

Produce

- apple, 1
- *avocado, 1 (1)
- Brussels sprouts, 20
- cauliflower, 1 small head
- carrot, ¼ lb
- celery, 3 stalks
- cherry tomatoes, 8
- cucumber, 1
- daikon, 2 medium
- garlic, 2 cloves
- green onion, 12
- *lemon, 2 (1)
- lime, 1
- mushrooms, 5
- parsley, 2 tbsp chopped
- red onion, 1
- romaine lettuce, 2 lb.

Perishables

- beef stock or broth, 2 cups
- kimchi, ⅓ cup
- mayonnaise, 6 tbsp

Pantry Goods

- *alcohol-free stevia, 4 drops (8 drops)
- apple cider vinegar, 3 tbsp
- avocado oil, ¾ cup
- balsamic vinegar, 2 tbsp
- bay leaf, ½ leaf
- brewed coffee or tea (regular or decaf), 16 oz.
- brewed green tea, 32 oz.
- *cacao butter, 2 tbsp (2 tbsp)
- *canned pumpkin puree (6 tbsp)
- canned whole tomatoes, 1 cup
- *coconut oil, (2 tbsp)
- chili powder, 1 tsp
- chopped hazelnuts, 2 tbsp
- coconut aminos, ½ tbsp
- collagen peptides/protein, 2 tbsp
- Dijon mustard, 1 tsp
- dried ground sage, ¼ tsp
- dried oregano, 1 tsp
- dried thyme, ½ tsp
- *full-fat coconut milk, (1 ½ cups)
- garlic powder, 1 tbsp
- ground cinnamon, ½ tsp
- hemp hearts, 2 tbsp
- *loose chai tea, (2 tsp)
- *MCT oil, 2 tbsp (2 tbsp)
- olive oil, ½ cup + 1 tbsp
- onion powder, 2 tsp
- pine nuts, ¼ cup
- *pumpkin pie spice (1 tsp)
- red chili flakes, ¼ tsp
- sesame oil, 3 tbsp
- sesame seeds, 2 tbsp
- smoked paprika, 2 tsp
- tahini, 1 tbsp
- tomato paste, ½ tbsp
- yellow curry powder, 2 tsp

Meat/Deli

- chicken thighs (skin-on, bones removed), 6
- chicken wings, 15
- ground pork, 1 lb.
- regular ground beef, 2 lb.
- smoked salmon, 8 oz.

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.

	Breakfast	Lunch	Dinner	Snack
Day 1	1 Beefy Hash	1 Chicken & Curry Doodles	1 Fat Bomb Hamburger Soup	1 White Chocolate Drops
Day 2	2 Cinnamon Rocket Fuel Latte	2 Smoked Salmon Salad	2 Smoky Chicken Wings & Salad	2 Chai Pumpkin Keto Smoothie
Day 3	1 Beefy Hash	1 Chicken & Curry Doodles	1 Fat Bomb Hamburger Soup	1 White Chocolate Drops
Day 4	3 Fasted Morning: Green Tea with Lemon	3 Kimchi-Pork Lettuce Boats	2 Smoky Chicken Wings & Salad	3 Lemon Water
Day 5	2 Cinnamon Rocket Fuel Latte	2 Smoked Salmon Salad	1 Fat Bomb Hamburger Soup	2 Chai Pumpkin Keto Smoothie
Day 6	1 Beefy Hash	1 Chicken & Curry Doodles	3 *Carb Up* Carrot & Apple Salad with Pork Burger	3 Lemon Water
Day 7	3 Fasted Morning: Green Tea with Lemon	3 Kimchi-Pork Lettuce Boats	2 Smoky Chicken Wings & Salad	1 White Chocolate Drops

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

Breakfast

1 BEEFY HASH (3 servings)

$\frac{3}{4}$ tsp smoked paprika
 $\frac{3}{4}$ tsp garlic powder
 $\frac{1}{2}$ tsp dried oregano
 $\frac{1}{2}$ tsp dried thyme leaves
 $\frac{1}{4}$ tsp freshly ground pepper
 $\frac{1}{4}$ tsp dried ground sage
 $\frac{1}{4}$ tsp grey sea salt
pinch cayenne pepper
2 tbsp avocado oil
1 lb. regular ground beef
6 green onions, green part only, diced
1 small head cauliflower, grated
1 avocado, cubed

Instructions

1. Add the spices, avocado oil, and ground beef to a pan and cook for 5 minutes on medium
2. Add the green onion and sauté until the beef is no longer pink
3. Add the grated cauliflower, cover and cook for 2 minutes. Remove the lid and sauté for another 2 minutes, until the cauliflower has softened
4. To serve, transfer the beef and cauliflower mixture to a bowl and top it with avocado

2 CINNAMON ROCKET FUEL LATTE (1 serving – make 2 times)

8 oz. brewed coffee or tea (regular or decaf)
1 tbsp MCT oil
1 tbsp cacao butter
1 tbsp hemp hearts
 $\frac{1}{2}$ tsp ground cinnamon
1-2 drops alcohol-free stevia
1 tbsp collagen peptides/protein

Instructions

Brew the coffee, add to the jug of your high-powered blender along with MCT oil, cacao butter, hemp hearts, cinnamon, and stevia. Blend on high for 1 minute. During the last 10 seconds, add the collagen. Transfer to a cup and enjoy!

3 **FASTED MORNING: GREEN TEA WITH LEMON** (1 serving – make 2 times)

16 oz. brewed green tea
Juice of ½ lemon

Instructions

Squeeze the lemon juice into the green tea, stir together, and enjoy

Lunches

1 CHICKEN & CURRY DOODLES (3 servings)

2 medium daikon, spiralized or peeled into thin strips with a vegetable peeler
6 tbsp **mayonnaise**
3 tbsp sesame oil
1 tbsp lime juice
2 tsp yellow curry powder
2 green onions, sliced thinly
Sea salt and freshly ground black pepper, to taste
6 chicken thighs (skin-on and bones removed), fully cooked and chopped
1 tbsp sesame seeds

Instructions

In a bowl, toss the spiralized daikon with the mayonnaise, sesame oil, lime juice, curry powder, green onions, salt, and pepper. To serve, top the daikon with the chicken and sesame seeds

2 SMOKED SALMON SALAD (2 servings)

4 cups romaine, chopped or torn into bite-sized pieces
8 oz. smoked salmon
Freshly ground pepper
¼ of a red onion, sliced thinly
8 cherry tomatoes, sliced in half
¼ cup pine nuts
1 lemon, juiced
5 tbsp olive oil

Instructions

Top the romaine with smoked salmon, pepper, onion, tomatoes, and pine nuts. Before serving, drizzle the salad with olive oil and sprinkle with lemon juice

3 KIMCHI-PORK LETTUCE BOATS (2 servings)

¾ lb. ground pork
5 tbsp **avocado oil**, divided
Sea salt and black pepper, to taste
1 tbsp tahini
½ tbsp **coconut aminos**
½ tbsp **apple cider vinegar**
¼ tsp garlic powder
Pinch red chili flakes

4 romaine lettuce leaves

½ cucumber, peeled into small strips with a julienne peeler or regular vegetable peeler

⅓ cup kimchi

2 green onions, thinly sliced

1 tbsp sesame seeds

Instructions

1. Add the ground pork and 2 tbsp of avocado oil to a pan, season with salt and pepper, and cook over medium heat for about 10 minutes, until no pink remains. Transfer the pork to a plate to cool slightly
2. In a small bowl, whisk the tahini, remaining 3 tbsp of avocado oil, coconut aminos, vinegar, garlic powder, and red chili flakes together. Set aside
3. Arrange the lettuce leaves on a plate and fill them with the cooled ground pork, cucumber strips, and kimchi. Top the lettuce boats with green onion, sesame seeds, and tahini sauce. Enjoy!

Dinners

1 FAT BOMB HAMBURGER SOUP (3 servings)

¼ red onion, sliced
5 mushrooms, chopped
15 Brussels sprouts, halved
2 tbsp **avocado oil**
Sea salt and black pepper, to taste
1 lb. regular ground beef
1 clove garlic, minced
3 stalks celery
2 cups beef stock or broth
1 cup canned whole tomatoes
½ tbsp tomato paste
½ bay leaf
½ tsp dried oregano
¼ tsp chili powder
2 tbsp fresh parsley, chopped

Instructions

1. Preheat oven to 350F. Place the onions, mushrooms, brussels sprouts, avocado oil, salt and pepper on a large baking sheet. Transfer the sheet to the oven and roast the vegetables for 25-30 minutes. Once complete, set aside
2. Add the ground beef to a large soup pot and cook on medium-low heat until just cooked through. Add the garlic and celery, cook for another 3 minutes. Do not drain the fat, keep it in there
3. Add the remaining ingredients: stock, tomatoes, paste and spices. Bring the pot to a boil, reduce the heat to low and simmer for 15-20 minutes
4. Stir in the roasted vegetables and chopped parsley, then serve

2 SMOKY CHICKEN WINGS AND SALAD (3 servings)

Chicken Wings

15 chicken wings
3 tbsp **avocado oil**
½ tsp chili powder
½ tsp smoked paprika
2 tsp onion powder
2 tsp garlic powder
Sea salt and freshly ground pepper, to taste

Salad

6 cups romaine lettuce, chopped or torn into bite sized pieces
½ cucumber, sliced
2 green onions, sliced thinly
3 tbsp olive oil

Apple cider vinegar, to taste

Instructions

1. Preheat oven to 450F
2. In a bowl, toss the chicken wings in avocado oil, chili powder, smoked paprika, onion powder, garlic powder, salt, and pepper
3. Arrange the wings on a baking sheet and bake for 35-40 minutes until slightly crispy and cooked through
4. After removing the wings from the oven, combine all salad ingredients in a bowl and toss to coat with the olive oil and vinegar
5. Enjoy the chicken wings alongside the salad

3 *CARB UP* CARROT & APPLE SALAD WITH PORK BURGER (1 serving)

- 1/3 lb. ground pork
- Sea salt and black pepper, to taste
- 1/4 lb. carrots
- 5 Brussels sprouts, trimmed and thinly sliced
- 1 apple, cut into matchsticks
- 2 tbsp chopped hazelnuts
- 2 tbsp minced red onion
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 garlic clove, minced

Instructions

1. Mix the pork with salt and pepper. Form the mix into a patty, and grill on your barbecue or in a 350F oven for 20 minutes
2. While the burger is cooking, prepare the carrots by shredding them using a food processor or cheese grater, or simply thinly slice them. Toss the carrots with the brussels sprouts, apple, red onion, and chopped hazelnuts. Set aside
3. Whisk the balsamic vinegar, olive oil, Dijon mustard, garlic, salt and pepper together
4. Pour the dressing over the salad, toss to coat, and serve alongside the pork burger

Snacks

1 WHITE CHOCOLATE DROPS (3 servings)

- 2 tbsp cacao butter
- 2 tbsp coconut oil
- 2-3 drops alcohol-free stevia

Instructions

1. Place a candy mold; with at least 20 cavities, on a large baking sheet and set aside
2. Add the cacao butter and coconut oil to a small saucepan. Heat over very low heat, just to melt
3. Add the stevia and whisk together
4. Pour the mixture into the candy mold, filling to the top. Transfer the baking sheet with the mold to the freezer to harden for 1 hour
5. Once hardened, remove the drops from the molds and transfer to a container. Store in the fridge for up to 2 weeks or freezer for up to 2 months

2 CHAI PUMPKIN KETO SMOOTHIE (1 serving – make 2 times)

- $\frac{3}{4}$ cup full-fat coconut milk
- 3 tbsp pumpkin puree
- 1 tbsp MCT oil
- 1 tsp loose chai tea
- 1 tsp alcohol-free stevia
- $\frac{1}{2}$ tsp pumpkin pie spice
- $\frac{1}{2}$ fresh or frozen avocado

Instructions

Add all ingredients but the avocado to the blender and blend until smooth. Add the avocado and blend until broken apart. Serve with a sprinkle of pumpkin spice on top, if you'd like

3 LEMON WATER (1 serving - make 2 times)

- 16 oz. water
- Juice of half lemon

Instructions

Stir the lemon juice into the water and enjoy