

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

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

1/2 Avocado with Deli Sliced  
Chicken on Lettuce Boats

Low Carb Beef Burrito Skillet

Bullet Proof Style  
Coffee/Bone Broth  
Low Carb Stuffed French Toast

Leftover Low Carb Beef  
Burrito Skillet

Baked Bacon Wrapped Shrimp  
with Cheesy Bacon Ranch  
Roasted Broccoli

Bullet Proof Style  
Coffee/Bone Broth  
Turkey & Cheese Omelet

Leftover Baked Bacon  
Wrapped Shrimp with Cheesy  
Bacon Ranch Roasted Broccoli

Sloppy Joe Chaffle

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Low Carb Stuffed French  
Toast

Low Carb Quesadilla

Chef Salad with Diced Ham, Bacon, and  
Veggies (tomatoes, cucumbers, fresh  
broccoli and peppers) with MCT Oil

Bullet Proof Style  
Coffee/Bone Broth  
Scrambled Eggs and Avocado

BLT's (Bacon Lettuce, Tomato)  
with Mayo on Lettuce Boats

Easy Low Carb Salmon Cakes  
Recipe with Creamy Garlic Sauce  
and Side Salad with Ranch

Bullet Proof Style  
Coffee/Bone Broth  
Cheesy Eggs

Leftover Easy Low Carb Salmon  
Cakes Recipe with Creamy Garlic  
Sauce and Side Salad with Ranch

Keto Cheese Steak Pizza  
Pocket

Bullet Proof Style  
Coffee/Bone Broth  
Bacon and Eggs

Leftover Keto Cheese Steak Pizza  
Pocket

Pan Grilled Steak with  
Roasted Brussel Sprouts

# LOW CARB STUFFED FRENCH TOAST

## FRENCH TOAST INGREDIENTS

10 slices Sola Low Carb Bread  
 2 teaspoon cinnamon or pumpkin pie spice  
 1 teaspoon vanilla extract  
 3 eggs  
 1/4 cup heavy cream

## FILLING INGREDIENTS

3 tablespoons Swerve Powdered Sugar  
 1/4 cup heavy whipping cream  
 4 ounces cream cheese, room temperature

## INSTRUCTIONS

1. Start by making the filling first so it has time to sit in the refrigerator with enough time to thicken while you make the French toast.
2. In a small bowl, combine the heavy whipping cream and powdered swerve sweetener. Use a hand mixer to whip it until it's fluffy.
3. Add the room temperature cream cheese and use the hand mixer until the ingredients have combined and it has a smooth texture.
4. Place the filling in the refrigerator to thicken while you make the French toast.
5. In a medium bowl, add the eggs, heavy cream, vanilla, and spices. Use a fork or whisk to whisk the egg mixture until fully combined.
6. Place 1 tablespoon of oil or butter in a frying pan. Once fully heated, dip each slice of Sola Low Carb Bread into the egg mixture and place it in the frying pan.
7. Cook for about a minute or two, just long enough to heat the bread and cook the crust until it's a golden brown color. Flip each piece of low carb bread and repeat this process until all slices of bread are cooked.
8. If you want super thick stuffed French toast, be sure to allow the bread to cool before adding the filling. If not, the filling will melt slightly.
9. Serve each stuffed french toast sandwich with sugar-free syrup that has been warmed slightly in the microwave.
10. You can also sprinkle it with Swerve Powdered Sugar or top with fresh berries too!

SERVES 10 (1/2 stuffed french toast sandwich)  
 Calories 154, Total C 10.9g, Fiber 4.1g, Net C 6.8g, Sugars 3.4g, Fat 11.5g, Protein 7.8g

# LOW CARB QUESADILLA

## INGREDIENTS

Keto Shredded Beef (recipe included in plan)  
 Low Carb Tortillas (recipe included in plan)  
 Shredded cheese  
 Shredded lettuce  
 Tomatoes, diced  
 Onions, diced  
 Guacamole (recipe included in plan)  
 Hot Sauce  
 Sour Cream  
 Cilantro

## INSTRUCTIONS

1. Make the large tortillas ahead of time using the recipe above.
2. Use a large frying pan that's at least 12 inches. Heat it over medium heat and place a small amount (about 1/4 cup or so) onto the preheated pan.
3. Then place the large tortilla over the shredded cheese.
4. Sprinkle some more shredded cheese on top of the tortilla.
5. Spread some precooked shredded beef over beef.
6. Top it again with a small amount of shredded cheese.
7. Add the next large tortilla over the top of those ingredients.
8. Cook the tortilla until the bottom forms a nice crispy crust. This will take about 3 to 5 minutes on each side depending on how much cheese you added to the crust. The thicker the cheese layer the longer it takes to cook.
9. Right when you are about to flip the quesadilla, use a spatula to lift the quesadilla out of the pan completely. Use your other hand to sprinkle another layer of cheese down right before you flip the quesadilla on the other side. This way both sides of the quesadilla will have a beautiful cheese crust.
10. After the quesadilla is done, take it out of the frying pan and place it on a cutting board. Use a pizza cutter to divide the quesadilla into bite size triangles as shown in the photos below.
11. Arrange the quesadilla on a large serving place leaving space between each slice.
12. Add a big handful of shredded lettuce in the center of the quesadilla.
13. Add tomatoes, onions, guacamole, sour cream, hot sauce, and more shredded cheese!

Serves 6

Calories: 115, Total C 7g, Fiber 4g, Net C 3g, Sugars 1g, Fat 8g, Protein: 5g

# LOW CARB BEEF BURRITO SKILLET

## INGREDIENTS

1 1/2 pounds ground beef, 80/20 lean  
1 small yellow onion, diced (about 3/4 cup)  
1 green pepper, diced  
1 red pepper, diced  
1 yellow pepper, diced  
2 tablespoons chili powder  
2 teaspoon cumin  
1 - 8 ounce bag of Miracle Rice  
1 1/2 cups beef broth (we love Kettle & Fire brand)  
1 cup cheddar cheese, shredded  
1/2 cup sour cream  
1 avocado, sliced  
1 bushel of cilantro, chopped

## INSTRUCTIONS

1. Rinse the miracle rice in a strainer until it's fully rinsed from the liquid in the packaging.
2. In a large cast-iron skillet without oil or water, over medium heat, add the rice and cook it until it dries out. The purpose of this is to remove as much of the packaging liquid as possible. Remove the dried rice from the skillet and set aside.
3. In the same cast-iron skillet, add the ground beef, onion, and bell peppers until the beef has browned and the onions are translucent. This will take about 7 to 8 minutes.
4. Stir in the chili powder and cumin.
5. Add the beef broth.
6. Add the rice back into the dish.
7. Bring to a boil.
8. Simmer for about 5 to 10 minutes or until the liquid has reduced.
9. Turn off the heat and add the shredded cheese to the beef mixture. Stir the mixture until the cheese has completely melted.
10. Serve it warm and add extra cheese as a topping along with sour cream, avocado, and cilantro.
11. Optional: Serve with homemade Keto tortillas or store bought low carb tortillas.

Serves 6

Calories 357, Total C 11.6g, Fiber 4.8g, Net C 6.8g, Sugars 1.7g, Fat 20.1g, Protein 33.8g

# CHEESY BACON RANCH ROASTED BROCCOLI

## INGREDIENTS

- 1 - 12 ounce bag of broccoli florets
- 3 tablespoons olive oil or avocado oil
- 2 tablespoons Homemade Ranch Dry Seasoning - recipe attached  
(or store-bought if you are dirty keto)
- 1 tablespoon garlic, minced
- 1 tablespoon dill (dried)
- 1 teaspoon oregano (dried)
- 2 teaspoons pink salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper (optional for extra spice)
- 6 slices bacon, precooked and crispy
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup cheddar cheese, shredded (or pepper jack for extra spice)
- 2 tablespoons fresh parsley for topping, chopped

## TOPPING INGREDIENTS

- 1/4 cup sour cream
- 3 tablespoons mayo
- 1 tablespoon water
- 1 tablespoon sriracha

## DRY RANCH SEASONING INGREDIENTS

- 1/2 cup dry buttermilk powder
- 1 tablespoon parsley
- 2 teaspoons dill weed
- 1 teaspoon chives
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon sea salt or pink salt
- 1/2 teaspoon ground black pepper

## INSTRUCTIONS

1. Preheat the oven to 450 degrees.
2. Toss the broccoli florets in the olive oil until all florets are coated.
3. Add the homemade ranch seasoning, garlic, dill, oregano, salt, black pepper, and crushed red pepper if using.
4. Mix all the florets until the seasonings are well coated on each piece.
5. Roast until the florets are golden and tender. This will take about 18 to 20 minutes.
6. Take the florets out of the oven and sprinkle with mozzarella, cheddar shredded cheese, and crumbled bacon bits.
7. Bake for 3 to 5 more minutes or just enough time for the cheese to melt.
8. While the broccoli florets are roasting, make the sauce to drizzle over the top.
9. In a small bowl combine the sour cream, mayo, and water. Feel free to add more water to get the consistency you want.
10. Add the mixture to a plastic squeeze condiment bottle so you can easily drizzle it over the roasted broccoli (or use a spoon).
11. When the broccoli is done roasting, drizzle the sour cream mayo sauce over the dish and then drizzle it with sriracha sauce.
12. Top with chopped parsley and serve warm.
13. Enjoy!

## DRY RANCH SEASONING RECIPE INSTRUCTIONS

1. Mix all ingredients in an airtight container or mason jar to store for later use.

Serves 12

Calories 151, Total C 3g, Fiber 0.5g, Net C 2.5g, Sugars 1.2g, Fat 13.4g, Protein 5.1g

# SLOPPY JOE CHAFFLE

## SLOPPY JOE INGREDIENTS

- 1 lb ground beef
- 1 tsp onion powder you can substitute for 1/4 cup real onion
- 1 tsp garlic minced
- 3 tbs tomato paste
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tbs chili powder
- 1 tsp cocoa powder optional but highly recommended!
- 1/2 cup bone broth beef flavor usually
- 1 tsp coconut aminos or soy sauce if you prefer
- 1 tsp mustard powder
- 1 tsp Swerve brown or Sukrin golden
- 1/2 tsp paprika

## CORNBREAD CHAFFLE INGREDIENTS

- 1 egg
- 1/2 cup cheddar cheese
- 5 slices jalapeno diced very small (pickled or fresh)
- 1 tsp Franks Red Hot Sauce
- 1/4 tsp corn extract (optional but tastes like real cornbread!)
- Pinch salt

## INSTRUCTIONS

1. Cook the ground beef with salt and pepper first.
2. Add all the remaining ingredients.
3. Allow the mixture to simmer while you make the chaffles.
4. Preheat waffle maker.
5. In a small bowl, whip the egg.
6. Add the remaining ingredients.
7. Spray the waffle maker with nonstick cooking spray.
8. Divide mixture in half.
9. Cook half the mixture for about 4 minutes or until golden brown.
10. For a crispy outer crust on the chaffle, add 1 tsp cheese to the waffle maker for 30 seconds before adding the mixture.
11. Pour the warm sloppy joe mix onto a hot chaffle and voila! Dinner is served!!

SERVES 4

Calories 156, Total C 3.9g, Fiber 1.2g, Net C 2.7g, Sugar 1.6g, Fat 3.9g, Protein 25.8g

# EASY LOW CARB SALMON CAKES RECIPE WITH CREAMY GARLIC SAUCE

## SALMON INGREDIENTS

- 6 - 6 oz salmon patties
- 2 tablespoons Old Bay lemon pepper seasoning
- 1 tablespoon pink Himalayan salt
- 1 teaspoon black pepper
- 1/4 cup olive oil

## CREAMY GARLIC SAUCE INGREDIENTS

- 1/2 cup mayonnaise
- 1 teaspoon paprika
- 1 teaspoon Old Bay garlic and herb seasoning
- 1/4 teaspoon salt
- 3 tablespoons water

## SALMON CAKE INGREDIENTS

- Cooked salmon (from salmon ingredient list)
- 1 cup pork panko
- 1 cup Parmesan cheese, grated
- 1 tablespoon yellow mustard
- 3 tablespoons mayonnaise
- 1 tablespoon dill
- 2 teaspoons Old Bay Lemon pepper seasoning
- 2 tablespoons fresh garlic, minced
- 4 eggs, whipped
- 1/3 cup olive oil or avocado oil

## INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Place salmon skin-side down on a baking sheet lined with parchment paper or using a silicone mat.
3. Drizzle with olive oil and sprinkle with the seasonings from the first ingredient list.
4. Bake at 400 degrees 12 to 15 minutes or until the internal temp reaches 145 degrees.
5. After the patties have been cooked, shred the salmon and mix all the ingredients from the second ingredient list. Mix well.
6. Create patty cakes using a 1/4 cup to measure out each patty so they are all the same.
7. Add about 1/3 cup olive oil or avocado oil to a large frying over medium heat.
8. Place the patties in the pan once the oil is hot.
9. Cook about 3 minutes on each side or just long enough until the crust is golden brown.
10. Place the salmon cakes on a plate lined with paper towels to absorb the excess oil.

## CREAMY GARLIC SAUCE RECIPE INSTRUCTIONS

1. While the keto salmon cakes are cooking on the stove, make the creamy garlic sauce by combining all the ingredients in a bowl and mix until smooth.
2. Drizzle over the hot salmon cakes and serve warm.

Serves 7

Calories 673, Total C 2.3g, Fiber 0.4g, Net C 1.9g, Sugars 0.4g, Fat 46.8g, Protein 58.3g

# KETO CHEESE STEAK PIZZA POCKET

## INGREDIENTS

- 1 recipe - Keto ahead Pizza Crust Recipe
- 2 pieces - Thinly Sliced Sirloin Beef Steak
- 1/2 medium yellow onion, sliced
- 1 small Red Bell Pepper
- 1 whole Raw Portobello Mushroom
- 2 Slice Provolone Cheese
- 2 slice Swiss Cheese Natural
- 1 tbs Unsalted Butter
- 2 tbs Heavy Whipping Cream
- 2 oz. Cream Cheese
- 1/2 tbs Organic Coconut Aminos Seasoning Sauce
- 1/2 tsp Xanthan Gum

## INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Prepare the Keto Go-To Fathead Pizza Crust Recipe
3. \* leave extra length on the parchment paper for folding later\*
4. In a medium pan, fry the steak on medium heat until cooked.
5. Set aside and saute onion, bell pepper then lastly add mushroom- Let cook until tender.
6. In a small sauce pot, on low heat- Add butter, HWC, and cream cheese.
7. Let simmer until melted, stirring frequently.
8. Once melted, add aminos and xanthan gum. Simmer low 3-4 minutes.
9. After crust is baked for 10 minutes, FLIP IT.
10. Layer on one side of crust- provolone, steak, cream sauce, onion/bell/mushroom, then swiss.
11. Fold over the other half of crust, to create the "pizza pocket".
12. Carefully fold over parchment paper, tucking in the sides and wrap over like a burrito!
13. Bake another 18-20 minutes (temp vary if your oven runs hot).
14. Carefully unwrap the parchment, let cool slightly then cut into sections.

SERVES 4

Calories 536, Total C 10g, Fiber 3g, Net C 7g, Fat 42g, Protein 29g



# ROASTED BRUSSELS SPROUTS

## INGREDIENTS

18 ounces brussels sprouts  
1/4 cup mustard  
1/3 cup olive oil  
2 tablespoons sugar free maple syrup  
1/4 cup balsamic vinegar  
Salt and pepper to taste

## INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Set brussels sprouts cut in halves in a baking pan with 1 tbsp of olive oil, spread salt, and pepper to taste.
3. Bake brussels sprouts for 10 minutes from one side, and 5 minutes for the second side.
4. In a small bowl, whisk mustard, olive oil, maple syrup, and balsamic vinegar until combined.
5. Serve the brussels sprouts with mustard sugar-free maple dressing.

Serves 12

Calories 87, Total C 7.9g, Fiber 4.2g, Net C 3.7g, Sugars 1.9g, Fat 7.1g, Protein 2g

# KETO TWIX COOKIES (1 OF 2)

## SUGAR FREE COOKIES INGREDIENTS

12 tablespoons butter  
2 ounces cream cheese  
1 egg  
1 cup Lakanto powdered sugar  
1/2 teaspoon stevia glycerite  
1 teaspoon salt  
2 teaspoons vanilla extract  
1 teaspoon almond extract  
1/4 teaspoon xanthan gum  
2 tablespoons tapioca starch  
2 cups almond flour  
1/4 cup coconut flour

## SUGAR FREE CARAMEL SAUCE INGREDIENTS

1/2 cup butter  
1/2 cup heavy cream  
2 tablespoons monk fruit golden  
1 teaspoon vanilla  
  
1/4 teaspoon of liquid monk fruit to sweeten it up more

## CHOCOLATE GANACHE INGREDIENTS

1/2 cup heavy whipping cream  
1/2 cup sugar-free Lily's Dark Chocolate Chips or homemade  
sugar free chocolate chips

## SUGAR FREE COOKIE INSTRUCTIONS

1. In a large bowl, cream together the butter and cream cheese with a hand mixer until smooth.
2. Add the egg, powdered sugar, stevia, salt, and vanilla, and mix well.
3. Add the remaining dry ingredients to the mixture and mix well.
4. Chill the dough for a minimum of 4 hours but preferably overnight.
5. Dust the countertop with coconut flour and roll out the dough 1/4 inch thick.
6. Use a cookie cutter to cut the cookies.
7. Place the cut cookies on a cookie sheet lined with a silicone mat. Place the cookies about 1/2 inch apart. (The cookies will not change their shape when cooking)
8. Bake the cookies for about 8 to 9 minutes.
9. Cool the cookies on a wire rack for 30 minutes to 1 hour.

Serves 22

Calories 191, Total C 4.3g, Fiber 0.8g, Net C 3.5g, Sugars 1.2g, Fat 15.5g, Protein 2.4g

# KETO TWIX COOKIES (2 OF 2)

INGREDIENTS ON PAGE 1 OF 2

## SUGAR FREE CARAMEL SAUCE INSTRUCTIONS

1. In a medium-size frying pan over medium heat, melt the butter and Monkfruit sweetener together until the mixture starts to bubble up.
2. Slowly add the heavy cream while whisking the ingredients. The mixture will bubble up a bit but will go back down after all the cream has been added.
3. Add the vanilla.
4. Keep whisking the ingredients for another 4 to 5 minutes until the sauce turns a nice caramel color and thickens up. It will nearly double in size when it starts to boil.
5. Turn off the heat and continue whisking the mixture until it stops bubbling.
6. Pour the mixture in a pint-size mason jar and allow it to cool at room temperature.

## SUGAR FREE GANACHE RECIPE INSTRUCTIONS

1. Heat 1/2 cup of heavy cream in the microwave for 30 seconds. The temperature of the liquid should be between 90 and 110 degrees. Don't go over that because it will scold the cream.
2. Remove it from the microwave and add 1/2 cup of sugar-free Lily's dark chocolate chips.
3. Cover the bowl with plastic wrap and let it sit for 2 full minutes to allow the cream to melt the chocolate.
4. Remove the plastic and start to slowly mix the chocolate and cream together with a whisk.
5. After about a minute of stirring start to vigorously mix the chocolate to all it to come together.

Serves 22

Calories 191, Total C 4.3g, Fiber 0.8g, Net C 3.5g, Sugars 1.2g, Fat 15.5g, Protein 2.4g