

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

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

Chef Salad with Ham,
Shredded Cheese, Bacon,
and Ranch Dressing

Instant Pot Keto Beef
and Broccoli

Bullet Proof Style
Coffee/Bone Broth
Keto Air Fryer French Toast
Sticks

Leftover Instant Pot
Keto Beef and Broccoli

Seared Ahi Tuna Steak with
a Spinach Salad with MCT
Oil

Bullet Proof Style
Coffee/Bone Broth
Ham and Cheese Omelet

Leftover Seared Ahi Tuna
Steak with a Spinach
Salad with MCT Oil

Grilled Fish (your
choice) with Grilled
Vegetables

Bullet Proof Style
Coffee/Bone Broth
Leftover Keto Air Fryer French
Toast Sticks

Leftover Grilled Fish
(your choice) with
Grilled Vegetables

Grilled Chicken with
Steamed Veggies Topped
with Seasonings and Butter

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Keto Roast Beef Sandwich
with a Side Salad

Steak Kebobs with
Zucchini, Red Onion and
Bell Peppers

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

Leftover Steak Kebobs with
Zucchini, Red Onion and
Bell Peppers

Chicken Bacon Ranch
Pizza

Bullet Proof Style
Coffee/Bone Broth
Scrambled Eggs with Bacon and
Cheese

Leftover Chicken Bacon
Ranch Pizza

Baked Pork Chops with
Bacon Wrapped
Asparagus

KETO AIR FRYER FRENCH TOAST STICKS

INGREDIENTS

keto bread
2 eggs
1 cup heavy cream or half and half
1 teaspoon cinnamon
1 teaspoon vanilla

TOPPING INGREDIENTS

1/2 cup erythritol, monk fruit granular, or Stevia granular
sweetener
1 teaspoon cinnamon

INSTRUCTIONS

1. Cut your keto bread into thick sticks. Set aside.
2. In a shallow container, add the heavy cream, eggs, cinnamon, and vanilla. Whisk until fully combined and smooth.
3. In a separate bowl, add the keto sweetener of choice with the cinnamon and mix until combined.
4. Dip the bread strips into the egg mixture until the bread has absorbed the liquid.
5. Then dip the sticks into the sweetener mixture.
6. Place the sticks on a piece of parchment paper in your air fryer keep about 1-inch space between each stick.
7. Bake at 375 degrees for 4 minutes.
8. Flip the French toast sticks and cook for another two minutes.

SERVES 6

Calories 140, Total C 5.7g, Fiber 2.9g, Net C 2.8g, Sugars 0.7g, Fat 11.5g, Protein 6g

KETO ROAST BEEF SANDWICH

CHAFFLE BREAD INGREDIENTS

1/2 cup mozzarella shredded
1 egg
1/4 tsp onion powder
1/4 tsp garlic powder

SANDWICH INGREDIENTS

Slice thick cut provolone cheese
1 sliced cheddar cheese
1 tbs mayo
1 teaspoon Dijon mustard

INSTRUCTIONS

1. Preheat the mini waffle maker.
2. In a small bowl, whip the egg.
3. Add the cheese, seasonings, and egg. Mix it until it's well incorporated.
4. Place half the batter in the mini waffle maker and cook it for 4 minutes.
5. If you want a crunchy bread, add a tsp of shredded cheese to the mini waffle iron for 30 seconds before adding the batter. The extra cheese on the outside creates the best crust!
6. After the first chaffle is complete, add the remaining batter to the mini waffle maker and cook it for 4 minutes.
7. Add the mayo, Dijon mustard, roast beef and cheeses to your sandwich.
8. Extra step worth doing but optional: You care going to make this sandwich just like you would a grilled cheese sandwich. This will melt the cheeses and heat the roast beef.
9. Heat a small frying pan and place a teaspoon of butter in it. Once the butter has melted add the prepared chaffle sandwich.
10. Cook on each side for about 2 to 3 minutes or until the cheese has melted.

SERVES 1

Calories 156, Total C 3.4g, Fiber 1.2g, Net C 2.2g, Sugar 1.1g, Fat 4.8g, Protein 24.4g

EASY INSTANT POT KETO BEEF AND BROCCOLI

INGREDIENTS

2 pounds of meat (chuck roast, rump roast or flank steak), cut into thin strips
 3 tablespoons olive oil or peanut oil
 1 medium onion, diced
 1 cup beef broth
 2 tablespoons garlic (fresh, and minced)
 1/2 cup Coconut Aminos
 2 tablespoons Sukrin brown sugar
 1 bag frozen broccoli (or 1 pound of fresh broccoli if you prefer)
 1 teaspoon ground ginger
 1 teaspoon xanthan gum

INSTRUCTIONS

1. Start by slicing the meat against the grain in thin slices. Dice the onion and cut the fresh broccoli. You want all of these things done before you get started.
2. In a medium bowl, combine the coconut aminos, sukrin brown sugar, beef broth, garlic, and ginger. I hardly ever use ginger so I used the powdered ginger spice instead of the fresh. Don't add the starch until the very end. (I accidentally added the starch before and my pressure cooker never came to pressure because there was not enough liquid to make it work. It's okay, I'm happy to share my failures with you so that you don't make the same mistakes I do)
3. Add this liquid mixture to the meat strips.
4. Add about 3 tablespoons of olive oil or peanut oil to your pressure cooker and saute the onions until they are translucent in color.
5. Add the meat combined with the liquid marinade to the pressure cooker and set it on manual high pressure for 10 minutes. Then quick-release the pressure value.
6. Carefully remove about a 1/3 cup of the hot juices and add 2 tablespoons of xanthan gum. Use a fork or a whisk to make sure the xanthan gum is well combined. I find it easier to combine xanthan gum in hot liquid. If you prefer, you can use warm water also. I've done it both ways and it hardly makes a difference. Add the mixture back into the pressure cooker and stir. You will notice the liquid begin to thicken as it sits.
7. Place the pound of broccoli in the microwave on high for about 5 minutes with 1 cup of water. This will steam it to the perfect consistency. Works for both frozen and fresh broccoli.
8. Drain the water from the broccoli and mix it into the beef mixture in your pressure cooker. The beef and broccoli is done and ready to serve over cauliflower rice or by itself!

SERVES 8

Calories 230, Total C 9.7g, Fiber 1g, Net C 8.7g, Sugars 1.1g, Fat 11g, Protein 23.3g

SEARED AHI TUNA STEAK

SEARED AHI TUNA INGREDIENTS

- 4 Tuna filets (fresh and sushi-grade)
- 1 tablespoon dijon mustard
- 1/3 cup white sesame seeds
- 1/3 cup black sesame seeds
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper (optional for added spice)
- 1 teaspoon butter
- 2 tablespoons avocado oil (This oil has a high smoke point so it's best for this recipe)

SUGAR FREE AHI TUNA DIPPING SAUCE INGREDIENTS

- 1/4 cup coconut aminos
- Juice of 1/3 lemon or lime
- 1 teaspoon sesame seed oil
- 1 teaspoon ginger paste
- 1 teaspoon allulose liquid sweetener
- Optional: 1/4 teaspoon Korean chili powder

INSTRUCTIONS

1. Rinse and pat dry the tuna filets.
2. Spread the dijon mustard over the tuna filets.
3. In a small bowl add the sesame seeds, salt, pepper, and cayenne pepper if using. Mix well until fully combined.
4. In a frying pan over medium-high heat, add the butter and oil. A cast iron pan works best!
5. Dip the Ahi Tuna filets into the sesame seed mixture and place them in a preheated frying pan.
6. Cook 30 to 40 seconds per side for rare. Do not overcook them! Only cook one tuna fillet at a time.
7. When the tuna fillet has been cooked, slice the fillet into 1/4 inch slices and serve it with the dipping sauce and a side of sautéed spinach.

DIPPING SAUCE INSTRUCTIONS

1. Place all of the ingredients in a small bowl and whisk it until it fully comes together. Set aside and serve it with the tuna steaks.

SERVES 8

Calories 242, Total C 5.7g, Fiber 2.8g, Net C 2.9g, Sugars 0.1g, Fat 19.9g, Protein 11.2g

CHICKEN BACON RANCH PIZZA

CHICKEN BACON RANCH PIZZA INGREDIENTS

CRUST

1 lb ground chicken

1/2 c mozzarella

RANCH

1 c sour cream

1 tbsp parsley, chopped

1 tsp dill weed

1 tsp chives

1 tbsp garlic powder

1 tbsp onion powder

1 tsp salt

1/2 tsp black pepper

TOPPINGS

1 c mozzarella cheese, shredded

2 bacon slices, diced

INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a large bowl, mix together ground chicken and mozzarella. Form into a ball.
3. Place a sheet of parchment paper (or a silicone baking mat) down on a flat surface and place your “crust”.
4. Place another sheet of parchment paper on top of the crust and roll out into a round circle. It should be about 1/2” thick.
5. Place crust on parchment paper on a baking tray and bake for 20-25 minutes, until crust is brown and loses its moisture.
6. While the crust is cooking, make the ranch, by combining all the ingredients and whisking until incorporated and brown the bacon.
7. Reserve the extra ranch for dipping your chicken bacon ranch pizza into!
8. Remove the crust from the oven and place 2 tbsp of ranch on the center of the pizza dough.
9. Using the back of a spoon, create a circle ensuring to leave about a 1/2-3/4” for the crust.
10. Place one cup of mozzarella cheese on top of the ranch and then with bacon.
11. Bake for another 10-15 minutes until cheese has melted.
12. Broil for 1-2 minutes until the crust has browned and cheese is golden brown.
13. Remove from the oven and slice.

Serves 4

Calories 146, Total C 7g, Fiber 0.7g, Net C 6.3g, Sugars 0.9g, Fat 8.3g, Protein 11.3g

BACON WRAPPED ASPARAGUS

INGREDIENTS

bundle of Asparagus
1 package sugar-free bacon (thick or thin - whichever you prefer)

THE SECRET SAUCE

1 teaspoon Coconut Aminos
4 ounces butter
1 tablespoon ChocZero Honest Maple Syrup
1 teaspoon pepper

INSTRUCTIONS

1. Wash and prepare the fresh asparagus by cutting off the ends. Pat dry.
2. Wrap a piece of bacon around each asparagus. For larger pieces of asparagus I used a full slice of bacon and for smaller pieces, I cut the bacon strips in half.
3. Lay the prepped asparagus strips on a baking sheet lined with parchment paper.
4. In a small pan, melt the butter, coconut aminos, and syrup over medium heat until it becomes a bit thick and bubbly.
5. Use a basting brush and coat each strip of asparagus with the syrup mixture.
6. Bake it at 400 degrees for about 20 minutes or until the bacon becomes nice and brown to your liking. I used a thin cut bacon in this recipe but if you decide to use a thick cut bacon you might need to bake it for an extra 5 minutes or so.

SERVES 6 (4 spears)

Calories 149, Total C 3.5g, Fiber 2.8g, Net C 0.7g, Sugars 0.9g, Fat 11.9g, Protein 7g

KETO COCONUT BONBONS

INGREDIENTS

- 1 1/4 cup Lily's dark chocolate
- 1 tablespoon monk fruit confectioners blend
- 1 tablespoon coconut oil
- 1/2 cup unsweetened shredded coconut
- 1 teaspoon vanilla extract
- 2 tablespoons unsweetened coconut cream, chilled

INSTRUCTIONS

1. Melt chocolate with coconut oil in a microwave for 45 seconds.
2. Place 1/2 -1 tablespoon of melted chocolate in 12 small silicone molds. We need to cover the sides of the mold with chocolate. There are two easy ways to make it. One is to move the mold in circles for the chocolate to cover the sides, better with the chocolate still hot. Another way to do this is to help yourself with a spoon to coat the sides of each mold. If you go with this second option it works better when the chocolate starts to thicken. Refrigerate them for 10 minutes or until chocolate is hard.
3. For the filling place coconut cream, vanilla extract, shredded coconut, and monk fruit into a blender and blend until combine. You could avoid the blending part if you like the texture of the shredded coconut. In that case, just mix the ingredients in a bowl.
4. Add 1-1 1/2 teaspoon of the filling in each bonbon. Then cover with melted chocolate to the top of the mold.
5. Refrigerate for half an hour or until bonbons are hard enough to transfer them.

SERVES 12

Calories 33, Total C 1.1g, Fiber 0.4g, Net C 0.7g, Sugars 0.6g, Fat 2.8g, Protein 0.2g