

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Ham & Cheese Omelet

Ham Slices with Cream
Cheese and Banana
Peppers

Slow Cooker Keto
Meatball Casserole
with Spinach Salad

Bullet Proof Style
Coffee/Bone Broth
Easy Breakfast Frittata

Leftover Slow Cooker
Keto Meatball Casserole
with Spinach Salad

Baked Chicken and
Roasted Zucchini

Bullet Proof Style
Coffee/Bone Broth
Eggs and Bacon

Naked BLT with Mayo

Jalapeno Popper Stuffed
Meatloaf with Side Salad
and Ranch Dressing

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

Leftover Jalapeno Popper
Stuffed Meatloaf with
Side Salad and Ranch
Dressing

Pan Grilled Steak
with Butter & Side
Salad

Bullet Proof Style
Coffee/Bone Broth
Leftover Easy Breakfast
Frittata

2 Hard Boiled Eggs,
Cheese Stick and 1/2
Avocado

Keto Italian Wedding
Soup

Bullet Proof Style
Coffee/Bone Broth
Bacon, Egg & Cheese Omelet

Leftover Keto Italian
Wedding Soup

Baked Fish (your
choice) with a Side of
Steamed Broccoli

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

Leftover Baked Fish
(your choice) with a Side
of Steamed Broccoli

Bunless Burgers
Topped with Cheese,
Lettuce and Pickles

EASY BREAKFAST FRITTATA WITH LEMON, ASPARAGUS, AND MUSHROOMS

INGREDIENTS

- 1 tablespoon of oil
- 1/2 cup of asparagus, roughly chopped
- 1 cup of mushrooms, sliced and chopped
- 1/3 cup of onions, chopped
- 6 eggs
- 1 cup of shredded mozzarella cheese
- zest of 1 lemon
- 1 tablespoon of Italian seasoning
- salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. In a small bowl, add eggs, cheese, lemon zest, and seasonings. Mix well to combine, and set aside.
3. In a cast iron pan heat oil over medium-high heat and add in asparagus. Cook for 3-4 minutes, stirring often.
4. Next, add in onions and mushrooms. Cook an additional 3-4 minutes, stirring often until asparagus has softened to your desired likeness. Remove pan from heat.
5. Add egg mixture to the pan and put in the oven for 30 minutes, or until knife comes out clean. Serve.

SERVES 8

Calories 102, Total C 3.1g, Fiber .6g, Net C 2.5g, Sugar 1.1g, Fat 5.6g, Protein 9.8g

SLOW COOKER KETO MEATBALL CASSEROLE

INGREDIENTS

1 head cabbage chopped
1 pound ground beef
1 pound spicy pork sausage
1 cup mozzarella shredded
1/3 cup grated parmesan
1/2 cup pork rinds crushed
2 eggs
2 teaspoons onion powder
2 teaspoons garlic minced
1/2 teaspoon Italian Seasoning
1 jar low carb marinara sauce
2 cup mozzarella
Basil garnish

INSTRUCTIONS

1. Mix ground beef, pork, mozzarella, parmesan, pork rinds, eggs, onion powder, garlic, Italian seasoning together in a large bowl.
2. Place cabbage on the bottom of the casserole crock-pot.
3. Spread an even layer of red sauce over the top of the cabbage.
4. Add meatballs to the top of the cabbage using a cookie scoop.
5. Cook on HIGH for 3-4 hours.
6. Sprinkle mozzarella on top of cooked meatballs and allow to melt for 10-15 minutes.
7. Garnish with fresh basil.

SERVES 8

Calories 521, Total C 3.9g, Fiber 0.1g, Net C 3.8g, Sugars 1.3g, Fat 34.9g, Protein 45.7g

JALAPENO POPPER STUFFED MEATLOAF

JALAPENO POPPER STUFFED MEATLOAF INGREDIENTS

- 1.5 lbs ground beef, or ground pork (or half of each for extra flavor)
- 1/4 cup chopped onion
- 1/2 tsp fresh minced garlic
- 1/2 cup crushed pork rinds, ground flaxseed, or almond flour
- 2 eggs
- 1 Tablespoon Italian Seasoning
- 1/2 tsp ground black pepper
- 1 tbs mustard powder
- 1 tsp liquid aminos (or soy sauce if you prefer)
- 8 oz cream cheese, softened
- 1/2 cup cooked bacon
- 2 jalapeno peppers, diced
- 5 tbs AlternaSweets Keto Ketchup

INSTRUCTIONS

1. Add the ground beef, chopped onion, garlic, pork rinds, eggs, Italian seasonings, pepper, mustard powder and liquid aminos in a large bowl and mix it until it's fully combined. Most of the time I use my (clean) hands instead of a spoon to mix it all together just like Grandma used to do too.
2. Spray non stick cooking spray into the bread pan and pour half the meat mixture into the pan.
3. Spread the softened cream cheese on top of the bottom meatloaf layer.
4. Add the jalapenos and bacon bits.
5. Top the meatloaf with the second half of the meat mixture.
6. Add extra AlternaSweets Ketchup to the top of the meatloaf, then cover it with foil before you bake it.
7. Bake at 400 degrees for about an hour.

SERVES 8

Calories 228, Total C 2.8g, Fiber .4g, Net C 2.4g, Sugar 1.4g, Fat 13.8g, Protein 22.5g

KETO ITALIAN WEDDING SOUP

MEATBALL INGREDIENTS

- 4 ounces ground pork
- 4 ounces ground beef
- 1 egg
- 1 teaspoon fresh garlic, minced
- 1 teaspoon pink salt
- 2 tablespoons parsley
- 1/2 teaspoon black pepper
- 1/4 cup parmesan cheese, grated
- 1/4 cup pork panko

SOUP INGREDIENTS

- 6 cups of chicken bone broth
- 1 small onion, diced
- 1 teaspoon fresh garlic, minced
- 1 cup celery, diced
- 8 ounces fresh spinach or escarole (trimmed and torn into small pcs)

INSTRUCTIONS

1. First, create the meatballs by placing all of the ingredients into a bowl.
2. Mix well and form the mixture into meatballs that are about 1 to 1 1/2 inch in diameter. In a large frying pan, add about 2 tbs of olive oil and cook the meatballs until they are browned. Turn them to brown all sides. They don't have to be fully cooked because they will continue cooking in the soup. This will take about 5 to 7 minutes to brown them.
3. In a large stockpot, add a tablespoon of oil and saute celery and the onion until the onion is translucent.
4. Add the garlic and saute for another minute or two.
5. Add the broth and bring the liquid to a boil.
6. Add the spinach or escarole.
7. Reduce the heat and allow it to simmer for another 10 to 12 minutes.
8. Now add the meatballs and cook it for another 5 to 10 minutes until they are fully cooked and no longer pink in the center.
9. Serve warm!

Serves 8

Calories 129, Total C 5.7g, Fiber 1.7g, Net C 4g, Sugars 2.3g, Fat 7.9g, Protein 9.4g

KETO LEMON CHAFFLE CAKE

CHAFFLE INGREDIENTS

2 oz cream cheese, room temp and softened
 2 eggs
 2 tsp butter, melted
 2 tbs coconut flour
 1 tsp monkfruit, powdered confectioners blend
 1 tsp baking powder
 1/2 tsp lemon extract
 20 drops cake batter extract

FROSTING INGREDIENTS

1/2 cup heavy whipping cream
 1 tbs monkfruit, powdered confectioners blend
 1/4 tsp lemon extract

INSTRUCTIONS

1. Preheat the mini waffle maker.
2. Add all of the ingredients for the chaffle cake in a blender and mix it until the batter is nice and smooth. This should only take a couple of minutes.
3. Use an ice cream scoop and fill the waffle iron with one full scoop of batter. This size of the ice cream scoop is about 3 tablespoons and fits perfectly in the mini waffle maker.
4. While the chaffles are cooking, start making the frosting.
5. In a medium-size bowl, add the chaffle frosting ingredients.
6. Mix the ingredients until the frosting is thick with peaks.
7. All the chaffles to completely cool before frosting the cake.
8. Optional: Add lemon peel for extra flavor!

SERVES 4

Calories 221, Total C 5.2g, Fiber 1.3g, Net C 3.9g, Sugars 2.2g, Fat 20.3g, Protein 5.6g