

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

Bullet Proof Style  
Coffee/Bone Broth  
Ham and Cheese Omelet

2 Deviled Eggs and 2  
Slices of Ham

Zucchini Noodles with  
Keto Bolognese Sauce

Bullet Proof Style  
Coffee/Bone Broth  
Bacon, Egg and Cheese  
Breakfast

Leftover Zucchini Noodles  
with Keto Bolognese Sauce

Keto Bacon Ranch  
Chicken Casserole

Bullet Proof Style  
Coffee/Bone Broth  
Cheesy Eggs

Leftover Keto Bacon  
Ranch Chicken Casserole

Bacon Wrapped Pork  
Tenderloin with Steamed  
Vegetables

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Bacon, Egg and  
Cheese Breakfast

Leftover Bacon Wrapped  
Pork Tenderloin with  
Steamed Vegetables

Keto Buttermilk Fried  
Chicken and a Salad  
with Ranch Dressing

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

Leftover Keto Buttermilk  
Fried Chicken and a Salad  
with Ranch Dressing

Low Carb Salmon Cakes  
with Roasted Broccoli  
and Cauliflower

Bullet Proof Style  
Coffee/Bone Broth  
Turkey and Cheese Omelet

Leftover Low Carb Salmon  
Cakes with Roasted  
Broccoli and Cauliflower

Creamy Keto Mexican  
Chicken Soup

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

Leftover Creamy Keto  
Mexican Chicken Soup

Keto Pizza Chaffle

# BACON, EGG AND CHEESE BREAKFAST

## CRUST INGREDIENTS

6 ounces Low-moisture Mozzarella Natural Cheese shredded  
1 ounce Cream Cheese  
1 Large Egg  
1/2 cup Blanched Almond Flour

## FILLING INGREDIENTS

1/2 package bacon diced  
5 eggs scrambled  
1/2 cup cheddar cheese shredded  
Egg wash

## INSTRUCTIONS

1. Preheat your oven to 400 degrees. Shred the mozzarella cheese in a microwave-safe bowl.
2. Add almond flour and cream cheese to the same bowl.
3. Microwave for 1 minute.
4. Add egg, mix until pasty dough.
5. With a spatula, or by hand- mix all until well incorporated.
6. Scoop out onto greased parchment paper.
7. Add another sheet of parchment over top, roll out to desired thickness.
8. Remove top parchment paper and cut the dough lengthwise in the middle using a pizza cutter.
9. Next, cut the dough to make triangles.
10. Form a circle overlapping the corners to make a circle on the baking sheet.
11. Add scrambled eggs, bacon, and cheese on the inside of the circle.
12. Fold over the outer corner to the center of the circle to enclose the filling.
13. Using a brush, wipe an egg wash over all of the wreath.
14. Bake in the oven for 20-25 minutes or until golden brown.
15. Allow it to cool and serve.

SERVES 6

Calories 391, Total C 4.2g, Fiber 0.8g, Net C 3.4g, Sugars 1.6g, Fat 27.1g, Protein 25.1g

# ZUCCHINI NOODLES WITH KETO BOLOGNESE SAUCE

## INGREDIENTS

1 cup textured soy protein  
2 tablespoons olive oil  
4 large zucchinis 1 onion 1 carrot  
3 cloves garlic  
1 teaspoon paprika  
1 teaspoon dry oregano  
1/2 cup vegan red wine  
1 tablespoon Lakanto maple syrup  
1 can diced tomato  
1 cup tomato sauce  
1/2 red or green pepper  
1 cup of water  
Salt & black pepper to taste

## INSTRUCTIONS

1. The zucchini noodles can be made in different ways, using a mandoline or a spiralizer is the easiest one. But I've done it with a peeler and a knife too, it just takes a little bit more time.
2. Place the noodles in a colander and squeeze them gently to release any additional water. Pan fry zucchini noodles for 3 to 4 minutes over medium-high heat. Do not overcook them, they should reduce just a little until they are softened. Set aside.
3. In a large pot heat 2 tablespoons oil over medium heat.
4. Chop the onion, carrot, garlic, and pepper. Transfer to a pot and sauté for about 10 minutes, stirring occasionally. Once onions are fragrant and translucent, add fresh herbs and wine, bring to a simmer, and cover for 10 minutes to let the wine cook down.
5. Add the diced tomatoes, tomato sauce, and maple syrup to the simmering vegetables. Stir to combine, season with salt and pepper, then cover again and let cook for another 10-15 minutes.
6. Meanwhile, hydrate the soy protein in boiling water. The water should easily cover it, you need to get a tender "minced meat", add as much water as you need. You can always use a colander to get rid of extra water.
7. Finally, add the soy "meat" to the sauce, cook for just another minute.

Serves 10

Calories 132, Total C 8.2g, Fiber 3g, Net C 5.2g, Sugars 3.3g, Fat 3.8g, Protein 21.2g

# KETO BACON RANCH CHICKEN CASSEROLE

## KETO BACON RANCH CHICKEN CASSEROLE INGREDIENTS

- 1 1/2 cups precooked chicken, shredded
- 16 oz bag of frozen cauliflower florets ( or riced cauliflower)
- 1/4 cup bacon, cooked and chopped into small pieces
- 16 oz jar of Alfredo sauce
- 1/2 tsp Xanthan Gum
- 1/2 cup sour cream
- 3 tablespoons Homemade Ranch Seasoning recipe
- 1 cup Monterey Jack Cheese, shredded
- 1/2 cup Colby or Mexican blend cheese, shredded
- 2 tsp green onion or parsley, chopped (garnish)

## RANCH SEASONING INGREDIENTS

- 1 tbsp dried parsley
- 1 tsp dried chives
- 1 tsp dill weed
- 1 tsp garlic powder
- 1 tsp onion powder
- 3 tbsp buttermilk powder

## INSTRUCTIONS

- Preheat the oven to 375 degrees.
- In a medium bowl combine the alfredo sauce, Ranch seasoning mix, sour cream, and xanthan gum. Mix it together until all the ingredients fully combine.
- Add the frozen cauliflower and shredded chicken. Mix it until all the cauliflower and chicken is fully coated with the cream mixture.
- Pour the mixture into a 9x11 casserole dish.
- Top with both types of shredded cheese and bacon crumbles.
- Bake at 375 degrees for about 35 minutes (only 25 to 30 minutes if you are using fresh cauliflower instead of the frozen mix)
- Remove from the oven and top with parsley or green onions. Allow it to cool for about 5 minutes before serving.

# KETO BUTTERMILK FRIED CHICKEN

## BUTTERMILK SAUCE INGREDIENTS

8 tbs butter  
1/3 cup unflavored whey protein isolate or 1 scoop per the  
Isopure container  
1/4 cup water  
1/4 cup heavy whipping cream

## PANKO POWDER INGREDIENTS

2 cups pork panko  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp salt

## CHICKEN PREP INGREDIENTS

8 chicken legs or an equivalent amount skin on  
1/4 tsp garlic powder  
1/2 tsp paprika  
1/2 tsp cumin  
1/4 tsp onion powder  
1/4 tsp black pepper  
1/2 tsp pink salt

## INSTRUCTIONS

1. In a small saucepan, melt the butter over low heat.
2. Whisk in the unflavored whey protein isolate and mix it until this thick and creamy.
3. Continue using the whisk to mix in the water and heavy whipping cream. Mix until it's well incorporated.
4. Turn off the heat and set it aside. It will thicken more as it cools.
5. Start to prep the chicken.
6. Add the chicken to a large ziplock bag.
7. Add all the seasonings to the bag and shake it until the seasonings have completely coated the chicken pieces.
8. In a small bowl, combine the pork panko and the remaining seasonings.
9. Remove each piece of chicken from the ziplock bag and dip it in the somewhat cooled keto buttermilk mixture.
10. Now dip that piece of chicken into the pork panko.
11. Repeat the above sets until all the chicken has been prepped.

## COOKING METHODS

1. Air Fryer - cook at 375 degrees for about 15 to 18 minutes or until the chicken reaches an internal temperature of 165 degrees to be completely done.
2. Toaster Oven - cook at 375 degrees for about 15 to 18 minutes or until the chicken reaches an internal temperature of 165 degrees to be completely done.
3. Ninja Foodi - use the air crispier button and set the temp to 375 degrees for about 15 to 18 minutes or until the chicken reaches an internal temperature of 165 degrees to be completely done.
4. Oven method: Place the chicken on a baking sheet lined with a silicone mat or a sheet of aluminum foil and bake it at 375 degrees for 18 to 20 minutes or until the chicken reaches an internal temp of 165 degrees.

SERVES 8

Calories 306, Total C 2.4g, Fiber 0.2g, Net C 2.2g, Sugars 0.7g, Fat 22.5g, Protein 23g

# 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

# CREAMY KETO MEXICAN CHICKEN SOUP

## INGREDIENTS

1 1/2 cups chicken breasts or chicken tenders  
1 small yellow onion diced  
1 tbs butter  
1/2 cup red pepper diced  
1/2 cup green pepper diced  
2 tbs garlic minced  
1 4 oz can green chilis diced  
2 8 oz jars Ortega taco sauce mild or hot  
1 can Rotel green chilies and tomatoes  
8 oz cream cheese room temp  
32 oz chicken bone broth  
1/2 tsp black pepper  
1/2 tsp oregano  
2 tsp cumin  
1 tsp paprika

Top with cilantro and Monterey Jack shredded cheese

## INSTRUCTIONS

1. Add 1 tbs butter and diced onion to a stockpot. Saute until translucent.
2. Add the red and green peppers and cook until soft.
3. Remove the onion and peppers from the skillet and cook the chicken in the same pot.
4. Add the chicken and cook it until it's completely cooked through. Use a fork and shred the chicken when it's done.
5. After the chicken is shredded add the chicken bone broth and vegetables back in the pot.
6. Add the garlic, green chilis, taco sauce, and Rotel.
7. Remove 1 cup of bone broth and place it in a small bowl. Add the room temp cream cheese bone broth and mix it until all the cream cheese is well combined. Use a blender if necessary.
8. Pour that creamy mixture into the soup.
9. Add the remaining seasonings and simmer for about 30 to 45 minutes until the flavors come together.
10. Top with cilantro and shredded cheese.
11. Serve warm.

SERVES 16

Calories 195, Total C 7.3g, Fiber 0.6g, Net C 6.7g, Sugars 3.6g, Fat 8.1g, Protein 21.2g

# KETO PIZZA CHAFFLE

## INGREDIENTS

- 1 egg
- 1/2 cup mozzarella cheese, shredded
- Just a pinch of Italian seasoning
- No sugar added pizza sauce (about 1 tablespoon)
- Top with more shredded cheese, pepperoni (or any of your favorite toppings)

## INSTRUCTIONS

1. Preheat the Dash waffle maker.
2. In a small bowl, whip the egg and seasonings together.
3. Mix in the shredded cheese.
4. Add a tsp of shredded cheese to the preheated waffle maker and let it cook for about 30 seconds. This will help to create a more crisp crust.
5. Next, add half the mixture to the waffle maker and cook it for about 4 minutes until it's golden brown and slightly crispy!
6. Remove the waffle and add the remaining mixture to the waffle maker to make the second chaffle.
7. Top with a tablespoon of pizza sauce, shredded cheese, and pepperoni. Microwave it on high for about 20 seconds and voila! Instant Chaffle PIZZA!

SERVES 2

Calories 76, Total C 4.1g, Fiber 1.2g, Net C 2.9g, Sugars 1.9g, Fat 4.3g, Protein 5.5g



# 3 INGREDIENT LOW CARB BROWNIES

## 3 INGREDIENT KETO BROWNIES INGREDIENTS

10 oz jar of Lakanto Suntella (a keto friendly version of Nutella)

2 eggs

1/2 cup coconut flour

Optional: Sugar-free chocolate chips on top

## INSTRUCTIONS

- Preheat the oven to 350 degrees.
- In a medium-size bowl, combine the 10 oz jar of Lakanto Suntella, eggs and coconut flour.
- Mix the ingredients until they are well combined.
- Spray an 8-inch square baking pan with non-stick cooking spray. (or check out this brand new brownie pan!)
- Spread the brownie mixture into the 8-inch square baking pan.
- Optional: Sprinkle sugar-free chocolate chips on the top of the brownie mixture before you bake it.
- Bake it at 350 degrees for 15 minutes.
- Remove from the oven and allow to cool for about 5 to 10 minutes before serving.

SERVES 20

Calories 47, Total C 5.6g, Fiber 2.7g, Net C 2.9g, Sugar .6g, Fat 2.8g, Protein 1.5g