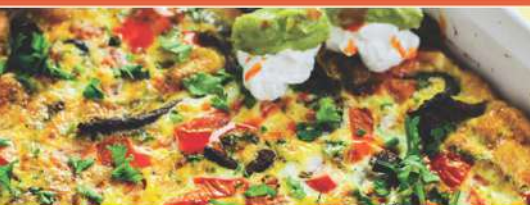


WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST



LUNCH



DINNER

Bullet Proof Style
Coffee/Bone Broth
Sausage, Egg and Cheese
Omelet

Ham or Turkey Slices with
String Cheese and a
Side Salad w/Mct Oil

Low Carb Philly Cheese
Steak Stuffed Peppers

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Leftover Keto Philly
Cheese Steak Stuffed
Peppers

Grilled Grilled Over Salad
with Ranch Dressing

Bullet Proof Style
Coffee/Bone Broth
Low Carb Biscuits and
Sausage Gravy

BLT Lettuce Wrap with
Half an Avocado

Easy Barbacoa Tacos

Bullet Proof Style
Coffee/Bone Broth
Ham and Cheese Omelet

Leftover Easy Barbacoa
Tacos

Baked Chicken with a
side of Boiled Squashed
with Butter on Top

Bullet Proof Style
Coffee/Bone Broth
Leftover Biscuits and Sausage
Gravy

Leftover Baked Chicken with
a side of Boiled Squashed
with Butter on Top

Low Carb Lemon Garlic
Chicken

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

Leftover Low Carb Lemon
Garlic Chicken

Bunless Burger Topped
with Cheese, Onions,
Lettuce, Tomato and Pickles

Bullet Proof Style
Coffee/Bone Broth
Scrambled Eggs and Bacon

Leftover Bunless Burger
Topped with Cheese, Onions,
Lettuce, Tomato and Pickles

Steak Kebobs with Red
Onion, Bell Pepper, Squash
and Zucchini

LOW CARB SAUSAGE BISCUITS AND GRAVY

INGREDIENTS

1 pound sausage
3 ounces cream cheese
1 cup of heavy cream
2 tablespoons water
1 teaspoon xanthan powder
Optional: Salt and pepper to taste

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.
6. By the time the gravy was done, the biscuits were ready!
7. Break open a biscuit and top it with some delicious gravy!
8. Serve it warm and enjoy.

SERVES 8

Calories 290, Total C 1.4g, Fiber 0g, Net C 1.4g, Sugar 1.3g, Fat 25.9g, Protein 12.7g

KETO PHILLY CHEESE STEAK STUFFED PEPPERS

INGREDIENTS

1 tablespoon of olive oil
1 onion thinly sliced
salt and pepper to taste
1 tablespoon of parsley flakes
1 pound of steak shaved
2 tablespoons of Worcestershire sauce
4 oz of sliced mushrooms
4 large green bell peppers
4 slices of provolone cheese
4 oz of shredded mozzarella cheese

INSTRUCTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large pan over medium high heat, add oil.
3. Once oil is heated add in onions. Cook for a minute before adding in steak, seasonings, and Worcestershire sauce.
4. Continue cooking for 3-4 minutes, stirring often, then add in mushrooms. Continue cooking an additional minute or two (lower heat if necessary). Remove from heat.
5. Take green peppers, cut off 1/2 an inch from the tops to remove the stem, seeds, and membranes. (For a perfectly balanced green pepper, cut a tiny bit off of the bottom so it's even.)
6. Fill each green pepper with one slice of provolone cheese. Then evenly pack in the cheesesteak mixture into each green pepper.
7. Place stuffed peppers on a baking tray and bake for 40 minutes. Take out the pan and add shredded cheese to each green pepper and return to the oven until cheese is melted and bubbly, about an additional 5 minutes.

SERVES 4

Calories 343, Total C 7.2g, Fiber 1.5g, Net C 5.7g, Sugar 3.4g, Fat 15.4g, Protein 42.5g

EASY BARBACOA TACOS

INGREDIENTS

Premade Keto Shredded beef recipe
Premade Simple Low Carb Tortilla Recipe
1/3 cup sour cream
2 tbs jalapeno juice from pickled jalapenos
Sriracha sauce
Cilantro
Onion, diced
Queso Fresco cheese, crumbled

INSTRUCTIONS

1. Warm the precooked barbacoa beef.
2. In a small bowl, combine the jalapeno juice and the sour cream. Mix it until it's smooth. Set aside.
3. Place a keto tortilla on a plate.
4. Place about 2 to 3 oz of barbacoa on the warm tortilla.
5. Drizzle the sour cream mixture over the warm beef.
6. Drizzle about 1 teaspoon of Sriracha sauce over the beef.
7. Sprinkle the tacos with cilantro and chopped onion.
8. Serve warm.

KETO SHREDDED BEEF

INGREDIENTS

3 lb chuck roast
1 tbs cumin
1 tsp oregano
1 tbs garlic minced
1/4 cup lemon or lime juice your choice
1 tbs apple cider vinegar
1 tbs paprika
1 tbs salt
1 tsp pepper
1 cup beef stock
2 tbs avocado oil

OVEN INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a small bowl, combine all the dry seasonings and set aside.
3. Remove the chuck roast from the refrigerator and spread the seasoning mixture all over the roast.
4. Use a large frying pan over medium heat and add avocado oil to the pan. The oil will go from a thick consistency to a very thin watery type consistency when it's fully heated.
5. Place the chuck roast in the hot pan and let it sear in the oil for about 4 to 5 minutes on each side. Don't skip the searing process because this is what seals the meat and makes the amazing flavor in the recipe.
6. While the roast is searing, prep your large rectangle baking dish.
7. I always add a sheet of foil to the bottom for easy clean up but it's not required.
8. Add the remaining ingredients (the beef stock, apple cider vinegar, and lemon or lime juice) to the bottom of the dish.
9. Once the roast has finished searing in the frying pan (it should have a beautiful color to it), place it in the baking dish in the liquid.
10. Cover the baking dish with a lid or use a sheet of aluminum foil to cover it.
11. Bake it at 350 degrees for a minimum of 3 hours. You might have to bake it for up to four hours. At the 3 hour mark, remove the chuck roast from the oven. Use a fork to shred the roast. If you can shred it easily, it's done! Don't over cook it or else it will become dry.

CROCKPOT INSTRUCTIONS

1. Sear the roast as instruction above.
2. Place the liquid ingredients into a crockpot.
3. Slow cook the roast in a crockpot for a minimum of 6 hours over low heat.

Serves 8

Calories 348 Total C 2g , Fiber 1g, Net C 1g, Sugars 1g, Fat, 23g, Protein: 34g

LOW CARB LEMON GARLIC CHICKEN

INGREDIENTS

3 tablespoons of olive oil
juice of 1 lemon
3 cloves of garlic, minced
2 teaspoons of dried oregano
1 pound of chicken thighs
salt and pepper, as desired
1/2 pound of asparagus, cut into 2-inch sections, ends
discarded
1 zucchini, sliced into half-moons
1 lemon, sliced

INSTRUCTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large bowl, season chicken with lemon juice, garlic, oregano, salt, and pepper.
3. To a large cast iron skillet over medium-high heat, warm oil in the skillet. Add chicken and brown both sides, about 4 minutes on each side.
4. Remove from heat, add in remaining ingredients, place in oven and cook for 30 minutes, or until chicken is cooked.

SERVES 4

Calories 302, Total C 7.9g, Fiber 1.8g, Net C 6.1g, Sugar 2.7g, Fat 16.9g, Protein 31.1g

KETO STRAWBERRY CAKE CHAFFLE

CHAFFLE INGREDIENTS

1 egg
1 ounce cream cheese
1/2 tsp vanilla
1 tbs almond flour
1 tbs monk fruit confectioners blend
10 drops 000Flavors Strawberry Souffle
10 drops 000Flavors Cake Batter
2 drops red food coloring

STRAWBERRY FROSTING INGREDIENTS

1 tbs cream cheese room temp
1 tbs butter room temp
1 tbs monk fruit confectioners blend
9 drops 000Flavors Strawberry Souffle

OPTIONAL

Top with sliced strawberries optional

INSTRUCTIONS

1. In a small bowl, add the egg and use a hand whisk to mix it until fluffy.
2. Add the remaining ingredients and mix well until it's all fully combined.
3. Preheat the mini waffle maker.
4. Pour half the mixture into the mini waffle maker (or pour all of the mixture into a large waffle maker) and cook it for about 3 minutes until it's done.
5. Repeat that step to cook the other strawberry cake chaffle.
6. Allow both chaffle cakes to cool before frosting them.
7. Double the recipe to make a tall cake!
8. Make the strawberry frosting while the chaffles are cooling.
9. In a small bowl combine all the ingredients and mix it with a small hand mixture. This recipe can be doubled or tripled if you prefer more frosting.
10. Frost the cooled cake and top with strawberries!
11. Enjoy!

Serves 2 (does not include frosting)

Calories 108, Total C 2.7g, Fiber 0.1g, Net C 2.6g, Sugars 0.9g, Fat 7.9g, Protein 4.5g