

WEEKLY

LOW CARB INSPIRATIONS

MEAL PLAN



BREAKFAST

LUNCH

DINNER

Bullet Proof Style
Coffee/Bone Broth
Hard Boiled Eggs with Mayo

Sliced Summer
Sausage, Cheese Stick
and Pickles

Big Mac Cheeseburger
Salad

Bullet Proof Style
Coffee/Bone Broth
Chorizo Breakfast Egg
Muffins

Leftover Big Mac
Cheeseburger Salad

Keto Pull Apart Pizza
Bread

Bullet Proof Style
Coffee/Bone Broth
Scrambled Eggs with Bacon and
Cheese

Leftover Keto Pull Apart
Pizza Bread

Grilled Pork over Salad
with Ranch Dressing

Bullet Proof Style
Coffee/Bone Broth
Leftover Chorizo Breakfast Egg
Muffins

Keto Grilled Cheese

Keto Meatloaf with Roasted
Veggies

Bullet Proof Style
Coffee/Bone Broth
Turkey and Cheese Omelet

Leftover Keto Meatloaf
with Roasted Veggies

Keto Chicken Parmesan
with Zoodles

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

Leftover Keto Chicken
Parmesan with Zoodles

Chicken Kebobs with
Veggies

Bullet Proof Style
Coffee/Bone Broth
Cheesy Eggs

Leftover Chicken Kebobs
with Veggies

Keto Chicken & Spinach
Alfredo Pasta

CHORIZO BREAKFAST EGG MUFFINS

CHORIZO BREAKFAST EGG MUFFINS 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 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 GRILLED CHEESE

KETO GRILLED CHEESE INGREDIENTS

60 Second Bread ingredients:

1/4 cup almond flour

1 egg

1 tbs butter melted

1/2 tsp baking powder

pinch salt

Add one or two slices of your favorite cheese to make a Keto Grilled Cheese sandwich!

INSTRUCTIONS

1. Choose the microwave-safe shape you want for your sandwich.
2. I used this square microwave-safe dish to make the perfect keto bread shape!
3. In your microwave-safe dish, heat up 1 tbs of butter for about 10 to 15 seconds until it's fully melted.
4. Add the egg, almond flour, baking powder and a pinch of salt.
5. Mix until all of the ingredients is fully incorporated.
6. Now place that microwave-safe dish back in the microwave for 60 seconds, or until the bread has fully cooked. (it could take 90 seconds if your microwave has fewer watts)
7. Remove the bread from the container. Be careful, it's hot!
8. Use a bread knife and slice the bread in half to form 2 slices of bread.
9. In a small frying pan, heat 1 tsp of butter until it's fully melted.
10. Place 1 slice of Keto bread in the frying pan.
11. Add 1 or 2 slices of your favorite cheese.
12. Place the other slice of Keto bread on top of the cheese slices.
13. Cook for about 30 seconds to a minute on each side until the sandwich is golden brown on both sides.

BIG MAC CHEESEBURGER SALAD

LETTUCE BOWL INGREDIENTS

- 11 oz Ground Beef, precooked
- 4 to 5 cups mixed greens
- 4 slices of bacon, crumbled
- 3/4 cup sharp cheddar cheese, shredded
- 1/2 cup Monterey jack cheese, shredded
- 2 tbs dill pickle relish
- 1/2 cup tomatoes, diced

BIG MAC DRESSING INGREDIENTS

- 1/2 cup mayonnaise (sugar free)
- 2 tbs dill pickle relish
- 2 tbs olive oil
- 1 teaspoon apple cider vinegar
- 2 tbs ketchup, sugar free
- 2 tbs mustard
- 2 tbs white onion, minced
- 1 tsp paprika
- 1 tsp lemon juice
- 1 tsp salt

BIG MAC DRESSING INSTRUCTIONS

- Combine all the ingredients in a small bowl and mix it until it's fully combined. Keep this mixture refrigerated until you are ready to use it.

BIG MAC CHEESEBURGER SALAD INSTRUCTIONS

- Combine the chopped lettuce in a medium-sized bowl.
- Add the diced tomatoes, precooked ground beef (be sure to warm the beef slightly), cheddar cheese, Monterey cheese, pickle relish, and bacon.
- Top the cheeseburger salad with the Big Mac dressing you prepped earlier.
- Toss the salad until all the ingredients are fully coated with the dressing.
- Serve immediately.

SERVES 6

Calories 324, Total C 5.5g, Fiber 2.1g, Net C 3.4g, Sugar 2.6g, Fat 25.8g, Protein 17.8g

KETO PULL APART PIZZA BREAD

KETO PULL APART PIZZA BREAD INGREDIENTS

2 1/2 cups Mozzarella Cheese shredded
 3 Eggs beaten
 1 1/2 cups Almond Flour
 1 Tbs Baking Powder
 2 oz Cream Cheese
 1/2 cup grated Parmesan Cheese
 1 Tsp Rosemary seasoning
 1/2 cup shredded mild Cheddar
 1/2 cup mini pepperoni slices
 Optional: Sliced jalapenos
 Non-stick cooking spray
 Non-stick Bundt Pan

INSTRUCTIONS

- Combine the almond flour with the baking powder until it's fully combined.
- Melt the Mozzarella cheese and cream cheese. You can do this on the stove top or for 1 minute in the microwave.
- Once the cheese has melted, add the flour mixture and eggs and knead it until it forms into a sticky ball. I always use a silicone mat on the countertop to do this step.
- Once the dough has come together and all the ingredients are fully mixed together, sprinkle the top of the dough with a small amount of parmesan cheese. This will help the dough not be so sticky when you start to handle it. I flip the dough over and sprinkle a small amount on the back side of the dough too.
- Form the dough into a ball and cut it in half. Continue cutting the dough until you get about 16 pieces from each side for a total of 32 pieces total (give or take).
- Roll the pieces of dough into equal size balls then roll them in a plate of parmesan cheese that has been topped with a teaspoon of Rosemary seasoning. (This is the secret to forming the pull apart bread because the parmesan cheese coats each dough ball allowing it not to fully combine while it's baking. Plus, it adds amazing flavor to this dough also.)
- Spray the bundt pan with non-stick cooking spray.
- Place the first layer of 16 prepared dough balls into a non-stick bundt pan.
- Then add a layer of your favorite shredded cheese, mini pepperoni slices, and jalapenos if desired.
- Add the next layer of 16 prepared dough balls on top of the first layer.
- Top the last layer with the rest of the shredded cheese, mini pepperoni slices, and jalapenos.
- Bake at 350 degrees for 25 minutes or until golden brown. It may take a bit longer if your bundt pan is thicker than the one I used.

SERVES 16

Calories 142, Total C 3.5g, Fiber 1.5g, Net C 2g, Sugar .8g, Fat 9.1g, Protein 11.1g

KETO MEATLOAF

KETO MEATLOAF INGREDIENTS

1.5 lbs ground beef or ground pork (or half of each)
1/4 cup chopped onion
1/2 tsp fresh minced garlic
1/2 cup crushed pork rinds ground flaxseed or almond
flour
2 eggs
1 Tablespoon Italian Seasoning
1/2 tsp ground black pepper
1 tbs mustard powder
1 tsp liquid aminos or soy sauce if you prefer
5 tbs AlternaSweets Keto Ketchup

INSTRUCTIONS

- Add all of the ingredients to a large bowl and mix it until it's fully combined. Sometimes I used my (clean) hands instead of a spoon to mix it all together just like Grandma used to do too.
- Spray non stick cooking spray into the bread pan and shape the mixture inside the pan.
- Add extra AlternaSweets Ketchup to the top of the meatloaf, then cover it with foil before you bake it.
- TIP: You can add it to one large bread pan or two small bread pans. If you use two small bread pans this meatloaf will cook faster! I've done this when my family hungry and wants dinner faster.
- Bake at 400 degrees for about an hour.

SERVES 6

Calories 194, Total C 2.7g, Fiber .3g, Net C 2.4g, Sugar 1.1g, Fat 7.6g, Protein 27.6g

KETO CHICKEN PARMESAN

KETO CHICKEN PARMESAN SAUCE INGREDIENTS

28 ounce can of crushed tomatoes
 8 ounce can of tomato sauce
 4 ounce can of tomato paste
 1 onion chopped
 3 cloves of garlic minced
 2 bay leaves
 3-6 sprigs of thyme
 4 basil leaves chopped
 1 tablespoon of salt
 1 teaspoon of black pepper

KETO CHICKEN PARMESAN CHICKEN INGREDIENTS

3 boneless chicken breast
 1 tablespoon of Italian Seasonings
 1 teaspoon of salt
 1/2 teaspoon of ground black pepper

KETO CHICKEN PARMESAN TOPPING

1 cup of shredded mozzarella cheese

SLOW COOKER KETO PARMESAN CHICKEN RECIPE INSTRUCTIONS:

In a large bowl, season chicken with Italian seasonings, salt, and pepper. Set to the side.

To the insert of a slow cooker, add in sauce ingredients and mix together.

Gently add in chicken breasts, cover, and cook on low for 4-5 hours or high for 3 hours.

Once the chicken is cooked, add shredded cheese over the chicken and cover and continue cooking until cheese melts, about 10 to 15 minutes.

Serve warm and enjoy!

OVEN KETO CHICKEN PARMESAN RECIPE INSTRUCTIONS:

- Preheat the oven to 350 degrees.
- In a large bowl, season chicken with Italian seasonings, salt, and pepper. Set to the side.
- Add the sauce ingredients to a deep casserole dish and mix together.
- Place the seasoned chicken in the deep casserole dish on top of the sauce.
- Bake it for about 20 minutes at 350 degrees.
- Top with cheese and bake it for another 5 minutes until the cheese has completely melted.
- Serve warm and enjoy!

SERVES 4

Calories 148, Total C 7.8g, Fiber 2.5g, Net C 5.3g, Sugar 3.4g, Fat 1.8g, Protein 6g

KETO CHICKEN & SPINACH ALFREDO PASTA

KETO CHICKEN & SPINACH ALFREDO PASTA INGREDIENTS

6 medium size zucchinis
 8 oz cream cheese
 3/4 cup Parmesan Cheese shredded
 1 stick butter or half of a Kerrygold butter block
 1/4 heavy cream
 1/4 cup water
 1 teaspoon minced garlic
 2 handfuls of fresh spinach
 sliced chicken strips

INSTRUCTIONS

- I started by cutting all of my zucchini into noodles using my KitchenAid Spiralizer.
- In a medium saucepan, I added these ingredients: cream cheese, parmesan cheese, butter, heavy cream, water, and minced garlic.
- I cooked that on the stove top over medium heat until all the ingredients melted together. I stirred in to make sure all the cream cheese melted with no lumps left in the sauce.
- While the sauce was cooking, I added all the zucchini noodles to a large pan with about a cup of water and steamed them over medium heat with a lid on the pan. The noodles only take about 5 to 8 minutes to become soft and ready to go.
- I heated up my precooked chicken strips. You can do this in the microwave or over the stove top. (as a time saver, I always purchase the precooked frozen chicken strips for busy days) I add about 2 oz of chicken per serving. The Alfredo sauce can generously serve up to 8 servings depending on how much you add to each bowl or plate. I prefer no more than 6 servings because we really, really like this sauce recipe.
- Next, I add about two handfuls of spinach to the Alfredo sauce. Feel free to add more or less depending on your tastes. I plan to add more next time. It was really good! It only takes a minute or two for the spinach to become soft in the hot Alfredo sauce.
- Next add the cooked chicken strips to the sauce.
- Drain the water in the zucchini noodles.
- Serve the Low Carb and Keto Chicken Alfredo Pasta by placing a small amount of zucchini noodles on a plate or bowl and then topping it with the sauce mixture.
- Serve warm and enjoy!

SERVES 8

Calories 317, Total C 4.1g, Fiber .1g, Net C 4g, Sugar 1.3g, Fat 26.4g, Protein 16.9g

KETO CREAM HORNS

KETO CREAM HORNS CRUST INGREDIENTS

1 3/4 cup Mozzarella cheese
 2 tablespoons Cream Cheese
 3/4 cup Almond Flour
 1 Egg
 1/2 tsp Stevia Powder
 1/2 tsp Vanilla Extract

KETO CREAM HORNS WHIPPED CREAM INGREDIENTS

1 cup heavy cream
 1 Tbsp Stevia or Powdered Swerve
 1 tsp vanilla extract

INSTRUCTIONS

- Start by placing 1 3/4 cups of Mozzarella cheese, Cream Cheese and Almond Flour in a microwave-safe bowl. Heat it on high for exactly 1 minute.
- Add one egg, stevia powder, and vanilla extract to the heated mixture and stir it until all the ingredients come together. The dough will be sticky.
- Allow the dough to cool for a couple of minutes before you handle it.
- Split the dough into two equal parts.
- Layout a huge sheet of parchment paper. This will create a nonstick surface for you to roll this dough out. Place one part of the dough onto the parchment paper.
- Lay another piece of parchment paper over the top of the other sheet of parchment paper with your dough in the middle of both sheets. The dough will feel a bit sticky but it will come together the more you start to roll it out and mold it.
- Use a rolling pin (or your hands) smooth out the dough over the top of the parchment paper.
- Use a pizza cutter and cut strips of dough long enough to cover the stainless steel cream horns mold.
- Spray each mold with non-stick cooking spray to avoid sticking. (Update: after doing this a few times I find it easier to wrap parchment paper around the horn mold before wrapping the dough on. It makes life easier when you remove the horn and it comes out perfect every time!)
- Place each mold on a baking pan lined with a silicone mat or parchment paper to avoid sticking.
- Bake them at 350 degrees for about 12 to 15 minutes until they are a light golden brown color.
- Allow them to cook before attempting to remove the stainless steel cream horns mold.
- Start making the whipped cream filling while the cream horns are baking. Combine all the ingredients and use a hand mixer to mix it on high for about 5 minutes or so until the whipped cream becomes nice and thick. Once it's done, fill a piping bag with the whipped cream filling.
- Once the cream horns have cooled, Fill the center of each cream horn with sugar-free vanilla flavored whipping cream.
- Top each cream horn with your favorite Keto friendly fruit option! We love to use blueberries, strawberries or raspberries!es!

SERVES 12

Calories 144, Total C 3.5g, Fiber 1g, Net C 2.5g, Sugar 1.2g, Fat 11.6g, Protein 7.9g