

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Ham & Cheese Sandwich
on Cloud Bread with
Tomato and Pickles

Low Carb Crispy Buffalo
Wings with Celery Sticks
and Ranch Dressing

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

Leftover Low Carb Crispy
Buffalo Wings with Celery
Sticks and Ranch Dressing

Low Carb Shrimp Scampi
with Zoodles

Bullet Proof Style
Coffee/Bone Broth
Keto Overnight Chia Oatmeal

Leftover Low Carb Shrimp
Scampi with Zoodles

Crispy Cheese Low Carb
Keto Tacos

Bullet Proof Style
Coffee/Bone Broth
Bacon & Egg Omelet

Leftover Crispy Cheese
Low Carb Keto Tacos

Grilled Fish (your
choice) over Salad with
Ranch Dressing

Bullet Proof Style
Coffee/Bone Broth
Leftover Keto Overnight Chia
Oatmeal

Leftover Grilled Fish
(your choice) over
Salad with Ranch
Dressing

Mini Eggplant
Margherita Pizza

Bullet Proof Style
Coffee/Bone Broth
Eggs and Bacon

Leftover Mini Eggplant
Margherita Pizza

Brazilian Steak with
Garlic Butter with Salad
and Ranch Dressing

Bullet Proof Style
Coffee/Bone Broth
Ham & Cheese Omelet

Spinach Salad with
Cherry Tomatoes, Bacon
and Feta Cheese with
MCT Oil Dressing

Grilled Chicken with
Cucumbers & Celery drizzled
with Ranch Dressing

KETO OVERNIGHT CHIA OATMEAL

INGREDIENTS

1/2 cup chia seeds
1/4 cup unsweetened shredded coconut
1/4 teaspoon of vanilla
1/2 cup coconut milk
1 cup of almond milk
2 tablespoons stevia
1/8 teaspoon pumpkin spice seasoning
1/8 teaspoon of cinnamon

INSTRUCTIONS

1. Mix all ingredients in a large bowl, cover and refrigerate 6 hours or overnight.
2. In the morning, mix it again and add the toppings of your choice.

SERVES 2

Calories 171, Total C 7.1g, Fiber 2.3g, Net C 4.8g, Sugar 2.3g, Fat 16.5g, Protein 2.3g

KETO CLOUD BREAD

INGREDIENTS

3 eggs separated
3 Tablespoons cream cheese
1/4 teaspoon baking powder or cream of tartar
Optional: 1/2 teaspoon Rosemary seasoning
Optional: 1/2 teaspoon sea salt
Optional: 1/4 teaspoon pepper

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit
2. Separate the egg yolks from the egg whites.
3. In the egg yolks bowl, add the cream cheese and mix it with a hand mixer until it's fully blended.
4. In the egg whites bowl, add the baking powder and mix it with a hand mixer until the egg whites are fluffy and form peaks that hold their shape (as seen in the photos below). This process will take the longest at about 5 minutes or so.
5. Next, you will combine both bowls together into one. Fold the mixtures together until they are fully mixed but don't over mix these ingredients. It's important to keep the egg whites nice and fluffy. Over mixing these ingredients will cause a thick liquidy mixture and that won't work for this bread recipe. There will be no way to correct this recipe if you over-mix it. You will want to do this rather quickly so the ingredients don't melt back to a liquid consistency.
6. Spray the baking pan with a non-stick cooking spray and drop small spoonfuls of the batter onto a cookie sheet with a baker's mat to prevent sticking. Use the spoon to spread out the batter in the size of bread you want. Now sprinkle any seasonings you want on the top of each bread patty.
7. I made hamburger bun-sized bread patties. I am able to get between 10 and 12 slices of bread out of this recipe.
8. Bake it for about 15 to 20 minutes. My oven tends to cook at a higher temperature so I know my recipes get done faster. Usually, 15 minutes is all it takes for me. Be sure to watch it when it's close to the 15-minute mark. They should be a light golden brown color when they are done.

SERVES 12 (2 pieces per serving)
Calories 27, Total C .3g, Fiber 0g, Net C .3g, Sugar .1g, Fat 2.1g, Protein 1.7g

LOW CARB CRISPY BUFFALO WINGS

KETO BUFFALO CHICKEN WINGS INGREDIENTS

2 lbs wings or drumettes
1 tsp salt
1 tsp pepper

BUFFALO SAUCE INGREDIENTS

1/2 cup Red's hot sauce
1/4 cup butter, melted
1/4 tsp pepper
1/2 tsp garlic powder

INSTRUCTIONS

1. Season wings with salt and pepper.
2. Preheat the air fryer to 400 degrees.
3. Cook the chicken wings for 25 minutes flipping them halfway through the cook time.
4. Prepare the sauce by mixing all the ingredients together.
5. Toss the hot wings inside the Buffalo sauce mixture and serve warm.
6. Serve them with celery sticks, ranch dressing or blue cheese dressing.
7. Oven-Baked Chicken Wings
8. Place chicken wings on a wire rack inside a baking sheet and cook at 400 degrees for about 45 to 50 minutes.
9. Toss warm wings in prepared buffalo sauce and enjoy!

SERVES 4

Calories 117, Total C 1g, Fiber .3g, Net C .7g, Sugar .1g, Fat 11.8g, Protein 2.2g

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

CRISPY CHEESE KETO TACOS

TACO SHELLS INGREDIENTS

1 1/2 cups cheese shredded (I used a Colby and Monterrey Jack Cheese)

TACO TOPPINGS

Romaine Lettuce, shredded
Cherry Tomatoes, halved
Shredded Cheese, your choice
Sour Cream Drizzle

TACO MEAT FILLING INGREDIENTS

1 pound ground beef or ground turkey, your choice
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon cocoa powder
1/4 teaspoon onion powder
1/4 teaspoon salt
1/2 teaspoon smoked paprika

SOUR CREAM DRIZZLE INGREDIENTS

1/4 cup sour cream
1-2 teaspoons almond milk

TACO FILLING INSTRUCTIONS

1. Cook your ground beef or ground turkey first.
2. Add all the taco meat seasonings. The cocoa powder is optional but it totally enhances the flavors of all the other seasonings!
3. Continue cooking until ground beef and/or ground turkey is fully browned and cooked.

TACO SHELL INSTRUCTIONS

1. Preheat the oven to 350 degrees before you start.
2. Using a large baking sheet, cover it with a piece of parchment paper. This prevents the cheese from sticking to the pan. Don't skip this part.
3. Place six circles of shredded cheese, roughly about 1/4 cup cheese in each circle.
4. Bake for 10-15 minutes or until golden brown. If the cheese bakes too long, it will be extra crunchy. If the cheese bakes to little, it won't form a shell properly. You want to make sure the cheese is somewhat brown on the outsides and bubbly in the center. This is the best way I can explain it.
5. Allow cooling for a minute, then carefully drape the taco shells over a wooden spoon to harden while they cool completely.

TACO ASSEMBLY INSTRUCTIONS

1. Use a taco holder stand to keep the taco shell in the right position, add lettuce, taco meat filling, cherry tomatoes, and cheese.
2. Drizzle sour cream over the top to enjoy the perfect crispy cheese keto tacos!

SOUR CREAM DRIZZLE INSTRUCTIONS

1. Add ingredients to a squeeze bottle and shake well.
2. The sour cream will be more liquified (not too much) and easily squeeze out of the bottle to use as a topping for tacos, pizza, enchiladas, and more.

Serves 6 (nutrition for 1 taco)

Calories 191, Total C 2.8g, Fiber 0.7g, Net C 2.1g, Sugars 1g, Fat 8.5g, Protein 25.1g

MINI EGGPLANT MARGHERITA PIZZA

INGREDIENTS

2 eggplants
1 tablespoon olive oil
1 cup tomato sauce
2 garlic cloves
1 teaspoon salt
1/2 teaspoon ground pepper
1 1/2 cup mozzarella cheese
1 teaspoon oregano
1/4 cup packed fresh basil

INSTRUCTIONS

1. Pre-heat oven to 400 degrees.
2. Remove the top and bottom of the eggplant and chop it into 1/3 inch thick slices.
3. Set eggplant slices in a baking tray with parchment paper and sprinkle salt and ground pepper over them.
4. Bake eggplant for 20 minutes or until they get dark brown and start to soften.
5. Add tomato sauce, garlic cloves, oregano, olive oil, and 1/2 teaspoon salt to a blender. Blend for 1 minute.
6. Once the eggplant is softened, remove it from the oven and top them with 1 tablespoon of the keto pizza sauce and mozzarella cheese. Bake them for 5 more minutes or until cheese is melted.
7. Remove eggplant Margherita from the oven and garnish with fresh basil leaves.
8. Serve immediately.

SERVES 8

Calories 59, Total C 4g, Fiber 1.6g, Net C 2.4g, Sugars 2.1g, Fat 1.9g, Protein 7.4g

BRAZILIAN STEAK WITH GARLIC BUTTER

BRAZILIAN STEAK WITH GARLIC BUTTER INGREDIENTS

3 pounds of steak tenderloin
10 cloves of garlic chopped
salt and pepper to taste
1 teaspoon of cumin
2 teaspoon of oregano
8 tablespoons of butter
3 tablespoons of olive oil
3 tablespoons of cilantro

INSTRUCTIONS

1. Season steak with salt, pepper, cumin, oregano and salt and pepper. Set to the side. In a large cast iron pan, heat oil over medium-high heat.
2. Add steak, cook 3-4 minutes per side (or until your level of done).
3. Remove steak once cooked to rest. In the same pan, lower heat to low, add butter and garlic. Cook for two minutes, or until the garlic has slightly browned, stirring often to keep from burning.
4. Spread butter-garlic mixture over steak and garnish with cilantro.

Serves 8

Calories 355, Total C 1.8g, Fiber 0.3g, Net C 1.5g, Fat 21g, Sugars 0.1g, Protein 38g

KETO YOGURT BARK

INGREDIENTS

- 1 cup of your favorite keto yogurt
- 3 to 5 drops of liquid stevia or 1 tbs of your favorite keto powdered sweetener sweeten it to your liking
- 1/2 cup diced berries strawberries, blueberries, blackberries, raspberries etc...
- 1 tsp vanilla extract
- Optional: 1/4 tsp cinnamon

INSTRUCTIONS

1. Mix the keto yogurt with the sweetener, vanilla extract and cinnamon (if using).
2. Lay out a piece of parchment paper on a cookie sheet or large plate.
3. Spread the sweetened keto yogurt over the parchment paper.
4. Dice the berries into small bite size pieces.
5. Sprinkle the berries over the keto yogurt.
6. Freeze for a minimum of 3 hours or overnight.
7. Break the yogurt bark into bite size pieces.

SERVES 8

Calories 29, Total C 5g, Fiber 1g, Net C 4g, Sugars 4g, Fat 1g, Protein 2g