



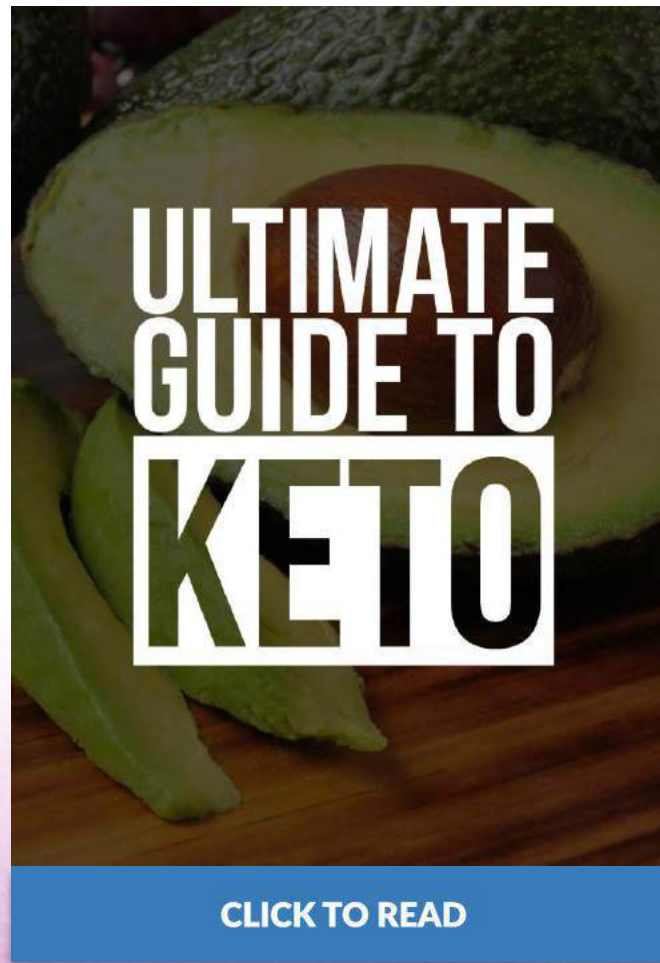
14-DAY MEAL PLAN

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Have You Read Our *Ultimate Guide to Keto*?

Be sure to read our *Ultimate Guide to Keto* to learn the basics of the ketogenic diet, how to get started and how to guarantee success!



14 Days At A Glance

Click on a recipe or day to jump to it.

Bolded recipes indicate the recipe makes multiple servings for multiple days.

Italicized recipes indicate leftovers from **bolded recipes**.

Week 1

| | Breakfast | Lunch | Dinner |
|-------|--|---|---|
| Day 1 | Mini Crustless Quiches | Ham and Cheddar Wraps | Chicken & Mushrooms |
| Day 2 | <i>Mini Crustless Quiches</i> | BLT Avocado Wraps | Low Carb Chicken Quesadilla |
| Day 3 | <i>Mini Crustless Quiches</i> | Easy Cobb Salad | Cheddar Chicken & Broccoli Casserole |
| Day 4 | Chocolate Peanut Butter Muffins | Tuna Avocado Salad | <i>Cheddar Chicken & Broccoli Casserole</i> |
| Day 5 | <i>Chocolate Peanut Butter Muffins</i> | <i>Cheddar Chicken & Broccoli Casserole</i> | Shrimp & Mushroom Zoodles |
| Day 6 | <i>Chocolate Peanut Butter Muffins</i> | <i>Cheddar Chicken & Broccoli Casserole</i> | Sriracha Lime Flank Steak |
| Day 7 | Creamy Scrambled Eggs | Chicken Zoodle Soup | Bunless Butter Burger |

Week 2

| | Breakfast | Lunch | Dinner |
|-------|--------------------------|-------------------------------|----------------------------------|
| Day 1 | Creamy Coffee Shake | <i>Chicken Zoodle Soup</i> | Low Carb Chicken Quesadilla |
| Day 2 | Classic Steak & Eggs | <i>Chicken Zoodle Soup</i> | Mustard Lemon Pork & Green Beans |
| Day 3 | Pepperoni Pizza Omelet | Quick Asian Crack Slaw | Shrimp & Mushroom Zoodles |
| Day 4 | Creamy Scrambled Eggs | <i>Quick Asian Crack Slaw</i> | Low Carb Chicken Quesadilla |
| Day 5 | Green Breakfast Smoothie | Ham & Cheddar Wraps | Avocado Lime Salmon & Cauli-rice |
| Day 6 | Easy Blender Pancakes | Tuna Avocado Salad | Mustard Lemon Pork & Green Beans |
| Day 7 | Sausage, Egg & Cheese | Easy Cobb Salad | Sriracha Lime Flank Steak |

Recipe Notes

- We use large eggs in all our recipes. If yours are a different size, know that this will affect the nutrition slightly.
- The low carb protein powder we use is [Isopure Vanilla](#) and Isopure Chocolate.
- [Almond milk](#) is always the unsweetened variety.
- Try to find the most [natural peanut butter](#) and [almond butter](#) brands you can. The ingredients listed should be 2 ingredients long at most.
- The mozzarella cheese in each recipe is a low-moisture, part-skim, shredded mozzarella cheese; not fresh mozzarella.
- Most recipes make 1 serving unless otherwise stated. The nutrition facts listed are per 1 serving. Some recipes will make multiple servings to be eaten over the next couple of days as leftovers, which will always be noted.
- If you're not a fan of spicy foods, feel free to leave out ingredients like jalapeño peppers, hot sauce, red pepper flakes, etc.
- We use [olive oil](#), [avocado oil](#) or [coconut oil](#) interchangeably to grease pans and baking dishes.
- If you don't have one yet, get yourself a [spiralizer](#). They're super handy and make many recipes possible!
- The ground beef we use for all ground beef recipes is 80% lean. We calculated the nutrition facts based on this type of meat. Adjust accordingly if you use a different fat content ground beef.
- 'SF' in a recipe means sugar-free.

Kitchen Essentials

Cooking is time consuming, we know! That's why we're always looking for possibilities to be more efficient while finding new, creative ways to make dishes. Here are a few tools we use multiple times a week and believe are truly worth investing in.



Food Scale

A food scale is a must if you're counting calories and macros. Many of our ingredients are listed by weight to provide accurate nutritional data.



Food Processor

We consider a food processor critical to our kitchen arsenal. Our favorite one for the past two years has been the NutriBullet. The blending containers double as to-go containers with different lids so you can use them just about anywhere. They're also super easy to clean/dishwash.



Electric Hand Mixer

Beating an egg white by hand to get stiff peaks is just silly these days! Save your muscles and invest in a basic electric hand mixer. They speed things up exponentially and make beating and mixing a breeze.



Spiralizer

A spiralizer makes vegetables in noodles quickly. This is great for low carb "pasta" dishes, soups and more. You can get a hand-held spiralizer (as shown above) or the full-size spiralizer with multiple options like thin and thick noodles and ribbons.

WEEK 1

Breakfast (makes 3 servings)

Mini Crustless Quiches

Calories: 382, 28F, 22P, 5.3C

Ingredients

- 14 large eggs
- 3 plum tomatoes, diced
- $\frac{2}{3}$ cup mozzarella cheese, shredded
- $\frac{1}{3}$ cup pepper jack cheese, shredded
- $\frac{1}{3}$ cup sweet onion, diced
- $\frac{1}{3}$ cup sliced pickled jalapenos
- $\frac{2}{3}$ cup soppressata salami, diced
- $\frac{1}{3}$ cup heavy cream

Instructions

1. Preheat the oven to 325°F and grease a 15" x 11" muffin tin.
2. Combine all the ingredients in a mixing bowl, season with salt and pepper and whisk well.
3. Split the quiche batter into the muffin tin equally and bake for about 25 minutes.
4. Store in the fridge and reheat when ready to eat.
5. Nutrition is based on 4 Mini Crustless Quiches. Recipe makes about 12.



Lunch

Ham & Cheddar Wraps

Calories: 600, 44F, 27P, 8C

Ingredients

- 1 low carb wrap
- 2 tbsp mayonnaise
- 2 oz. cheddar, shredded
- 2 oz. deli ham
- Pickles or jalapenos to taste
- Salt, pepper

Instructions

1. Onto a low carb wrap, spread the mayonnaise.
2. Add the shredded cheddar cheese and ham slices.
3. If you want, add some pickles or jalapenos for something fresh and juicy.
4. Wrap it up tight and cut it to fit your lunch bag or enjoy right away!



Dinner

Chicken & Mushrooms

Calories: 640, 51F, 46P, 5C

Ingredients

- 6 oz. chicken breast
- 8 oz. white mushrooms
- 2 tbsp butter
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup heavy cream
- 1 tsp fresh lemon juice
- Salt, pepper
- 1 handful of spinach

Instructions

1. Cook the chicken on a pan until it's almost cooked all the way. Then let it rest on a plate while you prepare the sauce.
2. On that same pan, cook the mushrooms in butter until they've shrunk and crisped up.
3. Add the water, lemon juice and heavy cream and let that cook until the sauce has thickened.
4. Season with salt and pepper and add the chicken back in to cook the rest of the way. Serve with a side of spinach.



Breakfast

Mini Crustless Quiches

Calories: 382, 28F, 22P, 5.3C

Ingredients

- 14 large eggs
- 3 plum tomatoes, diced
- $\frac{2}{3}$ cup mozzarella cheese, shredded
- $\frac{1}{3}$ cup pepper jack cheese, shredded
- $\frac{1}{3}$ cup sweet onion, diced
- $\frac{1}{3}$ cup sliced pickled jalapenos
- $\frac{2}{3}$ cup soppressata salami, diced
- $\frac{1}{3}$ cup heavy cream

Instructions

1. Preheat the oven to 325°F and grease a 15" x 11" muffin tin.
2. Combine all the ingredients in a mixing bowl, season with salt and pepper and whisk well.
3. Split the quiche batter into the muffin tin equally and bake for about 25 minutes.
4. Store in the fridge and reheat when ready to eat.
5. Nutrition is based on 4 Mini Crustless Quiches



Lunch

BLT Avocado Wraps

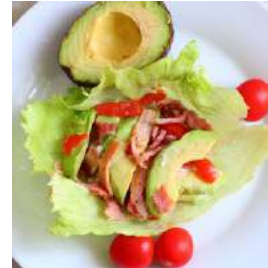
Calories: 640, 56F, 18P, 6C

Ingredients

- 3 lettuce leaves
- 3 tbsp mayonnaise
- 6 strips bacon, cooked
- $\frac{1}{2}$ roma tomato, sliced
- $\frac{1}{2}$ avocado, sliced
- Salt and pepper

Instructions

1. Gently flatten the lettuce leaves and spread a tablespoon of mayo onto each.
2. Lay 2 bacon strips onto each leaf followed by the sliced tomato and avocado.
3. Season with salt and pepper.
4. Wrap each one up tightly and enjoy!



Dinner

Low Carb Chicken Quesadilla

Calories: 654, 43F, 52P, 7C

Ingredients

- 1 low carb wrap
- 3 oz. pepper jack cheese, shredded
- 2.5 oz. chicken breast, grilled, shredded
- $\frac{1}{2}$ avocado, sliced thin
- 1 tsp chopped jalapeño
- $\frac{1}{4}$ tsp salt

Instructions

1. Place the wrap on a frying pan wide enough to allow the wrap to lay as fully flat as possible on a medium heat.
2. After a 2 minutes, flip the wrap over and begin laying out the pepper jack. Don't get too close to the corners (leave a little less than an inch from the edges of the wrap).
3. Add the chicken breast, avocado and jalapeño to one half of the wrap.
4. Fold the wrap over with a spatula and press down to flatten (not too much!). This will ensure the melted cheese glues the quesadilla together.
5. Take off the pan and cut into thirds. Enjoy with salsa and/or sour cream!



Breakfast

Mini Crustless Quiches

Calories: 382, 28F, 22P, 5.3C

Ingredients

- 14 large eggs
- 3 plum tomatoes, diced
- $\frac{2}{3}$ cup mozzarella cheese, shredded
- $\frac{1}{3}$ cup pepper jack cheese, shredded
- $\frac{1}{3}$ cup sweet onion, diced
- $\frac{1}{3}$ cup sliced pickled jalapenos
- $\frac{2}{3}$ cup soppressata salami, diced
- $\frac{1}{3}$ cup heavy cream

Instructions

1. Preheat the oven to 325°F and grease a 15" x 11" muffin tin.
2. Combine all the ingredients in a mixing bowl, season with salt and pepper and whisk well.
3. Split the quiche batter into the muffin tin equally and bake for about 25 minutes.
4. Store in the fridge and reheat when ready to eat.
5. Nutrition is based on 4 Mini Crustless Quiches



Lunch

Easy Cobb Salad

Calories: 600, 48F, 43P, 2C

Ingredients

- 1 large hard-boiled egg
- 4 oz. chicken breast
- 1 cup spinach
- 2 strips bacon
- $\frac{1}{4}$ avocado
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp white vinegar

Instructions

1. Bring a pot of water to boil and cook the egg for 10 minutes. Once it's cooked, cool it in cold water and chop it up.
2. On a frying pan, cook the chicken breast and bacon to desired crispiness.
3. Roughly chop or rip spinach leaves and add in the bacon, chicken and chopped egg.
4. Throw in half an avocado and mix to break it up.
5. Dress with olive oil and vinegar or use a low carb Bleu cheese dressing.



Dinner (makes 4 servings)

Cheddar Chicken & Broccoli Casserole

Calories: 548, 42F, 44P, 4C

Ingredients

- 20 oz. chicken breast, shredded
- 2 cups broccoli florets (we used frozen)
- 2 tbsp olive oil
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup heavy cream
- Salt, pepper
- 1 tsp oregano
- 1 cup cheddar cheese, shredded
- 1 oz. pork rinds, crushed

Instructions

1. Preheat the oven to 450°F.
2. In a deep mixing bowl, combine chicken broccoli florets, olive oil and sour cream. Mix to combine thoroughly.
3. Place the mixture into a greased 8x11" baking dish, pressing into an even layer.
4. Drizzle heavy cream over the entire layer. Season with salt, pepper and oregano.
5. Add the cheddar cheese to the top and add the crushed pork rinds over the cheese for a crispy casserole top.
6. Bake for about 20-25 minutes.
7. Nutrition is per $\frac{1}{4}$ of the casserole.



Breakfast (makes 3 servings)

Chocolate Peanut Butter Muffins

Calories: 530, 41F, 15P, 4.5C

Ingredients

- 1 cup almond flour
- ½ cup erythritol
- 1 tsp baking powder
- 1 pinch salt
- ⅓ cup peanut butter
- ⅓ cup almond milk
- 2 large eggs
- ½ cup SF chocolate chips

Instructions

1. Combine all the dry ingredients (except chocolate chips) in a large mixing bowl and stir.
2. Add in the peanut butter and almond milk and stir to combine.
3. Add in 1 egg at a time, incorporating each fully.
4. Fold in the SF chocolate chips.
5. Spray a muffin tin and add the batter. Bake for about 15 minutes at 350°F.
6. This recipe makes 6 muffins, 2 muffins per serving.
7. Nutrition is per 2 Chocolate Peanut Butter Muffins.



Lunch

Tuna Avocado Salad

Calories: 508, 34F, 31P, 5C

Ingredients

- 4 oz. canned tuna
- ½ stalk celery, diced
- ½ avocado
- 2 tbsp mayonnaise
- 1 tsp mustard
- ½ tsp fresh lemon juice
- Salt, pepper
- 1 hard-boiled egg, peeled, chopped

Instructions

1. Combine the tuna, celery and avocado.
2. Add mayo, mustard, lemon juice and spices.
3. Add the egg to the tuna salad.
4. Mix very well until all the ingredients are well combined.
5. Pack it up and save it for lunch!



Dinner

Cheddar Chicken & Broccoli Casserole

Calories: 548, 42F, 44P, 4C

Ingredients

- 20 oz. chicken breast, shredded
- 2 cups broccoli florets (we used frozen)
- 2 tbsp olive oil
- ½ cup sour cream
- ½ cup heavy cream
- Salt, pepper
- 1 tsp oregano
- 1 cup cheddar cheese, shredded
- 1 oz. pork rinds, crushed

Instructions

1. Preheat the oven to 450°F.
2. In a deep mixing bowl, combine chicken broccoli florets, olive oil and sour cream. Mix to combine thoroughly.
3. Place the mixture into a greased 8x11" baking dish, pressing into an even layer.
4. Drizzle heavy cream over the entire layer. Season with salt, pepper and oregano.
5. Add the cheddar cheese to the top and add the crushed pork rinds over the cheese for a crispy casserole top.
6. Bake for about 20-25 minutes.
7. Nutrition is per ¼ of the casserole.



week 1: day 5

Breakfast

Chocolate Peanut Butter Muffins

Calories: 530, 41F, 15P, 4.5C

Ingredients

- 1 cup almond flour
- ½ cup erythritol
- 1 tsp baking powder
- 1 pinch salt
- ⅓ cup peanut butter
- ⅓ cup almond milk
- 2 large eggs
- ½ cup SF chocolate chips

Instructions

1. Combine all the dry ingredients (except chocolate chips) in a large mixing bowl and stir.
2. Add in the peanut butter and almond milk and stir to combine.
3. Add in 1 egg at a time, incorporating each fully.
4. Fold in the SF chocolate chips.
5. Spray a muffin tin and add the batter. Bake for about 15 minutes at 350°F.
6. This recipe makes 6 muffins, 2 muffins per serving.
7. Nutrition is per 2 Chocolate Peanut Butter Muffins.



Lunch

Cheddar Chicken & Broccoli Casserole

Calories: 548, 42F, 44P, 4C

Ingredients

- 20 oz. chicken breast, shredded
- 2 cups broccoli florets (we used frozen)
- 2 tbsp olive oil
- ½ cup sour cream
- ½ cup heavy cream
- Salt, pepper
- 1 tsp oregano
- 1 cup cheddar cheese, shredded
- 1 oz. pork rinds, crushed

Instructions

1. Preheat the oven to 450°F.
2. In a deep mixing bowl, combine chicken broccoli florets, olive oil and sour cream. Mix to combine thoroughly.
3. Place the mixture into a greased 8x11" baking dish, pressing into an even layer.
4. Drizzle heavy cream over the entire layer. Season with salt, pepper and oregano.
5. Add the cheddar cheese to the top and add the crushed pork rinds over the cheese for a crispy casserole top.
6. Bake for about 20-25 minutes.
7. Nutrition is per ¼ of the casserole.



Dinner

Shrimp & Mushroom Zoodles

Calories: 500, 32F, 44P, 7.5C

Ingredients

- 1 tbsp olive oil
- 8 oz. white mushrooms, sliced
- 1 tbsp butter
- 6 oz. large shrimp, peeled
- 1 large zucchini
- ¼ cup marinara sauce
- Salt, pepper
- 2 tbsp Parmesan cheese

Instructions

1. Heat the olive oil in a large pan over medium heat.
2. Fry the mushrooms until they've soaked up most of the oil.
3. Add butter and let the mushrooms cook until they've turned golden.
4. Add the shrimp and let them cook for about 4 minutes on each side.
5. While the shrimp are cooking, make the zoodles by using a spiralizer.
6. Once the shrimp are cooked and pink, toss the zoodles in for about 2 minutes.
7. Then, add the marinara sauce and season with salt and pepper.
8. Enjoy with a sprinkle of Parmesan!



Breakfast

Chocolate Peanut Butter Muffins

Calories: 530, 41F, 15P, 4.5C

Ingredients

- 1 cup almond flour
- ½ cup erythritol
- 1 tsp baking powder
- 1 pinch salt
- ⅓ cup peanut butter
- ⅓ cup almond milk
- 2 large eggs
- ½ cup SF chocolate chips

Instructions

1. Combine all the dry ingredients (except chocolate chips) in a large mixing bowl and stir.
2. Add in the peanut butter and almond milk and stir to combine.
3. Add in 1 egg at a time, incorporating each fully.
4. Fold in the SF chocolate chips.
5. Spray a muffin tin and add the batter. Bake for about 15 minutes at 350°F.
6. This recipe makes 6 muffins, 2 muffins per serving.
7. Nutrition is per 2 Chocolate Peanut Butter Muffins.



Lunch

Cheddar Chicken & Broccoli Casserole

Calories: 548, 42F, 44P, 4C

Ingredients

- 20 oz. chicken breast, shredded
- 2 cups broccoli florets (we used frozen)
- 2 tbsp olive oil
- ½ cup sour cream
- ½ cup heavy cream
- Salt, pepper
- 1 tsp oregano
- 1 cup cheddar cheese, shredded
- 1 oz. pork rinds, crushed

Instructions

1. Preheat the oven to 450°F.
2. In a deep mixing bowl, combine chicken broccoli florets, olive oil and sour cream. Mix to combine thoroughly.
3. Place the mixture into a greased 8x11" baking dish, pressing into an even layer.
4. Drizzle heavy cream over the entire layer. Season with salt, pepper and oregano.
5. Add the cheddar cheese to the top and add the crushed pork rinds over the cheese for a crispy casserole top.
6. Bake for about 20-25 minutes.
7. Nutrition is per ¼ of the casserole.



Dinner

Sriracha Lime Flank Steak

Calories: 560, 34F, 52P, 8C

Ingredients

- 7 oz. asparagus
- 8 oz. flank steak
- Salt, pepper
- Sriracha Lime Sauce:
 - ½ lime
 - 1 tbsp sriracha
 - ½ tsp vinegar
 - Salt, pepper
 - 1 tbsp olive oil

Instructions

1. Trim the ends off the asparagus and let them fry on medium heat for about 10 minutes, tossing occasionally.
2. Liberally season the steak with salt & pepper. Broil for 5 minutes on each side for medium-rare. Add 1 minute on each side for medium and 2 minutes for well-done.
3. Cover the steak and let rest for 5 minutes. Meanwhile, squeeze fresh lime in a bowl and mix with sriracha, vinegar, salt & pepper. While whisking these together, slowly pour in olive oil to create an emulsion and thicken the sauce.
4. Slice steak thin & serve with sauce and the asparagus. Enjoy!



week 1 : day 7

Breakfast

Creamy Scrambled Eggs

Calories: 710, 57F, 37P, 2.5C

Ingredients

- 4 large eggs
- 2 tbsp butter
- 4 strips bacon
- 2 tbsp sour cream
- ½ tsp salt
- ¼ tsp black pepper
- 1 stalk green onion

Instructions

1. Crack eggs and add the butter to a pan on a medium-high heat. Stir continuously with a silicone spatula.
2. While stirring the eggs, let some bacon strips cook in another pan (or bake them).
3. Alternate stirring the eggs on the heat and off the heat in 30 second intervals. When they're almost done, turn the heat off. The eggs will continue cooking a little more from the residual heat from the pan.
4. Add a tablespoon of sour cream and season with salt and pepper.
5. Garnish with chopped green onion and enjoy!



Lunch (makes 3 servings)

Chicken Zoodle Soup

Calories: 370, 26F, 23P, 8C

Ingredients

- 2 tbsp olive oil
- ½ white onion, chopped
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 tbsp dried oregano
- 1 quart chicken broth
- 8 oz. boneless, skinless chicken thighs
- 1 large zucchini
- ¼ cup sour cream

Instructions

1. In a soup pot, heat olive oil over medium heat and cook onion and cook until translucent.
2. Add carrots and celery and season with salt, pepper and oregano. Cook until softened slightly.
3. Add the chicken broth and bring the mixture to a boil. Then lower the heat to a simmer, add chicken and cook 30 minutes.
4. Remove the chicken thighs and shred them. Cook them for 15 more minutes.
5. Spiralize the zucchini into thin noodles and add them to the soup during the last 2 or 3 minutes of cooking. Enjoy the soup with sour cream!
6. Nutrition is for 1/3 of the recipe.



Dinner

Bunless Butter Burger

Calories: 640, 59F, 24P, 1C

Ingredients

- 4 oz. ground beef
- Salt, pepper
- 1 tsp paprika
- 1 tbsp butter
- 1 tbsp olive oil
- 1 large leaf of lettuce
- 1 slice cheese
- 1 tsp mayonnaise

Instructions


1. Season the ground beef with salt, pepper and paprika and mix very well with your hands.
2. Make 2 flat patties and place the butter in the center of one of the patties.
3. Place the second patty on top of the buttered patty and press and seal the sides until the two patties merge.
4. Cook the patty on a pan with the olive oil on high heat for 4 minutes on each side.
5. Once it's done, place the patty on a lettuce leaf and add a slice of cheese. Spread with some mayo, fold and enjoy!



INTRODUCING OUR 'IN FIVE' COOKBOOKS

Breakfast
IN FIVE
by tasteaholics

30 *low carb* breakfasts
Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe



Breakfast is the most important meal to start your day off right! With *Breakfast in Five*, you can enjoy 30 low carb breakfasts like pancakes, waffles, shakes, cereal, hot pockets and much more. All recipes are up to 5 grams of carbs and only 5 ingredients each!

LEARN MORE

Lunch
IN FIVE
by tasteaholics

30 *low carb* lunches
Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe




We know lunch can become frustrating especially because it's the most common meal eaten outside the home! We'll give you tons of healthy ideas and recipes that can be packed up the day before and enjoyed where ever you may be!

LEARN MORE

Dinner
IN FIVE
by tasteaholics

30 *low carb* dinners
Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe



Dinner is the meal most often eaten at home. After a long day of work, cooking a delicious, healthy meal for your family can be a daunting task. Enjoy steaks, wings, lasagna, burgers, sides and much more each made from just 5 ingredients and up to 5 grams of carbs.

LEARN MORE

WEEK 2

week 2 : day 1

Breakfast

Creamy Coffee Shake

Calories: 425, 38F, 25P, 1C

Ingredients

- 1 cup brewed coffee
- ¼ cup heavy cream
- 1 tbsp coconut oil
- 1 scoop vanilla protein powder (about 30 grams)

Instructions

1. Add the brewed coffee to a blender or Nutribullet.
2. To it, add the heavy cream, coconut oil, and the protein powder. We recommend a low carb one like *Isopure* or *NowFoods*.
3. Blend on high for about 20 seconds.
4. Be careful opening the blender as the hot coffee may have created a lot of steam.
5. Enjoy warm!



Lunch

Chicken Zoodle Soup

Calories: 370, 26F, 23P, 8C

Ingredients

- 2 tbsp olive oil
- ½ white onion, chopped
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 tbsp dried oregano
- 1 quart chicken broth
- 8 oz. boneless, skinless chicken thighs
- 1 large zucchini
- ¼ cup sour cream

Instructions

1. In a soup pot, heat olive oil over medium heat and cook onion and cook until translucent.
2. Add carrots and celery and season with salt, pepper and oregano. Cook until softened slightly.
3. Add the chicken broth and bring the mixture to a boil. Then lower the heat to a simmer, add chicken and cook 30 minutes.
4. Remove the chicken thighs and shred them. Cook them for 15 more minutes.
5. Spiralize the zucchini into thin noodles and add them to the soup during the last 2 or 3 minutes of cooking. Enjoy the soup with sour cream!
6. Nutrition is for 1/3 of the recipe.



Dinner

Low Carb Chicken Quesadilla

Calories: 654, 43F, 52P, 7C

Ingredients

- 1 low carb wrap
- 3 oz. pepper jack cheese, shredded
- 2.5 oz. chicken breast, grilled, shredded
- ½ avocado, sliced thin
- 1 tsp chopped jalapeño
- ¼ tsp salt

Instructions

1. Place the wrap on a frying pan wide enough to allow the wrap to lay as fully flat as possible on a medium heat.
2. After a 2 minutes, flip the wrap over and begin laying out the pepper jack. Don't get too close to the corners (leave a little less than an inch from the edges of the wrap).
3. Add the chicken breast, avocado and jalapeño to one half of the wrap.
4. Fold the wrap over with a spatula and press down to flatten (not too much!). This will ensure the melted cheese glues the quesadilla together.
5. Take off the pan and cut into thirds. Enjoy with salsa and/or sour cream!



week 2 : day 2

Breakfast

Classic Steak & Eggs

Calories: 687, 52F, 43P, 5C

Ingredients

- 1 tbsp olive oil
- 4 oz. sirloin
- 1 tbsp butter
- 3 large eggs
- Salt, pepper
- ½ avocado

Instructions

1. In a pan with the olive oil, cook the sirloin (or your favorite cut of steak) until desired doneness.
2. Meanwhile, melt the butter in a pan and fry the eggs until the whites are set and yolk is to desired doneness. Season with salt and pepper.
3. Take the steak off the pan, slice it into bite-sized strips and season with salt and pepper.
4. Slice up and salt the avocado and serve everything together.



Lunch

Chicken Zoodle Soup

Calories: 370, 26F, 23P, 8C

Ingredients

- 2 tbsp olive oil
- ½ white onion, chopped
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 tbsp dried oregano
- 1 quart chicken broth
- 8 oz. boneless, skinless chicken thighs
- 1 large zucchini
- ¼ cup sour cream

Instructions

1. In a soup pot, heat olive oil over medium heat and cook onion and cook until translucent.
2. Add carrots and celery and season with salt, pepper and oregano. Cook until softened slightly.
3. Add the chicken broth and bring the mixture to a boil. Then lower the heat to a simmer, add chicken and cook 30 minutes.
4. Remove the chicken thighs and shred them. Cook them for 15 more minutes.
5. Spiralize the zucchini into thin noodles and add them to the soup during the last 2 or 3 minutes of cooking. Enjoy the soup with sour cream!
6. Nutrition is for 1/3 of the recipe.



Dinner

Mustard Lemon Pork & Green Beans

Calories: 591, 43F, 49P, 4C

Ingredients

- 2 4-oz. pork loins
- 1 tbsp olive oil
- 1 cup green beans
- Mustard Sauce
 - ¼ cup chicken broth
 - 2 tbsp heavy cream
 - ½ tsp apple cider vinegar
 - ¼ lemon
 - ½ tbsp mustard

Instructions

1. Pat pork loins dry with a paper towel and season with salt and pepper.
2. On a large pan with olive oil on high heat, sear the pork on both sides for 2 minutes.
3. Set them aside and deglaze the pan with chicken broth, apple cider vinegar and heavy cream. Let this come to a simmer.
4. Add the lemon juice, mustard and stir to combine. Add pork loins back to the pan and flip once to coat them in the sauce.
5. Let them cook for 10 minutes with the lid of the pan left slightly open.
6. Roast greens beans in a 350°F oven for 10 minutes and serve together with sauce on top.



week 2 : day 3

Breakfast

Pepperoni Pizza Omelet

Calories: 600, 53F, 32P, 5C

Ingredients

- 3 large eggs
- 1 tbsp heavy cream
- ½ oz. pepperoni slices
- ½ cup shredded mozzarella
- Salt, pepper, basil
- 2 strips of bacon

Instructions

1. Heat a small pan with some oil on a medium flame. Simultaneously, fry the bacon strips in another pan (or bake them).



2. Beat eggs with heavy cream and pour into the hot pan. Let them cook until almost done and add some pepperoni slices to one side.

3. Sprinkle mozzarella cheese over the pepperoni along with salt, pepper and basil and fold the omelet over.

4. Let cook for another minute and serve with a side of bacon!

Lunch (makes 2 servings)

Quick Asian Crack Slaw

Calories: 370, 27F, 24P, 4C

Ingredients

- 1 tbsp sesame seed oil (optional)
- 1 clove garlic
- ½ lb ground beef (we used 80% lean)
- 5 oz. coleslaw salad mix
- 1 tbsp olive oil
- 1 tbsp soy sauce
- Salt, pepper
- 1 tsp sesame seeds
- 1 stalk green onion

Instructions

1. Start by heating the sesame seed oil in a large wok and crushing the garlic clove into it. Cook until fragrant.



2. Add in the ground beef and break up with a wooden spoon.

3. Once the ground beef is browned, about 5-10 minutes, add in the coleslaw salad mix and toss to combine.

4. Add in olive oil and soy sauce. Stir and let cook for about 5 minutes for the coleslaw mix to wilt.

5. Season with salt, pepper and sesame seeds. Serve with a sprinkle of green onion and enjoy!

6. Nutrition is for 1/2 of the recipe.

Dinner

Shrimp & Mushroom Zoodles

Calories: 500, 32F, 44P, 7.5C

Ingredients

- 1 tbsp olive oil
- 8 oz. white mushrooms, sliced
- 1 tbsp butter
- 6 oz. large shrimp, peeled
- 1 large zucchini
- ¼ cup marinara sauce
- Salt, pepper
- 2 tbsp Parmesan cheese

Instructions

1. Heat the olive oil in a large pan over medium heat.

2. Fry the mushrooms until they've soaked up most of the oil.

3. Add butter and let the mushrooms cook until they've turned golden.

4. Add the shrimp and let them cook for about 4 minutes on each side.

5. While the shrimp are cooking, make the zoodles by using a spiralizer.

6. Once the shrimp are cooked and pink, toss the zoodles in for about 2 minutes.

7. Then, add the marinara sauce and season with salt and pepper.

8. Enjoy with a sprinkle of Parmesan!



Breakfast

Creamy Scrambled Eggs

Calories: 710, 57F, 37P, 2.5C

Ingredients

- 4 large eggs
- 2 tbsp butter
- 4 strips bacon
- 2 tbsp sour cream
- ½ tsp salt
- ¼ tsp black pepper
- 1 stalk green onion

Instructions

1. Crack eggs and add the butter to a pan on a medium-high heat. Stir continuously with a silicone spatula.
2. While stirring the eggs, let some bacon strips cook in another pan (or bake them).
3. Alternate stirring the eggs on the heat and off the heat in 30 second intervals. When they're almost done, turn the heat off. The eggs will continue cooking a little more from the residual heat from the pan.
4. Add a tablespoon of sour cream and season with salt and pepper.
5. Garnish with chopped green onion and enjoy!



Lunch

Quick Asian Crack Slaw

Calories: 370, 27F, 24P, 4C

Ingredients

- 1 tbsp sesame seed oil (optional)
- 1 clove garlic
- ½ lb ground beef (we used 80% lean)
- 5 oz. coleslaw salad mix
- 1 tbsp olive oil
- 1 tbsp soy sauce
- Salt, pepper
- 1 tsp sesame seeds
- 1 stalk green onion

Instructions

1. Start by heating the sesame seed oil in a large wok and crushing the garlic clove into it. Cook until fragrant.
2. Add in the ground beef and break up with a wooden spoon.
3. Once the ground beef is browned, about 5-10 minutes, add in the coleslaw salad mix and toss to combine.
4. Add in olive oil and soy sauce. Stir and let cook for about 5 minutes for the coleslaw mix to wilt.
5. Season with salt, pepper and sesame seeds. Serve with a sprinkle of green onion and enjoy!
6. Nutrition is for 1/2 of the recipe.



Dinner

Low Carb Chicken Quesadilla

Calories: 654, 43F, 52P, 7C

Ingredients

- 1 low carb wrap
- 3 oz. pepper jack cheese, shredded
- 2.5 oz. chicken breast, grilled, shredded
- ½ avocado, sliced thin
- 1 tsp chopped jalapeño
- ¼ tsp salt

Instructions

1. Place the wrap on a frying pan wide enough to allow the wrap to lay as fully flat as possible on a medium heat.
2. After a 2 minutes, flip the wrap over and begin laying out the pepper jack. Don't get too close to the corners (leave a little less than an inch from the edges of the wrap).
3. Add the chicken breast, avocado and jalapeño to one half of the wrap.
4. Fold the wrap over with a spatula and press down to flatten (not too much!). This will ensure the melted cheese glues the quesadilla together.
5. Take off the pan and cut into thirds. Enjoy with salsa and/or sour cream!



Breakfast

Green Breakfast Smoothie

Calories: 500, 39F, 30P, 4C

Ingredients

- 1.5 cups almond milk
- 1 oz. spinach
- 50 grams avocado
- 1 tbsp coconut oil
- 10 drops liquid stevia
- 1 scoop vanilla protein powder (about 30 grams)

Instructions

1. Combine all the smoothie ingredients in a blender or Nutribullet.
2. Blend on high until everything is smooth and creamy.
3. Enjoy!



Lunch

Ham & Cheddar Wraps

Calories: 600, 44F, 27P, 8C

Ingredients

- 1 low carb wrap
- 2 tbsp mayonnaise
- 2 oz. cheddar, shredded
- 2 oz. deli ham
- Pickles or jalapenos to taste
- Salt, pepper

Instructions

1. Onto a low carb wrap, spread the mayonnaise.
2. Add the shredded cheddar cheese and ham slices.
3. If you want, add some pickles or jalapenos for something fresh and juicy.
4. Wrap it up tight and cut it to fit your lunch bag or enjoy right away!



Dinner

Avocado Lime Salmon & Cauli-rice

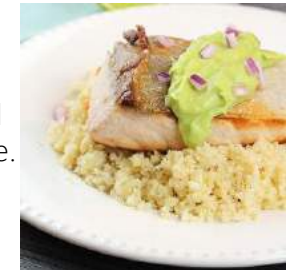
Calories: 420, 27F, 37P, 5C

Ingredients

- 50 grams cauliflower
- ½ avocado
- ½ lime
- 1 tbsp red onion, diced
- 1 6-oz. salmon fillet (or chicken thighs)
- Salt, pepper

Instructions

1. Rice the cauliflower by pulsing it in a food processor until it's rice. Cook it in a lightly oiled pan for about 8 minutes.
2. In a food processor, blend together the avocado, the juice of 1/2 a lime and diced red onion until smooth and creamy.
3. Heat a skillet with some oil and cook the salmon fillet skin-side down for about 4-5 minutes. Season with salt and pepper while it's cooking. Flip the salmon and continue to cook for an additional 4-5 minutes. (You can also prepare some chicken thighs if you don't like salmon.)
5. Once it's cooked, serve it over a bed of the cauliflower rice and a generous dollop of the avocado lime sauce.



Breakfast

Easy Blender Pancakes

Calories: 450, 29F, 41P, 4C

Ingredients

- 2 oz. cream cheese
- 2 large eggs
- 1 scoop vanilla protein powder (about 30 grams)
- 1 dash cinnamon
- 10 drops liquid stevia (optional)
- 1 pinch salt

Instructions

1. Add the all the ingredients into a blender or Nutribullet.
2. Blend on high until everything is smooth and creamy.
3. Heat a griddle to medium heat and add the pancake batter into 4-5 inch diameter rounds.
4. Cook until you see bubbles forming at the surface and the edges look dry.
5. Flip and cook for a few more seconds.
6. Enjoy with butter and a drizzle of sugar-free maple syrup.



Lunch

Tuna Avocado Salad

Calories: 508, 34F, 31P, 5C

Ingredients

- 4 oz. canned tuna
- ½ stalk celery, diced
- ½ avocado
- 2 tbsp mayonnaise
- 1 tsp mustard
- ½ tsp fresh lemon juice
- Salt, pepper
- 1 hard-boiled egg, peeled, chopped

Instructions

1. Combine the tuna, celery and avocado.
2. Add mayo, mustard, lemon juice and spices.
3. Add the egg to the tuna salad.
4. Mix very well until all the ingredients are well combined.
5. Pack it up and save it for lunch!



Dinner

Mustard Lemon Pork & Green Beans

Calories: 591, 43F, 49P, 4C

Ingredients

- 2 4-oz. pork loins
- 1 tbsp olive oil
- 1 cup green beans
- Mustard Sauce
 - ¼ cup chicken broth
 - 2 tbsp heavy cream
 - ½ tsp apple cider vinegar
 - ¼ lemon
 - ½ tbsp mustard

Instructions

1. Pat pork loins dry with a paper towel and season with salt and pepper.
2. On a large pan with olive oil on high heat, sear the pork on both sides for 2 minutes.
3. Set them aside and deglaze the pan with chicken broth, apple cider vinegar and heavy cream. Let this come to a simmer.
4. Add the lemon juice, mustard and stir to combine. Add pork loins back to the pan and flip once to coat them in the sauce.
5. Let them cook for 10 minutes with the lid of the pan left slightly open.
6. Roast greens beans in a 350°F oven for 10 minutes and serve together with sauce on top.



Breakfast

Sausage, Egg & Cheese

Calories: 574, 49F, 27P, 1C

Ingredients

- 3 oz. breakfast sausage (e.g. Jimmy Dean)
- 1 large egg
- 1 tbsp olive oil
- 1 slice cheddar cheese
- Chives or green onion for garnish

Instructions

1. Cook the breakfast sausage and egg (sunny side up or over easy) in a lightly oiled pan.
2. Arrange them with a slice of cheddar and drizzle with some hot sauce if you'd like.
3. Top with chives or green onion for garnish.



Lunch

Easy Cobb Salad

Calories: 600, 48F, 43P, 2C

Ingredients

- 1 large hard-boiled egg
- 4 oz. chicken breast
- 1 cup spinach
- 2 strips bacon
- ¼ avocado
- 1 tbsp olive oil
- ½ tsp white vinegar

Instructions

1. Bring a pot of water to boil and cook the egg for 10 minutes. Once it's cooked, cool it in cold water and chop it up.
2. On a frying pan, cook 4 oz. of chicken breast and bacon to desired crispiness.
3. Roughly chop or rip spinach leaves and add in the bacon, chicken and chopped egg.
4. Throw in half an avocado and mix to break it up.
5. Dress with olive oil and vinegar or use a low carb Bleu cheese dressing.



Dinner

Sriracha Lime Flank Steak

Calories: 560, 34F, 52P, 8C

Ingredients

- 7 oz. asparagus
- 8 oz. flank steak
- Salt, pepper
- Sriracha Lime Sauce
 - ½ lime
 - 1 tbsp sriracha
 - ½ tsp vinegar
 - Salt, pepper
 - 1 tbsp olive oil

Instructions

1. Trim the ends off the asparagus and let them fry on medium heat for about 10 minutes, tossing occasionally.
2. Liberally season the steak with salt & pepper. Broil for 5 minutes on each side for medium-rare. Add 1 minute on each side for medium and 2 minutes for well-done.
3. Cover the steak and let rest for 5 minutes. Meanwhile, squeeze fresh lime in a bowl and mix with sriracha, vinegar, salt & pepper. While whisking these together, slowly pour in olive oil to create an emulsion and thicken the sauce.
4. Slice steak thin & serve with sauce and the asparagus. Enjoy!



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