

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Low Carb Turkey Lettuce
Wrap

Keto Chicken Parmesan
Casserole with Steamed
Veggies

Bullet Proof Style
Coffee/Bone Broth
Almond Butter Keto Cereal

Leftover Keto Chicken
Parmesan Casserole with
Steamed Veggies

Creamy Tuscan Chicken

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

Leftover Creamy Tuscan
Chicken

Baked Salmon with
Roasted Veggies

Bullet Proof Style
Coffee/Bone Broth
Leftover Almond Butter Keto
Cereal

Ham Rolled Up with
Cream Cheese and
Banana Peppers

Grilled Chicken Over
Spinach Salad with Ranch
Dressing

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

Tuna Salad on Lettuce
Wraps

Keto Breaded Shrimp with a
Side Salad

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

Leftover Keto Breaded
Shrimp with a Side Salad

Keto Mongolian Beef Stir
Fry

Bullet Proof Style
Coffee/Bone Broth
Ham and Cheese Omelet

Leftover Keto Mongolian
Beef Stir Fry

Grilled Steak with
Grilled Veggies

ALMOND BUTTER KETO CEREAL

ALMOND BUTTER KETO CEREAL INGREDIENTS

1 egg

3/4 cup almond butter

1/2 cup of your favorite keto friendly sweetener.

(I prefer Lakanto Monkfruit for this recipe but I've also tried Pyure All purpose blend - Erythritol, and Xylitol too)

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a medium size bowl, add all the ingredients in a bowl and mix them all together until it's well combined.
3. Using a spatula, press the dough into the silicone gummy bear molds as seen in the video below.
4. Place the filled silicone molds on a cookie sheet. The molds are flimsy and this will help carry them in and out of the oven.
5. You will bake these cookies for about 12 to 15 minutes or until golden brown.
6. Allow them to cool down for about 5 minutes before removing them from the silicone molds.
7. Store them in an airtight container in the fridge if you have any left over.
8. We tend to split this recipe into 4 to 6 servings.

SERVES 6

Calories 204, Total C 6.3g, Fiber 3.2g, Net C 3.1g, Sugars 1.4g, Fat 18.1g, Protein 7.6g



LOW CARB TURKEY LETTUCE WRAP

LOW CARB TURKEY LETTUCE WRAP INGREDIENTS

2 leaves of romaine lettuce
1-2 slices of turkey deli meat
1 tablespoon of cream cheese softened
thin slices of red onions
2 slices of tomatoes
2 slices of avocados
1 slice of provolone cheese

INSTRUCTIONS

1. Over a sheet of parchment paper or aluminum foil, open one lettuce leaf, lay a slice (or slices) of turkey over it.
2. Spread cream cheese over turkey and add remaining ingredients, leaving the extra romaine lettuce for last.
3. Top with the remaining lettuce and gently roll lettuce tightly into a burrito like shape.
4. Hold in place with either parchment paper or aluminum foil.
5. To eat either cut it in half, or roll down the paper/aluminum foil.

Serves 1

Calories 269, Total C 11.9g, Fiber 5.3g, Net C 6.6g, Fat 15.9g, Sugars 4.6g, Protein 21.8g

KETO CHICKEN PARMESAN CASSEROLE

KETO CHICKEN PARMESAN CASSEROLE INGREDIENTS

- 2 tablespoon olive oil
- 3 - 1 pound chicken breasts, cubed
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon pepper
- 1 tablespoon Italian seasoning
- 1 tablespoon onion powder
- 1/2 teaspoon red pepper flakes, optional
- 1 cup sugar-free marinara
- 1 cup pork rinds, crushed
- 1 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese
- 1 teaspoon dried basil

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a cast iron skillet, place olive oil in the bottom of the skillet to coat the pan.
3. Add in chicken breasts.
4. Sprinkle chicken with salt, pepper, Italian seasoning, onion powder and stir to combine.
5. Once the chicken has cooked through (can be slightly undercooked as it will finish in the oven) stir in red pepper flakes and marinara sauce. Ensuring the marinara is evenly distributed.
6. Top the chicken with pork rinds, Parmesan, mozzarella and dried basil.
7. Pop in the oven for 15 minutes to melt the cheese.
8. Broil for 5 minutes to get the cheese a nice golden brown color.
9. Serve and enjoy!

Serves 4

Calories 458, Total C 10.3g, Fiber 1.8g, Net C 8.5g, Sugar 4.5g, Fat 21.8g, Protein 51.4g

CREAMY TUSCAN CHICKEN

CREAMY TUSCAN CHICKEN INGREDIENTS

- 2 TBSP Olive Oil
- 2 Chicken Breasts (can be split to 4)
- 3 TBSP Lemon Pepper Seasoning
- 5 TBSP Garlic, minced
- 1/2 Onion, diced
- 1/2 C Chicken Broth
- 1 C Heavy Cream
- 1/2 C Parmesan
- 3 C Baby Spinach
- 5 oz. Jar Julienne Sun-Dried Tomatoes
- 1 TSP Garlic Powder
- 1 TSP Italian Seasoning

INSTRUCTIONS

1. Season the chicken with lemon pepper seasoning.
2. In a large skillet drizzle olive oil, place the seasoned chicken breasts and cooking until cooked all the way through.
3. Once chicken breasts have cooked, remove and set aside.
4. Add in onions and saute until translucent, stirring in garlic.
5. Deglaze the pan with chicken broth, getting all the brown bits that may have stuck to the bottom of the pan.
6. Add in heavy cream and stir until incorporated.
7. Stir in parmesan until melted and incorporated.
8. Mix in garlic powder and Italian seasoning.
9. Place spinach and sun-dried tomatoes into the mixture and allow the spinach to wilt and the sun-dried tomatoes to heat through, about 3-5 minutes on medium-low heat.

SERVES 4

Calories 272, Total C 6.9g, Fiber 1.4g, Net C 5.5g, Sugar 1.6g, Fat 21.5g, Protein 15.3g

KETO BREADED SHRIMP

KETO BREADED SHRIMP INGREDIENTS

3 cup pork rinds, crushed
3/4 cup grated parmesan
3 teaspoon chili powder
1 1/2 teaspoon paprika
1 teaspoon dried oregano
2 teaspoon pepper
1/2 teaspoon salt
2 eggs, beaten
1 pound peeled & deveined shrimp
1/2 cup mayonnaise
juice of 1/2 lemon
dash of hot sauce
1 teaspoon parsley
parsley, for garnish

INSTRUCTIONS

1. In a medium-size shallow bowl, mix together pork rinds, parmesan, chili powder, paprika, oregano, salt, and pepper.
2. In a separate small shallow bowl, beat the eggs.
3. Dump the shrimp in the eggs and the pork rind mixture to coat. Repeating the process for each shrimp.
4. For the air fryer version, coat your basket with oil or non-stick cooking spray so the breading doesn't stick.
5. Place shrimp in an even layer (you'll need to do 2 batches) and place on

Serves 4

Calories 1245, Total C 8.7g, Fiber 2.2g, Net C 6.5g, Sugar 2.3g, Fat 70.6g, Protein 138.7g

KETO MONGOLIAN BEEF STIR FRY

KETO MONGOLIAN BEEF STIR FRY INGREDIENTS

1 lb. beef tips, thin sliced
Olive Oil
2 TBSP Coconut Aminos
1 TBSP Fish Sauce
2 TBSP Toasted Sesame Oil
3 TBSP Garlic, Minced
Ginger, 3" long thin slices
2 Red Chili Peppers, thin slices
3" Scallion, White part
3" Scallion, Green part

INSTRUCTIONS

- Whisk coconut aminos, fish sauce and sesame oil, drizzle to coat beef tips and marinate for 15-30 minutes.
- In a large skillet, drizzle with oil and cook beef tips until no longer pink, 3-5 minutes.
- Remove beef from pan, set aside.
- In the same skillet, cook ginger, chili peppers, garlic and white scallion pieces.
- Add beef and green scallion pieces to skillet and toss all ingredients together.

SERVES 4

Calories 314, Total C 4.7g, Fiber .6g, Net C 4.1g, Sugar 1.6g, Fat 22.2g, Protein 23.5g

LOW CARB NO BAKE STRAWBERRY CHEESECAKE PARFAIT

CRUST INGREDIENTS

3/4 cup of almond flour
1 1/2 tablespoons of stevia
1/2 teaspoon of cinnamon
1/4 cup of butter melted

FILLING INGREDIENTS

16 oz cream cheese softened
1/2 cup of sweetener substitute
1 teaspoon of vanilla extract
1/2 teaspoon of lemon extract
1/4 teaspoon of xanthan gum
1/2 pint of fresh strawberries chopped, to garnish

INSTRUCTIONS

1. In a small bowl, mix crust ingredients together and divide into 6 small servings cups/bowls. Refrigerate.
2. In a large bowl, cream together cream cheese and sugar substitute.
3. Fold in remaining ingredients and continue mixing until it has thickened.
4. Add cream cheese mixture into a pastry bag and evenly add in the cream cheese mixture into the 6 serving dishes over the crust.
5. Garnish with fresh chopped strawberries. Refrigerate an hour before serving.

Serves 6

Calories 343, Total C 5.5g, Fiber 0.4g, Net C 5.1g, Fat 33.9g, Sugars 3.3g, Protein 4.9g