

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

Bullet Proof Style  
Coffee/Bone Broth  
Eggs and Bacon

Turkey Slices with  
Avocado

Instant Pot Meatloaf  
(Cheeseburger)

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

Leftover Instant Pot  
Meatloaf (Cheeseburger)

Baked Fish (your choice)  
with a Side Spinach Salad  
with Bacon and Cheese  
with Ranch Dressing

Bullet Proof Style  
Coffee/Bone Broth  
Banana Nut Breakfast  
Muffins

Keto BLT Chaffle  
Sandwich

Keto Chicken Parmesan

Bullet Proof Style  
Coffee/Bone Broth  
Ham/Cheese Omelet

Leftover Keto Chicken  
Parmesan

Crispy Keto Chicken Tenders  
with Cucumber & Tomato  
Salad Topped with Ranch  
Dressing

Bullet Proof Style  
Coffee/Bone Broth  
Scrambled Eggs and Bacon

Leftover Crispy Keto Chicken  
Tenders with Cucumber, Red  
Onions & Tomato Salad  
Topped with Ranch Dressing

Grilled Chicken Over  
Salad with MCT Oil  
Dressing

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Banana Nut  
Breakfast Muffins

Leftover Grilled Chicken  
Over Salad with MCT Oil  
Dressing

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

Bullet Proof Style  
Coffee/Bone Broth  
Cheese Omelet

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

Taco Salad

# BANANA NUT KETO BREAKFAST MUFFINS

## BANANA NUT BREAKFAST MUFFINS INGREDIENTS

4 large brown eggs  
1/2 cup unsalted butter room temperature  
1/3 cup Swerve  
1/2 cup Sukrin Gold or another brown sugar substitute  
1 tsp vanilla extract  
1 1/2 tsp banana extract  
1/2 cup unsweetened almond milk  
1 cup almond flour blanched  
1/2 cup coconut flour  
2 tsp baking powder  
1/2 tsp xanthan gum  
1 tsp pink sea salt  
1/2 cup walnuts chopped

## INSTRUCTIONS

1. PREHEAT oven to 350°.
2. In a small bowl, whisk together eggs until beaten.
3. In a large bowl mix together butter, swerve, sukrin gold, vanilla extract, banana extract and almond milk until combined.
4. To that, add almond flour, coconut flour, baking powder, xanthan gum and sea salt, stir.
5. Drizzle in eggs as you are mixing together and then stir in the walnuts.
6. Place in pre-greased muffin tin or parchment liners about 1 cookie scoop into each.
7. Top with any leftover walnuts and bake for 20-25 minutes.

Serves 12

Calories 205, Total C 7g, Fiber 2.5g, Net C 5.5g, Sugar 1.6g, Fat 14.8g, Protein 5.4g

# BLT CHAFFLE SANDWICH

## CHAFFLE BREAD INGREDIENTS

1/2 cup mozzarella, shredded  
1 egg  
1 tbs green onion, diced  
1/2 tsp Italian seasoning

## SANDWICH INGREDIENTS

Bacon, pre-cooked  
Lettuce  
Tomato, sliced  
1 tbs mayo

## INSTRUCTIONS

1. Preheat the mini waffle maker.
2. In a small bowl, whip the egg.
3. Add the cheese, seasonings, and onion. Mix it until it's well incorporated.
4. Place half the batter in the mini waffle maker and cook it for 4 minutes.
5. If you want a crunchy bread, add a tsp of shredded cheese to the mini waffle iron for 30 seconds before adding the batter. The extra cheese on the outside creates the best crust!
6. After the first chaffle is complete, add the remaining batter to the mini waffle maker and cook it for 4 minutes.
7. Add the mayo, bacon, lettuce, and tomato to your sandwich.
8. Enjoy!

SERVES 2

Calories 183, Total C 3.6g, Fiber 0.6g, Net C 3g, Sugars 1.4g, Fat 13.9g, Protein 10.8g

# INSTANT POT CHEESEBURGER MEATLOAF

## INSTANT POT CHEESEBURGER MEATLOAF INGREDIENTS

- 1 lb ground beef
- 1/4 c Onion diced
- 1/2 tsp garlic minced
- 1/2 c pork rinds crushed
- 1 egg
- 1 tbsp Italian seasoning
- 1/2 tsp black pepper
- 1 tbsp mustard powder
- 1 tsp coconut aminos or soy sauce
- 3 slices bacon diced and cooked
- 1 c mozzarella cheese or cheese of your choice
- 2-3 TBSP ketchup sugar-free

## INSTRUCTIONS

1. Add beef, onion, garlic, pork rinds, egg, Italian seasoning, black pepper, mustard powder, and coconut aminos to a large bowl. Mix until combined.
2. Spray a bread pan with nonstick cooking spray.
3. Place 1/2 the hamburger mixture into the bottom of the pan.
4. Next, sprinkle on top bacon and cheese in an even layer.
5. Place remaining hamburger mixture on top, pressing down firmly to bring the layers together.
6. Using a pastry brush (or spoon brush) the top of the meatloaf with ketchup.
7. Grab a sheet of aluminum foil and lay it on a flat surface.
8. Using a large spatula, scoop out the meatloaf mixture from your pan.
9. Place on aluminum foil and fold up all the sides.
10. Place 1 c of water and the trivet into the bottom of your Instant Pot.
11. Add your meatloaf in the foil boat.
12. Place Instant Pot on HIGH pressure for 20 MINUTES.
13. Be sure valve is set to SEAL.
14. Allow to cook and do a natural release for 5 minutes.
15. Then turn SEAL to VENT and allow to release pressure.
16. Top with chopped parsley for presentation and enjoy!

Serves 6

Calories 212, Total C 2.8g, Fiber .7g, Net C 2.1g, Fat 7.7g, Sugars .9g, Protein 31.6g

# KETO CHICKEN PARMESAN

## KETO CHICKEN PARMESAN SAUCE INGREDIENTS

28 ounce can of crushed tomatoes  
 8 ounce can of tomato sauce  
 4 ounce can of tomato paste  
 1 onion chopped  
 3 cloves of garlic minced  
 2 bay leaves  
 3-6 sprigs of thyme  
 4 basil leaves chopped  
 1 tablespoon of salt  
 1 teaspoon of black pepper

## KETO CHICKEN PARMESAN CHICKEN INGREDIENTS

3 boneless chicken breast  
 1 tablespoon of Italian Seasonings  
 1 teaspoon of salt  
 1/2 teaspoon of ground black pepper

## KETO CHICKEN PARMESAN TOPPING

1 cup of shredded mozzarella cheese

## SLOW COOKER KETO PARMESAN CHICKEN RECIPE INSTRUCTIONS:

In a large bowl, season chicken with Italian seasonings, salt, and pepper. Set to the side.

To the insert of a slow cooker, add in sauce ingredients and mix together.

Gently add in chicken breasts, cover, and cook on low for 4-5 hours or high for 3 hours.

Once the chicken is cooked, add shredded cheese over the chicken and cover and continue cooking until cheese melts, about 10 to 15 minutes.

Serve warm and enjoy!

## OVEN KETO CHICKEN PARMESAN RECIPE INSTRUCTIONS:

- Preheat the oven to 350 degrees.
- In a large bowl, season chicken with Italian seasonings, salt, and pepper. Set to the side.
- Add the sauce ingredients to a deep casserole dish and mix together.
- Place the seasoned chicken in the deep casserole dish on top of the sauce.
- Bake it for about 20 minutes at 350 degrees.
- Top with cheese and bake it for another 5 minutes until the cheese has completely melted.
- Serve warm and enjoy!

SERVES 4

Calories 148, Total C 7.8g, Fiber 2.5g, Net C 5.3g, Sugar 3.4g, Fat 1.8g, Protein 6g

# CRISPY KETO CHICKEN TENDERS

## INGREDIENTS

- 4 chicken thighs, deboned and cut into 2-3 pieces each
- 1 1/2 cups almond flour
- 1/2 teaspoon paprika
- 1/4 teaspoons onion powder
- 1/2 teaspoon chili powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon celery salt
- 1/4 teaspoon dried sage

## INGREDIENTS

- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground allspice
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried marjoram
- 2 eggs
- 2 tablespoons heavy whipping cream
- 2 cups oil

## INSTRUCTIONS

1. Place oil in a heavy pan or deep fryer.
2. Set heat to medium and allow to heat as you prepare the chicken tenders.
3. In a small bowl, mix together 1/2 cup of the almond flour with all the seasonings.
4. Crack the eggs into a second bowl, add the heavy whipping cream and then whisk for 30 seconds.
5. Dredge the chicken through the almond flour mixture, then the eggs mixture, then repeat through the almond flour.
6. I had to do this in 3 batches as the almond flour gets wet and clumpy after a while (more so than all-purpose flour).
7. When the oil is hot, add 3 pieces of chicken at a time and allow to cook for 4-5 minutes each, until cooked through and golden brown, flipping halfway through.
8. Remove the chicken to a paper-towel-lined plate or tray and repeat with the remaining chicken.

SERVES 4 (2 strips)

Calories 261, Total C 1.8g, Fiber 0.5g, Net C 1.3g, Sugar 0.5g, Fat 11.8g, Protein 33.2g

# KETO CINNAMON ROLLS (1/2)

## INGREDIENTS

1 cup almond flour  
 1/2 cup lupin flour  
 1/2 cup allulose sweetener  
 1 tbs collagen peptides  
 2 tsp baking powder  
 2 tsp Xanthan gum  
 1/2 tsp salt  
 1/2 tsp cinnamon  
 3 eggs  
 2 tsp vanilla extract  
 2 tsp apple cider vinegar  
 1 tsp Mapleine extract

## FILLING

1/3 cup butter, room temperature  
 1/3 cup whipped cream cheese  
 4 tbs allulose sweetener, granular  
 2 tsp cinnamon

## FROSTING

4 oz cream cheese, room temperature  
 1/3 cup butter, room temperature  
 3 tbs allulose sweetener  
 1 tsp vanilla extract  
 2 tbs heavy whipping cream

## INSTRUCTIONS

1. Preheat oven to 350 degrees.

### MAKE THE DOUGH

1. In a large bowl combine the almond flour, lupin flour, allulose sweetener, collagen peptides, baking powder, Xanthan gum, salt, and cinnamon. Mix until all of the dry ingredients are fully combined.
2. Create a hole in the middle of the dry ingredients and add the remaining wet dough ingredients. Add the eggs, vanilla, apple cider vinegar, and the Mapleine extract.
3. Whip the eggs with a fork and start stirring the ingredients. With every turn of the stir it will slowly incorporate the dry ingredients into the wet ingredients as it stirs. Continue stirring the ingredients until all the wet and dry ingredients are fully incorporated.
4. The dough will be extremely wet and almost have the consistency of a thick peanut butter. Place the dough in the freezer for about 10 minutes to firm up.
5. Use a silicone mat and a sheet of parchment paper to roll out the dough. Roll it out into a rectangle that's about 1/2 inch thick. When you work with the dough it will become sticky again. You can fold over the dough (as seen in the photos below) and place the dough back in the freezer for another 10 minutes.
6. Remove the dough from the freezer. Slowly pull the top parchment paper off of the dough that's rolled out. If the dough is still too sticky use a butter knife that has been coated with coconut flour to separate the dough from the parchment paper. The butter knife trick works nicely if the dough is not cool enough and is still too sticky.

### MAKE THE FILLING

1. In a small bowl add all of the ingredients for the filling. Spread the filling over the top of the dough.
2. Now roll the dough starting from the shorter side of the rectangle. If the dough is still too sticky on the bottom, use the same butter knife hack to separate the dough from the silicone mat below. Keep coating the knife with coconut flour as needed.
3. Once you get to the very end of the dough, place a line of coconut flour over the last roll so the dough doesn't stick to the bottom when you cut the slices of rolls.
4. It's important to note that the dough will be sticky and that's normal. The texture of the cinnamon rolls after they are baked are amazing!

Serves 9 (1 roll)

Calories 264 Total C 5g , Fiber 2g, Net C 3g, Sugars 1g, Fat, 25g, Protein: 6g

# KETO CINNAMON ROLLS (2/2)

## INGREDIENTS

1 cup almond flour  
 1/2 cup lupin flour  
 1/2 cup allulose sweetener  
 1 tbs collagen peptides  
 2 tsp baking powder  
 2 tsp Xanthan gum  
 1/2 tsp salt  
 1/2 tsp cinnamon  
 3 eggs  
 2 tsp vanilla extract  
 2 tsp apple cider vinegar  
 1 tsp Mapleine extract

## FILLING

1/3 cup butter, room temperature  
 1/3 cup whipped cream cheese  
 4 tbs allulose sweetener, granular  
 2 tsp cinnamon

## FROSTING

4 oz cream cheese, room temperature  
 1/3 cup butter, room temperature  
 3 tbs allulose sweetener  
 1 tsp vanilla extract  
 2 tbs heavy whipping cream

## CUT THE DOUGH INTO THE CINNAMON ROLLS

1. Using a strong string or unflavored dental wax, cut 1 inch slices of dough to make the cinnamon rolls. To cut the dough using a string, simply place the center of the string under the dough one inch deep and lift the ends of the string and criss cross them over the top of the dough roll. Pull the opposite sides of the string until it cuts the roll completely.
2. Repeat this step until all the cinnamon rolls have been cut. This will make about 9 cinnamon rolls.
3. Cut out a sheet of parchment paper to line the baking dish. Be sure to cut out a sheet of parchment paper big enough to cover the sides too. I used an 8 inch square pan but you can use an 8 inch round cake pan too.
4. Cut a square sheet of parchment paper and fold it over in half. Then fold it again the opposite direction and fold it in half again. Cut a diagonal slit in the top open corner of the fold (as seen in the photos). This will create a slit and the corners of each side of the pan and the parchment paper will lay in the pan nicely overlapping the edges with little fuss.
5. Place the cinnamon rolls on top of the parchment paper.
6. Bake the rolls for about 25 to 30 minutes or until the cinnamon rolls are golden brown and the inside of the cinnamon rolls are cooked. You can tell they are fully cooked by doing a toothpick test.

## MAKE THE SUGAR FREE CREAM CHEESE FROSTING

1. In a small bowl, combine all of the ingredients and mix it with a spoon until it's fully combined. It will be very important to use room temperature cream cheese to make sure it spreads and mixes nicely with the other ingredients.
2. Once the cinnamon rolls are done, you can allow them to cool for about 5 minutes and then spread about 1 teaspoon of the cream cheese frosting over each cinnamon roll. The rolls will still be warm enough that the frosting will slightly melt.
3. Serve warm or cold.

Serves 9 (1 roll)

Calories 264 Total C 5g , Fiber 2g, Net C 3g, Sugars 1g, Fat, 25g, Protein: 6g