

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

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

Easy Chicken Parmesan  
Chaffle

Keto Bacon Cheddar  
Soup

Bullet Proof Style  
Coffee/Bone Broth  
Ham & Cheese Omelet

Leftover Keto Bacon  
Cheddar Soup

Low Carb Alfredo  
Chicken Pasta

Bullet Proof Style  
Coffee/Bone Broth  
Keto Blueberry Breakfast  
Roll Ups

Leftover Low Carb Alfredo  
Chicken Pasta

25 Minute Shrimp and  
Sausage Skillet Dinner

Bullet Proof Style  
Coffee/Bone Broth  
Eggs and Bacon

Leftover 25 Minute Shrimp  
and Sausage Skillet  
Dinner

Baked Chicken over  
Salad with MCT Oil  
Dressing

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Keto Blueberry  
Breakfast Roll Ups

Leftover Baked  
Chicken over Salad with  
MCT Oil Dressing

Mushroom Pizza Recipe  
with Cauliflower Crust

Bullet Proof Style  
Coffee/Bone Broth  
Bacon & Egg Omelet

Leftover Mushroom Pizza  
Recipe with Cauliflower  
Crust

Baked Fish (your choice)  
with Keto Cheesy  
Zucchini Casserole

Bullet Proof Style  
Coffee/Bone Broth  
Cheesy Eggs

Leftover Baked Fish  
(your choice) with Keto  
Cheesy Zucchini  
Casserole

Grilled Steak Topped  
with Butter and Salad  
and Ranch Dressing

# KETO BLUEBERRY BREAKFAST ROLL UPS

## INGREDIENTS

7 slices Sola Bread or keto-friendly bread  
1 teaspoon butter  
2 eggs  
2 teaspoons vanilla  
Filling  
2-3 tablespoons cream cheese  
Blueberry Compote Recipe  
Optional  
Keto friendly syrup  
Cooked bacon

## INSTRUCTIONS

1. Make the blueberry compote recipe using the ingredients on the recipe here.
2. Cut the crust off the edges of the Sola bread or keto friendly bread of choice.
3. Flatten the bread using a rolling pin.
4. Spread cream cheese on one edge of the bread on both edges.
5. Add a small amount of blueberry compote on top of the cream cheese.
6. Roll the bread starting where the cream cheese and compote is on the bread and roll to the other edge.
7. In a small bowl, mix eggs and vanilla together.
8. Dip the roll ups in the egg mixture and place them in a heated skillet with melted butter.
9. Set the keto roll ups into the skillet and toast it on all sides.
- 10.
11. Once it is completely toasted on all sides, set it on a plate and serve with keto friendly syrup.

SERVES 7

Calories 120, Total C 9.6g, Fiber 4.2g, Net C 5.4g, Sugars 1.3g, Fat 7.4g, Protein 7.2g

# EASY CHICKEN PARMESAN CHAFFLE

## CHAFFLE INGREDIENTS

1/2 cup canned chicken breast or leftover shredded chicken  
1/4 cup cheddar cheese  
1/8 cup parmesan cheese  
1 egg  
1 teaspoon Italian seasoning  
1/8 teaspoon garlic powder  
1 teaspoon cream cheese, room temperature

## TOPPING INGREDIENTS

2 slices of provolone cheese  
1 tablespoon sugar-free pizza sauce

## INSTRUCTIONS

1. Preheat the mini waffle maker.
2. In a medium-size bowl, add all the ingredients and mix until it's fully incorporated.
3. Add a teaspoon of shredded cheese to the waffle iron for 30 seconds before adding the mixture.
4. This will create the best crust and make it easier to take this heavy chaffle out of the waffle maker when it's done.
5. Pour half of the mixture in the mini waffle maker and cook it for a minimum of 4 to 5 minutes.
6. Repeat the above steps to cook the second Chicken Parmesan Chaffle.
7. Top with a sugar-free pizza sauce and one slice of provolone cheese. I like to sprinkle the top with even more Italian Seasoning too!

SERVES 2

Calories 304, Total C 9.2g, Fiber 2.3g, Net C 6.9g, Sugars 4.7g, Fat 21.8g, Protein 18.5g

# KETO BACON CHEDDAR SOUP

## INGREDIENTS

1 pound bacon, diced  
 1/2 medium yellow onion, diced  
 1 cup celery, diced (about 2 celery stalks)  
 1 tablespoon garlic, minced  
 2 cups chicken broth (or vegetable broth)  
 1 teaspoon Pink Himalayan Salt  
 1/2 teaspoon black pepper  
 1 tablespoon Tabasco sauce

## INGREDIENTS

1 tablespoon Worcestershire sauce  
 1/4 teaspoon mustard powder  
 1 pound of block cheddar cheese (this equals about 3 cups)  
 3/4 cup heavy whipping cream  
 1 teaspoon glucomannan powder + 1 tablespoon cold water

## TOPPINGS

Chives  
 Extra Bacon Crumbles  
 Fresh sliced jalapenos

## INSTRUCTIONS

1. Shred the cheddar cheese and gather all of the ingredients before you begin.
2. Add bacon to a large soup pot and cook over medium-high heat, stirring occasionally, until crispy.
3. After the bacon is fully cooked, reserve a small amount on the side to garnish.
4. If you have a ton of bacon grease in a pot, drain some of the bacon fat and reserve it for later and use it in another recipe. There should be enough fat to fully coat your onion and celery.
5. Add chopped onion and celery and saute over medium heat until soft. This will take about 6 or 7 minutes.
6. Add the chicken broth to the large pot and bring it to a boil.
7. Add the pink salt, pepper, garlic, tabasco, mustard powder, and Worcestershire sauce. Mix until all the seasonings have fully combined.
8. Reduce the heat to a simmer.
9. In a small container mix the glucomannan powder with the cold water until it's fully combined. Stir in the thickening slurry quickly into the warm broth mixture.
10. Add the shredded cheddar cheese and heavy whipping cream to the broth. Mix it until it's fully melted and combined.
11. Turn off the heat and allow it to cool a bit. This will help it thicken just before you serve it.
12. If you want a thicker soup, you can add another teaspoon of glucomannan powder with 1 tablespoon of water now. Thicken to your desired soup consistency.
13. Serve garnished with the reserved bacon crumbles, chives, and freshly sliced jalapenos for extra flavor!

SERVES 8

Calories 27, Total C 2.2g, Fiber 0.4g, Net C 1.8g, Sugars 1g, Fat 1.6g, Protein 1.1g

# LOW CARB ALFREDO CHICKEN PASTA

## INGREDIENTS

8 to 10 oz fresh spinach  
1/4 cup olive oil  
1 tbs minced garlic  
8 oz cream cheese  
1/2 cup heavy cream  
8 oz grilled chicken (precooked and cubed)  
1 cup parmesan cheese  
2 tsp pink salt  
4 tbs butter, melted  
1/4 cup chopped Fresh parsley  
2 packages Healthy Noodles

## INSTRUCTIONS

1. In a large casserole dish add fresh spinach, olive oil, and minced garlic.
2. Mix up the ingredients well until the oil has coated all of the ingredients.
3. Bake at 350 degrees for 20 minutes.
4. Remove from the oven and add heavy cream, parmesan cheese, salt, and the melted butter.
5. Mix until you have a creamy sauce.
6. Remove the healthy noodles from the packages and rinse under warm water.
7. Drain the noodles.
8. Add the rinsed noodles and the precooked heated chicken to the sauce.
9. Mix until fully combined.
10. If the dish is warm enough, you can serve it right away. If it needs to be heated more just pop it back in the oven for about 5 or 10 minutes until it's fully heated.
11. Chop the fresh parsley.
12. Sprinkle the parsley over the pasta and serve warm.
13. Enjoy!

SERVES 6

Calories 483, Total C 4g, Fiber 1g, Net C 3g, Sugars 2g, Fat 44g, Protein 19g

# 25 MINUTE SHRIMP AND SAUSAGE SKILLET DINNER

## INGREDIENTS

1 tablespoon of olive oil  
1 pound of smoked sausage link cut into 1 inch chunks  
1 pound of cooked shrimp deveined and tails on  
salt and pepper to taste  
1 teaspoon of onion powder  
1 small zucchini sliced into half-moons  
1 small yellow squash sliced into half-moons  
1/2 green bell pepper cut into chunks  
1 cup of mushrooms sliced  
1 cup of grape tomatoes  
4 sprigs of thyme  
1 teaspoon of onion powder  
2 bay leaves  
1 tablespoon of Italian seasoning  
1/2 cup to 1 cup of beef broth

## INSTRUCTIONS

1. In a large cast iron skillet over medium-high heat, add in oil and warm.
2. Next, add in sausage and shrimp, cook to heat through, about 2 minutes.
3. Add in remaining ingredients, stir and cover, stirring occasionally.
4. Cook for 10-15 minutes or until zucchini and squash have reached your desired level of tender.

SERVES 4

Calories 202, Total C 4.7g, Fiber 1.4g, Net C 2.8g, Sugars 2.1g, Fat 9.1g, Protein 26.6g

# MUSHROOM PIZZA RECIPE WITH CAULIFLOWER CRUST

## INGREDIENTS

- 3 tablespoons flaxseed
- 1/2 cup water
- 1 small head of cauliflower
- 1/3 cup coconut flour
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1 teaspoon dried parsley

## SAUCE AND TOPPINGS

- 1/3 cup Rao's pizza sauce
- 2 cups mushrooms
- 1/4 cup sundried tomatoes
- 4 garlic cloves
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 tablespoons olive oil

## INSTRUCTIONS

1. Preheat oven to 450 degrees.
2. Make the flaxseed egg by mixing the flaxseed with water. Let it sit while making the rest of the pizza.
3. Remove cauliflower steams and chop them into florets. Place them into a food processor to get cauliflower rice. Squeeze out the excess liquid with a tea towel if necessary.
4. In a medium bowl, place cauliflower rice, flaxseed egg, coconut flour, smoked paprika, salt, and parsley. Stir very well to combine. At this point is important to take time for the flaxseed egg to be regularly spread all over the dough.
5. Line a baking tray with parchment paper and place the pizza dough on it. Pressing with a spoon to get it set properly. Bake for about 20 minutes or until golden brown.
6. Prepare the sauce by mixing pizza sauce with basil and oregano. Set aside.
7. For the toppings, chop mushrooms in slices and crushed garlic cloves.
8. Place olive oil in a heated skillet and add crushed garlic. Cook until fragrant and remove garlic from the skillet. Add sliced mushrooms and cook until tender.
9. Prepare the pizza by coating the pizza with the sauce and topping it with garlic-infused mushrooms and sundried tomatoes.
10. Put it back in the oven for 8-10 minutes. Remove, garnish with fresh herbs and minced garlic.
11. Enjoy!

SERVES 8

Calories 100, Total C 8.3g, Fiber 4.1g, Net C 4.2g, Sugars 2.4g, Fat 6.8g, Protein 3.4g

# KETO CHEESY ZUCCHINI CASSEROLE

## INGREDIENTS

- 1 pound Italian Breakfast sausage
- 2 medium zucchini, sliced
- 2 medium yellow squash, sliced
- 1 medium onion, diced
- 3 tablespoons olive oil
- 2 tablespoons fresh basil, chopped (or 3 tbs parsley)
- 1 large tomato or 2 small Roma tomatoes
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup mozzarella cheese, shredded
- 3/4 cup Parmesan cheese, grated

## INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a medium frying pan over medium heat, cook the sausage into crumbles until browned. Drain and set aside.
3. Cut all the vegetables as instructed.
4. Spray a large baking dish (9x13 size) with nonstick cooking spray.
5. In a large bowl, combine the zucchini, squash, onion and drizzle the olive oil over the veggies.
6. Sprinkle the seasonings (basil, thyme, garlic powder, onion powder, salt, and pepper over the vegetables. Mix until all the vegetables are fully coated with seasonings.
7. Layer the vegetables in the baking dish starting with a layer of vegetables first.
8. In between each layer add a layer of cooked sausage crumbles.
9. Top each layer with mozzarella cheese and Parmesan cheese.
10. After the last layer of vegetables add tomato slices to the top of the vegetables. Finish the final layer with Parmesan cheese and mozzarella cheese.
11. Bake uncovered for about 35 to 45 minutes or until the vegetables are soft and tender. Be sure to place the dish in the center of the oven so the cheese doesn't burn on top before the vegetables are done.

SERVES 8

Calories 104, Total C 2.4g, Fiber 0.5g, Net C 1.9g, Sugars 0.8g, Fat 9.7g, Protein 2.5g



# NO BAKE KETO LEMON MOUSSE

## INGREDIENTS

1 cup heavy whipping cream  
1/4 cup fresh lemon juice  
1/3 cup keto monk fruit powdered sugar  
4 ounces cream cheese, room temp  
1 teaspoon vanilla

## OPTIONAL GARNISH

blueberries  
lemon zest or wedge  
mint leaves

## INSTRUCTIONS

1. Add all ingredients to a medium mixing bowl.
2. Mix until fully combined and refrigerate.
3. Pipe into a piping bag with a large star top and pip into cute glass decorative serving cups.
4. Divide into 4 small servings.
5. Garnish with a mint leaf, fresh blueberries, and fresh lemon slice or lemon zest.

SERVES 4

Calories 208, Total C 3.9g, Fiber 0g, Net C 3.9g, Sugars 2.8g, Fat 20.6g, Protein 2.6g