

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

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

Cobb Salad with Ranch
Dressing

Crispy Cheese Keto
Tacos

Bullet Proof Style
Coffee/Bone Broth
Easy Blueberry Chaffle

Leftover Crispy Cheese
Keto Tacos

Keto Tuna Cakes with
Steamed Vegetables

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

Leftover Keto Tuna Cakes
with Steamed Vegetables

Grilled Pork Kebobs
with Squash, Zucchini,
Onions and Peppers

Bullet Proof Style
Coffee/Bone Broth
Leftover Easy Blueberry
Chaffle

Low Carb Antipasto
Salad

Grilled Chicken Salad with
Low Carb Caesar Dressing

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

Tuna Salad in Pickle Boats

Keto Creamy Garlic Tuscan
Chicken

Bullet Proof Style
Coffee/Bone Broth
Ham and Cheese Omelet

Leftover Keto Creamy Garlic
Tuscan Chicken

Keto Meatza Pizza

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Leftover Keto Meatza
Pizza

Brazilian Steak with
Garlic Butter and a Side
Salad with Ranch
Dressing

EASY BLUEBERRY CHAFFLE

INGREDIENTS

1 egg
3 tbs almond flour
1 tbs cream cheese
1/4 tsp baking powder
5 or 6 blueberries
1 tsp blueberry extract optional

INSTRUCTIONS

1. Preheat waffle maker. In a small bowl, whip the egg.
2. Add the remaining ingredients.
3. Spray the waffle maker with nonstick cooking spray.
4. Divide mixture in half.
5. Cook half the mixture for about 3 to 4 minutes or until golden brown.
6. Top with these possible options: dust with monkfruit, more blueberries, whipped cream, frosting, or just eat it plain!

NOTES

OPTIONAL GLAZE:

1. 1 tbs cream cheese warmed in the microwave for 15 seconds, 1/4 tsp strawberry extract, and 1 tbs monkfruit confectioners blend.
2. Mix and spread over the warm chaffle.

OPTIONAL CREAM CHEESE FROSTING:

1. 1 tbs cream cheese (room temp), 1/4 tsp blueberry extract, 1 tbs room temp butter (room temp), and 1 tbs monkfruit confectioners blend.
2. Mix all ingredients together and spread on top of the chaffle.
3. You can also top it with simple whipped cream and blueberries.

HOMEMADE WHIPPED CREAM:

1. 1 cup heavy whipping cream, 1 tsp vanilla, 1 tbs monkfruit confectioners blend. Whip until it forms peaks. Easy peasy!

SERVES 2

Calories 85, Total C 2.3g, Fiber 0g, Net C 2.3g, Sugar 0.8g, Fat 5.7g, Protein 6.3g

LOW CARB ANTIPASTO SALAD

LOW CARB ANTIPASTO SALAD INGREDIENTS

- 1 heart of romaine lettuce chopped
- 1 cup of cherry tomatoes
- 1/2 cup of green and black olives
- 6 slices of prosciutto chopped
- 1 small onion chopped
- 1 green bell pepper chopped
- 1/2 cup of artichokes drained and chopped
- 1/2 cup of chopped banana peppers
- 1 cup of sugar-free Italian dressing

INSTRUCTIONS

1. Mix all ingredients into a large bowl and serve.

Serves 4

Calories 461, Total C 14.7g, Fiber 5g, Net C 9.7g, Fat 37.3g, Sugars 5.8g, Protein 19.8g

CRISPY CHEESE KETO TACOS

TACO SHELLS INGREDIENTS

1 1/2 cups cheese shredded (I used a Colby and Monterrey Jack Cheese)

TACO TOPPINGS

Romaine Lettuce, shredded
Cherry Tomatoes, halved
Shredded Cheese, your choice
Sour Cream Drizzle

TACO MEAT FILLING INGREDIENTS

1 pound ground beef or ground turkey, your choice
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon cocoa powder
1/4 teaspoon onion powder
1/4 teaspoon salt
1/2 teaspoon smoked paprika

SOUR CREAM DRIZZLE INGREDIENTS

1/4 cup sour cream
1-2 teaspoons almond milk

TACO FILLING INSTRUCTIONS

1. Cook your ground beef or ground turkey first.
2. Add all the taco meat seasonings. The cocoa powder is optional but it totally enhances the flavors of all the other seasonings!
3. Continue cooking until ground beef and/or ground turkey is fully browned and cooked.

TACO SHELL INSTRUCTIONS

1. Preheat the oven to 350 degrees before you start.
2. Using a large baking sheet, cover it with a piece of parchment paper. This prevents the cheese from sticking to the pan. Don't skip this part.
3. Place six circles of shredded cheese, roughly about 1/4 cup cheese in each circle.
4. Bake for 10-15 minutes or until golden brown. If the cheese bakes too long, it will be extra crunchy. If the cheese bakes to little, it won't form a shell properly. You want to make sure the cheese is somewhat brown on the outsides and bubbly in the center. This is the best way I can explain it.
5. Allow cooling for a minute, then carefully drape the taco shells over a wooden spoon to harden while they cool completely.

TACO ASSEMBLY INSTRUCTIONS

1. Use a taco holder stand to keep the taco shell in the right position, add lettuce, taco meat filling, cherry tomatoes, and cheese.
2. Drizzle sour cream over the top to enjoy the perfect crispy cheese keto tacos!

SOUR CREAM DRIZZLE INSTRUCTIONS

1. Add ingredients to a squeeze bottle and shake well.
2. The sour cream will be more liquified (not too much) and easily squeeze out of the bottle to use as a topping for tacos, pizza, enchiladas, and more.

Serves 6 (nutrition for 1 taco)

Calories 191, Total C 2.8g, Fiber 0.7g, Net C 2.1g, Sugars 1g, Fat 8.5g, Protein 25.1g

KETO TUNA CAKES

KETO TUNA CAKES INGREDIENTS

2 - 5 oz cans of tuna packed in water

2 eggs

1/2 cup shredded cheese

4 oz pork rinds ground up into crumbs

2 tbs Pico de Gallo

INSTRUCTIONS

- Open the cans of tuna and drain the liquid.
- Pulse the pork rinds in a food processor until they become small crumbs.
- In a small bowl combine all the ingredients and mix it until it's fully combined.
- Separate the mixture into six equal parts and press the dough into small round patties.
- Fry the tuna cakes in coconut oil for a few minutes on each side (until golden brown).
- Serve warm and enjoy!

SERVES 6

Calories 205, Total C 1.4g, Fiber 0g, Net C 1.4g, Sugar .8g, Fat 11.5g, Protein 22.6g

KETO CREAMY GARLIC CHICKEN THIGHS

CHICKEN INGREDIENTS

2 lbs chicken thighs
 1/2 tsp onion powder
 1/4 tsp each of salt and pepper
 1 Tbsp olive oil
 2 Tbsp butter
 1 Tbsp garlic

WHITE GARLIC SAUCE WITH SPINACH INGREDIENTS

2 Tbsp of butter
 1 Tbsp of minced garlic
 4 oz of cream cheese
 2 cup of full fat cream
 1/2 cup parmesan cheese
 1/4 cup sour cream
 1/3 cup chicken broth
 1/4 tsp pepper
 pinch of salt
 pinch of garlic salt
 1/4 - 1/2 cup diced fresh spinach

KETO CREAMY GARLIC CHICKEN THIGHS RECIPE INSTRUCTIONS

1. Drizzle the oil on the pan.
2. Cook the chicken.
3. Season it with the salt and pepper and onion powder 5-7 min on each side on medium to high heat to brown. It will not be fully cooked as it continues to cook with the remainder of this recipe.
4. Next, add the garlic and butter after that and let it simmer for 7-10 minutes.
5. Set chicken to the side and keep on the stove to keep warm.
6. Meanwhile, begin making the White Garlic Sauce with Spinach sauce.

WHITE GARLIC SAUCE WITH SPINACH RECIPE INSTRUCTIONS

1. Add butter and garlic first.
2. Then, add the remainder of ingredients and cook on low- medium for 10-15 minutes.
3. Next, add the chicken thighs to the sauce (just the chicken itself not everything in the chicken pan).
4. Let this then simmer another 15-20 minutes with the lid on.
5. Serve with grated parmesan and diced fresh parsley.

SERVES 8

Calories 401, Total C 4g, Fiber 0.1g, Net C 3.9g, Sugars 2.4g, Fat 37.8g, Protein 12.6g

KETO MEATZA PIZZA

INGREDIENTS

1/2 lb ground beef
 1 lb ground pork Italian blend
 1 tsp salt
 2 tsp pepper
 1 tbs Italian seasoning blend
 1 tsp garlic powder
 1 tsp onion powder
 1 tsp xanthan gum
 1 1/2 cups shredded cheese
 3/4 Colby Jack
 3/4 Monterey Jack
 1/4 cup Parmesan Cheese

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Line a 9 x 13 casserole dish with parchment paper.
3. In a large bowl combine the ground beef, ground pork, salt, pepper, Italian seasoning blend, garlic powder, onion powder, xanthan gum, shredded cheese, and 1/4 cup Parmesan cheese.
4. Use your hands to mix all the ingredients together until it's all fully combined.
5. Spread the meat mixture evenly in the bottom of the casserole dish.
6. Bake at 350 degrees for 25 minutes or until the meat is fully cooked.
7. Remove the casserole dish from the oven. Drain the oil.
8. Top the meat pizza with marinara sauce, 1/4 cup parmesan cheese, pepperoni and then mozzarella cheese as the final top layer.
9. Bake for another 5 minutes or until the cheese is fully melted.
10. Remove from the oven and top with fresh basil.
11. Serve warm and enjoy!

SERVES 12 (1 Slice)

Calories 158, Total C 1g, Fiber 1g, Net C 0g, Sugar 1g, Fat 12g, Protein 10g

BRAZILIAN STEAK WITH GARLIC BUTTER

BRAZILIAN STEAK WITH GARLIC BUTTER INGREDIENTS

3 pounds of steak tenderloin
10 cloves of garlic chopped
salt and pepper to taste
1 teaspoon of cumin
2 teaspoon of oregano
8 tablespoons of butter
3 tablespoons of olive oil
3 tablespoons of cilantro

INSTRUCTIONS

1. Season steak with salt, pepper, cumin, oregano and salt and pepper. Set to the side. In a large cast iron pan, heat oil over medium-high heat.
2. Add steak, cook 3-4 minutes per side (or until your level of done).
3. Remove steak once cooked to rest. In the same pan, lower heat to low, add butter and garlic. Cook for two minutes, or until the garlic has slightly browned, stirring often to keep from burning.
4. Spread butter-garlic mixture over steak and garnish with cilantro.

Serves 8

Calories 355, Total C 1.8g, Fiber 0.3g, Net C 1.5g, Fat 21g, Sugars 0.1g, Protein 38g

KETO CINNAMON ROLLS (1/2)

INGREDIENTS

1 cup almond flour
 1/2 cup lupin flour
 1/2 cup allulose sweetener
 1 tbs collagen peptides
 2 tsp baking powder
 2 tsp Xanthan gum
 1/2 tsp salt
 1/2 tsp cinnamon
 3 eggs
 2 tsp vanilla extract
 2 tsp apple cider vinegar
 1 tsp Mapleine extract

FILLING

1/3 cup butter, room temperature
 1/3 cup whipped cream cheese
 4 tbs allulose sweetener, granular
 2 tsp cinnamon

FROSTING

4 oz cream cheese, room temperature
 1/3 cup butter, room temperature
 3 tbs allulose sweetener
 1 tsp vanilla extract
 2 tbs heavy whipping cream

INSTRUCTIONS

1. Preheat oven to 350 degrees.

MAKE THE DOUGH

1. In a large bowl combine the almond flour, lupin flour, allulose sweetener, collagen peptides, baking powder, Xanthan gum, salt, and cinnamon. Mix until all of the dry ingredients are fully combined.
2. Create a hole in the middle of the dry ingredients and add the remaining wet dough ingredients. Add the eggs, vanilla, apple cider vinegar, and the Mapleine extract.
3. Whip the eggs with a fork and start stirring the ingredients. With every turn of the stir it will slowly incorporate the dry ingredients into the wet ingredients as it stirs. Continue stirring the ingredients until all the wet and dry ingredients are fully incorporated.
4. The dough will be extremely wet and almost have the consistency of a thick peanut butter. Place the dough in the freezer for about 10 minutes to firm up.
5. Use a silicone mat and a sheet of parchment paper to roll out the dough. Roll it out into a rectangle that's about 1/2 inch thick. When you work with the dough it will become sticky again. You can fold over the dough (as seen in the photos below) and place the dough back in the freezer for another 10 minutes.
6. Remove the dough from the freezer. Slowly pull the top parchment paper off of the dough that's rolled out. If the dough is still too sticky use a butter knife that has been coated with coconut flour to separate the dough from the parchment paper. The butter knife trick works nicely if the dough is not cool enough and is still too sticky.

MAKE THE FILLING

1. In a small bowl add all of the ingredients for the filling. Spread the filling over the top of the dough.
2. Now roll the dough starting from the shorter side of the rectangle. If the dough is still too sticky on the bottom, use the same butter knife hack to separate the dough from the silicone mat below. Keep coating the knife with coconut flour as needed.
3. Once you get to the very end of the dough, place a line of coconut flour over the last roll so the dough doesn't stick to the bottom when you cut the slices of rolls.
4. It's important to note that the dough will be sticky and that's normal. The texture of the cinnamon rolls after they are baked are amazing!

Serves 9 (1 roll)

Calories 264 Total C 5g , Fiber 2g, Net C 3g, Sugars 1g, Fat, 25g, Protein: 6g

KETO CINNAMON ROLLS (2/2)

INGREDIENTS

- 1 cup almond flour
- 1/2 cup lupin flour
- 1/2 cup allulose sweetener
- 1 tbs collagen peptides
- 2 tsp baking powder
- 2 tsp Xanthan gum
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 3 eggs
- 2 tsp vanilla extract
- 2 tsp apple cider vinegar
- 1 tsp Mapleine extract

FILLING

- 1/3 cup butter, room temperature
- 1/3 cup whipped cream cheese
- 4 tbs allulose sweetener, granular
- 2 tsp cinnamon

FROSTING

- 4 oz cream cheese, room temperature
- 1/3 cup butter, room temperature
- 3 tbs allulose sweetener
- 1 tsp vanilla extract
- 2 tbs heavy whipping cream

CUT THE DOUGH INTO THE CINNAMON ROLLS

1. Using a strong string or unflavored dental wax, cut 1 inch slices of dough to make the cinnamon rolls. To cut the dough using a string, simply place the center of the string under the dough one inch deep and lift the ends of the string and criss cross them over the top of the dough roll. Pull the opposite sides of the string until it cuts the roll completely.
2. Repeat this step until all the cinnamon rolls have been cut. This will make about 9 cinnamon rolls.
3. Cut out a sheet of parchment paper to line the baking dish. Be sure to cut out a sheet of parchment paper big enough to cover the sides too. I used an 8 inch square pan but you can use an 8 inch round cake pan too.
4. Cut a square sheet of parchment paper and fold it over in half. Then fold it again the opposite direction and fold it in half again. Cut a diagonal slit in the top open corner of the fold (as seen in the photos). This will create a slit and the corners of each side of the pan and the parchment paper will lay in the pan nicely overlapping the edges with little fuss.
5. Place the cinnamon rolls on top of the parchment paper.
6. Bake the rolls for about 25 to 30 minutes or until the cinnamon rolls are golden brown and the inside of the cinnamon rolls are cooked. You can tell they are fully cooked by doing a toothpick test.

MAKE THE SUGAR FREE CREAM CHEESE FROSTING

1. In a small bowl, combine all of the ingredients and mix it with a spoon until it's fully combined. It will be very important to use room temperature cream cheese to make sure it spreads and mixes nicely with the other ingredients.
2. Once the cinnamon rolls are done, you can allow them to cool for about 5 minutes and then spread about 1 teaspoon of the cream cheese frosting over each cinnamon roll. The rolls will still be warm enough that the frosting will slightly melt.
3. Serve warm or cold.

Serves 9 (1 roll)

Calories 264 Total C 5g , Fiber 2g, Net C 3g, Sugars 1g, Fat, 25g, Protein: 6g