

14 DAY MEAL  
PLANS AND  
GROCERY LISTS

*Keto Meal Plan*

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# Break "Fasts"

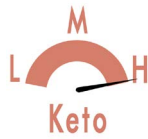
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# Eggs Florentine Casserole

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes

Cook Time: 25-45 minutes

Servings: 4

- 1 pound ground pork
- 1 tablespoon paleo fat or butter for frying
- 1/4 cup onion diced
- 2 cloves garlic minced or 2 teaspoons
- 2 1/2 teaspoons sea salt fine grain, divided
- 2 teaspoons fresh ground black pepper divided
- 1 cup spinach or other greens
- 1 cup basil leaves whole leaves
- 1 slice tomato 1/4 inch thick
- 8 eggs
- basil leaves garnish with this additional ingredient

- 1 Preheat oven to 350 degrees F. Place the pork in a cast iron skillet and sauté in 1 tablespoon paleo fat while crumbling. Sauté until cooked through, about 5 minutes. Add the onion and garlic, sauté another 2 minutes. Add 1 1/2 teaspoon salt and 1 teaspoon pepper.
- 2 Place the ground pork mixture into the bottom of a 9 inch pie pan. Crack 8 eggs into a dish and whisk until well combined. Add 1 teaspoon salt and pepper. Add the spinach and 1 cup basil to the eggs. Pour egg mixture over the pork into the pie pan. Slice the tomato into 1/4 inch thick slices and top the eggs with the tomato. Place in oven to bake for 30-35 minutes or until eggs are set in the middle. Garnish with basil leaves.



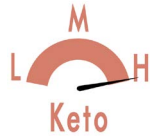
## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
491	38g 71%	32g 26%	4g 3%	1g

# Pizza Deviled Eggs

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 11 minutes  
Servings: 4

- 12 large eggs
- 1 cup mayonnaise (paleo or homemade)
- 1 teaspoon pizza sauce
- 2 teaspoons italian seasoning plus extra for garnish
- 1/2 teaspoon crushed red pepper flakes plus extra for garnish

#### GARNISH:

Pepperoni mini (omit for vegetarian)

- 1 Place eggs in a large saucepan and cover with cold water. Bring the water to a boil, then immediately cover the pan and remove it from the heat. Allow the eggs to cook in hot water for 11 minutes.
- 2 After 11 minutes, drain the hot water and rinse with very cold water for about a minute or two to stop the cooking process. Peel the boiled eggs and cut them in half lengthwise. Remove the yolks and place them in food processor. Blend the egg yolks until they are the texture of very fine crumbles. Add the mayonnaise, pizza sauce, Italian seasoning, red pepper flakes and salt, puree until smooth. Fill the egg white halves with the yolk mixture. Garnish each egg with mini pepperonis, Italian seasoning and red pepper flakes.
- 3 Keep leftover deviled eggs in an airtight container in the fridge for 3 days.

*BUSY FAMILY TIP: I keep a dozen hard-boiled eggs in my fridge at all times. My boys who are four and six love to help me in the kitchen and peeling eggs is one of the things they can do without my constant attention so I can prepare other food.*



#### Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
642	61g 86%	19g 12%	3g 2%	0g

# Open Faced Breakfast Sandwich

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 20 minutes  
Servings: 1

2 medium Portobello mushrooms stems removed and chopped

sea salt and pepper to taste fine grain

2 slices bacon

2 large eggs fried

#### TOPPING:

2 tablespoons hollandaise dairy-free  
(recipe on page 19)

- 1 Heat oven to 400° F. Lightly grease medium baking dish; place mushroom caps in dish, gill-side down. Season with salt and pepper.
- 2 Bake mushroom caps 15-20 mins or until tender but not limp, turning once.
- 3 Place the bacon in a skillet and fry until crispy. Remove from pan and fry 2 eggs in the bacon grease. Season with a touch of salt and pepper. Once the whites are set and the yolks are runny, remove from skillet.
- 4 Place mushroom caps gill side up on plates; top with greens, a slice of tomato, fried egg, bacon and drizzle with hollandaise.



#### Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
509	45g 80%	24g 19%	2g 1%	0.4g



# Gyro Breakfast Patties



Prep Time: 8 minutes  
Cook Time: 5 minutes  
Servings: 12

- 2 1/2 pounds bulk ground lamb sausage (or beef)
- 1/2 pound ground pork fat
- 1/4 cup red onion diced
- 2 teaspoons sea salt
- 2 teaspoons fresh ground black pepper
- 1 teaspoon ground dried oregano
- 1 teaspoon garlic minced
- lard or coconut oil, for the pan
- Keto dipping sauce of choice optional

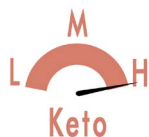
***BUSY FAMILY TIP:** Make a double batch of this recipe and store the cooked patties in the fridge or freezer for easy breakfasts on the go. Cooked patties will keep in the fridge for 5 days and in the freezer for 6 months.*

- 1 Place the ground lamb, ground pork fat, onion, garlic, salt and spices in a large bowl. Mix well to evenly combine all the ingredients.
- 2 Using your hands, form into twelve 3-inch-round patties.
- 3 To cook, heat 1 tablespoon of lard or coconut oil in a large pan over medium heat. Sauté for 3 to 5 minutes per side or until cooked through.
- 4 Serve with the keto dipping sauce of your choice, if desired.



Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
345	26g 68%	26g 30%	1g 2%	0.3g

# Dairy Free & Nut Free Pancakes



Prep Time: 4 minutes  
Cook Time: 4 minutes  
Servings: 2

- 2 large eggs hard boiled and peeled
- 2 large eggs
- 2 tablespoons Confectioners Swerve (or a few drops of stevia glycerite or flavored stevia such as vanilla/english toffee)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt fine grain
- 1/4 teaspoon baking powder
- coconut oil for frying

- 1 Place all the ingredients, except the coconut oil in a blender and combine until very smooth.
- 2 Heat a 1/2 tablespoon of coconut oil on a “healthified” non-stick pan to medium heat. Once hot, pour 1/4 the batter onto the skillet at a time. Fry until golden brown, about 2 minutes, then flip and cook until done. Remove from skillet and repeat with remaining coconut oil and batter.
- 3 Serve with Dairy Free Cinnamon Syrup (recipe on page 27)



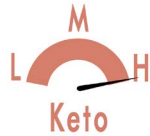
## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
172	12g 63%	13g 30%	3g 7%	1g

# Chocolate French Toast

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: x minutes  
Servings: 7 (2 slices per)

1 batch Chocolate Angel Food Cake sliced  
(recipe on page 64)

5 large eggs

1 cup unsweetened almond milk cashew  
(or hemp milk if nut free)

1/2 teaspoon sea salt fine grain  
coconut oil for frying

- 1 Cut the cake into 1 inch thick slices. In a medium bowl, mix the eggs and almond milk and the salt.
- 2 Heat a skillet to medium-high heat, greased with coconut oil. Dip each slice of angel food cake into the egg mixture.
- 3 Place on skillet and fry on each side until golden brown. Drizzle with my homemade Keto Syrup (recipe on page 27) or my Chocolate Sauce (recipe on page 26).

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
232	12g 47%	25g 43%	6g 10%	2g







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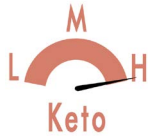
*Sauces and  
Condiments*

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# Green Goddess Dressing

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 0 minutes  
Servings: 4

- 1 Meanwhile make the sauce. Place all the ingredients except the broth in a blender or large bowl and combine until smooth.
- 2 Add just enough broth to thin to the desired consistency. Store in an airtight container in the refrigerator for up to 1 week. Shake well before using.

1/3 cup mayonnaise store-bought or homemade

1 tablespoon coconut vinegar

1 tablespoon chives and/or scallions, finely chopped

1/2 teaspoon anchovy paste (about 1/3 of an anchovy), or 1/4 teaspoon coarse salt for vegetarian

2 teaspoons lemon juice

1/8 teaspoon fresh ground black pepper

1/4 teaspoon garlic minced

1-2 tablespoons chicken bone broth  
homemade or boxed chicken broth to thin the dressing (or veggie broth)

## Nutritional Info (per serving)

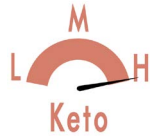
Calories	Fat	Protein	Carbs	Fiber
139	15g 98%	0.2g 1%	0.3g 1%	0.1g



# Dairy Free Hollandaise

NUT  
FREE

DAIRY  
FREE



Prep Time: 3 minutes

Cook Time: 5 minutes

Servings: 4

3 egg yolks

2 tablespoons lemon juice

1 tablespoon Dijon mustard

3/4 cups unsalted butter melted organic  
or melted bacon fat or duck fat if dairy  
sensitive

1/2 tsp sea salt

1/8 tsp fresh ground black pepper

- 1 Make hollandaise sauce: In the bottom of a double boiler or in a medium saucepan, bring 1 in. of water to a simmer over high heat and adjust heat to maintain simmer. Put egg yolks, lemon juice, and mustard in top of a double boiler or in a round-bottomed medium bowl and set over simmering water. Whisk yolk mixture to blend.
- 2 Whisking constantly, add butter in a slow, steady stream (it should take about 90 seconds). Cook sauce, whisking, until it reaches 140°, then adjust heat to maintain temperature (remove from simmering water if necessary). Add salt, pepper, and cayenne and continue whisking until thick, about 3 minutes. Adjust seasonings to taste. Remove from stove and set aside.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
321	35g 98%	0.1g 1%	0.1g 1%	0g



# Keto Tortilla Wraps

NUT FREE

DAIRY FREE



Prep Time: 4 minutes  
Cook Time: 4 minutes  
Servings: 2

- 2 large eggs
- 2 large hard boiled eggs
- 1/2 teaspoon sea salt
- 2 tablespoons green onions
- OPTIONAL: fresh chopped Herbs of choice. Cilantro, green onion, etc.
- 1/2 tablespoon coconut oil

- 1 Place the eggs, peeled hard boiled eggs, salt and herbs in a blender and combine until very smooth and there are no lumps.
- 2 Heat a crepe pan or non-stick pan with the oil to medium-low heat.
- 3 While that is heating scramble the eggs with salt and any herbs you prefer in a small bowl until well combined.
- 4 Once the pan is hot. Add the eggs and whirl the pan to spread the eggs into a very large and thin crepe. Let the eggs set for 3-4 minutes or until cooked through.
- 5 Remove wrap from the pan, sliding it onto a plate to cool. Once cool, drizzle with keto dressing of your choice (drizzling is easier than spreading, which often breaks the wrap).
- 6 Fill with lettuce and fillings of your choice. Wrap up like a tortilla and enjoy! Store extras in an airtight container in the fridge for up to 3 days.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
172	13g 68%	13g 30%	1g 2%	0.5g





# Red Chile Sauce

NUT  
FREE

DAIRY  
FREE



Prep Time: x minutes

Cook Time: x minutes

Servings: 4

- 1 To the blender, add the red fresno peppers, habaneros, juice of 2 key limes, oil and salt to taste. Pulse or blend until desired consistency. Taste for salt.

4 red fresno peppers stems removed

2 to 3 habanero peppers stems removed

2 key limes juice

2 tablespoons MCT oil or any mild tasting  
oil

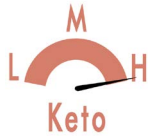
sea salt and pepper to taste to taste

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
76	5g 59%	5g 5%	7g 36%	2g



# RED CURRY DIPPING SAUCE



Prep Time: 5 minutes  
Cook Time: 15 minutes  
Servings: 6

- 1 Make the dipping sauce by placing all the ingredients in a small saucepan and heat on medium-high for 15 minutes or until sauce has thickened a bit. Remove from heat and set aside.

2/3 cup coconut milk  
1 teaspoon Thai red curry paste  
1/3 cup chicken bone broth or chicken stock  
(homemade or boxed will work)  
2 tablespoons cilantro leaves and stems fresh  
1 tablespoon basil leaves fresh  
1 tablespoon fish sauce  
1 teaspoon garlic minced; or one clove  
minced  
1 teaspoon fresh ginger finely chopped  
1 tablespoon lemon juice or lime  
1/4 teaspoon sea salt  
1/2 teaspoon fresh ground black pepper  
1/2 teaspoon stevia glycerite (optional  
sweetness)

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
50	4g 78%	1g 11%	1g 11%	0.3g



# Cilantro Lime Sauce

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 6

- 1 Placing all the sauce ingredients in a food processor and puree until very smooth. Store in an airtight container in the refrigerator for up to 1 week. Shake well before using.

1 cup mayonnaise (or sour cream if not dairy-sensitive and/or egg-free)

1/4 cup fresh cilantro finely chopped

1/4 cup lime juice

2 tablespoons fresh ginger grated

2 tablespoons chives chopped, fresh

1 teaspoon garlic finely chopped

1 jalapeño peppers seeded and coarsely chopped

1/2 teaspoon sea salt

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
286	31g	0.3g	2g	0.2g
	97%	1%	2%	



# Dairy Free Ranch Dressing



Prep Time: x minutes  
Cook Time: x minutes  
Servings: x

- 1 Place all the ingredients a large jar and shake vigorously until well combined.
- 2 Cover and refrigerate for 2 hours before serving (it will thicken up as it rests).

- 1 cup organic mayo
- 3/4 cup beef bone broth or chicken/veggie broth, boxed will work
- 1/2 teaspoon dried chives
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon sea salt
- 1/8 teaspoon fresh ground black pepper



Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
145	16g	0.3g	0.5g	0.2g
	98%	1%	1%	

# Buffalo Wing Sauce

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 8

2/3 cup hot pepper sauce no sugar

1/2 cup coconut oil or butter if not dairy sensitive

1 1/2 tablespoons coconut vinegar or apple cider vinegar

1/4 teaspoon cayenne pepper

1/8 teaspoon garlic powder

sea salt to taste

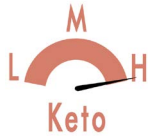
- 1 Combine the hot sauce, oil, vinegar, cayenne pepper, garlic powder, and salt in a pot and place over medium heat. Bring to a simmer while stirring with a whisk. As soon as the liquid begins to bubble on the sides of the pot, remove from heat, stir with the whisk, and set aside for use.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
126	14g	0g	0.1g	0g
	100%	0%	0%	

# Dairy Free Chocolate Drizzle



Prep Time: 2 minutes  
Cook Time: 5 minutes  
Servings: 8

- 2 ounces unsweetened baking chocolate chopped fine
- 2 tablespoons coconut oil
- 3/4 cup coconut milk full-fat
- 1 cup Confectioners Swerve
- 1 teaspoon stevia glycerite
- 1/4 teaspoon sea salt
- 1 teaspoon vanilla bean split lengthwise and seeds scraped, or 1 vanilla extract, about 6 inches long
- 1/2 teaspoon almond extract

- 1 In a medium-sized saucepan or double boiler, melt the chocolate and coconut oil until the mixture is melted and smooth over medium-low heat. Stir in the coconut milk, natural sweetener, stevia, and salt. Continue to cook, stirring constantly, until it begins to boil, then remove the pan from the heat and add the vanilla bean seeds and almond extract. It will thicken as it cools.
- 2 Once cooled, transfer to a jar. Seal and store in the fridge for up to 2 weeks.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
108	10g 85%	1g 5%	3g 10%	2g



# Dairy Free Cinnamon Syrup

NUT  
FREE

DAIRY  
FREE



Prep Time: x minutes

Cook Time: x minutes

Servings: x

- 1 Place all the ingredients in a heat-safe bowl and heat until coconut oil is melted. Stir well and use over pancakes. If it hardens, reheat until liquid.

1/2 cup coconut oil liquid

1/4 cup Confectioners Swerve

1-2 teaspoons ground cinnamon

1 teaspoon maple extract or vanilla extract

sea salt a pinch



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
127	14g	0g	0.4g	0.2g
	99%	0%	1%	

# Keto Egg Bread



Prep Time: 10 minutes  
Cook Time: 30 minutes  
Servings: 10

6 large eggs separated

1/4 cup Jay Robb unflavored egg white  
protein powder or whey protein

4 ounce cream cheese room temperature  
(omit for dairy free and fold in  
reserved yolks instead)

1/2 teaspoon onion powder optional

- 1 Preheat the oven to 325 degrees F. Separate the eggs (save the yolks), and whip the whites for a few minutes until VERY stiff (I use a stand mixer on high for a few minutes).
- 2 Gently mix the protein powder into the whites. Then slowly fold the softened cream cheese (or reserved egg yolks) into the whites (making sure the whites don't fall).
- 3 Grease a baking sheet and fill with "dough."
- 4 FOR BUNS: grease a baking sheet and make little mounds in bun shapes with the "dough".
- 5 Bake for 25-35 minutes or until golden brown (if bread comes out dry, cook for closer to 20 minutes).
- 6 Let completely cool before cutting or the bread will fall. Cut into 12 slices. I keep this bread in the freezer at all times to make sandwiches. OPTION: Make bread into 10-12 buns on a greased cookie sheet.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
50	3g	6g	0g	0g
	53%	47%	0%	









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*Side  
Dishes*

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# Parmesan Basil Asparagus

NUT  
FREE

DAIRY  
FREE



Prep Time: 4 minutes

Cook Time: 10-20 minutes

Servings: 4

- 1 pound asparagus trimmed
- 2 tablespoons paleo fat melted lard, tallow or coconut oil
- 5 cloves garlic minced
- 4 slices lemon
- 2 tablespoons basil leaves chopped
- 1/2 teaspoon sea salt fine grain
- 1/4 teaspoon fresh ground black pepper
- 1 cup Parmesan cheese grated

- 1 Preheat oven to 400 degrees F. Trim the asparagus and discard the woody stems. Coat the asparagus with melted fat. Place on a cookie sheet with edges in one layer. Season with salt and pepper.
- 2 Top asparagus with garlic, lemon slices and basil. Roast for 10 minutes for thin asparagus, 20 for medium to thick stalks, or until slightly charred on the ends. Remove from oven and place Parmesan on the asparagus. Place back in oven for 30-60 seconds, or until cheese is melted.
- 3 Remove from oven and serve. Best served fresh.

## Nutritional Info (per serving)

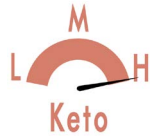
Calories	Fat	Protein	Carbs	Fiber
360	26g 65%	26g 29%	6g 6%	3g



# Buffalo Chicken Wings

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 35 minutes  
Servings: 6

2 pounds chicken wings and drummies  
3 tablespoons butter melted (or melted coconut oil if dairy free)  
1 teaspoon sea salt fine grain  
1/2 teaspoon fresh ground black pepper  
6 servings buffalo wing sauce  
(recipe on page 25)

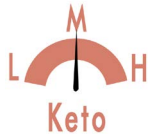
- 1 Preheat oven to 400 degrees F.
- 2 Place wings in a large bowl. Add the oil and toss to get the oil all over the wings.
- 3 Place the chicken wings on a baking sheet with edges.
- 4 Season the wings liberally with salt and pepper.
- 5 Place in oven for 35-40 minutes or until wings are crispy on the edges and cooked through.
- 6 Remove from oven and brush on buffalo wing sauce. Serve extra on the side!

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
485	36g 67%	40g 33%	0.3g 1%	0.1g



# Halibut Red Curry



Prep Time: 5 minutes  
Cook Time: 25-45 minutes  
Servings: 4

- 1 tablespoon MCT oil or expeller pressed extra virgin olive oil
- 3 shallots diced
- 1 1/2 tablespoons Thai red curry paste
- 1 1/2 cups chicken bone broth
- 14 ounces coconut milk in can
- 16 ounces halibut fillets
- 1/4 cup fresh cilantro
- 1/4 cup green onions sliced into 1/2 inch pieces
- 1 lime juice

- 1 Place 1 tablespoon MCT oil in a cast iron skillet and heat to medium.
- 2 Add the shallots and sauté until tender, about 2 minutes. Reduce heat to low. Whisk in the curry paste, broth and coconut milk. Simmer on low, uncovered for 20-40 minutes or until broth reduces a bit. The longer you simmer, the thicker your sauce will be. Place the halibut fillets into the broth and poach for 10 minutes or until cooked through, timing will depend on how thick your fillets are.
- 3 Stir in chopped cilantro, green onions and squeeze in juice from 1 lime and stir. Immediately remove from heat and place in serving bowls. Garnish with additional sliced green onion, cilantro leaves.

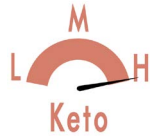
Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
333	21g 58%	27g 33%	8g 9%	1g



# Asparagus Cobb Salad

NUT  
FREE

DAIRY  
FREE



Prep Time: 4 minutes  
Cook Time: 10-20 minutes  
Servings: 4

- 1 pound asparagus trimmed
- 2 tablespoons paleo fat melted lard, tallow or coconut oil
- 5 cloves garlic minced
- 2 tablespoons chives chopped fresh plus extra for garnish
- 1/2 teaspoon sea salt fine grain
- 1/4 teaspoon fresh ground black pepper

## TOPPING:

- 1 cup ham diced
- 2 hard boiled eggs diced and seasoned with salt
- 4 tablespoons Dairy-Free Ranch Dressing (recipe on page 24)

- 1 Preheat oven to 400 degrees F. Trim the asparagus and discard the woody stems.
- 2 Coat the asparagus with melted fat. Place on a cookie sheet with edges in one layer.
- 3 Season with salt and pepper.
- 4 Top asparagus with garlic and chives. Roast for 10 minutes for thin asparagus, 20 for medium to thick stalks, or until slightly charred on the ends.
- 5 Meanwhile chop the ham and hard boiled eggs. Make the ranch dressing.
- 6 Remove from oven.
- 7 Top with diced ham, chopped hard boiled eggs, Ranch dressing and additional chives. Best served fresh.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
335	26g 70%	19g 23%	6g 7%	2g



# CREAMY CHICKEN SOUP



Prep Time: 8 minutes  
Cook Time: 8 minutes  
Servings: 6

- 2 avocado ripe and peeled
- 1 jalapeño peppers seeds and ribs removed
- 1 tablespoon lime juice
- 1/4 teaspoon cayenne pepper
- 4 cups chicken bone broth or homemade bone broth for thicker soup
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon fresh ground black pepper
- 3 tablespoons coconut oil or rendered paleo fat
- 1/2 cup onion chopped
- 1 clove garlic
- 1 pound chicken thighs boneless, skinless, cut into 1 inch pieces

- 1 Garnish with diced bacon and chives if desired. Place the avocados, jalapeno, lime juice, cayenne, broth, salt and pepper in a blender or food processor and puree until smooth.
- 2 Heat the oil in the cast iron skillet over medium heat. Add the onion and garlic. Sauté until onion is translucent, about 5 minutes. Add the chicken pieces and sauté until cooked through, about 4 minutes. Add the avocado puree and heat until soup is warm, about 2 minutes. Serve the soup topped with diced bacon and chives if desired.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
362	28g 69%	22g 24%	8g 8%	8g







---

*Main  
Dishes*

---



# Salmon with Crispy Skin

NUT  
FREE

DAIRY  
FREE



Prep Time: 8 minutes  
Cook Time: 15 minutes  
Servings: 4

24 ounces salmon fillets wild caught

- 1 sea salt and pepper to taste
- 2 tablespoons MCT oil or quality olive oil  
(melted butter if not dairy sensitive)
- 1 batch Green Goddess Dressing (recipe  
on page 18)

- 1 Preheat oven to broil. Season the salmon well on both sides with salt and pepper. Place skin side up on a sheet pan with edges. Drizzle with oil or butter. Place in oven for 5-7 minutes (depending on how thick your fillets are).
- 2 Remove fillets from oven and serve skin side up to prevent sogginess. Serve 2 tablespoons sauce over each fillet.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
385	28g 65%	33g 34%	0.3g 1%	0.1g



# Crab Claw Curry "Rice"



Prep Time: 4 minutes  
Cook Time: 18 minutes  
Servings: 4

2 pounds snow or king crab clusters  
thawed if frozen

8 large eggs

1 1/3 cups coconut milk

2 1/2 teaspoons curry powder or curry  
spice

1 1/8 teaspoon sea salt fine

1/4 teaspoon fresh ginger grated (I keep a  
ginger root in the freezer)

1/4 cup coconut oil or butter (if not dairy  
sensitive)

4 lime wedges for serving (optional)

fresh cilantro and green onion

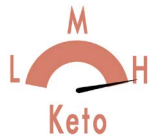
- 1 Cut an incision, lengthwise, into the shell of each crab leg.
- 2 Heat salted water in a pot over medium heat.
- 3 Add the crab legs to the pan and allow them to simmer in the water until completely heated, 5 to 6 minutes.
- 4 Meanwhile make the "rice." Place the eggs, coconut milk, curry, salt and ginger in a bowl and scramble until well combined.
- 5 In a large saucepan, melt the paleo fat/butter over medium heat. Add the egg mixture to the pan and cook until the mixture thickens and small curds form, all the while scraping the bottom of the pan and stirring to keep large curds from forming. (A whisk works well for this.) This will take about 7 minutes.
- 6 Place the curry "rice" on a serving platter and top with crab claw pieces. Serve with lime wedges, if desired.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
615	38g	67g	2g	0.1g
	56%	44%	1%	



# Kentucky Hot Brown



Prep Time: 8 minutes  
Cook Time: 10 minutes  
Servings: 12

## For the cheese sauce:

- 1 cup unsalted butter
- 1 cup Beef broth or water or chicken broth
- 2 ounces cream cheese
- 1 pound sharp cheddar cheese extra, shredded
- 1/2 teaspoon sea salt

## For the egg bread:

- 4 large eggs
- 1/4 cup unsweetened almond milk
- 1/8 teaspoon sea salt fine grain
- 12 slices keto bread (1/2-inch thick cut)
- 4 tablespoons butter
- 4 tablespoons coconut oil

## For assembly:

- keto bread Egg battered
- 24 slices turkey roasted breast, sliced into 1/8-inch thick slices
- 3 ripe tomatoes beefsteak, cut into 1/2-inch thick slices and griddled until slightly charred and just cooked through
- 1 1/2 cups sharp cheddar cheese grated
- 1/2 cup Parmesan cheese freshly grated
- 16 thick slices bacon slab, diced and cooked until crisp
- chives Finely chopped fresh
- fresh flat-leaf parsley Finely chopped

- Sauce:** To make the cheese sauce, place the butter in a large saucepan and heat on high for about 5 minutes. Whisk while heating.
- The butter will start to sizzle and fluff up. Watch for brown flecks (not black!) and remove from heat.
- Slowly add the organic broth, cream cheese and shredded cheese. Add salt to taste.
- Heat lightly just until cheese is pretty much melted.
- Remove from heat and place in a blender to combine until very very smooth. Use for sandwiches.
- For the egg bread:** Whisk together the eggs, almond milk and salt in a medium bowl. Dip each slice of bread in the mixture.
- Heat 2 tablespoons of butter and 2 tablespoons of oil in a large “healthified” non-stick saute pan over medium-high heat. Cook 4 slices of the bread at a time until golden brown on both sides. Remove and place on a baking sheet. Repeat with the remaining bread.
- For assembly:** Preheat broiler. Place the egg bread on a baking sheet, place under the broiler and heat on both sides for 20 seconds just to warm through.
- Top each slice of bread with 2 to 3 slices of turkey and 2 slices of tomato, ladle sauce over the top and divide the cheddar cheese and Parmesan over the top of each slice.
- Place under the broiler and cook until bubbly and the top is golden brown. Remove from the oven, top each slice with diced bacon bits and sprinkle each slice with chives and parsley.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
720	63g 79%	35g 19%	3g 2%	0.1g



# Camaron en Chile Rojo

(Shrimp in Red Chile)

NUT  
FREE

DAIRY  
FREE



Prep Time: 2 minutes  
Cook Time: 7 minutes  
Servings: 6

16 large shrimp cleaned

4 key limes juice

Sauce:

4 red fresno peppers stems removed

2 to 3 habanero peppers stems removed

2 key limes juice

2 tablespoons MCT oil or any mild  
tasting oil

sea salt and pepper to taste to taste

1/2 cup red onion thinly sliced

2 tablespoons fresh cilantro chopped

- 1 Peel and clean the shrimp. Using a small, sharp knife, butterfly the shrimp open by slicing almost all the way through the back side. Take the knife and carefully slice into where the shrimp curves in before the tail part on the inside. This will help the shrimp lay more flat while marinating and cooking.
- 2 Rinse the shrimp in cold water and pat dry with paper towels and transfer back to shallow glass dish. To the shrimp, add the juice of the 8 key limes, making sure the shrimp is covered with lime juice. Cover and chill while you prep the rest of ingredients.
- 3 To the blender, add the red fresno peppers, habaneros, juice of 2 key limes, oil and salt to taste. Pulse or blend until desired consistency. Taste for salt.
- 4 Layer the onions over the top of the shrimp. Add cilantro, cover and chill for just 15 more minutes. The shrimp will be ready to

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
299	18g 54%	22g 30%	12g 16%	3g





# Shrimp Arrabbiata

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 4

2 packages Miracle Noodles (or 4 cups zucchini noodles)

2 tablespoons coconut oil divided

1 pound shrimp large, peeled and deveined

1/4 teaspoon sea salt fine grain

1/2 cup yellow onion diced

2 teaspoons garlic bottled, minced

1/2 teaspoon dried basil

1/2 teaspoon crushed red pepper flakes

2 tablespoons tomato paste

14.5 ounces diced tomatoes in can, undrained

- 1 Drain and rinse Miracle Noodles well. Set aside.
- 2 Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with salt; add shrimp to pan. Cook 2 minutes on each side or until shrimp are done. Transfer shrimp to a bowl. Heat remaining 1 tablespoon oil in pan. Add onion, minced garlic, basil, and crushed red pepper to pan; sauté 1 minute. Add tomato paste and tomatoes; bring to a boil. Cook 3 minutes or just until sauce begins to thicken. Place Miracle Noodles in the pan.
- 3 Place pasta on a serving platter and place shrimp over the pasta. Garnish with parsley.

## Nutritional Info (per serving)

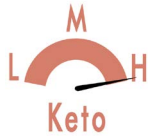
Calories	Fat	Protein	Carbs	Fiber
225	9g	29g	7g	2g
	36%	52%	12%	



# Halibut with Spring

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes

Cook Time: 11 minutes

Servings: 4

20 ounces halibut skinless, fillets  
sea salt and pepper to taste coarse salt  
2 tablespoons coconut oil  
1 cup cabbage purple, diced  
1 bunch radishes (about 5), thinly sliced  
1/2 small red onion thinly sliced  
1/2 cup fresh flat-leaf parsley leaves  
1/2 cup fresh cilantro leaves  
2 tablespoons lemon juice fresh  
2 tablespoons olive oil extra-virgin plus  
more for drizzling  
1/8 teaspoon nutmeg

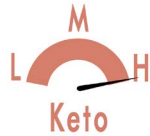
- 1 Season fillet on both sides with salt and pepper.
- 2 Heat oil in a cast iron skillet to medium-high heat. Sear the halibut skin side down and do not move fillet for 8 minutes. Flip fillets and turn off heat. Continue to cook for 3 more minutes or until fish is cooked through, timing will depend on thickness.
- 3 Meanwhile, combine vegetables and herbs in a large bowl and season with salt and pepper. Whisk lemon juice with oil and drizzle over salad, tossing to combine.
- 4 Serve with halibut. Garnish salad with grated nutmeg and a drizzle of oil.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
297	18g 55%	30g 40%	4g 5%	1g



# Walkin Tacos



Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 4

Tacos:

- 1 pound ground beef
- 2 tablespoons [“Healthified” Taco Seasoning](#)
- 4 tablespoons tomato sauce
- 4 cups pork rinds chicharrones; if using store bought, check for MSG
- 4 cups lettuce red leaf

Garnish:

- 4 tablespoons salsa
- 4 tablespoons sour cream omit for dairy free
- 4 tablespoons finely shredded hard cheese omit for dairy free

- 1 Place the beef in a cast iron skillet and sauté, while crumbling with a spatula, until no longer pink. Add the taco seasoning and tomato sauce. Mix well into the ground beef.
- 2 Top the beef with shredded cheese to melt if using.
- 3 Divide the pork rinds and lettuce between 4 plates. Top each with beef mixture. Garnish with salsa and sour cream if desired.

## Nutritional Info (per serving)

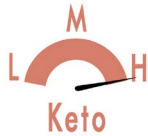
Calories	Fat	Protein	Carbs	Fiber
380	30g 71%	26g 27%	2g 2%	0.4g



# Deep Dish Dutch Baby Pizza

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 18 minutes  
Servings: 2

- 2 tablespoons coconut oil (or butter if not dairy sensitive)
- 3 large eggs
- 3/4 cup unsweetened almond milk or cashew milk (hemp milk if nut free)
- 1/4 cup Jay Robb unflavored egg white protein powder
- 1 teaspoon baking powder
- 1 teaspoon sea salt
- 2 teaspoons italian seasoning
- 1/2 cup pizza sauce (check for added sugar)
- 1/2 cup mozzarella cheese (Nutritional Yeast if dairy free)
- 1/4 cup Parmesan cheese (Nutritional Yeast if dairy free)

- 1 Preheat oven to 425 degrees F (400 degrees F in convection ovens). In a medium cast iron skillet, place 2 tablespoons coconut oil. Place in hot oven.
- 2 In a blender, combine the eggs, cashew milk, protein powder, baking powder, salt, and seasoning. Blend for about 1 minute or until foamy.
- 3 Using an oven mit, remove the skillet from the oven. Pour the batter into the hot skillet. Bake for 10 minutes. Remove from oven and top with pizza sauce, cheese if using and any other pizza toppings you desire.
- 4 Bake for about another 10 minutes or until the pizza crust is puffed and golden brown.
- 5 Remove the pizza from the oven, cut into wedges and enjoy!  
Makes 2 servings.

#### Nutritional Info (per serving)

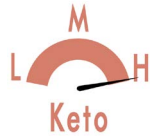
Calories	Fat	Protein	Carbs	Fiber
467	35g 67%	33g 29%	5g 4%	1g



# Open-Faced Chicken Pesto Sandwich

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 20 minutes  
Servings: 1

2 medium Portobello mushrooms stems removed and chopped

1 chicken thighs pounded thin  
sea salt and pepper to taste fine grain

3 tablespoons coconut oil melted; divided

1 clove garlic minced

## TOPPINGS:

2 slices tomato

1 tablespoon basil mayo

leafy greens

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
454	42g	17g	3g	1g
	83%	15%	2%	

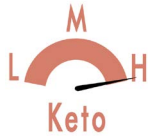
- 1 Heat oven to 400° F. Lightly grease medium baking dish; place mushroom caps in dish, gill-side down. Season with salt and pepper.
- 2 Bake mushroom caps 15-20 mins or until tender but not limp, turning once.
- 3 Pat the chicken thighs with paper towel to get off excess moisture. Using a heavy skillet, pound out chicken thighs to an even thickness of about ½ inch and season both sides well with pepper and salt.
- 4 Heat remaining 1 tablespoon oil in medium skillet over medium-high heat until hot. Cook chicken 4 minutes or until browned on one side. Turn; add mushroom stems and garlic to skillet. Cook until chicken is no longer pink inside. Remove chicken from pan and shred or slice into small 1 inch pieces.
- 5 Place mushroom caps gill side up on plates; top with a slice of tomato, diced chicken, basil mayo and lettuce.



# Chicken with Mushroom Gravy

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 35 minutes  
Servings: 4

- 4 chicken thighs
- 1 teaspoon fresh ground black pepper
- 1/2 teaspoon sea salt fine grain
- 4 tablespoons butter (or other Paleo fat if dairy sensitive)
- 1 pound mushrooms sliced (button or baby Portobello)
- 1 clove garlic (or 1 teaspoon minced garlic)
- 3 tablespoons cream cheese (or coconut cream if dairy sensitive)
- 1/4 cup chicken bone broth (boxed will work, homemade preferred)
- dried parsley for garnish

- 1 Preheat oven to 400 degrees F. Season both sides of the chicken well with pepper and salt. Place the chicken in a roasting pan or baking sheet with edges. Bake for 20-25 minutes or until chicken is cooked through.
- 2 Place butter in a cast iron skillet. Heat to medium-high. Add the mushrooms and cook until golden brown and soft, about 8 minutes. Add the garlic to the pan. Add the cream cheese and stock to the pan to deglaze. Use a whisk to scrape bits off the bottom of the pan.
- 3 Remove chicken from oven and place on a serving platter. Serve chicken with drippings from the pan. Garnish with fresh chopped parsley.

## Nutritional Info (per serving)

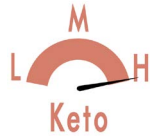
Calories	Fat	Protein	Carbs	Fiber
330	26g 70%	20g 24%	5g 6%	2g



# Filet Mignon With Olive Salad

NUT  
FREE

DAIRY  
FREE



Prep Time: 2 minutes  
Cook Time: 10 minutes  
Servings: 2

8 ounces filet mignon  
1/2 tablespoon sea salt  
2 slices bacon  
1 tablespoon paleo fat  
2 tablespoons shallots (or onions)  
1 sprig fresh rosemary  
1 cups olives mixed  
feta cheese garnish; (omit if dairy free)

Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
535	45g 76%	28g 21%	4g 3%	2g

- 1 Heat a cast iron skillet to medium high heat with a tablespoon of paleo fat, shallots and rosemary. Pat the steak to dry and season well with pepper and salt.
- 2 Sear the steak in the hot oil on one side for 3 minutes, flip and sear the other side for another 3 minutes or until done to your desired liking (see chart below).
- 3 Basting steaks with a spoon. Thicker steaks will take longer. Turn steak on sides to sear the bacon until crisp all around the steak.
- 4 Remove steak from heat and set on a cutting board to rest.
- 5 Remove toothpick and place each steak on a plate.
- 6 Top with each steak olive salad and garnish with feta if using.

## Recipe Notes

125 Degrees F = Rare

135 Degrees F = Medium Rare

145 Degrees F = Medium

155 Degrees F = Medium Well

165 Degrees F = Well Done



# TANDOORI GRILLED SHRIMP

## WITH RED CURRY DIPPING SAUCE



Prep Time: 20 minutes  
Cook Time: 25 minutes  
Servings: 2

- 1/2 cup lemon juice or lime
- 3 teaspoons garlic minced or 4 cloves minced
- 2 teaspoons fresh ginger grated
- 12 jumbo shrimp deveined
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garam masala
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon sea salt

### DIPPING SAUCE:

- 2/3 cup coconut milk
- 1 teaspoon Thai red curry paste
- 1/3 cup chicken bone broth or chicken stock (homemade or boxed will work)
- 2 tablespoons cilantro leaves and stems fresh
- 1 tablespoon basil leaves fresh
- 1 tablespoon fish sauce
- 1 teaspoon garlic minced; or one clove minced
- 1 teaspoon fresh ginger finely chopped
- 1 tablespoon lemon juice or lime
- 1/4 teaspoon sea salt
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon stevia glycerite (optional sweetness)

- 1 Preheat grill to medium-high heat. Place 4 wooden skewers in water to soak while you prep. Place the lime or lemon juice in a shallow baking dish. Add the garlic, ginger and shrimp. Marinate for 15 minutes while you prepare the spices and dipping sauce.
- 2 Place 1/2 teaspoon cayenne pepper, 1/2 teaspoon garam masala, 1/4 teaspoon turmeric and 1/4 teaspoon salt in a small dish and stir well to combine. Set aside.
- 3 Make the dipping sauce by placing all the ingredients in a small saucepan and heat on medium-high for 15 minutes or until sauce has thickened a bit. Remove from heat and set aside.
- 4 Remove shrimp from marinade and liberally sprinkle with spice mixture. Thread 3 large shrimp onto each skewers. Grill for 3-4 minutes per side or until shrimp is pink and cooked through.



### Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
272	16g	25g	7g	1g
	53%	37%	10%	



# Cilantro Lime Pork Chops

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 15 minutes  
Servings: 6

20 ounces pork chop  
sea salt and pepper to taste for seasoning

## SAUCE:

1 cup mayonnaise (or sour cream if not dairy-sensitive and/or egg-free)  
1/4 cup fresh cilantro finely chopped  
1/4 cup lime juice  
2 tablespoons fresh ginger grated  
2 tablespoons chives chopped, fresh  
1 teaspoon garlic finely chopped  
1 jalapeño peppers seeded and coarsely chopped  
1/2 teaspoon sea salt

- 1 Preheat grill to medium-high heat. Season both sides of pork chops with salt and pepper.
- 2 Sear the chops and cook on both sides until cooked through, about 3 1/2 minutes per side.
- 3 Serve each chop with 3 tablespoons sauce.
- 4 **SAUCE:** Meanwhile make the sauce by placing all the sauce ingredients in a food processor and puree until very smooth. Store in an airtight container in the refrigerator for up to 1 week. Shake well before using.

## Nutritional Info (per serving)

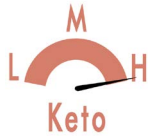
Calories	Fat	Protein	Carbs	Fiber
521	44g 76%	27g 21%	3g 3%	0.3g



# Cilantro Lime Slow Cooker Pork Short Ribs

NUT FREE

DAIRY FREE



Prep Time: 5 minutes  
Cook Time: 4-5 hours  
Servings: 8

- 4 pounds pork ribs
- 2 cups chicken bone broth or beef stock (boxed will work)
- 1/4 cup lime juice
- 1 teaspoon garlic minced
- 1 teaspoon sea salt fine grain

## SAUCE:

- 1 cup mayonnaise (or sour cream if not dairy-sensitive and/or egg-free)
- 1/4 cup fresh cilantro finely chopped
- 1/4 cup lime juice
- 2 tablespoons fresh ginger grated
- 2 tablespoons chives chopped; fresh

- 1 Place the ribs inside a 4 quart slow cooker. Add 2 cups broth, lime juice, 1 teaspoon minced garlic and 1 teaspoon salt.
- 2 Cook on high for 4-5 hours or on low for 7-8 hours.
- 3 Meanwhile make the sauce by placing all the sauce ingredients in a food processor and puree until very smooth. Store in an airtight container in the refrigerator for up to 1 week. Shake well before using.

*BUSY FAMILY TIP: Make extra and store them in air tight container until they day you want to eat.*

*When ready to consume, preheat the oven to broil. Remove ribs from liquid (discard the liquid) and place ribs on cookie sheet with edges.*

*Baste the ribs in a few tablespoons of the sauce. Broil the ribs for 2 minutes or so, until bubbling and ribs get slightly crispy on the edges. Serve with extra sauce.*

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
665	57g 78%	33g 20%	2g 0.3%	0.3g



# Hot and Spicy Chicken Chorizo Chili



Prep Time: 10 minutes  
Cook Time: 1 hour  
Servings: 8

- 1 tablespoon coconut oil
- 2 pounds chorizo sausage smoked; sliced
- 2 boneless skinless chicken thighs cut into ½ inch pieces
- 1 cup onion chopped
- 28 ounces tomatoes in can; whole peeled and undrained
- 3 chipotle peppers in adobo sauce
- 3 tablespoons garlic minced
- 2 tablespoons paprika smoked
- 1 tablespoon ground cumin
- 1 tablespoon ground dried oregano leaves
- 2 teaspoons sea salt fine grain
- 1 teaspoon cayenne pepper
- 2 cups chicken bone broth (boxed will work, homemade preferred)
- 12 ounces Lacroix lime carbonated beverage in can
- 1 ounce unsweetened baking chocolate chopped
- 1/4 cup lime juice fresh
- 1/4 cup fresh cilantro

- 1 Heat a large soup pot over medium high heat. Add the oil, chorizo, diced chicken and onions. Cook until onions are soft and chicken is cooked through, about 5 minutes.
- 2 Meanwhile, place the tomatoes with juice and chilis in a food processor. Combine until smooth. Set aside.
- 3 Add garlic, paprika, cumin, oregano, salt and cayenne to the soup pot and saute for another minute while stirring.
- 4 Add in the tomato puree, broth, Lacroix, chopped chocolate. Heat until a soft boil then reduce heat to low and cook for 1 hour for flavors to open up. Just before serving, stir in lime juice and cilantro.



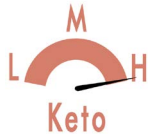
## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
437	34g 70%	21g 19%	11g 10%	3g

# Trout Provencale en papillote

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 15 minutes  
Servings: 4

- 2 whole trout with skin, butterflied  
(NOTE: I asked my butcher to do this for me)
- 2 tablespoons MCT oil
- 1 teaspoon sea salt fine grain
- 1/2 teaspoon fresh ground black pepper
- 2 teaspoons duck fat (or butter if not dairy sensitive)
- 6 sprigs fresh thyme
- 6 sprigs fresh rosemary
- 2 slices lemon
- 2 teaspoons capers
- sea salt and pepper to taste

- 1 Preheat the oven to 400 degrees F. Place each fish on a piece of greased parchment paper.
- 2 Drizzle the fish generously with MCT oil and season well with salt and pepper.
- 3 Open the trout up. Season inside with salt and pepper. Place herbs, lemon slices and capers in the center with a teaspoon of duck fat or butter.
- 4 Wrap the fish tightly in the parchment by folding in the sides then folding in the long edges. Lay seal side down onto a baking sheet with edges. Place in oven and bake for 13-15 minutes (depending on how thick your trout is).
- 5 Make the hollandaise

## Nutritional Info (per serving)

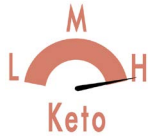
Calories	Fat	Protein	Carbs	Fiber
206	14g 62%	17g 33%	2g 4%	1g



# Lamb and Mushroom Kabobs

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 15 minutes  
Servings: 12

## Marinade:

- 1 leg of lamb boneless (about 4 pounds)
- 1/2 cup MCT oil or quality olive oil
- 1/4 cup lemon juice
- 6 cloves garlic minced
- 1/2 cup onion chopped
- 1/4 cup mint leaves chopped fresh
- 1 tablespoon fresh oregano leaves, chopped

## Kabobs:

- 1 onion cut into 2-inch squares
- 1 red bell pepper cut into 2-inch squares
- 1 pint cherry tomatoes stemmed
- 8 ounce package button mushrooms white

- 1 To marinate the lamb, cut the lamb into 1 1/2 by 1 1/2 inch cubes. Place cubes in a shallow dish. Combine all the marinade ingredients and pour over the lamb. Cover and marinate for at least 2 hours. Overnight is best.
- 2 Remove lamb from refrigerator. Preheat grill to medium. And soak wooden skewers (or long rosemary stems in water for 30 minutes.
- 3 Assemble by placing a cube of lamb, followed by a mushroom (or any other addition you desire, such as cherry tomatoes, bell peppers) onto the skewers or long rosemary stems. Repeat until lamb is used.
- 4 Place skewers on preheated grill for about 6-7 minutes, rotating 1/2 way through, or until done to your desired preference.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
316	19g	32g	5g	1g
	54%	40%	6%	



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# *Desserts*

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# Mexican Chocolate SemiFreddo

NUT  
FREE

DAIRY  
FREE



Prep Time: 15 minutes

Cook Time: 5 minutes plus chill

Servings: 8

6 ounces unsweetened baking chocolate  
chopped fine

2 teaspoons cinnamon

2 teaspoons vanilla extract

3/4 teaspoon sea salt fine grain, divided

2 1/2 cups heavy cream or coconut cream  
for dairy free

3 large egg whites room temperature

2/3 cup Confectioners Swerve

- 1 Place the chopped chocolate, cinnamon, vanilla, and 1/2 teaspoon salt in a medium heatproof bowl.
- 2 Heat cream in a small saucepan over medium until barely simmering. Pour hot cream over chocolate mixture and let sit until chocolate is melted, about 5 minutes. Whisk chocolate mixture until combined and smooth. Stir in the natural sweetener.
- 3 Chill, stirring occasionally, until cold, about 1 hour.
- 4 Using an electric mixer, beat chilled chocolate mixture until soft peaks form. Gently fold in meringue, leaving a few streaks.
- 5 Place a piece of parchment paper into a large loaf pan. Scrape into a large loaf pan and cover. Freeze until solid, at least 3 hours and up to 3 days.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
395	39g 89%	4g 4%	7g 7%	5g





# Chocolate Cheesecake Trifle

NUT  
FREE



Prep Time: 8 minutes  
Cook Time: 45 minutes  
Servings: 12

## ANGEL FOOD CAKE:

- 12 large egg whites
- 2 teaspoon cream of tartar
- 1 pinch sea salt
- 1 cup Jay Robb Vanilla Protein Powder or chocolate egg white protein powder
- 1 cup Confectioners Swerve or powdered erythritol
- 1 cup unsweetened cocoa powder
- 1 teaspoon chocolate extract or other extract

## Cheesecake:

- 16 ounces cream cheese 2 packages or 2 mascarpone cheese
- 3/4 cup cashew milk or unsweetened almond milk (hemp milk if nut free)
- 3/4 cup Confectioners Swerve
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt fine grain

- Angel Food Cake:** Preheat oven to 350 degrees F (175 degrees C). Sift protein powder, cocoa powder and confectioners Swerve together and set aside. In a large clean bowl, whip egg whites with a pinch of salt until foamy.
- Add cream of tartar and continue to beat until very stiff (you will be able to put bowl upside down and the whites won't fall out).
- Add your favorite extract flavor. Quickly fold in protein powder mixture.
- Pour into a greased 10 inch tube pan. Bake at 350 degrees F (175 degrees C) for 45 minutes.
- Trifle:** Cut the angel food cake into 1 inch pieces.
- In a large bowl combine softened cream cheese and Swerve. Add the unsweetened cashew milk, cocoa powder, vanilla and salt. Combine until smooth. Taste and adjust sweetness to your desired liking.
- Place the angel food cake pieces in a large clear trifle bowl about 2 inches high. Top with 1/4 of the cream cheese mixture. Repeat 3 more times.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
245	16g	16g	9g	3g
	59%	26%	15%	



# Chai Tea Breakfast Custard

NUT  
FREE

DAIRY  
FREE



Prep Time: 4 minutes

Cook Time: 1-3 minutes

Servings: 4

- 1 cup coconut milk full-fat; (or heavy cream if not dairy-sensitive)
- 1 tablespoon gelatin grass-fed powdered
- 1 cup chai tea strong brewed (1 cup water steeped with 2 chai tea bags)
- 1/2 cup Confectioners Swerve sweetener or equivalent
- 2 teaspoons cinnamon
- 1 teaspoon vanilla extract or seeds scraped from 1 vanilla bean (about 6 inches long)
- 1/8 teaspoon sea salt

- 1 Pour the coconut milk into a medium-sized bowl. Sift the gelatin over the milk and let it soften while you prepare the rest of the ingredients.
- 2 Heat 1 cup of strong brewed chai tea in a saucepan over medium heat for a few minutes or until hot. Alternatively, heat the milk in a microwave-safe container in the microwave for a minute.
- 3 Whisk the sweetener and cinnamon into the cool coconut milk gelatin mixture. Stir until well combined.
- 4 Pour the hot coconut milk into the gelatin mixture while stirring constantly. Add the extract and salt. Pour the custard into four 4-ounce serving cups. Place in the refrigerator for 1 hour or until the custard is set. Best served at room temperature but can be served cold.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
105	8g 69%	4g 15%	4g 15%	1g



# Vanilla bean cupcakes



Prep Time: 7 minutes  
Cook Time: 10 minutes  
Servings: 12

## CUPCAKES:

- 2 large eggs
- 4 tablespoons sour cream
- 2 tablespoons coconut oil or butter, softened
- 1/2 cup Confectioners Swerve plus stevia glycerite to taste
- 3 tablespoons coconut flour
- 1 teaspoon baking powder
- 1/4 teaspoon sea salt fine grain

## FROSTING:

- 1/2 stick butter unsalted, softened
- 1/4 cup cream cheese
- 2 tablespoons Confectioners Swerve
- 1 vanilla bean scraped clean (or 2 teaspoons vanilla)
- pinch sea salt fine grain

- 1 Cupcakes: Preheat oven to 325 degrees F. Grease two 12 hole mini muffin tins and set aside.
- 2 In a large bowl combine the eggs, sour cream, softened butter and Swerve. Add stevia glycerite to your desired sweetness (about 1 teaspoon, the sweetness is reduced after baking). Mix until well combined. Add the coconut flour, baking powder and salt. Stir well to combine.
- 3 Place mixture into the greased muffin tins. Bake for 10-12 minutes or until a toothpick inserted into the middle comes out clean.
- 4 FROSTING: Meanwhile make the frosting by combining all the frosting ingredients. Adjusting sweetness to your desired liking.
- 5 One the cupcakes are finished baking, cool completely before frosting.
- 6 Frost and enjoy! Store extras in an airtight container in the fridge for up to 5 days.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
130	13g	2g	1g	1g
	90%	7%	3%	



# Chocolate Angel food Cake

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 45 minutes  
Servings: 14

- 12 large egg whites
- 2 teaspoon cream of tartar
- 1 pinch sea salt
- 1 cup Jay Robb Vanilla Protein Powder or chocolate egg white protein powder
- 1 cup Confectioners Swerve sweetener (or powdered erythritol)
- 1 cup unsweetened cocoa powder
- 1 teaspoon chocolate extract (or other extract)

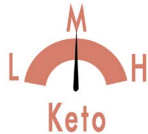
- 1 Preheat oven to 350 degrees F (175 degrees C). Sift protein powder, cocoa powder and confectioners Swerve together and set aside. In a large clean bowl, whip egg whites with a pinch of salt until foamy (save the yolks for “healthified” creme anglaise, OR “healthified” ice cream for the topping).
- 2 Add cream of tartar and continue to beat until very stiff (you will be able to put bowl upside down and the whites won’t fall out).
- 3 Add your favorite extract flavor. Quickly fold in whey mixture.
- 4 Pour into a greased 10 inch tube pan. Bake at 350 degrees F (175 degrees C) for 45 minutes.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
61	1g 15%	10g 66%	3g 19%	1g



# Easy Flourless Cookies



Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 12

- 
- 1 cup almond butter pecan butter, macadamia nut butter
  - 1/2 cup Confectioners Swerve
  - 1 teaspoon stevia glycerite
  - 1 large egg
  - 1/4 teaspoon sea salt fine grain
  - 1 teaspoon vanilla extract

- 1 Preheat oven to 350 degrees F.
- 2 Place all the ingredients in a bowl and combine until smooth. Add “healthified” pieces of chocolate if desired.
- 3 Place 2 tablespoons of dough about 2 inches apart on a cookie sheet. Press down a bit with fingers or a fork.
- 4 Bake for 8-10 minutes or until slightly golden brown on the edges.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
135	11g	5g	4g	2g
	73%	15%	12%	





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# *Meal Plans*

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# Meal Plan Week 1

Day 1					Day 2					Day 3					Day 4				
Begin Eating Window					Begin Eating Window					Begin Eating Window					Begin Eating Window				
Eggs Florentine Casserole					Pizza Deviled Eggs					Gyro Breakfast Patties					Eggs Florentine Casserole (leftover)				
Servings: 4 Nutritional Info (per serving)					Servings: 4 Nutritional Info (per serving)					Servings: 12 Nutritional Info (per serving)					Servings: 4 Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
491	38g 71%	32g 26%	4g 3%	1g	642	61g 86%	19g 12%	3g 2%	0g	345	26g 68%	26g 30%	1g 2%	0.3g	491	38g 71%	32g 26%	4g 3%	1g
Snack or Dessert					Snack or Dessert					Snack or Dessert					Snack or Dessert				
Chocolate Angel food Cake					Parmesan Basil Asparagus					CREAMY CHICKEN SOUP					Chocolate Angel food Cake (leftover)				
Servings: 14 Nutritional Info (per serving)					Servings: 4 Nutritional Info (per serving)					Servings: 6 Nutritional Info (per serving)					Servings: 14 Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
61	1g 15%	10g 66%	3g 19%	1g	360	26g 65%	26g 29%	6g 6%	3g	362	28g 69%	22g 24%	8g 8%	5g	61	1g 15%	10g 66%	3g 19%	1g
End Eating Window					End Eating Window					End Eating Window					End Eating Window				
Kentucky Hot Brown					Camaron en Chile Rojo					Shrimp Arrabbiata					Kentucky Hot Brown				
Servings: 12 Nutritional Info (per serving)					Servings: 6 Nutritional Info (per serving)					Servings: 4 Nutritional Info (per serving)					Servings: 12 Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
720	63g 79%	35g 19%	3g 2%	0.1g	299	18g 54%	22g 30%	12g 16%	3g	225	9g 36%	29g 52%	7g 12%	2g	720	63g 79%	35g 19%	3g 2%	0.1g
Day 1 Totals					Day 2 Totals					Day 3 Totals					Day 4 Totals				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
1322	105g 72%	83g 25%	10g 3%	2.1g	1301	105g 73%	67g 20%	21g 7%	6g	932	63g 60%	77g 33%	16g 7%	7.3g	1322	105g 72%	83g 25%	10g 3%	2.1g



# Meal Plan Week 1 cont.

## Note:

This meal plan will have extra servings at the end of the week. So you can either repeat until leftovers are done or freeze them for another week.

Day 5					Day 6					Day 7				
Begin Eating Window					Begin Eating Window					Begin Eating Window				
2 Eggs and 2 strips of Bacon					Pizza Deviled Eggs (lefover)					Gyro Breakfast Patties				
Servings: 1					Servings: 4					Servings: 12				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
473	39g 78%	22g 20%	0g 0%	0g	642	61g 86%	19g 12%	3g 2%	0g	345	26g 68%	26g 30%	1g 2%	0.3g
Snack or Dessert					Snack or Dessert					Snack or Dessert				
Asparagus Cobb Salad					Vanilla bean cupcakes					CREAMY CHICKEN SOUP (lefover)				
Servings: 4					Servings: 12					Servings: 6				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
335	26g 70%	19g 23%	6g 7%	2g	130	13g 90%	2g 7%	1g 3%	1g	362	28g 69%	22g 24%	8g 8%	5g
End Eating Window					End Eating Window					End Eating Window				
Cilantro Lime Pork Chops					Salmon with Crispy Skin and Green Goddess Dressing					Halibut with Spring Salad				
Servings: 6					Servings: 4					Servings: 4				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
521	44g 76%	27g 21%	3g 3%	0.3g	385	28g 65%	33g 34%	0.3g 1%	0.1g	297	18g 55%	30g 40%	4g 5%	1g
Day 5 Totals					Day 6 Totals					Day 7 Totals				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
1474	125g 77%	68g 19%	9g 3%	2.3g	1296	117g 81%	54g 17%	4g 2%	1.1g	1004	72g 65%	78g 31%	13g 5%	6.3g

# Grocery List Week 1

## Baking Products

Baking powder	1 teaspoon
Beef broth or water	1 3/4 cup
Chicken bone broth	4 cups
Coconut flour	3 tablespoons
Coconut vinegar	1 tablespoon
Cream of tartar	2 teaspoons
Lemon juice	8 teaspoons
Lime juice	5 tablespoons
Unsweetened cocoa powder	1 cup

## Canned Items

Pizza sauce	1 teaspoon
Tomato paste	2 tablespoons

## Condiments

Organic mayo	2 1/3 cup
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## Dairy

Cream cheese	8 ounces
Parmesan cheese	1 1/2 cups
Sharp cheddar cheese	28 ounces
Sour cream	1/4 cups

## Eggs

Egg whites	12 large
Eggs	36 large

## Fats and Oils

Bacon fat	1 tablespoon
Butter	1 3/4 cups
Coconut oil	3/4 cup
MCT oil	1/4 cups
Olive oil	2 tablespoons
Paleo fat	1/3 cups

## Fresh Herbs

Basil leaves (1 1/8 cups)	2 bunch
Chives	2 sticks
Fresh cilantro	1 bunch
Fresh flat-leaf parsley	1 bunch
Fresh ginger	1 bunch

## Milk and Drinks

Unsweetened almond milk	0.25 cups
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## Produce

Asparagus	32 ounces
Avocado	2
Cabbage (1 cup shredded)	1 head
Diced tomatoes	14.50 ounces
Garlic	14 cloves
Habanero peppers	2
Jalapeño peppers	2
Lemon	4 slices
Limes	6 key
Radishes	1 bunch
Red fresno peppers	4
Red onion	1 small
Spinach	1 cup
Tomatoes	3 ripe
Yellow onion	2 medium

## Protein Powder

Jay Robb unflavored egg white	1/4 cups
Jay Robb Vanilla Protein Powder	1 cup

## Proteins

Bacon	18 strips
Chicken thighs	16 ounces
Ground lamb sausage	2.50 pounds
Ground pork	24 ounces

<i>Halibut</i>	<i>20 ounces</i>
<i>Ham</i>	<i>1 cup diced</i>
<i>Pepperoni (mini)</i>	<i>1 package</i>
<i>Pork chop</i>	<i>20 ounces</i>
<i>Salmon fillets</i>	<i>24 ounces</i>
<i>Shrimp</i>	<i>24 ounces</i>
<i>Turkey</i>	<i>24 slices</i>

### *Spices and Extracts*

<i>Anchovy paste</i>	<i>1/2 teaspoon</i>
<i>Cayenne pepper</i>	<i>1/2 teaspoon</i>
<i>Chocolate extract</i>	<i>1 teaspoon</i>
<i>Crushed red pepper flakes</i>	<i>1 teaspoon</i>
<i>Dried basil</i>	<i>1/2 teaspoon</i>
<i>Dried chives</i>	<i>1/2 teaspoon</i>
<i>Dried dill weed</i>	<i>1/2 teaspoon</i>
<i>Dried parsley</i>	<i>1/2 teaspoon</i>
<i>Fresh ground black pepper</i>	<i>1/2 teaspoon</i>
<i>Garlic powder</i>	<i>1/2 teaspoon</i>
<i>Ground dried oregano</i>	<i>1 teaspoon</i>
<i>Italian seasoning</i>	<i>2 teaspoon</i>
<i>Nutmeg</i>	<i>1/4 teaspoon</i>
<i>Onion powder</i>	<i>1 teaspoon</i>
<i>Sea salt</i>	<i>3 tablespoons</i>
<i>Vanilla bean</i>	<i>1</i>

### *Sweeteners*

<i>Confectioners Swerve</i>	<i>1 3/4 cups</i>
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# Meal Plan Week 2

Day 1					Day 2					Day 3					Day 4				
Begin Eating Window					Begin Eating Window					Begin Eating Window					Begin Eating Window				
Open Faced Breakfast Sandwich					Dairy Free & Nut Free Pancakes & Syrup					Chocolate French Toast					Eggs Florentine Casserole				
Servings: 1 Nutritional Info (per serving)					Servings: 2 Nutritional Info (per serving)					Servings: 7 Nutritional Info (per serving)					Servings: 4 Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
509	45g 80%	24g 19%	2g 1%	0.4g	299	26g 78%	13g 17%	3-4g 5%	1g	340	22g 58%	26g 31%	9g 11%	4g	491	38g 71%	32g 26%	4g 3%	1g
Snack or Dessert					Snack or Dessert					Snack or Dessert					Snack or Dessert				
Chocolate Angel food Cake (or leftover from week1)					Halibut Red Curry					Easy Flourless Cookies					Mexican Chocolate SemiFreddo				
Servings: 14 Nutritional Info (per serving)					Servings: 4 Nutritional Info (per serving)					Servings: 8 Nutritional Info (per serving)					Servings: Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
61	1g 15%	10g 66%	3g 19%	1g	333	21g 58%	27g 33%	8g 9%	1g	135	11g 73%	5g 15%	4g 12%	2g	395	39g 89%	4g 4%	7g 7%	5g
End Eating Window					End Eating Window					End Eating Window					End Eating Window				
Chicken with Mushroom Gravy					Filet Mignon With Olive Salad					Cilantro Lime Slow Cooker Pork Short Ribs					Walkin Tacos				
Servings: 4 Nutritional Info (per serving)					Servings: 2 Nutritional Info (per serving)					Servings: 8 Nutritional Info (per serving)					Servings: 4 Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
330	26g 70%	20g 24%	5g 6%	2g	535	45g 76%	28g 21%	4g 3%	2g	665	57g 78%	33g 20%	2g 2%	0.3g	380	30g 71%	26g 27%	2g 2%	0.4g
Day 1 Totals					Day 2 Totals					Day 3 Totals					Day 4 Totals				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
1221	107g 79%	54g 18%	10g 3%	3.4g	1167	92g 71%	68g 23%	15g 5%	4g	1201	91g 68%	74g 25%	18g 6%	6.3g	1266	107g 76%	62g 20%	13g 4%	6.4g

# Meal Plan Week 2 cont.

## Note:

This meal plan will have extra servings at the end of the week. So you can either repeat until leftovers are done or freeze them for another week.

Day 5					Day 6					Day 7				
Begin Eating Window					Begin Eating Window					Begin Eating Window				
2 Eggs and 2 Sausages					Eggs Florentine Casserole (leftover)					Chocolate French Toast (leftover)				
Servings: 1					Servings: 4					Servings: 7				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
343	31g 80%	17g 19%	1g 1%	0g	491	38g 71%	32g 26%	4g 3%	1g	340	22g 58%	26g 31%	9g 11%	4g
Snack or Dessert					Snack or Dessert					Snack or Dessert				
Easy Flourless Cookies (leftover)					Mexican Chocolate SemiFreddo (leftover)					Buffalo Chicken Wings with sauce				
Servings: 8					Servings:					Servings: 6				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
135	11g 73%	5g 15%	4g 12%	2g	395	39g 89%	4g 4%	7g 7%	5g	611	50g 74%	40g 26%	0.4g 1%	0.1g
End Eating Window					End Eating Window					End Eating Window				
Deep Dish Dutch Baby Pizza					Tandoori Grilled Shrimp with Red Curry Sauce					Hot & Spicy Chicken Chorizo Chili				
Servings: 2					Servings: 2					Servings: 8				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
467	35g 67%	33g 29%	5g 4%	1g	272	16g 53%	25g 37%	7g 10%	1g	437	34g 70%	21g 19%	11g 10%	3g
Day 5 Totals					Day 6 Totals					Day 7 Totals				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
945	77g 73%	55g 23%	10g 4%	3g	1158	93g 73%	61g 21%	18g 6%	7g	1388	106g 69%	87g 25%	20g 6%	7.1g

# Grocery List Week 2

## Baking Products

Baking powder	1/2 tablespoon
Chicken bone broth	6 cups
Coconut milk	24 ounces
Coconut vinegar	4 teaspoons
Cream of tartar	2 teaspoons
Fish sauce	3 teaspoons
Lemon juice	3/4 cup
Lime	1 whole
Lime juice	3/4 cups
Pork rinds	4 cups
Unsweetened baking chocolate	9 ounces
Unsweetened cocoa powder	1 cup

## Canned Items

Almond butter	1 cup
Olives	1 cup
Pizza sauce	1/2 cups
Tomato sauce	1/4 cups

## Condiments

Dijon mustard	1 tablespoon
Hot pepper sauce	3/4 cups
Mayonnaise	1 cup
Salsa	4 tablespoons
Thai red curry paste	5 teaspoons

## Dairy

Cream cheese	9 teaspoons
Feta cheese	garnish
Finely shredded hard cheese	4 tablespoons
Heavy cream	2 1/2 cups
Mozzarella cheese	1/2 cups
Parmesan cheese	1/4 cups
Sour cream	4 tablespoons

## Eggs

Egg whites	15 large
Egg yolks	3 large
Eggs	24 large

## Fats and Oils

Butter	1 1/4 cup
Coconut oil	1 1/3 cups
MCT oil	1 tablespoon
Paleo fat	2 tablespoons

## Fresh Herbs

Basil leaves (1 cup)	1 bunch
Chives	1 stalk
Cilantro leaves and stems	1 bunch
Fresh cilantro (3/4 cup)	1 bunch
Fresh ginger	1 inch piece
Fresh rosemary	1 sprig

## Milk and Drinks

Lacroix lime beverage	12 ounces
Unsweetened almond milk	1 3/4 cups

## Produce

Chipotle peppers	3
Garlic	7 clove
Green onions	1/4 cups
Jalapeño peppers	1
Lettuce (4 cups)	1 head
Mushrooms	16 ounces
Onion	1 large
Portobello mushrooms	2 medium
Shallots	4
Spinach (1 cup)	1 bag
Tomatoes	28 ounces

## *Protein Powder*

Jay Robb unflavored egg white 1/4 cups

Jay Robb Vanilla Protein Powder 1 cup

## *Proteins*

Bacon 4 slices

Boneless skinless chicken thighs 6

Breakfast sausage 2 links

Chicken wings 32 ounces

Chorizo sausage 32 ounces

Filet mignon 8 ounces

Ground beef 16 ounces

Ground pork 16 ounces

Halibut 16 ounces

Pork ribs 64 ounces

Shrimp 12 jumbo

## *Spices and Extracts*

"Healthified" Taco Seasoning 2 tablespoons

Almond extract 1/2 teaspoon

Cayenne pepper 2 teaspoons

Chocolate extract 1 teaspoon

Cinnamon 1 tablespoon

Dried parsley garnish

Fresh ground black pepper 4 teaspoons

Garam masala 1/2 teaspoon

Garlic powder 1 teaspoon

Ground cinnamon 1 teaspoon

Ground cumin 1 tablespoon

Ground dried oregano 1 tablespoon

Ground turmeric 1/2 teaspoon

Italian seasoning 2 teaspoons

Maple extract 1 teaspoon

Paprika 2 tablespoons

Sea salt 1/4 cup

Sea salt and pepper to taste

Vanilla bean 1 bean

Vanilla extract 4 teaspoons

## *Sweeteners*

Confectioners Swerve 3 1/2 cups

Stevia glycerite 2 1/2 teaspoons