

Going Ketogenic

Ketogenic Meal Plan + Recipes (1750+ Calories Per Day)

Waikato Hospital Parkinson's Dietary Study

2017

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The Commitment

“Let food be thy medicine, and medicine be thy food.”

- Hippocrates

In the time since Hippocrates said this, the practice of medicine has **changed**.

We have been conditioned to believe that food exists for sustenance and pleasure, and that medications are the way to improve conditions like Parkinson’s. Yet in general, medications do not heal; they **mask symptoms**. Even levodopa, the gold standard for Parkinson’s, does not slow down the pathological process in any way, shape, or form. Diet, on the other hand, significantly influences both the gut bacteria as well as the body’s mitochondria, so it is positioned to play a crucial role, perhaps even a **defining role**, in Parkinson’s.

Repeat Hippocrates’ quote to yourself. For this study, this is the mindset we must adopt. For this study, we must believe that **food is the real medicine in Parkinson’s**. For this study, that means sticking to the meal plan that you hold in your hands for the next eight weeks.

The potential power of this meal plan, which is the product of a great deal of thought, does not stem from one single meal or day. The potential power of this plan results from sticking to it for a sustained length of time, keeping carbohydrates down in a sustained fashion, so that your body is orchestrated into an **altered metabolic state**. This metabolic state may be extremely susceptible to even small deviations from the meal plan - thus, **temptation** is the enemy in this study. Generally, it will take one of two forms:

(1) Temptations from yourself.

You will experience cravings for carbohydrates, especially sugar. The best way to prepare for this is to remove all carbs and sugar from the kitchen. Pack them into a box and stuff them in the garage! Believe me, this makes things much easier.

(2) Temptations from others.

Well-meaning family and friends may offer you foods with the potential to disrupt your meal plan. These offerings may seem harmless, but even a small amount of carbohydrate could completely hijack your body’s altered metabolic state. The best way to prepare for this is to politely decline, and quote Hippocrates to them as you do so. Hopefully, they will understand.

For this study, we are trying to get your body into an altered metabolic state. To succeed, **the commitment is simple** - food is the real medicine in Parkinson’s! A simple commitment, but an essential one.

How To Use The Meal Plan

This four-week meal plan has been designed to be **simple and affordable**, yet still get your body into an altered metabolic state. It will give you at least **1750 calories** per day, but can provide more than that as needed. Please eat until you are satisfied - this is not a calorie restriction study!

Every week contains **two shopping lists**; there is a standard shopping list as well as a calorie boosters shopping list at the beginning of each week:

- The **standard shopping list** provides all the ingredients for breakfast, lunch, and dinner on each day. The standard shopping list will provide a **baseline 1750 calories** per day.
- The **calorie boosters shopping list** provides all the ingredients for one calorie booster meal on each day. The calorie boosters list will provide an **extra 500 calories** per day.

Based on your body mass index and activity level, we have calculated your **recommended daily caloric intake** and will provide this to you at your second clinical visit. This number is just a guideline, but whether and how you use the calorie boosters shopping list is dependent on it:

- If your recommended daily caloric intake is **1500-2000 calories per day**, we recommend that you buy the standard shopping list ingredients, and nothing from the calorie boosters shopping list.
- If your recommended daily caloric intake is **2000-2500 calories per day**, we recommend that you buy the standard shopping list ingredients, plus everything on the calorie boosters shopping list.
- If your recommended daily caloric intake is **2500-3000+ calories per day**, we recommend that you buy the standard shopping list ingredients, and **double** everything on the calorie boosters shopping list.

Use these rules as a guideline for **the first week** that you go on your meal plan; if you find out that you bought too little or too much on the first week, you can always adjust how much food you buy for the subsequent weeks.

Preparing For Each Week

The meal plan has been designed to be **simple and affordable**; everything can be bought in a single weekend shop.

Please do the following **before** you go on the weekend shop:

- Before you leave the house, **cross off** any ingredients you already have, especially spices. It's a virtual guarantee that you will already have some ingredients at home.
- You can get everything at **Pak 'n Save**; without question, the Clarence Street Pak 'n Save in Hamilton has it all. If you can't find it, just ask one of the store employees - it's there!
- When we recommend a specific brand, please **buy that brand** if possible. Since they vary in nutrient content, we recommend a specific brand when it matters.
- Make sure meats do not expire before **Wednesday**; the meal plan ensures that all meats will be cooked by Wednesday night at the latest.
- Fresh berries may not be available during winter. If so, either buy the berries **frozen** and let them thaw at room temperature for 30 minutes before you eat them, or buy a relevant substitute (ie if no raspberries, use blueberries instead).

While the weekend shop will be a **big shopping trip**, please remember that it provides everything you need for the next seven days.

Preparing For Each Day

The meal plan has been designed to run **smoothly** from day to day, such that a single working person should be able to follow it. Here is the outline for each day:

(1) Breakfast.

This will be a simple meal requiring no more than **15 minutes** to make. Some breakfasts may need more time than that, but if that is the case, you will be warned the prior evening so you have the option of preparing it after dinner, when you have more time.

(2) Lunch.

If you are working, please prepare lunch in the morning, before you leave. The lunch recipes are extremely simple and take no more than **5-10 minutes** to make. Lunch will often consist of leftovers from a previous dinner.

(3) Dinner.

You will usually need **30-60 minutes** to prepare dinner including baking or cooking time, although some dinners will require less time and some may require more time (if more, it will be due to increased baking or cooking time, ie time where you don't have to do much). The dinner recipes will usually contain multiple serves and you will put some of them into the fridge or freezer for later days; this will be clearly outlined for you. Monday, Tuesday, and Wednesday evenings require more work; things get easier later in the week.

(4) Calorie Boosters.

These simple recipes are designed to provide maximum calories but minimal protein, so that the absolute protein levels remain similar between all participants - don't worry, the amount of protein in this meal plan is adequate to maintain a high muscle mass, even if you exercise with heavy weights. You may have the calorie booster at any time of the day, but **evenings are best** (it's nice going to bed with a full stomach).

If you take levodopa (Sinemet or Madopar), please remember to take it at least **one hour before or after every meal**, and only with a glass of water. If you take it with food, the effects of the levodopa may be compromised, or even negated.

Recording Information In Your Meal Plan

We want this study to be as enjoyable as possible, with no needless documentation. That said, we do ask that you **record this information** in your meal plan, every single day:

(1) Meals.

Beside each meal, there is a coloured oval. When you eat the meal, **tick the oval** (or, write down the time you ate it - your choice).

(2) Water (Compulsory).

Hydration is essential in this study. Please drink at least five cups of water (one cup = 250 ml) a day, and **tick each cup of water** on the page as you do; drink these cups of water with levodopa, if you take it. If you have constipation, add one or two teaspoons of psyllium husk to two of the cups of water; these are marked with a "+PH" symbol.

(3) Coffee/Wine (Optional).

Both caffeinated black coffee and red wine show **possible benefits** in Parkinson's.

- The meal plan allows **up to two cups** of black coffee (one cup = 250 ml) per day; **tick each coffee** picture on the page if you drink it (tea is ok too). If desired, people on the low fat meal plan may add one tablespoon of low fat milk, and people on the ketogenic plan may add one tablespoon of pure cream. Please, **no sugar** in your coffee or tea for either meal plan!

- The meal plan allows **up to half a cup** of red wine (half a cup = 125 ml) per day; **tick the wine** picture on the page if you drink it (white wine and Pure Blonde beer are also acceptable). Please, **no more than half a cup of alcohol per day**. Be resolute - it's important!

(4) Bedtime Blood Glucose/Ketones (Compulsory).

Every night before you go to bed, measure and record your blood glucose and ketone levels using your monitor (blue strip for glucose, red strip for ketones). To remind yourself to do this, place and keep the monitor on your bedside table. Please, **do not forget to measure and record your blood glucose and ketone levels (actual numbers) every night!**

Lastly, **do not lose your meal plan** - you need to bring it to your next clinical visit!

Cooking Conversion Chart

Amount	Equals	
1 teaspoon	5 milliliters (ml)	
1 tablespoon	3 teaspoons	1/2 fluid ounce (fl. oz.)
1/8 cup	2 tablespoons	1 fl. oz.
1/4 cup	4 tablespoons	2 fl. oz.
1/3 cup	5 tablespoons & 1 teaspoon	2 3/4 fl. oz.
1/2 cup	8 tablespoons	4 fl. oz.
2/3 cup	10 tablespoons & 2 teaspoons	
3/4 cup	12 tablespoons	6 fl. oz.
1 cup	16 tablespoons	8 fl. oz.
1 pint	2 cups	16 fl. oz.
1 quart	4 cups	2 pints
1 liter	34 fl. oz.	
1 gallon	16 cups	4 quarts
1 fl. oz.	28 grams	30 ml
1 pound	454 grams	

WEEK 1 - CALORIE BOOSTERS SHOPPING LIST (+500 CALORIES PER DAY)

Fats	5 tbsp butter	5 tbsp Anchor pure cream
	½ cup extra virgin olive oil	3 tbsp virgin coconut oil
	¾ cup coconut milk (or cream)	
Cheeses	15 goat (or cow) feta cheese	¼ cup mascarpone cheese
Spices	1 tsp cinnamon	2 tsp Avalanche dark cocoa
	1 small vial ground coriander	
Vegetables	16 raspberries (or blueberries) (frozen ok)	200 g olives (seed-in)
	½ lemon	½ green capsicum
	2 cloves garlic	¼ head of broccoli
	90 g spinach (or kale) leaves (¾ bag of Pam's)	2 small mushrooms
	5 Brussels sprouts	
Sauces/Drinks	1 tbsp Best Foods real mayonnaise	1 tsp mustard
	4 tsp pure vanilla extract	1 tsp Worcester sauce
Seeds/Nuts	1 tbsp pumpkin seeds	8 almonds
	30 g (3 squares) Lindt 90% dark chocolate	

Remember:

- If your recommended daily caloric intake is 1500-2000 calories per day, we recommend that you buy nothing from the calorie boosters shopping list, and ignore the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2000-2500 calories per day, we recommend that you buy everything on the calorie boosters shopping list, and make the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2500-3000+ calories per day, we recommend that you buy double everything on the calorie boosters shopping list, and double the calorie booster meal at the end of each day.

If you find that you bought not enough or too many ingredients this week, make sure you adjust accordingly for next week.

WEEK 1, DAY 1

Breakfast



Cinnamon "Oatmeal" (makes three serves; put two in the fridge)
(619.3 Calories, 60.5 g Fat, 9 g Protein, 7.7 g Net Carbs, 8.4 g Fibre)

Notes: Feel free to top the "oatmeal" with a tablespoon of pure cream! To save the cauliflower for later weeks, make one more cup of cauliflower rice after breakfast. Place three quarters into a small plastic bag or container and one quarter into another plastic bag or container; put both in the freezer.

Lunch



Simple Caprese Salad
(440.5 Calories, 39.8 g Fat, 17 g Protein, 4 g Net Carbs, 0.8 g Fibre)

Dinner



Chicken Parmesan
(634.8 Calories, 43.3 g Fat, 51.4 g Protein, 6.1 g Net Carbs, 2.6 g Fibre)



Steamed Broccoli
(39 Calories, 0 g Fat, 3 g Protein, 5 g Net Carbs, 3 g Fibre)

Notes: Tomorrow's lunch is Crockpot Buffalo Chicken Soup; it only takes 10 minutes to prepare, but needs to cook for 3-6 hours in the crockpot. If you work tomorrow, make it tonight (or overnight). The recipe makes four serves; put two in the fridge, two in the freezer.

Calorie Booster



Marinated Olives
(534 Calories, 57.6 g Fat, 2.1 g Protein, 2.5 g Net Carbs, 6.6 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 1, DAY 2

Breakfast



Spinach, Onion, & Goat Cheese Omelette
(654 Calories, 56.7 g Fat, 29.7 g Protein, 5.6 g Net Carbs, 1.8 g Fibre)

Lunch



Crockpot Buffalo Chicken Soup
(447.7 Calories, 37.3 g Fat, 23.1 g Protein, 4.5 g Net Carbs, 1.5 g Fibre)



Coffee With Cream
(52.5 Calories, 5.6 g Fat, 0.4 g Protein, 0.4 g Net Carbs, 0 g Fibre)

Dinner



Creamy Tarragon Chicken
(543.9 Calories, 42 g Fat, 33.4 g Protein, 6.2 g Net Carbs, 2.6 g Fibre)



Vegetable Medley (makes two serves; put one in the fridge)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Calorie Booster



Berry Vanilla Smoothie (makes two serves; have both tonight)
(541.5 Calories, 56.1 g Fat, 5.8 g Protein, 0.7 g Net Carbs, 3 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 1, DAY 3

Breakfast



Cinnamon "Oatmeal"
(619.3 Calories, 60.5 g Fat, 9 g Protein, 7.7 g Net Carbs, 8.4 g Fibre)

Notes: Feel free to top the "oatmeal" with a tablespoon of pure cream!

Lunch



Crockpot Buffalo Chicken Soup
(447.7 Calories, 37.3 g Fat, 23.1 g Protein, 4.5 g Net Carbs, 1.5 g Fibre)



Coffee With Cream
(52.5 Calories, 5.6 g Fat, 0.4 g Protein, 0.4 g Net Carbs, 0 g Fibre)

Dinner



Spinach Lasagne (makes four serves; put three in the fridge)
(635.4 Calories, 51.8 g Fat, 35.5 g Protein, 4.1 g Net Carbs, 0.8 g Fibre)



Vegetable Medley
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Notes: After dinner, divide the rest of the pasta bake sauce into three small plastic bags or containers; put them in the freezer.

Calorie Booster



Worcester Brussels Sprouts
(433 Calories, 44.4 g Fat, 3.7 g Protein, 5.3 g Net Carbs, 3.6 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 1, DAY 4

Breakfast



Fried Eggs
(279 Calories, 24.1 g Fat, 14 g Protein, 0.8 g Net Carbs, 0 g Fibre)



Berry Vanilla Smoothie (makes two serves; put one in the fridge)
(270.8 Calories, 28.1 g Fat, 2.9 g Protein, 0.4 g Net Carbs, 1.5 g Fibre)

Lunch



Rocket, Mayo, Basil, & Olive Oil Salad
(401 Calories, 37.2 g Fat, 14.3 g Protein, 2.9 g Net Carbs, 0.6 g Fibre)

Dinner



Spinach Lasagne
(635.4 Calories, 51.8 g Fat, 35.5 g Protein, 4.1 g Net Carbs, 0.8 g Fibre)



Vegetable Medley (makes two serves; put one in the fridge)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Notes: Transfer the frozen Crockpot Buffalo Chicken Soup serves into the fridge tonight.

Calorie Booster



The Ketogenic Cocoa
(604.3 Calories, 58.1 g Fat, 7.5 g Protein, 2 g Net Carbs, 3.2 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 1, DAY 5

Breakfast



Cinnamon "Oatmeal"
(619.3 Calories, 60.5 g Fat, 9 g Protein, 7.7 g Net Carbs, 8.4 g Fibre)

Notes: Feel free to top the "oatmeal" with a tablespoon of pure cream!

Lunch



Spinach Lasagne
(635.4 Calories, 51.8 g Fat, 35.5 g Protein, 4.1 g Net Carbs, 0.8 g Fibre)

Dinner



Crockpot Buffalo Chicken Soup
(447.7 Calories, 37.3 g Fat, 23.1 g Protein, 4.5 g Net Carbs, 1.5 g Fibre)



Spinach Salad
(120 Calories, 10.4 g Fat, 3.6 g Protein, 2.3 g Net Carbs, 2.8 g Fibre)

Notes: Reheat the Crockpot Buffalo Chicken Soup on the stove over medium heat.

Calorie Booster



Vegetable Medley (makes two serves; have both tonight)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 1, DAY 6

Breakfast



Fried Eggs
(279 Calories, 24.1 g Fat, 14 g Protein, 0.8 g Net Carbs, 0 g Fibre)



Berry Vanilla Smoothie
(270.8 Calories, 28.1 g Fat, 2.9 g Protein, 0.4 g Net Carbs, 1.5 g Fibre)

Notes: Blend the smoothie again to break up the coconut chunks.

Lunch



Crockpot Buffalo Chicken Soup
(447.7 Calories, 37.3 g Fat, 23.1 g Protein, 4.5 g Net Carbs, 1.5 g Fibre)

Notes: Reheat the Crockpot Buffalo Chicken Soup on the stove over medium heat.

Dinner



Spinach Lasagne
(635.4 Calories, 51.8 g Fat, 35.5 g Protein, 4.1 g Net Carbs, 0.8 g Fibre)



Vegetable Medley
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Calorie Booster



Warm Kale Salad
(541 Calories, 55.4 g Fat, 5.4 g Protein, 6.6 g Net Carbs, 1.2 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 1, DAY 7

Breakfast



Spinach, Onion, & Goat Cheese Omelette
(654 Calories, 56.7 g Fat, 29.7 g Protein, 5.6 g Net Carbs, 1.8 g Fibre)

Lunch



Simple Caprese Salad
(440.5 Calories, 39.8 g Fat, 17 g Protein, 4 g Net Carbs, 0.8 g Fibre)

Dinner



Salmon With Tarragon Dill Cream Sauce
(528 Calories, 47.2 g Fat, 24.9 g Protein, 0.8 g Net Carbs, 0 g Fibre)



Steamed Broccoli With Butter
(140.5 Calories, 11.5 g Fat, 3.1 g Protein, 5 g Net Carbs, 3 g Fibre)

Notes: Tomorrow's breakfast is Bacon Avocado Muffins; you need 40 minutes to prepare and bake it. If you work tomorrow, make it tonight. The recipe makes 12 muffins; put six in the fridge, six in the freezer.

Calorie Booster



Berry & Dark Chocolate Cups
(477 Calories, 48.6 g Fat, 5.2 g Protein, 6.9 g Net Carbs, 5.9 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 1 TOTALS

	Calories	Fats	Proteins	Net Carbs	Fibre
Day 1	1733.6	143.6	80.4	22.8	14.8
Day 2	1861.6	157.2	89.4	19.8	7.8
Day 3	1918.3	170.8	70.7	19.8	12.6
Day 4	1749.6	156.7	69.5	11.3	4.8
Day 5	1822.3	160	71.1	18.5	13.5
Day 6	1796.3	156.8	78.2	12.9	5.7
Day 7	1763	155.2	74.7	15.4	5.6
Average	1806.4	157.2	76.3	17.2	9.2

These totals are for the standard meal plan; they do not include calorie boosters.

WEEK 2 - CALORIE BOOSTERS SHOPPING LIST (+500 CALORIES PER DAY)

Fats	5 tbsp butter	5 tbsp Anchor pure cream
	½ cup extra virgin olive oil	3 tbsp virgin coconut oil
	¾ cup coconut milk (or cream)	
Cheeses	15 goat (or cow) feta cheese	¼ cup mascarpone cheese
Spices	1 tsp cinnamon	2 tsp Avalanche dark cocoa
	1 small vial ground coriander	
Vegetables	16 raspberries (or blueberries) (frozen ok)	200 g olives (seed-in)
	½ lemon	½ green capsicum
	2 cloves garlic	¼ head of broccoli
	90 g spinach (or kale) leaves (¾ bag of Pam's)	2 small mushrooms
	5 Brussels sprouts	
Sauces/Drinks	1 tbsp Best Foods real mayonnaise	1 tsp mustard
	4 tsp pure vanilla extract	1 tsp Worcester sauce
Seeds/Nuts	1 tbsp pumpkin seeds	8 almonds
	30 g (3 squares) Lindt 90% dark chocolate	

Remember:

- If your recommended daily caloric intake is 1500-2000 calories per day, we recommend that you buy nothing from the calorie boosters shopping list, and ignore the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2000-2500 calories per day, we recommend that you buy everything on the calorie boosters shopping list, and make the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2500-3000+ calories per day, we recommend that you buy double everything on the calorie boosters shopping list, and double the calorie booster meal at the end of each day.

If you found that you bought not enough or too many ingredients last week, make sure you adjust accordingly for this week.

WEEK 2, DAY 1

Breakfast



Bacon Avocado Muffins
(473.9 Calories, 40.7 g Fat, 16.3 g Protein, 4.2 g Net Carbs, 6.9 g Fibre)



Berry Vanilla Smoothie (makes two serves; put one in the fridge)
(270.8 Calories, 28.1 g Fat, 2.9 g Protein, 0.4 g Net Carbs, 1.5 g Fibre)

Lunch



Rocket, Mayo, Basil, & Olive Oil Salad
(401 Calories, 37.2 g Fat, 14.3 g Protein, 2.9 g Net Carbs, 0.6 g Fibre)

Dinner



Low Carb Chicken Curry (makes two serves; put one in the freezer)
(435.5 Calories, 32.4 g Fat, 29.4 g Protein, 6.3 g Net Carbs, 1.1 g Fibre)



Vegetable Medley (makes two serves; put one in the fridge)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Notes: Tomorrow's breakfast is the Bacon, Red Capsicum, & Mozzarella Frittata; you need 45 minutes to prepare and bake it. If you work tomorrow, make it tonight. The recipe makes two serves; put both in the fridge.

Calorie Booster



Marinated Olives
(534 Calories, 57.6 g Fat, 2.1 g Protein, 2.5 g Net Carbs, 6.6 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 2, DAY 2

Breakfast



Bacon, Red Capsicum, & Mozzarella Frittata
(536.1 Calories, 43.8 g Fat, 31.5 g Protein, 3.7 g Net Carbs, 0.7 g Fibre)



Berry Vanilla Smoothie
(270.8 Calories, 28.1 g Fat, 2.9 g Protein, 0.4 g Net Carbs, 1.5 g Fibre)

Notes: Blend the smoothie again to break up the coconut chunks. Transfer one bag of frozen pasta bake sauce into the fridge (to be used for dinner tomorrow).

Lunch



Cheesy Spinach Salad
(419 Calories, 37.3 g Fat, 16.8 g Protein, 3.7 g Net Carbs, 2.8 g Fibre)

Dinner



Chili Lime Meatballs (makes three serves; put two in the fridge)
(443.8 Calories, 33.3 g Fat, 27.3 g Protein, 4.5 g Net Carbs, 5.7 g Fibre)



Vegetable Medley
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Calorie Booster



Warm Kale Salad
(541 Calories, 55.4 g Fat, 5.4 g Protein, 6.6 g Net Carbs, 1.2 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 2, DAY 3

Breakfast



Bacon Avocado Muffins
(473.9 Calories, 40.7 g Fat, 16.3 g Protein, 4.2 g Net Carbs, 6.9 g Fibre)

Lunch



Chili Lime Meatballs
(443.8 Calories, 33.3 g Fat, 27.3 g Protein, 4.5 g Net Carbs, 5.7 g Fibre)

Dinner



Buffalo Chicken Casserole (makes four serves; put three in the fridge)
(611 Calories, 49.9 g Fat, 36.2 g Protein, 2.6 g Net Carbs, 0 g Fibre)



Creamed Spinach
(172.2 Calories, 16 g Fat, 4.4 g Protein, 1.9 g Net Carbs, 1.4 g Fibre)

Calorie Booster



The Ketogenic Cocoa
(604.3 Calories, 58.1 g Fat, 7.5 g Protein, 2 g Net Carbs, 3.2 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 2, DAY 4

Breakfast



Bacon, Red Capsicum, & Mozzarella Frittata
(536.1 Calories, 43.8 g Fat, 31.5 g Protein, 3.7 g Net Carbs, 0.7 g Fibre)

Lunch



Macadamia & Cream Cheese
(414 Calories, 40.5 g Fat, 6.4 g Protein, 3.6 g Net Carbs, 2.4 g Fibre)



Spinach Salad
(120 Calories, 10.4 g Fat, 3.6 g Protein, 2.3 g Net Carbs, 2.8 g Fibre)

Dinner



Buffalo Chicken Casserole
(611 Calories, 49.9 g Fat, 36.2 g Protein, 2.6 g Net Carbs, 0 g Fibre)



Steamed Broccoli
(39 Calories, 0 g Fat, 3 g Protein, 5 g Net Carbs, 3 g Fibre)

Calorie Booster



Berry Vanilla Smoothie (makes two serves; have both tonight)
(541.5 Calories, 56.1 g Fat, 5.8 g Protein, 0.7 g Net Carbs, 3 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 2, DAY 5

Breakfast



Bacon Avocado Muffins
(473.9 Calories, 40.7 g Fat, 16.3 g Protein, 4.2 g Net Carbs, 6.9 g Fibre)

Lunch



Buffalo Chicken Casserole
(611 Calories, 49.9 g Fat, 36.2 g Protein, 2.6 g Net Carbs, 0 g Fibre)

Dinner



Chili Lime Meatballs
(443.8 Calories, 33.3 g Fat, 27.3 g Protein, 4.5 g Net Carbs, 5.7 g Fibre)



Garlic Sauteed Spinach
(252 Calories, 27.2 g Fat, 1.8 g Protein, 0.8 g Net Carbs, 1.4 g Fibre)

Calorie Booster



Worcester Brussels Sprouts
(433 Calories, 44.4 g Fat, 3.7 g Protein, 5.3 g Net Carbs, 3.6 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 2, DAY 6

Breakfast



Spinach, Onion, & Goat Cheese Omelette
(654 Calories, 56.7 g Fat, 29.7 g Protein, 5.6 g Net Carbs, 1.8 g Fibre)

Lunch



Cream Cheese & Bacon
(297.5 Calories, 28.3 g Fat, 8.6 g Protein, 1.5 g Net Carbs, 0 g Fibre)

Dinner



Buffalo Chicken Casserole
(611 Calories, 49.9 g Fat, 36.2 g Protein, 2.6 g Net Carbs, 0 g Fibre)



Garlic Sauteed Spinach
(252 Calories, 27.2 g Fat, 1.8 g Protein, 0.8 g Net Carbs, 1.4 g Fibre)

Calorie Booster



Vegetable Medley (makes two serves; have both tonight)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 2, DAY 7

Breakfast



Spinach & Cheddar Scramble
(466.5 Calories, 36.1 g Fat, 30.7 g Protein, 2.8 g Net Carbs, 1.4 g Fibre)

Notes: Transfer one bag of frozen pasta bake sauce into the fridge (to be used for dinner tomorrow).

Lunch



Rocket, Mayo, Basil, & Olive Oil Salad
(401 Calories, 37.2 g Fat, 14.3 g Protein, 2.9 g Net Carbs, 0.6 g Fibre)



Lemon Roasted Broccoli
(282 Calories, 21.2 g Fat, 13.7 g Protein, 7.4 g Net Carbs, 3 g Fibre)

Dinner



Salmon With Tarragon Dill Cream Sauce
(528 Calories, 47.2 g Fat, 24.9 g Protein, 0.8 g Net Carbs, 0 g Fibre)



Steamed Broccoli With Butter
(140.5 Calories, 11.5 g Fat, 3.1 g Protein, 5 g Net Carbs, 3 g Fibre)

Notes: Tomorrow's breakfast is Vanilla Pecan Fat Bomb Bars; you only need 30 minutes to prepare and bake it, but you need at least 1 hour to let it cool in the fridge. If you work tomorrow, make it tonight. The recipe makes four serves; put them all in the fridge.

Calorie Booster



Berry & Dark Chocolate Cups
(477 Calories, 48.6 g Fat, 5.2 g Protein, 6.9 g Net Carbs, 5.9 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 2 TOTALS

	Calories	Fats	Proteins	Net Carbs	Fibre
Day 1	1744.6	153.9	65.6	16.9	11.9
Day 2	1833.1	158	81.3	15.4	12.6
Day 3	1700.9	139.9	84.2	13.2	14
Day 4	1720.1	144.6	80.7	17.2	8.9
Day 5	1780.7	151.1	81.6	12.1	14
Day 6	1814.5	162.1	76.3	10.5	3.2
Day 7	1818	153.2	86.7	18.9	8
Average	1773.1	151.8	79.5	14.9	10.4

These totals are for the standard meal plan; they do not include calorie boosters.

WEEK 3 - CALORIE BOOSTERS SHOPPING LIST (+500 CALORIES PER DAY)

Fats	5 tbsp butter	5 tbsp Anchor pure cream
	½ cup extra virgin olive oil	3 tbsp virgin coconut oil
	¾ cup coconut milk (or cream)	
Cheeses	15 goat (or cow) feta cheese	¼ cup mascarpone cheese
Spices	1 tsp cinnamon	2 tsp Avalanche dark cocoa
	1 small vial ground coriander	
Vegetables	16 raspberries (or blueberries) (frozen ok)	200 g olives (seed-in)
	½ lemon	½ green capsicum
	2 cloves garlic	¼ head of broccoli
	90 g spinach (or kale) leaves (¾ bag of Pam's)	2 small mushrooms
	5 Brussels sprouts	
Sauces/Drinks	1 tbsp Best Foods real mayonnaise	1 tsp mustard
	4 tsp pure vanilla extract	1 tsp Worcester sauce
Seeds/Nuts	1 tbsp pumpkin seeds	8 almonds
	30 g (3 squares) Lindt 90% dark chocolate	

Remember:

- If your recommended daily caloric intake is 1500-2000 calories per day, we recommend that you buy nothing from the calorie boosters shopping list, and ignore the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2000-2500 calories per day, we recommend that you buy everything on the calorie boosters shopping list, and make the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2500-3000+ calories per day, we recommend that you buy double everything on the calorie boosters shopping list, and double the calorie booster meal at the end of each day.

If you found that you bought not enough or too many ingredients last week, make sure you adjust accordingly for this week.

WEEK 3, DAY 1

Breakfast



Vanilla Pecan Fat Bomb Bars
(496.1 Calories, 48.2 g Fat, 7.9 g Protein, 4.8 g Net Carbs, 7 g Fibre)



Ketoproof Tea/Coffee
(218.5 Calories, 25.1 g Fat, 0.1 g Protein, 0 g Net Carbs, 0 g Fibre)

Notes: Feel free to top the fat bomb bar with a tablespoon of pure cream!

Lunch



Simple Caprese Salad
(440.5 Calories, 39.8 g Fat, 17 g Protein, 4 g Net Carbs, 0.8 g Fibre)

Dinner



Italian Stuffed Meatballs (makes two serves; put one in the fridge)
(494.7 Calories, 35.7 g Fat, 37.2 g Protein, 2.4 g Net Carbs, 2.8 g Fibre)



Vegetable Medley (makes two serves; put one in the fridge)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Notes: Tomorrow's breakfast is Cauliflower Breakfast Waffles; you need 20 minutes to make the waffles (not including the eggs and Hollandaise sauce). If you work tomorrow, make the waffles tonight (make the eggs and Hollandaise sauce on the morning you eat them). The recipe makes two waffles; put both in the fridge.

Calorie Booster



Marinated Olives
(534 Calories, 57.6 g Fat, 2.1 g Protein, 2.5 g Net Carbs, 6.6 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 3, DAY 2

Breakfast



Cauliflower Breakfast Waffles
(657 Calories, 58.2 g Fat, 29.7 g Protein, 3.5 g Net Carbs, 1.1 g Fibre)

Lunch



Cheesy Spinach Salad
(419 Calories, 37.3 g Fat, 16.8 g Protein, 3.7 g Net Carbs, 2.8 g Fibre)

Dinner



Chicken Mini Peppers (makes nine mini peppers; put six in the fridge)
(497.4 Calories, 40.5 g Fat, 27.3 g Protein, 5.1 g Net Carbs, 0.9 g Fibre)



Vegetable Medley
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Notes: Tomorrow's lunch is Chicken Enchilada Soup; you need 50 minutes to prepare and cook it. If you work tomorrow, make it tonight. The recipe makes three serves; put them all in the fridge.

Calorie Booster



Worcester Brussels Sprouts
(433 Calories, 44.4 g Fat, 3.7 g Protein, 5.3 g Net Carbs, 3.6 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 3, DAY 3

Breakfast



Vanilla Pecan Fat Bomb Bars
(496.1 Calories, 48.2 g Fat, 7.9 g Protein, 4.8 g Net Carbs, 7 g Fibre)

Notes: Feel free to top the fat bomb bar with a tablespoon of pure cream!

Lunch



Chicken Enchilada Soup
(564.5 Calories, 41.9 g Fat, 31.9 g Protein, 9.6 g Net Carbs, 3.4 g Fibre)

Dinner



Italian Stuffed Meatballs
(494.7 Calories, 35.7 g Fat, 37.2 g Protein, 2.4 g Net Carbs, 2.8 g Fibre)



Creamed Spinach
(172.2 Calories, 16 g Fat, 4.4 g Protein, 1.9 g Net Carbs, 1.4 g Fibre)

Calorie Booster



The Ketogenic Cocoa
(604.3 Calories, 58.1 g Fat, 7.5 g Protein, 2 g Net Carbs, 3.2 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 3, DAY 4

Breakfast



Cauliflower Breakfast Waffles
(657 Calories, 58.2 g Fat, 29.7 g Protein, 3.5 g Net Carbs, 1.1 g Fibre)

Lunch



Chicken Enchilada Soup
(564.5 Calories, 41.9 g Fat, 31.9 g Protein, 9.6 g Net Carbs, 3.4 g Fibre)

Dinner



Chicken Mini Peppers
(497.4 Calories, 40.5 g Fat, 27.3 g Protein, 5.1 g Net Carbs, 0.9 g Fibre)



Spinach Salad
(120 Calories, 10.4 g Fat, 3.6 g Protein, 2.3 g Net Carbs, 2.8 g Fibre)

Calorie Booster



Vegetable Medley (makes two serves; have both tonight)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 3, DAY 5

Breakfast



Vanilla Pecan Fat Bomb Bars
(496.1 Calories, 48.2 g Fat, 7.9 g Protein, 4.8 g Net Carbs, 7 g Fibre)

Notes: Feel free to top the fat bomb bar with a tablespoon of pure cream!

Lunch



Chicken Mini Peppers
(497.4 Calories, 40.5 g Fat, 27.3 g Protein, 5.1 g Net Carbs, 0.9 g Fibre)

Dinner



Chicken Bacon Ranch Salad
(489.8 Calories, 48.3 g Fat, 34.8 g Protein, 3.7 g Net Carbs, 3 g Fibre)



Garlic Sauteed Spinach
(252 Calories, 27.2 g Fat, 1.8 g Protein, 0.8 g Net Carbs, 1.4 g Fibre)

Calorie Booster



Berry Vanilla Smoothie (makes two serves; have both tonight)
(541.5 Calories, 56.1 g Fat, 5.8 g Protein, 0.7 g Net Carbs, 3 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 3, DAY 6

Breakfast



Spinach, Onion, & Goat Cheese Omelette
(654 Calories, 56.7 g Fat, 29.7 g Protein, 5.6 g Net Carbs, 1.8 g Fibre)

Notes: Transfer one bag of frozen pasta bake sauce into the fridge (to be used for lunch the day after tomorrow).

Lunch



Bacon Spinach Salad
(499.7 Calories, 46.3 g Fat, 18.8 g Protein, 3.2 g Net Carbs, 2.8 g Fibre)

Dinner



Chicken Enchilada Soup
(564.5 Calories, 41.9 g Fat, 31.9 g Protein, 9.6 g Net Carbs, 3.4 g Fibre)

Notes: Transfer the frozen Bacon Avocado Muffins into the fridge tonight.

Calorie Booster



Warm Kale Salad
(541 Calories, 55.4 g Fat, 5.4 g Protein, 6.6 g Net Carbs, 1.2 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 3, DAY 7

Breakfast



Vanilla Pecan Fat Bomb Bars
(496.1 Calories, 48.2 g Fat, 7.9 g Protein, 4.8 g Net Carbs, 7 g Fibre)



Ketoproof Tea/Coffee
(218.5 Calories, 25.1 g Fat, 0.1 g Protein, 0 g Net Carbs, 0 g Fibre)

Notes: Feel free to top the fat bomb bar with a tablespoon of pure cream!

Lunch



Simple Caprese Salad
(440.5 Calories, 39.8 g Fat, 17 g Protein, 4 g Net Carbs, 0.8 g Fibre)

Dinner



Salmon With Tarragon Dill Cream Sauce
(528 Calories, 47.2 g Fat, 24.9 g Protein, 0.8 g Net Carbs, 0 g Fibre)



Steamed Broccoli With Butter
(140.5 Calories, 11.5 g Fat, 3.1 g Protein, 5 g Net Carbs, 3 g Fibre)

Notes: Tomorrow's lunch is Crockpot Buffalo Chicken Soup; it only takes 10 minutes to prepare, but needs to cook for 3-6 hours in the crockpot. If you work tomorrow, make it tonight (or overnight). The recipe makes four serves; put two in the fridge, two in the freezer.

Calorie Booster



Berry & Dark Chocolate Cups
(477 Calories, 48.6 g Fat, 5.2 g Protein, 6.9 g Net Carbs, 5.9 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 3 TOTALS

	Calories	Fats	Proteins	Net Carbs	Fibre
Day 1	1813.3	164.3	65	14.3	12.5
Day 2	1736.9	151.6	76.6	15.5	6.6
Day 3	1727.5	141.8	81.4	18.7	14.6
Day 4	1838.9	151	92.5	20.5	8.1
Day 5	1735.3	164.2	71.8	14.4	12.3
Day 6	1718.2	144.9	80.4	18.4	8
Day 7	1823.6	171.8	53	16.6	10.4
Average	1770.5	155.7	74.4	16.6	10.4

These totals are for the standard meal plan; they do not include calorie boosters.

WEEK 4 - CALORIE BOOSTERS SHOPPING LIST (+500 CALORIES PER DAY)

Fats	5 tbsp butter	5 tbsp Anchor pure cream
	½ cup extra virgin olive oil	3 tbsp virgin coconut oil
	¾ cup coconut milk (or cream)	
Cheeses	15 goat (or cow) feta cheese	¼ cup mascarpone cheese
Spices	1 tsp cinnamon	2 tsp Avalanche dark cocoa
	1 small vial ground coriander	
Vegetables	16 raspberries (or blueberries) (frozen ok)	200 g olives (seed-in)
	½ lemon	½ green capsicum
	2 cloves garlic	¼ head of broccoli
	90 g spinach (or kale) leaves (¾ bag of Pam's)	2 small mushrooms
	5 Brussels sprouts	
Sauces/Drinks	1 tbsp Best Foods real mayonnaise	1 tsp mustard
	4 tsp pure vanilla extract	1 tsp Worcester sauce
Seeds/Nuts	1 tbsp pumpkin seeds	8 almonds
	30 g (3 squares) Lindt 90% dark chocolate	

Remember:

- If your recommended daily caloric intake is 1500-2000 calories per day, we recommend that you buy nothing from the calorie boosters shopping list, and ignore the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2000-2500 calories per day, we recommend that you buy everything on the calorie boosters shopping list, and make the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2500-3000+ calories per day, we recommend that you buy double everything on the calorie boosters shopping list, and double the calorie booster meal at the end of each day.

If you found that you bought not enough or too many ingredients last week, make sure you adjust accordingly for this week.

WEEK 4, DAY 1

Breakfast



Cinnamon "Oatmeal"
(619.3 Calories, 60.5 g Fat, 9 g Protein, 7.7 g Net Carbs, 8.4 g Fibre)

Notes: Feel free to top the "oatmeal" with a tablespoon of pure cream!

Lunch



Crockpot Buffalo Chicken Soup
(447.7 Calories, 37.3 g Fat, 23.1 g Protein, 4.5 g Net Carbs, 1.5 g Fibre)

Dinner



Creamy Tarragon Chicken
(543.9 Calories, 42 g Fat, 33.4 g Protein, 6.2 g Net Carbs, 2.6 g Fibre)



Spinach Salad
(120 Calories, 10.4 g Fat, 3.6 g Protein, 2.3 g Net Carbs, 2.8 g Fibre)

Calorie Booster



Marinated Olives
(534 Calories, 57.6 g Fat, 2.1 g Protein, 2.5 g Net Carbs, 6.6 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 4, DAY 2

Breakfast



Bacon Avocado Muffins
(473.9 Calories, 40.7 g Fat, 16.3 g Protein, 4.2 g Net Carbs, 6.9 g Fibre)

Lunch



Crockpot Buffalo Chicken Soup
(447.7 Calories, 37.3 g Fat, 23.1 g Protein, 4.5 g Net Carbs, 1.5 g Fibre)



Coffee With Cream
(52.5 Calories, 5.6 g Fat, 0.4 g Protein, 0.4 g Net Carbs, 0 g Fibre)

Dinner



Tex Mex Casserole (makes two serves; put one in the fridge)
(426.5 Calories, 30.7 g Fat, 33.6 g Protein, 1.9 g Net Carbs, 0.6 g Fibre)



Garlic Sauteed Spinach
(252 Calories, 27.2 g Fat, 1.8 g Protein, 0.8 g Net Carbs, 1.4 g Fibre)

Calorie Booster



Berry Vanilla Smoothie (makes two serves; have both tonight)
(541.5 Calories, 56.1 g Fat, 5.8 g Protein, 0.7 g Net Carbs, 3 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 4, DAY 3

Breakfast



Cinnamon "Oatmeal"
(619.3 Calories, 60.5 g Fat, 9 g Protein, 7.7 g Net Carbs, 8.4 g Fibre)

Notes: Feel free to top the "oatmeal" with a tablespoon of pure cream!

Lunch



Bacon Spinach Salad
(499.7 Calories, 46.3 g Fat, 18.8 g Protein, 3.2 g Net Carbs, 2.8 g Fibre)

Dinner



Keto Cheeseburger Muffins (makes two serves; put one in the fridge)
(588.5 Calories, 42.3 g Fat, 38.1 g Protein, 6 g Net Carbs, 6.6 g Fibre)



Vegetable Medley (makes two serves; put one in the fridge)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Notes: Transfer the frozen Crockpot Buffalo Chicken Soup and Low Carb Chicken Curry serves into the fridge tonight.

Calorie Booster



Worcester Brussels Sprouts
(433 Calories, 44.4 g Fat, 3.7 g Protein, 5.3 g Net Carbs, 3.6 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 4, DAY 4

Breakfast



Bacon Avocado Muffins
(473.9 Calories, 40.7 g Fat, 16.3 g Protein, 4.2 g Net Carbs, 6.9 g Fibre)

Lunch



Tex Mex Casserole
(426.5 Calories, 30.7 g Fat, 33.6 g Protein, 1.9 g Net Carbs, 0.6 g Fibre)



Coffee With Cream
(52.5 Calories, 5.6 g Fat, 0.4 g Protein, 0.4 g Net Carbs, 0 g Fibre)

Dinner



Crockpot Buffalo Chicken Soup
(447.7 Calories, 37.3 g Fat, 23.1 g Protein, 4.5 g Net Carbs, 1.5 g Fibre)



Creamed Spinach
(172.2 Calories, 16 g Fat, 4.4 g Protein, 1.9 g Net Carbs, 1.4 g Fibre)

Notes: Reheat the Crockpot Buffalo Chicken Soup on the stove over medium heat.

Calorie Booster



The Ketogenic Cocoa
(604.3 Calories, 58.1 g Fat, 7.5 g Protein, 2 g Net Carbs, 3.2 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 4, DAY 5

Breakfast



Cinnamon "Oatmeal"
(619.3 Calories, 60.5 g Fat, 9 g Protein, 7.7 g Net Carbs, 8.4 g Fibre)

Notes: Feel free to top the "oatmeal" with a tablespoon of pure cream!

Lunch



Simple Caprese Salad
(440.5 Calories, 39.8 g Fat, 17 g Protein, 4 g Net Carbs, 0.8 g Fibre)

Dinner



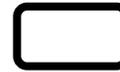
Low Carb Chicken Curry
(435.5 Calories, 32.4 g Fat, 29.4 g Protein, 6.3 g Net Carbs, 1.1 g Fibre)



Vegetable Medley
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Notes: Reheat the Low Carb Chicken Curry on the stove over medium heat.

Calorie Booster



Warm Kale Salad
(541 Calories, 55.4 g Fat, 5.4 g Protein, 6.6 g Net Carbs, 1.2 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 4, DAY 6

Breakfast



Bacon Avocado Muffins
(473.9 Calories, 40.7 g Fat, 16.3 g Protein, 4.2 g Net Carbs, 6.9 g Fibre)

Lunch



Cheesy Spinach Salad
(419 Calories, 37.3 g Fat, 16.8 g Protein, 3.7 g Net Carbs, 2.8 g Fibre)

Dinner



Crockpot Buffalo Chicken Soup
(447.7 Calories, 37.3 g Fat, 23.1 g Protein, 4.5 g Net Carbs, 1.5 g Fibre)



Cream Cheese & Bacon
(297.5 Calories, 28.3 g Fat, 8.6 g Protein, 1.5 g Net Carbs, 0 g Fibre)

Calorie Booster



Vegetable Medley (makes two serves; have both tonight)
(163.5 Calories, 15.6 g Fat, 2.8 g Protein, 3.2 g Net Carbs, 1.9 g Fibre)

Water (Compulsory)



Coffee/Wine (Optional)



+PH +PH

Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



WEEK 4, DAY 7

Breakfast



Spinach & Cheddar Scramble
(466.5 Calories, 36.1 g Fat, 30.7 g Protein, 2.8 g Net Carbs, 1.4 g Fibre)

Lunch



Simple Caprese Salad
(440.5 Calories, 39.8 g Fat, 17 g Protein, 4 g Net Carbs, 0.8 g Fibre)

Dinner



Keto Cheeseburger Muffins
(588.5 Calories, 42.3 g Fat, 38.1 g Protein, 6 g Net Carbs, 6.6 g Fibre)



Steamed Broccoli With Butter
(140.5 Calories, 11.5 g Fat, 3.1 g Protein, 5 g Net Carbs, 3 g Fibre)

Calorie Booster



Berry & Dark Chocolate Cups
(477 Calories, 48.6 g Fat, 5.2 g Protein, 6.9 g Net Carbs, 5.9 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

WEEK 4 TOTALS

	Calories	Fats	Proteins	Net Carbs	Fibre
Day 1	1730.9	150.2	69	20.6	15.3
Day 2	1652.5	141.4	75.1	11.7	10.4
Day 3	1871	164.7	68.6	20	19.6
Day 4	1572.7	130.2	77.7	12.8	10.4
Day 5	1658.8	148.3	58.1	21.1	12.1
Day 6	1638	143.6	64.7	13.9	11.2
Day 7	1636	129.7	88.9	17.8	11.8
Average	1680	144	71.7	16.8	13

These totals are for the standard meal plan; they do not include calorie boosters.

Breakfast Recipes

Cinnamon “Oatmeal”

This recipe makes three servings.



Ingredients:

¼ cup cauliflower (riced)	2½ tablespoons chia seeds
½ cup pecan (or walnut) halves	50 g Philadelphia cream cheese
1¾ cups coconut milk (or cream)	1½ tablespoons unsalted butter
2 teaspoons cinnamon	2 tablespoons Anchor pure cream
2 teaspoons pure vanilla extract	1 tablespoon Natvia
2½ tablespoons ground flaxseed	

Preparation:

- (1) To rice the cauliflower, break into florets and finely chop. Blend if desired. Set aside.
- (2) Place the pecans in a small plastic bag and crush them with a rolling pin, then add them to a small pan over medium heat. Toast the pecans for 4-5 minutes; do not burn them. Set aside.
- (3) Heat the coconut milk in a large pan over medium heat. Add the cauliflower rice to the coconut milk and bring to a slow boil, then reduce the heat and simmer.
- (4) Thoroughly mix in the cinnamon and vanilla, then mix in the flaxseed, chia seeds, and pecans.
- (5) Finally, add the cream cheese, butter, cream, and Natvia. Mix everything together and cook until the cream cheese has melted. Serve!

Nutrition Information:

Calories: 1858 (619.3 per serving)
Fat: 181.5 g (60.5 g per serving)
Protein: 26.9 g (9 g per serving)
Net Carbs: 23 g (7.7 g per serving)
Fibre: 25.2 g (8.4 g per serving)

Spinach, Onion, & Goat Cheese Omelette

This recipe makes one serving.



Ingredients:

2 tablespoons unsalted butter
¼ small brown onion
2 spring onion stalks
60 g spinach (or kale) leaves

3 eggs
2 tablespoons Anchor pure cream
Salt and pepper to taste
30 g goat (or cow) feta cheese

Preparation:

- (1) Melt the butter in a pan set to medium heat.
- (2) Cut up the onion and spring onion, and saute them in the butter for 2-3 minutes.
- (3) Add the spinach until it wilts; let the vegetables soak up all the butter, then transfer them to a plate. Leave the pan on the stove, but reduce the heat to low-medium.
- (4) Mix together the eggs, cream, and salt and pepper in a bowl (alternatively, shake them all together in a sealed container with a lid).
- (5) Pour the egg mixture into the pan and let it cook. Once the edges of the omelette begin to set, spoon the vegetables over one half of the omelette, then crumble the feta cheese over the vegetables.
- (6) When the top of the omelette begins to set, fold it over. Serve and enjoy!

Nutrition Information:

Calories: 654
Fat: 56.7 g
Protein: 29.7 g
Net Carbs: 5.6 g
Fibre: 1.8 g

Fried Eggs

This recipe makes one serving.



Ingredients:

1 tablespoon extra virgin olive oil
2 eggs

Salt and pepper to taste

Preparation:

- (1) Heat the olive oil in a pan on medium heat.
- (2) Once hot, crack the eggs into the oil in the pan and cook the eggs until the whites are solid. There should be no more raw egg whites on top of the egg.
- (3) Add salt and pepper and serve.

Nutrition Information:

Calories: 279
Fat: 24.1 g
Protein: 14 g
Net Carbs: 0.8 g
Fibre: 0 g

Berry Vanilla Smoothie

This recipe makes two servings.



Ingredients:

8 raspberries (or blueberries)	1 tablespoon virgin coconut oil
¼ cup mascarpone cheese	1 tablespoon Anchor pure cream
¼ cup coconut milk (or cream)	1 teaspoon psyllium husk (optional)
1 cup water	1 teaspoon Natvia
1 tablespoon pure vanilla extract	2 ice cubes (optional)

Preparation:

- (1) Combine all ingredients in an electric blender and pulse until smooth (if the coconut oil is cold and therefore solid, keep pulsing 1-2 minutes until all the coconut chunks are gone). Feel free to add 1-2 more teaspoons of psyllium husk for a thicker consistency and extra fibre.
- (2) Pour into a mug and enjoy.

Nutrition Information:

Calories: 541.5 (270.8 per serving)
Fat: 56.1 g (28.1 g per serving)
Protein: 5.8 g (2.9 g per serving)
Net Carbs: 0.7 g (0.4 g per serving)
Fibre: 3 g (1.5 g per serving)

Bacon Avocado Muffins

This recipe makes 12 muffins (one serving = two muffins).



Ingredients:

½ cup almond meal	30 g cheddar cheese
¼ cup ground flaxseed	3 spring onion stalks
1½ tablespoons psyllium husk	5 eggs
1½ cups coconut milk (or cream)	1 clove garlic
2 tablespoons (1 lemon) juice	1 tablespoon ground coriander
2 tablespoons unsalted butter	1 teaspoon baking powder
5 strips streaky bacon	1 teaspoon chives
2 avocados	Salt and pepper to taste

Preparation:

- (1) Preheat the oven to 180°C.
- (2) Mix together the almond meal, flaxseed, psyllium husk, coconut milk, and lemon juice in a large bowl. Set aside.
- (3) Chop the bacon into bite-size pieces. Add the butter to a pan and cook the bacon in it over medium heat, not too crispy though. Add the bacon to the mixture in the bowl.
- (4) Chop up the avocados, grate the cheese, and chop up the spring onions, then add them plus the eggs, garlic, coriander, baking powder, and chives to the mixture in the bowl to create the batter.
- (5) Measure the batter between 12 greased muffin cups and bake for 20-30 minutes, or until the tops of the muffins have browned over; after 20 minutes, check every 2-3 minutes to see when they are done. Serve!

Nutrition Information:

Calories: 2843.2 (236.9 per muffin)
Fat: 243.9 g (20.4 g per muffin)
Protein: 97.7 g (8.2 g per muffin)
Net Carbs: 25.3 g (2.1 g per muffin)
Fibre: 41.2 g (3.5 g per muffin)

Bacon, Red Capsicum, & Mozzarella Frittata

This recipe makes two servings.



Ingredients:

3 strips streaky bacon	4 eggs
½ red (or green) capsicum	3 tablespoons Anchor pure cream
2 small mushrooms	15 g parmesan cheese
¼ cup fresh basil (chopped)	Black pepper to taste
½ teaspoon parsley	40 g mozzarella cheese
½ tablespoon extra virgin olive oil	30 g goat (or cow) feta cheese

Preparation:

- (1) Preheat the oven to 180°C.
- (2) Chop up the bacon, capsicum, mushrooms, and basil.
- (3) Add the olive oil to a pan on medium heat and cook the bacon for 2-3 minutes. Then add the capsicum and mushrooms to the pan and cook them for 2-3 minutes. Finally, add the basil and parsley to the pan and cook for 30 seconds. Turn off the stove and take the pan off the heat while you do the next step.
- (4) In a large bowl, add the eggs, cream, grated parmesan cheese, and pepper. Mix it all together with a whisk or fork; mix the eggs well.
- (5) Place the vegetable and bacon mixture into a baking dish, then pour the egg mixture all over it. Grate the mozzarella and feta cheese and sprinkle them on top.
- (6) Bake for 25-30 minutes at 180°C. Cut into three equal-sized servings and enjoy!

Nutrition Information:

Calories: 1072.1 (536.1 per serving)
Fat: 87.6 g (43.8 g per serving)
Protein: 62.9 g (31.5 g per serving)
Net Carbs: 7.4 g (3.7 g per serving)
Fibre: 1.4 g (0.7 g per serving)

Spinach & Cheddar Scramble

This recipe makes one serving.



Ingredients:

3 eggs	60 g spinach (or kale) leaves
1 tablespoon Anchor pure cream	30 g cheddar cheese
1 teaspoon extra virgin olive oil	Salt and pepper to taste

Preparation:

- (1) Crack the eggs into a bowl, add the cream, and scramble together with a fork.
- (2) Heat the olive oil in a pan over low-medium heat. Once hot, saute the spinach in the pan.
- (3) Once the spinach is wilted, add the egg mix to the pan. Let it cook, stirring occasionally. Don't stir it too much; just give a few small stirs every 1-2 minutes.
- (4) Grate the cheddar cheese. When the eggs are halfway done, add the cheese to the pan and mix together. Continue stirring occasionally.
- (5) When done, remove from the pan, season with plenty of salt and pepper, and serve.

Nutrition Information:

Calories: 466.5
Fat: 36.1 g
Protein: 30.7 g
Net Carbs: 2.8 g
Fibre: 1.4 g

Vanilla Pecan Fat Bomb Bars

This recipe makes four bars (one serving = one bar).



Ingredients:

1 cup pecan (or walnut) halves	1 tablespoon Natvia
½ cup almond meal	¼ cup coconut oil
¼ cup ground flaxseed	1 tablespoon unsalted butter
¼ cup unsweetened thread coconut	1 tablespoon pure vanilla extract

Preparation:

- (1) Preheat the oven to 180°C. Place the pecans on a baking tray and toast them in the oven for 3-4 minutes; do not burn them. Cool, then put them in a small plastic bag and crush them with a rolling pin.
- (2) Add the pecans and the rest of the dry ingredients to a large bowl and mix together.
- (3) Microwave the coconut oil and butter for 30 seconds or until they are melted, then add the butter, coconut oil, and vanilla to the dry ingredients; mix into a crumbly dough.
- (4) Press the dough into a small baking dish and bake for 15-18 minutes at 180°C.
- (5) Remove the dish and let it cool for at least 15 minutes, then place it in the fridge for at least 1 hour (or overnight) to solidify. Cut into four equal-sized bars and enjoy.

Nutrition Information:

Calories: 1984.5 (496.1 per bar)
Fat: 192.7 g (48.2 g per bar)
Protein: 31.7 g (7.9 g per bar)
Net Carbs: 19.1 g (4.8 g per bar)
Fibre: 28.1 g (7 g per bar)

Ketoproof Tea/Coffee

This recipe makes one serving.



Ingredients:

1 cup of tea or coffee
1 tablespoon unsalted butter

1 tablespoon virgin coconut oil
1 teaspoon Natvia (optional)

Preparation:

- (1) Brew a cup of tea or coffee, whichever you prefer (in my opinion, tea tastes better in this recipe, but either is fine).
- (2) Meanwhile, add the butter and coconut oil to an electric blender.
- (3) When the tea is done, add it to the blender, then add the Natvia.
- (4) Blend the mixture until frothy. Serve!

Nutrition Information:

Calories: 218.5
Fat: 25.1 g
Protein: 0.1 g
Net Carbs: 0 g
Fibre: 0 g

Cauliflower Breakfast Waffles

This recipe makes two servings.



Ingredients:

¾ cup cauliflower (riced)
30 g mozzarella cheese
30 g cheddar cheese
25 g parmesan cheese
8 eggs
2 teaspoons chives

¼ teaspoon garlic salt
Salt and pepper to taste
1 teaspoon white vinegar
2 slices prosciutto
1 tablespoon (½ lemon) juice
6 tablespoons unsalted butter

Preparation:

(1) To rice the cauliflower, break into florets and finely chop. Blend the cauliflower, grated cheese, two eggs, chives, garlic salt, salt, and pepper.

(2) Spread half the mixture onto a hot waffle maker, cook and flip. Repeat with the other half, but once you've made it, save that waffle half in the fridge.

(3) To poach the eggs, simmer a pot of water and add the vinegar. Crack one egg into a cup, create a gentle whirlpool, then slowly tip the egg into the water. Cook 2-4 minutes, depending how hard you want the egg. Remove with a slotted spoon. Repeat with one more egg. Place both eggs and one prosciutto slice over the waffle half.

(4) To make Hollandaise sauce, blend one egg yolk (remove the egg white), a half tablespoon lemon juice, and three melted tablespoons butter in a microwave; blend until thick and smooth. Pour over the waffle and serve (you will have two eggs, a half tablespoon lemon juice, and three tablespoons butter left over to make the eggs and sauce, plus the extra prosciutto slice, for the saved waffle half).

Nutrition Information:

Calories: 1314 (657 per serving)
Fat: 116.4 g (58.2 g per serving)
Protein: 59.3 g (29.7 g per serving)
Net Carbs: 7 g (3.5 g per serving)
Fibre: 2.1 g (1.1 g per serving)

Lunch Recipes

Simple Caprese Salad

This recipe makes one serving.



Ingredients:

2 tablespoons fresh basil (chopped)
2 tablespoons extra virgin olive oil
½ vine tomato

67.5 g (½ large ball) Massimo's mozzarella
Balsamic vinegar to taste
Salt and pepper

Preparation:

- (1) Add the basil leaves and one tablespoon of the olive oil to an electric blender. Pulse them until you have a basil paste. Set aside.
- (2) Slice the tomato half into three thick slices, and do the same to the mozzarella half. Arrange them on a plate (or a sealed container if you are going to work) by placing each mozzarella slice on top of a tomato slice.
- (3) When ready to eat, pour the basil paste over the top of the tomato and mozzarella, then pour the extra olive oil on top, drizzle over the Balsamic vinegar, season with salt and pepper, and serve!

Nutrition Information:

Calories: 440.5
Fat: 39.8 g
Protein: 17 g
Net Carbs: 4 g
Fibre: 0.8 g

Crockpot Buffalo Chicken Soup

This recipe makes four servings.



Ingredients:

360 g deboned chicken thighs (+/- skin)
1 teaspoon onion powder
1 teaspoon garlic salt
½ teaspoon celery seed
2 tablespoons unsalted butter
2 tablespoons Heinz creamy pasta bake

3 cups Campbell's beef stock
Salt and pepper to taste
1 cup Anchor pure cream
60 g Philadelphia cream cheese
1 tablespoon psyllium husk (optional)

Preparation:

- (1) Slice the chicken thighs into chunks. Put them in the crockpot with all other ingredients except for the cream, cream cheese, and psyllium husk (if you don't have a crockpot, put everything into a large pot).
- (2) Set the crockpot on low for 6 hours or high for 3 hours and cook completely (if you don't have a crockpot, cook on medium heat for 30-60 minutes - with the stovetop method, the exact time is difficult to know, so just keep checking the chicken to see if it's ready).
- (3) Once cooked, add the cream, cream cheese, and psyllium husk to the crockpot (or pot) and mix everything together. Season with extra salt and pepper and serve!

Nutrition Information:

Calories: 1790.6 (447.7 per serving)
Fat: 149.3 g (37.3 g per serving)
Protein: 92.2 g (23.1 g per serving)
Net Carbs: 16.6 g (4.2 g per serving)
Fibre: 6 g (1.5 g per serving)

Coffee With Cream

This recipe makes one serving.



Ingredients:

1 cup of coffee

½ teaspoon Natvia (optional)

1 tablespoon Anchor pure cream

Preparation:

(1) Brew a strong cup of coffee.

(2) Pour in one tablespoon of cream and add the Natvia.

(3) Mix together and enjoy.

Nutrition Information:

Calories: 52.5

Fat: 5.6 g

Protein: 0.4 g

Net Carbs: 0.4 g

Fibre: 0 g

Rocket, Mayo, Basil, & Olive Oil Salad

This recipe makes one serving.



Ingredients:

60 g rocket (or mesclun) leaves
1 tablespoon fresh basil (chopped)
60 g mozzarella cheese
1 tablespoon Best Foods real mayonnaise

1 tablespoon extra virgin olive oil
1½ teaspoons (¼ lemon) juice
Salt and pepper to taste

Preparation:

- (1) Add the rocket to a bowl.
- (2) Chop up the basil and slice the cheese into small cubes, and add them to the rocket. Place in a salad bowl (or a sealed container if you are going to work).
- (3) In another bowl, add the rest of the ingredients and mix together to make the dressing.
- (4) When ready to eat, toss the salad with the dressing and serve.

Nutrition Information:

Calories: 401
Fat: 37.2 g
Protein: 14.3 g
Net Carbs: 2.9 g
Fibre: 0.6 g

Cheesy Spinach Salad

This recipe makes one serving.



Ingredients:

60 g spinach (or kale) leaves	1 tablespoon fresh basil (chopped)
1 tablespoon Best Foods real mayonnaise	60 g mozzarella cheese
1 tablespoon extra virgin olive oil	Salt and pepper to taste
1½ teaspoons (¼ lemon) juice	

Preparation:

- (1) Add the spinach to a bowl.
- (2) Combine the rest of the ingredients (except for the cheese) in another bowl to make the dressing.
- (3) When ready to eat, toss the salad with the dressing, sprinkle the grated cheese on top, and enjoy.

Nutrition Information:

Calories: 419
Fat: 37.3 g
Protein: 16.8 g
Net Carbs: 3.7 g
Fibre: 2.8 g

Macadamia & Cream Cheese

This recipe makes one serving.



Ingredients:

1 tablespoon fresh basil (chopped)
Salt and pepper

60 g Philadelphia cream cheese
12 macadamia nuts

Preparation:

- (1) Mash the basil, salt, and pepper into the cream cheese until they are all well combined.
- (2) When ready to eat, place the macadamia nuts on the side and enjoy.

Nutrition Information:

Calories: 414
Fat: 40.5 g
Protein: 6.4 g
Net Carbs: 3.6 g
Fibre: 2.4 g

Cream Cheese & Bacon

This recipe makes one serving.



Ingredients:

60 g Philadelphia cream cheese
1 tablespoon fresh basil (chopped)

Salt and pepper to taste
1 strip streaky bacon

Preparation:

- (1) Mash the cream cheese with the basil, salt, and pepper; mix it all together.
- (2) Heat up one teaspoon of coconut oil over medium heat and cook the bacon just the way you like it. Cut the bacon into small pieces and place them on a plate.
- (3) Roll the cream cheese into 3-4 balls, then roll them onto the bacon to coat them on the outside, then serve on a plate (or put them in a sealed container if you are going to work).

Nutrition Information:

Calories: 297.5
Fat: 28.3 g
Protein: 8.6 g
Net Carbs: 1.5 g
Fibre: 0 g

Lemon Roasted Broccoli

This recipe makes one serving.



Ingredients:

½ head of broccoli	1 clove garlic
¼ lemon zest	¼ teaspoon salt
1 tablespoon extra virgin olive oil	1 tablespoon (½ lemon) juice
1 tablespoon fresh basil (chopped)	30 g parmesan cheese

Preparation:

- (1) Preheat the oven to 220°C.
- (2) Cut the broccoli into small florets and lay them on a baking tray.
- (3) To zest the lemon, grate the outer peel of the lemon. You just want the outer layer - when you get to the white bit, roll the lemon to new section of peel.
- (4) Season the broccoli with the olive oil, basil, minced garlic, salt, lemon zest, and lemon juice.
- (5) Sprinkle grated parmesan cheese over the broccoli and put it all in the oven for 15-20 minutes. When done, remove from the oven and serve.

Nutrition Information:

Calories: 282
Fat: 21.2 g
Protein: 13.7 g
Net Carbs: 7.4 g
Fibre: 3 g

Chicken Enchilada Soup

This recipe makes three servings.



Ingredients:

2 tablespoons extra virgin olive oil	½ teaspoon cayenne pepper
3 stalks celery (or 1½ courgette)	4 cups Campbell's chicken stock
1 red (or green) capsicum	½ cup fresh coriander (chopped)
1 vine tomato	180 g Philadelphia cream cheese
2 cloves garlic	2 cups rotisserie chicken (shredded)
2 teaspoons cumin	1 tablespoon psyllium husk (optional)
1 teaspoon oregano	½ lime
1 teaspoon chili powder	

Preparation:

- (1) Heat the oil in a large pan over medium heat and add the chopped celery and capsicum. Once the celery is cooked, add the diced tomato and cook another 2-3 minutes.
- (2) Add the minced garlic, cumin, oregano, chili powder, and cayenne pepper to the pan and mix well. Transfer the mixture to a large pot. Pour in the stock, then add the coriander. Raise to high heat and bring to a boil, then reduce to low heat and simmer for 20 minutes.
- (3) Once done, add the cream cheese, raise to high heat, and bring to a boil again, then reduce to low heat and simmer for another 20 minutes.
- (4) Shred the rotisserie chicken (keep the skin, fat, and meat; discard the stuffing and bone). Add the chicken and psyllium husk to the pot and juice the lime over the top.
- (5) Sprinkle some more coriander over the top and serve!

Nutrition Information:

Calories: 1693.4 (564.5 per serving)
Fat: 125.8 g (41.9 g per serving)
Protein: 95.8 g (31.9 g per serving)
Net Carbs: 28.9 g (9.6 g per serving)
Fibre: 10.1 g (3.4 g per serving)

Bacon Spinach Salad

This recipe makes one serving.



Ingredients:

60 g spinach (or kale) leaves	1 tablespoon fresh basil (chopped)
1 tablespoon Best Foods real mayonnaise	Salt and pepper to taste
1 tablespoon extra virgin olive oil	2 strips streaky bacon
1½ teaspoons (¼ lemon) juice	30 g mozzarella cheese

Preparation:

- (1) Add the spinach to a bowl (or a sealed container if you are going to work).
- (2) Place the mayonnaise, olive oil, lemon juice, basil, salt, and pepper into another bowl and mix them together to make the dressing.
- (3) Heat up one teaspoon of coconut oil over medium heat and cook the bacon just the way you like it. Cut or crumble the bacon into small pieces and mix it in with the dressing.
- (4) When ready to eat, add the dressing to the bowl with the spinach. Sprinkle grated cheese over the top and enjoy!

Nutrition Information:

Calories: 499.7
Fat: 46.3 g
Protein: 18.8 g
Net Carbs: 3.2 g
Fibre: 2.8 g

Dinner Recipes

Chicken Parmesan

This recipe makes one serving.



Ingredients:

1 tablespoon ground flaxseed	1 teaspoon oregano
30 g parmesan cheese	1 clove garlic
½ teaspoon paprika	1 tablespoon extra virgin olive oil
Salt and pepper to taste	120 g deboned chicken thigh (+/- skin)
1 egg	30 g mozzarella cheese
2 tablespoons Heinz creamy pasta bake	

Preparation:

- (1) Put the flaxseed, grated parmesan cheese, paprika, salt, and pepper in an electric blender and pulse to create the coating mixture; set aside in a bowl.
- (2) Crack the egg and whisk it with a fork to create the egg mixture; set aside in another bowl.
- (3) To make the sauce, combine the pasta bake sauce, oregano, minced garlic, and more salt and pepper in a small pot. Cook on low heat for 10-15 minutes while you make the chicken.
- (4) To make the chicken, first heat the olive oil in a pan over medium heat. Cut the chicken thigh in half, pound it into cutlets (optional), and “bread” it by dipping the chicken into the egg mixture, followed by the coating mixture. Transfer the chicken halves to the pan; make sure you use up absolutely all the coating mixture. Fry the chicken halves for 10-12 minutes, or until they are done.
- (5) Set the fried chicken into a baking dish, pour the sauce over top and sprinkle with grated mozzarella cheese. Broil for 4-6 minutes, until the cheese is melted. Enjoy!

Nutrition Information:

Calories: 634.8
Fat: 43.3 g
Protein: 51.4 g
Net Carbs: 6.1 g
Fibre: 2.6 g

Steamed Broccoli

This recipe makes one serving.



Ingredients:

½ head of broccoli

Salt to taste

Preparation:

- (1) Boil some water in a pot.
- (2) Chop the broccoli into florets and add them to the water.
- (3) Cook until desired doneness is reached.
- (4) Remove to a plate and add salt to taste.

Nutrition Information:

Calories: 39

Fat: 0 g

Protein: 3 g

Net Carbs: 5 g

Fibre: 3 g

Creamy Tarragon Chicken

This recipe makes one serving.



Ingredients:

150 g deboned chicken thighs (+/-skin)	¼ cup Anchor pure cream
1 tablespoon extra virgin olive oil	1 teaspoon mustard
¼ small brown onion	1½ teaspoons tarragon
3 small mushrooms	Salt and pepper to taste
½ cup Campbell's chicken stock	1 teaspoon psyllium husk (optional)

Preparation:

- (1) Cut the chicken into cubes and season it with salt and pepper.
- (2) Heat the olive oil in a pan over medium-high heat. Cook the chicken in the pan until it is brown all over, with no raw bits showing. Set the chicken aside on a plate, but leave all the oil in the pan.
- (3) Chop up the onion and mushrooms and add them to the pan. Let the mushrooms soak up all the oil, and cook until soft.
- (4) Add the chicken stock to the vegetables and cook 3-4 minutes.
- (5) Add the cream, mustard, tarragon, and more salt and pepper to the pan. Mix them all together, then add the chicken and psyllium husk to the pan. Lower the heat to low-medium and cook everything for another 4-5 minutes; be sure to stir frequently. Serve!

Nutrition Information:

Calories: 543.9
Fat: 42 g
Protein: 33.4 g
Net Carbs: 6.2 g
Fibre: 2.6 g

Vegetable Medley

This recipe makes two servings.



Ingredients:

2 tablespoons extra virgin olive oil

1 clove garlic

2 small mushrooms

¼ head of broccoli

½ green capsicum

1 tablespoon pumpkin seeds

30 g spinach (or kale) leaves

Preparation:

(1) Prepare all the vegetables by chopping them into bite-size pieces.

(2) Heat the oil in a pan on high heat. Once hot, add minced garlic and mushrooms. Make sure the mushrooms soak up all the oil and cook for 1-2 minutes.

(3) Mix in the broccoli. Cook another 1-2 minutes.

(4) Mix in the capsicum and pumpkin seeds. Cook another 1-2 minutes.

(5) Turn off the stove and add the spinach, but don't mix it in yet - wait until it wilts, then mix in with the vegetables and serve.

Nutrition Information:

Calories: 327 (163.5 per serving)

Fat: 31.1 g (15.6 g per serving)

Protein: 5.6 g (2.8 g per serving)

Net Carbs: 6.3 g (3.2 g per serving)

Fibre: 3.7 g (1.9 g per serving)

Spinach Lasagne

This recipe makes four servings.



Ingredients:

400 g regular beef mince	1 egg
¼ small brown onion	½ teaspoon black pepper
½ teaspoon garlic salt	120 g spinach (or kale) leaves
2 tablespoons Best Foods real mayonnaise	120 g mozzarella cheese
2 tablespoons Heinz creamy pasta bake	30 g parmesan cheese
250 g Philadelphia cream cheese	

Preparation:

- (1) Preheat the oven to 180°C.
- (2) Heat one teaspoon of coconut oil in a pan set to medium heat, then add the onion and beef. When the beef is brown, mix in the garlic salt, mayonnaise, and pasta bake sauce.
- (3) While you cook the beef, soften the cream cheese in a large bowl by microwaving it for 40-60 seconds. Stir until creamy, then mix in the egg and pepper. Finally, mix in the spinach, using your hands.
- (4) Grease a baking dish with butter. Spread just over half the beef mixture over the bottom, then spread the spinach mixture over the meat. Top with the grated mozzarella, then add the rest of the beef mixture (it may not completely cover the top of the lasagne, but that's ok). Sprinkle with grated parmesan cheese and bake for 30 minutes until hot and bubbly. Cool for 10 minutes. Serve and enjoy!

Nutrition Information:

Calories: 2541.4 (635.4 per serving)
Fat: 207.2 g (51.8 g per serving)
Protein: 141.9 g (35.5 g per serving)
Net Carbs: 16.5 g (4.1 g per serving)
Fibre: 3.2 g (0.8 g per serving)

Spinach Salad

This recipe makes one serving.



Ingredients:

60 g spinach (or kale) leaves

1½ teaspoons (¼ lemon) juice

1 tablespoon Best Foods real mayonnaise

Preparation:

(1) Add the spinach to a bowl (or a sealed container if you are going to work).

(2) When ready to eat, add the mayonnaise and lemon juice. Toss to combine and serve.

Nutrition Information:

Calories: 120

Fat: 10.4 g

Protein: 3.6 g

Net Carbs: 2.3 g

Fibre: 2.8 g

Salmon With Tarragon Dill Cream Sauce

This recipe makes one serving.



Ingredients:

120 g salmon fillet
1 teaspoon tarragon
1 teaspoon dill weed

Salt and pepper to taste
2 tablespoons unsalted butter
2 tablespoons Anchor pure cream

Preparation:

- (1) Season the salmon with half the tarragon and half the dill weed, plus salt and pepper.
- (2) Heat one tablespoon of butter in a pan over medium heat. Once melted, add the salmon skin-down and cook for 4-6 minutes until the skin crisps up. Once the skin is crisp, reduce to low heat, wait 1 minute for the pan to get a bit cooler, then flip the salmon. You can leave the skin on, or peel it off at this point - your choice.
- (3) Cook the salmon another 4-6 minutes on low heat. Try not to overcook the salmon (better to undercook rather than overcook salmon). When done, remove the salmon to a plate.
- (4) Add the rest of the butter to the pan. Once it has melted, throw in the rest of the tarragon, dill weed, and plenty of salt and pepper, then add the cream. Mix together to create the tarragon dill cream sauce and pour it all over the salmon. Serve and enjoy; make sure you eat all the sauce!

Nutrition Information:

Calories: 528
Fat: 47.2 g
Protein: 24.9 g
Net Carbs: 0.8 g
Fibre: 0 g

Steamed Broccoli With Butter

This recipe makes one serving.



Ingredients:

½ head of broccoli

1 tablespoon unsalted butter

Preparation:

- (1) Boil some water in a pot.
- (2) Chop the broccoli into florets and add them to the water.
- (3) Cook until desired doneness is reached; this can be anywhere from 1-4 minutes.
- (4) Remove to a plate and add the butter on top. Serve.

Nutrition Information:

Calories: 140.5

Fat: 11.5 g

Protein: 3.1 g

Net Carbs: 5 g

Fibre: 3 g

Low Carb Chicken Curry

This recipe makes two servings.



Ingredients:

- | | |
|----------------------------|--|
| 1 green chili (optional) | 1 stalk lemongrass |
| 1 small brown onion | 4 chicken drumsticks (skin on) |
| 1 teaspoon minced ginger | ¼ cup coconut milk (or cream) |
| 2 cloves garlic | ½ cup water |
| 2 tablespoons coconut oil | 1 teaspoon salt |
| 1 teaspoon turmeric powder | 1 tablespoon fresh coriander (chopped) |

Preparation:

- (1) Cut the green chili and onion into smaller pieces. Mince the ginger and garlic. Place them all in an electric blender and blend together.
- (2) Heat the coconut oil in a pan on medium heat. Saute the blended mixture in the coconut oil for 3-4 minutes.
- (3) Add the turmeric powder and chopped lemongrass. Saute for another 3-4 minutes, then add the chicken and mix well, then transfer everything to a large pot.
- (4) Pour in the coconut milk and water and mix well. Add the salt and simmer while covered for about 30 minutes, or until the chicken is cooked.
- (5) Sprinkle fresh coriander over the top and serve!

Nutrition Information:

Calories: 871 (435.5 per serving)
Fat: 64.8 g (32.4 g per serving)
Protein: 58.7 g (29.4 g per serving)
Net Carbs: 12.5 g (6.3 g per serving)
Fibre: 2.1 g (1.1 g per serving)

Chili Lime Meatballs

This recipe makes three servings.



Ingredients:

2 spring onion stalks	60 g cheddar cheese
½ red (or green) capsicum	2 tablespoons ground flaxseed
2 tablespoons fresh coriander (chopped)	2 tablespoons almond meal
300 g regular beef mince	1 avocado
1 teaspoon garlic salt	Salt and pepper to taste
1 lime	

Preparation:

- (1) Preheat the oven to 180°C.
- (2) Chop up the spring onions, capsicum, and coriander and add them to a large bowl with the beef mince. Mix everything together and season with the garlic salt and the juice from half the lime.
- (3) Add the grated cheese, flaxseed, and almond meal to the bowl with the beef and mix everything together well.
- (4) Use your hands to roll out 8-10 meatballs and place them on a baking tray. Bake the meatballs for 15-20 minutes, or until cooked through.
- (5) Make the guacamole in a bowl by mashing together the avocado, juice from the other half of the lime, salt, and pepper. Enjoy!

Nutrition Information:

Calories: 1331.5 (443.8 per serving)
Fat: 100 g (33.3 g per serving)
Protein: 81.9 g (27.3 g per serving)
Net Carbs: 13.4 g (4.5 g per serving)
Fibre: 17.2 g (5.7 g per serving)

Buffalo Chicken Casserole

This recipe makes four servings.



Ingredients:

400 g deboned chicken thighs (+/- skin)
Garlic salt to taste
Salt and pepper to taste
1 teaspoon virgin coconut oil
6 strips streaky bacon
1 tablespoon sliced jalapenos (optional)

250 g Philadelphia cream cheese
2 tablespoons Best Foods real mayonnaise
2 tablespoons Heinz creamy pasta bake
Thyme to taste
60 g cheddar cheese
30 g mozzarella cheese

Preparation:

- (1) Preheat the oven to 200°C. Season the chicken thighs with garlic salt, salt, and pepper, then lay them on a cooling rack over a baking tray wrapped in foil. Bake for 40 minutes.
- (2) Once your timer hits 20 minutes, start on the filling. Heat the coconut oil in a pan over medium heat. Chop the bacon into pieces and place them in the pan.
- (3) Once the bacon pieces are nearly cooked the way you like them, finely slice the jalapeno peppers into tiny slices and add them to the pan.
- (4) Once the jalapeno slices are soft and cooked, add small chunks of the cream cheese as well as the mayonnaise and pasta bake sauce to the pan. Mix together and season with thyme plus more garlic salt, salt, and pepper.
- (5) Remove the chicken thighs from the oven and lay them into a baking dish. Spread the cream cheese mixture over them, then top with grated cheddar and mozzarella cheese.
- (6) Bake for 10-15 minutes at 200°C. Cool for 10 minutes. Serve and enjoy!

Nutrition Information:

Calories: 2444 (611 per serving)
Fat: 199.7 g (49.9 g per serving)
Protein: 144.8 g (36.2 g per serving)
Net Carbs: 10.5 g (2.6 g per serving)
Fibre: 0 g (0 g per serving)

Creamed Spinach

This recipe makes one serving.



Ingredients:

60 g spinach (or kale) leaves
30 g Philadelphia cream cheese

1 tablespoon Anchor pure cream
Salt and pepper to taste

Preparation:

- (1) Heat a small pan over low-medium heat. Once warm, add the spinach to the pan.
- (2) When the spinach begins to wilt, add small chunks of the cream cheese, as well as the cream. Mix together and season with salt and pepper, stirring occasionally.
- (3) Once the mixture begins to bubble, remove from the pan and serve.

Nutrition Information:

Calories: 172.2
Fat: 16 g
Protein: 4.4 g
Net Carbs: 1.9 g
Fibre: 1.4 g

Garlic Sauteed Spinach

This recipe makes one serving.



Ingredients:

2 tablespoons extra virgin olive oil
1 clove garlic

60 g spinach (or kale) leaves
Salt and pepper to taste

Preparation:

- (1) Bring a pan to medium heat on the stove. Once hot, add the olive oil.
- (2) Add the minced garlic to the pan and saute for 1-2 minutes.
- (3) Add the spinach to the pan and cook until wilted; mix it in well with the oil.
- (4) Season with salt and pepper, and serve (don't leave any oil in the pan).

Nutrition Information:

Calories: 252
Fat: 27.2 g
Protein: 1.8 g
Net Carbs: 0.8 g
Fibre: 1.4 g

Italian Stuffed Meatballs

This recipe makes two servings.



Ingredients:

300 g regular beef mince	1½ tablespoons ground flaxseed
1 teaspoon oregano	1 egg
1 teaspoon Italian seasoning	50 g olives (seedless)
1 clove garlic	30 g mozzarella cheese
¼ teaspoon onion powder	1 teaspoon Worcester sauce
1 tablespoon Heinz creamy pasta bake	Salt and pepper to taste

Preparation:

- (1) Preheat the oven to 200°C.
- (2) Use your hands to mix the beef together with all the other ingredients in a large bowl (grate the cheese before adding it, of course).
- (3) Form into 6-8 meatballs and lay on a foil covered baking tray.
- (4) Bake for 15-20 minutes or until desired doneness is reached.

Nutrition Information:

Calories: 989.4 (494.7 per serving)
Fat: 71.4 g (35.7 g per serving)
Protein: 74.3 g (37.2 g per serving)
Net Carbs: 4.7 g (2.4 g per serving)
Fibre: 5.6 g (2.8 g per serving)

Chicken Mini Peppers

This recipe makes nine mini peppers (one serving = three mini peppers).



Ingredients:

9 Vine Sweet mini peppers	¼ teaspoon salt
¾ cup rotisserie chicken (shredded)	¼ teaspoon pepper
90 g Philadelphia cream cheese	9 strips streaky bacon
30 g mozzarella cheese	

Preparation:

- (1) Preheat the oven to 200°C. Slice the mini peppers in half; remove the stem and scoop out the seeds. Don't forget which halves stick together!
- (2) In a bowl, mix together the shredded chicken (keep the skin, fat, and meat; discard the stuffing and bone), cream cheese (if needed, microwave 30-60 seconds to soften it up), grated mozzarella cheese, salt, and pepper.
- (3) Pack the cream cheese mixture into one half of each mini pepper separately, then place the other half back on top to close the mini pepper up again. If you have leftover mixture, top each mini pepper with it. If you still have leftover mixture, set aside for now.
- (4) Heat up one teaspoon of coconut oil over medium heat and cook the unsliced bacon strips in a pan. Do not cook until crispy - the bacon strips must remain flexible enough to wrap around each mini pepper. Let the bacon cool for 5-10 minutes.
- (5) Wrap each mini pepper with a slice of bacon, starting from the bottom and working up. If necessary, top each mini pepper with any leftover cream cheese mixture.
- (6) Place on a baking tray lined with foil and bake for 18-22 minutes. Serve and enjoy!

Nutrition Information:

Calories: 1492.5 (165.8 per mini pepper)
Fat: 121.2 g (13.5 g per mini pepper)
Protein: 81.5 g (9.1 g per mini pepper)
Net Carbs: 15.7 g (1.7 g per mini pepper)
Fibre: 3 g (0.3 g per mini pepper)

Chicken Bacon Ranch Salad

This recipe makes one serving.



Ingredients:

60 g spinach (or kale) leaves
3 strips streaky bacon
½ cup rotisserie chicken (shredded)

2 tablespoons Heinz ranch dressing
Salt and pepper

Preparation:

- (1) Add the spinach to a salad bowl. Set aside.
- (2) Heat up one teaspoon of coconut oil over medium heat and cook the bacon just the way you like it.
- (3) Cut or crumble the bacon into small pieces and mix it with the spinach, then add the shredded chicken (keep the skin, fat, and meat; discard the stuffing and bone).
- (4) Dress the salad with the ranch dressing and season with salt and pepper, mix it all together and serve.

Nutrition Information:

Calories: 489.8
Fat: 48.3 g
Protein: 34.8 g
Net Carbs: 3.7 g
Fibre: 3 g

Tex Mex Casserole

This recipe makes two servings.



Ingredients:

½ red (or green) capsicum	1 teaspoon cumin
2 spring onion stalks	½ teaspoon garlic salt
2 tablespoons fresh coriander (chopped)	1 teaspoon oregano
1 tablespoon sliced jalapenos (optional)	1 teaspoon salt
240 g regular beef mince	¼ teaspoon pepper
1 egg	60 g cheddar cheese

Preparation:

- (1) Preheat the oven to 180°C.
- (2) Chop up the capsicum, spring onion, and coriander. Finely slice the jalapeno peppers into even smaller slices. Place these ingredients in an electric blender and pulse into a finely diced mixture.
- (3) In a large bowl, combine the beef mince, egg, cumin, garlic salt, oregano, and salt and pepper. Add the blended mixture and mix it all together with your hands. Press the mixture into a baking dish, then top with grated cheddar cheese.
- (4) Bake for 25-30 minutes. Cool for 10 minutes before serving.

Nutrition Information:

Calories: 853 (426.5 per serving)
Fat: 61.3 g (30.7 g per serving)
Protein: 67.2 g (33.6 g per serving)
Net Carbs: 3.7 g (1.9 g per serving)
Fibre: 1.2 g (0.6 g per serving)

Keto Cheeseburger Muffins

This recipe makes two servings.



Ingredients:

240 g regular beef mince	¼ cup ground flaxseed
¼ teaspoon onion powder	½ teaspoon baking powder
¼ teaspoon garlic salt	1 egg
1 tablespoon Heinz creamy pasta bake	2 tablespoons sour cream
Salt and pepper to taste	30 g cheddar cheese
¼ cup almond meal	1 tablespoon mustard

Preparation:

- (1) Cook the beef mince in a pan on medium heat until it starts turning brown, then add the onion powder, garlic salt, pasta bake sauce, salt, and pepper. Mix together and turn off the heat. You should be left with semi-cooked beef mince. Set aside.
- (2) Preheat the oven to 180°C. While it is warming, mix together the almond meal, flaxseed, baking powder, and more salt and pepper in a bowl. Add the egg and sour cream to the dry mixture and mix well. Then divide the mixture into six muffins in a muffin pan.
- (3) Indent each muffin with your finger, then fill the space with the beef mixture. Bake for 15-20 minutes, until the muffins are browned on the outside.
- (4) Remove the muffins from the oven and top with the cheese, then place them back in the oven another 1-2 minutes.
- (5) Let the muffins cool for 5-10 minutes, top with the mustard and enjoy!

Nutrition Information:

Calories: 1176.9 (588.5 per serving)
Fat: 84.6 g (42.3 g per serving)
Protein: 76.1 g (38.1 g per serving)
Net Carbs: 12 g (6 g per serving)
Fibre: 13.6 g (6.6 g per serving)

Calorie Booster Recipes

Marinated Olives

This recipe makes one serving.



Ingredients:

200 g olives (seed-in)
1 tablespoon (½ lemon) juice
2 tablespoons extra virgin olive oil

1 teaspoon ground coriander
Salt and pepper to taste

Preparation:

- (1) Drain and place the olives in a bowl.
- (2) Squeeze all the lemon juice into a separate bowl. Add the olive oil first, then add the coriander, salt, and pepper to create the dressing.
- (3) Pour the dressing over the olives and leave them for a while to marinate - the longer, the better. Serve!

Nutrition Information:

Calories: 534
Fat: 57.6 g
Protein: 2.1 g
Net Carbs: 2.5 g
Fibre: 6.6 g

Worcester Brussels Sprouts

This recipe makes one serving.



Ingredients:

2 tablespoons extra virgin olive oil
1 tablespoon unsalted butter
5 Brussels sprouts

Salt and pepper to taste
1 tablespoon Anchor pure cream
1 teaspoon Worcester sauce

Preparation:

- (1) Place a frying pan over medium high heat and add the oil and butter.
- (2) Make sure the Brussels sprouts are cleaned well, then cut them lengthwise and add them to the pan. Cook the Brussels sprouts for 3 minutes, or until they are golden brown. Add salt and pepper to taste.
- (3) Pour the cream and Worcester sauce over the Brussels sprouts at the end and cook for another 30 seconds. Serve immediately; make sure you eat all the fats!

Nutrition Information:

Calories: 433
Fat: 44.4 g
Protein: 3.7 g
Net Carbs: 5.3 g
Fibre: 3.6 g

The Ketogenic Cocoa

This recipe makes one serving.



Ingredients:

½ cup coconut milk (or cream)
½ cup water
3 tablespoons unsalted butter
1 teaspoon pure vanilla extract

2 teaspoons Avalanche dark cocoa
1 teaspoon cinnamon
1 teaspoon psyllium husk (optional)
1 teaspoon Natvia

Preparation:

- (1) Add the full fat coconut milk and water to a saucepan, bring to a boil.
- (2) Meanwhile, place all the other ingredients in an electric blender.
- (3) Add the boiling mix to the blender and pulse until smooth.
- (4) Pour into a mug and enjoy!

Nutrition Information:

Calories: 604.3
Fat: 58.1 g
Protein: 7.5 g
Net Carbs: 2 g
Fibre: 3.2 g

Warm Kale Salad

This recipe makes one serving.



Ingredients:

3 tablespoons Anchor pure cream	Salt and pepper to taste
1 tablespoon Best Foods real mayonnaise	1 tablespoon unsalted butter
1 teaspoon mustard	60 g kale (or spinach) leaves
1 tablespoon extra virgin olive oil	15 g goat (or cow) feta cheese
1 clove garlic	

Preparation:

- (1) Combine the cream, mayonnaise, mustard, olive oil, garlic, salt, and pepper in a cup or mug. Stir thoroughly and set aside.
- (2) Place a frying pan over medium heat and add the butter.
- (3) Cut the kale into small bite-size pieces and add it to the pan. Saute the kale on medium heat so it turns a nice colour (if using spinach, until it wilts), but no more than that. Add salt and pepper to taste.
- (4) When done, place the kale in a bowl and pour the dressing over it. Stir thoroughly and add crumbled feta cheese on top.

Nutrition Information:

Calories: 541
Fat: 55.4 g
Protein: 5.4 g
Net Carbs: 6.6 g
Fibre: 1.2 g

Berry & Dark Chocolate Cups

This recipe makes two cups (one serving = two cups).



Ingredients:

30 g (3 squares) Lindt 90% dark chocolate
2 tablespoons virgin coconut oil
½ teaspoon Natvia

8 raspberries (or blueberries)
8 almonds

Preparation:

- (1) Break the dark chocolate squares into little pieces and melt them with the coconut oil in a double boiler (or a heat-proof bowl over a small saucepan filled with water) on medium heat.
- (2) Once melted, stir in the Natvia and spoon the hot chocolate mixture into two muffin cups.
- (3) Add four berries and four almonds to each muffin cup.
- (4) Refrigerate for at least 45 minutes before serving.

Nutrition Information:

Calories: 477 (238.5 per cup)
Fat: 48.6 g (24.3 g per cup)
Protein: 5.2 g (2.6 g per cup)
Net Carbs: 6.9 g (3.4 g per cup)
Fibre: 5.8 g (2.9 g per cup)

The Coconut Cocoa

This recipe makes one serving (try to have it every day).



Ingredients:

1 cup water	1 tablespoon Anchor pure cream
2½ tablespoons virgin coconut oil	1 teaspoon Natvia
1 teaspoons Avalanche dark cocoa	

Preparation:

- (1) Add the water to a saucepan, bring to a boil.
- (2) Meanwhile, place all the other ingredients in an electric blender.
- (3) Add the boiling mix to the blender and pulse until smooth.
- (4) Pour into a mug and enjoy!

Nutrition Information:

Calories: 376
Fat: 40.7 g
Protein: 2.6 g
Net Carbs: 2 g
Fibre: 0 g

Weekend Cycling Meal - Cream & Fruit

This recipe makes one serving.



Pick ONLY ONE of the following cream options:

¼ cup pure cream

¼ cup coconut cream

Then pick ONLY ONE of the following fruit options:

2/3 cup strawberry halves

2/3 cup mixed berries

2/3 cup raspberries

1 mandarin

1/3 cup blueberries

½ orange

2 apricots

1 kiwi

Preparation:

(1) Slice up the fruit option, if needed. Place in a bowl.

(2) Pour cream over the top and serve. If you like, mix in a teaspoon of pure vanilla extract (optional).

Nutrition Information (Average):

Calories: 242.2

Fat: 21.9 g

Protein: 2.7 g

Net Carbs: 8.7 g

Fibre: 3.1 g

***Please have ONE serving of Cream & Fruit on every Saturday morning, Saturday evening, Sunday morning, and Sunday evening (total of four serves per weekend).**

***Please do NOT have the Cream & Fruit on any weekday!**