

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

Bullet Proof Style  
Coffee/Bone Broth  
Eggs and Bacon

Naked BLT Wrap

Keto Sugar Free Glazed Ham  
with Steamed Veggies

Bullet Proof Style  
Coffee/Bone Broth  
Breakfast Charcuterie Board

Leftover Keto Sugar Free Glazed  
Ham with Steamed Veggies

Loaded Sausage and Pepper  
Casserole

Bullet Proof Style  
Coffee/Bone Broth  
Deviled Eggs with Mayo

Leftover Loaded Sausage and  
Pepper Casserole

Baked Fish (your choice) +  
Roasted Veggies Topped with  
Butter

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Breakfast  
Charcuterie Board

1/2 Avocado with Tuna and  
Mayo

Keto White Chicken  
Enchiladas with Cream Sauce

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

Leftover Keto White Chicken  
Enchiladas with Cream Sauce

Baked Chicken Spinach Salad  
with MCT Oil Dressing

Bullet Proof Style  
Coffee/Bone Broth  
Ham & Cheese Omelet

Leftover Baked Chicken  
Spinach Salad with MCT Oil  
Dressing

Keto Teriyaki Chicken and  
Broccoli Bowl

Bullet Proof Style  
Coffee/Bone Broth  
Cheese Omelet

Leftover Keto Teriyaki Chicken  
and Broccoli Bowl

Pan Grilled Steak with Cheesy  
Bacon Ranch Roasted Broccoli

# KETO BREAKFAST CHARCUTERIE BOARD

## INGREDIENTS

Different types of chaffles  
 Blueberry Chaffle Recipe  
 Lemon Chaffle Recipe  
 Chocolate Chip Chaffle Recipe  
 Bacon, pre-cooked  
 Breakfast sausage, pre-cooked (optional)  
 Strawberries  
 Blueberries  
 Raspberries  
 Blackberries  
 Sugar Free Chocolate Chips  
 Butter squares  
 Sugar free syrup  
 Keto fruit dip  
 Fresh mint for greenery on board

## KETO CREAM CHEESE FRUIT DIP INGREDIENTS

4 ounces cream cheese, room temp to avoid clumps  
 1 cup heavy whipping cream  
 1/2 cup monk fruit confectioners blend  
 1 teaspoon vanilla

## INSTRUCTIONS

1. Precook bacon and sausage (optional).
2. Begin adding items to the Bamboo Cutting Board in this order:
  - Pre-cooked crispy bacon
  - Pre-cooked breakfast sausage (optional)
  - Strawberries
  - Blueberries
  - Raspberries
  - Blackberries
  - Bowl of butter squares
  - Small mini pitcher of sugar free syrup
  - Bowl of keto fruit dip
  - Fresh mint for greenery

## KETO CREAM CHEESE FRUIT DIP INSTRUCTIONS

1. Mix with all the ingredients with a hand mixer until the whipping cream becomes thick and creamy.

SERVES 20

Calories 70, Total C 3.7g, Fiber 1.7g, Net C 2g, Sugars 2.3g, Fat 5.7g, Protein 1.3g

\*nutrition does not include chaffles

# KETO SUGAR FREE GLAZED HAM

## INGREDIENTS

5-7 pound precooked ham

## GLAZE INGREDIENTS

1/2 cup butter

1/2 cup sukrin gold

1/3 cup maple syrup

1/8-1/4 teaspoon orange extract

1 1/2 teaspoons guar gum

2 tablespoons of dijon mustard

## HAM INSTRUCTIONS

1. Cook the ham per standard directions on the package. As a general rule, a pre-cooked ham is usually baked for 15-20 minutes per pound at 325 degrees. Be sure to check the instructions on your ham before proceeding.

## GLAZE INSTRUCTIONS

1. Mix all the ingredients together in a saucepan.
2. Cook over medium to low heat for 5-8 minutes.
3. Then pour half over the ham before baking and cook.
4. After the ham is finished baking, drizzle the remaining on top to serve.

SERVES 10

Calories 185, Total C 1.4g, Fiber 1g, Net C 0.4g, Sugars 0.1g, Fat 13.9g, Protein 13.7g

# 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 WHITE CHICKEN ENCHILADAS WITH CREAM SAUCE

## INGREDIENTS

10 low carb tortillas or these homemade keto tortillas  
2 cups cooked shredded chicken (this is about 2 large chicken breasts, pre-cooked)  
2 1/2 cups shredded Monterey Jack cheese  
3 tablespoons butter  
8 ounces cream cheese  
1/2 cup heavy whipping cream  
3/4 cup chicken broth  
2 - 4 ounce can of diced green chilies, drained  
Sour cream for topping  
Cilantro for topping

## INSTRUCTIONS

1. Precook the chicken or use rotisserie chicken, shredded. Set aside.
2. In a large saucepan over medium heat, add the butter, cream cheese, heavy cream, 2 cups of Monterey Jack cheese, diced green chilies, and chicken broth. Stir until smooth and creamy.
3. Use a 9 x 13 casserole dish, add about 2 to 3 tablespoons of shredded chicken and shredded cheese to each tortilla and roll it up. Place the tortilla face down in the casserole dish so the enchilada doesn't unroll.
4. Continue this until each tortilla is filled and placed in the dish.
5. Pour the cream cheese sauce over the enchiladas and top with the remaining 1/2 cup of shredded cheese.
6. Bake for 22 minutes until the dish is completely warmed and the cheese is melted. Turn the heat up to broil for the last 3 minutes to brown the cheese.
7. Sprinkle with cilantro and serve with a dollop of sour cream.

SERVES 10

Calories 332, Total C 4.4g, Fiber 2g, Net C 2.4g, Sugars 1.4g, Fat 25.4g, Protein 22.8g

# KETO TERIYAKI CHICKEN AND BROCCOLI BOWL

## INGREDIENTS

10 ounces broccoli florets, cut into 1-inch size pieces  
2 chicken breasts, cubed  
2 tablespoons coconut oil  
1 teaspoon garlic powder  
1/2 teaspoon ginger paste or ginger powder  
1 teaspoon onion powder  
3/4 cup G Hughes Sugar-Free Teriyaki Sauce

## TOPPINGS

2 tablespoons sesame seeds  
2 tablespoons chopped cashews

## OPTIONAL

Homemade Low Carb Flour Tortillas  
Cauliflower Rice

## INSTRUCTIONS

1. Cube the chicken breasts first. You can use chicken thighs if you prefer.
2. In a large frying pan over medium heat, add the coconut oil.
3. Add the chicken cubes and sprinkle them with garlic powder, ginger, and onion powder.
4. Cook until more than halfway done.
5. Add the fresh cut broccoli florets.
6. Pour in the G Hughes Sugar-Free Teriyaki Sauce.
7. Cover with a lid and allow it to cook until the broccoli is nice and tender.
8. Top with sesame seeds and chopped cashews.

SERVES 4

Calories 175, Total C 9.6g, Fiber 2.8g, Net C 6.8g, Sugars 1.8g, Fat 12.7g, Protein 7.7g

\*optional ingredients not included in nutrition

# CHEESY BACON RANCH ROASTED BROCCOLI

## INGREDIENTS

- 1 - 12 ounce bag of broccoli florets
- 3 tablespoons olive oil or avocado oil
- 2 tablespoons Homemade Ranch Dry Seasoning - recipe attached  
(or store-bought if you are dirty keto)
- 1 tablespoon garlic, minced
- 1 tablespoon dill (dried)
- 1 teaspoon oregano (dried)
- 2 teaspoons pink salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper (optional for extra spice)
- 6 slices bacon, precooked and crispy
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup cheddar cheese, shredded (or pepper jack for extra spice)
- 2 tablespoons fresh parsley for topping, chopped

## TOPPING INGREDIENTS

- 1/4 cup sour cream
- 3 tablespoons mayo
- 1 tablespoon water
- 1 tablespoon sriracha

## DRY 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 or pink salt
- 1/2 teaspoon ground black pepper

## INSTRUCTIONS

1. Preheat the oven to 450 degrees.
2. Toss the broccoli florets in the olive oil until all florets are coated.
3. Add the homemade ranch seasoning, garlic, dill, oregano, salt, black pepper, and crushed red pepper if using.
4. Mix all the florets until the seasonings are well coated on each piece.
5. Roast until the florets are golden and tender. This will take about 18 to 20 minutes.
6. Take the florets out of the oven and sprinkle with mozzarella, cheddar shredded cheese, and crumbled bacon bits.
7. Bake for 3 to 5 more minutes or just enough time for the cheese to melt.
8. While the broccoli florets are roasting, make the sauce to drizzle over the top.
9. In a small bowl combine the sour cream, mayo, and water. Feel free to add more water to get the consistency you want.
10. Add the mixture to a plastic squeeze condiment bottle so you can easily drizzle it over the roasted broccoli (or use a spoon).
11. When the broccoli is done roasting, drizzle the sour cream mayo sauce over the dish and then drizzle it with sriracha sauce.
12. Top with chopped parsley and serve warm.
13. Enjoy!

## DRY RANCH SEASONING RECIPE INSTRUCTIONS

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

Serves 12

Calories 151, Total C 3g, Fiber 0.5g, Net C 2.5g, Sugars 1.2g, Fat 13.4g, Protein 5.1g

# KETO 3 INGREDIENT CHOCOLATE NUT CLUSTERS

## INGREDIENTS

1/3-1/2 cup Lily's Chocolate Chips (chocolate mint,  
chocolate salted caramel, and butterscotch flavored chips)  
1/2 teaspoon coconut oil  
Roasted Almonds, Pecans, or Walnuts (your choice)

## INSTRUCTIONS

1. In a small bowl, add 1/3- 1/2 cup of the varied Lily's chocolate chips in the new flavors, chocolate mint, chocolate salted caramel, and butterscotch flavored chocolate chips.
2. Next, add a 1/2 tsp of coconut oil and microwave 30 seconds for each.
3. Place 3-4 almonds in any candy mold that cups the nuts as you pour about a tsp of each flavor over the nuts.
4. Lastly, place the candy mold into the refrigerator for 20-30 min or 10-20 in a freezer to allow the chocolate to cool and set.
5. Pop out the candy covered nuts out of the mold and enjoy!

NOTE: Each flavor makes 9 nut clusters. Nutrition is based on 1 cluster as a serving.

Serves 9

Calories 27, Total C 0.9g, Fiber 0.5g, Net C 0.4g, Sugars 0.2g, Fat 2.4g, Protein 0.9g