

Not only am I sharing my favorite recipes with you, but I've organized them into a 3-day meal plan and shopping guide for you. Using 1 serving from each recipe, you'll have enough food for 3 solid days, plus leftovers through the week.

The meal plan is there to guide you, but feel free to mix and match as you like!

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3-DAY MEAL PLAN

	Day 1	Day 2	Day 3
Breakfast	1 Hemp Heart Porridge	2 Rocket Fuel Latte	3 Snack Plate with Kale Pate
Lunch	1 Dijon Herb Salmon Salad	2 Tuna Chard Wraps & Strawberry Basil Italian Lemonade	3 Chicken Caesar Salad
Dinner	1 Bacon & Shrimp Risotto	2 Barney Chicken	3 Meatball Miniwiches
Snack	1 Fat Bomb Ice Cream	2 Avocado with Olive Oil & Sea Salt	3 Fat Burning Bedtime Shake

Match the corresponding number and meal type (breakfast, lunch, dinner, or snack) in the chart to find the recipe below

Breakfast

1 HEMP HEART PORRIDGE (1 serving)**Porridge**

- 1 cup unsweetened coconut milk
- ½ cup hemp hearts
- 2 tablespoons freshly ground flaxseed
- 1 tablespoon chia seeds
- 5 drops alcohol-free stevia
- ¾ teaspoon vanilla flavor
- ½ teaspoon cinnamon
- ¼ cup crushed almonds or almond flour

Optional Toppings

- 3 Brazil nuts
- 1 tablespoon hemp hearts

Instructions

1. Place all ingredients but the ground almonds and toppings into a small saucepan. Stir until well combined, then heat over medium heat, just until it begins to boil lightly.
2. Once bubbling lightly, stir once over and leave to cook for another 1 to 2 minutes.
3. Remove from the heat, stir in the crushed almonds, and drop into a bowl. Sprinkle on additional toppings, if desired, and enjoy!

2 ROCKET FUEL LATTE (1 serving)

- 8 oz. brewed decaf coffee or regular coffee or your favorite tea
- 1 tablespoon MCT oil
- 1 tablespoon cacao butter
- 1 tablespoon hemp hearts
- 1-2 drops alcohol-free stevia, optional
- 1 tablespoon collagen protein/peptides

Instructions

1. Place coffee or tea, MCT oil, cacao butter, hemp hearts, and stevia into the jug of your high-powered blender. Blend on high for 1 minute. During the last 10 seconds, add collagen.
2. Transfer to a cup and enjoy.

3 SNACK PLATE WITH KALE PATE (1 serving)

3 stalks celery, cut into sticks
½ cup Kalamata olives
3 oz. nitrate-free sliced chicken breast
1 serving of Kale Pate (recipe below)

Instructions

Arrange everything on a plate and enjoy.

KALE PATE (5 servings)

1 head (6 cups) green, purple, or dino kale, chopped
1 tablespoon avocado oil
⅔ cup hemp hearts
⅔ cup MCT oil
8 green onions, green part only
3 tablespoons apple cider vinegar
1¼ teaspoon sea salt

Instructions

1. Place chopped kale and avocado oil into a cast iron pan and heat on low, covered, until slightly crispy, about 7 minutes.
2. Transfer to the jug of your high-powered blender or food processor with "S" blade, along with remaining ingredients.
3. Blend until smooth, using the blender's tamper to push the ingredients down to the blade, if required.
4. Spoon into a mason jar and store in the fridge for 4 to 5 days.

Lunch

1 **DIJON HERB SALMON SALAD** (4 servings)

Salmon

2-8 oz. salmon fillets
2 tablespoons **avocado oil**
Pinch of **sea salt**
Freshly ground **black pepper**, to taste

Salad

½ English cucumber, cut in half lengthwise then sliced
1 tomato, diced
4 sticks celery, diced
2 green onions, finely chopped

Dressing

2 tablespoons lemon juice
2 tablespoons **olive oil**
2 tablespoons Dijon mustard
2 tablespoons water
1 clove garlic
¾ teaspoon fresh rosemary leaves- about 2 sprigs
¾ teaspoon fresh thyme leaves- about 4 bunches
¼ teaspoon **sea salt**
Freshly ground **black pepper**, to taste

Topping

¼ cup flat leaf parsley, roughly chopped
1 teaspoon black mustard seeds

Instructions

1. Turn the broiler of your oven on and place the salmon filets on a cast iron pan. Drizzle with oil, and sprinkle with salt and pepper. Broil the fish 4 to 5 inches from the heat for approximately 10 minutes per inch of thickness. Thinner steaks take between 5 to 8 minutes. When salmon is golden brown on top, remove and set aside to cool.
2. Once cooled, break apart and place in a large bowl. Add cucumber, tomato, celery, and green onions, and set aside.
3. Place dressing ingredients in a small food processor or the jug of your high-powered blender, and pulse until smooth. Pour over top of the salmon and vegetable mixture.
4. Sprinkle salad with fresh parsley and mustard seeds.
5. To pack this lunch to go, place it in a glass container with a lid. It's okay to combine the dressing and salad ingredients before-hand because it will allow the flavors to marinate. Store the container in an insulated lunch bag with an ice pack until you're ready to eat.

2 TUNA (HARD WRAPS (1 serving)

2 leaves of Swiss chard
2 tablespoons full-fat coconut milk (use the cream from the top of the can)
2 green onions, diced
1 tablespoon fresh dill, chopped
1 tablespoon lemon juice
¼ teaspoon sea salt
Freshly ground pepper, to taste
½ cup canned tuna packed in olive oil
2 stalks celery, cut into sticks
1 glass of Strawberry Basil Lemonade (recipe below)

Instructions

1. Lay the Swiss chard leaves face down so that the stem is visible. Run a small knife along the stem to remove the bulk of it, but not so much that the full leaf separates. Repeat for second leaf and set aside.
2. Place coconut milk, green onions, dill, lemon juice, sea salt, and pepper in a small bowl and stir to combine. Add the tuna, stirring to coat.
3. Divide the tuna mix into two, and place each on the prepared chard leaves. Roll the leaf tightly (be gentle!) and cut down the middle, vertically.
4. Place on a plate with celery sticks. Enjoy with a glass of Strawberry Basil Italian Lemonade
5. To pack this lunch to go, do not cut the wraps down the middle (leave them whole) and secure each wrap with 1-3 toothpicks. Store them wrapped in plastic wrap and/or in a small glass container with a lid, small enough so that they fit snugly. Store the plastic-wrapped wraps and/or container in an insulated lunch bag with an ice pack until you're ready to eat. Omit the ice from the Strawberry Basil Italian Lemonade and pour the remaining ingredients into a bottle or mason jar with a lid. Keep it in the insulated lunch bag along with the wraps until you're ready to enjoy.

STRAWBERRY BASIL ITALIAN LEMONADE (8 servings)

24 strawberries
Juice from 2 lemons
16 drops alcohol-free stevia
2 liters mineral water
48 basil leaves, washed and stems removed and divided
2 cups ice cubes

Instructions

1. Place the strawberries in a bowl and crush them with a potato masher, or add to the jug of your high-powered blender and give it a couple of pulses to coarsely break down. You don't need to go to town on them, just enough to break them up so that they can fit through a straw.
2. Add lemon juice and stevia, stir, and transfer to a serving pitcher.
3. Add the basil leaves and slowly pour the mineral water into the pitcher.
4. When ready to serve, add ice cubes.

3 CHICKEN CAESAR SALAD (4 servings)

Caesar Dressing

¼ cup MCT oil
¼ cup avocado oil
50 grams anchovy fillets, about 8 fillets
2 tablespoons avocado mayo
2 tablespoons lemon juice
1 tablespoon Dijon mustard
1 tablespoon white wine vinegar
2 cloves garlic
Pinch sea salt
Freshly ground black pepper, to taste

Salad

4 skin-on chicken thighs (bones removed), fully cooked and chopped
4 cups chopped romaine lettuce
2 teaspoons nutritional yeast
2 teaspoons hemp hearts

Instructions

1. Add all dressing ingredients to the jug of your high-powered blender and blend on high for 1 minute, until smooth.
2. Drizzle over romaine lettuce and chopped chicken thighs. To serve, sprinkle with nutritional yeast and hemp hearts.
3. To pack this lunch to go, store the salad and dressing separately, in containers with lids. Keep the containers in an insulated lunch bag with an ice pack until you're ready for lunch, then drizzle the dressing over the salad, and enjoy.

1 BACON & SHRIMP RISOTTO (2 servings)

2 cups peeled and shredded daikon radish
4 strips bacon, chopped
2 tablespoons dry white wine
¼ cup chicken stock
1 clove garlic, minced
Sea salt, to taste
Freshly ground black pepper, to taste
4 oz. (10 ct.) cooked shrimp
2 tablespoons chopped fresh parsley

Instructions

1. Place shredded daikon on a clean kitchen towel and wring out as much water as possible.
2. Heat a saucepan on medium heat. Chop bacon slices and add to the pan, frying until crispy. Remove with a slotted spoon and place on a clean plate, leaving bacon drippings in pan.
3. Add the shredded daikon, wine, stock, garlic, salt, and pepper to the pan.
4. Cook on high until most of the liquid has evaporated, 6 to 8 minutes.
5. Stir in the shrimp and fold in the bacon bits, reserving a few pieces for garnish. Heat for 2 to 3 minutes, just until shrimp is heated through.
6. Serve with a topping of fresh parsley and reserved bacon bits.

2 BARNEY CHICKEN (3 servings)

8 strips of bacon, cut into small pieces
4 skin-on chicken thighs, bones removed and chicken cut into cubes
3 cups chopped red cabbage
2 teaspoons oregano
¼ teaspoon sea salt
1 tablespoon apple cider vinegar
1 to 2 medium avocados, cubed

Instructions

1. Place bacon in a cast iron pan and cook on medium heat until halfway crisp. The pan should be filled with bacon grease. Leave it there! Add chicken pieces, cabbage, oregano, and sea salt. Cover and cook on medium for 10 minutes.
2. Remove the lid and continue to cook for 5 to 10 minutes, until chicken is no longer pink.
3. Turn off the heat, drop in vinegar and give it a stir. Fold in avocado cubes and serve.

3 MEATBALL MINIWICHES (2 servings)

"Buns"

- 1 cucumber, sliced
- 2 teaspoons apple cider vinegar
- 1 teaspoon avocado oil

Meatballs

- 500 grams regular ground beef
- ¼ cup almond flour
- ¼ cup chopped fresh parsley
- 1 tablespoon avocado mayo
- 1 teaspoon ground turmeric
- 1 teaspoon chili powder
- Pinch sea salt

Instructions

1. Preheat oven to 325F and line a baking sheet with parchment paper or a silicon baking sheet.
2. Toss the cucumber slices in apple cider vinegar and avocado oil. Set aside.
3. Combine the meatball ingredients in a large bowl. Press with your hands to combine.
4. Pinch about 1 tablespoon of the mixture into your hands and roll between your palms. Place the meatball on the prepared baking sheet. Repeat with remaining mixture, making a total of 10 meatballs.
5. Cook in preheated oven for 10-15 minutes. Once complete, let cool, and sandwich each meatball between two cucumber slices.

1 FAT BOMB ICE CREAM (5 servings)

4 whole eggs
4 egg yolks
⅓ cup (50 grams) melted cacao butter
⅓ cup (50 grams) melted coconut oil
⅓ cup (50 grams) cacao powder
15-20 drops of alcohol-free stevia
¼ cup MCT oil
2 teaspoons vanilla bean powder
8 ice cubes

Instructions

1. Place all ingredients but ice cubes into the jug of your high-powered blender. Blend on high for 2 minutes, until creamy
2. Turn off the blender, add the ice cubes, and blend for another 30 seconds, until the ice has fully broken down and made the mixture cold enough to run through your ice cream maker.
3. Pour the cold mixture into your ice cream maker and follow the manufacturer's instructions.
4. Serve immediately as soft-serve or scoop into an 8x8 loaf pan and freeze for 45 minutes or so. Store covered in the freezer for up to a week.

If you do not have an ice cream maker, transfer the mixture to an 8x8 loaf pan and place in the freezer. Set the timer for 30 minutes before taking out to stir. Repeat for 2 to 3 hours, until desired consistency has been reached.

2 AVOCADO WITH OLIVE OIL & SEA SALT (1 serving)

1 avocado, sliced
1 tablespoon olive oil
Pinch paprika
Pinch sea salt

Instructions

Drizzle avocado slices with olive oil, sprinkle with paprika, and sea salt. Enjoy!

3 FAT BURNING BEDTIME SHAKE (1 serving)

2 cups chilled nut/seed milk or herbal tea, divided
2 ice cubes
1 tablespoon MCT oil
½ teaspoon ground turmeric
¼ teaspoon ground vanilla bean
2-4 drops alcohol-free stevia

Instructions

1. Place the milk or tea, along with ice cubes, oil, turmeric, vanilla, and stevia in the jug of your high-powered blender. Blend on high for 30 seconds, until ice has been broken down.
2. Serve immediately.

Produce

- *avocado, 2 (1)
- basil, 1 bunch or 48 leaves
- celery, 12 stalks
- cucumber, 1
- daikon radish, 1
- dill, 1 tablespoon
- English cucumber, ½
- garlic, 4 cloves
- green onions, 12
- kale (green, purple, or dino), 1 bunch or 6 cups
- lemons, 4
- parsley, 1 bunch
- red cabbage, 3 cups chopped
- romaine lettuce, 4 cups chopped
- rosemary leaves, ¾ teaspoon (about 2 sprigs)
- strawberries, 24
- Swiss chard, 2 leaves
- thyme, ¾ teaspoon (about 4 bunches)
- tomato, 1

Perishables

- Avocado mayo, 3 tablespoons
- chicken stock, ¼ cup
- dry white wine, 2 tablespoons
- *eggs, (8)
- *homemade nut/seed milk or herbal tea, (2 cups)
- Kalamata olives, ½ cup
- Unsweetened coconut milk, 1 cup

Pantry Goods

- *Alcohol-free stevia, 18 drops (24 drops)
- Almond flour or crushed almonds, ½ cup
- anchovies, 1- 4.3 oz. can or 8 fillets
- apple cider vinegar, 5 tablespoons
- avocado oil, ½ cup
- black mustard seeds, 1 teaspoon
- Brazil nuts, 3 (optional)
- brewed coffee or tea, 8 oz.
- *Cacao butter, 1 tablespoon (6 tablespoons)
- *cacao powder, (6 tablespoons)
- Chia seeds, 1 tablespoon
- Chili powder, 1 teaspoon
- *coconut oil, (6 tablespoons)
- Collagen protein/peptides, 1 tablespoon
- Dijon mustard, 3 tablespoons
- Flaxseed freshly ground, 2 tablespoons
- Full-fat coconut milk, 1-13.5 oz. can
- ground cinnamon, ½ teaspoon
- *ground turmeric, 1 teaspoon (½ teaspoon)
- Hemp hearts, 1 cup + 1 tablespoon
- *MCT oil, ¾ cup (5 tablespoons)
- mineral water, 2 liters
- nutritional yeast, 2 teaspoons
- *Olive oil, 2 tablespoons (1 tablespoon)
- Oregano, 2 teaspoons
- *Paprika, (⅛ teaspoon)
- tuna, 1- 5oz. can packed in olive oil
- *vanilla bean powder, (2½ teaspoons)
- Vanilla flavor, ¾ teaspoon
- white wine vinegar, 1 tablespoon

Meat/Deli

- bacon, 12 strips
- chicken thighs (bone-in and skin-on), 8
- cooked shrimp, 4 oz. (20 count)
- nitrate-free sliced chicken breast, 3 oz.
- regular ground beef, 500 grams
- salmon, 2-8 oz. fillets

Since snacks are optional, ingredients that are needed to make snack recipes are marked with an asterisk for easy identification. The value before the parentheses indicates how much of the ingredient you will need for breakfast, lunch, or dinner, and the value within the parentheses indicates the amount of the ingredient needed for snack. If you do not want to include snack in your meal plan, only shop for ingredients indicated by the value before the parentheses. If you want to include snacks in your meal plan, add both values together to get the total amount of ingredient needed.

For example, if Sally does NOT want to include snacks in her meal plan and the shopping list says *bacon, 4 (3) strips, then Sally would only purchase **4 strips** of bacon. Alternatively, if Sally does want to include snacks in her meal plan, she would purchase **7 strips** of bacon.

ENCORE FOR MORE

If you enjoyed this goodness, there's plenty more where that came from.

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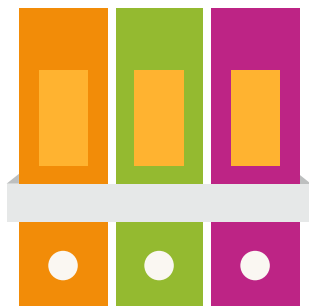
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