

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Romaine Salad with
Bacon, Cheese, Red
Onions and Peppers with
MCT Oil Dressing

Easy Loaded Sausage and
Pepper Casserole

Bullet Proof Style
Coffee/Bone Broth
Keto Zucchini Egg Muffins

Leftover Easy Loaded
Sausage and Pepper
Casserole

Keto Chicken
Parmesan Casserole

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

Leftover Keto Chicken
Parmesan Casserole

Tofu Stir-Fry with Broccoli
& Mushrooms

Bullet Proof Style
Coffee/Bone Broth
Bacon & Egg Omelet

Leftover Tofu Stir-Fry with
Broccoli & Mushrooms

Baked Chicken with
Roasted Peppers, Onions,
Broccoli Topped with Butter
and Seasoning

Bullet Proof Style
Coffee/Bone Broth
Leftover Keto Zucchini Egg
Muffins

Leftover Baked Chicken
with Roasted Peppers,
Onions, Broccoli Topped
with Butter and Seasoning

Low Carb Pull Apart
Pizza Bread

Bullet Proof Style
Coffee/Bone Broth
Eggs and Bacon

Leftover Low Carb Pull
Apart Pizza Bread

Pan Fried Steak Topped
with Sautéed Mushrooms
and Roasted Garlic

Bullet Proof Style
Coffee/Bone Broth
Ham & Cheese Omelet

Healthy Tuna Salad on
Lettuce Boats

Baked Fish (your
choice) with Roasted
Broccoli, Cauliflower &
Carrots Topped with Butter

KETO ZUCCHINI EGG MUFFINS

INGREDIENTS

1 large zucchini (about 2 1/2 cups when chopped)

8 eggs

1 tomato

2 cups fresh spinach

1 teaspoon smoked paprika

1 teaspoon salt

1/2 teaspoon pepper

1 teaspoon baking powder

Optional:

shredded cheddar or mozzarella cheese, if desired

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Beat eggs in a large bowl for a couple of minutes for them to be airy enough.
3. Add smoked paprika, salt, pepper, and baking powder and whisk again.
4. Chop zucchini, tomato, and spinach into small pieces.
5. Drain tomato and zucchini extra water for it not to end in the egg cups. Add them with the egg mixture. Add shredded cheddar or mozzarella cheese, if desired. Stir to combine.
6. Use a non-stick cooking spray to coat the muffin spaces of a muffin tin.
7. Place eggs mixture in the muffin tin, almost to the top being careful not to overflow the recipient.
8. Cook egg cups for 25 minutes or until firm and slightly brown in the edges.
9. Enjoy! Serve with mayonnaise or aioli, yum!

SERVES 12

Calories 49, Total C 2g, Fiber 1g, Sugar 1g, Fat 3g, Protein 4g

HEALTHY TUNA SALAD

HEALTHY TUNA SALAD INGREDIENTS

2 cans of tuna drained
2 tablespoons of finely chopped onions
2 tablespoons of finely chopped red bell peppers
1 plum tomato seeds removed and chopped
1 stalk of celery finely chopped
3 tablespoons of mayonnaise
1 teaspoon of mustard more for garnish -optional
salt and pepper to taste
romaine lettuce leaves whole

INSTRUCTIONS

1. In a medium bowl, mix together all ingredients -except for romaine lettuce.
2. Spoon tuna mixture onto lettuce leaves and serve immediately.

SERVES 4

Calories 145, Total C 1.8g, Fiber .6g, Net C 1.2g, Sugars 1g, Fat 10.7g, Protein 9.9g

LOADED SAUSAGE AND PEPPER CASSEROLE

INGREDIENTS

5 strips bacon, cooked and crumbled
1 package of sausage links, kielbasa or bratwurst
1/2 cup onion, diced
2 large bell peppers, diced
16 ounces mushrooms, chopped
2 tablespoons butter
2 tablespoons balsamic vinegar
1 cup mozzarella cheese, shredded

INSTRUCTIONS

1. In a frying pan over medium heat, cook the bacon first, then remove the bacon from the skillet and set aside.
2. Prep all the veggies and set them in the hot skillet to cook in the bacon grease.
3. Add the mushrooms and the butter and continue cooking until the veggies and mushrooms are soft.
4. Add 2 tablespoons of balsamic vinegar and mix it.
5. Remove the veggies and set them aside.
6. Next, cook the sausage in the same frying pan. Cut the sausage links into small pieces or a butterfly cut. Cook the sausage until it's done.
7. In a large casserole dish lined with parchment paper, add the sausage first.
8. Then layer with the cooked veggies and mushrooms.
9. Top with the mozzarella cheese.
10. Crumble the bacon slices and add them on top of the cheese.
11. Set the casserole dish in a preheated oven at 350 degrees for about 15 to 20 minutes or until the cheese has fully melted.
12. Serve warm.

SERVES 10

Calories 259, Total C 6.1g, Fiber 1.4g, Net C 4.7g, Sugars 2.8g, Fat 20.5g, Protein 13g

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

TOFU STIR-FRY WITH BROCCOLI & MUSHROOMS

INGREDIENTS

1 head broccoli
 10 ounces firm tofu
 4 garlic cloves, minced
 8 ounces button mushrooms, sliced
 2 tablespoons olive oil
 1/4 cup chopped peanuts
 2 tablespoons balsamic vinegar
 2 tablespoons soy sauce
 2 tablespoons water
 1 tablespoon crushed chili
 1 tablespoon chili sauce

OPTIONAL TOPPINGS

chopped peanuts
 chili flakes
 toasted sesame seeds

INSTRUCTIONS

1. Cook broccoli in a steamer basket for 10 minutes or in boiling water for 5 minutes. They shouldn't get totally cooked. Set aside.
2. Unwrap tofu and cut into small cubes.
3. Heat a skillet. Once hot, add the oil and tofu. Sauté for 5 minutes, shaking/flipping occasionally to cook on all sides, until the tofu has a slight crust on each side and has begun to brown. Set aside.
4. Add a little more olive oil to the skillet and add the garlic, stirring constantly until golden and fragrant, about 2 minutes.
5. Add sliced mushrooms and keep on stirring until they are tender.
6. Add broccoli.
7. Whisk vinegar, soy sauce, water, and chili sauce in a small container and pour it into the skillet. Add tofu, give a few stirs, coating all. Taste for salt and add more if necessary.
8. Divide among two bowls.
9. Garnish with chopped peanuts, chili flakes, or toasted sesame seeds.
10. Serve immediately.

SERVES 12

Calories 376, Total C 12g, Fiber 5.2g, Net C 6.8g, Sugars 2.8g, Fat 21.1g, Protein 35.2g

LOW CARB PULL APART PIZZA BREAD

INGREDIENTS

2 1/2 cups Mozzarella Cheese shredded
 3 Eggs beaten
 1 1/2 cups Almond Flour
 1 Tbs Baking Powder
 2 oz Cream Cheese
 1/2 cup grated Parmesan Cheese
 1 Tsp Rosemary seasoning
 1/2 cup shredded mild Cheddar
 1/2 cup mini pepperoni slices
 Optional: Sliced jalapenos
 Non-stick cooking spray
 Non-stick Bundt Pan

INSTRUCTIONS

1. Combine the almond flour with the baking powder until it's fully combined.
2. Melt the Mozzarella cheese and cream cheese. You can do this on the stove top or for 1 minute in the microwave.
3. Once the cheese has melted, add the flour mixture and eggs and knead it until it forms into a sticky ball. I always use a silicone mat on the countertop to do this step.
4. Once the dough has come together and all the ingredients are fully mixed together, sprinkle the top of the dough with a small amount of parmesan cheese. This will help the dough not be so sticky when you start to handle it. I flip the dough over and sprinkle a small amount on the back side of the dough too.
5. Form the dough into a ball and cut it in half. Continue cutting the dough until you get about 16 pieces from each side for a total of 32 pieces total (give or take).
6. Roll the pieces of dough into equal size balls then roll them in a plate of parmesan cheese that has been topped with a teaspoon of Rosemary seasoning. (This is the secret to forming the pull apart bread because the parmesan cheese coats each dough ball allowing it not to fully combine while it's baking. Plus, it adds amazing flavor to this dough also.)
7. Spray the bundt pan with non-stick cooking spray.
8. Place the first layer of 16 prepared dough balls into a non-stick bundt pan.
9. Then add a layer of your favorite shredded cheese, mini pepperoni slices, and jalapenos if desired.
10. Add the next layer of 16 prepared dough balls on top of the first layer.
11. Top the last layer with the rest of the shredded cheese, mini pepperoni slices, and jalapenos.
12. Bake at 350 degrees for 25 minutes or until golden brown. It may take a bit longer if your bundt pan is thicker than the one I used.

SERVES 16

Calories 142, Total C 3.5g, Fiber 1.5g, Net C 2g, Sugar .8g, Fat 9.1g, Protein 11.1g

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