

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

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

Deli Ham and Cheese
Sandwich on Cloud Bread

Instant Pot Keto Crack
Chicken with Side Salad
and Ranch

Bullet Proof Style
Coffee/Bone Broth
Cheese Omelet

Leftover Instant Pot Keto
Crack Chicken

Low Carb Salmon Cakes
with Cauliflower Rice

Bullet Proof Style
Coffee/Bone Broth
Keto Egg Burritos

Leftover Low Carb Salmon
Cakes with Cauliflower
Rice

Keto Taco Salad

Bullet Proof Style
Coffee/Bone Broth
Ham & Cheese Omelet

Leftover Keto Taco Salad

Low Carb Lemon Garlic
Chicken

Bullet Proof Style
Coffee/Bone Broth
Deviled Eggs

Leftover Low Carb
Lemon Garlic Chicken

Baked Pork Chops with
Steamed Vegetables

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

Leftover Baked Pork Chops
with Steamed Vegetables

Keto Chicken and
Cheese Enchiladas

Bullet Proof Style
Coffee/Bone Broth
Eggs & Bacon

Leftover Keto Chicken
and Cheese Enchiladas

Baked Fish (your choice)
with Roasted Vegetables
Topped with Butter

KETO EGG BURRITOS

KETO EGG BURRITO INGREDIENTS

2 large eggs
2 tbsp parmesan cheese
1 tbsp butter

TOPPING OPTION INGREDIENTS

2 slices ham
1 green onion
pinch of shredded cheese
Or
crumbled breakfast sausage
chopped pepper
pinch of shredded cheese
Or
fresh spinach
chopped pepper
pinch of shredded cheese

INSTRUCTIONS

1. Melt butter in small saucepan over medium heat.
2. Whisk together eggs and parmesan cheese.
3. Pour in a pan of melted butter.
4. Cook on low for 1 minute.
5. Top with ham, green onion, and shredded cheese (or use other topping options).
6. Place cover on sauce pan and cook for 2 minutes.
7. Slide your egg onto a plate and roll up burrito.

SERVES 1

Calories 286, Total C 1.1g, Fiber g, Net C 1.1g, Sugar .5g, Fat 23.8g, Protein 16.5g

LOW CARB CLOUD BREAD

LOW CARB CLOUD BREAD INGREDIENTS

- 3 eggs separated
- 3 Tablespoons cream cheese
- 1/4 teaspoon baking powder or cream of tartar
- Optional: 1/2 teaspoon Rosemary seasoning
- Optional: 1/2 teaspoon sea salt
- Optional: 1/4 teaspoon pepper

INSTRUCTIONS

- Preheat the oven to 350 degrees Fahrenheit
- Separate the egg yolks from the egg whites.
- In the egg yolks bowl, add the cream cheese and mix it with a hand mixer until it's fully blended.
- In the egg whites bowl, add the baking powder and mix it with a hand mixer until the egg whites are fluffy and form peaks that hold their shape (as seen in the photos below). This process will take the longest at about 5 minutes or so.
- Next, you will combine both bowls together into one. Fold the mixtures together until they are fully mixed but don't over mix these ingredients. It's important to keep the egg whites nice and fluffy. Over mixing these ingredients will cause a thick liquidy mixture and that won't work for this bread recipe. There will be no way to correct this recipe if you over mix it. You will want to do this rather quickly so the ingredients don't melt back to a liquid consistency.
- Spray the baking pan with a non-stick cooking spray and drop small spoonfuls of the batter onto a cookie sheet with a bakers mat to prevent sticking. Use the spoon to spread out the batter in the size of bread you want. Now sprinkle any seasonings you want on the top of each bread patty.
- I made hamburger bun sized bread patties. I am able to get between 10 and 12 slices of bread out of this recipe.
- Bake it for about 15 to 20 minutes. My oven tends to cook at a higher temperature so I know my recipes get done faster. Usually, 15 minutes is all it takes for me. Be sure to watch it when it's close to the 15-minute mark. They should be a light golden brown color when they are done.

SERVES 12 (2 pieces per serving)
Calories 27, Total C .3g, Fiber 0g, Net C .3g, Sugar .1g, Fat 2.1g, Protein 1.7g

INSTANT POT CRACK CHICKEN

INGREDIENTS

2 lbs chicken breasts or chicken tenders boneless and skinless
12 oz cream cheese block and a half
2 1 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

1. Place 1 cup of liquid (bone broth or water) in the bottom of the pressure cooker.
2. Prep the cream cheese by cutting the blocks into large cubes.
3. Add the chicken to the pressure cooker.
4. Add the cream cheese and seasonings on top of the chicken.
5. Set the pressure cooker to high for 10 minutes for chicken tenders or 12 minutes for full chicken breasts.
6. Once the time is up, do a quick release.
7. Carefully remove the chicken and shred it using two forks.
8. Place the shredded chicken back in the liquid juices that are reserved in the pressure cooker.
9. Add the cheddar cheese and bacon crumbles to the shredded chicken and mix the ingredients together.
10. 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.
11. Serve warm and enjoy!

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
1/2 teaspoon ground black pepper

INSTRUCTIONS

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

SERVES 6

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

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

LOW CARB LEMON GARLIC CHICKEN

INGREDIENTS

3 tablespoons of olive oil
juice of 1 lemon
3 cloves of garlic, minced
2 teaspoons of dried oregano
1 pound of chicken thighs
salt and pepper, as desired
1/2 pound of asparagus, cut into 2-inch sections, ends
discarded
1 zucchini, sliced into half-moons
1 lemon, sliced

INSTRUCTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large bowl, season chicken with lemon juice, garlic, oregano, salt, and pepper.
3. To a large cast iron skillet over medium-high heat, warm oil in the skillet. Add chicken and brown both sides, about 4 minutes on each side.
4. Remove from heat, add in remaining ingredients, place in oven and cook for 30 minutes, or until chicken is cooked.

SERVES 4

Calories 302, Total C 7.9g, Fiber 1.8g, Net C 6.1g, Sugar 2.7g, Fat 16.9g, Protein 31.1g

KETO CHICKEN AND CHEESE ENCHILADAS

KETO CHICKEN AND CHEESE ENCHILADAS INGREDIENTS

4 medium zucchini
 3 boneless chicken breasts
 5 oz cream cheese
 1 small can diced green chilis
 1 tsp salt
 1 tsp pepper
 1/2 tsp cumin
 1/2 tsp chili powder
 1/2 tsp garlic powder
 Red Rosarita enchilada sauce
 Queso Fresco
 Monterey Jack cheese
 Sour Cream for topping

INSTRUCTIONS

- Thinly slice 4 medium zucchini, leaving out the core when you start getting too many seeds. (I don't have a mandolin, so I used a veggie peeler to get them nice and thin.). I used a handheld veggie peeler. You could also use a mandolin.
- Boil and shred three boneless, skinless chicken breasts, then mix with about 5 oz. cream cheese, one small can of diced green chilis, 1 tsp salt, 1 tsp pepper, 1/2 tsp cumin, 1/2 tsp chili powder, and 1/2 tsp garlic powder.
- Place about 4 Tbsp of the chicken mixture across 5-6 overlapping slices of zucchini.
- Roll as tightly as possible. (My sushi skills definitely helped out here!). The first couple were challenging, but you get the hang of it.
- Transfer to a baking dish with a spatula to keep nice and intact.
- Top with Red Rosarita enchilada sauce crumbled queso fresco, and shredded Monterey Jack cheese. Bake in 375° F oven for about 45 minutes until bubbling and zucchini is nice and tender.
- Top with a dollop of sour cream and enjoy!

KETO HOMEMADE FERRERO ROCHER

INGREDIENTS

1/2 cup almond flour
1 cup hazelnuts (a handful go for the cover and 18 to the inside of the balls)
1/4 cup of water
1 tablespoon soaked chia seeds
2 tablespoons dark cacao powder
1/3 cup fine unsweetened coconut
5 ounces dark chocolate
1/2 cup almond butter
1/4 cup allulose syrup

INSTRUCTIONS

1. Roast the hazelnuts in the oven for 10 minutes at 350 degrees.
2. Place the roasted hazelnuts (leave a handful aside to place in the center of the balls and another handful for the cover, about 1/3 cup in total), almond flour, fine unsweetened coconut, chia seeds (previously soaked), and cacao powder in a food processor, then blitz and combine.
3. Pour it into a medium bowl and add almond butter and allulose syrup.
4. Stir until combine.
5. Roll mixture into balls, making sure to place a hazelnut in the center of each ball.
6. Coat balls in melted chocolate with minced hazelnuts.
7. Place balls in the fridge to harden. Or in the freezer for an icy version.

SERVES 18

Calories 157, Total C 5.4g, Fiber 2.8g, Net C 2.6g, Sugars 1.1g, Fat 13.3g, Protein 4.6g