

days 1–7

meal plan

	BREAK-YOUR-FAST MEAL	MEAL 2		NUTRITION INFO (per person)
day 1	 <p>Rosti with Bacon, Mushrooms, and Green Onions 158</p>	 <p>Umami Burgers 296</p>	<p>+</p>  <p>Lemon Pepper Wings 202</p>	<p>calories (kcal) 1314</p> <p>fat 108 g</p> <p>protein 69 g</p> <p>carbohydrates 17 g</p>
day 2	 <p>Bacon and Eggs Ramen 150</p>	 <p>Reuben Pork Chops 334</p>	<p>+</p>  <p>Italian Marinated Mushrooms 208</p>	<p>calories (kcal) 1324</p> <p>fat 109 g</p> <p>protein 67 g</p> <p>carbohydrates 19 g</p>
day 3	 <p>Creamiest Keto Scrambled Eggs 154</p>	 <p>California Club Wraps 276</p>	<p>+</p>  <p>Italian Marinated Mushrooms LEFTOVER</p>	<p>calories (kcal) 1301</p> <p>fat 112 g</p> <p>protein 51 g</p> <p>carbohydrates 13 g</p>
day 4	 <p>Bacon and Eggs Ramen LEFTOVER</p>	 <p>Keto Greek Avgolemono 286</p>	<p>+</p>  <p>Warm Spring Salad with Basil Chimichurri and Soft-Boiled Eggs 226</p>	<p>calories (kcal) 1150</p> <p>fat 94 g</p> <p>protein 58 g</p> <p>carbohydrates 19 g</p>
day 5	 <p>Kimchi Eggs 160</p>	 <p>Umami Burgers LEFTOVER</p>	<p>+</p>  <p>Warm Spring Salad with Basil Chimichurri and Soft-Boiled Eggs LEFTOVER</p>	<p>calories (kcal) 1591</p> <p>fat 137 g</p> <p>protein 72 g</p> <p>carbohydrates 19 g</p>
day 6	 <p>Eggs Florentine with Basil Hollandaise (with English muffin) 166</p>	 <p>Keto Greek Avgolemono LEFTOVER</p>	<p>+</p>  <p>Lemon Pepper Wings LEFTOVER</p>	<p>calories (kcal) 1315</p> <p>fat 111 g</p> <p>protein 65 g</p> <p>carbohydrates 12 g</p>
day 7	 <p>Eggs in a Frame with leftover Easy Basil Hollandaise 168</p>	 <p>California Club Wraps LEFTOVER</p>	<p>+</p>  <p>Italian Marinated Mushrooms LEFTOVER</p>	<p>calories (kcal) 1379</p> <p>fat 112 g</p> <p>protein 66 g</p> <p>carbohydrates 13 g</p>

shopping list

baking products

Baking soda, 2 pinches
Coconut flour, 4 teaspoons



broth

Chicken bone broth, two
32-ounce boxes (2 quarts)



condiments

Mayonnaise, 1½ cups



eggs

Eggs, large, 4 dozen (42)



fats and oils

Coconut oil, 4 ounces (½ cup)
MCT oil, 8 ounces (1 cup)
Paleo fat of choice, 14 to 22
ounces (1¾ to 2¾ cups)
Sesame oil, 1 tablespoon



fresh herbs

Basil, 3 bunches
Chives, 1 small bunch
(2 tablespoons chopped)
Cilantro, 1 small bunch (2
tablespoons chopped)
Ginger, 1 (1-inch-long) piece
(1 tablespoon grated)
Thyme, 1 sprig



fresh produce

Asparagus, ½ pound
Avocado, 1 small
Button mushrooms, 2 pounds
Garlic, 1 head
Green cabbage, 1 small head
(1 cup shredded)
Green onions, 1 small bunch
(¼ cup plus 2 tablespoons, plus
more for garnish)
Lemons, 2
Mushrooms, 1 pound
Onions, 2 large (2 cups)
Portobello mushrooms, 1 pound
Romaine lettuce, 1 head (2 cups)
Spinach, 1 pound (4 cups)
Tomatoes, 2 small
Zucchini, 2 medium



pantry items

Coconut aminos, 2 tablespoons
Coconut vinegar, ½ cup
Egg white protein powder,
unflavored, ¼ cup
Fish sauce, 1½ teaspoons
Kimchi, 16-ounce jar (1 cup)
Pickles, baby, 1 small jar
(for garnish)
Sauerkraut, 1 cup
Tomato paste, 6-ounce can
(1 tablespoon)



spices and extracts

Basil, dried, 6½ teaspoons
Chili powder, 1 tablespoon
Red pepper flakes, 1 tablespoon



proteins

Bacon, 8 slices
Chicken thighs, bone-in, skin-on,
6
Chicken wings, 1 pound
Cross-cut beef marrow bones,
7 (each 2 inches long)
Ground beef, 1½ pounds
Pork belly, fully cooked, 12-ounce
package
Pork chops, bone-in, four 5-ounce



keto condiments and spice blends

Dairy-Free Thousand Island
Dressing (page 118) (*To make, you
will need: ¾ cup mayonnaise, ¼
cup chopped dill pickles, ¼ cup
tomato sauce, ⅛ teaspoon fish
sauce*)
Easy Basil Hollandaise (page
136), 2 heaping tablespoons
(*To make, you will need: 1 cup
bacon fat, 4 large egg yolks, ½
cup lemon juice, 1 cup (1 ounce)
loosely packed fresh basil
leaves*)
Herbes de Florence (page 113),
1 teaspoon (*To make, you will
need: 2 tablespoons dried basil,
2 tablespoons dried ground
marjoram, 2 tablespoons dried
oregano leaves, 2 tablespoons
dried parsley, 1 tablespoon dried
ground rosemary, 1 tablespoon
dried thyme leaves, 1 tablespoon
red pepper flakes, 2 teaspoons
garlic powder, 1 teaspoon onion
powder*)



days 8–14

meal plan

	BREAK-YOUR-FAST MEAL	MEAL 2	NUTRITION INFO (per person)
day 8	 Bacon and Mushrooms with Soft-Boiled Eggs 164	 Slow Cooker Ropa Vieja +  Simple Crab Salad 308 236	<div>calories (kcal) 1307</div> <div>fat 100 g</div> <div>protein 88 g</div> <div>carbohydrates 14 g</div>
day 9	 Green Eggs and Ham 162	 DOUBLES RECIPE Chiles Rellenos 266	<div>calories (kcal) 1225</div> <div>fat 109 g</div> <div>protein 53 g</div> <div>carbohydrates 9 g</div>
day 10	 Steak and Eggs 156	 Poached Salmon with Creamy Dill Sauce 380	<div>calories (kcal) 1132</div> <div>fat 96 g</div> <div>protein 62 g</div> <div>carbohydrates 5 g</div>
day 11	 Bacon and Mushrooms with Soft-Boiled Eggs LEFTOVER	 Slow Cooker Ropa Vieja +  DOUBLES RECIPE Scotch Eggs LEFTOVER 196	<div>calories (kcal) 1355</div> <div>fat 106 g</div> <div>protein 90 g</div> <div>carbohydrates 11 g</div>
day 12	 Green Eggs and Ham LEFTOVER	 Chiles Rellenos LEFTOVER	<div>calories (kcal) 1225</div> <div>fat 109 g</div> <div>protein 53 g</div> <div>carbohydrates 9 g</div>
day 13	 Steak and Eggs LEFTOVER	 Poached Salmon with Creamy Dill Sauce LEFTOVER	<div>calories (kcal) 1132</div> <div>fat 111 g</div> <div>protein 65 g</div> <div>carbohydrates 12 g</div>
day 14	 Kimchi Eggs 160	 Slow Cooker Ropa Vieja +  LEFTOVER LEFTOVER	<div>calories (kcal) 1275</div> <div>fat 96 g</div> <div>protein 62 g</div> <div>carbohydrates 5 g</div>

shopping list

broth



Beef bone broth or water,
32-ounce box (½ cup)

condiments



Mayonnaise, 30-ounce jar (1 cup)

Mustard, Dijon, 8-ounce bottle
(1½ teaspoons)

Mustard, whole-grain, 8-ounce
bottle (¾ cup)

Salsa, 16-ounce jar (1 cup)

eggs



Eggs, large, 3 dozen (26)

fats and oils



Coconut oil, 21 ounces (2½ cups
plus 1 tablespoon)

MCT oil, 5½ ounces (½ cup plus
3 tablespoons)

Paleo fat of choice, 1 ounce
(2 tablespoons)

fresh herbs



Chives, 1 small bunch
(1 tablespoon plus more for
garnish)

Cilantro, 1 bunch (6 tablespoons
plus more for garnish)

Dill, 1 small bunch (1 tablespoon
plus 1 sprig)

Tarragon, 1 small bunch
(1 teaspoon)

fresh produce



Baby portobello mushrooms,
12 ounces

Celery, 2 stalks (½ cup)

Cucumbers, 2 medium

Garlic, 1 head (1 clove plus
2 teaspoons minced)

Green bell pepper, 1 medium

Jalapeño pepper, 1

Lemon, 1

Limes, 2

Onion, 1 large (¾ cup)

Poblano chiles, 4 medium

Radish, 1 (for garnish)

Red bell pepper, 1 medium

Red onion, 1 small (¼ cup)

Tomato, 1 large

pantry items



Anchovies, 2-ounce tin

Coconut vinegar, ¼ cup plus
2 teaspoons

Green olives, 12-ounce jar
(3 tablespoons plus more for
garnish)

Kimchi, 16-ounce jar (1 cup)

Tomato sauce, 15-ounce can
(¼ cup)

proteins



Bacon, ½ pound

Beef brisket, 2 pounds

Chicken thighs, 2 pounds

Crabmeat, two 6-ounce cans

Ground pork, ⅔ pound

Ham hock steaks, smoked, four
3-ounce

Prosciutto, two 3-ounce
packages (12 slices)

Salmon fillets, six 4-ounce

Venison or beef tenderloins, four
4-ounce

spices and extracts



Dried oregano leaves,
2 teaspoons

Ground cumin, 2 teaspoons

keto condiments and spice blends



Easy Basil Hollandaise (page
136), ½ cup (*To make, you will
need: 1 cup bacon fat, 4 large
egg yolks, ½ cup lemon juice,
1 cup (1 ounce) loosely packed
fresh basil leaves*)

Easy Dairy-Free Hollandaise
(page 136), 1 cup (*To make, you
will need: 1 cup bacon fat, 4 large
egg yolks, ½ cup lemon juice*)

days 15–21

meal plan

	BREAK-YOUR-FAST MEAL	MEAL 2		NUTRITION INFO (per person)
day 15	 <p>Bacon and Eggs Ramen</p> <p>150</p>	 <p>Smothered Bacon and Mushroom Burgers</p> <p>294</p>	<p>+</p>  <p>Mixed Green Salad with BLT Deviled Eggs and Bacon Vinaigrette</p> <p>232</p>	<p>calories (kcal) 1483</p> <p>fat 122 g</p> <p>protein 76 g</p> <p>carbohydrates 20 g</p>
day 16	 <p>Keto Pockets</p> <p>170</p>	 <p>Spicy Grilled Shrimp with Mojo Verde</p> <p>364</p>	<p>+</p>  <p>Panzanella Salad</p> <p>234</p>	<p>calories (kcal) 1116</p> <p>fat 94 g</p> <p>protein 58 g</p> <p>carbohydrates 10 g</p>
day 17	<p>DOUBLE RECIPE</p>  <p>Ham and Egg Cups</p> <p>172</p>	 <p>Smothered Bacon and Mushroom Burgers</p> <p>LEFTOVER</p>	<p>+</p>  <p>Keto "Fruit" Salad</p> <p>224</p>	<p>calories (kcal) 1074</p> <p>fat 84 g</p> <p>protein 68 g</p> <p>carbohydrates 12 g</p>
day 18	 <p>Bacon and Eggs Ramen</p> <p>LEFTOVER</p>	 <p>Spicy Grilled Shrimp with Mojo Verde</p> <p>LEFTOVER</p>	<p>+</p>  <p>Mixed Green Salad with BLT Deviled Eggs and Bacon Vinaigrette</p> <p>LEFTOVER</p>	<p>calories (kcal) 1278</p> <p>fat 106 g</p> <p>protein 62 g</p> <p>carbohydrates 19 g</p>
day 19	 <p>Keto Pockets</p> <p>LEFTOVER</p>	 <p>Spicy Tuna Stacks</p> <p>358</p>	<p>+</p>  <p>Panzanella Salad</p> <p>LEFTOVER</p>	<p>calories (kcal) 1328</p> <p>fat 111 g</p> <p>protein 71 g</p> <p>carbohydrates 12 g</p>
day 20	 <p>Ham and Egg Cups</p> <p>LEFTOVER</p>	 <p>Steak au Poivre for Two</p> <p>318</p>	<p>+</p>  <p>Keto "Fruit" Salad</p> <p>LEFTOVER</p>	<p>calories (kcal) 1136</p> <p>fat 94 g</p> <p>protein 54 g</p> <p>carbohydrates 8 g</p>
day 21	 <p>Keto Pockets</p> <p>LEFTOVER</p>	 <p>Zoodles in Clam Sauce</p> <p>378</p>	<p>+</p>  <p>Chicken Tinga Wings</p> <p>200</p>	<p>calories (kcal) 1117</p> <p>fat 86 g</p> <p>protein 70 g</p> <p>carbohydrates 16 g</p>

shopping list

broth



Beef bone broth, 32-ounce box (¼ cup)

Chicken bone broth, two 32-ounce boxes (4½ cups)

condiments



Hot sauce, 5-ounce bottle (1 teaspoon)

Mayonnaise, 30-ounce jar (1 cup plus 2 tablespoons)

Mustard, Dijon, 8-ounce bottle (1 teaspoon)

Mustard, prepared yellow, 8-ounce bottle (2 teaspoons)

eggs



Eggs, 4 dozen (40 large)

fats and oils



Coconut oil, 9 to 17 ounces (1 to 2 cups plus 1 tablespoon)

MCT oil, 14 ounces (1¾ cups)

Paleo fat of choice, 2½ ounces (⅓ cup)

fresh herbs



Chives, 1 small bunch (¼ cup plus more for garnish)

Cilantro, 2 bunches (3 cups)

Ginger, 1-inch piece (1 tablespoon)

Mint, 1 small bunch (1 tablespoon)

Thyme, 1 small bunch (1 sprig)

fresh produce



Avocado, 1 medium

Cherry tomatoes, 1 pint (1 cup plus 12)

Cucumbers, 3 medium (2 plus ¼ cup)

Garlic, 1 head (5 cloves plus 3 tablespoons minced)

Green onions, 1 small bunch (2 tablespoons plus more for garnish)

Lettuce, 1 small head (8 leaves)

Limes, 6

Mixed greens, 16-ounce package (10 cups)

Mushrooms, 1⅔ pounds

Onions, 2 large (2 cups)

Purple cabbage, 1 small head (¼ cup)

Red onion, 1 small (¼ used)

Tomatillos, 4½ ounces (1 cup)

Tomatoes, 3 medium (3 cups)

Zucchini, 3 medium

pantry items



Chipotles in adobo sauce, 2 tablespoons

Coconut aminos, 2 tablespoons

Coconut vinegar, ½ cup plus 2 tablespoons

Egg white protein powder, unflavored, ¼ cup

Swerve confectioners'-style sweetener, 2 teaspoons

Tomato paste, 6-ounce can (1 tablespoon)

Tomato sauce, 14-ounce can (¼ cup)

proteins



Bacon, 15 slices

Chicken wings, 1 pound

Chorizo, 1 pound

Clams, 6½-ounce can

Ground beef, 1⅓ pounds

Ham, 1 pound (12 slices)

Mortadella, 8 ounces (12 thin slices)

Pork belly, fully cooked, 12-ounce package

Rib-eye steak, 8 ounces

Shrimp, 12 jumbo

Tuna, 6-ounce can

spices and extracts



Black peppercorns, 1 tablespoon

Cayenne pepper, 2 teaspoons

Dried oregano leaves, ½ teaspoon

Ground cumin, 1½ teaspoons

Red pepper flakes, 1 tablespoon plus more for garnish

milk









Coconut milk, full-fat, 13½-ounce can (¼ cup)

days 22–30

meal plan

	BREAK-YOUR-FAST MEAL	MEAL 2		NUTRITION INFO (per person)
day 22	 Rosti with Bacon, Mushrooms, and Green Onions 158	 Slow Cooker Mole Short Ribs 312	 Bone Marrow Chili con Keto 242	calories (kcal) 1243
				fat 107 g
				protein 50 g
				carbohydrates 19 g
day 23	 Breakfast Chili 148	 Hunan Beef-Stuffed Peppers 322	 Bok Choy and Mushrooms with Ginger Dressing 250	calories (kcal) 1093
				fat 83 g
				protein 56 g
				carbohydrates 33 g
day 24	 Oscar Deviled Eggs 216	 Slow Cooker Mole Short Ribs LEFTOVER	 Bone Marrow Chili con Keto LEFTOVER	calories (kcal) 1358
				fat 121 g
				protein 55 g
				carbohydrates 11 g
day 25	 Ham and Egg Cups 172	 Hunan Beef-Stuffed Peppers LEFTOVER	 Hot-and-Sour Soup with Pork Meatballs 248	calories (kcal) 1228
				fat 89 g
				protein 80 g
				carbohydrates 28 g
day 26	 Breakfast Chili LEFTOVER	 Tom Ka Gai (Thai Coconut Chicken) 284	 Hot-and-Sour Soup with Pork Meatballs LEFTOVER	calories (kcal) 1210
				fat 91 g
				protein 74 g
				carbohydrates 24 g
day 27	 Oscar Deviled Eggs LEFTOVER	 Slow Cooker Mole Short Ribs LEFTOVER	 Bok Choy and Mushrooms with Ginger Dressing LEFTOVER	calories (kcal) 1165
				fat 104 g
				protein 46 g
				carbohydrates 13 g
day 28	 Breakfast Chili LEFTOVER	 Tom Ka Gai (Thai Coconut Chicken) LEFTOVER	 Bone Marrow Chili con Keto LEFTOVER	calories (kcal) 1188
				fat 93 g
				protein 66 g
				carbohydrates 21 g

	BREAK-YOUR-FAST MEAL	MEAL 2	NUTRITION INFO (per person)
day 29	 <p>Oscar Deviled Eggs</p> <p>LEFTOVER</p>	 <p>½ Recipe Fried Catfish with Cajun Keto Mustard</p> <p>370</p> <p>+</p>  <p>Simple Crab Salad</p> <p>242</p>	<p>calories (kcal) 1123</p> <p>fat 95 g</p> <p>protein 62 g</p> <p>carbohydrates 5 g</p>
day 30	 <p>Breakfast Chili</p> <p>LEFTOVER</p>	 <p>Slow Cooker Mole Short Ribs</p> <p>LEFTOVER</p> <p>+</p>  <p>Bone Marrow Chili con Keto</p> <p>LEFTOVER</p>	<p>calories (kcal) 1418</p> <p>fat 120 g</p> <p>protein 65 g</p> <p>carbohydrates 18 g</p>

shopping list

baking products

Cocoa powder, unsweetened, 1 tablespoon

broth

Beef bone broth, 32-ounce box (1½ cups plus 2 tablespoons)

Chicken bone broth, two 32-ounce boxes (6½ cups)

condiments

Mayonnaise, 30-ounce jar (½ cup)

Mustard, prepared yellow, ¼ cup plus 1 teaspoon

Red curry paste, 4-ounce jar (1½ to 3 teaspoons)

eggs

Eggs, large, 3 dozen (33)

fats and oils

Bacon fat or duck fat, ¼ cup plus 2 tablespoons

Coconut oil, 4 ounces (½ cup plus 1 tablespoon)

Paleo fat of choice, 3 tablespoons

MCT oil, 4 ounces (½ cup plus 1 tablespoon)

Sesame oil, toasted, 2 tablespoons

fresh herbs

Chives, 1 bunch (¼ cup plus 2 tablespoons)

Cilantro, 1 bunch (½ cup plus 1 tablespoon)

Ginger, 2-inch piece

fresh produce

Asparagus, 2 ounces (4 spears)

Avocados, 3 medium

Baby bok choy, 4 heads

Bell peppers, any color, 2 medium

Garlic, 1 head (7 cloves)

Green bell pepper, 1 medium

Green cabbage, 1 small head (1 cup)

Green chiles, 4

Green onions, 9

Limes, 2

Mushrooms, 1½ pounds

Napa cabbage, 1 small head (2 cups)

Onion, 1 large (1¼ cups)

Shallots, 3

milk

Coconut milk, full-fat, 13½-ounce can

pantry items

Coconut aminos, 8-ounce bottle (¾ cup plus 1 tablespoon)

Coconut vinegar, 1 tablespoon

Diced green chiles, 4-ounce can

Red chili paste, 1 tablespoon

Rice vinegar, ¼ cup

Tomato sauce, 29-ounce can (3 cups)

Tomatoes, diced, 56-ounce can

proteins

Bacon, 22 slices

Beef short ribs, 8 (4 pounds)

Catfish fillets, four 4-ounce

Chorizo, 2 pounds

Crabmeat, 6-ounce can (¼ cup)

Cross-cut beef marrow bones, 8 (each 2 inches long)

Flank steak, 1 pound

Ground beef, 2 pounds

Ground pork, ½ pound

Ham, 3 ounces (6 slices)

spices and extracts

Bay leaves, 2

Cayenne pepper, 1 teaspoon plus more for garnish

Chili powder, ¼ cup

Dried ground oregano, 2 teaspoons

Dried oregano leaves, 2 teaspoons

Dried Thai chiles, 4

Ground cumin, 3 teaspoons

Paprika, 1 teaspoon

keto condiments and spice blends

Cajun Seasoning (page 112), 6 tablespoons (*To make, you will need: 2½ teaspoons smoked paprika, 2 teaspoons garlic powder, 1¼ teaspoons onion powder, 1¼ teaspoons dried oregano leaves, 1¼ teaspoons dried thyme leaves, 1 teaspoon cayenne pepper, ½ teaspoon red pepper flakes*)