



MEAL PLAN AND RECIPES

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RECIPES

BREAKFAST



Keto Pancakes 1/3 cup almond flour 4oz. Cream cheese - very soft 4 large eggs 1 tsp vanilla extract Butter for frying and topping- 3Tbsp **Total Calories: 1221**

Total Calories per serving: 122.1

Makes 10 pancakes/Nutrients per pancake

In a medium bowl whisk all ingredients until smooth.

Melt 1 Tbsp. butter in a fying pan.

Pour about 3 Tbsp. into pan and cook 2 minutes. Flip and cook 2 minutes

Put plate. Continue making the rest. Makes about 10 pancakes.





Brussel Sprouts Hash - 4 Servings

6 slices bacon, cut into 1" pieces
1/2 onion, chopped
1 lb. brussels sprouts, trimmed and quartered kosher salt
Freshly ground black pepper
1/4 tsp. red pepper flakes
3 tbsp. water
1/2 tsp. Saveur Garlic mix (or can try the fajita spice)

4 large eggs **Total Calories : 756**

Total Calories per serving: 189

Fry bacon until cooked to your liking, remove from pan and drain on paper towels.

Cook onion and brussel sprouts in bacon fat, until soft and lightly browned. Season with salt, pepper, garlic powder and red pepper flakes.

Add 2 Tbsp. water to pan, cover and cook for 5 minutes until water evaporates.

Make 4 dents/ohles in the brussel sprouts. Break eggs into the holes, cover and cook

about 5 minutes. Eggs will be soft (or cook longer to your liking).

Crumble bacon and sprinkle over the top before serving.





Baked Avocado Eggs - Serves 4 2 ripe avocados, pitted and halved 4 large eggs kosher salt (or Saveur Seasoned Salt) Freshly ground black pepper 3 slices bacon

Freshly chopped chives, for garnish

(can also bake the Avocado with Saveur spices-guacamole mix, curry, etc).

Total Calories: 1111

Total Calories per serving: 277.8

Preheat oven to 350F. Place avocados into a baking dish. Crack an egg into each 1/2 of an avocado. Bake until whites are set, about 20 minutes.

If too runny, cover with foil and bake 5 minutes longer. Meanwhile cook bacon in a skillet until desired doneness. Cut bacon in half or chop. Top cooked avocado eggs with bacon.

LUNCH



White Turkey Chili - Serves 5

1 lb ground turkey
2 cups riced cauliflower (frozen, thawed)
2 Tbsp. Butter
1/2 onion, diced
1 tsp. garlic powder
2 cups heavy cream



1 1/2 tsp. dried mustard powder

1 tsp. thyme 1 tsp. celery salt Salt, pepper to taste **Total Calories : 2733**

Total Calories per serving: 546.6

Heat butter in a large pot. Saute onion for 2-3 minutes until beginning to soften.

Add ground turkey and cook until browned.

Add in the riced cauliflower, and seasonings. Add heavy cream, and bring to a simmer.

Cook for -5 8 minutes and serve. For additional fat, top with cheddar cheese.



Curry Chicken Lettuce Wraps - 2 servings

1/2 pound cooked chicken (2 cups)

1/2 cup diced celery

1/2 tsp. onion powder

1 cup cauliflower rice (frozen, thawed or fresh slightly cooked)

1/2 cup sour cream

2 tsp. Saveur Curry mix

Salt & Pepper to taste

6-8 small lettuce leaves (romaine, iceberg, or butter lettuce work well)

Total Calories: 710

Total Calories per serving: 355

Combine all ingedients in a bowl (except for lettuce). Mix well. Spoon chicken salad into lettuce leaves and serve.





Chicken, Cucumber & Avocado Salad - Serves 6

1 Rotisserie chicken deboned and shredded (skin on or off) - 4 cups 1 large English (or continental) cucumber, halved lengthways and sliced into 1/4-inch thick slices

3 large Roma tomatoes sliced or chopped

1/4 red onion thinly sliced

2 avocados peeled, pitted and diced

1/2 cup flat leaf parsley chopped*

3 tablespoons sour cream

2-3 tablespoons lemon juice (or the juice of 2 limes)

Salt and pepper to taste

Total Calories: 1661

Total Calories per serving: 276,8

Mix together in a bowl, and season to taste with salt and pepper.

DINNER



Cauliflower Bake - Serves 4

1 large head cauliflower, cut into florets

2 tbsp. butter

1 cup heavy cream

2 oz. cream cheese

11/4 cup shredded sharp cheddar cheese, separated

Salt and pepper to taste

6 slices bacon, cooked and crumbled

1/4 cup chopped green onions

Total Calories: 2125

Total Calories per serving: 531.3



Preheat oven to 350F. Blanch/steam or microwave cauliflower until it is crisp tender, about 2 minutes. Drain.

In a medium pot, melt together butter, heavy cream, cream cheese, 1 cup of shredded cheddar cheese, salt, and pepper until well-combined. In a baking dish, add cauliflower florets, cheese sauce, all but 1 tbsp. crumbled bacon, and all but 1 tbsp. green onions. Stir together. Top with remaining shredded cheddar cheese, crumbled bacon, and green onions.

Bake until cheese is bubbly and golden and cauliflower is soft, about 30 minutes.



Buffalo Chicken Casserole- Serves 6

2 c. shredded chicken
3 cups riced cauliflower or zucchnini noodles
1½ cups monterey jack cheese
1½ cups sharp cheddar cheese
3¼ cup sour cream
1 cup yellow onion, chopped
2 cups carrot/broccoli slaw, chopped
1 cup bell pepper (red, yellow, orange), chopped
1 tsp. garlic powder
3 Tbsp. butter,
1¼ cup hot sauce
salt and pepper, to taste

For topping: Avocado slices, green onions, sour cream

Total Calories: 2639

Total Calories per serving: 439.8

Preheat oven to 375F.

Heat 1 Tbsp. butter in large pan, and add onion and saute until softened, 5 minutes.

Add broccoli/carrot slaw, bell pepper and garlic powder and saute 2-3 minutes.

Melt remaining 2 Tbsp. Butter and mix with sour cream and hot sauce in a

Put chicken in bowl and mix well to coat with the sour cream mixture. Add in the slaw, bell pepper mixture. Add in cauliflower or zucchini noodles. Add in half of cheese. Mix well. Pour into a 9x 13 pan and smooth.

Mix well. Top with remaining cheese. Bake 15-20 minutes, until bubbly and hot. Serve with avocado, green onion, sour cream, more cheese as toppings.



SNACKS



Keto Strawberry Pistachio Truffle- 24 Truffles, 2 per serving

2 cups almond flour
1/2 cup Swerve, Confectioners
1 tsp cream of tartar
1/4 tsp salt
6 tbsp butter, melted
1 tsp vanilla extract
1 scoop Youngevity True Keto Shake mix
1/4 cup chopped pistachio's

Total Calories: 2294

Total Calories per serving: 191.2

In a large bowl, whisk together the almond flour, Swerve, cream of tartar, and salt.

Stir in melted butter and vanilla extract until the dough comes together. If the dough is too crumbly to squeeze together, add a tablespoon of water and stir together.

Scoop dough out by the rounded tablespoon and squeeze in your palm a few times to help it hold together, then roll into a ball.

Place on a waxed paper lined cookie sheet and repeat with remaining dough.

Coating:

In a shallow bowl, whisk together the Swerve, Keto Shake mix, and pistachios.

Roll the truffles in the coating until well covered





Butter Pecan Fat Bomb Snacks -12 snacks

1/2 cup pecans
1/4 cup coconut oil (solid)
1/4 cup ghee (clarified butter)
1/4 cup coconut butter
1/2 tsp vanilla extract
1/8 tsp sea salt
Stevia or sweetenr of choice

Total Calories: 1741

Total Calories per serving: 145.1

Heat a skillet over medium heat. Add the pecans and toast them while constantly stirring.

Cook pecans until they are toasted and a medium brown color.

Let pecans cool, then roughly chop the pecans.

Over low heat In a small saucepan, combine coconut butter, ghee, and coconut oil until melted.

Stir in vanilla extract and sea salt, as well as stevia if using.

Stir pecans into heated mixture. Pour into a small container or onto a small cookie sheet and freeze for at least 30 minutes.

Remove from freezer and cut into 12 bite size pieces.





Ghee

Ghee is a clarified butter, and can be easily made at home.

Place butter in a heavy-bottomed pan.

Melt over medium-low heat.

When the whey (white part of the melted butter) floats to the top, skim it off. When the milk fat sinks to the bottom and the butter turns clear, you've made clarified butter.

When the milk fats brown and become fragrant, you've made ghee.

Pour ghee, but not the milk fats, into a container with a lid, and store in fridge until ready to use. Can be stored for up to 6 to 9 months in fridge. Ghee can be used in place of many oils for frying, as it's butter, not oil, but in this form acts like oil.