

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

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

Turkey & Cheese on Keto  
Cloud Bread with a 1/2  
Avocado

Low Carb Ground Beef  
Casserole

Bullet Proof Style  
Coffee/Bone Broth  
Eggs and Bacon

Leftover Low Carb Ground  
Beef Casserole

Salad with Ham, Turkey,  
Bacon, Cheese, Red Onions  
and Peppers with Ranch  
Dressing

Bullet Proof Style  
Coffee/Bone Broth  
Bell Pepper Egg Boats

Summer Sausage,  
Cheese Slices, and  
Pickles

Steak Kebobs with  
Onions, Peppers, and  
Zucchini

Bullet Proof Style  
Coffee/Bone Broth  
Ham/Cheese Omelet

Leftover Steak Kebobs  
with Onions, Peppers,  
and Zucchini

Baked Chicken Caprese

Bullet Proof Style  
Coffee/Bone Broth  
Scrambled Eggs and Bacon

Leftover Baked  
Chicken Caprese

Easy Poblano Chicken  
Enchiladas

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Bell Pepper Egg Boats

Leftover Easy Poblano  
Chicken Enchiladas

Grilled Pork Chop with  
with Grilled Zucchini

Bullet Proof Style  
Coffee/Bone Broth  
Cheese Omelet

Leftover Grilled Pork Chop  
with with Grilled Zucchini

Baked Chicken Over Salad  
with Ranch Dressing

# BELL PEPPER EGG BOATS

## INGREDIENTS

2 red bell peppers

4 eggs

1/2 cup shredded cheese like mozzarella

1/2 tablespoon olive oil

1/2 teaspoon salt

1/2 teaspoon ground pepper

## INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Chop red bell peppers in half and place them side up in a baking tray with lined parchment paper. Sprinkle some salt and a drizzle of olive oil.
3. Bake pepper until soft (about 10-15 minutes).
4. When ready remove from oven and set shredded cheese in the base of the pepper and break one egg in each. Sprinkle some salt and ground pepper.
5. Bake them until eggs are cook (about 15-20 minutes).
6. Enjoy while warm.

SERVES 4

Calories 126, Total C 4.6g, Fiber 1.6g, Net C 3g, Sugars 2.9g, Fat 6.7g, Protein 11.4g

# KETO CLOUD BREAD

## INGREDIENTS

3 eggs separated  
3 Tablespoons cream cheese  
1/4 teaspoon baking powder or cream of tarter  
Optional: 1/2 teaspoon Rosemary seasoning  
Optional: 1/2 teaspoon sea salt  
Optional: 1/4 teaspoon pepper

## INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit
2. Separate the egg yolks from the egg whites.
3. In the egg yolks bowl, add the cream cheese and mix it with a hand mixer until it's fully blended.
4. In the egg whites bowl, add the baking powder and mix it with a hand mixer until the egg whites are fluffy and form peaks that hold their shape (as seen in the photos below). This process will take the longest at about 5 minutes or so.
5. Next, you will combine both bowls together into one. Fold the mixtures together until they are fully mixed but don't over mix these ingredients. It's important to keep the egg whites nice and fluffy. Over mixing these ingredients will cause a thick liquidy mixture and that won't work for this bread recipe. There will be no way to correct this recipe if you over-mix it. You will want to do this rather quickly so the ingredients don't melt back to a liquid consistency.
6. Spray the baking pan with a non-stick cooking spray and drop small spoonfuls of the batter onto a cookie sheet with a baker's mat to prevent sticking. Use the spoon to spread out the batter in the size of bread you want. Now sprinkle any seasonings you want on the top of each bread patty.
7. I made hamburger bun-sized bread patties. I am able to get between 10 and 12 slices of bread out of this recipe.
8. Bake it for about 15 to 20 minutes. My oven tends to cook at a higher temperature so I know my recipes get done faster. Usually, 15 minutes is all it takes for me. Be sure to watch it when it's close to the 15-minute mark. They should be a light golden brown color when they are done.

SERVES 12 (2 pieces per serving)  
Calories 27, Total C .3g, Fiber 0g, Net C .3g, Sugar .1g, Fat 2.1g, Protein 1.7g

# LOW CARB GROUND BEEF CASSEROLE

## INGREDIENTS

2 lbs ground beef  
 1/2 onion, diced  
 1 14.5 oz can Green beans, drained  
 1 cup Beef Broth  
 1 tsp Xanthan Gum  
 1 tablespoon chili powder  
 2 tsp cumin  
 2 tsp oregano  
 2 tsp onion powder  
 1 tablespoon horseradish  
 2 tsp salt  
 2 tsp pepper  
 20 oz Cauliflower Mash (or prep 1 small head cauliflower)  
 2 tsp smoked paprika  
 3/4 cup cheddar cheese

## INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a large cast iron skillet, start by sautéing the onions until translucent.
3. Add the ground beef and cook it until it's browned.
4. Drain the fat from the ground beef.
5. Add the seasonings (chili powder, oregano, onion powder, salt, and pepper) and horseradish sauce to the cooked ground beef and stir until it's well combined.
6. Spread all the ground beef to the sides of the pan to make a hole in the center of the pan.
7. Pour the cup of beef broth in that hole in the pan and sprinkle the Xanthan gum over the liquid. Whisk the liquid until it's fully dissolved the Xanthan gum.
8. Stir the liquid and the ground beef together. It will seem a bit watery but the sauce will thicken as it bakes in the oven.
9. Add the green beans and mix.
10. Spread the cauliflower mash over the top of the ground beef casserole in the skillet.
11. Sprinkle the cauliflower mash with smoked paprika.
12. Sprinkle the top of the cauliflower with the shredded cheddar cheese.
13. Bake this ground beef casserole at 350 degrees for 25 to 30 minutes.
14. Allow this casserole to cool for about 5 to 10 minutes before serving.

SERVES 6

Calories 291, Total C 8.5g, Fiber 3.2g, Net C 5.3g, Sugar 2.5g, Fat 11.3g, Protein 38.3g

# BAKED CHICKEN CAPRESE

## BAKED CHICKEN CAPRESE INGREDIENTS

4 chicken breasts or thighs if preferred  
1 tsp onion powder  
1 tsp Italian seasoning  
1 tsp salt  
1 tsp black pepper  
2 tsp olive oil  
2 tbsp garlic minced  
1/3 cup balsamic vinegar  
3 tbsp brown sugar substitute I use Sukrin Gold  
1/2 cup Cherry Tomatoes  
16 oz mozzarella cheese  
5 leaves Basil chiffonade

## INSTRUCTIONS

1. Preheat oven to 375° In a large skillet, heat over medium heat.
2. Pour olive oil in a skillet to coat.
3. Place chicken into the skillet and season both sides with onion powder, Italian seasoning, salt, and pepper.
4. Allow to brown on both sides for 3-5 minutes per side, remove and set aside.
5. Add in garlic and allow to cook for about a minute.
6. Stir in balsamic vinegar and brown sweetener. Allow it to thicken for 5-6 minutes, ensuring to stir every couple minutes.
7. Place chicken back into the skillet and coat both sides with the glaze.
8. Next, place whole cherry tomatoes into the skillet and bake for 25-30 minutes.
9. Remove from the oven and top with mozzarella.
10. Place back in the oven until cheese has melted, about 7-8 minutes.
11. Top with halved cherry tomatoes and basil.

Serves 4

Calories 247, Total C 11g, Fiber 2.4g, Net C 8.6g, Sugar 5g, Fat 3.1g, Protein 42.9g

# 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

# HOMEMADE KETO RANCH DRESSING

## INGREDIENTS

1/2 cup mayo  
1 cup sour cream  
1/4 cup heavy whipping cream  
1 teaspoon dijon mustard  
Juice from 1/2 lemon  
2 tablespoons dill  
2 tablespoons parsley  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon paprika  
1/2 teaspoon pink salt  
1 teaspoon black pepper  
1/2 teaspoon cayenne pepper (optional if you like  
spice!)

## INSTRUCTIONS

1. Whisk together and serve.

Lasts 2 weeks in the refrigerator.

Serves 12

Calories 120, Total C 1g, Fiber 1g, Net C 0g, Sugar 1g, Fat 13g, Protein 1g



# EASY SUGAR FREE COCONUT YOGURT

## INGREDIENTS

1 can Unsweetened Coconut Cream  
Probiotics tablet  
5-10 Stevia Drops, to sweeten

## INSTRUCTIONS

1. Mix and set out to ferment for 2 days.
2. Once the yogurt is ready sweeten with stevia 5 to 10 stevia drops.

SERVES 2

Calories 243, Total C 2.5g, Fiber 0g, Net C 2.5g, Sugars 1.5g, Fat 0g, Protein 1.5g