

# WEEKLY

# LOW CARB INSPIRATIONS

# MEAL PLAN



## BREAKFAST

## LUNCH

## DINNER

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

Keto Tuna Melt Chaffle

Dutch Oven Keto Pot Roast with  
Roasted Broccoli and Carrots

Bullet Proof Style  
Coffee/Bone Broth  
Biscuits And Gravy Chaffle

Leftover Dutch Oven Keto Pot Roast  
with Fresh Broccoli and Ranch

Low Carb Shrimp Scampi  
with Zoodles

Bullet Proof Style  
Coffee/Bone Broth  
Egg Muffins

Leftover Low Carb Shrimp  
Scampi with Zoodles

Bacon Wrapped Pork with  
Steamed Broccoli Topped with  
Butter

Bullet Proof Style Coffee/Bone  
Broth  
Leftover Biscuits And Gravy Chaffle

Leftover Bacon Wrapped Pork  
with Steamed Broccoli Topped  
with Butter

Instant Pot Sausage and  
Cabbage Soup

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

Leftover Instant Pot Sausage  
and Cabbage Soup

Boiled Sausage with Baked  
Zucchini Spears with  
Seasonings

Bullet Proof Style  
Coffee/Bone Broth  
Leftover Egg Muffins

Rolled Up Ham Slices with  
Cream Cheese and Banana  
Peppers

Meatza Pizza

Bullet Proof Style  
Coffee/Bone Broth  
Ham/Cheese Omelet

Leftover Meatza Pizza

Leftover Boiled Sausage with  
Baked Zucchini Spears with  
Seasonings

# BISCUITS AND GRAVY CHAFFLE

## INGREDIENTS

- 2 tbs Unsalted Butter, melted
- 2 Large Eggs
- 1 c. Mozzarella Cheese, shredded
- 1 tbs Garlic, minced
- 10 drops Cornbread Extract (optional)
- 1/2 tbs Lakanto Confectioners (optional)
- 1 tbs Almond Flour
- 1/4 tsp Granulated Onion
- 1/4 tsp Granulated Garlic
- 1 tsp Dried Parsley
- 1 tsp Baking Powder
- 1 batch Keto Sausage Gravy Recipe (attached)

## INSTRUCTIONS

1. Preheat Mini Waffle Maker.
2. Melt the butter, let cool.
3. Whisk in the eggs, then fold in the shredded cheese.
4. Add the rest of ingredients and mix thoroughly.
5. Scoop 1/4 of batter onto waffle maker and cook 4 minutes.
6. Remove and let cool on wire rack.
7. Repeat for remaining 3 chaffles.
8. Make the Sausage Gravy Recipe per instructions.

SERVES 4 (chaffle only)

Calories 195, Total C 2g, Fiber 0g, Net C 2g, Fat 15g, Protein 12g

# KETO SAUSAGE GRAVY

## INGREDIENTS

1 lb Sausage

3 oz cream cheese

1 cup of heavy cream

2 tbs water

1 tsp Xanthan powder

Optional: Salt and pepper to taste (I only added pepper)

## INSTRUCTIONS

1. Start off by frying the sausage until it's browned. Don't drain the fat.
2. Add 3 ounces of cream cheese and stir until it's melted and combined.
3. Add 1 cup of heavy cream and bring it to a simmer. I had the gas top set at medium heat and this didn't take but maybe 5 minutes for it to start simmering.
4. Next, add about 2 tablespoons of water and 1 tsp of Xanthan powder to thicken the gravy to your taste. If you think the gravy is thick enough, you can omit this step.
5. Add salt and pepper to taste. I did not add salt to my gravy because the sausage brought enough flavor to the mixture.

SERVES 8 (gravy only)

Calories 290, Total C 1.4g, Fiber 0g, Net C 1.4g, Fat 25.9g, Protein 12.7g

# KETO TUNA MELT CHAFFLE

## INGREDIENTS

1 packet Tuna 2.6 oz with no water I used the Jalapeno  
Tuna for added flavor  
1/2 cup mozzarella cheese  
1 egg  
pinch salt

## INSTRUCTIONS

1. Preheat the mini waffle maker.
2. In a small bowl, add the egg and whip it up.
3. Add the tuna, cheese, and salt and mix well.
4. Optional step for an extra crispy crust: Add a teaspoon of cheese to the mini waffle maker for about 30 seconds before adding the recipe mixture. This will allow the cheese to get crispy when the tuna chaffle is done cooking. I prefer this method!
5. Add 1/2 the mixture to the waffle maker and cook it for a minimum of 4 minutes.
6. Remove it and cook the last tuna chaffle for another 4 minutes.

SERVES 2

Calories 123, Total C 1.2g, Fiber 0.5g, Net C 0.7g, Sugar 0.5g, Fat 3.5g, Protein 20.8g

# DUTCH OVEN KETO POT ROAST

## INGREDIENTS

3 tablespoons olive oil  
4 pound chuck roast  
2 small yellow onions, chopped (about 1 1/2 cups)  
2 tablespoons garlic, minced  
2 bay leaves  
16 ounces Kettle & Fire Beef Bone Broth  
1 teaspoon salt  
1 teaspoon pepper  
2 rosemary sprigs  
4 cups radishes, quartered  
2 parsnips, peeled, halved, and cut into 1 inch pcs.

## INSTRUCTIONS

1. Preheat the oven to 325 degrees.
2. Using a 5-quart dutch oven, place the dutch oven on the stovetop. Turn on the heat to medium-high and add 2 tbs of olive oil once the pan is hot.
3. Sear the chuck roast on each side for about 4 to 5 minutes or until it's browned.
4. Transfer the beef to a platter.
5. Add the onion, garlic, bay leaves, beef bone broth, salt, pepper, radishes, and parsnips.
6. Place the roast back in the dutch oven on top of the mixture.
7. Place the rosemary sprigs on top of the roast and cover.
8. Place the roast in the oven at 325 degrees for 4 1/2 hours or until the beef is nice and tender and reaches an internal temperature of 145 degrees.
9. Remove the bay leaves and rosemary and serve warm.

SERVES 10

Calories 309, Total C 8.2g, Fiber 2.3g, Net C 5.9g, Sugars 2g, Fat 13.6g, Protein 37.3g

# LOW CARB SHRIMP SCAMPI WITH ZOODLES

## INGREDIENTS

3 zucchini spiralized  
1 stick of salted butter  
1/2 tablespoon of olive oil  
1 pound of raw shrimp  
7 cloves of garlic minced  
2 lemons cut in half  
1/4 cup of white wine  
2 tablespoons of parsley fresh or dried  
salt and pepper to taste

## INSTRUCTIONS

1. In a large pan over medium-high heat, melt butter and warm oil together.
2. Add in garlic and cook until fragrant, about 1-2 minutes.
3. Next, add in wine and cook 2-3 minutes, until wine reduces.
4. Now add in shrimp, season with salt and pepper, cook 4-5 minutes, or until shrimp is pink.
5. Add in lemon juice and parsley.
6. Toss in spiralized zucchini and cook until warmed through.
7. Serve.

SERVES 4

Calories 328, Total C 2.6g, Fiber .5g, Net C 2.1g, Sugar .1g, Fat 25.4g, Protein 23.9g

# INSTANT POT SAUSAGE AND CABBAGE SOUP

## INGREDIENTS

2 tablespoons olive oil  
1 pound of ground mild sausage  
1/2 onion, chopped  
2 slices bacon, chopped  
1 cabbage, cored and thinly chopped  
1 teaspoon marjoram  
salt and pepper to taste  
6 cups beef bone broth  
1 bay leaf

## INSTRUCTIONS

1. Set saute to more and 8 minutes in an Instant Pot.
2. Add oil and once oil is warm, add in sausage, onion, and bacon. Brown sausage and cook bacon.
3. Once sausage and bacon are cooked, press cancel.
4. Next, add in the rest of the ingredients and mix. Close lid, set to sealing, and press high pressure for 23 minutes.
5. Once the timer is done, press cancel and allow to naturally release for 20 minutes.
6. Serve warm.

SERVES 6

Calories 154, Total C 2.6g, Fiber 0.6g, Net C 2g, Sugars 1.2g, Protein 4.2g

# MEATZA PIZZA (CARNIVORE PIZZA)

## INGREDIENTS

1/2 lb ground beef  
 1 lb ground pork (Italian blend)  
 1 tsp salt  
 2 tsp pepper  
 1 tbs Italian seasoning blend  
 1 tsp garlic powder  
 1 tsp onion powder  
 1 tsp xanthan gum  
 1 1/2 cups shredded cheese (3/4 Colby Jack 3/4 Monterey Jack)  
 1/4 cup Parmesan Cheese

## TOPPING INGREDIENTS

1/4 cup Parmesan Cheese  
 3/4 cup Mozzarella Cheese  
 15 slices pepperoni  
 1/2 cup Rao's Marinara sauce  
 5 leaves of fresh basil  
 Red Pepper Flakes (optional)

## INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Line a 9 x 13 casserole dish with parchment paper.
3. In a large bowl combine the ground beef, ground pork, salt, pepper, Italian seasoning blend, garlic powder, onion powder, xanthan gum, shredded cheese, and 1/4 cup Parmesan cheese.
4. Use your hands to mix all the ingredients together until it's all fully combined.
5. Spread the meat mixture evenly in the bottom of the casserole dish.
6. Bake at 350 degrees for 25 minutes or until the meat is fully cooked.
7. Remove the casserole dish from the oven. Drain the oil.
8. Top the meat pizza with marinara sauce, 1/4 cup parmesan cheese, pepperoni and then mozzarella cheese as the final top layer.
9. Bake for another 5 minutes or until the cheese is fully melted.
10. Remove from the oven and top with fresh basil.
11. Serve warm and enjoy!

SERVES 12 (1 slice)

Calories 158, Total C 1g, Fiber 1g, Net C 0.5g, Sugar 1g, Fat 10g, Protein 10g



# KETO VALENTINES DONUTS

## DONUT INGREDIENTS

2 cups almond flour  
3/4 cup Lakanto Confectioner's blend sugar substitute  
2 scoops collagen peptides (about 21 grams)  
1 teaspoon baking powder  
1/2 teaspoon ground nutmeg  
2 eggs  
4 egg whites (or 8 tbs egg whites)  
1/2 cup sour cream

## CREAM CHEESE FROSTING INGREDIENTS

8 ounces cream cheese, room temperature  
1/2 cup butter, room temperature  
1/2 cup Lakanto Confectioner's Blend sugar substitute  
2 teaspoon vanilla

## OPTIONAL

Sugar-Free Sprinkles (or make your own keto sprinkles)  
Unsweetened coconut flakes

## INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Grease a donut silicone baking sheet.
3. In a medium bowl combine the almond flour, sugar, baking powder, nutmeg, and collagen peptides.
4. In a separate bowl, combine the eggs and egg whites. Mix the eggs until they are frothy.
5. Add the sour cream to the egg mixture and mix it until it's fully combined.
6. Add the wet ingredients to the dry ingredients and mix until it's fully combined.
7. Bake the donuts at 350 degrees for 22 to 25 minutes or until they are fully done and golden brown. You can stick a toothpick in the donut and if it comes out clean, it's done.
8. Place the donuts on a wire rack.
9. While the donuts are baking, create the frosting.
10. In a medium-size bowl, add all the frosting ingredients. Combine the ingredients with a hand mixer until it's fully combined.
11. Frost the donuts after they have completely cooled.
12. Sprinkle with shredded coconut to complete the low carb donut.

SERVES 12 mini donuts or 6 large donuts  
Calories 264, Total C 5.5 g, Fiber 0.7g, Net C 4.8g, Fat 18.1g, Protein 7.1g