

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Eggs and Bacon

Ham and Cheese
Lettuce Wraps with
Mayo

Keto Taco Casserole

Bullet Proof Style
Coffee/Bone Broth
Over Easy Eggs with Avocado

Leftover Keto Taco
Casserole

Baked Fish (your choice)
with a Side Spinach Salad
with Bacon and Cheese
with Ranch Dressing

Bullet Proof Style
Coffee/Bone Broth
Easy Keto Bruschetta Frittata

Turkey Slices with
Avocado

Keto Chicken Jalapeno
Popper Casserole

Bullet Proof Style
Coffee/Bone Broth
Ham/Cheese Omelet

Leftover Keto Chicken
Jalapeno Popper Casserole

Keto Oven Baked Garlic
Parmesan Ribs with
Cucumber & Tomato Salad
Topped with Ranch Dressing

Bullet Proof Style
Coffee/Bone Broth
Scrambled Eggs and Bacon

Leftover Keto Oven Baked
Garlic Parmesan Ribs with
Cucumber & Tomato Salad
Topped with Ranch Dressing

Bunless Turkey Burger
with Cheese, Lettuce,
Tomato, Pickles and Mayo

Bullet Proof Style
Coffee/Bone Broth
Leftover Easy Keto
Bruschetta Frittata

Leftover Bunless Turkey
Burger with Cheese, Lettuce,
Tomato, Pickles and Mayo

Keto Skillet Stuffed
Zucchini with Crab and
Cheese

Bullet Proof Style
Coffee/Bone Broth
Cheese Omelet

Leftover Keto Skillet
Stuffed Zucchini with
Crab and Cheese

Grilled Chicken Over
Salad with MCT Oil
Dressing

EASY KETO BRUSCHETTA FRITTATA

KETO BRUSCHETTA FRITTATA INGREDIENTS

8 eggs
1 tablespoon of heavy cream
1 tablespoon water
3 tablespoons of fresh basil, chopped
1 teaspoon of salt
1/2 teaspoon of black pepper
1/2 cup of cherry tomatoes, halved
8 slices of mozzarella (about 1/2 cup)
Optional: balsamic glaze to taste

INSTRUCTIONS

- Preheat oven to 375 degrees Fahrenheit.
- In a large bowl, add in eggs, milk, basil, salt, and pepper. Mix well.
- Add to a cast iron pan (or oven safe pan), toss in tomatoes and cheese.
- Bake for 22-25 minutes, or until eggs are set.
- Remove from oven and drizzle balsamic glaze over the frittata.

SERVES 8

Calories 239, Total C 4.8g, Fiber 2.2g, Net C 2.6g, Sugar 1.9g, Fat 5.5g, Protein 42.3g

KETO TACO CASSEROLE

KETO TACO CASSEROLE INGREDIENTS

2 lbs ground beef
 1 small onion, diced
 4 tablespoons Homemade Taco Seasoning (or two store-bought packets of taco seasoning)
 1 1/2 cups Mexican Blend Cheese, shredded
 1 10 Oz can of Rotel (diced tomatoes and green chilies)
 1 4.5 oz can of Ortega Chopped Green Chilies
 4 eggs, beaten
 1/4 cup heavy cream
 1 tsp pepper
 1 tsp salt
 1/2 tsp Xanthan Gum (You can omit this if you drain the grease from the hamburger after you brown it)
 Optional: 1 small can Black Soybeans
 Optional toppings: Black olives, cilantro, green onions, sour cream, lettuce, sriracha sauce, jalapenos, and avocado.

INSTRUCTIONS

- Preheat the oven to 350 degrees.
- Dice the onion.
- Saute the onion in olive oil until translucent (about 4 to 5 minutes)
- Brown the ground beef with the onion, salt, and pepper.
- Add 1/2 teaspoon Xanthan gum to thicken up the grease from the beef (either that or drain the beef so it won't taste greasy)
- Add 4 tablespoons of this Homemade Taco Seasoning recipe (or two packets of store bought taco seasoning)
- Transfer the cooked ground beef mixture to a 9 x 11 casserole dish.
- Add the optional Black Soy Beans (I use this brand of Black Soybeans found on Amazon)
- Add 1 cup shredded cheese, Rotel diced tomatoes, green chilies and stir until well combined.
- In a separate small bowl, crack the eggs and mix. Add the heavy cream to the egg mixture.
- Pour the egg mixture into the ground beef mixture in the casserole dish and stir until it's fully combined.
- Top with the remaining shredded cheese and optional olives.
- Bake at 350 degrees for 35 to 40 minutes.

SERVES 6

Calories 388, Total C 10g, Fiber 2.3g, Net C 7.7g, Sugar 2g, Fat 17.1g, Protein 46.9g

KETO CHICKEN JALAPENO POPPER CASSEROLE

KETO CHICKEN JALAPENO POPPER CASSEROLE INGREDIENTS

4 medium size chicken breasts
8 oz cream cheese
1 tsp mustard
1 tsp Sriracha sauce (or Franks Red Sauce)
1/3 cup Mayonaise (no sugar added)
1/3 cup Parmesan Cheese, grated
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon paprika
2 - 4 jalapenos, fresh or pickled
1/2 cup cheddar cheese, shredded
6 strips cooked bacon, diced

INSTRUCTIONS

- In a medium-size bowl, combine softened cream cheese, mustard, Sriracha sauce, mayo, and the Parmesan cheese together with a mixer on medium speed until all the ingredients come together. Set aside.
- Place 4 chicken breasts in a casserole dish.
- Sprinkle the chicken with the onion powder, garlic powder, and paprika.
- Spread the cream cheese mixture on top of each chicken breast covering it fully.
- Top with jalapenos.
- Top with 1/2 cup cheddar cheese and diced bacon.
- Bake at 350 degrees for about 35 to 40 minutes until the chicken is fully cooked and reaches an internal temperature of 165.
- Serve warm and enjoy!

SERVES 4

Calories 506, Total C 6.6g, Fiber .2g, Net C 6.4g, Sugar 2.5g, Fat 35.9g, Protein 38.9g

KETO OVEN BAKED GARLIC PARMESAN RIBS

DRY RUB INGREDIENTS

- 1 tablespoon of olive oil
- 1 baby back ribs cut in half
- 2 teaspoons of salt
- 1 teaspoon of ground black pepper
- 1 tablespoon of dried oregano

GARLIC PARMESAN SAUCE INGREDIENTS

- 1 stick of butter melted
- 6 cloves of garlic minced
- 1 cup of grated Parmesan cheese
- 1 tablespoon of chopped fresh parsley

INSTRUCTIONS

- Preheat oven to 350 degrees.
- Dry ribs and drizzle olive oil, sprinkle on seasonings for ribs and massage the ribs with oil and seasonings.
- Place ribs on a baking sheet, cover with aluminum foil and bake for one hour.
- When there are a few minutes of baking left, grab a bowl and mix all of the sauce ingredients together.
- After an hour of baking, remove foil and brush garlic butter sauce over the tops of the ribs. Return to the oven and bake an additional 10 minutes.
- Serve.

SERVES 4

Calories 349, Total C 4.7g, Fiber .8g, Net C 3.9g, Sugar .3g, Fat 33.1g, Protein 10g

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

STRAWBERRY CHEESECAKE FAT BOMBS

STRAWBERRY CHEESECAKE FAT BOMB INGREDIENTS

1 1/2 cups fresh strawberries

8 oz cream cheese, softened

8 tbs butter, softened

1 tsp vanilla

Optional: 1/4 cup to 1/2 cup Pyure Organic Stevia Blend
Sweetener as needed if your strawberries are not sweet
and bitter.

INSTRUCTIONS

- Remove the stems and cut the strawberries into chunks.
- Add the strawberries and vanilla to the blender and blend the ingredients on high for about a minute or two.
- Add the softened cream cheese and butter.
- Add the optional sweetener.
- Mix on high for about 3 to 4 minutes or until the ingredients has fully combined together.
- Scoop the Strawberry Cheesecake Fat Bomb mixture into a mini muffin tin and freeze for at least an hour.
- To store the frozen treats, remove them from the muffin tin and transfer them to a container to freeze them in.

SERVES 19

Calories 89, Total C 1.6g, Fiber .2g, Net C 1.4g, Sugar 1g, Fat 9g, Protein .9g