

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

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

Ham and Cheese
Lettuce Wrap with
Mayo and Pickles

Keto Chaffle Tacos

Bullet Proof Style
Coffee/Bone Broth
Easy Keto Sausage Quiche

Leftover Keto Chaffle
Tacos

Low Carb 30 Minute
Chicken Skillet Dinner

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

Leftover Low Carb 30
Minute Chicken Skillet
Dinner

Steak Kebobs with
Veggies

Bullet Proof Style
Coffee/Bone Broth
Leftover Easy Keto Sausage
Quiche

Leftover Steak Kebobs
with Veggies

Grilled Chicken over Salad
with Ranch Dressing

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

Turkey Roll Ups with
Cream Cheese and
Banana Peppers

Keto Egg Rolls
(in a Bowl)

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Leftover Keto Egg Rolls
(in a Bowl)

Low Carb Shrimp Scampi
with Zoodles

Bullet Proof Style
Coffee/Bone Broth
Ham and Cheese Omelet

Leftover Low Carb Shrimp
Scampi with Zoodles

Meatza Pizza
(Carnivore Pizza)

KETO SAUSAGE QUICHE

CRUST INGREDIENTS

6 tbs butter
1 oz cream cheese
1 small egg
1/2 tsp salt
1/8 tsp xanthan gum
1 tbs Psyllium husk
1 tbs tapioca starch
1 cups almond flour
1/8 cup coconut flour

FILLING INGREDIENTS

6 eggs
1/3 cup sour cream
1 tbsp sriracha sauce
1/2 lb ground pork sausage
1/2 tsp salt
1/2 tsp pepper
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp thyme
1 cup Romano cheese, shredded
1/2 cup cherry tomatoes, chopped

INSTRUCTIONS

1. Make the crust first.
2. Preheat oven to 350 degrees.
3. In a medium-size frying pan fry up the ground pork sausage until it's no longer pink. Drain the fat.
4. In a medium bowl, add the eggs and whip them with a fork until they are frothy.
5. Add the sour cream, sriracha sauce, salt, pepper, garlic powder, onion powder, thyme, cherry tomatoes, and shredded romano cheese. Mix these ingredients until it's fully combined.
6. Add the ground pork to the egg mixture and mix it well.
7. Pour the egg mixture into the precooked savory pie crust.
8. Add a small 2-inch sheet of aluminum foil around the crust of the pie dough to prevent it from burning.
9. Bake the quiche at 350 degrees for about 40 to 45 minutes until it's fully cooked in the center. You can tell if it's fully cooked by placing a toothpick in the center. If the toothpick comes out clean, it's done.

SERVES 10

Calories 364, Total C 6.5g, Fiber 1.8g, Net C 4.7g, Sugars 1.6g, Fat 25.3g, Protein 19.2g

KETO TACO CHAFFLES

CHAFFLE INGREDIENTS

1/2 cup cheese (cheddar or mozzarella), shredded
1 egg
1/4 teaspoon Italian seasoning

TACO SEASONING INGREDIENTS

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

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. While you are making the taco meat, start making the keto chaffles.
4. Preheat the waffle maker. I use a mini waffle maker. In a small bowl, whip the egg first.
5. Add the shredded cheese and seasoning.
6. Place half the chaffle mixture into the mini waffle maker and cook it for about 3 to 4 minutes.
7. Repeat and cook the second half of the mixture to make the second chaffle.
8. Add the warm taco meat to your taco chaffle.
9. Top it with lettuce, tomatoes, cheese, and serve warm!

SERVES 4

Calories 219, Total C 1.9g, Fiber 0.6g, Net C 1.3g, Sugar 0.3g, Fat 9.6g, Protein 30g

LOW CARB 30 MINUTE CHICKEN SKILLET DINNER

LOW CARB 30 MINUTE CHICKEN SKILLET DINNER INGREDIENTS

6-10 chicken tenders
2 tablespoons of olive oil
salt and pepper to season
1/2 onion chopped
2 bay leaves
1/2 tablespoon of dried oregano
3 sprigs of thyme
3 cloves of garlic, minced
1 cup of grape tomatoes
1 tablespoon of Worcestershire sauce
28 ounces crushed tomatoes
2 cups of mozzarella cheese shredded
Parmesan cheese shavings for garnish

INSTRUCTIONS

1. In a medium bowl, season chicken with salt and pepper.
2. In a large pan over medium-high heat, warm oil and add in chicken. Cook chicken 3-4 minutes per side until the center is no longer pink and the juice is clear. Remove chicken, and set to the side.
3. Add in the onion and seasonings. Cook for 2 minutes, or until onions have softened.
4. Lower heat to medium-low.
5. Add in the tomato sauce, garlic, tomatoes, and Worcestershire sauce.
6. Mix together, add in chicken and cook sauce for five minutes.
7. Once the chicken has warmed through (about 5 minutes), top with shredded mozzarella cheese and place under the broiler until the cheese has melted and has a slight golden color, about 2-3 minutes.
8. Serve.

Serves 6

Calories 385, Total C 8.9g, Fiber 1.6g, Net C 7.3g, Sugar 4.1g, Fat 22.3g, Protein 37.2g

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

LOW CARB SHRIMP SCAMPI WITH ZOODLES

LOW CARB SHRIMP SCAMPI WITH ZOODLES INGREDIENTS

3 zucchini spiralized
1 stick of salted butter
1/2 tablespoon of olive oil
1 pound of raw shrimp
7 cloves of garlic minced
2 lemons cut in half
1/4 cup of white wine
2 tablespoons of parsley fresh or dried
salt and pepper to taste

INSTRUCTIONS

- In a large pan over medium-high heat, melt butter and warm oil together.
- Add in garlic and cook until fragrant, about 1-2 minutes.
- Next, add in wine and cook 2-3 minutes, until wine reduces.
- Now add in shrimp, season with salt and pepper, cook 4-5 minutes, or until shrimp is pink.
- Add in lemon juice and parsley.
- Toss in spiralized zucchini and cook until warmed through.
- Serve.

SERVES 4

Calories 328, Total C 2.6g, Fiber .5g, Net C 2.1g, Sugar .1g, Fat 25.4g, Protein 23.9g

MEATZA PIZZA (CARNIVORE 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

TOPPING INGREDIENTS

1/4 cup Parmesan Cheese
 3/4 cup Mozzarella Cheese
 15 slices pepperoni
 1/2 cup Rao's Marinara sauce
 5 leaves of fresh basil
 Red Pepper Flakes (optional)

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 0.5g, Sugar 1g, Fat 10g, Protein 10g

RICE KRISPIE TREAT CHAFFLE COPYCAT

CHAFFLE BATTER INGREDIENTS

- 1 Large Egg room temp
- 2 oz. Cream Cheese softened
- 1/4 tsp Pure Vanilla Extract
- 2 tbs Lakanto Confectioners Sweetener
- 1 oz. Pork Rinds crushed
- 1 tsp Baking Powder

MARSHMALLOW FROSTING INGREDIENTS

- 1/4 c. Heavy Whipping Cream
- 1/4 tsp Pure Vanilla Extract
- 1 tbs Lakanto Confectioners Sweetener
- 1/2 tsp Xanthan Gum

INSTRUCTIONS

1. Plug in mini waffle maker to preheat.
2. In a medium mixing bowl- Add egg, cream cheese and vanilla.
3. Whisk until blended well.
4. Add sweetener, crushed pork rinds and baking powder.
5. Mix until well incorporated.
6. Optional: sprinkle extra crushed pork rinds onto waffle maker.
7. Then add about 1/4 scoop of batter over, sprinkle a bit more pork rinds.
8. Cook 3-4 minutes then remove and cool on a wire rack.
9. Repeat for remaining batter.

MAKE THE MARSHMALLOW FROSTING

1. Whip the HWC, vanilla and confectioners until thick and fluffy.
2. Slowly sprinkle over the xanthan gum and fold until well incorporated.
3. Spread frosting over chaffles and cut as desired, then refrigerate until set.
4. Enjoy cold or warm slightly in the microwave for 10 seconds.

SERVES 2

Calories 334, Total C 24g, Fiber 0g, SA 22g, Net C 1g, Fat 29g, Protein 13g