

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Eggs and Bacon

Easy Rueben In A Bowl

Keto Zucchini Pizza
Casserole

Bullet Proof Style
Coffee/Bone Broth
Turkey & Cheese Omelet

Leftover Keto Zucchini
Pizza Casserole

Keto Glazed Garlic
Salmon With Parmesan
Green Beans

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

Leftover Keto Glazed
Garlic Salmon With
Parmesan Green Beans

Creamy Ground Beef
Cauliflower Hash

Bullet Proof Style
Coffee/Bone Broth
Bacon & Egg Omelet

Leftover Creamy Ground
Beef Cauliflower Hash

Baked Chicken with
Roasted Broccoli and
Cauliflower

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

Leftover Baked Chicken
with Roasted Broccoli and
Cauliflower

Quick and Easy Keto
Homemade Chicken Nuggets
with a side salad

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Leftover Quick and Easy
Keto Homemade Chicken
Nuggets with a side salad

Keto Tex Mex Salad with
Grilled Chicken

Bullet Proof Style
Coffee/Bone Broth
Ham & Cheese Omelet

Leftover Keto Tex Mex
Salad with Grilled Chicken

Pan Seared Steak with
Roasted Veggies

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

EASY RUEBEN IN A BOWL

INGREDIENTS

- 2 - 10 ounce packages of sliced coleslaw (I use angel hair)
- 3 tablespoons olive oil
- 2 pounds corned beef (sliced from the deli) or homemade from this Instant Pot Corned Beef Recipe
- Salt
- Pepper
- Garlic powder
- Butter
- 1/2 cup Swiss cheese, shredded
- Drizzle with Thousand Island Dressing

INSTRUCTIONS

1. In a large frying pan over medium heat, add the olive oil and angel hair coleslaw cabbage. (Or substitute for sauerkraut here if using)
2. Cook for about 5 to 7 minutes or until the cabbage has become slightly translucent.
3. Shred the Corned beef deli meat and add it to the cabbage.
4. Add salt, pepper, garlic powder, and butter.
5. Cook until everything has warmed and the butter is fully melted.
6. Sprinkle Swiss cheese over the top of the cooked cabbage.
7. Once the cheese has fully melted it's ready!
8. Serve and drizzle with thousand island dressing just before consuming.
9. Serve with a Keto Rye Bread Chaffle!

SERVES 8

Calories 335, Total C 5.3g, Fiber 1.9g, Net C 3.4g, Sugars 2.6g, Fat 26.5g, Protein 19.9g

KETO ZUCCHINI PIZZA CASSEROLE

INGREDIENTS

3 medium-sized zucchinis
1 cup tomato sauce
2 large eggs
4 ounces cream cheese
1 cup parmesan cheese
2 cups shredded mozzarella
1/2 yellow onion
2 garlic cloves
2 tablespoons olive oil
1 teaspoon dried oregano
2 tablespoons fresh basil
1 teaspoon salt divided

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Remove zucchini tips and shred them.
3. Place shredded zucchini in a clean tea towel and squeeze out all excess liquid, this step is super important, otherwise, the pizza will result being watery.
4. Mix shredded zucchini with softened cream cheese, shredded parmesan cheese, and 1/2 teaspoon of salt.
5. Then beat the two eggs and gently mix them with the rest of the ingredients. Spread this mixture in a 9x13.
6. Bake it for 15 minutes or until slightly golden on top.
7. In a skillet or saucepan, sauté chopped onion in heated olive oil until translucent, then add minced garlic and stir over the stove until fragrant.
8. Prepare the pizza sauce by blending the tomato sauce with sautéed onion and garlic, fresh basil, dry oregano, and 1/2 teaspoon of salt. Blend until smooth.
9. Pour pizza sauce over the zucchini base and top with shredded mozzarella cheese.
10. Bake for 5-8 minutes or until cheese is melted.
11. Serve warm with some fresh basil on top.

SERVES 10

Calories 202, Total C 5g, Fiber 1g, Net C 4g, Sugars 3g, Fat 15g, Protein 11g

KETO GLAZED GARLIC SALMON

INGREDIENTS

2 lbs salmon or 4 servings (that are about 1/2 lb each)
1/2 tsp Salt
1/2 tsp Pepper
1/2 Smoked paprika
1/2 teaspoon onion powder
2 tbs fresh minced garlic
6 tbs Choczero peach syrup or any of your favorite keto friendly syrups
2 tbs butter
1 tbs soy sauce or coconut aminos
1 tsp lemon juice

INSTRUCTIONS

1. Cut the salmon into 4 equal servings.
2. Season with salt, pepper, smoked paprika, and onion powder.
3. In a medium size frying pan over medium heat, add the syrup, butter, soy sauce or coconut aminos, lemon juice and the minced garlic. Stir until well combined.
4. Add the salmon to the heated sauce and cook it for about 3 to 4 minutes on each side while basting each fillet with the sauce as it cooks.
5. Transfer the salmon fillets to a baking sheet and pour the glaze over the top.
6. Bake at 400 degrees for about 5 minutes or until the internal temperature reaches 145 degrees.
7. Serve warm with a side salad.
8. Enjoy!

PARMESAN GREEN BEANS

INGREDIENTS

16 oz fresh green beans
1 tbs butter
1 tbs mayonaise
1/3 cup Parmesan cheese
1/2 tsp pink salt
1/4 tsp garlic powder

INSTRUCTIONS

1. In a pot on the stove top, boil fresh green beans till soft. This will only take about 5 minutes or so.
2. Drain the fresh green beans.
3. Place green beans in a tin pan the size that will fit in your air fryer. I used a 9 inch round cake pan. You can line your air fryer with aluminum foil with about 2 inches coming up the edges to hold the ingredients in.
4. Bake in the air fryer at 400 degrees for about 9 minutes or until golden brown and fully heated.

Serves 4

Calories 117, Total C 8g, Fiber 3g, Net C 4g, Sugars 4g, Fat 8g, Protein 5g

CREAMY GROUND BEEF CAULIFLOWER HASH

INGREDIENTS

2 1/2 cups frozen cauliflower
1/2 cup green bell pepper chopped
1/4 cup onion chopped
14 ounces 85-93% lean ground beef raw
2 cups mild or medium cheddar cheese shredded
3 tablespoons cream cheese room temperature
3 tablespoons water or beef broth
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon smoked paprika
1 teaspoon pink salt
1 teaspoon pepper

INSTRUCTIONS

1. Defrost the cauliflower first.
2. Brown the ground beef with onions over medium-high heat for about 5 to 7 min or until the onions are translucent and the beef is browned.
3. Add the green peppers and continue cooking for 5 to 7 more minutes or until cooked through.
4. Drain the grease.
5. Drain the cauliflower and chop it into bite-size pieces.
6. Add the ground beef, cauliflower, beef broth or water, and cream cheese into the pan along with the garlic powder, onion powder, smoked paprika, pink salt, and pepper.
7. Mix until fully combined and continue cooking until cauliflower is tender to touch and the cream cheese has fully melted into the beef mixture.
8. Add cheddar cheese on top of the cauliflower and beef mixture.
9. Turn heat to low and cover the pan with a lid so the cheese fully melts before serving.

SERVES 5

Calories 374, Total C 6g, Fiber 2g, Net C 4g, Sugars 2g, Fat 26g, Protein 29g

KETO HOMEMADE CHICKEN NUGGETS

INGREDIENTS

1 1/2 pounds skinless boneless chicken breast or fully
cooked canned chicken
2 medium eggs
1/3 cup almond flour
1 cup mozzarella cheese shredded
2 tablespoons chives chopped
2 tablespoons parsley chopped
1/2 teaspoon garlic powder
a pinch of sea salt
fresh ground black pepper - or to taste
1 tablespoon olive oil - or more to fry

INSTRUCTIONS

1. Place the chicken breast in a large pot with enough water to cover it. Bring to a boil and cook on medium to high heat for 10-15 minutes.
2. Once the chicken is fully cooked, remove the chicken from the pot and shred it with 2 forks or place it in a stand mixer and turn it on low speed to shred the chicken breasts.
3. After the chicken is shredded, place it into a large bowl.
4. Next, stir in almond flour, eggs, mozzarella, basil, chives, parsley, garlic powder, salt, and pepper. Mix well to combine.
5. In a large non-stick pan, add oil and heat over medium-low heat. Use an ice cream scoop, cookie scoop, or a large spoon to scoop the chicken mixture. Form into the shape of a chicken nugget and transfer it to the pan. Be sure to not overcrowd the pan as it will be harder to flip them. It is best to cook them in batches.
6. Fry until golden brown on both sides for about 6-8 minutes. Keep in mind that you need to cook them at medium-low temp, otherwise they will burn on the outside but won't get well cooked on the inside.
7. Serve with keto homemade ranch and your favorite side salad, zucchini chips or lazy keto chips!

If you are using canned chicken, start at step 3.

Serves 4

Calories 395, Total C 3g, Fiber 1g, Net C 2g, Sugars 1g, Fat 21g, Protein 47g

KETO TEX MEX SALAD WITH GRILLED CHICKEN

INGREDIENTS

- 2 cups romaine lettuce chopped
- 1 Roma tomato
- 1/2 can black soybeans low carb option but can be omitted if you are strict keto
- 2 green onions chopped
- 1/4 cup cheddar cheese shredded
- 2 grilled chicken breasts diced

INGREDIENTS CONTINUED

- 1 small avocado sliced
- 1/3 cup salsa
- 1 cup homemade ranch dressing
- Cilantro
- Lime wedges
- 1 low carb tortilla fried and sliced into tortilla strips
- Optional: Add sliced jalapeños

INSTRUCTIONS

1. Make the homemade keto Ranch salad dressing first according to the instructions. Keep it in the refrigerator until you are ready to use it.

TO GRILL THE CHICKEN BREASTS:

1. Start with a clean grill rack.
2. Wipe down the grill with a paper towel coated with olive oil to prevent sticking.
3. Start up the grill and allow it to preheat.
4. Place the chicken on the grill and close the grill lid.
5. Flip the chicken when you see it has reduced a bit in size and once the side is done. The cooking time will only take about 9 to 10 minutes. Use a thermometer to check the internal temperature. The temp should read at least an internal temp of 165 to be considered done.
6. Slice the chicken breasts and set them aside.

TO MAKE THE TORTILLA STRIPS:

1. Cut the low carb tortilla into small strips.
2. Using a small frying pan, fry the low carb tortilla strips in a very small amount of olive oil and place them over the top of the salad once they are crispy. Set aside until you assemble the salad.

TO ASSEMBLE THE SALAD:

1. In a medium bowl add the romaine lettuce first.
2. Then place the remaining salad ingredients on top of the lettuce. Add the chicken, tomatoes, black soybeans, onions, avocado, cheddar cheese, and lime wedges separating the ingredients on top of the lettuce.
3. Place the ranch dressing and salsa in the middle of the salad using a piece of lettuce to hold it together but don't mix it in yet. The person consuming the salad will mix it in when they are ready to devour it!
4. Top with the low carb crispy tortilla strips you made earlier.
5. Add sliced jalapeños on top of the salad just before serving, if using.
6. Top with cilantro and serve.

SERVES 8

Calories 283, Total C 11.4g, Fiber 3.3g, Net C 8.1g, Sugars 2.2g, Fat 22.6g, Protein 11.1g

HOMEMADE COPYCAT GIRL SCOUT SAMOA COOKIE BARS

CRUST INGREDIENTS

1 1/4 cup almond flour
 1/4 cup sweetener of choice granulated
 (monk fruit or swerve)
 1/4 teaspoon salt
 4 tablespoon butter melted

FILLING INGREDIENTS

4 1/2 tablespoon butter
 1/2 cup plus 1/4 cup brown swerve
 1 cup of heavy cream
 1/2 teaspoon plus 1/4 teaspoon vanilla
 1/2 teaspoon salt

ADDITIONAL INGREDIENTS

Unsweetened coconut flakes
 Sugar free chocolate drizzle

INSTRUCTIONS

Toasted Coconut Flakes Instructions:

1. Add unsweetened coconut flakes to a baking sheet.
2. Toast at 325 degrees for about 5-7 minutes or until toasted - watch closely.

Crust Instructions:

1. In a medium mixing bowl, stir all the crust ingredients together.
2. Line a square baking pan with parchment paper and add the mixed crust ingredients to it.
3. Press the mixed ingredients down into the bottom of the baking pan until well packed and evenly spread in the pan.
4. Bake at 325 degrees for 15-18 minutes.
5. Remove from the oven and set aside to cool.

Filling Instructions:

1. In a skillet, add butter and brown swerve and simmer for 3-5 minutes.
2. Add heavy cream, vanilla, and salt and mix well.
3. Next, add unsweetened coconut flakes and mix together in the skillet.

How to make cookie bars:

1. With the crust cooled, drizzle sugar-free chocolate on top.
2. Then add the filling over the chocolate drizzle.
3. Refrigerate for 1 hour, then top with the drizzle again.
4. Cut into squares and enjoy!

Serves 12 (1 bar)

Calories 190, Total C 3.4g, Fiber 0.8g, Net C 2.6g, Sugars 0.9g, Fat 15.5g, Protein 2.2g