

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

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

Sliced Summer  
Sausage, Cheese Stick  
and Pickles

Slow Cooker Dill Pickle Pot  
Roast with Steamed  
Veggies

Bullet Proof Style  
Coffee/Bone Broth  
Keto Bacon Pancake Muffins

Leftover Slow Cooker Dill  
Pickle Pot Roast with  
Steamed Veggies

Keto Tuna Cakes with a  
Side Salad

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

Leftover Keto Tuna  
Cakes with a Side Salad

Grilled Pork over Salad  
with Ranch Dressing

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Bacon Pancake  
Muffins

Keto Grilled Cheese

Keto Crack Chicken with  
Roasted Veggies

Bullet Proof Style  
Coffee/Bone Broth  
Turkey and Cheese Omelet

Leftover Keto Crack  
Chicken with Roasted  
Veggies

Lobster Tails in Butter  
Sauce with a Side Salad

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

Leftover Lobster Tails in  
Butter Sauce with a Side  
Salad

Chicken Kebobs with  
Veggies

Bullet Proof Style  
Coffee/Bone Broth  
Cheesy Eggs

Leftover Chicken Kebobs  
with Veggies

Bunless Turkey Burgers  
with Lettuce, Tomato,  
Onions and Pickles

# KETO BACON PANCAKE MUFFINS

## KETO BACON PANCAKE MUFFINS INGREDIENTS

12 slices Natural Uncured Bacon  
2 tbs Unsalted Butter, melted  
1/4 c. Swerve, Brown  
4 oz. Cream Cheese, softened  
4 Large Eggs, beaten  
1/2 c. Almond Milk, unsweetened  
1 tsp Pure Vanilla Extract  
1/2 tsp Organic Apple Cider Vinegar  
1/2 c. Coconut Flour by Bob's Red Mill  
1 tsp Baking Powder  
1/2 tsp Baking Soda  
1/4 tsp Himalayan Fine Pink Salt

## INSTRUCTIONS

- Preheat oven to 400 degrees.
- Place bacon strips on baking sheet (lined with foil), bake 12 minutes.
- Let bacon cool, set aside. Turn oven down to 350 degrees.
- In mixing bowl- Add melted butter and brown Swerve. Mix with a hand mixer until blended.
- Add softened cream cheese, mix until no lumps.
- Then add almond milk, eggs, vanilla, apple cider vinegar. Blend well.
- Whisk together dry ingredients in a small bowl, then add to wet. Blend until incorporated.
- Grease/spray each muffin cup, then line each with one strip of bacon.
- Scoop 2 big spoonfuls of batter into each bacon lined cup.
- Tap the tray on the counter, to release any trapped air bubbles.
- Bake @ 350 for 24 minutes. (oven temps may vary, check @ 20 mins)
- Let cool at least 5 minutes before removing the muffins.
- I highly recommend Lakanto Maple Syrup drizzled over these!

SERVES 12

Calories 132, Total C 7g, Fiber 2g, SA 4g, Net C 1g, Fat 10g, Protein 6g

\*Sugar Alcohols are not accounted for in the nutrition panel.

# KETO GRILLED CHEESE

## KETO GRILLED CHEESE INGREDIENTS

60 Second Bread ingredients:

1/4 cup almond flour

1 egg

1 tbs butter melted

1/2 tsp baking powder

pinch salt

Add one or two slices of your favorite cheese to make a Keto Grilled Cheese sandwich!

## INSTRUCTIONS

1. Choose the microwave-safe shape you want for your sandwich.
2. I used this square microwave-safe dish to make the perfect keto bread shape!
3. In your microwave-safe dish, heat up 1 tbs of butter for about 10 to 15 seconds until it's fully melted.
4. Add the egg, almond flour, baking powder and a pinch of salt.
5. Mix until all of the ingredients is fully incorporated.
6. Now place that microwave-safe dish back in the microwave for 60 seconds, or until the bread has fully cooked. (it could take 90 seconds if your microwave has fewer watts)
7. Remove the bread from the container. Be careful, it's hot!
8. Use a bread knife and slice the bread in half to form 2 slices of bread.
9. In a small frying pan, heat 1 tsp of butter until it's fully melted.
10. Place 1 slice of Keto bread in the frying pan.
11. Add 1 or 2 slices of your favorite cheese.
12. Place the other slice of Keto bread on top of the cheese slices.
13. Cook for about 30 seconds to a minute on each side until the sandwich is golden brown on both sides.

# SLOW COOKER DILL PICKLE POT ROAST

## SLOW COOKER DILL PICKLE POT ROAST INGREDIENTS

Beef Chuck Pot Roast

3 or 4 cups of pickle juice

Seasonings of your choice. I like to add a sprig of fresh rosemary and thyme. When I don't have the fresh herbs on hand

## INSTRUCTIONS

- Spray the inside of the slow cooker with non-stick cooking spray. Sometimes I like to use the Crockpot liners too because clean up is a breeze.
- Add the roast beef to the crockpot and pour the pickle juice over the top of it.
- If the water/juice doesn't come up at least halfway covering the beef, add a bit more water. You want the liquids covering at least half of the roast. I placed two roasts in the pot at the same time and I needed to add more water.
- Now sprinkle your seasonings on top of the beef roast.
- Set the slow cooker to cook on low for at least 8 hours. I love to do this overnight and wake up to a home that smells amazing! I will also do it in the morning and plan for it to be ready right when the family gets home for dinner.
- That's it! That's all you need to do to make the most amazing tender pot roast of your life!

SERVES 12

Calories 145, Total C 1.2g, Fiber .5g, Net C .7g, Sugar .6g, Fat 3.9g, Protein 25.5g

# KETO TUNA CAKES

## KETO TUNA CAKES INGREDIENTS

2 - 5 oz cans of tuna packed in water

2 eggs

1/2 cup shredded cheese

4 oz pork rinds ground up into crumbs

2 tbs Pico de Gallo

## INSTRUCTIONS

- Open the cans of tuna and drain the liquid.
- Pulse the pork rinds in a food processor until they become small crumbs.
- In a small bowl combine all the ingredients and mix it until it's fully combined.
- Separate the mixture into six equal parts and press the dough into small round patties.
- Fry the tuna cakes in coconut oil for a few minutes on each side (until golden brown).
- Serve warm and enjoy!

SERVES 6

Calories 205, Total C 1.4g, Fiber 0g, Net C 1.4g, Sugar .8g, Fat 11.5g, Protein 22.6g

# KETO CRACK CHICKEN

## KETO CRACK CHICKEN INGREDIENTS

2 lbs chicken breasts or chicken tenders boneless and skinless

12 oz cream cheese block and a half

2 1/2 oz packets of Dry Ranch Seasoning mix or 4 tbs or make your own homemade version - see recipe below

8 oz bacon crumbles

1/2 cup Cheddar Cheese

1 cup bone broth or water

## INSTRUCTIONS

- Place 1 cup of liquid (bone broth or water) in the bottom of the pressure cooker.
- Prep the cream cheese by cutting the blocks into large cubes.
- Add the chicken to the pressure cooker.
- Add the cream cheese and seasonings on top of the chicken.
- Set the pressure cooker to high for 10 minutes for chicken tenders or 12 minutes for full chicken breasts.
- Once the time is up, do a quick release.
- Carefully remove the chicken and shred it using two forks.
- Place the shredded chicken back in the liquid juices that are reserved in the pressure cooker.
- Add the cheddar cheese and bacon crumbles to the shredded chicken and mix the ingredients together.
- Place the lid back on the pressure cooker (but don't turn it on, it will be hot enough to melt the cheese and warm the bacon) for about 5 minutes. Letting the ingredients sit for a few minutes will allow the sauce to thicken.
- Serve warm and enjoy!

SERVES 6

Calories 440, Total C 3.5g, Fiber 0g, Net C 3.5g, Sugar 2.2g, Fat 28.4g, Protein 41.1g

# LOBSTER TAILS WITH BUTTER SAUCE

## LOBSTER TAILS INGREDIENTS

Frozen Lobster Tails  
1 Cup of water  
1 Tablespoon of your favorite Old Bay Seasoning  
Instant Pot DUO 6 qt Pressure Cooker

## BUTTER SAUCE INGREDIENTS

1 cup butter  
1 teaspoon minced garlic  
1/2 teaspoon salt  
1/2 teaspoon pepper  
2 teaspoons lemon juice  
1 teaspoon dill weed or cilantro

## INSTRUCTIONS

- Start by prepping the lobster tails for steaming. Use kitchen shears and cut a line down the inside of each shell. (I made the mistake of not doing this my first time and the lobsters curl up making them hard to cut when they are hot)
- Add one cup of water in the Instant Pot Pressure Cooker.
- Add 1 tablespoon of Old Bay seasoning to the water in the Instant Pot Pressure Cooker.
- Place the trivet in the bottom of the Instant Pot Pressure Cooker on top of the water mixture.
- Place 4 lobster tails shell side down.
- Next, place the steamer basket on top of the first 4 lobster tails and add the remaining tails on the top of that steamer basket.
- Lock the cover and make sure the vent is set to seal.
- Now press the manual button and use the plus or minus buttons to adjust the minutes to 4 minutes. (Note: I used 4 minutes because the lobster tails were frozen)
- It's important to know that your pressure cooker will take a while to heat up with frozen ingredients in it. I wanna say mine took about 10 to 15 minutes to heat up and get going.
- The timer will switch to say "on" when it is heating up. Once it's heated, it will start to count down the minutes from 4 when it is steaming.
- When the lobster tails are steaming in the Instant Pot Pressure Cooker, this is when I make the butter sauce.
- To make the butter sauce, simply place a tablespoon of butter in a frying pan and cooking it for about 3 minutes until it turns brown. Add the remaining butter and a teaspoon of fresh minced garlic. Once it has completely melted add the remaining ingredients (lemon juice, pepper, and either cilantro or dill weed seasonings) to the butter mixture. Mix all the ingredients together and set aside.
- Once the pressure cooker beeps telling you the time is up, turn it off and do a quick release of the steam. Careful not to place your hands on top of the button because that is where the steam comes out and it will burn you.
- Once the steam has completely released, then unlock the lid and remove the lobster tails using kitchen tongs.
- Serve the lobster tails immediately with the butter sauce.
- Note: I use these same instructions even if I am only making 2 or 4 lobster tails at a time. The time doesn't change. If you are making fresh lobsters that have already thawed, I would only add 3 minutes to the pressure cooker time settings.

SERVES 4

Calories 526, Total C .8g, Fiber .1g, Net C .7g, Sugar .1g, Fat 47.2g, Protein 25.4g

# LOW CARB WAFFLE BOWL

## LOW CARB WAFFLE BOWL INGREDIENTS

- 1 egg, whipped
- 1 scoop Ketologic MealChocolate
- 1 tablespoon almond flour
- 1/4 teaspoon baking powder

## INSTRUCTIONS

1. Preheat the Bowl Waffle Maker and spray it with nonstick cooking spray.
2. Crack the egg in a small bowl. Whip the egg.
3. Add the Ketologic Meal, almond flour, and baking powder.
4. Mix until the ingredients come together fully.
5. Place the ingredients in the preheated bowl waffle maker for about a minute to a minute and a half. Once you see steam coming from the machine, you will know it's almost done.
6. Use tongs to remove the hot waffle bowl from the maker.
7. Allow it to cool and enjoy!



# HOMEMADE KETO ICE CREAM

## HOMEMADE KETO ICE CREAM INGREDIENTS

1/2 cup coconut milk, unsweetened and full fat

1/4 tsp vanilla extract

1/2 tsp Lakanto Monkfruit sweeteners, confectioners blend

1 teaspoon coconut oil

pinch salt

pinch Xanthan Gum

## INSTRUCTIONS

1. Use a completely frozen Chef'n Sweet Instant Ice Cream tray.
2. Mix all the base ingredients in a small bowl first.
3. Add your favorite extracts or syrups for flavor! I only add 1 or 2 drops of Lorann oil extracts. They are pretty powerful! If I am using Jordan's Skinny Syrups for sweetness and flavor, I might add a teaspoon full or one pump.

SERVES 1

Calories 322, Total C 6.9g, Fiber 2.6g, Net C 4.3g, Sugars 4.3g, Fat 33.1g, Protein 2.7g