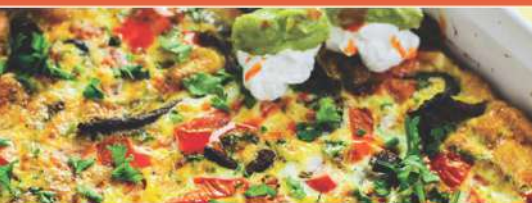


WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Spinach, Tomato, and
Cheese Omelet

Rolled Up Ham Slices,
Cream Cheese and
Banana Peppers

Keto Skillet Stuffed
Zucchini with Crab and
Cheese

Bullet Proof Style
Coffee/Bone Broth
Copycat Starbucks Egg Bites

Leftover Keto Skillet
Stuffed Zucchini with
Crab and Cheese

Low Carb Cajun Stuffed
Chicken with Steamed
Veggies Topped with
Butter

Bullet Proof Style
Coffee/Bone Broth
Over Easy Eggs and Bacon

Leftover Low Carb Cajun
Stuffed Chicken with Steamed
Veggies Topped with Butter

Shrimp Kebobs with
Veggies

Bullet Proof Style
Coffee/Bone Broth
Leftover Egg Bites

2 Deviled Eggs and 2
Deli Ham Slices

Grilled Ribeye Steak
with Grilled Zucchini
and Squash

Bullet Proof Style
Coffee/Bone Broth
Ham and Cheese Omelet

Chicken Salad with Shrimp
on Lettuce Boats

Keto Chicken Parmesan
Over Zoodles

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Leftover Keto Chicken
Parmesan Over Zoodles

BBQ Keto Ribs with
Roasted Veggies

Bullet Proof Style
Coffee/Bone Broth
Scrambled Eggs and Bacon

Leftover BBQ Keto Ribs
with Roasted Veggies

Grilled Chicken Salad
with Ranch Dressing

EGG BITES

EGG BITES INGREDIENTS

8 eggs, large
8 tbsp cottage cheese, full fat
4 oz cheddar cheese, shredded
6 strips bacon, precooked
1 tsp pink Himalayan salt
2 tsp Tabasco sauce (or Franks Redhot sauce) for added
flavor

INSTRUCTIONS

- In a large blender, combine all of the ingredients.
- Blend it on high for about 20 to 30 seconds or until all the ingredients have liquified.
- I always by precooked bacon from Costco and add it to the blender cold. It will heat up when this recipe is cooked in the oven.
- Spray nonstick cooking spray in a muffin tin.
- Divide the blender ingredients equally into a 12 count muffin tin.
- Bake at 350 degrees for 10 to 12 minutes or until all of the egg bites are fully cooked.
- Use a knife to slide around the edges of each egg bite to loosen it from the sides of the muffin tin. This allows the egg bites to easily remove from the pan. You will want to do this when it's still warm to prevent the egg bites from sticking to the pan when it cools down.

SERVES 12

Calories 110, Total C 1.3g, Fiber 0g, Net C 1.3g, Sugar .7g, Fat 7.1g, Protein 9.6g

KETO SKILLET STUFFED ZUCCHINI WITH CRAB AND CHEESE

KETO SKILLET STUFFED ZUCCHINI WITH CRAB AND CHEESE INGREDIENTS

- 2 large zucchinis
- 1 cup of chopped crab meat
- 1/2 cup of romano cheese
- 1/2 cup of pork rind crumbs (optional step)
- 1 cup of asiago cheese

INSTRUCTIONS

- Cut the zucchinis lengthwise.
- Scoop out the insides to make a boat.
- In a bowl combine romano cheese, pork rind crumbs and crab meat mix well.
- Scoop into the zucchini boats and sprinkle top with asiago cheese.
- Place in oven on 350 for 30 minutes or until zucchini is tender.

SERVES 4

Calories 80, Total C .4g, Fiber 0g, Net C .4g, Sugar .1g, Fat 4.6g, Protein 8.9g

CAJUN HASSELBACK CHICKEN

CAJUN HASSELBACK CHICKEN INGREDIENTS

3 boneless chicken breasts
2 tbsp of olive oil
2 tbsp of Cajun seasoning
1/2 tablespoon of dried oregano
2 teaspoons of garlic powder
1/3 green bell pepper thinly sliced
1/3 red bell pepper thinly sliced
1/3 yellow bell pepper thinly sliced
1/2 cup of white onion thinly sliced
6 slices of provolone cheese
parsley for garnish

INSTRUCTIONS

- Preheat oven to 400 degrees Fahrenheit.
- In a large bowl, add in chicken, olive oil, and seasonings. Mix to season chicken. Allow chicken to marinate for 10 minutes.
- Cut 5-6 slits in each chicken breast. Stuff with an even amount of peppers, onions, and provolone cheese. Place on a greased oven pan.
- Bake until chicken is cooked through, 25-30 minutes total time.

SERVES 3

Calories 376, Total C 9.8g, Fiber 1.9g, Net C 7.9g, Sugar 3.4g, Fat 25.1g, Protein 28.2g

KETO CHICKEN PARMESAN

KETO CHICKEN PARMESAN INGREDIENTS

- 10 Jumbo eggs (or 12 large)
- 1 tablespoon of milk
- 1 teaspoon of oregano or marjoram
- 1/2 teaspoon of minced dried onions
- salt and pepper (as desired)
- 1 tablespoon of freshly chopped parsley or cilantro
- 1 chorizo sausage link, finely chopped
- 1/2 cup of shredded cheddar cheese

INSTRUCTIONS

- Preheat oven 350 degrees Fahrenheit.
- In a large bowl add all ingredients, except for chorizo and cheese.
- To a well-greased cupcake pan, add in an even layer of egg mixture to each cavity. Top with an even layer of chorizo and cheese.
- Bake for 15-18 minutes, or until eggs are set in the center.

SERVES 12

Calories 98, Total C .8g, Fiber .1g, Net C .7g, Sugar .3g, Fat 6.9g, Protein 7.8g

KETO RIBS

RIB INGREDIENTS

3 pounds of ribs sliced
 1 tablespoon of dried crushed rosemary
 3 tablespoons of lemon pepper seasoning
 1/2 lemon sliced
 1 cup of water

BBQ SAUCE INGREDIENTS

1/4 cup of sugar substitute
 1/4 cup of apple cider vinegar
 1/2 cup of water
 1 rosemary sprig
 zest of half a lemon
 2 tablespoons of butter
 4 oz of tomato paste 1 small can
 1 teaspoon of garlic powder
 1 teaspoon of onion powder
 1 teaspoon of mustard
 1 teaspoon of salt
 1 teaspoon of paprika

INSTRUCTIONS

- In a large bowl, season ribs with rosemary and lemon pepper seasoning. Add ribs to an insert basket into the Instant Pot, and a cup of water. Top ribs with sliced lemons. Add lid and put to sealing. On high pressure, cook ribs for 32 minutes, then natural release.
- To make the Keto BBQ sauce. In a small pan over medium-high heat, add in sugar substitute, apple cider vinegar, water, rosemary sprig, and lemon zest. Bring to a gentle boil and allow to cook for 10 minutes. Next, add in the remaining ingredients and whisk together. Cook on low for 5 minutes, so all of the flavors can infuse together. Discard rosemary.
- Once ribs are cooked, place in a foil lined baking pan. Brush ribs generously with BBQ sauce and place in oven under the broiler for 2-3 minutes. Serve warm and enjoy.

SERVES 6

Calories 466, Total C 7g, Fiber 2.1g, Net C 4.9g, Sugar 2.2g, Fat 28.3g, Protein 44.2g



KETO CREAMY STRAWBERRY POPSICLES

KETO CREAMY STRAWBERRY POPSICLES INGREDIENTS

- 1 cup coconut milk
- 1/4 cup Monk Fruit (Powdered)
- 2 Tbs MCT Oil
- 1/2 Cup Fresh Strawberries
- 1/4 Tsp Xanthan Gum Powder

INSTRUCTIONS

1. Add all the ingredients in a blender and mix it until all the ingredients are fully combined.
2. Pour the mixture into popsicle molds and freeze overnight.

SERVES 6

Calories 126 Total C 1.2g, Fiber .3g, Net C .9g, Sugar 1.1g, Fat 4.5g, Protein .6g