

CHRISTINE CARTER

INCLUDES:

4-Phase Keto Plan

4-Week Workout Guide

Grocery Lists & Recipes

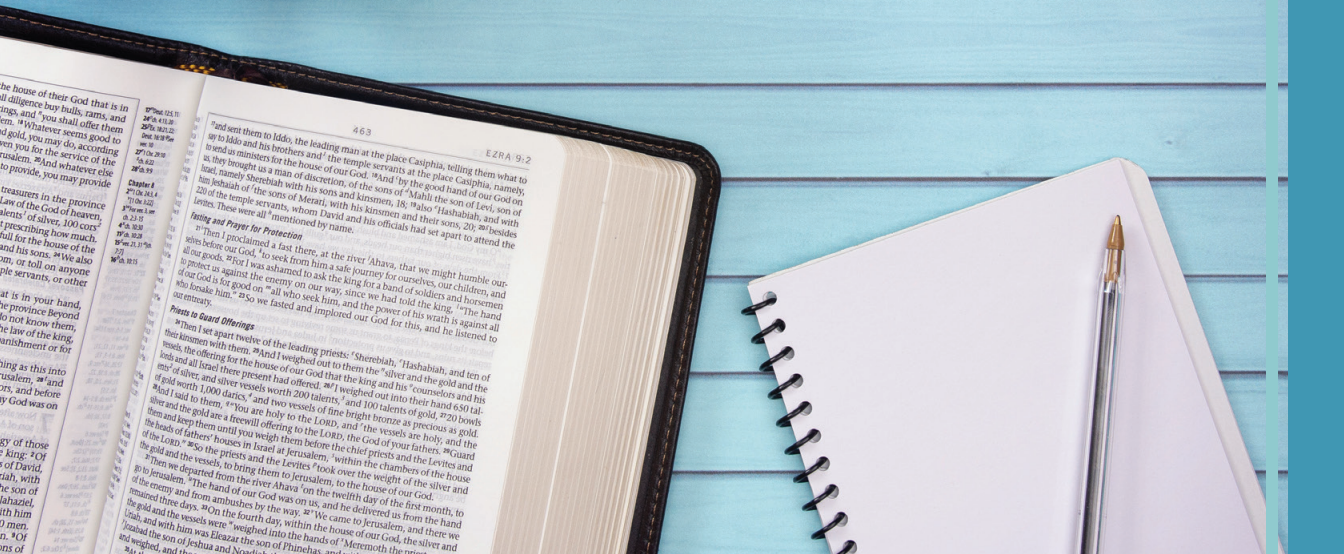
WEIGHT-LOSS HERO

*Transform Your Mind
and Your Body with a Healthy*

KETO LIFESTYLE

The
program I used
to lose over
150
POUNDS!

A PDF COMPANION TO THE AUDIOBOOK



DAILY MACRO CHART

Not Active to Lightly Active 1–3 days/week

| Current Weight | Fat Goal | Protein Goal | Net Carb Goal | Calorie Range |
|----------------|----------|--------------|----------------|--------------------|
| >300 lb. | 130g Fat | 80g Protein | <25g Net Carbs | 1525–1655 calories |
| 275–299 lb. | 125g Fat | 75g Protein | <25g Net Carbs | 1460–1590 calories |
| 250–274 lb. | 120g Fat | 73g Protein | <25g Net Carbs | 1407–1537 calories |
| 225–249 lb. | 115g Fat | 68g Protein | <25g Net Carbs | 1342–1472 calories |
| 200–224 lb. | 110g Fat | 65g Protein | <25g Net Carbs | 1285–1415 calories |
| 175–199 lb. | 105g Fat | 63g Protein | <25g Net Carbs | 1232–1362 calories |
| 150–174 lb. | 100g Fat | 60g Protein | <25g Net Carbs | 1175–1305 calories |
| <150 lb. | 95g Fat | 60g Protein | <25g Net Carbs | 1130–1260 calories |

Lightly Active to Moderately Active (+10%)

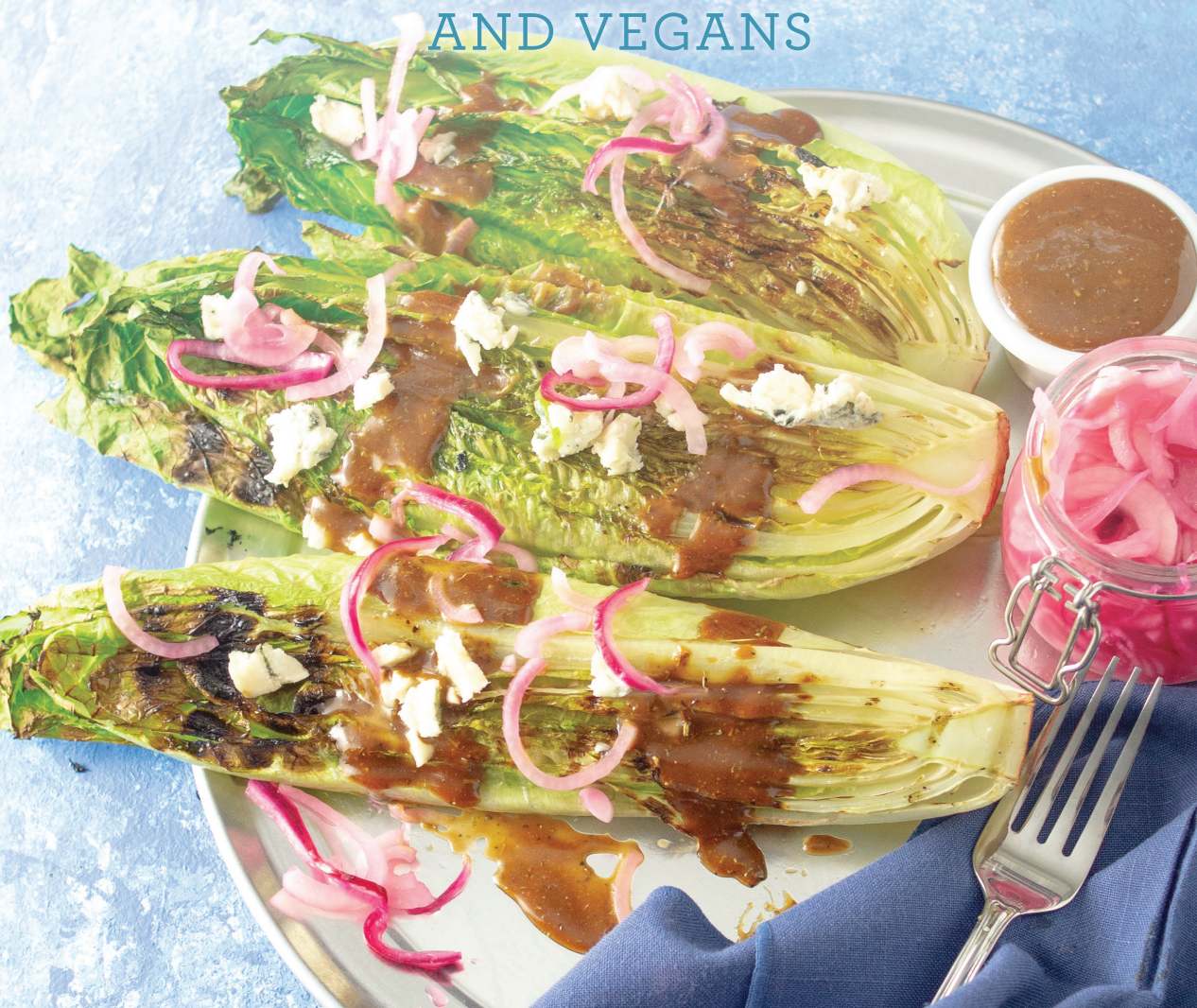
| Current Weight | Fat Goal | Protein Goal | Net Carb Goal | Calorie Range |
|----------------|----------|--------------|----------------|--------------------|
| >300 lb. | 143g Fat | 88g Protein | <25g Net Carbs | 1674–1804 calories |
| 275–299 lb. | 138g Fat | 83g Protein | <25g Net Carbs | 1603–1733 calories |
| 250–274 lb. | 132g Fat | 80g Protein | <25g Net Carbs | 1544–1674 calories |
| 225–249 lb. | 127g Fat | 75g Protein | <25g Net Carbs | 1473–1603 calories |
| 200–224 lb. | 121g Fat | 72g Protein | <25g Net Carbs | 1410–1540 calories |
| 175–199 lb. | 116g Fat | 69g Protein | <25g Net Carbs | 1352–1482 calories |
| 150–174 lb. | 110g Fat | 66g Protein | <25g Net Carbs | 1289–1419 calories |
| <150 lb. | 105g Fat | 66g Protein | <25g Net Carbs | 1240–1370 calories |

Moderately Active to Heavily Active (+20%)

| Current Weight | Fat Goal | Protein Goal | Net Carb Goal | Calorie Range |
|----------------|----------|--------------|----------------|--------------------|
| >300 lb. | 156g Fat | 96g Protein | <25g Net Carbs | 1823–1953 calories |
| 275–299 lb. | 150g Fat | 90g Protein | <25g Net Carbs | 1745–1875 calories |
| 250–274 lb. | 144g Fat | 88g Protein | <25g Net Carbs | 1681–1811 calories |
| 225–249 lb. | 138g Fat | 82g Protein | <25g Net Carbs | 1603–1733 calories |
| 200–224 lb. | 132g Fat | 78g Protein | <25g Net Carbs | 1535–1665 calories |
| 175–199 lb. | 126g Fat | 76g Protein | <25g Net Carbs | 1471–1601 calories |
| 150–174 lb. | 120g Fat | 72g Protein | <25g Net Carbs | 1403–1533 calories |
| <150 lb. | 114g Fat | 72g Protein | <25g Net Carbs | 1349–1479 calories |

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KETO FOR VEGETARIANS AND VEGANS





Healthy Fat Options

Aside from avocados (my favorite), most fruits and vegetables that are low-sugar are not naturally high in healthy fats. A great option is to sauté your favorite vegetables in oils to make them packed with both healthy fats and nutrients.

Here are some great fat options:

- Oils: coconut oil, avocado oil, olive oil, walnut oil, sesame oil, cocoa butter, and grass-fed ghee
- Nuts and seeds: macadamia nuts, almonds, flavored almonds (watch for hidden sugars), walnuts, pecans, pistachios, cashews, pine nuts, Brazil nuts, sunflower seeds, hemp heart seeds, and chia seeds
- Nut butters (check label for added sugar): peanut butter, almond butter, cashew butter, cacao butter, sunflower seed butter, and macadamia nut butter

Protein Options

Below are some great vegetarian and vegan options to hit the moderate protein requirement for the keto diet:

- Edamame: 1 cup = 17 protein grams
- Plant-based protein powder: 2 scoops = 20 protein grams (my favorite is OWYN brand)
- Ripple milk (almond): 1 cup = 8 protein grams
- Beyond Meat Burger (vegan): 1 patty = 20 protein grams
- Seitan: 3 ounces = 21 protein grams
- Chia seeds: 1 ounce = 4 protein grams



Low-Carb Fruits and Veggies

To keep our overall carb intake to a minimum, focus on fruits and veggies lowest in net carbs. This list is a great starting place!

Veggies

| | |
|---|----------------------|
| Artichokes | Eggplant |
| Asparagus | Garlic |
| Avocados | Green beans |
| Bell peppers | Lettuce (all kinds) |
| Broccoli | Mushrooms |
| Brussels sprouts | Onions |
| Cabbage | Radishes |
| Cauliflower | Sauerkraut |
| Celery | Scallions and chives |
| Cilantro | Spaghetti squash |
| Cucumbers | Spinach and chard |
| Dark leafy greens: kale, mustard greens, and collard greens | Summer squash |
| | Tomatoes |
| | Zucchini |

Fruits

| | |
|--------------|--------------|
| Blackberries | Limes |
| Blueberries | Raspberries |
| Lemons | Strawberries |

Dairy Swaps

Many standard keto recipes call for dairy (in the form of cheese, butter, or heavy whipping cream), but there are several simple swaps. Below are some great dairy alternatives.

Milk

Unsweetened coconut milk

Unsweetened cashew milk

Unsweetened almond milk

Heavy Cream

Make coconut cream by placing a can of coconut milk in the fridge overnight and scooping out the cream off the top.

Butter

Coconut oil

Vegan butter (my favorite is Earth Balance)

Cheese

Vegan cheese or cream cheese (my favorite cheese substitute brands are Kite Hill, Daiya, and Vegan Gourmet).

Eggs

When a recipe calls for eggs, flaxseeds are a great binder. One tablespoon of finely ground flax seed combined with 3 tablespoons of water replaces one egg.

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WORKOUT 101

Activity Journal



WEEK ONE

Starting with the first movement, perform the designated number of reps listed and immediately move to the next movement. There should be no rest taken (unless needed) until the entire time limit for the circuit has been completed. Cardio should be performed immediately following the completion of the circuit.

DAY ONE

Repeat entire circuit for 5 minutes.

20 reps each:

- Squats
- Bicep curls
- Side raises

Cardio: 5 minutes walking at a moderate pace

DAY TWO

Cardio: 10 minutes walking at a moderate pace

DAY THREE

Repeat entire circuit for 5 minutes.

20 reps each:

- Squats
- Bicep curls
- Side raises

Cardio: 5 minutes walking at a moderate pace

DAY FOUR

Cardio: 10 minutes walking at a moderate pace

DAY FIVE

Repeat entire circuit for 5 minutes.

20 reps each:

- Squats
- Bicep curls
- Side raises

Cardio: 5 minutes walking at a moderate pace

WEEK TWO

Starting with the first movement, perform the designated number of reps listed and immediately move to the next movement. There should be no rest taken (unless needed) until the entire time limit for the circuit has been completed.

DAY ONE

Repeat entire circuit for 10 minutes.

20 reps each:

- | | | |
|---------------|-------------------|---------------|
| • Squats | • 30 seconds rest | • Calf raises |
| • Bicep curls | • Wall sits (20 | • Bent-over |
| • Side raises | seconds each) | dumbbell rows |

DAY TWO

Cardio: 15 minutes walking at a moderate pace

DAY THREE

Repeat entire circuit for 10 minutes.

20 reps each:

- | | | |
|---------------|-------------------|---------------|
| • Squats | • 30 seconds rest | • Calf raises |
| • Bicep curls | • Wall sits (20 | • Bent-over |
| • Side raises | seconds each) | dumbbell rows |

DAY FOUR

Cardio: 15 minutes walking at a moderate pace

DAY FIVE

Repeat entire circuit for 10 minutes.

20 reps each:

- | | | |
|---------------|-------------------|---------------|
| • Squats | • 30 seconds rest | • Calf raises |
| • Bicep curls | • Wall sits (20 | • Bent-over |
| • Side raises | seconds each) | dumbbell rows |

WEEK THREE

Starting with the first movement, perform the designated number of reps listed and immediately move to the next movement. There should be no rest taken (unless needed) until the entire time limit for the circuit has been completed.

DAY ONE

Repeat entire circuit for 15 minutes.

20 reps each:

- | | | |
|-------------------------------|---------------------------|----------------------------|
| • Squats | • 30 seconds rest | • Shoulder presses |
| • Bicep curls | • Calf raises | • Lunges (10 reps per leg) |
| • Side raises | • Bent-over dumbbell rows | |
| • Wall sits (20 seconds each) | • Tricep kickbacks | |

DAY TWO

Cardio: 20 minutes walking at a moderate pace

DAY THREE

Repeat entire circuit for 15 minutes.

20 reps each:

- | | | |
|-------------------------------|---------------------------|----------------------------|
| • Squats | • 30 seconds rest | • Shoulder presses |
| • Bicep curls | • Calf raises | • Lunges (10 reps per leg) |
| • Side raises | • Bent-over dumbbell rows | |
| • Wall sits (20 seconds each) | • Tricep kickbacks | |

DAY FOUR

Cardio: 20 minutes walking at a moderate pace

DAY FIVE

Repeat entire circuit for 15 minutes.

20 reps each:

- | | | |
|-------------------------------|---------------------------|----------------------------|
| • Squats | • 30 seconds rest | • Shoulder presses |
| • Bicep curls | • Calf raises | • Lunges (10 reps per leg) |
| • Side raises | • Bent-over dumbbell rows | |
| • Wall sits (20 seconds each) | • Tricep kickbacks | |

WEEK FOUR

Starting with the first movement, perform the designated number of reps listed and immediately move to the next movement. There should be no rest taken (unless needed) until the entire time limit for the circuit has been completed.

DAY ONE

Repeat entire circuit for 20 minutes.

20 reps each:

- | | | |
|-------------------------------|---------------------------|-----------------------------------|
| • Squats | • Calf raises | • Lunges (10 reps per leg) |
| • Bicep curls | • Bent-over dumbbell rows | • Wall push-ups |
| • Side raises | • Tricep kickbacks | • Front raises |
| • Wall sits (20 seconds each) | • Shoulder presses | • Fire hydrants (10 reps per leg) |
| • 30 seconds rest | • 30 seconds rest | |

DAY TWO

Cardio: 25 minutes walking at a moderate pace

DAY THREE

Repeat entire circuit for 20 minutes.

20 reps each:

- | | | |
|-------------------------------|---------------------------|-----------------------------------|
| • Squats | • Calf raises | • Lunges (10 reps per leg) |
| • Bicep curls | • Bent-over dumbbell rows | • Wall push-ups |
| • Side raises | • Tricep kickbacks | • Front raises |
| • Wall sits (20 seconds each) | • Shoulder presses | • Fire hydrants (10 reps per leg) |
| • 30 seconds rest | • 30 seconds rest | |

DAY FOUR

Cardio: 25 minutes walking at a moderate pace

DAY FIVE

Repeat entire circuit for 20 minutes.

20 reps each:

- | | | |
|-------------------------------|---------------------------|-----------------------------------|
| • Squats | • Calf raises | • Lunges (10 reps per leg) |
| • Bicep curls | • Bent-over dumbbell rows | • Wall push-ups |
| • Side raises | • Tricep kickbacks | • Front raises |
| • Wall sits (20 seconds each) | • Shoulder presses | • Fire hydrants (10 reps per leg) |
| • 30 seconds rest | • 30 seconds rest | |



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FUELING YOUR BODY



Grocery Shopping

This grocery shopping list doesn't include every item you might enjoy, but it is a general overview of foods to look for. If it's on the list, it's good to go. If it's not on the list, be sure to check the food label and make certain it fits the diet goals for the phase you are in.

Protein

| | | | |
|----------------------|-------------------|-------------------|-------------------|
| Bacon | Pork: pork chops, | Seafood: tuna, | crab, lobster, or |
| Bone broth | pork tenderloin, | salmon, | oysters |
| Chicken | or pork ribs | flounder, | Sliced deli meat |
| Ground beef | Protein shake | snapper, trout, | Steak |
| Ham | Roast/stew meat | bass, catfish, | Turkey |
| Lamb, veal, or bison | Sausage | shrimp, scallops, | Whole eggs |

Veggies

| | | | |
|------------------|---|---------------------|----------------------|
| Artichokes | Celery | Eggplant | Scallions and chives |
| Asparagus | Cilantro | Garlic | Spaghetti squash |
| Avocado | Cucumbers | Green beans | Summer squash |
| Bell peppers | Dark leafy greens: spinach, chard, kale, mustard greens, collard greens | Lettuce (all kinds) | Tomato |
| Broccoli | | Mushrooms | Zucchini |
| Brussels sprouts | | Onions | |
| Cabbage | | Radishes | |
| Cauliflower | | Sauerkraut | |

Fats and Oils

| | | | |
|-------------|--------------|-------------|------------|
| Avocado oil | Cocoa butter | Ghee | Olive oil |
| Butter | Coconut oil | Lard/tallow | Walnut oil |

Dairy

| | | | |
|--|--|-------------------------------------|---------------|
| Cheese: Cheddar, Swiss, blue, Gouda, Colby, provolone, feta, parmesan, | whole-milk mozzarella, mascarpone, brie, Gruyere, goat cheese, | halloumi, and full-fat cream cheese | Sour cream |
| | | Heavy whipping cream | Whipped cream |

Nuts and Seeds

| | | | |
|-------------|------------------|------------|-----------------|
| Almonds | Chia seeds | Pecans | Pine nuts |
| Brazil nuts | Hemp heart seeds | Pili nuts | Sunflower seeds |
| Cashews | Macadamia nuts | Pistachios | Walnuts |

Nut Butters

| | | |
|---------------|---------------|------------------|
| Almond butter | Peanut butter | butter |
| Cashew butter | Macadamia nut | Sunflower butter |

Dairy-Free

| | | | |
|-------------------|---------------|---------------|----------|
| Almond milk | whipped cream | Coconut milk | Ripple |
| Almond or coconut | Califia Farms | Coconut cream | Soy milk |
| | Cashew milk | Milkadamia | |



Seasonings

| | | | |
|--------------|---------------|--------------|----------|
| Basil | Flavor God | Ginger | Thyme |
| Chili powder | Seasoning | Onion powder | Turmeric |
| Cinnamon | Garlic powder | Oregano | |
| Curry | Garlic salt | Paprika | |

Beverages

| | | | |
|------------------|---------------|------------------|------------|
| Bone broth, | (unsweetened) | Tea | herbal |
| chicken or beef | Coffee, black | (unsweetened), | Water |
| Carbonated water | Crystal Light | black, green, or | Zevia soda |

Condiments/Dressings

Note: All dressings and condiments should have <2 grams of carbs per serving.

| | | | |
|-----------------------|------------------|------------------|------------------|
| Bragg's Liquid | blue cheese, | Mayonnaise | sauce |
| Aminos | or southwest | Mustard (regular | Red wine vinegar |
| Coconut aminos | chipotle | or spicy) | Soy sauce |
| (soy-free and | Fish sauce | Pesto | Sriracha |
| gluten-free) | Guacamole | Pickle relish | Sugar-free syrup |
| Dressings (full fat): | Ketchup, reduced | Marinara sauce | |
| ranch, Caesar, | sugar | Sugar-free BBQ | |

Extras

| | | | |
|---------------------|---------------|-------------------|----------------|
| Apple cider | Coconut or | Chocolate | syrups |
| vinegar | almond flour | Miracle Noodles | Sugar-free |
| Bragg's Nutritional | Extracts | Mission Carb | pudding |
| Yeast | Halo Top ice | Balance soft | Sugar-free gum |
| Carob powder | cream | tortilla, 4g net | Unsweetened |
| Cocoa powder, | Lily's Stevia | carbs | shredded |
| unsweetened | Sweetened | Sugar-free coffee | coconut |

Natural Sweeteners

| | | |
|------------|--------------------|------------------|
| Allulose | Monk fruit (liquid | Stevia Glycerite |
| Erythritol | or powder) | liquid |

Snacks

| | | | |
|------------------|------------------|-----------------|-------------------|
| Beef jerky | Jimmy Dean | Pork rinds | Tuna, chicken, or |
| Cheese sticks | Scrambles | Precooked bacon | egg salad |
| Cheese Whisps | Nuts | Premade salad | |
| Dill pickles | Olives | Prosciutto | |
| Hard-boiled eggs | Pepperoni slices | Sliced veggies | |





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MEAL PLANS

WEEK ONE

SUNDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Tuna Salad

Can be served in lettuce cups or low-carb tortillas.

Dinner: Salsa Chicken

Can be served in lettuce cups or low-carb tortillas.

MONDAY

Breakfast: Eggs and Bacon

Lunch: Tuna Salad

Can be served in lettuce cups or low-carb tortillas.

Dinner: Salsa Chicken

Can be served in lettuce cups or low-carb tortillas.

TUESDAY

Breakfast: Sausage, Egg, and Cheese Melt

Lunch: Salad Bowl

Dinner: Pork Rind Nachos

WEDNESDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Egg Salad

Can be served in lettuce cups or low-carb tortillas.

Dinner: Taco Bowl

THURSDAY

Breakfast: Eggs and Bacon

Lunch: Egg Salad

Can be served in lettuce cups or low-carb tortillas.

Dinner: Low-Carb Pizza

FRIDAY

Breakfast: Eggs, Sausage, and Cheese Melt

Lunch: Big Mac Salad

Dinner: Shrimp Fried Cauliflower Rice

SATURDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Shrimp Fried Cauliflower Rice

Dinner: Burger Bowl



WEEK TWO

SUNDAY

Breakfast: Vanilla Overnight "Oats"

Lunch: Ham and Cheese Roll-ups

Dinner: Cheesy BBQ Bacon Meatballs and Cauliflower Mac-n-Cheese

MONDAY

Breakfast: Protein shake with 1 tablespoon melted coconut oil

Lunch: Salad Bowl

Dinner: Shrimp Fried Cauliflower Rice

TUESDAY

Breakfast: 90-Second Bread with a side of bacon

Lunch: Beef and Broccoli Stir-Fry

Dinner: Inside-Out Egg Roll

WEDNESDAY

Breakfast: Breakfast Bowl

Lunch: Inside-Out Egg Roll

Dinner: Beef and Broccoli Stir-Fry

THURSDAY

Breakfast: Breakfast Sausage Balls

Lunch: Grilled chicken and Creamed Spinach

Dinner: Cheesy BBQ Bacon Meatballs and Cauliflower Mac-n-Cheese

FRIDAY

Breakfast: Protein shake with 1 tablespoon melted coconut oil

Lunch: Cheesy BBQ Bacon Meatballs and Cauliflower Mac-n-Cheese

Dinner: Volcano Roll in a Bowl

SATURDAY

Breakfast: Breakfast Sausage Balls

Lunch: Quick Cobb Salad

Dinner: Grilled steak and Zesty Broccoli



WEEK THREE

SUNDAY

Breakfast: Sausage, Egg, and Cheese Melt

Lunch: Big Mac Salad

Dinner: Low-Carb Pizza

MONDAY

Breakfast: Sausage, Egg, and Cheese Melt

Lunch: Ham and Cheese Roll-ups

Dinner: Inside-Out Egg Roll

TUESDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Inside-Out Egg Roll

Dinner: BBQ Bacon Meatloaf and Creamed Spinach

WEDNESDAY

Breakfast: Sausage, Egg, and Cheese Melt

Lunch: Inside-Out Egg Roll

Dinner: BBQ Bacon Meatloaf and Creamed Spinach

THURSDAY

Breakfast: Keto Waffles

Lunch: Salsa Chicken

Can be served in lettuce cups or low-carb tortillas.

Dinner: Tuna Salad

Can be served in lettuce cups or low-carb tortillas.

FRIDAY

Breakfast: Eggs and Bacon

Lunch: Tuna Salad

Can be served in lettuce cups or low-carb tortillas.

Dinner: Low-Carb Tacos

SATURDAY

Breakfast: Keto Waffles

Lunch: Salad Bowl

Dinner: Low-Carb Tacos



WEEK FOUR

SUNDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Grilled chicken and Creamed Spinach

Dinner: Burger Bowl

MONDAY

Breakfast: Eggs and Sausage

Lunch: Grilled chicken and Creamed Spinach

Dinner: Volcano Roll in a Bowl

TUESDAY

Breakfast: Sausage, Egg, and Cheese Melt

Lunch: Salad Bowl

Dinner: Taco Soup

WEDNESDAY

Breakfast: Keto Waffles

Lunch: Taco Soup

Dinner: Chicken, Bacon, and Ranch Casserole

THURSDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Taco Soup

Dinner: Chicken, Bacon, and Ranch Casserole

FRIDAY

Breakfast: Protein shake with 1 tablespoon melted coconut oil

Lunch: Chicken, Bacon, and Ranch Casserole

Dinner: Taco Bowl

SATURDAY

Breakfast: Eggs and Bacon

Lunch: Big Mac Salad

Dinner: Low-Carb Pizza



Dairy-Free Keto One-Week Meal Plan

This Meal Plan can be used with Diet Phases 1–4.

SUNDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Tuna Salad

Can be served in lettuce cups or low-carb, gluten-free tortillas.

Dinner: Salsa Chicken

Can be served in lettuce cups or low-carb, gluten-free tortillas.

MONDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Tuna Salad

Can be served in lettuce cups or low-carb, gluten-free tortillas.

Dinner: Salsa Chicken

Can be served in lettuce cups or low-carb, gluten-free tortillas.

TUESDAY

Breakfast: Eggs and Sausage

Lunch: Salad Bowl

Dinner: Salsa Chicken

Can be served in lettuce cups or low-carb, gluten-free tortillas.

WEDNESDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Egg Salad

Can be served in lettuce cups or low-carb, gluten-free tortillas.

Dinner: Taco Bowl

THURSDAY

Breakfast: Eggs and Bacon

Lunch: Egg Salad

Can be served in lettuce cups or low-carb, gluten-free tortillas.

Dinner: Taco Bowl

FRIDAY

Breakfast: Eggs and Sausage

Lunch: Salad Bowl

Dinner: Shrimp Fried Cauliflower Rice

SATURDAY

Breakfast: Scrambled Eggs and Avocado

Lunch: Shrimp Fried Cauliflower Rice

Dinner: Burger Bowl



Vegan Keto One-Week Meal Plan

This Meal Plan can be used with Diet Phases 1–4.

SUNDAY

Breakfast: Vegan Breakfast Scramble

Lunch: Vegan Stir-Fry Bowl

Dinner: Cashew Crack Slaw

MONDAY

Breakfast: Vegan Breakfast Scramble

Lunch: Cashew Crack Slaw

Dinner: Vegan Stir-Fry Bowl

TUESDAY

Breakfast: Vegan Breakfast Scramble

Lunch: Cashew Crack Slaw

Dinner: Vegan Salad Bowl

WEDNESDAY

Breakfast: Vanilla Overnight “Oats”

Lunch: Vegan Salad Bowl

Dinner: Mexican Cauliflower Rice

THURSDAY

Breakfast: Vanilla Overnight “Oats”

Lunch: Mexican Cauliflower Rice

Dinner: Vegan Stir-Fry Bowl

FRIDAY

Breakfast: Breakfast Shake

Lunch: Vegan Stir-Fry Bowl

Dinner: Creamy Zucchini Pasta

SATURDAY

Breakfast: Breakfast Shake

Lunch: Creamy Zucchini Pasta

Dinner: Vegan Stir-Fry Bowl





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RECIPES

BREAKFAST



Keto Hot Chocolate

Ingredients

3 tablespoons cocoa powder,
unsweetened
2 tablespoons granular erythritol
(Swerve)
2 cups almond milk
1 cup heavy whipping cream
1/4 teaspoon pure vanilla extract
Optional: Salt, dash of ground cinnamon,
and sugar-free whipped cream

Directions

1. Add cocoa powder, erythritol, almond milk, and heavy whipping cream (and salt if using) to a small saucepan.
2. Heat over medium heat and whisk to combine.
3. Remove from heat and stir in vanilla.
4. Top with cinnamon and sugar-free whipped cream if desired.

Macros per serving: 23g F | 3g P | 3g NC

Makes 4 servings.

Keto Coffee

Ingredients

12 ounces organic black coffee
1 tablespoon organic coconut oil
1 tablespoon grass-fed butter
(not margarine)
1/2 teaspoon pure vanilla extract
1 to 2 drops liquid stevia

Directions

1. Combine coffee, coconut oil, butter, vanilla, and liquid stevia together in a cup.
2. Mix well with a small whisk and serve.

Macros per serving: 26g F | 0g P | 0g NC

Makes 1 serving.



Scrambled Eggs and Avocado

*Dairy-free recipe with modifications

Ingredients

- 2 large eggs
- 1 large egg yolk
- 1 tablespoon butter (or dairy-free vegan butter)
- Salt and black pepper to taste
- Half avocado, sliced

Directions

1. Beat eggs together in a bowl.
2. Melt butter in skillet on medium-high heat.
3. Add eggs, salt, and pepper to pan. Move eggs around until thoroughly cooked. Remove from heat.
4. Top eggs with sliced avocado.

Tip: Adding salt to the avocado adds flavor. Use Icelandic Flake Salt to gain additional electrolytes.

Macros per serving: 36g F | 17g P | 3g NC

Makes 1 serving.

Sausage, Egg, and Cheese Melt

Ingredients

- 8 large eggs
- 2 tablespoons butter (or dairy-free vegan butter)
- 6 ounces sausage
- Salt and black pepper to taste
- 1/2 cup shredded Cheddar cheese

Directions

1. Beat eggs together in a bowl.
2. Melt butter in skillet on medium-high heat.
3. In a skillet, brown sausage over medium-high heat until thoroughly cooked.
4. In a separate pan, add eggs, salt, and pepper. Move eggs around until thoroughly cooked. Remove from heat.
5. Combine sausage with eggs and top with shredded cheese.

Macros per serving: 44g F | 22g P | 2g NC

Makes 4 servings.



Keto Waffles

Ingredients

- 3 large eggs
- 4 ounces whipped cream cheese
- 1 teaspoon pure vanilla extract
- 2 tablespoons butter
- Sugar-free syrup

Directions

1. Turn on waffle iron to preheat.
2. In a blender or food processor, blend eggs, whipped cream cheese, and vanilla until well combined.
3. Pour into a greased waffle iron until the sections are three-fourths full. Close waffle iron and thoroughly cook. The waffles should be stiff yet soft.
4. Remove from waffle iron and top with butter and sugar-free syrup.

Macros per serving: 22g F | 11g 1P | 5g NC

Makes 2 servings.



Breakfast Sausage Balls

Ingredients

- 1 large egg
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 pound breakfast sausage
- 1 cup almond flour
- 8 ounces shredded Cheddar cheese
- 1/2 cup grated Parmesan

Directions

1. Preheat oven to 350 degrees.
2. In a small bowl combine egg, baking powder, and salt and whisk together until well combined.
3. In a large bowl add egg mixture, sausage, flour, Cheddar, and Parmesan and combine.
4. Using your hands, make 20 to 25 sausage balls and spread out evenly on cookie sheet.
5. Bake in oven for 16 to 20 minutes until thoroughly cooked.

Macros per serving: 33g F | 18g P | 3g NC

Makes 6 servings.



Eggs and Bacon

Ingredients

- 2 large eggs
- 2 strips of bacon
- 1/2 tablespoon butter

Directions

1. This is where you can get creative and prepare the eggs your favorite way: fried, poached, scrambled, over easy, or hard-boiled.
2. Similarly, you can either bake the bacon in an oven or simply pan fry the bacon—and then use the bacon grease to fry your eggs.
3. If baking in an oven, preheat the oven to 400 degrees.
4. Place the strips of bacon on a baking sheet, and bake until the bacon is thoroughly cooked and crispy, about 20 minutes, depending on thickness.

Macros per serving: 22g F | 28g P | 2g NC

Makes 1 serving.

Eggs and Sausage

Ingredients

- 2 large eggs
- 3 ounces of sausage
- 1/2 tablespoon butter

Directions

1. This is where you can get creative and prepare the eggs your favorite way: fried, poached, scrambled, over easy, or hard-boiled.
2. Similarly, choose either ground sausage, sausage links, or patties.
3. Pan fry the sausage—and depending on how you prefer your eggs, you may use the sausage grease to fry your eggs for extra flavor.

Macros per serving: 40g F | 28g P | 2g NC

Makes 1 serving.



BREAKFAST BOWL

PROTEIN

| Food Item | Quantity | Fat | Protein | Net Carbs |
|------------|----------|-----|---------|-----------|
| Bacon | 2 pieces | 6g | 5g | 0g |
| Sausage | 1 ounce | 8g | 5g | 0g |
| Whole Eggs | 2 | 16g | 13g | 1g |

FATS

| | | | | |
|----------------------|---------------|-----|----|----|
| Avocado | 1/2 | 21g | 3g | 2g |
| Avocado or Olive Oil | 1 tablespoon | 14g | 0g | 0g |
| Butter | 1 tablespoon | 12g | 0g | 0g |
| Cheddar Cheese | 1 ounce | 9g | 6g | 1g |
| Sour Cream | 2 tablespoons | 6g | 1g | 1g |

EXTRAS

| | | | | |
|--------------------------------|---------------|----|----|----|
| Bell Pepper | 1/2 cup | 0g | 1g | 2g |
| Jalapeños | 1 tablespoon | 0g | 0g | 0g |
| Mushrooms | 1/4 cup | 0g | 0g | 0g |
| Onions | 2 tablespoons | 0g | 0g | 2g |
| Salsa | 1 tablespoon | 0g | 0g | 1g |
| Spinach | 2 ounces | 0g | 2g | 1g |
| Low-Carb, Gluten-Free Tortilla | 1 | 2g | 3g | 3g |



MAIN DISHES



Quick Cobb Salad

Ingredients

6 cups romaine lettuce, chopped
4 large eggs, hard-boiled, peeled, and chopped
1 1/2 cups olives, pitted
1 1/2 cups ham deli meat, chopped
1/2 cup blue cheese crumbles
1 tomato, diced
1 small red onion, chopped
3/4 cup blue cheese dressing

Directions

1. In a large bowl add lettuce.
2. Add eggs, olives, ham, blue cheese, tomato, and onion, and top with dressing.
3. Mix salad to your liking and enjoy!

Dairy-free option: Sub blue cheese crumbles with dairy-free cheese and sub blue cheese dressing with oil, vinegar, and fresh lemon juice.

Macros per serving: 26g F | 13g P | 7.5g NC

Makes 6 servings.



Big Mac Salad

Ingredients

1/2 pound ^{80/20} ground beef
1/4 cup water
2 teaspoons Worcestershire sauce
1 teaspoon paprika
1 teaspoon black pepper
1/4 onion, finely diced
1 romaine lettuce head, thinly sliced
3 baby dill pickles, chopped
4 tablespoons shredded Cheddar cheese
4 tablespoons Thousand Island dressing
2 tablespoons sesame seeds

Directions

1. Over medium heat, cook the ground beef in a pan with the water, Worcestershire, paprika, and pepper until meat is well done.
2. In a separate pan, sauté the onions until translucent.
3. Add beef, onions, lettuce, pickles, cheese, dressing, and sesame seeds to a large bowl and mix.

Macros per serving: 25g F | 25g P | 7g NC

Makes 6 servings.



SALAD BOWL

PROTEIN

| Food Item | Quantity | Fat | Protein | Net Carbs |
|-------------|----------|-----|---------|-----------|
| Bacon | 2 slices | 6g | 5g | 0g |
| Chicken | 3 ounces | 4g | 26g | 0g |
| Egg | 1 whole | 8g | 6g | 1g |
| Ground Beef | 3 ounces | 14g | 21g | 0g |
| Salmon | 3 ounces | 11g | 19g | 0g |
| Shrimp | 3 ounces | 0g | 20g | 0g |
| Steak | 3 ounces | 13g | 23g | 0g |

FATS

| | | | | |
|----------------------|--------------|-----|----|----|
| Avocado | 1/2 | 21g | 3g | 2g |
| Almonds | 1 ounce | 15g | 6g | 3g |
| Avocado or Olive Oil | 1 tablespoon | 14g | 0g | 0g |
| Goat Cheese | 1 ounce | 6g | 5g | 0g |
| Shredded Cheese | 1 ounce | 9g | 6g | 1g |

EXTRAS

| | | | | |
|-----------|---------------|----|----|----|
| Broccoli | 1/4 cup | 0g | 1g | 1g |
| Lettuce | 2 cups | 0g | 0g | 2g |
| Mushrooms | 1/4 cup | 0g | 0g | 0g |
| Onions | 2 tablespoons | 0g | 0g | 2g |

DRESSINGS

| | | | | |
|-----------------|---------------|-----|----|----|
| Ranch | 2 tablespoons | 16g | 0g | 2g |
| Caesar | 2 tablespoons | 17g | 0g | 1g |
| Oil and Vinegar | 2 tablespoons | 16g | 0g | 1g |



Inside-Out Egg Roll

*Dairy-free recipe

Ingredients

- 1 pound ^{80/20} ground beef
- 1 tablespoon sesame oil
- 2 tablespoons olive oil
- $\frac{1}{2}$ cup green onions
- 1 teaspoon minced garlic
- 1 bag shredded cabbage
- 2 tablespoons soy sauce
- 1 teaspoon crushed red pepper

Directions

1. Brown ground beef in pan until thoroughly cooked. Drain excess fat.
2. In a separate pan combine sesame oil, olive oil, green onions, and minced garlic. Fry until tender.
3. Add cabbage and crushed red pepper. Heat until mostly tender.
4. Add in ground beef and onion mixture and combine.

Macros per serving: 28g F | 28g P | 4g NC

Makes 4 servings.



Volcano Roll in a Bowl

*Dairy-free recipe

Ingredients

- 1 tablespoon avocado oil
- 12 precooked shrimp, peeled and deveined
- 4 tablespoons mayonnaise
- 1 tablespoon Sriracha sauce
- 1 cucumber, thinly sliced

Directions

1. In a medium pan heat oil over high heat.
2. Add in shrimp, and cook on each side for 1 to 2 minutes, until warm.
3. Remove pan from heat and stir in mayo and Sriracha with shrimp.
4. Add entire mixture to a bowl and serve with cucumber slices.

Macros per serving: 28g F | 16g P | 3g NC

Makes 4 servings.



Ham and Cheese Roll-ups

Ingredients

- 3 slices of ham (check carb count)
- 3 slices of Swiss or Cheddar cheese
- 1 tablespoon mayonnaise
- 2 low-carb tortillas

Directions

1. Lay ham and cheese on top of each other to create a layer.
2. Spread thin layer of mayo on top.
3. Roll up the ham and cheese.
4. Slice into bite-size rounds.

Macros per serving: 31g F | 27g P | 2g NC

Makes 1 serving.

Avocado Chicken Salad

*Dairy-free recipe

Ingredients

- 2 (6-ounce) chicken breasts, cooked
- 2 tablespoons avocado or olive oil
- 2 small avocados
- 1/4 cup diced red onion
- 1 tablespoon fresh cilantro
- 1 tablespoon lime juice
- Salt and black pepper to taste

Directions

1. In a medium bowl dice chicken into small, bite-size pieces.
2. In a separate bowl combine oil, avocado, onion, cilantro, lime juice, salt, and pepper. Mash the avocado until smooth.
3. Add avocado mixture to the bowl of diced chicken and combine.

Macros per serving: 20g F | 28g P | 3g NC

Makes 4 servings.



Egg Salad

*Dairy-free recipe

Ingredients

6 large eggs, hard-boiled, chopped
1/4 cup mayonnaise
1/4 cup diced celery
1 tablespoon pickle relish
Salt and black pepper to taste
Garlic powder to taste
Onion powder to taste

Directions

1. Place chopped eggs in a medium-size bowl.
2. Stir in mayo, celery, pickle relish, salt, pepper, garlic powder, and onion powder.
3. This can be eaten by itself or added to lettuce cups or a low-carb tortilla!

Macros per serving: 25g F | 13g P | 2g NC

Makes 3 servings.

Tuna Salad

*Dairy-free recipe

Ingredients

1 can of white tuna in water
2 large eggs, hard-boiled, chopped
3/4 cup mayonnaise
1 tablespoon olive oil
1 teaspoon mustard
1/2 teaspoon garlic salt
1/2 teaspoon onion powder
Salt and black pepper to taste

Directions

1. Drain water from can and place tuna in a bowl.
2. Add in eggs, mayo, olive oil, mustard, garlic salt, onion powder, salt, and pepper, and mix well.
3. This can be eaten by itself or added to lettuce cups or a low-carb tortilla!

Macros per serving: 31g F | 11g P | 1g NC

Makes 5 servings.



Low-Carb Tacos

*Dairy-free recipe with modifications

Ingredients

- 1 pound ^{80/20} ground beef
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 large lettuce leaves or low-carb, gluten-free tortillas (under 7g net carbs)
- 1/4 cup shredded Cheddar cheese (omit if dairy-free)
- 1/2 avocado, diced
- Dash of Sriracha

Directions

1. Heat large skillet over medium-high heat. Add beef and cook until thoroughly cooked. Drain excess liquid.
2. In a small bowl mix together chili powder, cumin, paprika, garlic powder, onion powder, salt, and pepper.
3. Return beef to pan and add taco seasoning mix. Stir.
4. Add hamburger mixture to the tortilla and top with cheese, avocado, and Sriracha.

Macros per serving: 24g F | 31g P | 6g NC

Makes 4 servings.



Taco Soup

Ingredients

- 2 pounds ^{80/20} ground beef
- 1 small onion, diced
- 2 teaspoons minced garlic
- 1 can of Ro-Tel Original diced tomatoes and green chilies
- 1 packet of taco seasoning
- 1 (8-ounce) package cream cheese
- 4 cups chicken broth
- Shredded Cheddar
- Bacon crumbles

Directions

1. Over medium heat, in a skillet, brown ground beef, onion, and minced garlic until thoroughly cooked. Drain excess liquid.
2. In a slow cooker or Instant Pot, combine can diced tomatoes and green chilies, taco seasoning, cream cheese, and chicken broth with the beef mixture.
3. If using a slow cooker, cook on high for 2 hours or on low for 4 hours. If using an Instant Pot, cook at high pressure for 15 minutes.
4. To serve, top with cheese and bacon.

Macros per serving: 17g F | 19g P | 3g NC

Makes 14 servings.



TACO BOWL

PROTEIN

| Food Item | Quantity | Fat | Protein | Net Carbs |
|-------------------|----------|-----|---------|-----------|
| 80/20 Ground Beef | 3 ounces | 14g | 21g | 0g |
| 90/10 Ground Beef | 3 ounces | 9g | 23g | 0g |
| Shredded Chicken | 3 ounces | 4g | 26g | 0g |
| Ground Turkey | 3 ounces | 15g | 21g | 0g |

FATS

| | | | | |
|----------------------|---------------|-----|----|----|
| Avocado | 1/2 | 21g | 3g | 2g |
| Avocado or Olive Oil | 1 tablespoon | 14g | 0g | 0g |
| Cheddar Cheese | 1 ounce | 9g | 6g | 1g |
| Sour Cream | 2 tablespoons | 6g | 1g | 1g |

EXTRAS

| | | | | |
|--------------------------------|---------------|----|----|----|
| Bell Pepper | 1/2 cup | 0g | 1g | 2g |
| Jalapeños | 1 tablespoon | 0g | 0g | 0g |
| Lettuce | 1 cup | 0g | 0g | 1g |
| Mushrooms | 1/4 cup | 0g | 0g | 0g |
| Onions | 2 tablespoons | 0g | 0g | 2g |
| Salsa | 1 tablespoon | 0g | 0g | 1g |
| Low-Carb, Gluten-Free Tortilla | 1 | 2g | 3g | 3g |



Low-Carb Pizza

Ingredients

- 2 tablespoons marinara or pizza sauce
- 1 low-carb tortilla (under 7g net carbs)
- 1/4 cup shredded mozzarella cheese
- 4 slices pepperoni

Directions

1. Preheat oven to 400 degrees.
2. Spread thin layer of marinara sauce onto the low-carb tortilla.
3. Top with cheese and pepperoni.
4. Bake directly on oven rack for 5 to 6 minutes until cheese is bubbly.

Macros per serving: 23g F | 18g P | 8g NC

Makes 1 serving.



Pork Rind Nachos

Ingredients

- 2 ounces pork rinds
- 1 cup shredded Cheddar cheese
- 10 ounces slow-cooked chicken or beef roast in au jus (I used Hormel brand)
- 1/4 cup black olives, sliced
- 1 tablespoon jalapeños, sliced
- 2 tablespoons salsa
- 2 tablespoons guacamole
- 2 tablespoons sour cream

Directions

1. Set oven to broil.
2. Use foil to cover baking sheet, then spread out pork rinds and top with cheese.
3. Broil until cheese melts, about 3 minutes.
4. Top the rinds and cheese with roast, olives, jalapeños, salsa, guacamole, and sour cream, and enjoy!

Macros per serving: 21.5g F | 29g P | 4g NC

Makes 4 servings.



BURGER BOWL

PROTEIN

| Food Item | Quantity | Fat | Protein | Net Carbs |
|-------------|----------|-----|---------|-----------|
| Ground Beef | 3 ounces | 14g | 21g | 0g |
| Egg | 1 whole | 8g | 6g | 1g |
| Bacon | 2 slices | 6g | 5g | 0g |

FATS

| | | | | |
|----------------------|--------------|-----|----|----|
| Avocado | 1/2 | 21g | 3g | 2g |
| Avocado or Olive Oil | 1 tablespoon | 14g | 0g | 0g |
| Goat Cheese | 1 ounce | 6g | 5g | 0g |
| Sliced Cheese | 1 ounce | 9g | 6g | 1g |

TOPPINGS

| | | | | |
|-----------|---------------|----|----|----|
| Tomato | 1/4 cup | 0g | 0g | 1g |
| Lettuce | 2 cups | 0g | 0g | 2g |
| Mushrooms | 1/4 cup | 0g | 0g | 0g |
| Onions | 2 tablespoons | 0g | 0g | 2g |

DRESSINGS

| | | | | |
|-------------------|--------------|-----|----|----|
| Mayonnaise | 1 tablespoon | 10g | 0g | 0g |
| Mustard | 1 teaspoon | 0g | 0g | 0g |
| Low-Sugar Ketchup | 1 tablespoon | 0g | 0g | 1g |



Salsa Chicken

*Dairy-free recipe with modifications

Ingredients

- 3 tablespoons olive oil, divided
- 2 cooked chicken breasts
- 1/2 (6-ounce) can tomato paste
- 1/4 cup chopped cilantro
- 1 tablespoon cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Directions

1. Heat 2 tablespoons of olive oil on skillet over medium-high heat.
2. Shred cooked chicken breasts and add to skillet.
3. Add in remaining 1 tablespoon olive oil, tomato paste, cilantro, cumin, cayenne pepper, garlic powder, and onion powder and cook until thoroughly heated.

Note: This dish is higher in protein than it is fat. To increase the fats, serve with half of an avocado, sour cream, and/or cheese.

Macros per serving: 13g F | 20g P | 1g NC

Makes 4 servings.



One-Pan Paprika Chicken and Veggies

*Dairy-free recipe with modifications

Ingredients

- 2 tablespoons paprika
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon turmeric
- 1/2 teaspoon garlic powder
- 1 pound boneless and skinless chicken thighs
- 1 tablespoon avocado oil
- 1/2 large yellow onion, halved and sliced
- 1 cup cherry tomatoes
- 4 ounces baby spinach, finely chopped
- Fresh cilantro, finely chopped
- 2/3 cup full-fat coconut milk

Directions

1. Mix the paprika, salt, pepper, turmeric, and garlic powder together in a bowl, then add the chicken thighs and coat with the mixture.
2. In a pan over medium heat, heat avocado oil and add the chicken. Cook the chicken about 4 to 6 minutes on each side.
3. Add the onions and tomatoes, stir, and cook 5 to 6 more minutes. Mash the tomatoes to let out the juices in the pan.
4. Add in spinach, cilantro, and coconut milk and stir again.
5. Cook about 8 to 10 minutes more until chicken is fully cooked and enjoy!

Macros per serving: 18g F | 24g P | 5g NC

Makes 4 servings.

Creamy Chicken

Ingredients

- 12 ounces cream cheese
- 1 cup bone broth
- 2 pounds boneless, skinless chicken breast
- 2 (1-ounce) packets dry ranch seasoning mix
- 1/2 cup shredded Cheddar cheese
- 8 ounces cooked bacon, crumbled

Directions

1. Cut the cream cheese into large cubes.
2. Pour bone broth into an Instant Pot or a slow cooker.
3. Add in chicken and place the cream cheese and ranch seasoning mix over the chicken.
4. Turn your Instant Pot on high and cook for 12 minutes, then quick release. If using a slow cooker, turn on low for 5 hours.
5. Remove and shred the chicken.
6. Place the shredded chicken back into the pot and add cheese and bacon. Use them as toppings or mix all of them together.

Macros per serving: 20g F | 31g P | 5g NC

Makes 8 servings.



Pesto Chicken with Asparagus and Tomatoes

*Dairy-free recipe

Ingredients

- 1 pound boneless, skinless chicken thighs, sliced into strips
- Salt and black pepper to taste
- 2 tablespoons olive oil
- 1/3 cup chopped sun-dried tomatoes, divided
- 1 pound asparagus, trimmed and cut in half
- 1/4 cup basil pesto
- 1 cup cherry tomatoes, halved

Directions

1. Season chicken with salt and pepper.
2. In a large pan over medium heat, cook the olive oil, chicken thighs, and half of the sun-dried tomatoes for 5 to 10 minutes. Stir to ensure chicken is evenly and fully cooked. Set chicken and tomatoes to the side. Keep oil in pan.
3. In the same pan on medium heat, add asparagus. Season with salt and pepper. Add remaining half of sun-dried tomatoes and cook 5 to 10 minutes. Ensure asparagus is fully cooked. Move asparagus to serving plate.
4. In the same pan on medium-low heat, cook chicken and pesto 1 to 2 minutes, then remove from heat. Add in cherry tomatoes and mix.
5. Place chicken and tomatoes with asparagus to serve.

Macros per serving: 32g F | 23g P | 8g NC

Makes 4 servings.

Chicken, Bacon, and Ranch Casserole

Ingredients

- 1 pound rotisserie chicken, chopped
- 1/2 pound bacon, cooked and chopped
- 1 cup shredded Cheddar cheese
- 4 large eggs
- 1/2 cup heavy whipping cream
- 1/2 cup full-fat ranch dressing

Directions

1. Preheat oven to 350 degrees.
2. Lightly coat a nonstick rimmed sheet with cooking spray.
3. Add chicken and bacon to the sheet and top with cheese.
4. In a bowl mix eggs, whipping cream, and dressing and pour over the meat and cheese.
5. Bake for 30 to 35 minutes.

Macros per serving: 29g F | 33g P | 4g NC

Makes 8 servings.



Cheesy BBQ Bacon Meatballs

Ingredients

- 1 pound 80/20 ground beef
- 1 pound ground sausage
- 1 large egg
- 1 small finely diced onion
- 1/2 cup shredded Cheddar cheese
- 2 pieces of cooked bacon, crumbled
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- Sugar-free BBQ sauce

Directions

1. Preheat oven to 350 degrees.
2. Combine beef, sausage, egg, onion, cheese, bacon, chili powder, onion powder, garlic powder, salt, and pepper in a bowl. Form 12 equal-sized balls and place in a greased muffin tin.
3. Bake in oven for 40 minutes. Ten minutes prior to completion, drizzle sugar-free BBQ sauce on top.

Macros per serving: 30g F | 42g P | 1g NC

Makes 6 servings (2 balls per serving).



BBQ Bacon Meatloaf

Ingredients

- 1 pound ^{80/20} ground beef
- 1 pound ground sausage
- 1 large egg
- 1 small finely diced onion
- 1/2 cup shredded Cheddar cheese
- 2 pieces of cooked bacon, crumbled
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- Sugar-free BBQ sauce

Directions

1. Preheat oven to 350 degrees.
2. Combine beef, sausage, egg, onion, cheese, bacon, chili powder, onion powder, garlic powder, salt, and pepper in a bowl. Add beef mixture to a greased loaf pan.
3. Cook in oven for 60 minutes. Ten minutes prior to completion, drizzle sugar-free BBQ sauce on top.

Macros per serving: 30g F | 42g P | 1g NC

Makes 6 servings.

Low-Carb Meatloaf

Ingredients

- 1 1/2 pounds ground beef
- 4 ounces crushed pork rinds
- 1/4 cup tomato sauce
- 1 large egg
- 1/2 cup grated Parmesan cheese
- 1/4 cup diced onion
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic salt
- 1/2 teaspoon onion powder

Directions

1. Preheat oven to 350 degrees.
2. In a medium bowl combine beef, pork rinds, tomato sauce, egg, Parmesan, onion, salt, pepper, garlic salt, and onion powder.
3. Add beef mixture to a greased loaf pan.
4. Bake for 1 hour, serve, and enjoy!

Macros per serving: 24g F | 25g P | 1g NC

Makes 8 servings.



Beef and Broccoli Stir-Fry

*Dairy-free recipe with modifications

Ingredients

- 1 tablespoon butter (or vegan butter), divided
- 10 ounces ^{80/20} ground beef
- 9 ounces broccoli, small florets and chopped stems
- 1 tablespoon mayonnaise
- Salt and black pepper to taste

Directions

1. In a large pan over high heat, add $\frac{1}{2}$ tablespoon butter and brown the beef until almost fully cooked. Drain the fat.
2. Lower the heat and add remaining $\frac{1}{2}$ tablespoon butter. Add broccoli and cook for 4 minutes while stirring both the beef and broccoli together.
3. Mix in mayo, salt, and pepper. Enjoy!

Macros per serving: 34g F | 23g P | 5g NC

Makes 2 servings.



Spinach and Cheese-Stuffed Burgers

Ingredients

- 1 pound ^{80/20} ground beef
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon black pepper
- 2 cups fresh baby spinach
- $\frac{1}{2}$ cup mozzarella shredded cheese (about 4 ounces)
- 2 tablespoons grated Parmesan cheese

Directions

1. In a medium bowl combine beef, salt, and pepper.
2. Scoop out the mixture (about $\frac{1}{3}$ cup) evenly to create eight patties.
3. Over medium-high heat, sauté the spinach in a pan until wilted. Drain excess liquid.
4. Chop the cooked spinach and place in a bowl. Add mozzarella and Parmesan, and mix together.
5. Scoop out this mixture (about $\frac{1}{4}$ cup) evenly and place in the center of four patties.
6. Place each of the four plain patties on top of the patty with mixture.
7. Round out all edges and slightly flatten into one full patty (4 total).
8. Grill or pan-fry on medium-high for 5 to 7 minutes on each side.

Macros per serving: 25g F | 25g P | 1g NC

Makes 4 servings.

Shrimp Fried Cauliflower Rice

*Dairy-free recipe with modifications

Ingredients

1 small onion, diced
4 tablespoons olive oil, divided
1/4 cup chopped broccoli
1 bag frozen riced cauliflower
Soy sauce (or coconut aminos) to taste
1 large egg
Garlic salt to taste
12 ounces cooked shrimp

Directions

1. In a skillet over medium-high heat, sauté the onions in 2 tablespoons of oil until they are tender. Add in broccoli and cook until soft.
2. Add cauliflower and cook until no longer frozen.
3. Add soy sauce.
4. Using half of the pan, scramble the egg. Once scrambled, combine it with the cauliflower mixture.
5. Add garlic salt.
6. In separate pan heat the remaining 2 tablespoons of oil in a skillet over medium-high heat.
7. Add shrimp and sauté until heated thoroughly, approximately 10 minutes. Add on top of riced cauliflower.

Macros per serving: 14g F | 21g P | 2g NC

Makes 4 servings.

Shrimp Ceviche

Ingredients

1 pound fresh shrimp, cooked, peeled, deveined, and chopped
1 avocado, chopped
1/2 cup cilantro, coarsely chopped
1 cucumber, peeled and chopped
1/3 cup fresh lime juice
1/2 cup red onion, chopped
1/2 cup tomatoes, chopped
1/2 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon olive oil

Directions

1. Add shrimp, avocado, cilantro, cucumber, lime juice, onion, tomatoes, salt, pepper, and olive oil into a large bowl, then stir to combine well.
2. Serve immediately.
3. Option: Cover and place in refrigerator to sit and marinate for 1-4 hours before serving.

Macros per serving: 9g F | 28g P | 4g NC

Makes 4 servings.



Chili Salmon and Sautéed Veggies

Ingredients

4 tablespoons butter
2 teaspoons chili paste
1 pound wild-caught salmon
1 pound asparagus, chopped to 4-inch lengths
Salt and black pepper to taste
4 ounces cherry tomatoes, halved
2 tablespoons olive oil, divided
2 tablespoons thyme (dried or fresh)
1 ounce almonds, sliced (optional)

Directions

1. In a pan over medium heat, melt butter fully but don't allow it to burn. Set to the side and keep warm.
2. In a small bowl mix chili paste with 2 tablespoons water and spread over the salmon. Add salt and pepper to your liking.
3. In a large pan over medium-high heat, add 1 tablespoon olive oil and cook the salmon for several minutes on both sides.
4. Add remaining 1 tablespoon olive oil to the pan and sauté the asparagus and tomatoes for 2 to 3 minutes.
5. Serve salmon with sautéed veggies and top with thyme, almonds, and melted butter.

Macros per serving: 26g F | 25g P | 4g NC

Makes 4 servings.



SIDES



90-Second Bread

Ingredients

- 1 1/4 tablespoons butter, softened, divided
- 1 large egg
- 1 tablespoon coconut flour
- 1 teaspoon sour cream
- 1/4 teaspoon baking powder
- 1 tablespoon shredded Cheddar cheese

Directions

1. Add 1/4 tablespoon butter, egg, coconut flour, sour cream, baking powder, and cheese to a microwave-safe bowl and mix together.
2. Heat mixture for 90 seconds in microwave, remove, and let sit until cool.
3. Melt 1 tablespoon of butter on the stove.
4. Cut the bread in half and heat each side in a skillet until firm.

Macros per serving: 24g F | 9g P | 3g NC

Makes 1 serving.



Fried Green Beans

*Dairy-free recipe

Ingredients

- 4 cups fresh green beans
- 2 tablespoons olive or avocado oil
- 2 teaspoons minced garlic
- Salt and black pepper to taste
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic salt
- 1 tablespoon liquid aminos, coconut aminos, or soy sauce

Directions

1. Trim ends off green beans and place in a microwave-safe bowl.
2. Microwave on high for 9 minutes to soften.
3. In a skillet heat oil over medium-high heat. Add garlic and sauté until fragrant.
4. Add green beans, salt, pepper, cayenne, and onion powder and sauté for 4 to 5 minutes.
5. Just before removing from heat, add in liquid aminos and sauté an additional 1 to 2 minutes.

Macros per serving: 7g F | 1g P | 2g NC

Makes 4 servings.



Cauli-Mash

Ingredients

- 1 (12-ounce) bag of riced cauliflower or cauliflower florets
- 2 tablespoons butter
- 4 tablespoons heavy whipping cream
- Salt and black pepper to taste

Directions

1. Pierce bag of cauliflower and microwave on high for 4 minutes. Cauliflower should be soft.
2. Once thoroughly heated, add cauliflower, butter, whipping cream, salt, and pepper into a food processor and blend until thoroughly combined. If no food processor is available, a traditional blender can be used.
3. Serve alongside one of your favorite main courses.

Macros per serving: 12g F | 2g P | 3g NC

Makes 4 servings.



Zesty Broccoli

*Dairy-free recipe

Ingredients

- 1 (10-ounce) bag of broccoli (fresh or frozen)
- 2 tablespoons of olive oil
- 1 tablespoon of liquid aminos, coconut aminos, or soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Directions

1. Preheat oven to 425 degrees.
2. In a large resealable baggie or bowl, combine broccoli, olive oil, aminos, salt, pepper, garlic powder, and onion powder and mix.
3. Spread broccoli mixture evenly on a foil-lined baking sheet.
4. Cook in oven for 30 minutes (fresh) or 40 minutes (frozen). Broccoli should be tender and browning around the edges.

Macros per serving: 7g F | 2g P | 3g NC

Makes 4 servings.



Cauliflower Mac-n-Cheese

Ingredients

- 1 large head of cauliflower, cut into small pieces
- 1 cup heavy cream
- 1 teaspoon Dijon mustard
- 2 ounces cream cheese, cut into small pieces
- 2 cups shredded Cheddar cheese, divided, plus 1/2 cup for topping
- Salt and black pepper to taste
- 1/2 teaspoon garlic powder

Directions

1. Preheat oven to 375 degrees.
2. In a large pot bring water to a boil. Add in cauliflower and cook for 5 minutes. The cauliflower should be somewhat tender, but not fully cooked.
3. Drain cauliflower and use paper towels to pat dry and absorb excess liquid.
4. Spray 8 x 8-inch baking dish with cooking spray. Transfer cauliflower to baking dish.
5. Bring the cream and mustard to a simmer over medium-low heat in a pan and add the cream cheese. Stir in 1 1/2 cups of shredded Cheddar, salt, pepper, and garlic powder and whisk until completely melted.
6. Remove from heat and pour over cauliflower. Use a spoon to mix together.
7. Top the dish with remaining 1/2 cup of shredded Cheddar and cook in oven for 15 minutes.

Tip: Broiling for the last 2 minutes gives a nice browned and bubbly topping.

Macros per serving: 20g F | 8g P | 4g NC

Makes 9 servings.

Creamed Spinach

Ingredients

- 1 (16-ounce) package of fresh spinach
- 2 tablespoons butter
- 1 teaspoon minced garlic
- 2 ounces cream cheese
- 1/2 cup heavy cream
- 1/4 cup shredded Parmesan cheese
- 1/2 teaspoon onion powder
- Salt and black pepper to taste

Directions

1. Chop the fresh spinach into small pieces.
2. In a large skillet over medium heat, sauté butter and garlic. Mix in spinach and cook until spinach is wilted. Remove from heat.
3. In a separate pan mix cream cheese, heavy cream, and Parmesan together. Cook over medium-high heat, stirring frequently, until the entire mixture is melted.
4. Add onion powder, salt, and pepper.
5. Combine the melted cheese sauce to the spinach pan.

Macros per serving: 16g F | 4g P | 2g NC

Makes 6 servings.



DESSERTS AND SNACKS



Cinnamon Sugar Tortilla

*Dairy-free recipe with modifications

Ingredients

- 1 tablespoon butter (or vegan butter)
- 1 small low-carb tortilla
- 1 tablespoon granulated Swerve or stevia
- 1 teaspoon ground cinnamon

Directions

1. In a large skillet melt butter over medium-high heat.
2. Add tortilla and cook for 30 seconds on each side.
3. Top with 1/2 tablespoon of Swerve and 1/2 teaspoon of cinnamon on each side, continuously flipping over heat.
4. Remove from heat and roll up. For extra fat, an extra 1/2 tablespoon of butter can be added as a topping.

Macros per serving: 13g F | 3g P | 4.5g NC

Makes 1 serving.



Keto Candied Pecans

*Dairy-free recipe with modifications

Ingredients

- 3 tablespoons butter (or vegan butter)
- 1 cup whole pecans
- 3 tablespoons granulated Swerve or stevia
- 1 tablespoon ground cinnamon

Directions

1. In a medium-sized pan over medium-high heat, melt butter.
2. Stir in pecans, Swerve or stevia, and cinnamon.
3. Continuously stirring, cook for 5 minutes until thoroughly coated.
4. Remove from heat and allow to cool for 5 minutes.
5. Add additional 1 tablespoon of Swerve on top and stir to coat.

Macros per serving: 14g F | 1g P | 5g NC

Makes 8 servings.



Keto Chocolate Chip Cookies

Ingredients

- 1 cup almond flour
- 1/3 cup coconut flour
- 1 tablespoon xanthan gum
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup butter (or vegan butter), softened
- 1/2 cup erythritol (Swerve)
- 1 teaspoon pure vanilla extract
- 2 large eggs
- 1/3 cup Stevia-sweetened chocolate chips

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl combine almond flour, coconut flour, xanthan gum, baking soda, baking powder, and salt.
3. In a separate bowl mix together butter, erythritol, and vanilla until well combined. Add in eggs and mix until smooth.
4. Combine the butter mixture and the flour mixture and stir with a spoon. This should be a dough consistency. If not, continue to add 1 tablespoon of almond flour until a dough consistency is reached.
5. Fold in chocolate chips and refrigerate for 30 minutes.
6. Roll the dough into 16 separate balls and place on a greased cookie sheet. Flatten slightly with the back of a spoon or spatula.
7. Cook in oven for 8 to 10 minutes or until the bottoms are slightly browned.
8. Remove from oven and allow the cookies to rest on the heated cookie sheet for 20 minutes.

Macros per serving: 10g F | 3g P | 2g NC

Makes 16 servings.



Peanut Butter Bliss

*Dairy-free recipe with modifications

Ingredients

8 ounces peanut butter
1/3 cup powdered erythritol (Swerve)
2 tablespoons butter (or vegan butter),
melted

Directions

1. Put peanut butter, erythritol, and butter in a bowl.
2. Mix well and enjoy!

Macros per serving: 17g F | 5.5g P | 5g NC

Makes 8 servings.

Chocolate Peanut Butter Bliss

*Dairy-free recipe with modifications

Ingredients

8 ounces peanut butter
1/3 cup powdered erythritol (Swerve)
1/4 cup cocoa powder, unsweetened
3 tablespoons butter (or vegan butter),
melted

Directions

1. Put peanut butter, erythritol, cocoa powder, and butter in a bowl.
2. Mix well and enjoy!

Macros per serving: 18g F | 7g P | 5.5g NC

Makes 8 servings.



Cookie Dough Fat Bomb

Ingredients

- 1 (8-ounce) package cream cheese, softened
- 3 tablespoons butter, softened
- 6 tablespoons all-natural peanut butter (no sugar added)
- 1 tablespoon pure vanilla extract
- 1/3 cup powdered erythritol (Swerve)
- 1/3 cup dark chocolate chips (Lily's if budget allows!)

Directions

1. Mix cream cheese, butter, peanut butter, vanilla, and erythritol together in the bowl of a mixer until well combined.
2. Fold in chocolate chips.
3. Scoop mixture into 12 balls on a cookie sheet and freeze for 1 hour.
4. Cookie dough balls can be stored in the freezer. Remove from freezer 20 minutes prior to eating in order to thaw.

Macros per serving: 16g F | 2.5g P | 4g NC

Makes 12 servings.



Snacks

Macadamia Nuts

1 ounce

21g F | 2g P | 1g NC

Almonds

1 ounce

15g F | 7g P | 4g NC

Celery and Peanut Butter

2 stalks and 2 tablespoons

16g F | 7g P | 4g NC

Pork Rinds

2 ounces

5g F | 8g P | 0g NC

Cheese Stick

1 stick

6g F | 7g P | 1g NC

Tuna Creations

1 package

1g F | 15g P | 1g NC

Cheese Whips

1 ounce

11g F | 13g P | 1g NC

Prosciutto

1 ounce

3g F | 8g P | 1g NC

Flackers, Sea Salt

10 crackers

12g F | 6g P | 1g NC

Wholly Guacamole

2 ounces

9g F | 1g P | 2g NC

Sliced Cucumber

1 ounce

0g F | 0g P | 1g NC

Kirkland Roasted Seaweed

1 package

8g F | 5g P | 0g NC

Pickles

6 slices

0g F | 0g P | 1g NC

Olives

8 pieces

5g F | 0g P | 0g NC

Jimmy Dean Bacon Scramblers

1 package

21g F | 24g P | 2g NC

Starbucks Egg Bites

1 order

22g F | 19g P | 9g NC



VEGAN RECIPES



Vanilla Overnight “Oats”

Ingredients

- 1 cup full-fat coconut milk, divided
- 2 tablespoons chia seeds
- 1/4 cup hemp hearts
- 2 teaspoons of Swerve or stevia (granular)
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon salt
- 10 almonds for topping

Directions

1. Add 2/3 cup coconut milk, chia seeds, hemp hearts, Swerve or stevia, vanilla, and salt to a large container and mix. Cover the container and allow to chill in the fridge for no less than 8 hours.
2. After 8 hours, top your “oats” with remaining 1/3 cup coconut milk and almonds.

Macros per serving: 36g F | 13g P | 4g NC

Makes 2 servings.

Breakfast Shake

Ingredients

- 1 scoop vegan protein powder (OWYN is a great brand)
- 1 cup full-fat coconut milk
- 2 teaspoons stevia

Directions

1. Add protein powder, coconut milk, and stevia to a shaker or mixer.
2. Shake or mix well to combine thoroughly.

Macros per serving: 36g F | 12g P | 8g NC

Makes 1 serving.



Breakfast Scramble

Ingredients

- 1 package firm tofu
- 3 tablespoons avocado or olive oil
- 2 tablespoons onion, chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon turmeric
- Salt and black pepper to taste
- 2 tablespoons nutritional yeast
- 1 cup fresh spinach
- 4 grape tomatoes
- 3 ounces vegan shredded Cheddar cheese
- 2 avocados

Directions

1. Squeeze any water out of tofu using a paper towel.
2. In a skillet over medium-high heat, add oil and sauté onions until they become translucent.
3. Add block of tofu and garlic powder, turmeric, salt, and pepper. Mash until tofu develops a scrambled egg consistency.
4. Continue to cook so that there is no excess liquid, then add yeast, spinach, tomatoes, and cheese.
5. Cook until cheese has melted.
6. Serve with half an avocado.

Macros per serving: 32g F | 13g P | 7g NC

Makes 4 servings.



Cashew Crack Slaw

Ingredients

3 tablespoons avocado or olive oil
1/2 small onion, diced
1 bell pepper, finely diced
1 cup mushrooms, sliced
1 cup cashews, chopped or whole
4 cups shredded cabbage
1/4 cup liquid aminos, coconut aminos, or soy sauce
Salt and black pepper to taste

Directions

1. In a large pan on medium-high heat, add the oil and onions and stir-fry for 2 to 3 minutes.
2. Add peppers, mushrooms, and cashews and stir-fry an additional 5 minutes.
3. Next add cabbage and aminos. Mix well and cook until cabbage becomes wilted. Then add salt and pepper.

Macros per serving: 23g F | 7g P | 11g NC

Makes 3 servings.



Creamy Zucchini Pasta

Ingredients

1 avocado
1 teaspoon garlic
1/2 cup fresh basil leaves
1 tablespoon lime juice
3 tablespoons avocado or olive oil, divided
Water, as needed
2 zucchinis, spiralized
Salt and black pepper to taste

Directions

1. In a food processor blend avocado, garlic, basil, and lime juice until smooth. Slowly stir in 2 tablespoons of oil. Add water to reach a sauce-like consistency.
2. In a pan over medium-high heat, sauté zucchini noodles in the remaining 1 tablespoon oil until tender.
3. Remove from heat and drain any excess liquid. Add avocado dressing and toss before serving.

Macros per serving: 31g F | 3g P | 3g NC

Makes 2 servings.



Mexican Cauliflower Rice

Ingredients

3 cups cauliflower florets
3 tablespoons avocado or olive oil
1/2 onion, small diced
1 jalapeño, chopped
3 teaspoons minced garlic
1 tablespoon fresh cilantro, chopped
1/2 teaspoon chili powder
1/2 teaspoon cumin
Salt and black pepper to taste
1 tomato, medium diced
1/2 cup diced bell pepper
1 1/2 avocados

Directions

1. Use a food processor to chop cauliflower until it resembles rice.
2. In a large pan over medium heat, add oil, onions, jalapeño, and garlic. Cook until garlic is fragrant.
3. Add chili powder, cumin, salt, and tomato and cook about 3 minutes.
4. Add in bell pepper and cauliflower rice and pan-fry for 3 to 4 minutes until rice is tender.
5. Top with cilantro and serve with half an avocado.

Macros per serving: 31g F | 6g P | 9g NC

Makes 3 servings.



VEGAN STIR-FRY BOWLS

PROTEIN

| Food Item | Quantity | Fat | Protein | Net Carbs |
|-------------|----------|-----|---------|-----------|
| Chia Seeds | 1/4 cup | 12g | 7g | 3g |
| Edamame | 1/2 cup | 4g | 9g | 3g |
| Hemp Hearts | 1/4 cup | 17g | 13g | 0g |
| Seitan | 3 ounces | 2g | 21g | 3g |
| Tofu | 4 ounces | 3g | 8g | 3g |

FATS

| | | | | |
|----------------------|--------------|-----|----|----|
| Avocados | 1/2 | 21g | 3g | 2g |
| Avocado or Olive Oil | 1 tablespoon | 14g | 0g | 0g |
| Vegan Butter | 1 tablespoon | 11g | 0g | 0g |

VEGGIES

| | | | | |
|------------------|---------------|----|----|----|
| Baby Spinach | 1/2 cup | 0g | 0g | 0g |
| Bell Peppers | 1/2 cup | 0g | 1g | 2g |
| Broccoli | 1/2 cup | 0g | 1g | 2g |
| Brussels Sprouts | 1/2 cup | 0g | 1g | 2g |
| Mushrooms | 1/4 cup | 0g | 0g | 0g |
| Onions | 2 tablespoons | 0g | 0g | 2g |



VEGAN SALAD BOWL

PROTEIN

| Food Item | Quantity | Fat | Protein | Net Carbs |
|-------------|----------|-----|---------|-----------|
| Chia Seeds | 1/4 cup | 12g | 7g | 3g |
| Edamame | 1/2 cup | 4g | 9g | 3g |
| Hemp Hearts | 1/4 cup | 17g | 13g | 0g |
| Seitan | 3 ounces | 2g | 21g | 3g |
| Tofu | 4 ounces | 3g | 8g | 3g |

FATS

| | | | | |
|---------------|---------|-----|----|----|
| Avocados | 1/2 | 21g | 3g | 2g |
| Almonds | 1 ounce | 14g | 0g | 0g |
| Pumpkin Seeds | 1/4 cup | 14g | 9g | 2g |

VEGGIES

| | | | | |
|--------------|---------------|----|----|----|
| Baby Spinach | 1/2 cup | 0g | 0g | 0g |
| Lettuce | 2 cups | 0g | 0g | 2g |
| Romaine | 2 cups | 0g | 1g | 2g |
| Bell Peppers | 1/2 cup | 0g | 1g | 2g |
| Broccoli | 1/2 cup | 0g | 1g | 2g |
| Mushrooms | 1/4 cup | 0g | 0g | 2g |
| Onions | 2 tablespoons | 0g | 0g | 2g |
| Tomatoes | 1/3 cup | 0g | 1g | 2g |

DRESSINGS

| | | | | |
|----------------------|---------------|-----|----|----|
| Annie's Goddess | 2 tablespoons | 12g | 1g | 2g |
| Balsamic Vinaigrette | 2 tablespoons | 10g | 0g | 3g |
| Oil and Vinegar | 2 tablespoons | 18g | 0g | 0g |
| Vegan Caesar | 2 tablespoons | 7g | 0g | 1g |
| Vegan Ranch | 2 tablespoons | 15g | 0g | 1g |

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RESTAURANT OPTIONS



Arby's

Grand Turkey Club

Order a Grand Turkey Club with no bun. Instead of fries, opt for a side salad with ranch or Caesar dressing. Or order a bunless sandwich à la carte.

20g F | 26g P | 4g NC (entrée only)

Roast Beef Gyro

Order a Roast Beef Gyro with no flatbread. Instead of fries, opt for a side salad with ranch or Caesar dressing. Or order the entrée à la carte.

23g F | 17g P | 4g NC

Buffalo Wild Wings

Wings and Tenders

While chicken wings and naked tenders are great from a low-carb perspective, they are high in protein.

Naked Wings (16gF | 35gP | 0gNC)

Naked Tenders, 3-piece (0gF | 37gP | 0gNC)

Chicken Caesar Salad

Order without croutons or garlic bread.

50g F | 42g P | 8g NC

Grilled Chicken Santa Fe Salad

Order without corn, tortillas, or chips and with southwestern ranch dressing.

79g F | 49g P | 12g NC

Garden Chicken Salad

Order without the croutons or bread and with blue cheese or ranch dressing.

47g F | 41g P | 12g NC

BYOB (Build Your Own Burger)

All of the options below are keto-friendly. Order by selecting your protein, cheese, and toppings.

Protein Base:

Hamburger patty (32g F | 30g P | 0g NC)

Grilled chicken breast (27g F | 29g P | 1g NC)

Cheese:

American cheese (5g F | 3g P | 2g NC)

Cheddar jack cheese (4.5g F | 3g P | 1g NC)

Cheddar cheese (7g F | 5g P | 0g NC)

Swiss cheese (4g F | 4g P | 0g NC)

Pepper jack cheese (6g F | 4g P | 0g NC)

Toppings:

Bacon slices (8g F | 8g P | 0g NC)

Beer-braised mushrooms (0g F | 2g P | 4g NC)

Avocado (15g F | 2g P | 2g NC)

Mayonnaise (10g F | 0g P | 0g NC)

Mustard (0g F | 0g P | 0g NC)

Burger King

Breakfast Sausage, Egg, and Cheese Sandwich

Order a “Croissan’wich” sausage, egg, and cheese sandwich. Before eating, remove the bun.

25g F | 16g P | 1g NC

Breakfast Platter

Ask for two sausage patties and two eggs à la carte.

Sausage and Eggs (36g F | 24g P | 5g NC)

Bunless Cheeseburgers

Order two single cheeseburgers with no bun. Cheeseburgers come with pickles and ketchup and will be served on a platter. Add mayo for additional fat.

Cheeseburgers (18g F | 20g P | 4g NC)

Chicken Club Salad

Order a Chicken Club Salad without croutons.

35g F | 35g P | 9g NC

Chick-fil-A

Thank goodness for Chick-fil-A! Please pay very close attention to the macros for various sauces. I have included a sauce list below to help you find the best option for you.

Sausage, Egg, and Cheese Biscuit

Order a sausage, egg, and cheese biscuit and throw away the biscuit.

40g F | 20g P | 4g NC (sandwich only)

8-Count Chicken Nuggets

Original (12g F | 18g P | 8g NC)

Grilled (3g F | 25g P | 2g NC)

Side Salad

Order a side salad in place of fries. Use the dressing list below to select a dressing that will keep you on track for your daily macro goal.

5g F | 5g P | 3g NC

Dressings and Sauces

Garlic and Herb Ranch Dressing (29g F | 1g P | 2g NC)

Avocado and Lime Ranch Dressing (32g F | 1g P | 3g NC)

Chick-fil-A Sauce (13g F | 0g P | 6g NC)

Garlic and Herb Ranch Sauce (14g F | 0g P | 1g NC)

Zesty Buffalo Sauce (4.5g F | 0g P | 1g NC)

Chili's

Appetizers

Buffalo Wings (65g F | 62g P | 5g NC)

Cup of Chili (14g F | 14g P | 6g NC)

Fresco Salad (10g F | 3g P | 6g NC)

Bunless Burgers

Guacamole Burger (65g F | 50g P | 5g NC)

Sunrise Burger (70g F | 62g P | 3g NC)

Oldtimer Burger (51g F | 50g P | 2g NC)

Ribs and Steaks

Classic Sirloin with Avocado and Broccoli (43g F | 48g P | 2g NC)

Classic Ribeye (64g F | 81g P | 1g NC)

Fajitas

Steak (15g F | 26g P | 0g NC)

Chicken (3.5g F | 28g P | 0g NC)

Shrimp (2g F | 11g P | 1g NC)

Chipotle

Christine's Chipotle Bowl

Order a bowl with chicken, veggies, sour cream, cheese, and guacamole. Top with Sriracha or Tabasco for extra spice.

46g F | 43g P | 9g NC

Build Your Own Bowl (BYOB)

Protein:

Chicken (7g F | 32g P | 0g NC)

Steak (6g F | 21g P | 1g NC)

Carnitas (12g F | 23g P | 0g NC)

Barbacoa (7g F | 24g P | 2g NC)

Chorizo (18g F | 32g P | 2g NC)

Toppings:

Fajita veggies (0g F | 1g P | 4g NC)

Sour cream (9g F | 2g P | 2g NC)

Cheese (8g F | 6g P | 1g NC)

Guacamole (22g F | 2g P | 2g NC)

Romaine lettuce (0g F | 0g P | 0g NC)

Any salsa (0g F | 0g P | 4g NC)

Things to Avoid:

- Tortillas
- Sofritas
- Rice
- Beans
- Corn
- Salad dressings
- Chips

Five Guys

Five Guys has some great keto-friendly options. When I order, I always go for a burger bowl (or lettuce wrap) and add toppings.

Christine's Favorite Burger Bowl

Order the bacon cheeseburger bowl and top with mayo, onions, and jalapeños.

41g F | 24g P | 2g NC

BYOBB (Build Your Own Burger Bowl)

All of the options below are keto-friendly. Order by selecting your protein, toppings, and sauces.

Protein Base:

Hamburger patty (17g F | 16g P | 0g NC)

Toppings:

Cheese (6g F | 4g P | 0g NC)

Bacon (7g F | 4g P | 0g NC)

Green peppers (0g F | 0g P | 1g NC)

Grilled mushrooms (0g F | 0g P | 1g NC)

Jalapeños (0g F | 0g P | 0g NC)

Pickles (0g F | 0g P | 1g NC)

Onions (0g F | 0g P | 2g NC)

Grilled onions (0g F | 0g P | 2g NC)

Tomatoes (0g F | 0g P | 2g NC)

Relish (0g F | 0g P | 3g NC)

Mayonnaise (11g F | 0g P | 0g NC)

Mustard (0g F | 0g P | 0g NC)

IHOP

À la Carte Options

Fried eggs (12g F | 13g P | 1g NC)

Hard/soft-boiled eggs (11g F | 13g P | 1g NC)

Poached eggs (8g F | 11g P | 1g NC)

Scrambled eggs (17g F | 15g P | 2g NC)

Bacon (12g F | 14g P | 2g NC)

Sausage links (34g F | 12g P | 1g NC)

Avocado (7g F | 1g P | 1g NC)

In-N-Out Burger

Cheeseburger “Protein Style”

Order a cheeseburger and ask for it to be “protein style.” This burger comes with meat, cheese, tomato, and mayo spread.

25g F | 18g P | 8g NC (entrée only)

Double-Double “Protein Style”

Order a Double-Double and ask for it to be “protein style.” This burger is double meat and double cheese, served in a lettuce wrap.

40g F | 33g P | 8g NC (entrée only)

Jimmy John’s

Jimmy John’s has amazing keto options because all of their sandwiches can be turned into an “Unwich,” which is a sandwich in a lettuce wrap!

Turkey, Ham, and Provolone Unwich (28g F | 33g P | 6g NC)

Turkey, Provolone, and Avocado Unwich (38g F | 31g P | 6g NC)

Veggie Club Unwich (55g F | 33g P | 7g NC)

Turkey and Roast Beef Unwich (21g F | 30g P | 3g NC)

Tuna Salad and Provolone Unwich (40g F | 27g P | 7g NC)
Sliced Turkey and Bacon Unwich (25g F | 21g P | 3g NC)
Ultimate Ham BLT Unwich (26g F | 18g P | 4g NC)
Roast Beef, Ham, and Provolone Unwich (31g F | 35g P | 5g NC)
Big Italian Unwich (44g F | 33g P | 8g NC)
Ham and Provolone Unwich (28g F | 19g P | 5g NC)
Original Roast Beef Unwich (20g F | 16g P | 2g NC)
Tuna Salad Unwich (22g F | 11g P | 5g NC)
Turkey Unwich (18g F | 14g P | 3g NC)
Perfect Italian Unwich (25g F | 22g P | 6g NC)

McDonald's

Egg McMuffin

Order an à la carte Egg McMuffin with no bun.

11g F | 12g P | 3g NC (entrée only)

Sausage, Egg, and Cheese à la Carte

Order one piece of sausage, one round egg, and one slice of cheese.

27g F | 12g P | 4g NC (entrée only)

Bacon McDouble

Order one Bacon McDouble with no bun.

23g F | 28g P | 6g NC (entrée only)

Panda Express

Grilled Teriyaki Chicken

Order the Grilled Teriyaki Chicken, entrée only, with no sides.

13g F | 36g P | 8g NC (entrée only)

String Bean Chicken Breast

Order the String Bean Chicken Breast, entrée only, with no sides.

9g F | 14g P | 9g NC (entrée only)

Mushroom Chicken

Order the Mushroom Chicken, entrée only, with no sides.

14g F | 12g P | 10g NC (entrée only)

Fortune Cookie

Fortune cookies probably aren't a good diet food, but at 1.5 net carbs, they are definitely sweet-tooth crushers that won't hurt your waistline.



Panera Bread

Asian Sesame Salad with Chicken (Half)

Order the half portion of the Asian Sesame Salad with chicken and ask for no toasted chips

11g F | 16g P | 8g NC (entrée only).

Chicken Caesar Salad (Half)

Order the half portion of the Chicken Caesar Salad.

14g F | 17g P | 7g NC (entrée only).

Greek Salad (Whole)

Order the whole portion of the Greek Salad.

36g F | 6g P | 7g NC (entrée only).

Green Goddess Cobb Salad with Chicken (Half)

Order the half portion of the Green Goddess Cobb Salad with chicken.

16g F | 21g P | 8g NC (entrée only).

Order any of the following items à la carte to build your breakfast:

Over-easy eggs (6g F | 7g P | 2g NC)

Scrambled eggs (7g F | 8g P | 1g NC)

Sausage (13g F | 9g P | 1g NC)

Bacon (5g F | 5g P | 1g NC)

Avocado (4g F | 1g P | 0g NC)

Starbucks

Christine's Pink Drink

Order a grande iced passion fruit tea, no water, add extra heavy whipping cream, no classic syrup, and three stevia.

35g F | 0g P | 4g NC

Bacon Egg Bites

Order one order of the Bacon Egg Bites, which comes with two pieces.

22g F | 19g P | 9g NC

Hot Short Keto Latte

Order a short americano, $\frac{3}{4}$ water, and $\frac{1}{4}$ heavy whipping cream with foam on top.

5.5g F | 0g P | 1g NC

Hot Short Keto Mocha

Order a short mocha with sugar-free mocha syrup, and replace milk with $\frac{1}{2}$ heavy whipping cream and $\frac{1}{2}$ water.

5g F | 0g P | 1g NC

Hot Short Keto Flat White

Order a short flat white and replace steamed milk with $\frac{1}{2}$ heavy whipping cream and $\frac{1}{2}$ water (steamed).

5g F | 0g P | 1g NC

Hot Short Keto Chai Tea Latte

Order a short chai tea latte with 2 chai-brewed tea bags (not concentrate), 2 shots of heavy whipping cream, and 2 pumps of sugar-free cinnamon dolce.

5.5g F | 0g P | 1g NC

Hot Keto Peppermint Mocha

Order a grande americano, 2 shots of heavy whipping cream, 1 pump of peppermint syrup, and 4 pumps of sugar-free mocha.

5.5g F | 0g P | 5g NC

Iced Mocha

Order a grande cold foam cold brew. Ask for one pump of skinny mocha and two pumps of sugar-free vanilla. Ask for cold foam to be made with sugar-free vanilla. Ask for light heavy whipping cream.

8g F | 1g P | 5g NC

Green Tea

Order a venti green tea, no classic syrup, and add 4 stevia.

0g F | 0g P | 0g NC

Iced Espresso

Order an iced doppio espresso, add 4 stevia and a splash of heavy whipping cream.

10g F | 0g P | 4g NC

Subway

Subway Salads

Subway can turn almost any sandwich into a salad you'll love! Use the chart below to navigate your options based on your macros. (Be sure to add up the macros from each of the three categories.)

Salad Options:

- Tuna salad (24g F | 15g P | 7g NC)
- Veggie Delite (1g F | 3g P | 7g NC)
- Chicken salad (4.5g F | 23g P | 8g NC)
- Turkey breast (2g F | 12g P | 9g NC)

Toppings:

- Black olives (3g F | 0g P | 0g NC)
- Pickles (0g F | 0g P | 0g NC)
- Jalapeños (0g F | 0g P | 0g NC)
- Guacamole (6g F | 1g P | 1g NC)
- Cucumbers (0g F | 0g P | 1g NC)
- Tomatoes (0g F | 0g P | 1g NC)
- Banana peppers (0g F | 0g P | 2g NC)

Dressings:

Chipotle Southwest (13g F | 0g P | 2g NC)

Oil and vinegar (7g F | 0g P | 0g NC)

Ranch (15g F | 0g P | 2g NC)

Caesar (18g F | 0g P | 2g NC)

Vinaigrette (7g F | 0g P | 2g NC)

Taco Bell

Taco Bell Power Bowls

Taco Bell Power Bowls are a great way to stay on track if you are on the go. Using the various toppings, you can mix and match to meet your macros. All of the options below are keto-friendly. Order by selecting your protein, toppings, and sauces.

Protein Base:

Beef (9g F | 10g P | 2g NC)

Chicken (3g F | 16g P | 0g NC)

Shredded chicken (7g F | 12g P | 2g NC)

Steak (4g F | 14g P | 2g NC)

Toppings:

Cheese (4g F | 3g P | 0g NC)

Bacon (5g F | 5g P | 0g NC)

Lettuce (0g F | 0g P | 0g NC)

Jalapeños (0g F | 0g P | 1g NC)

Onions (0g F | 0g P | 1g NC)

Pico de gallo (0g F | 0g P | 1g NC)

Guacamole (3g F | 0g P | 1g NC)

Sour cream (1.5g F | 0g P | 2g NC)

Tomatoes (0g F | 0g P | 0g NC)

Sauces:

Avocado Ranch (3.5g F | 3g P | 0g NC)

Creamy Chipotle (3g F | 0g P | 0g NC)

Spicy Ranch (3g F | 0g P | 0g NC)

Creamy Jalapeño (3g F | 0g P | 0g NC)

Green Chile Sauce (0g F | 0g P | 1g NC)

Mexican Pizza Sauce (0g F | 0g P | 2g NC)

Nacho Cheese Sauce (0g F | 0g P | 2g NC)

Red Sauce (0g F | 0g P | 2g NC)

Wendy's

Bunless Son of Baconator

Order a Son of Baconator with no bun and no ketchup.

37g F | 29g P | 4g NC (sandwich only)

Dave's Single Cheeseburger

Order a Dave's single cheeseburger with no ketchup and no bun.

29g F | 27g P | 3g NC (sandwich only)

Mexican Restaurants

Mexican food is a great option for your high-fat, low-carb lifestyle! Below you will find a list of best options and foods to avoid.

Fajitas

In general, fajitas are one of the best options at a Mexican food restaurant. I eat the meat, light onions (onions have carbs), sour cream, cheese, and guacamole.

Note: When you order, be sure to request no rice and beans. You can always replace the sides with sautéed vegetables or a side salad without croutons.

Entrée Salads

Entrée salads are another great option, but be sure to avoid corn, beans, croutons, taco shells, and tortilla chips. For dressing, ranch or Caesar are great choices.

Things to Avoid:

- Chips
- Beans
- Tortillas
- Corn
- Rice

Sushi Restaurants

There are several great low-carb options to choose from when dining at sushi restaurants.

Sashimi

These raw cuts of fish are great for keeping your carb count low. Be sure to skip the rice! Adding sliced avocado to sashimi can help increase the fats in this meal.

Riceless Rolls

Many sushi restaurants now offer a riceless roll selection. Don't see it on the menu? Ask the chef if there are any rolls that can be made without rice.



Steak Houses

When visiting a steak house, the typical menu involves a cut of meat and a variety of sides. Below are the best options when visiting a steak house.

Be sure to skip the bread that is often served. A Caesar salad is a great way to start the meal.

Main Courses

In general, all meats are great for our plan, but be sure the meat was not marinated in a sweet marinade. Fattier cuts of meat are best as meat is already so high in protein.

Side Dishes

Sautéed spinach

Asparagus

Side salad

Creamed spinach

Broccoli

Brussels sprouts

