

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Cheese Omelet

Tuna Salad on
Lettuce Wraps

Keto Lasagna with a
Side Salad and Ranch
Dressing

Bullet Proof Style
Coffee/Bone Broth
Turkey and Cheese Omelet

Leftover Keto Lasagna
with a Side Salad and
Ranch Dressing

Grilled Salmon with a Side
Spinach Salad with Bacon
and Cheese with Ranch
Dressing

Bullet Proof Style
Coffee/Bone Broth
Breakfast Casserole with
Steak, Onions and Mushrooms

Chicken Salad with
Avocado Slices

Pressure Cooker Country
Style Pork Ribs with Bacon
Wrapped Asparagus

Bullet Proof Style
Coffee/Bone Broth
Eggs and Bacon

Leftover Pressure Cooker
Country Style Pork Ribs with
Bacon Wrapped Asparagus

Keto Egg Rolls
(in a Bowl)

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

Leftover Keto Egg Rolls
(in a Bowl)

Grilled Chicken Over
Salad with Ranch
Dressing

Bullet Proof Style
Coffee/Bone Broth
Leftover Breakfast Casserole

Leftover Bunless Turkey
Burger with Cheese, Lettuce,
Tomato, Pickles and Mayo

Keto Taco Bites Topped
with Lettuce, Sour
Cream, and Cheese

Bullet Proof Style
Coffee/Bone Broth
Scrambled Eggs and Bacon

Leftover Keto Taco Bites
Topped with Lettuce,
Sour Cream, and Cheese

Shrimp Kebobs with
Zucchini, Squash, Onions,
and Bell Pepper

LOW CARB BREAKFAST CASSEROLE WITH STEAK, ONIONS AND MUSHROOMS

BREAKFAST CASSEROLE INGREDIENTS

2 tablespoons bacon fat or olive oil
1 lb stir steak
salt and pepper to taste
1 onion julienned
4 oz mushrooms sliced
3 plum tomatoes chopped
12 eggs
1 tablespoon heavy cream
1/4 teaspoon ground thyme
2 tablespoons of freshly chopped parsley

INSTRUCTIONS

- Preheat oven to 350 degrees Fahrenheit. Season steak with salt and pepper.
- In a large pan over medium high heat, melt bacon fat or heat olive oil.
- Add in steak and onions and cook 3 minutes before adding in mushrooms. Lower heat to medium and cook just until mushrooms have softened. Remove pan from heat and set to the side.
- In a large bowl add eggs, cream, and thyme -whisk ingredients together. Mix remaining ingredients and salt and pepper.
- In a large greased 9x13 baking dish, add in steak, onions, and mushrooms. Pour egg mixture over the steak and bake for 20-25 minutes, or until eggs have set.

SERVES 8

Calories 202, Total C 4.4g, Fiber 1.1g, Net C 3.3g, Sugar 2.6g, Fat 13.3g, Protein 16.8g

KETO LASAGNA

KETO LASAGNA INGREDIENTS

2 eggs
 1 cup Ricotta Cheese whole milk
 3 tbs parsley
 1/2 teaspoon garlic powder
 1 cup Rao's Marinara Sauce
 1.5 lbs Ground Beef or Turkey
 4 Folios NO CARB Tortillas
 1 1/5 cups shredded cheese

INSTRUCTIONS

- Brown the ground beef or turkey in a skillet. Season it with salt and pepper.
- In a small bowl, combine eggs, 1 cup of Ricotta Cheese with 3 tbsp of parsley and 1/2 tsp of garlic powder and mix it until all the ingredients of combined together.
- In a medium size casserole dish, you will start to layer the ingredients, but first, spray the bottom of the dish with a non-stick cooking oil.
- The first layer in the bottom of the casserole dish will be your first no carb tortilla. This will create a crust at the bottom of the lasagna so you can easily serve it up when it's done. If you didn't have this crust at the bottom, you would probably have a soup type mixture that you would have to scoop out with a spoon.
- Next, I put about a fourth of the Ricotta cheese mixture on top of the no carb tortilla.
- Then I topped that with a thick layer of the cooked ground beef.
- The next layer is about a 1/4 cup of Rao's marinara sauce.
- Now, repeat steps 4 - 7 again three more times!
- You will leave the final step with shredded cheese on top.

SERVES 6

Calories 407, Total C 4.1g, Fiber .8g, Net C 3.3g, Sugar 2g, Fat 23.9g, Protein 42.9g

PRESSURE COOKER COUNTRY STYLE PORK RIBS

PRESSURE COOKER COUNTRY STYLE PORK RIBS INGREDIENTS

2 to 3 lbs Country Style Pork Ribs
1 tsp pink Himalayan salt
1 tsp Smoked Paprika
1 tsp Garlic Powder
1 tsp Onion Powder
1 tsp White Pepper
1 tsp Cumin
1 cup Beef Bone Broth
1/2 cup sugar-free bbq sauce

INSTRUCTIONS

- Sprinkle the Country Style Ribs with the dry seasonings first.
- Add the Country Style Ribs to the Pressure Cooker.
- Pour 1 cup of Beef Broth into the pressure cooker. You can substitute this with vegetable or chicken broth if you don't have beef broth. Or you can use water too.
- Lock the lid.
- Press the manual button.
- Adjust the cook time to 35 minutes high pressure.
- Allow a natural release for 10 minutes.
- Remove the Country Style ribs from the pressure cooker and coat with a thick layer of sugar-free bbq sauce!
- Serve warm with a side salad or cauliflower mash!

SERVES 6

Calories 221, Total C 1.5g, Fiber .4g, Net C 1.1g, Sugar .3g, Fat 8.8g, Protein 31.9g

KETO EGG ROLLS (IN A BOWL)

KETO EGG ROLLS (IN A BOWL) INGREDIENTS

1 pound ground pork
1 teaspoon of sesame oil
1 cup of green onions, chopped
2 tablespoons of ground ginger
1 tablespoon of minced garlic
1 1/2 teaspoons of salt (or to taste)
1 teaspoon of ground black pepper or to taste
16 ounces of trio color coleslaw mixture
2 eggs, scrambled
sesame seeds to garnish
1/4 cup liquid aminos (or soy sauce if you prefer)

INSTRUCTIONS

- In a large pan over medium-high heat, add in oil and once heated through add in pork, salt, and pepper. Cook pork until browned, about 6-7 minutes, stirring as needed.
- Add in 1/2 cup of green onions and ginger, lower heat to medium and continue cooking for 3 minutes, stirring as needed.
- Gently add in coleslaw mixture, stirring occasionally until coleslaw is tender.
- Add in the liquid aminos (or soy sauce) and precooked scrambled eggs.
- Cook for an additional minute and taste to see if it needs additional salt and pepper. Then top with the remaining green onions and serve.
- See, it's fairly easy! It's a hearty recipe that's full of flavor too!

SERVES 8

Calories 115, Total C 3.7g, Fiber 1.2g, Net C 2.5g, Sugar 1.7g, Fat 4.2g, Protein 15.1g

KETO TACO BITES

KETO TACO BITES INGREDIENTS

- 1 Pound 80/20 Ground Beef
- 1 tbsp Chili Powder
- 1/4 Tsp Garlic Powder
- 1/4 Tsp Onion Powder
- 1/8 Tsp Crushed Red Pepper
- 1/4 Tsp Oregano
- 1/2 Tsp Paprika
- 1 1/2 Tsp Ground Cumin
- 1 Tsp Sea Salt
- 1 Tsp Black Pepper
- 1 1/2 Cups Shredded cheese of your choice
- Optional: Hot Sauce and Sour Cream as toppings

INSTRUCTIONS

- Cook the ground beef and add all the seasonings above to the cooked meat after it's done. Set it aside to cool.
- Make the Dough based on these instructions found on the Keto Hot Pocket Dough Recipe. - see attached recipe
- After you make the above Keto Hot Pocket Dough recipe, you will use a rolling pin and roll it out on a silicone mat. I use this extra large one. It's well worth every penny I spent on it because I use it often. (it was inexpensive too!)
- I'm gonna say the thinner you can roll out the dough the better. I'm guessing it's about a quarter of an inch in thickness by the time I was finished.
- Then I used a glass to form perfectly round circles. A round cookie cutter would have been perfect but I didn't have a round one on hand. This dough is easy to work with and the glass worked just fine.
- I used a mini cupcake pan (24 count by Wilton). You can use the regular size cupcake pans too but you will need to make your circles bigger when you cut out the dough.
- Press each circle of dough into the cupcake pan. I have a non-stick pan so I didn't find the need to spray it with non-stick cooking spray beforehand. I probably would if I didn't use this type of pan.
- Stuff each one with the seasoned ground beef.
- Top each one with the shredded cheese.
- Bake it at 350 degrees for about 10 to 15 minutes (until they are golden brown).
- All the toppings you want and serve them warm. (Heck they are even good cold!)

SERVES 24

Calories 99, Total C 1.3g, Fiber .5g, Net C .8g, Sugar .2g, Fat 8.4g, Protein 5g

NO BAKE PEANUT BUTTER COCONUT BARS

NO BAKE PEANUT BUTTER COCONUT BARS INGREDIENTS

4 tbs Butter unsalted

1 c. Organic Peanut Butter creamy

1 tbs Swerve confectioners (or to taste)

1/2 tsp maple extract

1/2 tsp vanilla extract

Pinch of salt

1 c. Unsweetened coconut shredded

Optional Chocolate Drizzle-

Place 1/4 c. 42g Lily's Chocolate Chips in microwave safe bowl.

Add 1 tbs organic coconut oil.

Microwave in 15 second increments stirring between until melted.

Drizzle over each bar refrigerate until hardened.

INSTRUCTIONS

- Melt butter in microwave safe bowl.
- Stir in peanut butter, mix well.
- Add Swerve, maple, vanilla and salt. Mix until incorporated.
- Mix in shredded coconut.
- Scoop into brownie squares pan or silicone mold (I used hearts).
- Freeze 30 minutes or leave in fridge 1+ hrs.
- Pop out into bag or container. Store in fridge or freezer.

SERVES 12

Nutrition per serving (1 bar or 2 hearts) PLAIN-

Calories 212, Total C 6g, Fiber 3g, SA 2g, Net C 1g, Fat 19g, Protein 6g

Nutrition per serving (1 bar or 2 hearts) with melted chocolate-

Calories 235, Total C 8g, Fiber 4g, SA 2g, Net C 2g, Fat 21g, Protein 6g

Sugar Alcohols are not accounted for in the nutrition panel