

Tiana Blakely

**KETO MADE SIMPLE FOR BEGINNERS:
QUICK & DELICIOUS RECIPES
TO LOSE WEIGHT AND FEEL INCREDIBLE**

Keto Diet Plan for 21 days.

**EFFORTLESS, DELICIOUS, AND QUICK RECIPES TO
KICKSTART YOUR KETO JOURNEY**

Discover how easy and enjoyable the keto diet can be!

DEDICATION

To all the beginners who dare to take the first step toward a healthier,
more vibrant life—this book is for you.

May these recipes not only nourish your body but also ignite the belief that transformation
is within your reach.

Remember, every small change leads to greater success,
and every meal is a chance to fuel your journey toward feeling amazing.

To those who have struggled, persevered, and never given up—this is your fresh start. Let
this be the beginning of a lifetime of health,
energy, and self-love.

Here's to your incredible journey ahead!

CONTENT:

Dedication. 2

Introduction. 6

Chapter I 7

The Basics of the Ketogenic Diet 8

Goals and Benefits. 8

Who is the Keto Diet for? 11

Who Should Avoid the Keto Diet? 14

How to Get Started with the Keto Diet 15

Chapter 2. 19

Understanding the Keto Diet 19

What Does "Keto" Mean? 19

The Basics of Metabolism. 19

The Transition to Ketosis. 19

Why Ketosis Matters. 20

Ketones: Your New Energy Source. 20

What Makes Keto Different from Other Low-Carb Diets? 21

Why Choose Keto? 21

How Does the Keto Diet Work?. 21

Fueling Your Body: Carbs vs. Fats. 22

Entering Ketosis. 22

Breaking Down Ketones: 22

The New Energy Source. 22

How the Keto Diet Promotes Weight Loss. 23

Improving Metabolic Health. 23

The Role of Protein in the Keto Diet 23

How Long Does It Take to Enter Ketosis?. 24

Sustained Benefits Beyond Weight Loss. 24

Personalizing Your Keto Experience. 24

Carbohydrates, Fats, and Proteins: The Macros. 25

Carbohydrates: The Quick Energy Source. 25

Why Limit Carbohydrates on Keto? 25

Fats: The Star of the Keto Show. 25

Why Focus on Fats? 26

Proteins: The Building Blocks. 26

Why Moderate Protein? 27

Balancing Your Macros on Keto. 27

How to Calculate Net Carbs. 27

Putting It All Together 28

Chapter 3. 29

Preparing for Keto. 29

Pantry Staples for Keto Success. 29

Meal Planning and Preparation Tips. 34

Chapter 4. 39

A 21-Day Keto Meal Plan. 39

Day-by-day recipes for Breakfast, Lunch, Dinner, and Snacks. 39

Day 1. 39

Day 2. 42

Day 3. 45

Day 4. 48

Day 5. 51

Day 6. 54

Day 7. 57

Shopping List for Week 1. 60

Day 8. 63

Day 9. 66

Day 10. 69

Day 11. 73

Day 12. 76

Day 13. 79

Day 14. 82

Shopping List for Week 2. 85

Day 15. 89

Day 16. 92

Day 17. 95

Day 18. 98

Day 19. 101

Day 20. 104

Day 21. 107

Shopping List for Week 3: 110

Conclusion. 116

Copyright © by Tiana Blakely. 118

INTRODUCTION

WELCOME TO A NEW CHAPTER OF TRANSFORMATION

Imagine a future where you're not just managing your weight but reclaiming your energy, health, and confidence. The ketogenic lifestyle offers this promise—a journey that goes far beyond weight loss. It's about embracing a way of eating that can lead to lasting changes in how you feel, think, and move through life.

If you've struggled with confusing health advice or felt overwhelmed by diet trends, you're not alone. This guide was created to clear the noise and provide a simple, effective path forward: the ketogenic diet. Backed by science, this approach to eating focuses on reducing carbohydrates and increasing healthy fats, allowing your body to shift into a state called ketosis. In this state, you'll burn fat for energy, helping you achieve your weight and health goals.

The keto diet isn't just another diet craze. It's a lifestyle that offers a wide range of benefits, from improved mental clarity and energy levels to better metabolic health and overall wellness. This book is designed to be your guide to the basics, offering you easy-to-follow meal plans, delicious recipes, and practical tips that will make the transition to keto feel manageable and rewarding.

But this journey is about more than the food you eat. It's about taking control of your health, discovering the joy in nourishing yourself, and experiencing the ripple effects of a positive lifestyle change. You'll find that increased energy, sharper focus, and a renewed sense of well-being are just some of the benefits of adopting the ketogenic lifestyle.

With this guide, you'll be supported by a blend of science-backed information, practical advice, and encouragement. It's a blueprint for not just starting the ketogenic diet, but for sticking with it and reaping the long-term rewards.

So, with an open mind and a readiness for change, let's embark on this journey together. Turn the page and take your first step toward a healthier, more vibrant you.

CHAPTER I

THE BASICS OF THE KETOGENIC DIET

The ketogenic diet, or "keto" as it's commonly known, is far more than just a modern dietary craze. Its origins date back to the early 20th century when it was first introduced as a therapeutic intervention for epilepsy. In the 1920s, doctors at the Mayo Clinic developed this diet to simulate the effects of fasting, which had been found to help reduce the frequency and severity of seizures. By shifting the body's primary fuel source from carbohydrates to fats, the ketogenic diet was designed to sustain a metabolic state called ketosis, which proved particularly effective for managing epilepsy in patients who did not respond to traditional treatments.

Although originally intended for medical use, the ketogenic diet has since evolved into a popular lifestyle choice, especially among those seeking effective weight loss and improved overall health. What makes keto unique is its macronutrient breakdown: the diet emphasizes high fat intake, moderate protein, and very low carbohydrates. Typically, a keto diet comprises 70-80% fat, 15-20% protein, and just 5-10% carbohydrates. This significant reduction in carbs forces the body to shift from burning glucose (its usual energy source derived from carbohydrates) to burning ketones, which are produced from stored fat.

The idea of relying on fats for fuel might seem surprising, especially in light of decades of low-fat diet advice. However, keto turns conventional dietary wisdom on its head, demonstrating the body's remarkable ability to adapt and thrive on a fat-centered diet. By focusing on healthy fats while restricting carbs, the ketogenic approach promotes effective weight management, better metabolic health, and even increased mental clarity and energy.

As you explore the ketogenic diet, it's important to understand both the science behind it and how to apply it to your life. While the benefits can be profound—especially for those looking for a fresh approach to health and wellness—keto, like any diet, requires careful consideration and personalization. The upcoming chapters will help you grasp the principles of ketosis, tailor the diet to your specific nutritional needs, and implement keto in a way that's both sustainable and enjoyable.

GOALS AND BENEFITS

BENEFITS OF THE KETO DIET

The ketogenic diet has gained popularity not just for its effectiveness in weight loss, but for its wide range of health benefits that go beyond the scale. By switching your body's energy source from carbohydrates to fats, keto unlocks a unique set of advantages that can improve your overall health and well-being. Let's explore some of the key benefits of embracing a ketogenic lifestyle:

EFFICIENT FAT BURNING AND WEIGHT LOSS

One of the most appealing benefits of the keto diet is its ability to promote fat loss. By drastically reducing carbohydrate intake and increasing fat consumption, your body enters a state called ketosis, where it begins to burn stored fat for energy. This shift helps accelerate weight loss, particularly in areas like the abdomen where stubborn fat tends to accumulate. Unlike traditional low-calorie diets that may leave you feeling deprived, keto allows you to feel full and satisfied while still losing weight.

IMPROVED MENTAL CLARITY AND FOCUS

Many people who adopt the keto diet report enhanced cognitive function, including better focus, mental clarity, and even sharper memory. When your body produces ketones during ketosis, they serve as a clean, efficient energy source for the brain. This can lead to improved mental performance and even a more stable mood. If you've ever experienced brain fog or energy crashes after eating carbs, switching to keto can offer a welcome change.

STABLE BLOOD SUGAR LEVELS AND REDUCED CRAVINGS

By cutting out most carbohydrates, the keto diet helps to stabilize blood sugar levels and reduce insulin spikes. This can be especially beneficial for people with insulin resistance or type 2 diabetes. In addition to better blood sugar control, the steady energy from fats helps minimize hunger and curb cravings, particularly those intense sugar cravings that can derail many other diets.

INCREASED ENERGY AND STAMINA

At first, the idea of eating more fat to increase energy might sound counterintuitive, but many people on keto experience sustained energy levels throughout the day. Unlike carbs, which can cause energy spikes followed by crashes, fat provides a slow-burning, steady fuel source. This means you're less likely to feel sluggish or tired between meals, and you may even find that you have more stamina for physical activities.

ENHANCED HEART HEALTH

While the keto diet emphasizes high fat consumption, it's important to note that these fats should be healthy fats, such as those from avocados, nuts, seeds, and olive oil. Studies suggest that following a keto diet with the right fats can improve markers of heart health, including cholesterol levels and blood pressure. By lowering bad LDL cholesterol and raising good HDL cholesterol, keto can contribute to a healthier cardiovascular system.

BETTER CONTROL OVER HUNGER AND APPETITE

One of the lesser-known benefits of keto is its ability to naturally regulate hunger hormones like ghrelin and leptin. Many people find that they feel less hungry on keto because fats and proteins are more satiating than carbs. This means fewer cravings, a reduced urge to snack between meals, and a better sense of control over your eating habits.

POTENTIAL THERAPEUTIC EFFECTS

Beyond weight loss and metabolic health, the ketogenic diet has shown potential in therapeutic applications. Research is ongoing into the role of keto in managing neurological conditions such as epilepsy, Alzheimer's disease, and Parkinson's disease. There's also evidence that keto may have anti-inflammatory effects, which could benefit people with chronic conditions linked to inflammation, like arthritis or certain autoimmune diseases.

INCREASED PHYSICAL ENDURANCE

For those who are active, the keto diet offers the potential for improved physical endurance. When your body becomes fat-adapted, it relies on fat stores rather than glycogen (from carbohydrates) for energy. This means you can tap into a more consistent energy source during long-duration exercise or physical activities, potentially increasing endurance and reducing fatigue.

SIMPLIFIED EATING AND FEWER FOOD CRAVINGS

Keto naturally simplifies eating. With clear guidelines on what to eat and what to avoid, meal planning and food choices become more straightforward. Plus, the reduction in carb-induced cravings means you're less likely to feel tempted by processed foods and sugary treats, making it easier to stick to your health goals.

IMPROVED SKIN HEALTH

While more research is needed, some people report that the keto diet has helped improve skin conditions such as acne. By eliminating processed sugars and refined carbs, and focusing on whole, nutrient-dense foods, the ketogenic diet may support clearer, healthier skin.

WHO IS THE KETO DIET FOR?

The ketogenic diet has gained widespread popularity for its versatility and effectiveness, but it's not a one-size-fits-all approach. So, who exactly can benefit from adopting this high-fat, low-carb lifestyle? Whether you're looking to lose weight, improve your health, or enhance your mental clarity, keto offers something for a wide range of individuals. Here's a closer look at who the keto diet is designed for and who might see the most benefits.

INDIVIDUALS SEEKING WEIGHT LOSS

For many, the primary reason to explore the keto diet is its powerful ability to promote fat loss. By switching your body's fuel source from carbohydrates to fat, the keto diet makes it easier to burn stored fat, especially in stubborn areas like the abdomen. If you've struggled with other diets that leave you feeling hungry and frustrated, keto offers an effective solution by keeping you satisfied while still creating a fat-burning environment. Whether you want to shed a few pounds or significantly transform your body, keto provides a pathway to lasting weight management.

THOSE LOOKING TO IMPROVE THEIR METABOLIC HEALTH

The keto diet has been shown to improve key markers of metabolic health, including blood sugar levels, insulin sensitivity, and cholesterol profiles. It's particularly helpful for those who may be pre-diabetic, have type 2 diabetes, or struggle with insulin resistance. By reducing carbohydrate intake, the keto diet helps stabilize blood sugar and reduce insulin spikes, making it an excellent choice for individuals looking to regain control over their metabolic health.

PEOPLE WHO STRUGGLE WITH SUGAR CRAVINGS AND ENERGY SLUMPS

If you often find yourself battling sugar cravings or experiencing energy crashes throughout the day, the keto diet can provide a welcome change. Because keto eliminates most carbohydrates and sugar, it stabilizes your blood sugar levels and reduces those intense cravings for sugary snacks. Plus, with fat as a steady fuel source, many people report feeling more energized and avoiding the dreaded afternoon slump.

THOSE WITH NEUROLOGICAL CONDITIONS

The ketogenic diet originally began as a therapeutic intervention for epilepsy, and today, it continues to be used in the management of various neurological disorders. Research is ongoing into its benefits for conditions like Alzheimer's, Parkinson's, and even migraines. While it's essential to consult with a healthcare professional for guidance, the keto diet's ability to provide stable energy to the brain makes it a promising option for people with neurological conditions seeking additional support.

ATHLETES AND FITNESS ENTHUSIASTS

For those who enjoy an active lifestyle, keto offers benefits like increased endurance and faster recovery times. Once your body becomes adapted to burning fat as fuel, you may find that you have more stamina during long-duration exercise or physical activities. Athletes who participate in endurance sports, such as long-distance running or cycling, may notice improved performance thanks to the body's reliance on fat stores rather than quickly depleted glycogen reserves.

INDIVIDUALS LOOKING FOR MENTAL CLARITY AND FOCUS

If mental fog and lack of focus are holding you back, the keto diet may offer a solution. Ketones, which are produced when your body is in a state of ketosis, serve as an efficient energy source for the brain. Many people report experiencing sharper cognitive function, improved focus, and enhanced memory while on keto. Whether you're a student, a professional, or simply someone who wants to improve mental performance, keto can help support clearer thinking and mental sharpness.

PEOPLE SEEKING BETTER APPETITE CONTROL

Hunger can be a major obstacle in sticking to most diets, but keto is different. Because fat and protein are more satiating than carbohydrates, people on the keto diet often report feeling fuller for longer periods. This helps reduce the urge to snack between meals and can naturally lead to fewer calories consumed overall. If you're looking for a diet that helps manage hunger and keeps your appetite in check, keto could be an ideal choice.

CHANGE

WHO SHOULD AVOID THE KETO DIET?

While the keto diet offers many benefits, it's not suitable for everyone. Pregnant or breastfeeding women, individuals with certain liver or pancreatic conditions, or anyone with a history of eating disorders should consult a healthcare professional before starting keto. Additionally, those with type 1 diabetes or individuals on specific medications that affect blood sugar should seek medical guidance before adopting a ketogenic lifestyle.

In summary, the ketogenic diet is a flexible and adaptable approach that can benefit many people, regardless of their goals. Whether you're looking to lose weight, gain energy, sharpen your focus, or improve your overall health, keto provides a clear and scientifically supported way to make meaningful, lasting changes



HOW TO GET STARTED WITH THE KETO DIET

Embarking on a ketogenic lifestyle can feel like stepping into the unknown, but the good news is that it doesn't have to be complicated. With a little planning and the right mindset, you can successfully transition into keto and start enjoying its many benefits. Whether you're new to the concept or just looking for some guidance on how to begin, this step-by-step approach will set you up for success.

UNDERSTAND THE BASICS

Before diving into the ketogenic diet, it's essential to grasp the core principles behind it. The keto diet revolves around reducing your carbohydrate intake to about 5-10% of your total daily calories, while increasing fats to 70-80% and keeping proteins moderate at 15-20%. The goal is to shift your body into a state of ketosis, where it burns fat for energy instead of glucose from carbs.

By understanding these macronutrient ratios, you can start making informed choices about your food. Keep in mind that it may take a few days or even a week for your body to fully transition into ketosis, but once it does, you'll begin to experience the energy and fat-burning benefits that keto is known for.

CLEAN OUT YOUR KITCHEN

The best way to set yourself up for success is to remove temptations from your kitchen. Start by clearing out high-carb foods like bread, pasta, rice, sugary snacks, and processed foods. This will make it easier to stick to your new eating plan. Stock your pantry and fridge with keto-friendly staples like healthy fats (avocados, olive oil, butter), low-carb vegetables (leafy greens, broccoli, cauliflower), and protein sources (eggs, poultry, fish, and meat).

Having the right foods on hand will simplify meal prep and help you avoid falling back into old habits. Remember, preparation is key when adopting a new way of eating.

PLAN YOUR MEALS

Meal planning is one of the most effective strategies to stay on track with keto. Create a weekly meal plan that includes keto-friendly recipes for breakfast, lunch, dinner, and snacks. Having a clear plan in place ensures that

you'll have all the ingredients you need and reduces the likelihood of turning to non-keto options out of convenience.

When planning meals, focus on high-fat, moderate-protein, and low-carb foods. For example, a breakfast of scrambled eggs with avocado, a lunch of grilled chicken with spinach and olive oil, and a dinner of salmon with roasted cauliflower are all great keto options. Including snacks like cheese, nuts, or a handful of berries will help keep you satisfied throughout the day.

STAY HYDRATED

When you start the keto diet, your body releases water and electrolytes as it burns through stored glycogen. This can lead to dehydration if you don't stay properly hydrated. Make sure to drink plenty of water throughout the day and consider adding electrolytes like sodium, potassium, and magnesium to help maintain balance in your body.

Incorporating bone broth, which is rich in minerals, can also be a helpful way to stay hydrated and replenish lost electrolytes.

PREPARE FOR THE "KETO FLU"

As your body adapts to using fat for energy instead of carbs, you may experience some temporary side effects commonly known as the "keto flu." Symptoms can include headaches, fatigue, irritability, and dizziness. These symptoms are a result of your body adjusting to its new fuel source, and they typically last for a few days to a week.

To ease these symptoms, make sure you're staying hydrated, replenishing electrolytes, and eating enough healthy fats. Gradually lowering your carb intake rather than cutting it all at once may also help minimize the effects of the keto flu.

TRACK YOUR PROGRESS

Tracking your progress can be incredibly motivating and helps ensure that you're staying on course. There are various tools and apps available to help you log your food intake, monitor your macronutrient ratios, and even check whether you've entered ketosis. Some people choose to use urine strips, breath meters, or blood tests to measure their ketone levels, though this is optional.

Tracking not only helps you stay accountable but also allows you to adjust your diet if needed to ensure you're getting the right balance of fats, proteins, and carbs.

BE PATIENT AND CONSISTENT

It's important to remember that transitioning to the keto diet is not an overnight process. For some, it can take a week or two to fully enter ketosis and start experiencing the benefits. The key is to be patient and stay consistent. By sticking to your meal plan, listening to your body, and making adjustments as needed, you'll soon find that keto becomes second nature.

Everyone's journey is unique, and it's important to approach this lifestyle with flexibility and a willingness to learn what works best for you.

SEEK SUPPORT AND STAY EDUCATED

Starting a new diet can be challenging, especially when you're making a significant shift in how you eat. Surrounding yourself with a support system can make all the difference. Whether it's joining an online keto community, following experts for tips and recipes, or finding a friend to do keto with you, having support helps you stay motivated and inspired.

Additionally, keep educating yourself about the ketogenic lifestyle. This will help you make informed choices, overcome challenges, and refine your approach as you progress. The more knowledge you have, the easier it becomes to stay on track and fully embrace the keto way of life.

By following these steps, you'll be well-prepared to begin your keto journey. With the right mindset and preparation, you can experience the transformative benefits of the ketogenic diet and make it an enjoyable, sustainable part of your daily routine.



CHAPTER 2

UNDERSTANDING THE KETO DIET

WHAT DOES "KETO" MEAN?

At its core, "keto" is short for "ketogenic," a term that refers to a unique metabolic state your body enters when you drastically reduce your carbohydrate intake. The word "keto" comes from the production of molecules called **ketones**, which are created when your body shifts from using glucose (from carbohydrates) as its primary energy source to using fat. Let's dive into what this means and why it's key to understanding the keto diet.

THE BASICS OF METABOLISM

Under normal circumstances, your body relies on carbohydrates as its main source of energy. When you eat foods rich in carbs—such as bread, pasta, or fruit—your body breaks them down into glucose, a type of sugar, which provides quick fuel. Any excess glucose that isn't immediately needed is stored in your liver and muscles as glycogen, ready to be used when your body needs extra energy.

However, when you drastically reduce your intake of carbs (typically less than 50 grams per day), your body quickly uses up its glycogen stores. At this point, it needs to find an alternative energy source, and that's where fats come into play.

THE TRANSITION TO KETOSIS

When your body begins to break down fats for energy, it produces ketones, which are small molecules generated by the liver from fat. These ketones then become your body's primary fuel source, effectively replacing glucose. This process is called **ketosis**—a metabolic state in which your body becomes highly efficient at burning fat for fuel.

The keto diet is designed to keep your body in this state of ketosis by maintaining a very low intake of carbohydrates while increasing fats and consuming moderate protein. By doing so, you encourage your body to continue producing ketones and burning fat as its primary source of energy.

WHY KETOSIS MATTERS

Achieving ketosis has several significant effects on the body. First, it allows for efficient fat burning, which is why the keto diet is so well-known for promoting weight loss. As your body becomes better at using fat for fuel, you start to tap into your fat stores, leading to consistent weight loss over time.

But the benefits of ketosis go beyond weight management. The steady energy provided by ketones often results in enhanced mental clarity and focus, as ketones are considered a more stable and efficient fuel for the brain than glucose. Many people report feeling fewer energy crashes and experiencing a sharper mind when in ketosis.

Additionally, ketosis helps stabilize blood sugar levels. Because carbohydrates are restricted, insulin spikes are minimized, which is particularly beneficial for people with insulin resistance or those looking to improve metabolic health.

KETONES: YOUR NEW ENERGY SOURCE

There are three primary types of ketones produced during ketosis:

1. **Acetoacetate:** The first ketone produced by the liver during ketosis. It can either be used for energy or converted into another ketone called beta-hydroxybutyrate.
2. **Beta-hydroxybutyrate (BHB):** This is the most abundant ketone and the one that your body uses most efficiently for energy. When people measure ketone levels, they are often checking BHB levels in the blood.
3. **Acetone:** A byproduct of acetoacetate breakdown, acetone is exhaled through the breath. This is why some people notice a distinct, fruity scent on their breath when they first enter ketosis.

These ketones not only fuel your body and brain but also signal a fundamental shift in your metabolism—one that promotes fat loss, steadier energy levels, and potential health benefits like reduced inflammation.

WHAT MAKES KETO DIFFERENT FROM OTHER LOW-CARB DIETS?

You may be wondering how keto differs from other low-carb diets, such as the Atkins or Paleo diets. While these diets also restrict carbs, the ketogenic diet is unique in that it focuses specifically on getting your body into a state of ketosis and maintaining it for the long term. The macronutrient ratio of the keto diet is much more precise, with an emphasis on very low carbs (usually less than 5-10% of daily calories), moderate protein, and a high intake of healthy fats.

In contrast, other low-carb diets may allow more carbohydrates and don't always aim to keep the body in ketosis. The goal of the keto diet is not just to reduce carbs, but to train your body to rely on fat as its primary energy source and remain in ketosis.

WHY CHOOSE KETO?

For many, the appeal of keto lies in its efficiency. By teaching your body to burn fat for fuel, the keto diet can help you achieve your weight loss goals while also providing a host of other benefits like improved cognitive function, balanced blood sugar levels, and increased energy.

Understanding what "keto" means and how ketosis works is essential for anyone starting this journey. In the chapters ahead, we'll explore how to successfully enter and maintain ketosis, the foods that best support your body during this process, and how to overcome common challenges as you adopt this lifestyle.

HOW DOES THE KETO DIET WORK?

At its core, the keto diet is all about shifting the body's primary fuel source from carbohydrates to fats. This shift triggers a metabolic state called ketosis, which is the foundation of how the ketogenic diet works. But what does this mean, and how does it lead to the benefits many people experience, such as weight loss, enhanced energy, and improved health? Let's break it down step by step.

FUELING YOUR BODY: CARBS VS. FATS

Under normal dietary conditions, your body relies on carbohydrates (carbs) as its main source of energy. When you eat carbs—whether they come from bread, pasta, fruits, or sweets—your body converts them into glucose (sugar). This glucose is then used to fuel everything from brain function to physical activity. Any excess glucose that isn't immediately needed is stored in the liver and muscles as glycogen for future use.

However, when you follow the keto diet, you dramatically reduce your intake of carbohydrates, typically to around 5-10% of your daily calories. This low-carb approach leaves your body with limited glucose for energy, which forces it to find an alternative fuel source. This is where fat comes in.

ENTERING KETOSIS

When carbs are restricted, and glycogen stores are depleted, the body begins to look for another source of energy. To maintain normal function, the body starts breaking down fats, both from the foods you eat and from stored body fat. This process happens in the liver, where fat is converted into molecules called **ketones**.

Ketones then become your body's primary source of energy, replacing glucose. When this happens, your body is said to be in a state of **ketosis**. Essentially, you're using fat as your main fuel rather than carbs, which leads to a significant shift in how your body functions.

Achieving and maintaining ketosis is the key to the keto diet's effectiveness. When your body is in this state, it becomes highly efficient at burning fat, which is why keto is so well-known for promoting weight loss, especially in those hard-to-lose areas like the belly.

BREAKING DOWN KETONES: THE NEW ENERGY SOURCE

There are three main types of ketones that your body produces during ketosis:

1. **Acetoacetate**: The first type of ketone produced during fat metabolism.
2. **Beta-hydroxybutyrate (BHB)**: The most abundant and efficient ketone used for energy.
3. **Acetone**: A byproduct of acetoacetate, often exhaled through the breath, which can cause the "fruity" scent associated with ketosis.

These ketones are what your body uses for fuel instead of glucose. They power your muscles, brain, and other organs, and since they're derived from fat, being in ketosis encourages your body to burn fat continuously.

HOW THE KETO DIET PROMOTES WEIGHT LOSS

The keto diet is particularly effective for weight loss due to several factors:

1. **Fat Burning:** Once in ketosis, your body constantly burns fat for energy, including stored body fat. This is why many people on keto experience noticeable fat loss, especially in stubborn areas.
2. **Appetite Control:** One of the side effects of ketosis is that it naturally suppresses appetite. Fats and proteins are more satiating than carbohydrates, so you may find that you feel fuller for longer and don't experience the intense cravings common in high-carb diets.
3. **Stable Energy Levels:** Because fats provide a steady source of energy, you avoid the spikes and crashes associated with carbohydrate consumption. This helps keep you energized throughout the day without the need for frequent snacks.

IMPROVING METABOLIC HEALTH

Another critical way the keto diet works is by improving metabolic health. When you reduce carbohydrate intake, insulin levels drop, and your body becomes better at regulating blood sugar. This is particularly beneficial for people with insulin resistance or type 2 diabetes. By stabilizing blood sugar and reducing insulin spikes, the keto diet helps the body use energy more efficiently.

Additionally, when your body is burning fat for energy rather than storing it, you may see improvements in cholesterol levels, triglycerides, and other markers of cardiovascular health.

THE ROLE OF PROTEIN IN THE KETO DIET

While the keto diet is high in fats, it's also moderate in protein. This is important because protein plays a key role in preserving muscle mass, especially when you're losing weight. However, too much protein can kick you out of ketosis, as the body can convert excess protein into glucose in a process called gluconeogenesis. This is why it's essential to strike the right

balance: enough protein to support muscle maintenance but not so much that it disrupts ketosis.

HOW LONG DOES IT TAKE TO ENTER KETOSIS?

The time it takes to enter ketosis can vary depending on factors like your previous diet, physical activity levels, and how strictly you follow the keto plan. For most people, it takes between 2 to 7 days to achieve ketosis. During this transition, some may experience side effects like fatigue, headaches, and irritability, often referred to as the "keto flu." These symptoms are temporary as your body adjusts to burning fat for fuel.

Staying in ketosis requires consistency in sticking to the low-carb, high-fat structure of the diet. Occasional carb-heavy meals can knock you out of ketosis, meaning you would need to restart the process. This is why it's crucial to monitor your macronutrient intake to maintain ketosis.

SUSTAINED BENEFITS BEYOND WEIGHT LOSS

Although the keto diet is widely recognized for its fat-burning potential, its benefits extend far beyond weight loss:

- **Mental Clarity:** Ketones provide a more efficient energy source for the brain, often resulting in sharper focus and mental clarity.
- **Energy Stability:** Since fats offer a steady supply of energy, you're less likely to experience the highs and lows that come with carb-heavy diets.
- **Improved Blood Sugar Control:** With lower insulin levels and stabilized blood sugar, keto can be beneficial for managing conditions like type 2 diabetes.

PERSONALIZING YOUR KETO EXPERIENCE

While the core principles of keto remain the same, everyone's body reacts differently to the diet. Factors like your age, metabolism, and activity level can all influence how your body responds to ketosis. Some people may enter ketosis quickly, while others take longer. The key is to be patient and consistent as your body adapts to this new way of fueling itself.

In the following chapters, we'll dive deeper into the specific foods to eat on keto, how to track your progress, and tips for making this lifestyle sustainable in the long term.

CARBOHYDRATES, FATS, AND PROTEINS: THE MACROS

To fully understand how the ketogenic diet works, it's essential to break down the three main types of nutrients your body uses for energy: carbohydrates, fats, and proteins. These are called macronutrients, or "macros" for short, and they play different roles in fueling your body. On the keto diet, the way you balance these macros is crucial for achieving and maintaining a state of ketosis. Let's dive into what each macronutrient does and why the keto diet emphasizes some over others.

CARBOHYDRATES: THE QUICK ENERGY SOURCE

Carbohydrates, commonly referred to as carbs, are the body's preferred source of quick energy. Found in foods like bread, pasta, rice, fruits, and sugary snacks, carbs are broken down into glucose (sugar) once consumed. This glucose is used to fuel your muscles, brain, and organs. Any excess glucose that isn't immediately needed is stored in your liver and muscles as glycogen, which can later be used for energy.

On a standard diet, carbohydrates typically make up 45-65% of your daily calorie intake. However, on the ketogenic diet, carbs are reduced to a mere 5-10% of your daily calories—usually around 20 to 50 grams of net carbs per day. This drastic reduction is what forces your body to switch from burning glucose to burning fat for energy.

WHY LIMIT CARBOHYDRATES ON KETO?

The reason keto restricts carbs is simple: consuming too many carbs will prevent your body from entering or staying in ketosis. Since ketosis is the metabolic state where your body burns fat for fuel, you need to minimize carb intake to encourage your body to rely on fat as its primary energy source.

By limiting carbs, you not only reduce blood sugar spikes and insulin levels but also tap into fat stores for fuel. This is why keto is so effective for weight loss and fat burning.

FATS: THE STAR OF THE KETO SHOW

Fats play the starring role in the ketogenic diet, making up the bulk of your daily calories—typically around 70-80%. While fats have long been demonized in traditional diets, keto embraces them as the primary fuel source. On this diet, your body becomes highly efficient at burning fat, both from the foods you eat and from stored body fat.

Fats can be divided into several categories, each playing a different role in the diet:

- **Saturated Fats:** Found in animal products like butter, cheese, and meat, as well as tropical oils like coconut oil. These fats are stable and can be safely used in cooking at high temperatures.
- **Monounsaturated Fats:** These are considered heart-healthy fats, found in foods like avocados, olive oil, and nuts. They help lower bad cholesterol levels and reduce the risk of heart disease.
- **Polyunsaturated Fats:** Found in fatty fish, walnuts, and flaxseeds, these fats include omega-3 and omega-6 fatty acids, which are essential for brain health and reducing inflammation.
- **Trans Fats:** These are the unhealthy fats found in many processed and fried foods. These should be avoided, whether you're on keto or not.

WHY FOCUS ON FATS?

Fats are incredibly satiating, meaning they keep you full for longer, which helps reduce cravings and hunger between meals. Moreover, fats provide a slow, steady release of energy, preventing the spikes and crashes in energy levels that are common with carbohydrate-heavy diets.

When your body is in ketosis, it breaks down fats into ketones, which are then used as your primary energy source. Ketones provide an efficient fuel source for both your body and brain, which is why many people report feeling more mentally clear and focused on the keto diet.

PROTEINS: THE BUILDING BLOCKS

Proteins are essential for building and repairing tissues, making enzymes and hormones, and supporting muscle health. On the ketogenic diet, protein intake is moderate, usually making up about 15-20% of your daily calories. This translates to roughly 1.2 to 1.7 grams of protein per kilogram of body weight.

Protein sources include:

- Meat (beef, chicken, pork)
- Fish and seafood
- Eggs
- Dairy products (cheese, yogurt, cream)

- Plant-based sources like tofu, tempeh, and some legumes

WHY MODERATE PROTEIN?

While protein is important, consuming too much can kick you out of ketosis. This is because excess protein can be converted into glucose through a process called **gluconeogenesis**. If your body produces too much glucose from protein, it may disrupt ketosis and lead you back to burning glucose instead of fat for energy.

The goal on keto is to eat enough protein to maintain muscle mass, repair tissues, and support other bodily functions, but not so much that it interferes with the production of ketones. Striking the right balance of protein is key to maintaining ketosis.

BALANCING YOUR MACROS ON KETO

The keto diet is all about achieving the right balance of macronutrients to keep your body in ketosis. The typical breakdown looks like this:

- **Fats:** 70-80% of your daily calories
- **Proteins:** 15-20% of your daily calories
- **Carbohydrates:** 5-10% of your daily calories

Here's how this might look in practice:

- **For a 2,000-calorie diet:** You would aim for around 165 grams of fat, 75 grams of protein, and just 25-50 grams of net carbs (net carbs = total carbs minus fiber).

Tracking your macros, especially in the beginning, is essential to ensure you're staying within the recommended ranges for keto. There are many apps and tools that can help you keep track of your daily intake and ensure you're hitting the right balance to stay in ketosis.

HOW TO CALCULATE NET CARBS

Net carbs refer to the total carbohydrates in a food minus the fiber and sugar alcohols. This is because fiber and most sugar alcohols don't significantly raise blood sugar levels, so they don't count towards your carb limit on keto.

For example, if a food has 15 grams of total carbohydrates but 7 grams of fiber, the net carbs would be 8 grams. Calculating net carbs is important because it allows you to enjoy more low-carb vegetables and fiber-rich foods while staying within your carb limit.

PUTTING IT ALL TOGETHER

Understanding the roles of carbohydrates, fats, and proteins is essential for success on the keto diet. By significantly reducing carbs, increasing fats, and maintaining moderate protein intake, you'll shift your body into ketosis, where it burns fat for fuel. Mastering your macros is key to achieving the benefits of the ketogenic diet, from weight loss to improved energy and mental clarity.

In the following chapters, we'll explore how to put this balance into practice with real foods, meal plans, and recipes that make following the keto diet simple and sustainable.

CHAPTER 3

PREPARING FOR KETO PANTRY STAPLES FOR KETO SUCCESS

One of the best ways to ensure a smooth transition into the keto lifestyle is by stocking your pantry with essential ingredients that align with the diet. Having keto-friendly staples on hand will help you create meals quickly and avoid temptations from high-carb alternatives. Whether you're new to keto or just refining your pantry, this guide will help you prepare by focusing on foods that are low in carbs, high in healthy fats, and easy to incorporate into your meals.

HEALTHY FATS AND OILS

Since fat is the cornerstone of the keto diet, your pantry should be well-stocked with high-quality, keto-approved fats and oils. These will be used for cooking, dressings, and adding flavor to meals.

- **Olive Oil:** A heart-healthy fat, ideal for salads and low-heat cooking.
- **Coconut Oil:** Perfect for cooking at higher temperatures and adding flavor to keto desserts.
- **Avocado Oil:** Great for high-heat cooking and dressings due to its neutral taste and high smoke point.
- **Butter or Ghee (Clarified Butter):** Full-fat butter or ghee is a great source of healthy fat and can be used in cooking, baking, or melting over veggies.
- **MCT Oil:** Medium-chain triglyceride oil is a quick energy source and can be added to coffee, smoothies, or used as a supplement.

NUTS AND SEEDS

Nuts and seeds are versatile and packed with healthy fats, fiber, and a moderate amount of protein. They make for great snacks or ingredients in recipes like fat bombs or keto baked goods. Be mindful of portion sizes, as some nuts can be higher in carbs than others.

- **Almonds:** Perfect for snacking or adding to salads.

- **Macadamia Nuts:** Very high in fat and low in carbs.
- **Pecans:** Another keto favorite for snacking or baking.
- **Chia Seeds:** High in fiber and omega-3s, great for making keto-friendly puddings or adding to smoothies.
- **Flaxseeds:** Can be used to add fiber to recipes or make flax crackers.
- **Pumpkin Seeds:** A great crunchy snack or salad topping.

KETO-FRIENDLY FLOURS

While traditional flours like wheat or all-purpose flour are off-limits on keto, several low-carb alternatives are perfect for keto baking and cooking. These can be used to make keto bread, pizza crusts, and even desserts.

- **Almond Flour:** A versatile low-carb alternative to regular flour, often used in keto baking.
- **Coconut Flour:** Absorbs a lot of moisture, so you only need a small amount in most recipes. It's great for baked goods.
- **Flaxseed Meal:** Adds fiber and a nutty flavor, useful in baking and keto bread recipes.
- **Psyllium Husk Powder:** A high-fiber ingredient often used to give keto breads a more bread-like texture.

LOW-CARB SWEETENERS

Since sugar is a no-go on keto, you'll want to have alternative sweeteners that provide sweetness without raising blood sugar levels. These can be used in baking, desserts, or beverages.

- **Stevia:** A natural sweetener with zero carbs and calories, often used in beverages and baking.
- **Erythritol:** A sugar alcohol that doesn't raise blood sugar, perfect for baking and cooking.
- **Monk Fruit Sweetener:** A popular zero-carb sweetener that can replace sugar in most recipes.
- **Allulose:** A newer sweetener that tastes very similar to sugar without spiking insulin levels.

CANNED GOODS AND KETO-FRIENDLY CONDIMENTS

Keeping a stock of canned goods and condiments can help you throw together quick and easy keto meals. Be mindful of added sugars in some products, especially condiments.

- **Canned Coconut Milk:** Full-fat coconut milk is excellent for adding creaminess to soups, curries, and keto desserts.
- **Tomato Paste and Crushed Tomatoes:** Look for varieties with no added sugar. These can be used in sauces, soups, or stews.
- **Olives:** High in healthy fats, olives are a great snack or addition to salads and meals.
- **Pickles:** Make sure to choose sugar-free varieties.
- **Mustard:** A flavorful, low-carb condiment to use on meats and in dressings.
- **Mayonnaise:** Opt for full-fat, sugar-free mayonnaise made with healthy oils like avocado oil.
- **Hot Sauce:** Most hot sauces are keto-friendly, but always check for hidden sugars.
- **Vinegar:** Apple cider vinegar, white vinegar, and balsamic vinegar (in small amounts) are keto-friendly and great for dressings.

LOW-CARB VEGETABLES

While fresh vegetables should always be part of your grocery shopping, there are some canned or frozen veggies that are perfect for your keto pantry. These can help you whip up meals when you're short on time or fresh produce.

- **Canned Artichoke Hearts:** A low-carb veggie that can be used in salads, dips, or keto casseroles.
- **Sauerkraut:** Fermented and low-carb, sauerkraut is excellent for digestion and pairs well with meats.
- **Frozen Spinach:** A great option to add to smoothies, omelets, or keto casseroles.
- **Frozen Cauliflower:** Perfect for making keto-friendly rice, mashed cauliflower, or pizza crusts.

PROTEIN OPTIONS

While you'll buy fresh meats and seafood regularly, some protein sources can be kept in your pantry for easy access when you need them.

- **Canned Tuna or Salmon:** Excellent for quick meals, salads, or keto patties.
- **Canned Chicken:** A convenient option for adding protein to salads or making keto chicken salad.
- **Beef Jerky:** Make sure it's sugar-free, as many commercial brands add sugar.
- **Pork Rinds:** A crunchy, zero-carb snack that can also be used as a breading substitute for keto fried foods.

KETO SNACKS

Stocking your pantry with keto-friendly snacks can help you stay on track between meals and avoid reaching for carb-heavy options. These are great for when you need a quick energy boost.

- **Nut Butters:** Look for unsweetened almond butter, peanut butter, or other nut butters with no added sugar.
- **Seaweed Snacks:** Low-carb, crunchy snacks rich in iodine and other minerals.
- **Cheese Crisps:** Pre-made cheese crisps are a great crunchy, salty snack.
- **Dark Chocolate:** Choose varieties that are 85% cocoa or higher, as these are lower in carbs.

BROTHS AND STOCK

Having broths on hand can help you create soups, sauces, or just enjoy a warm cup of bone broth for added nutrients and electrolytes.

- **Bone Broth:** Rich in nutrients and a great way to replenish electrolytes, especially when first starting keto.
- **Chicken or Beef Stock:** Look for varieties without added sugar for making soups and stews.

SPICES AND SEASONINGS

Adding flavor to your keto meals is key to keeping them interesting and enjoyable. Many herbs and spices are naturally low-carb, so feel free to stock up on a variety.

- **Salt:** Opt for sea salt or Himalayan pink salt, which are rich in minerals and essential electrolytes.
- **Black Pepper:** A versatile spice to add flavor to almost any dish.
- **Garlic Powder and Onion Powder:** Low-carb options for adding depth of flavor to your cooking.
- **Paprika, Chili Powder, and Cumin:** Perfect for adding a spicy kick to your meals.
- **Italian Seasoning:** A mix of oregano, basil, and thyme, great for keto pasta alternatives or meat dishes.
- **Turmeric:** Known for its anti-inflammatory properties, turmeric can be used in soups, stews, or teas.

PUTTING IT ALL TOGETHER

By stocking your pantry with these keto essentials, you'll set yourself up for success on your ketogenic journey. Having the right ingredients at your fingertips means you can easily prepare satisfying, low-carb meals and snacks without feeling restricted. As you continue on keto, you'll discover new ways to use these staples and create meals that make the keto lifestyle both enjoyable and sustainable.

MEAL PLANNING AND PREPARATION TIPS

One of the key strategies for successfully following the ketogenic diet is mastering meal planning and preparation. By having a plan in place, you'll ensure you stay on track with your macros, reduce stress, and avoid the temptation of high-carb options. Whether you're new to keto or just looking to improve your routine, these tips will help you streamline your meal prep and make the keto lifestyle both easy and enjoyable.

START WITH A WEEKLY MEAL PLAN

The foundation of successful keto meal prep is having a clear plan for the week ahead. Start by deciding what you'll be eating for breakfast, lunch, dinner, and snacks for the next seven days. Focus on simple, nutritious meals that fit your macros and include a variety of keto-friendly ingredients.

Here's how to create an effective weekly meal plan:

- **Set Aside Time to Plan:** Choose a specific day of the week to sit down and plan out your meals. This could be Sunday before the start of the workweek, or any day that fits your schedule.
- **Choose Your Recipes:** Pick out a mix of quick recipes and batch-cooking options. For example, you might want to choose recipes that can be made in larger quantities, so you can enjoy leftovers throughout the week.
- **Plan for Variety:** Include a variety of proteins, fats, and low-carb vegetables to keep things interesting and prevent food boredom.
- **Check Your Ingredients:** Before heading to the store, check what ingredients you already have on hand and create a shopping list for the remaining items.

By planning your meals in advance, you'll save time and effort during the week and ensure that every meal is keto-friendly.

START WITH A WEEKLY MEAL PLAN

Batch cooking is one of the best ways to simplify your keto meal prep. By preparing meals or components of meals in larger quantities, you can save time and have ready-made options throughout the week. Here are a few ways to incorporate batch cooking into your routine:

- **Cook Proteins in Bulk:** Prepare larger portions of protein sources like grilled chicken, ground beef, or baked salmon. These can be used in multiple meals—chicken for salads, beef for taco bowls, or salmon for quick dinners.
- **Make Large Batches of Veggies:** Roast or steam a variety of low-carb vegetables like cauliflower, broccoli, and zucchini, then portion them out for different meals. You can reheat them quickly or toss them into salads or casseroles.
- **Prepare Keto-Friendly Snacks:** Make snacks like boiled eggs, cheese crisps, or fat bombs in advance, so they're ready when you need them. Having these on hand will prevent you from reaching for less healthy options.
- **Sauces and Dressings:** Homemade sauces and salad dressings can add a ton of flavor to your meals. Whip up a batch of keto-friendly mayo, ranch dressing, or pesto and store them in the fridge for easy use throughout the week.

By dedicating a couple of hours each week to bulk prep, you'll have the building blocks of healthy, keto-friendly meals ready to go.

EMBRACE SIMPLE, REPEATABLE MEALS

While variety is important, it's also helpful to have a few go-to meals that are easy to prepare and fit perfectly into your keto macros. Simple, repeatable meals take the guesswork out of meal planning and ensure you always have something delicious and keto-friendly on hand.

Here are a few easy meal ideas that you can rotate through your week:

- **Breakfast:** Eggs scrambled with spinach and avocado, or a quick keto smoothie made with almond milk, greens, and MCT oil.
- **Lunch:** A large salad with grilled chicken, olive oil, and avocado, or lettuce wraps with turkey, cheese, and bacon.
- **Dinner:** Baked salmon with roasted cauliflower, or a keto-friendly stir-fry with beef, broccoli, and coconut aminos.
- **Snacks:** Cheese sticks, hard-boiled eggs, or a handful of almonds.

Repeating simple meals not only makes meal prep easier but also helps you stay within your macro goals.

INVEST IN THE RIGHT TOOLS

Having the right tools can make meal prepping much easier and more efficient. Here are some items that can help you streamline your keto meal prep process:

- **Meal Prep Containers:** Invest in good-quality, reusable meal prep containers to store your prepped meals and ingredients. Glass containers with tight lids are great for keeping food fresh.
- **Food Scale:** A digital food scale is essential for measuring portions, especially when tracking macros.
- **Slow Cooker or Instant Pot:** These tools are great for making large batches of soups, stews, or casseroles with minimal effort.
- **Blender or Food Processor:** Useful for making keto smoothies, sauces, or cauliflower rice quickly and easily.
- **Spiralizer:** This tool helps you create low-carb "noodles" from vegetables like zucchini, a fun and keto-friendly pasta alternative.

These tools will save you time and make the process of preparing meals more enjoyable and efficient.

TRACK YOUR MACROS

When you're on the keto diet, tracking your macronutrient intake (fat, protein, and carbs) is essential to stay in ketosis. Use a keto-friendly app or food journal to log your meals and snacks, and ensure that you're hitting the right balance of macros each day. This will help you avoid accidentally consuming too many carbs and will ensure you're eating enough fats and protein.

Here's how to easily track your macros:

- **Weigh Your Ingredients:** When prepping meals, use a food scale to weigh out ingredients like meat, cheese, and oils to ensure accurate portion sizes.
- **Use an App:** Apps like MyFitnessPal, Carb Manager, or Cronometer can help you track your daily food intake and give you a breakdown of your macronutrients.
- **Check Labels:** When using packaged keto-friendly products, check the nutritional labels for carb counts and serving sizes.

Being mindful of your macros will help you stay in ketosis and reach your health goals.

KEEP KETO SNACKS ON HAND

Life can get busy, and sometimes you might not have time for a full meal. Keeping keto-friendly snacks on hand is a great way to ensure you have something to reach for when hunger strikes. Prepping snacks ahead of time will also help prevent you from grabbing high-carb alternatives.

Here are some easy snack options to keep handy:

- Hard-boiled eggs
- Pre-portioned cheese
- Sliced veggies with guacamole
- Nuts like almonds, macadamia nuts, or pecans
- Keto fat bombs
- Pork rinds or seaweed snacks

Having keto-friendly snacks readily available will make it easier to stay on track and avoid high-carb temptations.

PLAN FOR EATING OUT OR ON-THE-GO

Even with the best meal plan, life can sometimes throw a wrench in your plans. Whether you're traveling, working late, or simply don't feel like cooking, it's helpful to know how to stay keto on the go.

Here's how to stay prepared:

- **Pack Portable Snacks:** Carry keto-friendly snacks like nuts, beef jerky, or cheese sticks when you're on the go.
- **Research Restaurant Options:** If you know you'll be eating out, look up the restaurant menu ahead of time and find keto-friendly options like bunless burgers, grilled meat or fish, and side salads with olive oil.
- **Ask for Modifications:** Don't be afraid to ask for menu modifications, like replacing starchy sides with extra veggies or asking for sauces and dressings on the side.

By planning ahead, you can enjoy eating out or being on the go without derailing your keto progress.

PUTTING IT ALL TOGETHER

Meal planning and preparation are essential skills for thriving on the ketogenic diet. With a clear plan, batch-cooked meals, and a few go-to recipes, you'll find that sticking to keto becomes second nature. Preparing your pantry, fridge, and schedule will help you stay consistent, reduce stress, and make the keto lifestyle both sustainable and enjoyable.

CHAPTER 4

A 21-DAY KETO MEAL PLAN

DAY-BY-DAY RECIPES FOR BREAKFAST, LUNCH, DINNER, AND SNACKS

DAY 1

BREAKFAST:

KETO AVOCADO & EGG BOWL

TIME TO COOK: 10 MINUTES

INGREDIENTS:

1 avocado (halved and pitted)
2 large eggs
1 tbsp olive oil
Salt and pepper to taste
Red pepper flakes (optional)

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 28G (6%)

PROTEIN: 87G (18%)

FATS: 160G (76%)

CALORIES: 400 KCAL
MACROS: 6G CARBS (5%),
12G PROTEIN (12%),
36G FAT (83%)

INSTRUCTIONS:

1. Heat olive oil in a pan over medium heat.
2. Crack the eggs into the pan and cook sunny-side up until the whites are set (about 4-5 minutes).
3. Slice the avocado in half and place it on a plate.
4. Add the eggs on top of or next to the avocado halves.
5. Season with salt, pepper, and red pepper flakes if desired.

SNACK 1: CHEESE AND NUTS

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 oz cheddar cheese (about 1 slice or small cube)
10 almonds or macadamia nuts

INSTRUCTIONS:

SIMPLY PORTION OUT THE CHEESE AND NUTS FOR A QUICK SNACK.

CALORIES: 200 KCAL

MACROS:

**4G CARBS (8%),
8G PROTEIN (16%),
18G FAT (76%)**

LUNCH: GRILLED CHICKEN SALAD WITH AVOCADO

**TIME TO COOK: 15 MINUTES (WITH PRE-COOKED CHICKEN)
OR 30 MINUTES (WITH FRESH CHICKEN)**

INGREDIENTS:

4 oz/115 grams grilled chicken breast (pre-cooked or cooked fresh)
1/2 avocado
2 cups mixed leafy greens (spinach, arugula, or lettuce)
1 tbsp olive oil
1 tbsp apple cider vinegar
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**8G CARBS (6%),
30G PROTEIN (24%),
40G FAT (70%)**

INSTRUCTIONS:

1. If the chicken is not pre-cooked, grill or pan-fry the chicken breast for 7-8 minutes on each side, until cooked through.
2. In a large bowl, combine the leafy greens, sliced avocado, and chicken.
3. Drizzle olive oil and apple cider vinegar over the salad.
4. Toss to combine and season with salt and pepper.

SNACK 2: KETO FAT BOMBS

TIME TO PREPARE: 10 MINUTES (PLUS 30 MINUTES TO CHILL IN THE FRIDGE)

INGREDIENTS:

2 tbsp coconut oil
2 tbsp peanut butter (or almond butter)
1 tsp unsweetened cocoa powder
Stevia or monk fruit sweetener to taste

INSTRUCTIONS:

1. Melt the coconut oil and peanut butter together in the microwave for about 30 seconds.
2. Stir in cocoa powder and sweetener.
3. Pour the mixture into small molds or a lined mini muffin tin.
Chill in the fridge for at least 30 minutes until firm.

CALORIES: 200 KCAL

MACROS:

**2G CARBS (4%),
2G PROTEIN (4%),
20G FAT (92%)**

DINNER: KETO SALMON WITH CREAMY SPINACH

TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz/170 grams salmon fillet
2 tbsp olive oil (for cooking)
2 cups/60 grams fresh spinach
2 tbsp heavy cream
1 clove garlic, minced
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**8G CARBS (5%),
35G PROTEIN (23%),
50G FAT (72%)**

INSTRUCTIONS:

1. Heat 1 tbsp olive oil in a pan over medium-high heat.
 2. Season the salmon with salt and pepper and cook for 4-5 minutes on each side, until crispy on the outside and cooked through.
 3. In a separate pan, heat the remaining olive oil and sauté the minced garlic for 1-2 minutes.
 4. Add the spinach and cook until wilted, about 2-3 minutes.
 5. Pour in the heavy cream and stir until well combined, letting the mixture simmer for a minute to thicken.
- Serve the salmon with the creamy spinach on the side.

DAY 2

BREAKFAST: KETO SPINACH AND CHEESE OMELETTE

TIME TO PREPARE: 10 MINUTES

INGREDIENTS:

2 large eggs
1/2 cup /15 grams fresh spinach
1 oz/28 grams cheddar cheese (shredded)
1 tbsp butter or olive oil
Salt and pepper to taste

CALORIES: 450 KCAL

MACROS:

4G CARBS (4%),
20G PROTEIN (18%),
38G FAT (78%)

INSTRUCTIONS:

- 1.Heat the butter or olive oil in a non-stick pan over medium heat.
- 2.Sauté the spinach for 1-2 minutes until wilted.
- 3.In a bowl, whisk the eggs with salt and pepper.
- 4.Pour the eggs into the pan and cook for about 2 minutes, until the edges start to set.
- 5.Sprinkle the shredded cheese over one half of the omelette and fold the other half over.
- 6.Cook for an additional 1-2 minutes, then serve.

SNACK 1: GREEK YOGURT WITH CHIA SEEDS

TIME TO COOK: 2 MINUTES

INGREDIENTS:

1/4 cup/60 grams full-fat Greek yogurt
1 tsp chia seeds

CALORIES: 150 KCAL

MACROS:

6G CARBS (16%),
8G PROTEIN (21%),
10G FAT (63%)

INSTRUCTIONS:

Mix the Greek yogurt with chia seeds and enjoy as a quick, creamy snack

LUNCH: KETO BEEF TACO BOWL

TIME TO PREPARE: 15 MINUTES

INGREDIENTS:

4 oz / 115 grams ground beef (80% lean)
1 tbsp olive oil
1/2 avocado, diced
1/2 cup / 25 grams shredded lettuce
1/4 cup / 28 grams shredded cheddar cheese
1 tbsp sour cream
1 tsp taco seasoning (homemade or store-bought, without sugar)

CALORIES: 600 KCAL

MACROS:

**8G CARBS (5%),
35G PROTEIN (23%),
50G FAT (72%)**

INSTRUCTIONS:

- 1.Heat the olive oil in a pan over medium-high heat.
- 2.Add the ground beef and taco seasoning. Cook until the beef is browned and cooked through, about 7-8 minutes.
- 3.In a bowl, layer the shredded lettuce, taco-seasoned beef, avocado, and cheese.
- 4.Top with sour cream and enjoy.

SNACK 2: HARD-BOILED EGG WITH MAYO

TIME TO COOK: 10 MINUTES (OR PRE-COOK)

INGREDIENTS:

1 large egg (hard-boiled)
1 tbsp mayonnaise (preferably avocado oil-based)

CALORIES: 200 KCAL

MACROS:

**2G CARBS (4%),
7G PROTEIN (14%),
19G FAT (82%)**

INSTRUCTIONS:

- 1.Hard-boil the egg (boil in water for about 9-10 minutes), peel, and slice.
- 2.Serve with mayonnaise for dipping or spread on top.

DINNER: GARLIC BUTTER CHICKEN WITH ZUCCHINI NOODLES

TIME TO PREPARE: 20 MINUTES

INGREDIENTS:

1 medium chicken breast (about 6 oz)
1 tbsp butter
2 cloves garlic, minced
1 medium zucchini, spiralized into noodles
1 tbsp olive oil
Salt and pepper to taste
1 tsp grated Parmesan (optional)

CALORIES: 500 KCAL

MACROS:

**7G CARBS (6%),
35G PROTEIN (28%),
40G FAT (66%)**

INSTRUCTIONS:

1. Season the chicken breast with salt and pepper.
2. Heat the butter in a skillet over medium heat and add the chicken breast. Cook for 6-7 minutes on each side, until fully cooked through.
3. In the same skillet, add the minced garlic and zucchini noodles. Sauté for 2-3 minutes until the zucchini is tender.
4. Drizzle with olive oil and top with Parmesan cheese if desired.
5. Serve the chicken over the zucchini noodles.

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 27G (6%)

PROTEIN: 105G (22%)

FATS: 150G (72%)

BREAKFAST: KETO COCONUT FLOUR PANCAKES WITH BUTTER

DAY 3

TIME TO PREPARE: 10 MINUTES

INGREDIENTS:

2 tbsp coconut flour
2 large eggs
2 tbsp heavy cream
1 tbsp butter (for cooking and topping)
1/4 tsp baking powder
1/2 tsp vanilla extract
1 tbsp water (optional, to thin batter)
Stevia or monk fruit sweetener (optional, to taste)

CALORIES: 450 KCAL

MACROS:

**4G CARBS (4%),
20G PROTEIN (18%),
38G FAT (78%)**

INSTRUCTIONS:

1. In a bowl, whisk together the eggs, heavy cream, vanilla, and sweetener (if using).
2. Add the coconut flour, baking powder, and a little water if needed to thin the batter slightly.
3. Heat butter in a skillet over medium heat. Pour small amounts of the batter to form pancakes.
4. Cook for 2-3 minutes on each side until golden.
Top with butter and enjoy.

SNACK 1 : CELERY STICKS WITH CREAM CHEESE

TIME TO COOK: 5 MINUTES

INGREDIENTS:

2 medium celery stalks
2 tbsp cream cheese

CALORIES: 150 KCAL

MACROS:

**3G CARBS (8%),
4G PROTEIN (11%),
14G FAT (81%)**

INSTRUCTIONS:

1. Cut the celery stalks into pieces.
2. Spread the cream cheese on the celery and enjoy.

LUNCH: KETO COBB SALAD

○ ————— ○
TIME TO PREPARE: 15 MINUTES

INGREDIENTS:

2 cups / 85 grams romaine lettuce
1 hard-boiled egg, sliced
2 oz / 57 grams grilled chicken breast (pre-cooked or freshly cooked)
2 slices cooked bacon
1/2 avocado, sliced
1/4 cup / 28 grams blue cheese crumbles
2 tbsp olive oil
1 tbsp apple cider vinegar
Salt and pepper to taste

CALORIES: 600 KCAL
MACROS:
8G CARBS (6%),
35G PROTEIN (24%),
50G FAT (70%)

INSTRUCTIONS:

1. In a large bowl, layer the romaine lettuce, chicken, egg, bacon, avocado, and blue cheese.
2. Drizzle with olive oil and apple cider vinegar.
3. Toss the salad, season with salt and pepper, and enjoy.

SNACK 2: ALMONDS AND DARK CHOCOLATE

○ ————— ○
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 almonds
1 square (10g) of 85% dark chocolate

CALORIES: 200 KCAL
MACROS:
7G CARBS (14%),
5G PROTEIN (10%),
18G FAT (76%)

INSTRUCTIONS:

1. Simply portion out the almonds and dark chocolate for a quick snack.

DINNER: KETO GARLIC BUTTER SHRIMP WITH ASPARAGUS

TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz / 170 grams shrimp (peeled and deveined)
1 tbsp olive oil
2 tbsp butter
1 clove garlic, minced
8-10 spears asparagus
Salt and pepper to taste
1 tbsp lemon juice (optional)

CALORIES: 550 KCAL

MACROS:

**7G CARBS (5%),
35G PROTEIN (25%),
44G FAT (70%)**

INSTRUCTIONS:

- 1.Heat the olive oil in a skillet over medium heat.
- 2.Add the garlic and shrimp, cooking for 3-4 minutes until shrimp are pink and fully cooked.
- 3.In a separate pan, melt the butter and sauté the asparagus for 5-6 minutes until tender.
- 4.Drizzle lemon juice over the shrimp (optional) and serve with the sautéed asparagus on the side.

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 30G (6%)

PROTEIN: 91G (19%)

FATS: 155G (75%)

BREAKFAST: KETO SCRAMBLED EGGS WITH SAUSAGE AND SPINACH

DAY 4

TIME TO COOK: 10 MINUTES

INGREDIENTS:

2 large eggs
1/2 cup / 15 grams fresh spinach
2 oz / 57 grams sausage (sugar-free)
1 tbsp butter
Salt and pepper to taste

CALORIES: 450 KCAL

MACROS:

**5G CARBS (4%),
22G PROTEIN (20%),
38G FAT (76%)**

INSTRUCTIONS:

- 1.Heat butter in a skillet over medium heat.
- 2.Add the sausage and cook until browned, about 4-5 minutes.
- 3.Add the spinach and sauté until wilted, about 1-2 minutes.
- 4.Beat the eggs in a bowl, season with salt and pepper, and pour into the skillet.
- 5.Cook the eggs until scrambled and fully set, then serve.

SNACK 1: CUCUMBER SLICES WITH GUACAMOLE

TIME TO COOK: 5 MINUTES

INGREDIENTS:

1/2 cucumber, sliced
1/4 cup / 28 grams diced onion
1 tbsp lime juice
1 clove garlic, minced (optional)
Salt and pepper to taste

CALORIES: 150 KCAL

MACROS:

**6G CARBS (16%),
2G PROTEIN (6%),
13G FAT (78%)**

INSTRUCTIONS:

- 1.Scoop the avocados into a bowl and mash them with a fork.
- 2.Add the diced onion, lime juice, garlic (if using), salt, and pepper.
- 3.Mix everything together until well combined. Adjust seasoning to taste.
- 4.Slice the cucumber and serve with guacamole for dipping.

LUNCH: KETO TUNA SALAD LETTUCE WRAPS

○ ————— ○
TIME TO PREPARE: 10 MINUTES

INGREDIENTS:

1 can tuna in olive oil (5 oz/140 grams)
2 tbsp mayonnaise
1 tsp mustard
1/2 avocado, diced
2 large romaine lettuce leaves
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**7G CARBS (6%),
30G PROTEIN (24%),
40G FAT (70%)**

INSTRUCTIONS:

1. In a bowl, mix the tuna, mayonnaise, mustard, and diced avocado.
2. Season with salt and pepper.
3. Spoon the tuna salad into the lettuce leaves, wrap, and serve.

SNACK 2: MOZZARELLA CHEESE STICKS

○ ————— ○
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

2 mozzarella cheese sticks

CALORIES: 200 KCAL

MACROS:

**1G CARBS (2%),
12G PROTEIN (24%),
18G FAT (74%)**

INSTRUCTIONS:

1. Simply grab two mozzarella cheese sticks as a quick, keto-friendly snack.

DINNER: KETO BEEF STIR-FRY WITH BROCCOLI

TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz / 170 grams beef steak, thinly sliced
2 cups / 180 grams broccoli florets
2 tbsp olive oil
1 tbsp soy sauce (or coconut aminos for a lower-carb option)
1 clove garlic, minced
1/2 tsp ginger (optional)
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**8G CARBS (5%),
40G PROTEIN (27%),
46G FAT (68%)**

INSTRUCTIONS:

- 1.Heat 1 tbsp olive oil in a large pan over medium-high heat.
- 2.Add the sliced beef and cook until browned, about 4-5 minutes.
- 3.Remove the beef and set aside.
- 4.In the same pan, heat the remaining olive oil and sauté the garlic and ginger for 1 minute.
- 5.Add the broccoli and stir-fry for 4-5 minutes until tender but still crisp.
- 6.Return the beef to the pan, drizzle with soy sauce or coconut aminos, and stir to combine.
- 7.Cook for another 2-3 minutes, season with salt and pepper, and serve.

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 27G (6%)

PROTEIN: 106G (22%)

FATS: 148G (72%)

DAY 5

BREAKFAST: KETO BACON AND EGG MUFFINS

TIME TO COOK: 20 MINUTES

INGREDIENTS:

2 large eggs
2 slices cooked bacon, chopped
1/4 cup / 28 grams shredded cheddar cheese
1 tbsp heavy cream
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

2G CARBS (2%),
18G PROTEIN (18%),
35G FAT (80%)

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and grease a muffin tin.
2. In a bowl, whisk together the eggs, heavy cream, salt, and pepper.
3. Divide the bacon and cheese evenly between 2 muffin cups.
4. Pour the egg mixture into the muffin cups over the bacon and cheese.
5. Bake for 15 minutes until the eggs are fully set.
6. Serve warm or store for an easy grab-and-go breakfast.

SNACK 1: KETO FAT BOMBS

TIME TO COOK: 5 MINUTES (PLUS 30 MINUTES TO CHILL IN THE FRIDGE)

INGREDIENTS:

2 tbsp coconut oil
2 tbsp almond butter (or peanut butter)
1 tsp unsweetened cocoa powder
Stevia or monk fruit sweetener to taste

CALORIES: 200 KCAL

MACROS:

2G CARBS (4%),
2G PROTEIN (4%),
20G FAT (92%)

INSTRUCTIONS:

1. Melt the coconut oil and almond butter together in the microwave for about 30 seconds.
2. Stir in cocoa powder and sweetener.
3. Pour the mixture into small molds or a lined mini muffin tin.
4. Chill in the fridge for at least 30 minutes until firm.

LUNCH: KETO CAESAR SALAD WITH GRILLED CHICKEN

○ ————— ○
TIME TO COOK: 20 MINUTES

INGREDIENTS:

4 oz / 115 grams grilled chicken breast (pre-cooked or freshly cooked)
2 cups / 85 grams romaine lettuce
1/4 cup / 28 grams Parmesan cheese (shaved)
2 tbsp Caesar dressing (low-carb)
Salt and pepper to taste

CALORIES: 550 KCAL

MACROS:

**7G CARBS (5%),
35G PROTEIN (25%),
45G FAT (70%)**

INSTRUCTIONS:

- 1.If the chicken is not pre-cooked, grill or pan-fry the chicken breast for 7-8 minutes on each side, until cooked through.
- 2.In a large bowl, toss the romaine lettuce with the Caesar dressing.
- 3.Slice the chicken and place it on top of the salad.
- 4.Sprinkle Parmesan cheese over the salad and season with salt and pepper.

SNACK 2: AVOCADO SLICES WITH OLIVE OIL AND SALT

○ ————— ○
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1/2 avocado
1 tbsp olive oil
Salt to taste

CALORIES: 150 KCAL

MACROS:

**3G CARBS (8%),
2G PROTEIN (6%),
14G FAT (86%)**

INSTRUCTIONS:

- 1.Slice the avocado and drizzle with olive oil.
- 2.Sprinkle with salt to taste and enjoy.

DINNER: KETO PORK CHOPS WITH CREAMY MUSHROOM SAUCE

○ ————— ○
TIME TO COOK: 25 MINUTES

INGREDIENTS:

1 pork chop (6 oz/170 grams)
1 tbsp butter
1/2 cup /60 grams mushrooms, sliced
1/4 cup / 28 grams heavy cream
1 clove garlic, minced
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**8G CARBS (5%),
40G PROTEIN (27%),
45G FAT (68%)**

INSTRUCTIONS:

- 1.Heat the butter in a skillet over medium heat.
- 2.Season the pork chop with salt and pepper, and cook for 5-6 minutes on each side, until cooked through.
- 3.Remove the pork chop from the pan and set it aside.
- 4.In the same pan, sauté the garlic and mushrooms for 3-4 minutes until softened.
- 5.Pour in the heavy cream and let it simmer for 3-4 minutes until the sauce thickens.
- 6.Return the pork chop to the pan and cook for another minute, coating it in the sauce.
- 7.Serve the pork chop with the creamy mushroom sauce.

○ ————— ○

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

**CARBOHYDRATES: 22G (5%)
PROTEIN: 97G (20%)
FATS: 160G (75%)**

DAY 6

BREAKFAST: KETO CHIA SEED PUDDING

TIME TO PREPARE: 5 MINUTES
(PLUS 2 HOURS TO CHILL IN THE FRIDGE)

INGREDIENTS:

2 large eggs
1/2 cup / 15 grams fresh spinach
2 oz / 57 grams sausage (sugar-free)
1 tbsp butter
Salt and pepper to taste

CALORIES: 350 KCAL

MACROS:

**10G CARBS (12%),
10G PROTEIN (12%),
30G FAT (76%)**

INSTRUCTIONS:

1. In a small bowl, mix chia seeds, almond milk, coconut cream, vanilla extract, and sweetener.
2. Stir well and refrigerate for at least 2 hours (or overnight) until it thickens into a pudding-like consistency.
3. Serve chilled.

SNACK 1: BOILED EGG WITH MAYONNAISE

TIME TO PREPARE: 10 MINUTES (BOIL THE EGG)

INGREDIENTS:

1 large egg (hard-boiled)
1 tbsp mayonnaise (preferably avocado oil-based)

CALORIES: 150 KCAL

MACROS:

**1G CARBS (2%),
6G PROTEIN (16%),
14G FAT (82%)**

INSTRUCTIONS:

1. Boil the egg for about 9–10 minutes, peel, and serve with mayonnaise.

LUNCH: KETO ZUCCHINI NOODLES WITH PESTO AND CHICKEN

○ ————— ○
TIME TO COOK: 5 MINUTES

INGREDIENTS:

1 medium zucchini (spiralized into noodles)
4 oz / 115 grams grilled chicken breast (pre-cooked or freshly cooked)
2 tbsp pesto (store-bought or homemade)
1 tbsp olive oil
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**7G CARBS (6%),
35G PROTEIN (28%),
40G FAT (66%)**

INSTRUCTIONS:

- 1.Heat olive oil in a skillet over medium heat.
- 2.Add the zucchini noodles and sauté for 2-3 minutes until tender.
- 3.Toss the noodles with pesto and top with sliced grilled chicken.
- 4.Season with salt and pepper and serve.

SNACK 2: MACADAMIA NUTS AND DARK CHOCOLATE

○ ————— ○
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 macadamia nuts
1 square (10g) of 85% dark chocolate

CALORIES: 200 KCAL

MACROS:

**6G CARBS (10%),
3G PROTEIN (6%),
18G FAT (84%)**

INSTRUCTIONS:

- 1.Portion out the macadamia nuts and dark chocolate for a quick snack.

DINNER: KETO BAKED SALMON WITH CREAMED SPINACH

○ ————— ○
TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz / 170 grams salmon fillet
2 tbsp olive oil
1 cup / 30 grams fresh spinach
2 tbsp heavy cream
1 clove garlic, minced
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**6G CARBS (4%),
40G PROTEIN (27%),
50G FAT (69%)**

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Season the salmon with salt and pepper, drizzle with 1 tbsp olive oil, and bake for 12–15 minutes until cooked through.
3. While the salmon is baking, heat 1 tbsp olive oil in a skillet over medium heat.
4. Add the garlic and spinach and sauté until the spinach is wilted, about 2–3 minutes. Stir in the heavy cream and let it simmer for 2–3 minutes until thickened.
1. Serve the salmon with the creamed spinach on the side.

○ ————— ○

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 30G (6%)

PROTEIN: 94G (20%)

FATS: 150G (74%)

BREAKFAST: KETO EGG AND CHEESE BREAKFAST ROLL-UPS

DAY 7

TIME TO PREPARE: 10 MINUTES

INGREDIENTS:

2 large eggs
2 slices cheddar cheese
1 tbsp butter
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

3G CARBS (3%), 18G

PROTEIN (18%),

35G FAT (79%)

INSTRUCTIONS:

- 1.Heat the butter in a skillet over medium heat.
- 2.Whisk the eggs with salt and pepper and pour them into the skillet.
- 3.Cook the eggs like a thin omelet, allowing them to set but not brown.
- 4.Place the cheese slices on top of the eggs and let them melt slightly.
- 5.Roll up the eggs with cheese inside and serve warm.

SNACK 1: ALMONDS AND BLUEBERRIES

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 almonds
1/4 cup / 37 grams fresh blueberries

CALORIES: 150 KCAL

MACROS:

10G CARBS (27%),

4G PROTEIN (11%),

12G FAT (62%)

INSTRUCTIONS:

- 1.Portion out the almonds and blueberries for a quick snack.

LUNCH: KETO AVOCADO CHICKEN SALAD



TIME TO COOK: 15 MINUTES

INGREDIENTS:

4 oz / 115 grams cooked chicken breast (pre-cooked or freshly cooked)
1/2 avocado
1 tbsp mayonnaise
1 tbsp olive oil
1 cup / 30 grams mixed leafy greens
Salt and pepper to taste

CALORIES: 550 KCAL

MACROS:

**7G CARBS (5%),
35G PROTEIN (25%),
45G FAT (70%)**

INSTRUCTIONS:

1. In a bowl, mash the avocado and mix with the mayonnaise, olive oil, salt, and pepper.
2. Add the cooked chicken and toss until well coated.
3. Serve over a bed of mixed leafy greens.

SNACK 2: STRING CHEESE



TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 string cheese stick (mozzarella)

CALORIES: 100 KCAL

MACROS:

**1G CARBS (4%),
7G PROTEIN (28%),
8G FAT (68%)**

INSTRUCTIONS:

1. Simply grab a string cheese stick for a quick and satisfying snack.

DINNER: KETO MEATBALLS WITH ZOODLES

○ ————— ○
TIME TO COOK: 25 MINUTES

INGREDIENTS:

6 oz / 170 grams ground beef (80% lean)
1 tbsp olive oil
1 clove garlic, minced
1/4 cup / 28 grams grated Parmesan cheese
1 egg
1/2 tsp Italian seasoning
1 medium zucchini, spiralized into noodles
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**10G CARBS (6%),
40G PROTEIN (27%),
45G FAT (67%)**

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix the ground beef, Parmesan cheese, egg, garlic, Italian seasoning, salt, and pepper.
3. Form the mixture into small meatballs and place them on a baking sheet.
4. Bake for 15-20 minutes, until the meatballs are fully cooked.
5. While the meatballs are baking, sauté the zucchini noodles in olive oil over medium heat for 2-3 minutes.
6. Serve the meatballs over the zoodles, and enjoy!

○ ————— ○

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 31G (6%)

PROTEIN: 104G (22%)

FATS: 146G (72%)

SHOPPING LIST FOR WEEK 1



PROTEINS & MEAT:

- Chicken breast (cooked or fresh): 26 oz (~1.6 lbs) = 740 grams chicken breast
- Salmon fillets: 12 oz = 340 grams salmon fillets
- Ground beef (80% lean): 12 oz = 340 grams ground beef (80% lean)
- Pork chop: 1 (6 oz) = 170 grams pork chop
- Shrimp: 6 oz = 170 grams shrimp
- Bacon: 6 slices = about 150-180 grams bacon (depending on thickness)
- Sausage (sugar-free): 2 oz = 57 grams sausage
- Canned tuna in olive oil: 1 can (5 oz) = 142 grams canned tuna
- Eggs: 15 large eggs
- Mozzarella cheese sticks: 3 sticks



DAIRY:

- Cheddar cheese (shredded or slices): 7 oz = 200 grams
- Parmesan cheese (shaved and grated): 1/4 cup (shaved) + 1/4 cup (grated) = 28 grams
- Heavy cream: 9 tbsp
- Butter: 6 tbsp
- Coconut cream: 1 tbsp
- Full-fat Greek yogurt: 1/4 cup
- Cream cheese: 4 tbsp
- Mayonnaise (preferably avocado oil-based): 6 tbsp



SHOPPING LIST FOR WEEK 1



PRODUCE:

- Avocados: 6
- Spinach (fresh): 4 cups / 120 gr
- Zucchini (spiralized or fresh): 4 medium
- Cucumber: 1/2
- Mixed leafy greens: 4 cups / 120 gr
- Romaine lettuce: 4 cups / 170 gr (or 2 large leaves)
- Broccoli florets: 2 cups / 180 gr
- Mushrooms (sliced): 1/2 cup / 35 gr
- Garlic: 5 cloves
- Celery stalks: 2
- Asparagus spears: 8-10
- Blueberries (fresh): 1/4 cup / 40 gr
- Pumpkin seeds (optional topping)



NUTS & SEEDS:

- Chia seeds: 4 tbsp
- Macadamia nuts: 20 nuts
- Almonds: 40 almonds (~4 oz)
- Almond butter (or peanut butter): 4 tbsp
- Flaxseed meal (optional for thickening sauces)



SHOPPING LIST FOR WEEK 1



PANTRY STAPLES:

- Olive oil: 16 tbsp (~1 cup)
- Coconut oil: 6 tbsp
- Apple cider vinegar: 2 tbsp
- Soy sauce or coconut aminos: 1 tbsp
- Pesto (store-bought or homemade): 4 tbsp
- Unsweetened almond milk: 1/2 cup
- Taco seasoning: 1 tsp (without sugar)
- Italian seasoning: 1/2 tsp
- Stevia or monk fruit sweetener: to taste
- Unsweetened cocoa powder: 2 tsp
- Dark chocolate (85% or higher): 2 squares (~20g)



SPICES & SEASONINGS:

- Salt
- Pepper
- Red pepper flakes (optional for heat)
- Paprika
- Cumin
- Garlic powder
- Onion powder



DAY 8

BREAKFAST: KETO VEGGIE OMELET

TIME TO PREPARE: 10 MINUTES

INGREDIENTS:

2 large eggs
1/4 cup / 37 grams diced bell peppers (green, red, or yellow)
1/4 cup / 37 grams mushrooms, sliced
1 tbsp butter
1/4 cup / 37 grams shredded cheddar cheese
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

**5G CARBS (5%),
18G PROTEIN (18%),
35G FAT (77%)**

INSTRUCTIONS:

- 1.Heat the butter in a skillet over medium heat.
- 2.Sauté the bell peppers and mushrooms until softened, about 3-4 minutes.
- 3.Whisk the eggs with salt and pepper and pour them into the skillet over the veggies.
- 4.Cook until the edges are set, then sprinkle with cheese and fold the omelet in half.
Serve hot.

SNACK 1: CUCUMBER SLICES WITH GUACAMOLE

TIME TO PREPARE: 5 MINUTES

INGREDIENTS:

1/2 cucumber, sliced
2 tbsp guacamole

CALORIES: 150 KCAL

MACROS:

**6G CARBS (16%),
2G PROTEIN (6%),
13G FAT (78%)**

INSTRUCTIONS:

- 1.Slice the cucumber and serve with guacamole for dipping.

LUNCH: KETO CHICKEN CAESAR LETTUCE WRAPS

○ ————— ○
TIME TO COOK: 10 MINUTES

INGREDIENTS:

4 oz / 115 grams grilled chicken breast (pre-cooked or freshly cooked)
2 tbsp Caesar dressing (low-carb)
1/4 cup / 37 grams Parmesan cheese (shaved)
2 large romaine lettuce leaves
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**7G CARBS (6%),
35G PROTEIN (28%),
40G FAT (66%)**

INSTRUCTIONS:

1. Slice the chicken breast and mix with the Caesar dressing.
 2. Place the chicken mixture inside the romaine lettuce leaves and top with Parmesan cheese.
- Season with salt and pepper and wrap up the lettuce leaves to enjoy.

SNACK 2: CHEESE CRISPS

○ ————— ○
TIME TO PREPARE: 5 MINUTES

INGREDIENTS:

1/4 cup / 37 grams shredded cheddar cheese

CALORIES: 200 KCAL

MACROS:

**2G CARBS (4%),
10G PROTEIN (20%),
18G FAT (76%)**

INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
 2. Place small mounds of shredded cheese on a parchment-lined baking sheet.
 3. Bake for 5-6 minutes until the cheese crisps are golden and crispy.
- Let them cool before serving.

DINNER: KETO BAKED CHICKEN THIGHS WITH CREAMY GARLIC SPINACH

○ ————— ○
TIME TO COOK: 30 MINUTES

INGREDIENTS:

1 chicken thigh (skin-on, bone-in, about 6 oz)
1 tbsp olive oil
2 cups / 60 grams fresh spinach
2 tbsp heavy cream
1 clove garlic, minced
Salt and pepper to taste

CALORIES: 600 KCAL
MACROS:
8G CARBS (5%),
40G PROTEIN (27%),
45G FAT (68%)

INSTRUCTIONS:

- 1.Preheat the oven to 375°F (190°C).
- 2.Rub the chicken thigh with olive oil, salt, and pepper. Bake for 25–30 minutes until golden and cooked through.
- 3.While the chicken is baking, heat a skillet over medium heat and sauté the garlic in olive oil until fragrant, about 1 minute.
- 4.Add the spinach and cook until wilted, about 2 minutes.
- 5.Stir in the heavy cream and let it simmer for another 2–3 minutes until thickened.
Serve the baked chicken thigh with the creamy garlic spinach.

○ ————— ○
DAILY TOTALS:
CALORIES:1,850 KCAL
MACROS:
CARBOHYDRATES: 28G (6%)
PROTEIN: 105G (23%)
FATS: 140G (71%)

DAY 9

BREAKFAST: KETO SAUSAGE AND EGG BREAKFAST CASSEROLE

TIME TO PREPARE: 30 MINUTES

INGREDIENTS:

2 large eggs
2 oz / 60 gr sausage (sugar-free)
1/4 cup / 28 gr shredded cheddar cheese
1 tbsp heavy cream
1 tbsp butter
Salt and pepper to taste

CALORIES: 450 KCAL

MACROS:

**5G CARBS (4%),
22G PROTEIN (20%),
38G FAT (76%)**

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and grease a small baking dish.
2. Cook the sausage in a skillet until browned, about 5–7 minutes.
3. In a bowl, whisk the eggs, heavy cream, salt, and pepper.
4. Place the cooked sausage in the baking dish, pour the egg mixture on top, and sprinkle with cheese.
5. Bake for 20–25 minutes until the eggs are fully set and golden on top.

SNACK 1: AVOCADO SLICES WITH OLIVE OIL

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1/2 avocado
1 tbsp olive oil
Salt to taste

CALORIES: 150 KCAL

MACROS:

**5G CARBS (14%),
2G PROTEIN (6%),
14G FAT (80%)**

INSTRUCTIONS:

1. Slice the avocado and drizzle with olive oil.
2. Sprinkle with salt and enjoy.

LUNCH: KETO TURKEY AND BACON ROLL-UPS

—
TIME TO COOK: 15 MINUTES

INGREDIENTS:

4 oz / 115 gr deli turkey (sugar-free)
2 slices bacon (cooked)
1 tbsp mayonnaise (preferably avocado oil-based)
1 large romaine lettuce leaf
1/4 cup / 37 gr shredded cheddar cheese
Salt and pepper to taste

CALORIES: 500 KCAL
MACROS:
6G CARBS (5%),
30G PROTEIN (25%),
42G FAT (70%)

INSTRUCTIONS:

1. Spread mayonnaise onto the turkey slices.
2. Place a strip of bacon, lettuce, and cheese onto each slice and roll them up.
3. Secure with a toothpick if needed and enjoy.

SNACK 2: HARD-BOILED EGG WITH MUSTARD

—
TIME TO PREPARE: 10 MINUTES (BOIL THE EGG)

INGREDIENTS:

1 large egg (hard-boiled)
1 tsp mustard

CALORIES: 150 KCAL
MACROS:
1G CARBS (2%),
6G PROTEIN (16%),
13G FAT (82%)

INSTRUCTIONS:

1. Boil the egg for about 9-10 minutes, peel, and serve with mustard for dipping.

DINNER: KETO GRILLED SALMON WITH GARLIC BUTTER GREEN BEANS

TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz / 170 gr salmon fillet
1 tbsp butter
1 clove garlic, minced
1 cup green beans
1 tbsp olive oil
Salt and pepper to taste

CALORIES: 600 KCAL
MACROS:
8G CARBS (5%),
40G PROTEIN (27%),
45G FAT (68%)

INSTRUCTIONS:

1. Preheat the grill or heat a skillet over medium heat.
2. Season the salmon with salt and pepper and grill or cook for about 5-6 minutes per side until cooked through.
3. In a skillet, heat the butter and olive oil over medium heat. Add the garlic and sauté for 1 minute.
4. Add the green beans and cook for 4-5 minutes until tender.
5. Serve the salmon with the garlic butter green beans.

DAILY TOTALS:

CALORIES: 1,850 KCAL

MACROS:

CARBOHYDRATES: 25G (5%)

PROTEIN: 100G (22%)

FATS: 145G (73%)

DAY 10

BREAKFAST: KETO HAM AND CHEESE OMELET

TIME TO COOK: 10 MINUTES

INGREDIENTS:

2 large eggs
2 slices ham (sugar-free)
1/4 cup / 37 gr shredded cheddar cheese
1 tbsp butter
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

**3G CARBS (3%),
18G PROTEIN (18%),
35G FAT (79%)**

INSTRUCTIONS:

- 1.Heat the butter in a skillet over medium heat.
- 2.Whisk the eggs with salt and pepper and pour into the skillet.
- 3.Place the ham slices and shredded cheese on one side of the eggs.
- 4.Cook until the edges are set, then fold the omelet in half over the ham and cheese.
- 5.Serve warm.

SNACK 1: ALMONDS AND CELERY WITH CREAM CHEESE

TIME TO PREPARE: 5 MINUTES

INGREDIENTS:

10 almonds
1 celery stalk
1 tbsp cream cheese

CALORIES: 200 KCAL

MACROS:

**5G CARBS (10%),
5G PROTEIN (10%),
18G FAT (80%)**

INSTRUCTIONS:

- 1.Spread the cream cheese onto the celery and serve with almonds.

LUNCH: KETO TACO SALAD

○ ————— ○
TIME TO COOK: 20 MINUTES

INGREDIENTS:

4 oz / 115 gr ground beef (80% lean)
1 tbsp olive oil
1 tsp taco seasoning (sugar-free)
1 cup romaine lettuce, chopped
1/2 avocado, diced
1/4 cup shredded cheddar cheese
1 tbsp sour cream
Salt and pepper to taste

CALORIES: 550 KCAL
MACROS:
9G CARBS (6%),
35G PROTEIN (26%),
45G FAT (68%)

INSTRUCTIONS:

- 1.Heat the olive oil in a skillet over medium heat.
- 2.Add the ground beef and taco seasoning, cooking until browned and fully cooked, about 7-8 minutes.
- 3.In a bowl, combine the lettuce, avocado, and cooked beef.
- 4.Top with cheese, sour cream, and season with salt and pepper.

SNACK 2:STRING CHEESE AND CUCUMBER SLICES

○ ————— ○
TIME TO PREPARE: 5 MINUTES

INGREDIENTS:

1 string cheese stick (mozzarella)
1/2 cucumber, sliced

CALORIES: 150 KCAL
MACROS:
5G CARBS (14%),
8G PROTEIN (21%),
10G FAT (65%)

INSTRUCTIONS:

- 1.Slice the cucumber and enjoy with the string cheese for a light snack.

DINNER: KETO LEMON GARLIC CHICKEN THIGHS

TIME TO COOK: 25 MINUTES

INGREDIENTS:

1 chicken thigh (skin-on, bone-in, about 6 oz)
1 tbsp olive oil
1 tbsp butter
1 clove garlic, minced
1 tbsp lemon juice
1/2 cup / 35 gr broccoli florets
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**7G CARBS (5%),
40G PROTEIN (27%),
45G FAT (68%)**

INSTRUCTIONS:

- 1.Preheat the oven to 375°F (190°C).
 - 2.Season the chicken thigh with salt and pepper.
 - 3.Heat olive oil in a skillet over medium heat and sear the chicken thigh on both sides until golden, about 4-5 minutes per side.
 - 4.Transfer the chicken to a baking dish and bake for 15-20 minutes, until fully cooked.
 - 5.In the same skillet, add the butter and garlic, cooking for 1-2 minutes. Stir in the lemon juice.
 - 6.Steam or sauté the broccoli florets while the chicken bakes.
- Serve the chicken thigh drizzled with the garlic lemon butter sauce and broccoli on the side.

DAILY TOTALS:

CALORIES:1,900 KCAL

MACROS:

CARBOHYDRATES: 29G (6%)

PROTEIN: 101G (21%)

FATS: 150G (73%)

DAY 11

BREAKFAST: KETO AVOCADO & BACON EGG CUPS

TIME TO COOK: 20 MINUTES

INGREDIENTS:

1 avocado, halved and pitted
2 large eggs
2 slices bacon, cooked and crumbled
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

**4G CARBS (4%),
16G PROTEIN (16%),
35G FAT (80%)**

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C).
2. Scoop out a small portion of the avocado to create space for the egg.
3. Crack an egg into each avocado half.
4. Bake for 15–20 minutes, until the egg is cooked to your desired doneness.
5. Top with crumbled bacon, season with salt and pepper, and serve.

SNACK 1: KETO FAT BOMBS

TIME TO PREPARE: 10 MINUTES (PLUS 30 MINUTES TO CHILL)

INGREDIENTS:

2 tbsp coconut oil
2 tbsp almond butter (or peanut butter)
1 tsp unsweetened cocoa powder
Stevia or monk fruit sweetener to taste

CALORIES: 200 KCAL

MACROS:

**2G CARBS (4%),
2G PROTEIN (4%),
20G FAT (92%)**

INSTRUCTIONS:

1. Melt the coconut oil and almond butter together in the microwave for about 30 seconds.
2. Stir in the cocoa powder and sweetener.
3. Pour the mixture into small molds or a lined mini muffin tin.
4. Chill in the fridge for at least 30 minutes until firm.

LUNCH: KETO BLT SALAD

○ ————— ○
TIME TO COOK: 15 MINUTES

INGREDIENTS:

2 cups / 180 gr romaine lettuce, chopped
4 slices bacon, cooked and crumbled
4 oz / 115 gr grilled chicken breast
1/2 avocado, sliced
2 tbsp mayonnaise (preferably avocado oil-based)
Salt and pepper to taste

CALORIES: 550 KCAL

MACROS:

**7G CARBS (5%),
35G PROTEIN (25%),
45G FAT (70%)**

INSTRUCTIONS:

1. In a large bowl, toss together the lettuce, bacon, chicken, and avocado.
2. Drizzle with mayonnaise and toss to combine.
3. Season with salt and pepper and serve.

SNACK 2: CHEESE STICKS

○ ————— ○
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

2 mozzarella cheese sticks

CALORIES: 150 KCAL

MACROS:

**1G CARBS (3%),
12G PROTEIN (32%),
10G FAT (65%)**

INSTRUCTIONS:

1. Enjoy 2 mozzarella cheese sticks as a quick snack.

DINNER: KETO LEMON GARLIC CHICKEN THIGHS

TIME TO COOK: 25 MINUTES

INGREDIENTS:

1 chicken thigh (skin-on, bone-in, about 6 oz)
1 tbsp olive oil
1 tbsp butter
1 clove garlic, minced
1 tbsp lemon juice
1/2 cup / 35 gr broccoli florets
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**7G CARBS (5%),
40G PROTEIN (27%),
45G FAT (68%)**

INSTRUCTIONS:

- 1.Preheat the oven to 375°F (190°C).
 - 2.Season the chicken thigh with salt and pepper.
 - 3.Heat olive oil in a skillet over medium heat and sear the chicken thigh on both sides until golden, about 4-5 minutes per side.
 - 4.Transfer the chicken to a baking dish and bake for 15-20 minutes, until fully cooked.
 - 5.In the same skillet, add the butter and garlic, cooking for 1-2 minutes. Stir in the lemon juice.
 - 6.Steam or sauté the broccoli florets while the chicken bakes.
- Serve the chicken thigh drizzled with the garlic lemon butter sauce and broccoli on the side.

DAILY TOTALS:

CALORIES:1,900 KCAL

MACROS:

CARBOHYDRATES: 29G (6%)

PROTEIN: 101G (21%)

FATS: 150G (73%)

DAY 12

BREAKFAST:
KETO SCRAMBLED EGGS WITH SPINACH AND FETA

TIME TO COOK: 10 MINUTES

INGREDIENTS:

2 large eggs
1/2 cup / 28 gr fresh spinach
1/4 cup / 37 gr crumbled feta cheese
1 tbsp butter
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

5G CARBS (5%),

18G PROTEIN (18%),

35G FAT (77%)

INSTRUCTIONS:

- 1.Heat butter in a skillet over medium heat.
- 2.Add the spinach and cook until wilted, about 1-2 minutes.
- 3.Whisk the eggs with salt and pepper, then pour into the skillet with the spinach.
- 4.Scramble the eggs until fully cooked, then sprinkle with feta cheese.
- 5.Serve warm.

SNACK 1: CELERY STICKS WITH PEANUT BUTTER

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

2 medium celery sticks
2 tbsp peanut butter (unsweetened)

CALORIES: 200 KCAL

MACROS:

6G CARBS (12%),

8G PROTEIN (16%),

16G FAT (72%)

INSTRUCTIONS:

- 1.Slice the celery and serve with peanut butter for dipping.

LUNCH: KETO SHRIMP STIR-FRY WITH BROCCOLI

○ ————— ○
TIME TO COOK: 15 MINUTES

INGREDIENTS:

6 oz / 170 gr shrimp (peeled and deveined)
1 cup / 30 gr broccoli florets
1 tbsp olive oil
1 tbsp butter
1 clove garlic, minced
1 tbsp soy sauce (or coconut aminos for lower carbs)
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**8G CARBS (6%),
35G PROTEIN (28%),
40G FAT (66%)**

INSTRUCTIONS:

- 1.Heat the olive oil in a skillet over medium heat. Add the broccoli and cook for 4–5 minutes until tender.
- 2.Add the butter and garlic, then the shrimp. Cook for 3–4 minutes, stirring occasionally, until the shrimp are pink and cooked through.
- 3.Add the soy sauce or coconut aminos, season with salt and pepper, and serve.

SNACK 2: HARD-BOILED EGG WITH MAYONNAISE

● ————— ●
TIME TO PREPARE: 10 MINUTES (BOIL THE EGG)

INGREDIENTS:

1 large egg (hard-boiled)
1 tbsp mayonnaise (avocado oil-based)

CALORIES: 150 KCAL

MACROS:

**1G CARBS (2%),
6G PROTEIN (16%),
13G FAT (82%)**

INSTRUCTIONS:

- 1.Boil the egg for about 9–10 minutes, peel, and serve with mayonnaise.

DINNER: KETO PORK CHOPS WITH CREAMY CAULIFLOWER MASH

TIME TO COOK: 25 MINUTES

INGREDIENTS:

1 pork chop (6 oz / 170 gr)
1 cup / 30 gr cauliflower florets
2 tbsp butter
2 tbsp heavy cream
1 clove garlic, minced
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**10G CARBS (6%),
40G PROTEIN (27%),
45G FAT (67%)**

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
 2. Season the pork chop with salt and pepper. Heat 1 tbsp butter in a skillet and sear the pork chop on both sides, about 3-4 minutes each.
 3. Transfer to the oven and bake for 12-15 minutes until fully cooked.
 4. Steam the cauliflower until tender, about 5-7 minutes.
 5. In a blender or food processor, blend the steamed cauliflower with 1 tbsp butter, heavy cream, garlic, salt, and pepper until smooth.
- Serve the pork chop with the creamy cauliflower mash on the side.

DAILY TOTALS:

CALORIES: 1,850 KCAL

MACROS:

CARBOHYDRATES: 30G (6%)

PROTEIN: 99G (22%)

FATS: 140G (72%)

DAY 13

BREAKFAST: KETO EGG MUFFINS WITH CHEESE AND SPINACH

TIME TO COOK: 20 MINUTES

INGREDIENTS:

3 large eggs
1/2 cup / 35 gr fresh spinach, chopped
1/4 cup / 28 gr shredded cheddar cheese
1 tbsp butter
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

**4G CARBS (4%),
18G PROTEIN (18%),
35G FAT (78%)**

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and grease a muffin tin.
2. In a bowl, whisk the eggs with salt and pepper.
3. Add the chopped spinach and shredded cheddar cheese to the egg mixture.
4. Pour the mixture into muffin cups and bake for 15-20 minutes, until the eggs are fully set.
5. Let cool slightly and serve.

SNACK 1: MACADAMIA NUTS

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 macadamia nuts

CALORIES: 200 KCAL

MACROS:

**4G CARBS (8%),
2G PROTEIN (4%),
19G FAT (88%)**

INSTRUCTIONS:

1. Portion out 10 macadamia nuts for a quick snack.

LUNCH: KETO COBB SALAD



TIME TO COOK: 15 MINUTES

INGREDIENTS:

2 cups / 60 gr romaine lettuce, chopped
4 slices cooked bacon, crumbled
1/2 avocado, sliced
1 hard-boiled egg, sliced
4 oz / 115 gr grilled chicken breast (pre-cooked or freshly cooked)
2 tbsp olive oil (or low-carb dressing)
Salt and pepper to taste

CALORIES: 550 KCAL

MACROS:

**8G CARBS (6%),
35G PROTEIN (25%),
45G FAT (70%)**

INSTRUCTIONS:

1. In a large bowl, layer the romaine lettuce, bacon, avocado, egg, and chicken.
2. Drizzle with olive oil or low-carb dressing.
3. Season with salt and pepper, toss, and serve.

SNACK 2: CHEESE AND OLIVES



TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 oz / 30 gr cheddar cheese, cubed
5 green olives

CALORIES: 150 KCAL

MACROS:

**4G CARBS (10%),
8G PROTEIN (22%),
13G FAT (68%)**

INSTRUCTIONS:

1. Cube the cheese and enjoy it with olives for a simple keto-friendly snack.

DINNER: KETO BEEF STROGANOFF WITH ZUCCHINI NOODLES

TIME TO COOK: 25 MINUTES

INGREDIENTS:

6 oz / 170 gr ground beef (80% lean)
1 medium zucchini, spiralized into noodles
1/4 cup / 28 gr heavy cream
1/4 cup / 28 gr mushrooms, sliced
1 tbsp butter
1 clove garlic, minced
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**10G CARBS (7%),
40G PROTEIN (27%),
45G FAT (66%)**

INSTRUCTIONS:

1. Heat the butter in a skillet over medium heat. Add the garlic and mushrooms, sauté for 2-3 minutes until softened.
2. Add the ground beef, season with salt and pepper, and cook until browned, about 5-7 minutes.
3. Stir in the heavy cream and simmer for 3-4 minutes until thickened.
4. In another pan, quickly sauté the zucchini noodles for 2-3 minutes until tender.
5. Serve the beef stroganoff over the zucchini noodles.

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 30G (6%)

PROTEIN: 103G (22%)

FATS: 150G (72%)

DAY 14

BREAKFAST: KETO BACON AND AVOCADO BREAKFAST BOWL

TIME TO COOK: 10 MINUTES

INGREDIENTS:

3 large eggs
1/2 cup / 35 gr fresh spinach, chopped
1/4 cup / 28 gr shredded cheddar cheese
1 tbsp butter
Salt and pepper to taste

CALORIES: 450 KCAL

MACROS:

**6G CARBS (5%),
18G PROTEIN (16%),
40G FAT (79%)**

INSTRUCTIONS:

1. Cook the bacon in a skillet over medium heat until crispy, then set aside.
2. In the same skillet, fry the eggs in butter to your desired doneness.
3. Serve the eggs in a bowl, topped with crispy bacon and diced avocado.
4. Season with salt and pepper and enjoy.

SNACK 1: ALMONDS

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 oz almonds

CALORIES: 200 KCAL

MACROS:

**6G CARBS (12%),
6G PROTEIN (12%),
18G FAT (76%)**

INSTRUCTIONS:

1. Measure out 1 oz of almonds (about 20-25 almonds) and enjoy.

LUNCH: KETO CHICKEN SALAD LETTUCE WRAPS

○ ————— ○
TIME TO COOK: 10 MINUTES

INGREDIENTS:

4 oz / 115 gr cooked chicken breast (pre-cooked or freshly cooked)
2 tbsp mayonnaise (preferably avocado oil-based)
1/4 avocado, diced
1 tbsp olive oil
2 large romaine lettuce leaves
Salt and pepper to taste

CALORIES: 550 KCAL

MACROS:

**8G CARBS (6%),
35G PROTEIN (28%),
40G FAT (66%)**

INSTRUCTIONS:

1. In a bowl, mix the cooked chicken, mayonnaise, avocado, and olive oil.
 2. Season with salt and pepper to taste.
- Place the chicken salad mixture into the romaine lettuce leaves, wrap them up, and serve.

SNACK 2: CHEESE AND CUCUMBER SLICES

○ ————— ○
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 oz / 28 gr cheddar cheese, cubed
1/2 cucumber, sliced

CALORIES: 150 KCAL

MACROS:

**5G CARBS (13%),
8G PROTEIN (21%),
10G FAT (66%)**

INSTRUCTIONS:

Slice the cucumber and enjoy it with the cubed cheddar cheese.

DINNER: KETO BAKED SALMON WITH ASPARAGUS

TIME TO COOK: 25 MINUTES

INGREDIENTS:

6 oz / 170 gr salmon fillet
8-10 asparagus spears
1 tbsp olive oil
1 tbsp butter
1 tbsp lemon juice (optional)
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**8G CARBS (5%),
40G PROTEIN (27%),
45G FAT (68%)**

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Season the salmon with salt, pepper, and lemon juice if using.
3. Place the salmon on a baking sheet and bake for 15-20 minutes until cooked through.
4. While the salmon bakes, sauté the asparagus in olive oil and butter over medium heat for 4-5 minutes until tender.
5. Serve the salmon with the asparagus on the side.

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 27G (6%)

PROTEIN: 101G (21%)

FATS: 145G (73%)

SHOPPING LIST FOR WEEK 2



PROTEINS & MEAT:

- Avocados: 6
- Zucchini: 5 medium
- Spinach (fresh): 8 cups / 240 gr
- Romaine lettuce: 8 cups (or 6 large leaves) / 340 gr
- Mixed leafy greens (arugula, spinach, etc.): 4 cups / 120 gr
- Asparagus spears: 16-20
- Broccoli florets: 2 cups
- Bell peppers: 2 (any color)
- Celery sticks: 6
- Cucumber: 2
- Garlic cloves: 7
- Lemon juice: 2 tbsp (or 2 lemons)
- Fresh blueberries: 1/4 cup / 30 gr



MEAT, POULTRY & SEAFOOD:

- Ground beef (80% lean): 18 oz (~1.1 lbs) / 510 gr
- Beef steak (thinly sliced): 6 oz / 170 gr
- Shrimp (peeled and deveined): 12 oz / 340 gr
- Pork chops: 2 (6 oz each) / 340 gr
- Chicken breast (cooked or fresh): 24 oz (~1.5 lbs) / 680 gr
- Canned tuna (in olive oil): 3 cans (5 oz each) / 426 gr
- Bacon: 12 slices / 300-360 gr
- Deli turkey slices (sugar-free): 4 oz / 115 gr
- Sausage (sugar-free): 4 oz / 115 gr
- Chicken thighs (bone-in, skin-on): 2 (6 oz each) / 170 gr

SHOPPING LIST FOR WEEK 2



DAIRY:

- Cheddar cheese (shredded): 2 cups (or 16 oz) / 450 gr
- Parmesan cheese (shaved or grated): 1/4 cup shaved, 1/4 cup grated / 28 gr
- Blue cheese crumbles: 1/4 cup / 28 gr
- Feta cheese (crumbled): 1/2 cup / 60 gr
- Cream cheese: 6 oz / 170 gr
- Heavy cream: 8 tbsp (~1/2 cup) / 120 milliliters
- Butter: 8 tbsp (1 stick) / 115 gr
- Full-fat Greek yogurt: 1/4 cup / 60 gr
- Mozzarella cheese sticks: 4 sticks



NUTS & SEEDS:

- Almonds: 1/4 cup (~30 almonds)
- Macadamia nuts: 60 nuts (about 6 oz)
- Chia seeds: 1 tsp
- Almond butter (or peanut butter): 4 tbsp



SHOPPING LIST FOR WEEK 2



PANTRY STAPLES:

- Olive oil: 12 tbsp (~3/4 cup)
- Coconut oil: 2 tbsp
- Avocado oil mayonnaise: 10 tbsp
- Soy sauce (or coconut aminos): 2 tbsp
- Apple cider vinegar: 1 tbsp
- Caesar dressing (low-carb): 4 tbsp
- Mustard: 1 tsp
- Taco seasoning (sugar-free): 1 tsp
- Baking powder: 1/4 tsp
- Vanilla extract: 1/2 tsp
- Stevia or monk fruit sweetener: to taste



SPICES & SEASONINGS:

- Salt
- Pepper
- Red pepper flakes (optional)
- Garlic powder
- Italian seasoning



SHOPPING LIST FOR WEEK 1



PANTRY STAPLES:

- Olive oil: 16 tbsp (~1 cup)
- Coconut oil: 6 tbsp
- Apple cider vinegar: 2 tbsp
- Soy sauce or coconut aminos: 1 tbsp
- Pesto (store-bought or homemade): 4 tbsp
- Unsweetened almond milk: 1/2 cup
- Taco seasoning: 1 tsp (without sugar)
- Italian seasoning: 1/2 tsp
- Stevia or monk fruit sweetener: to taste
- Unsweetened cocoa powder: 2 tsp
- Dark chocolate (85% or higher): 2 squares (~20g)



SPICES & SEASONINGS:

- Salt
- Pepper
- Red pepper flakes (optional for heat)
- Paprika
- Cumin
- Garlic powder
- Onion powder



DAY 15

BREAKFAST: KETO SAUSAGE AND EGG SCRAMBLE

TIME TO COOK: 10 MINUTES

INGREDIENTS:

2 large eggs
2 oz / 60 gr sausage (sugar-free)
1 tbsp butter
1/4 cup / 27 gr shredded cheddar cheese
Salt and pepper to taste

CALORIES: 450 KCAL

MACROS:

**4G CARBS (4%),
20G PROTEIN (18%),
38G FAT (78%)**

INSTRUCTIONS:

1. Heat the butter in a skillet over medium heat.
2. Add the sausage and cook until browned, about 4-5 minutes.
3. Whisk the eggs with salt and pepper and pour into the skillet.
4. Scramble the eggs with the sausage until fully cooked.
Sprinkle with shredded cheese and serve warm.

SNACK 1: GREEK YOGURT WITH CHIA SEEDS

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1/4 cup 27 gr full-fat Greek yogurt
1 tsp chia seeds

CALORIES: 200 KCAL

MACROS:

**5G CARBS (10%),
8G PROTEIN (16%),
15G FAT (74%)**

INSTRUCTIONS:

1. Stir the chia seeds into the Greek yogurt and enjoy.

LUNCH: KETO TUNA SALAD WITH AVOCADO

○ ————— ○
TIME TO COOK: 10 MINUTES

INGREDIENTS:

1 can tuna (in olive oil, 5 oz)
1/2 avocado, diced
1 tbsp mayonnaise (preferably avocado oil-based)
1 tbsp olive oil
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**6G CARBS (5%),
30G PROTEIN (24%),
40G FAT (71%)**

INSTRUCTIONS:

1. In a bowl, mix the tuna, diced avocado, mayonnaise, and olive oil. Season with salt and pepper and serve.

SNACK 2: MACADAMIA NUTS

○ ————— ○
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 macadamia nuts

CALORIES: 200 KCAL

MACROS:

**4G CARBS (8%),
2G PROTEIN (4%),
19G FAT (88%)**

INSTRUCTIONS:

1. Measure out 10 macadamia nuts and enjoy as a quick snack.

DINNER: KETO BEEF STIR-FRY WITH ZUCCHINI

TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz / 170 gr beef steak, thinly sliced
1 medium zucchini, sliced
2 tbsp olive oil
1 clove garlic, minced
1 tbsp soy sauce (or coconut aminos for lower carbs)
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

8G CARBS (6%),

40G PROTEIN (27%),

45G FAT (67%)

INSTRUCTIONS:

1. Heat 1 tbsp olive oil in a skillet over medium-high heat.
2. Add the sliced beef and cook until browned, about 4-5 minutes. Remove and set aside.
3. In the same skillet, heat the remaining olive oil, add the garlic and zucchini, and sauté for 4-5 minutes until tender.
4. Add the beef back into the skillet and drizzle with soy sauce or coconut aminos. Stir to combine.
Season with salt and pepper and serve.

DAILY TOTALS:

CALORIES: 1,950 KCAL

MACROS:

CARBOHYDRATES: 27G (6%)

PROTEIN: 100G (21%)

FATS: 155G (73%)

DAY 16

BREAKFAST: KETO CREAM CHEESE PANCAKES

TIME TO COOK: 10 MINUTES

INGREDIENTS:

2 large eggs
2 oz / 60 gr cream cheese
1/4 tsp baking powder
1/2 tsp vanilla extract
Butter for cooking

CALORIES: 400 KCAL

MACROS:

**6G CARBS (6%),
15G PROTEIN (15%),
35G FAT (79%)**

INSTRUCTIONS:

1. In a blender, mix eggs, cream cheese, baking powder, and vanilla extract until smooth.
2. Heat butter in a skillet over medium heat.
3. Pour small amounts of the batter into the skillet to form pancakes.
4. Cook each side for about 2-3 minutes, until golden brown. Serve warm.

SNACK 1: CELERY STICKS WITH ALMOND BUTTER

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

2 medium celery stalks
2 tbsp almond butter

CALORIES: 200 KCAL

MACROS:

**5G CARBS (10%),
7G PROTEIN (14%),
18G FAT (76%)**

INSTRUCTIONS:

1. Spread almond butter on celery sticks and enjoy as a quick snack.

LUNCH: KETO CHICKEN CAESAR SALAD



TIME TO COOK: 15 MINUTES

INGREDIENTS:

4 oz / 115 gr grilled chicken breast (pre-cooked or freshly cooked)
2 cups / 180 gr romaine lettuce
2 tbsp Caesar dressing (low-carb)
1/4 cup / 27 gr Parmesan cheese, shaved
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**7G CARBS (5%),
35G PROTEIN (28%),
40G FAT (67%)**

INSTRUCTIONS:

1. In a large bowl, toss the lettuce with the Caesar dressing.
2. Slice the chicken and place on top of the salad.
3. Sprinkle Parmesan cheese over the top, season with salt and pepper, and serve.

SNACK 2: BOILED EGG WITH SALT



TIME TO PREPARE: 10 MINUTES (BOIL THE EGG)

INGREDIENTS:

1 large egg (hard-boiled)
Salt to taste

CALORIES: 150 KCAL

MACROS:

**1G CARBS (2%),
6G PROTEIN (16%),
13G FAT (82%)**

INSTRUCTIONS:

1. Boil the egg for about 9-10 minutes, peel, and serve with a pinch of salt.

DINNER: KETO GARLIC BUTTER SHRIMP WITH SPINACH

○ ————— ○
TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz / 170 gr shrimp (peeled and deveined)
1 tbsp butter
1 tbsp olive oil
2 cloves garlic, minced
2 cups / 180 gr fresh spinach
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**8G CARBS (5%),
35G PROTEIN (23%),
50G FAT (72%)**

INSTRUCTIONS:

- 1.Heat butter and olive oil in a skillet over medium heat.
- 2.Add garlic and cook until fragrant, about 1 minute.
- 3.Add shrimp and cook until pink and cooked through, about 4-5 minutes.
- 4.Add spinach to the skillet and cook until wilted, about 2-3 minutes.
- 5.Season with salt and pepper and serve.

○ ————— ○
DAILY TOTALS:

CALORIES: 1,850 KCAL

MACROS:

CARBOHYDRATES: 27G (6%)

PROTEIN: 98G (21%)

FATS: 145G (73%)

DAY 17

BREAKFAST: KETO SPINACH AND FETA OMELET

TIME TO COOK: 10 MINUTES

INGREDIENTS:

2 large eggs
1/2 cup / 37 gr fresh spinach, chopped
1/4 cup / 27 gr crumbled feta cheese
1 tbsp butter
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

**5G CARBS (5%),
18G PROTEIN (18%),
35G FAT (77%)**

INSTRUCTIONS:

- 1.Heat butter in a skillet over medium heat.
- 2.Add spinach and cook until wilted, about 2 minutes.
- 3.Whisk the eggs with salt and pepper and pour into the skillet with the spinach.
- 4.Cook until the edges are set, then sprinkle feta cheese on top.
- 5.Fold the omelet in half and cook for another minute until fully set. Serve warm.

SNACK 1: MACADAMIA NUTS

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 macadamia nuts

CALORIES: 200 KCAL

MACROS:

**4G CARBS (8%),
2G PROTEIN (4%),
19G FAT (88%)**

INSTRUCTIONS:

- 1.Measure out 10 macadamia nuts for a quick snack.

LUNCH: KETO TURKEY AND AVOCADO SALAD



TIME TO COOK: 10 MINUTES

INGREDIENTS:

4 oz / 115 gr deli turkey slices (sugar-free)
1/2 avocado, diced
2 cups / 180 gr mixed greens (spinach, arugula, etc.)
1 tbsp olive oil
1 tbsp lemon juice
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**8G CARBS (6%),
35G PROTEIN (28%),
40G FAT (66%)**

INSTRUCTIONS:

1. In a large bowl, toss the mixed greens with olive oil, lemon juice, salt, and pepper.
2. Add the turkey slices and diced avocado, then toss to combine.
3. Serve immediately.

SNACK 2: STRING CHEESE



TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 string cheese stick (mozzarella)

CALORIES: 100 KCAL

MACROS:

**1G CARBS (4%),
7G PROTEIN (28%),
8G FAT (68%)**

INSTRUCTIONS:

1. Simply enjoy a string cheese stick for a light snack.

DINNER: KETO BEEF STIR-FRY WITH BROCCOLI

TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz / 170 gr ground beef (80% lean)
1 cup / 90 gr broccoli florets
1 tbsp olive oil
1 clove garlic, minced
1 tbsp soy sauce (or coconut aminos for lower carbs)
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

9G CARBS (6%),

40G PROTEIN (27%),

45G FAT (67%)

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat.
2. Add the ground beef and cook until browned, about 5-7 minutes.
3. Add the garlic and broccoli, cooking for another 4-5 minutes until tender.
4. Drizzle with soy sauce or coconut aminos, season with salt and pepper, and serve.

DAILY TOTALS:

CALORIES: 1,850 KCAL

MACROS:

CARBOHYDRATES: 27G (6%)

PROTEIN: 102G (22%)

FATS: 145G (72%)

DAY 18

BREAKFAST: KETO EGG MUFFINS WITH BACON AND CHEESE

TIME TO COOK: 20 MINUTES

INGREDIENTS:

3 large eggs
2 slices bacon, cooked and crumbled
1/4 cup / 27 gr shredded cheddar cheese
1 tbsp butter (for greasing)
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

4G CARBS (4%),
20G PROTEIN (20%),
35G FAT (76%)

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and grease a muffin tin with butter.
2. In a bowl, whisk the eggs with salt and pepper.
3. Divide the cooked bacon and shredded cheese evenly among the muffin cups.
4. Pour the egg mixture into the muffin cups.
5. Bake for 15–20 minutes, until the eggs are fully set.
6. Let them cool slightly and serve.

SNACK 1: AVOCADO AND OLIVE OIL

TIME TO PREPARE: 5 MINUTES

INGREDIENTS:

1/2 avocado
1 tbsp olive oil
Salt to taste

CALORIES: 200 KCAL

MACROS:

4G CARBS (10%),
2G PROTEIN (6%),
14G FAT (84%)

INSTRUCTIONS:

1. Slice the avocado and drizzle with olive oil.
2. Sprinkle with salt and enjoy.

LUNCH: KETO CHICKEN SALAD WITH ALMONDS

—
TIME TO COOK: 10 MINUTES

INGREDIENTS:

4 oz / 115 gr cooked chicken breast, shredded
2 cups / 180 gr mixed leafy greens (arugula, spinach, or romaine)
1/4 avocado, diced
1 tbsp mayonnaise (avocado oil-based)
1 tbsp olive oil
10 almonds, chopped
Salt and pepper to taste

CALORIES: 550 KCAL

MACROS:

**8G CARBS (6%),
35G PROTEIN (25%),
45G FAT (69%)**

INSTRUCTIONS:

1. In a large bowl, toss together the shredded chicken, leafy greens, and diced avocado.
2. Drizzle with olive oil and mayonnaise.
3. Sprinkle the chopped almonds over the top and season with salt and pepper.
4. Toss to combine and serve.

SNACK 2: CHEESE AND CELERY STICKS

—
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 oz / 28 gr cheddar cheese (cubed)
2 celery sticks

CALORIES: 150 KCAL

MACROS:

**4G CARBS (11%),
8G PROTEIN (21%),
10G FAT (68%)**

INSTRUCTIONS:

1. Slice the cheese and serve with celery sticks for a light, crunchy snack.

DINNER: KETO PORK CHOPS WITH GARLIC BUTTER ASPARAGUS

TIME TO COOK: 25 MINUTES

INGREDIENTS:

1 pork chop (6 oz) / 170 gr
8-10 asparagus spears
1 tbsp butter
1 tbsp olive oil
1 clove garlic, minced
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**6G CARBS (5%),
40G PROTEIN (27%),
45G FAT (68%)**

INSTRUCTIONS:

- 1.Heat olive oil in a skillet over medium-high heat.
- 2.Season the pork chop with salt and pepper, and cook for 5-6 minutes on each side until golden brown and cooked through. Set aside.
- 3.In the same skillet, melt the butter and add the minced garlic. Sauté for 1-2 minutes until fragrant.
- 4.Add the asparagus spears and cook for 4-5 minutes until tender, tossing to coat them in the garlic butter.
- 5.Serve the pork chop with the garlic butter asparagus on the side.

DAILY TOTALS:

CALORIES: 1,900 KCAL

MACROS:

CARBOHYDRATES: 26G (5%)

PROTEIN: 105G (22%)

FATS: 145G (73%)

DAY 19

BREAKFAST: KETO AVOCADO & EGG BAKE

TIME TO COOK: 15 MINUTES

INGREDIENTS:

1 avocado, halved and pitted
2 large eggs
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

6G CARBS (6%),
15G PROTEIN (15%),
35G FAT (79%)

INSTRUCTIONS:

- 1.Preheat the oven to 350°F (175°C).
- 2.Scoop out a little extra from the center of the avocado halves to create space for the eggs.
- 3.Crack an egg into each avocado half.
- 4.Place the avocado halves on a baking dish and bake for 12-15 minutes, or until the eggs are cooked to your desired doneness.
- 5.Season with salt and pepper and enjoy.

SNACK 1: MACADAMIA NUTS

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 macadamia nuts

CALORIES: 200 KCAL

MACROS:

4G CARBS (8%),
2G PROTEIN (4%),
19G FAT (88%)

INSTRUCTIONS:

- 1.Simply measure out 10 macadamia nuts for a quick snack.

LUNCH: KETO TUNA SALAD LETTUCE WRAPS

○ ————— ○
TIME TO COOK: 10 MINUTES

INGREDIENTS:

1 can tuna (in olive oil, 5 oz)
2 tbsp mayonnaise (avocado oil-based)
2 large romaine lettuce leaves
1/4 avocado, diced
Salt and pepper to taste

CALORIES: 550 KCAL

MACROS:

**6G CARBS (5%),
35G PROTEIN (28%),
40G FAT (67%)**

INSTRUCTIONS:

1. In a bowl, mix the tuna, mayonnaise, and diced avocado.
2. Season with salt and pepper.
3. Spoon the tuna mixture into the romaine lettuce leaves, wrap, and enjoy.

SNACK 2: CHEESE AND CUCUMBER SLICES

○ ————— ○
TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 oz / 28 gr cheddar cheese, cubed
1/2 cucumber, sliced

CALORIES: 150 KCAL

MACROS:

**5G CARBS (13%),
8G PROTEIN (21%),
10G FAT (66%)**

INSTRUCTIONS:

1. Slice the cucumber and enjoy it with cubed cheddar cheese.

DINNER: KETO CHICKEN THIGHS WITH CREAMY GARLIC SPINACH

TIME TO COOK: 25 MINUTES

INGREDIENTS:

1 chicken thigh (bone-in, skin-on, about 6 oz) / 170 gr
2 cups / 180 gr fresh spinach
2 tbsp heavy cream
1 clove garlic, minced
1 tbsp butter
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

8G CARBS (5%),

40G PROTEIN (27%),

45G FAT (68%)

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Season the chicken thigh with salt and pepper and bake for 20-25 minutes until golden and cooked through.
3. While the chicken is baking, heat butter in a skillet over medium heat. Add garlic and sauté for 1 minute.
4. Add spinach and cook until wilted, about 2-3 minutes.
5. Stir in the heavy cream and let it simmer for 1-2 minutes to thicken.
6. Serve the chicken with the creamy garlic spinach on the side.

DAILY TOTALS:

CALORIES: 1,850 KCAL

MACROS:

CARBOHYDRATES: 29G (6%)

PROTEIN: 100G (22%), FATS:

145G (72%)

DAY 20

BREAKFAST: KETO CHEESE AND SPINACH SCRAMBLE

TIME TO COOK: 10 MINUTES

INGREDIENTS:

2 large eggs
1/2 cup / 37 gr fresh spinach
1/4 cup / 27 gr shredded cheddar cheese
1 tbsp butter
Salt and pepper to taste

CALORIES: 400 KCAL

MACROS:

**4G CARBS (4%),
18G PROTEIN (18%),
35G FAT (78%)**

INSTRUCTIONS:

- 1.Heat butter in a skillet over medium heat.
- 2.Add the spinach and cook until wilted, about 2 minutes.
- 3.Whisk the eggs with salt and pepper, then pour into the skillet with the spinach.
- 4.Cook until the edges are set, then sprinkle the shredded cheese on top.
- 5.Stir to scramble the eggs and serve when fully cooked.

SNACK 1: ALMONDS AND BLUEBERRIES

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 almonds
1/4 cup fresh blueberries

CALORIES: 150 KCAL

MACROS:

**8G CARBS (21%),
4G PROTEIN (11%),
12G FAT (68%)**

INSTRUCTIONS:

- 1.Measure out the almonds and blueberries for a quick snack.

LUNCH: KETO CHICKEN AVOCADO SALAD



TIME TO COOK: 10 MINUTES

INGREDIENTS:

4 oz / 115 gr cooked chicken breast, diced
1/2 avocado, diced
1 tbsp mayonnaise (avocado oil-based)
1 tbsp olive oil
2 cups / 180 gr mixed leafy greens (arugula, spinach, etc.)
Salt and pepper to taste

CALORIES: 500 KCAL

MACROS:

**8G CARBS (6%),
35G PROTEIN (28%),
40G FAT (66%)**

INSTRUCTIONS:

1. In a large bowl, toss together the diced chicken, avocado, and mixed greens.
2. Drizzle with mayonnaise and olive oil.
3. Season with salt and pepper, toss to combine, and serve.

SNACK 2: STRING CHEESE



TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 string cheese stick (mozzarella)

CALORIES: 100 KCAL

MACROS:

**1G CARBS (4%),
7G PROTEIN (28%),
8G FAT (68%)**

INSTRUCTIONS:

1. Enjoy a string cheese stick as a light snack.

DINNER: KETO BEEF AND ZUCCHINI SKILLET

○ ————— ○
TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz ground beef (80% lean) / 170 gr
1 medium zucchini, diced
1 tbsp olive oil
1 clove garlic, minced
1 tbsp soy sauce (or coconut aminos for a lower-carb option)
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**8G CARBS (5%),
40G PROTEIN (27%),
45G FAT (68%)**

INSTRUCTIONS:

- 1.Heat olive oil in a skillet over medium heat.
- 2.Add the garlic and ground beef, cooking until browned, about 5-7 minutes.
- 3.Add the diced zucchini and cook for another 4-5 minutes until tender.
- 4.Drizzle with soy sauce or coconut aminos, season with salt and pepper, and serve.

○ ————— ○
DAILY TOTALS:

CALORIES: 1,850KCAL

MACROS:

CARBOHYDRATES: 29G (6%)

PROTEIN: 100G (22%)

FATS: 140G (72%)

DAY 21

BREAKFAST: KETO BACON AND CHEESE OMELET

TIME TO COOK: 10 MINUTES

INGREDIENTS:

2 large eggs
2 slices cooked bacon, crumbled
1/4 cup / 28 gr shredded cheddar cheese
1 tbsp butter
Salt and pepper to taste

CALORIES: 450 KCAL

MACROS:

4G CARBS (4%),
20G PROTEIN (18%),
38G FAT (78%)

INSTRUCTIONS:

1. Heat the butter in a skillet over medium heat.
2. Whisk the eggs with salt and pepper and pour into the skillet.
3. Once the edges start to set, sprinkle the crumbled bacon and shredded cheese on one half of the omelet.
4. Fold the other half over the filling and cook for another 1-2 minutes, until the cheese is melted. Serve warm.

SNACK 1: MACADAMIA NUTS

TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

10 macadamia nuts

CALORIES: 200 KCAL

MACROS:

4G CARBS (8%),
2G PROTEIN (4%),
19G FAT (88%)

INSTRUCTIONS:

1. Measure out 10 macadamia nuts for a quick and easy snack.

LUNCH: KETO COBB SALAD



TIME TO COOK: 15 MINUTES

INGREDIENTS:

2 cups / 180 gr romaine lettuce, chopped
1/2 avocado, diced
4 slices cooked bacon, crumbled
1 hard-boiled egg, sliced
4 oz / 115 gr grilled chicken breast (pre-cooked or freshly cooked)
1/4 cup / 28 gr blue cheese crumbles
2 tbsp olive oil (or low-carb dressing)
Salt and pepper to taste

CALORIES: 550 KCAL

MACROS:

**8G CARBS (6%),
35G PROTEIN (25%),
45G FAT (69%)**

INSTRUCTIONS:

1. In a large bowl, layer the romaine lettuce, avocado, bacon, egg, and chicken.
2. Sprinkle with blue cheese crumbles.
3. Drizzle with olive oil or dressing, season with salt and pepper, toss, and enjoy.

SNACK 2: STRING CHEESE AND CUCUMBER SLICES



TIME TO PREPARE: 2 MINUTES

INGREDIENTS:

1 string cheese stick (mozzarella)
1/2 cucumber, sliced

CALORIES: 150 KCAL

MACROS:

**5G CARBS (13%),
8G PROTEIN (21%),
10G FAT (66%)**

INSTRUCTIONS:

1. Slice the cucumber and enjoy it with the string cheese for a light, refreshing snack.

DINNER: KETO GARLIC BUTTER SHRIMP WITH ZOODLES

○ ————— ○
TIME TO COOK: 20 MINUTES

INGREDIENTS:

6 oz shrimp (peeled and deveined)
1 medium zucchini (spiralized into noodles)
2 tbsp butter
2 cloves garlic, minced
1 tbsp olive oil
Salt and pepper to taste

CALORIES: 600 KCAL

MACROS:

**7G CARBS (5%),
35G PROTEIN (23%),
50G FAT (72%)**

INSTRUCTIONS:

1. Heat olive oil and 1 tbsp butter in a skillet over medium heat.
2. Add the garlic and cook for 1-2 minutes until fragrant.
3. Add the shrimp and cook until pink and cooked through, about 4-5 minutes.
4. In a separate pan, heat the remaining butter and sauté the zucchini noodles for 2-3 minutes until tender.
5. Serve the garlic butter shrimp over the zoodles and season with salt and pepper.

○ ————— ○
DAILY TOTALS:

CALORIES: 1,950 KCAL

MACROS:

CARBOHYDRATES: 28G (6%)

PROTEIN: 100G (21%)

FATS: 155G (73%)

SHOPPING LIST FOR WEEK 3



PROTEINS & MEAT:

- Avocados: 6
- Zucchini: 4 medium
- Spinach (fresh): 8 cups / 240 gr
- Romaine lettuce: 8 cups / 340 gr
- Mixed leafy greens (arugula, spinach, etc.): 4 cups / 120 gr
- Asparagus spears: 8-10
- Broccoli florets: 2 cups / 180 gr
- Cucumber: 2
- Celery sticks: 6
- Garlic cloves: 5
- Lemon juice: 1 tbsp (or 1 lemon)
- Fresh blueberries: 1/4 cup / 27 gr



MEAT, POULTRY & SEAFOOD:

- Ground beef (80% lean): 12 oz / 340 gr
- Beef steak (thinly sliced): 6 oz / 170 gr
- Shrimp (peeled and deveined): 12 oz / 340 gr
- Pork chops: 1 (6 oz) / 170 gr
- Chicken breast (cooked or fresh): 24 oz (~1.5 lbs) / 680 gr
- Canned tuna (in olive oil): 2 cans (5 oz each) / 284 gr
- Bacon: 12 slices / 300-360 gr
- Sausage (sugar-free): 4 oz / 115 gr
- Chicken thighs (bone-in, skin-on): 2 (6 oz each) / 340 gr
- Deli turkey slices (sugar-free): 4 oz / 115 gr

SHOPPING LIST FOR WEEK 3



DAIRY:

- Cheddar cheese (shredded or cubed): 1.5 cups (12 oz) / 340 gr
- Parmesan cheese (shaved or grated): 1/4 cup / 28 gr
- Feta cheese (crumbled): 1/4 cup / 30 gr
- Blue cheese crumbles: 1/4 cup / 30 gr
- Cream cheese: 2 oz / 57 gr
- Heavy cream: 6 tbsp
- Butter: 8 tbsp (1 stick)
- Full-fat Greek yogurt: 1/4 cup / 60 gr
- Mozzarella cheese sticks: 4 sticks



NUTS & SEEDS:

- Macadamia nuts: 70 nuts (about 7 oz)
- Almonds: 1/4 cup (~30 almonds)



SHOPPING LIST FOR WEEK 3



PANTRY STAPLES:

- Olive oil: 10 tbsp (~2/3 cup)
- Avocado oil mayonnaise: 6 tbsp
- Soy sauce (or coconut aminos): 2 tbsp
- Caesar dressing (low-carb): 4 tbsp
- Taco seasoning (sugar-free): 1 tsp
- Baking powder: 1/4 tsp
- Vanilla extract: 1/2 tsp
- Stevia or monk fruit sweetener: to taste



SPICES & SEASONINGS:

- Salt
- Pepper
- Red pepper flakes (optional)
- Garlic powder
- Italian seasoning



CONCLUSION

As we reach the end of this guide, it's important to take a moment to reflect on the path we've walked together. The ketogenic diet offers much more than just a new way of eating; it provides a gateway to reclaiming your health by aligning with your body's natural processes of energy balance and fat utilization. This is more than just a diet—it's the foundation of a lifestyle that can positively impact every area of your well-being.

The choice to embark on this keto journey demonstrates your willingness to embrace change, explore new ways of nourishing your body, and prioritize your health. By adopting this way of living, you are not only fueling your body with foods that support optimal function but also cultivating a deeper understanding of how to care for yourself. Keto is a transformative approach that can lead to improved vitality, better metabolic health, and greater mental clarity.

But remember, this is just the beginning. Each day presents a new opportunity to learn, adjust, and celebrate progress, no matter how small. Your wellness journey is a personal one, shaped by your unique experiences, challenges, and victories along the way.

Continue to stay open to the endless possibilities that this lifestyle brings. Let curiosity lead you—whether it's trying out new recipes, adjusting your approach, or simply enjoying the foods that help you feel your best. Approach this new chapter of your life with a sense of adventure and an open mind.

Lastly, know that you are not alone. This guide is just one resource to support you as you continue on your path toward a healthier, more vibrant life. The insights and tools shared here are meant to accompany you, offering direction, motivation, and encouragement as you navigate your personal keto journey.

So, with gratitude for the steps you've already taken and anticipation for those yet to come, we invite you to continue on this transformative journey. Your commitment to this lifestyle is a commitment to yourself, a testament to your strength and resilience. The future is bright, and it's yours for the taking. Embrace it with all the passion, determination, and grace you possess.

I would be truly grateful if you could take a moment to share your experience by leaving a positive review on Amazon. Your feedback would not only mean the world to me but also serve as a beacon for others who are looking to embark on their own journey toward better health and wellness. Your words have the power to inspire and guide someone who may be seeking the same hope and transformation that you found within these pages. Thank you for being part of this journey, and for helping others discover the possibilities that lie ahead



COPYRIGHT © BY TIANA BLAKELY

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the publisher's express written permission except for the use of brief quotations in a book review or scholarly journal.

The information provided in this book is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. The ketogenic diet may not be suitable for all individuals. Consultation with a healthcare provider is recommended to ensure that the dietary changes will be beneficial and safe based on your personal health and medical history.

The views expressed in this book are those of the author and do not necessarily reflect the official policy or position of any agency of the U.S. government or other organization.