

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

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

Spinach Salad with
Bacon, Cheese, Red
Onions and Peppers with
MCT Oil Dressing

Bacon Cheeseburger
Casserole

Bullet Proof Style
Coffee/Bone Broth
Keto Friendly Pancakes

Leftover Bacon
Cheeseburger Casserole

Loaded Keto Fried Rice

Bullet Proof Style
Coffee/Bone Broth
Bacon & Egg Omelet

Leftover Loaded Keto
Fried Rice

Baked Chicken Caprese
with a Side Salad with
Ranch Dressing

Bullet Proof Style
Coffee/Bone Broth
Ham & Cheese Omelet

Leftover Baked Chicken
Caprese with a Side Salad
with Ranch Dressing

Grilled Fish (your
choice) with Roasted
Broccoli, Cauliflower &
Carrots Topped with Butter

Bullet Proof Style
Coffee/Bone Broth
Leftover Keto Friendly
Pancakes

Leftover Grilled Fish (your
choice) with Roasted
Broccoli, Cauliflower &
Carrots Topped with Butter

Grilled Steak and
Veggie Kabobs

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Leftover Grilled Steak
and Veggie Kabobs

Grilled Chicken with Dill
Cucumber Salad

Bullet Proof Style
Coffee/Bone Broth
Eggs and Bacon

Leftover Grilled Chicken
with Dill Cucumber Salad

Bunless Burgers with
Keto Broccoli Tots

SIMPLE KETO FRIENDLY PANCAKES

INGREDIENTS

2 oz Cream Cheese

2 eggs

2 tbs coconut flour

1 tsp vanilla extract

Optional: dash of salt (brings out the flavors)

Optional: dash of cinnamon

INSTRUCTIONS

1. Put all the ingredients together in the blender and mix it until all the ingredients have blended completely together.

SERVES 2

Calories 207, Total C 6.7g, Fiber 2.5g, Net C 4.2g, Sugar 3g, Fat 15.3g, Protein 9.5g

BACON CHEESEBURGER CASSEROLE

INGREDIENTS

2 pounds ground beef
 1 small yellow onion, diced
 6 eggs, whipped
 1 teaspoon garlic powder
 1 teaspoon onion powder
 1 teaspoon black pepper
 1 teaspoon chili powder
 2 tablespoons sugar free ketchup
 2 tablespoons sugar free bbq sauce
 1 tablespoon ground mustard
 1 tablespoon Worcestershire sauce
 1/4 cup heavy whipping cream
 1 cup shredded cheddar cheese
 Sliced or diced pickles
 1/4 cup bacon bits, precooked and crumbled
 Shredded lettuce
 Cheeseburger sauce

SAUCE INGREDIENTS

3/4 cup mayo
 1/4 cup sour cream
 2 tablespoons sugar free ketchup
 1 tablespoon dill pickle juice
 1 teaspoon dried dill
 1/2 teaspoon garlic powder
 1/2 teaspoon smoked paprika
 1 teaspoon salt
 1/2 teaspoon ground mustard

CHEESEBURGER SAUCE TOPPING INSTRUCTIONS

1. Mix all ingredients together in a bowl until fully combined.

INSTRUCTIONS

1. Cook ground beef until browned.
2. Saute diced onion into the ground beef.
3. Drain and set aside.
4. In a medium bowl, add the eggs.
5. Whip the eggs until fluffy.
6. Add the garlic powder, onion powder, black pepper, chili powder, sugar-free ketchup, sugar-free bbq sauce, ground mustard, Worcestershire sauce, and heavy cream.
7. Mix until all the ingredients have fully combined.
8. Pour the ground beef into a large casserole dish.
9. Pour the cheeseburger egg mixture sauce over the ground beef.
10. Top with shredded cheddar cheese and bacon bits
11. Bake at 350 degrees for 30 minutes.
12. Cut into squares and serve.
13. Top with shredded lettuce, cold pickles, and cheeseburger sauce drizzled over the lettuce.

SERVES 12

Calories 298, Total C 4g, Fiber 0.5g, Net C 3.5g, Sugars 1.2g, Fat 20.7g, Protein 23.3g

LOADED KETO FRIED RICE

INGREDIENTS

- 2 - 12 oz bags frozen cauliflower rice
- 1/2 pound ground beef
- 1/2 lbs ground sausage
- 2 tbs olive oil
- 2 tbs toasted sesame oil
- 1 tbs garlic rice vinegar. (Or plain with 1 tsp minced garlic added)
- 12 oz bag of mixed vegetables
- 3 tbs liquid Aminos (or more as you like)
- 2 to 3 eggs
- Optional Topping: Green onions, sliced

INSTRUCTIONS

1. Preheat griddle on medium heat.
2. Cook ground beef and ground pork till browned.
3. While the beef and pork is still slightly pink, push the meat mixture to one side of the griddle to allow room to make the rice portion of this dish.
4. The griddle is slightly tilted so the grease will flow to the back to the drip tray.
5. You will start cooking the rice when the meat is about halfway cooked. This will allow the rice and the meat to finish cooking at the same time.
6. Add the frozen cauliflower rice on the hot grill and drizzle it with olive oil, toasted sesame oil, and rice vinegar.
7. Chop the rice and mix while flipping it with a spatula until it's fully heated. This will only take about 5 minutes over medium heat.
8. Pour the frozen bag of veggies over the rice mixture and top with liquid aminos.
9. Mix and cook until it's fully heated.
10. After it's fully heated, make a circle in the middle of the rice mixture. This is where you will cook the eggs.
11. Crack two to three eggs in the middle of the rice mixture and use your spatula to scramble them.
12. Place a cooking cover over the rice egg mixture to steam the eggs. This will only take about two minutes.
13. Remove the cover and mix the meat with the rice and serve warm.
14. Top with green onions, if using.

SERVES 8

Calories 236, Total C 6g, Fiber 2g, Net C 4g, Sugar 1g, Fat 18g, Protein 13g

HOMEMADE KETO RANCH DRESSING

INGREDIENTS

1/2 cup mayo
1 cup sour cream
1/4 cup heavy whipping cream
1 teaspoon dijon mustard
Juice from 1/2 lemon
2 tablespoons dill
2 tablespoons parsley
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon paprika
1/2 teaspoon pink salt
1 teaspoon black pepper
1/2 teaspoon cayenne pepper (optional if you like
spice!)

INSTRUCTIONS

1. Whisk together and serve.

Lasts 2 weeks in the refrigerator.

Serves 12

Calories 120, Total C 1g, Fiber 1g, Net C 0g, Sugar 1g, Fat 13g, Protein 1g

DILL CUCUMBER SALAD

INGREDIENTS

6 medium cucumbers
1 tablespoon salt
1 tablespoon apple cider vinegar
1 tablespoon white vinegar
1 teaspoon onion powder
1 teaspoon garlic, minced
1 teaspoon pepper
1 tablespoon fresh dill
1 cup mayo

INSTRUCTIONS

1. Slice the cucumbers.
2. Salt cucumbers in a bowl and set in the fridge for about 15 minutes. Drain the liquid.
3. In a medium bowl, add the diced cucumbers, apple cider vinegar, white vinegar, onion powder, pepper, dill, and mayo.
4. Mix well and chill for about 1 hour.
5. Serve cold.

Serves 8

Calories 16, Total C 3.6g, Fiber 0.6g, Net C 3g, Sugars 1.3g, Fat 0.1g, Protein 0.7g

KETO BROCCOLI TOTS

INGREDIENTS

1 - 12 ounce bag of riced broccoli (microwavable bag)
3 tablespoons almond flour
2 teaspoons onion powder
1 teaspoon garlic powder
1 teaspoon pink salt
1 egg

DIPPING SAUCE INGREDIENTS

1/2 Dukes Mayo
1/2 sriracha

INSTRUCTIONS

1. Microwave riced broccoli as instructed on the bag
2. Drain all the liquid and pat dry.
3. Add all of the seasonings, egg, and almond flour. Mix well until fully combined.
4. Shape like tots and bake at 350 degrees for 20 minutes or until golden brown.

SERVES 4

Calories 75, Total C 4.2g, Fiber 1g, Net C 3.2g, Sugars 0.8g, Fat 3.5g, Protein 3.2g

MIXED BERRY PARFAIT

BASE INGREDIENTS

1 cup walnuts
1 tablespoon coconut oil
1 tablespoon sugar-free maple syrup

MIXED BERRIES INGREDIENTS

1 cup mixed berries + a few more to garnish
1 tablespoon sugar-free maple syrup

YOGURT INGREDIENTS

1 1/2 cup of unsweetened coconut yogurt
1 teaspoon vanilla extract

FOR THE BASE:

1. Place walnuts in a blender and pulse the nuts so they break apart and look like breadcrumbs.
2. Add coconut oil and maple syrup and pulse again.
3. Set aside.

FOR THE BERRIES LAYER:

4. Place them in a blender with maple syrup and pulse to a jam consistency.
5. Set aside.

FOR THE YOGURT LAYER:

6. Mix the vanilla extract with coconut oil. (use this recipe unless you are using a keto-approved vanilla-scented yogurt.)

TO ASSEMBLE:

7. Prepare the dessert cups by adding 2 tbsp of the nuts base each, pressing with a spoon to cover all the surface.
8. Add one layer of yogurt (about 2 tbsps) and then one of the mixed berries (about 1 1/2 tablespoons) and repeat.
9. Finally, top them with a tsp of berries jam, and more fresh berries.
10. Enjoy!

SERVES 9

Calories 133, Total C 8.9g, Fiber 4.7g, Sugars 2.9g, Fat 11.9g, Protein 2.8g