESE FROSTING INGREDIENTS

- 4 tbs butter, room temp
- 4 oz cream cheese, room temp
- 2 tbs heavy whipping cream
- 1/2 tsp vanilla
- 1/4 tsp salt
- 1 cup monk fruit confectioners blend sweetener
  
- Optional: 1/2 cup pecans

## BAKED FRENCH TOAST CASSEROLE INSTRUCTIONS

1. Cut the bread into 1-inch cubes. Place the bread in a greased 9x13 baking dish with at least 2-inch sides.
2. In a medium bowl, add the eggs and whip until fluffy.
3. Add the heavy whipping cream, unsweetened milk, sweetener, cinnamon powder, salt, and nutmeg and whip until it's fully combined.
4. Pour the egg mixture over the bread cubes and be sure to coat all bread cubes.
5. Place the pan in the refrigerator for about 30 minutes to an hour to allow all the egg mixture to be absorbed into the bread.
6. Bake in the oven at 350 degrees for 40 to 45 minutes.

## CREAM CHEESE FROSTING INSTRUCTIONS

1. In a medium bowl, combine all the ingredients and mix it on high with a hand mixer until the frosting is smooth and creamy.
2. Drizzle the frosting over the Baked French toast when it's hot out of the oven just before serving. Enjoy!

Serves 16

Calories 108, Total C 4.7g, Fiber 0.3g, Net C 4.5g, Sugars 3.7g, Fat 10.3g, Protein 3g

\*nutrition includes cream cheese frosting

# KETO ROAST BEEF SANDWICH

## CHAFFLE BREAD INGREDIENTS

1/2 cup mozzarella shredded  
 1 egg  
 1/4 tsp onion powder  
 1/4 tsp garlic powder

## SANDWICH INGREDIENTS

Slice thick cut provolone cheese  
 1 sliced cheddar cheese  
 1 tbs mayo  
 1 teaspoon Dijon mustard

## INSTRUCTIONS

1. Preheat the mini waffle maker.
2. In a small bowl, whip the egg.
3. Add the cheese, seasonings, and egg. 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, Dijon mustard, roast beef and cheeses to your sandwich.
8. Extra step worth doing but optional: You are going to make this sandwich just like you would a grilled cheese sandwich. This will melt the cheeses and heat the roast beef.
9. Heat a small frying pan and place a teaspoon of butter in it. Once the butter has melted add the prepared chaffle sandwich.
10. Cook on each side for about 2 to 3 minutes or until the cheese has melted.

SERVES 1

Calories 156, Total C 3.4g, Fiber 1.2g, Net C 2.2g, Sugar 1.1g, Fat 4.8g, Protein 24.4g

# EASY POBLANO CHICKEN ENCHILADAS

## INGREDIENTS

- 2 chicken breasts or chicken thighs precooked and diced
- 2 cups Roasted Poblano Cream Sauce (recipe in post)
- 6 low carb or keto tortillas
- 1 cup Colby jack shredded cheese
- 1/2 cup cilantro
- 1/2 cup sour cream
- 2 tablespoons jalapeno juice

## INSTRUCTIONS

1. Preheat the oven to 385 degrees.
2. Add about 2 tablespoons of poblano sauce to the bottom of the pan.
3. Take one low carb tortilla and a layer of cheese and chicken.
4. Roll the tortilla and place it where the ends come together, that side faced down in a small casserole dish about 1 1/2 quart size.
5. Pour the remaining poblano sauce on top of each tortilla covering them fully.
6. Sprinkle the remaining cheese on top.
7. Bake it for 10 to 12 minutes at 375 degrees or until the cheese has fully melted.
8. In a small container, add the sour cream and jalapeño juice. Mix well until it's nice and creamy.
9. Right before serving the casserole, drizzle the sour cream sauce on top of the casserole and sprinkle with cilantro.

SERVES 6

Calories 247, Total C 9g, Fiber 3g, Net C 6g, Sugar 2g, Fat 11g, Protein 15g

# KETO SPAGHETTI SQUASH CASSEROLE

## INGREDIENTS

1 large spaghetti squash  
1 pound Italian breakfast sausage  
6 ounces canned mushrooms, sliced and drained  
1/2 cup butter  
1 cup heavy whipping cream  
2 ounces cream cheese, room temperature  
1 tablespoon dijon mustard

## INGREDIENTS

1/3 cup unsweetened almond or coconut milk  
1 tablespoon garlic, minced  
3 tablespoons dried parsley  
2 teaspoons salt  
1 teaspoon white pepper  
2 cups Parmesan Cheese, grated  
3/4 cup Mozzarella cheese, shredded

## INSTRUCTIONS

### SPAGHETTI SQUASH:

1. Cook the large spaghetti squash first. You can steam this in the Instant Pot Pressure Cooker or you can bake it in the oven.

### SAUSAGE:

1. While the spaghetti squash is cooking, start frying the breakfast sausage in a frying pan over medium heat until it's browned.  
2. Set aside.

### NOODLES:

1. Once the spaghetti squash has been baked, you will need to make the spaghetti squash noodles.  
2. Remove the seeds from the spaghetti squash if this was not done during the baking method.  
3. Use a fork to scoop out the spaghetti squash noodles by piercing the squash and dragging the fork along the top of the squash. The noodles will come out in long strips. Repeat this step until you get all the noodles out of each side of the squash halves.  
4. One large spaghetti squash may yield between 4 to 5 cups of spaghetti squash noodles.  
5. Depending on the size of your spaghetti squash you may need to use a square baking dish or a rectangle baking dish for larger spaghetti squashes.  
6. Spray the baking dish with nonstick cooking spray. Set aside.

### CREAMY WHITE SAUCE:

1. In a saucepan over low heat, melt the butter and add the heavy cream, unsweetened almond milk, garlic, salt, white pepper, Dijon mustard, cream cheese, parsley, and Parmesan cheese.  
2. Mix the white sauce until all in combined and it's smooth and creamy.  
3. Add the mushrooms last.

### ASSEMBLE THE CASSEROLE:

1. In the prepared baking dish, spread out the spaghetti squash noodles evenly. Sprinkle the sausage over the spaghetti squash evenly.  
2. Pour the white sauce over the spaghetti noodles.  
3. Sprinkle the mozzarella cheese over the top of the spaghetti squash casserole and bake it at 350 degrees for 20 to 25 minutes or until the casserole is completely warm inside and the cheese on top has melted.  
4. Turn the oven to broil for the last 4 to 5 minutes to melt the cheese fully to a golden brown color.

SERVES 8

Calories 340, Total C 4.6g, Fiber 1g, Net C 3.6g, Sugars 1.9g, Fat 29.5g, Protein 14.6g

# LOW CARB INSTANT POT CHICKEN STEW

## INGREDIENTS

- 1 tablespoon olive oil or oil of choice
- 1 onion chopped
- 3 cloves garlic chopped
- 3 chicken thighs deboned
- 2 bell peppers chopped
- 2 tablespoons paprika
- Salt and pepper to taste
- 1 1/2 cups water or stock
- 1 tablespoon tomato paste
- 2 tablespoons Greek yogurt or sour cream
- Parsley optional garnish

## INSTRUCTIONS:

1. Place the oil in the IP and select the saute setting.
2. Add the chopped onion and saute for 2 minutes, then add the garlic for 1 minute.
3. Turn off the saute setting and add the thighs, peppers, and seasoning.
4. I like to stir the tomato paste and greek yogurt into the broth before adding them all to the IP.
5. Secure the lid and select the "soup/stew" setting for 10 minutes.
6. Natural release, then shred the chicken with two forks.
7. Serve in bowls with a dollop of sour cream, or alongside some mashed cauliflower.

SERVES 6

Calories 137, Total C 4.5g, Fiber 1.6g, Net C 2.9g, Sugar 1.6g, Fat 6.3g, Protein 15.8g

# 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

# ZUCCHINI NOODLES WITH KETO BOLOGNESE SAUCE

## INGREDIENTS

1 cup textured soy protein  
2 tablespoons olive oil  
4 large zucchinis 1 onion 1 carrot  
3 cloves garlic  
1 teaspoon paprika  
1 teaspoon dry oregano  
1/2 cup vegan red wine  
1 tablespoon Lakanto maple syrup  
1 can diced tomato  
1 cup tomato sauce  
1/2 red or green pepper  
1 cup of water  
Salt & black pepper to taste

## INSTRUCTIONS

1. The zucchini noodles can be made in different ways, using a mandoline or a spiralizer is the easiest one. But I've done it with a peeler and a knife too, it just takes a little bit more time.
2. Place the noodles in a colander and squeeze them gently to release any additional water. Pan fry zucchini noodles for 3 to 4 minutes over medium-high heat. Do not overcook them, they should reduce just a little until they are softened. Set aside.
3. In a large pot heat 2 tablespoons oil over medium heat.
4. Chop the onion, carrot, garlic, and pepper. Transfer to a pot and sauté for about 10 minutes, stirring occasionally. Once onions are fragrant and translucent, add fresh herbs and wine, bring to a simmer, and cover for 10 minutes to let the wine cook down.
5. Add the diced tomatoes, tomato sauce, and maple syrup to the simmering vegetables. Stir to combine, season with salt and pepper, then cover again and let cook for another 10-15 minutes.
6. Meanwhile, hydrate the soy protein in boiling water. The water should easily cover it, you need to get a tender "minced meat", add as much water as you need. You can always use a colander to get rid of extra water.
7. Finally, add the soy "meat" to the sauce, cook for just another minute.

Serves 10

Calories 132, Total C 8.2g, Fiber 3g, Net C 5.2g, Sugars 3.3g, Fat 3.8g, Protein 21.2g

# KETO PECAN CLUSTERS

## INGREDIENTS

1/4 cup butter  
1/2 cup heavy cream  
1 tsp vanilla  
3 tbs allulose sweetener  
1 cup pecans

## INSTRUCTIONS

1. Add butter, cream, sweetener, and vanilla to a medium sauce pan. Cook over low heat, constantly stirring, until it comes to a boil and becomes thick and caramel colored.
2. This will take about 7 to 8 minutes.
3. Add pecans and stir until well combined.
4. Spoon into parchment paper or a silicone mat.
5. Allow them to cool in the refrigerator.
6. Enjoy!

SERVES 25

Calories 61, Total C 1g, Fiber 1g, Net C 0g, Sugar 1g, Fat 6g, Protein 1g