

Produce

- avocado, 4
- baby spinach, 10 cups
- beets, 3 lb.
- blueberries, 1 cup
- cabbage, 4 cups chopped
- celery, 5 stalks
- cucumber, 2
- eggplant, 1 medium
- garlic, 4 cloves
- green onion, 1
- kale, 4 cups chopped
- lemons, 3
- parsley, ½ cup
- red onion, 1
- rosemary, ½ tbsp
- tomato, 1
- zucchini, 3

Perishables

- *hardboiled eggs, 4, (2)
- non-dairy milk, 3 cups
- salsa, ½ cup
- sauerkraut, ½ cup

Pantry Goods

- alcohol-free stevia, 13 drops
- apple cider vinegar, 2 tbsp
- artichoke hearts packed in water, 28 oz. canned
- avocado oil, 1 ½ cup
- *cacao butter, (2 tbsp)
- cacao powder, 3 tbsp
- cayenne pepper, ¼ tsp
- *coconut oil, (2 tbsp)
- collagen peptides/protein, 3 tbsp
- cumin, 2 tsp
- Dijon mustard, 1 tsp
- dried oregano, ½ tsp
- ground cinnamon, 1 tsp
- hemp hearts, 3 tbsp
- kalamata olives, ¼ cup
- *macadamia nuts, (½ cup)
- MCT oil, 3 tbsp
- mustard (any kind), 2 tbsp
- nutritional yeast, 5 tbsp
- tahini, ¼ cup
- white wine vinegar, 3 tbsp

Meat/Deli

- bacon, 12 strips
- chicken breast, 2 lb.
- ground lamb, 2 lb.
- regular ground beef, 1 lb.

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 Keto Fudge Shake	¹ Artichoke Salad & Bacon	¹ *Carb Up* Spiralized Crispy Beets with Chicken & Salad	¹ Lemon Detox Drops
Day 2	² Beef & Cilantro Salad	² Chicken with Zoodles & Avocado	² Bacon & Cabbage Saute	² Macadamia Nuts with Sea Salt
Day 3	³ Hard Boiled Eggs & Avocado	³ Rosemary Kale Salad with Lamb Patties	³ Baba Ghanouj with Veggie Sticks and Lamb Patties	¹ Lemon Detox Drops
Day 4	¹ Keto Fudge Shake	² Chicken with Zoodles & Avocado	¹ *Carb Up* Spiralized Crispy Beets with Chicken & Salad	³ Hard Boiled Eggs with Avocado Oil
Day 5	³ Hard Boiled Eggs & Avocado	¹ Artichoke Salad & Bacon	² Bacon & Cabbage Saute	² Macadamia Nuts with Sea Salt
Day 6	² Beef & Cilantro Salad	² Chicken with Zoodles & Avocado	³ Baba Ghanouj with Veggie Sticks and Lamb Patties	¹ Lemon Detox Drops
Day 7	¹ Keto Fudge Shake	³ Rosemary Kale Salad with Lamb Patties	¹ *Carb Up* Spiralized Crispy Beets with Chicken & Salad	³ Hard Boiled Eggs with Avocado Oil

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



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Breakfast

1 KETO FUDGE SHAKE (1 serving – make 3 times)

- 1 cup non-dairy milk
- 1 tbsp hemp hearts
- 1 tbsp cacao powder
- 1 tbsp MCT oil
- ¼ tsp ground cinnamon
- 1-3 drops alcohol-free stevia
- 1 tbsp collagen peptides/protein

Instructions

Add all ingredients except collagen to your high-powered blender. Blend on high for 1 minute. Add collagen during the last 10 seconds. Transfer to a cup and enjoy

2 BEEF & CILANTRO SALAD (2 servings)

- 1 lb. regular ground beef, fully cooked
- 3 cups baby spinach
- ½ cucumber, halved and sliced
- 1 green onion, sliced
- ½ cup salsa
- Sea salt and black pepper, to taste
- ¼ cup avocado oil
- 2 tbsp apple cider vinegar
- 1-2 drops alcohol-free stevia

Instructions

1. Combine the first 5 ingredients in a large bowl and toss together
2. In a small bowl, whisk the remaining ingredients together. Drizzle over top the salad

3 HARD BOILED EGGS & AVOCADO (2 servings)

- 4 hard boiled eggs, sliced
- 2 avocado, sliced
- Sea salt and black pepper, to taste

Instructions

Arrange eggs and avocado on a plate. Sprinkle with salt and pepper, and enjoy

Lunches

1 ARTICHOKE SALAD & BACON (3 servings)

6 slices bacon, fully cooked and chopped
28 oz. canned artichoke hearts in water, chopped
¼ cup kalamata olives, sliced
¼ of a red onion, diced
½ cucumber, chopped
1 tomato, chopped
4 cups baby spinach
¼ cup fresh parsley, chopped
1 clove garlic, minced
6 tbsp **avocado oil**
3 tbsp white wine vinegar
Sea salt and black pepper, to taste

Instructions

1. Add all ingredients, except for the avocado oil and white wine vinegar, to a large bowl
2. Whisk the avocado oil and white wine vinegar in a separate bowl and drizzle over the salad. Toss to coat and serve

2 CHICKEN WITH ZOODLES & AVOCADO (3 servings)

1 lb. chicken breast
3 zucchini, spiralized or peeled in thin strips with a vegetable peeler
¼ red onion, diced
2 avocado, chopped
6 tbsp **avocado oil**
3 tbsp **apple cider vinegar**
3 tbsp **nutritional yeast**
Sea salt and black pepper, to taste

Instructions

1. Place the chicken in a sauce pan over medium heat and cover with water. Bring the water to a simmer and cook the chicken until no pink remains, about 10-15 minutes. Once complete, transfer the chicken to a plate, shred, and sprinkle with salt and pepper
2. Add all remaining ingredients, including the shredded chicken, to a bowl, mix together, and enjoy



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1 lb. ground lamb
1 tsp cumin
4 cups kale, chopped and run under very hot water
¼ red onion, diced

Dressing

2 tbsp lemon juice
2 tbsp avocado oil
2 tbsp tahini
1 garlic clove
1 tsp Dijon mustard
½ tbsp fresh rosemary leaves, packed

Instructions

1. Add the ground lamb, cumin, salt, and pepper to a bowl and mash with your hands until fully combined. Form into 3 patties and grill on your barbecue or in a 350F oven for 20 minutes
2. Add all dressing ingredients to your high-powered blender and blend until smooth
3. Place the lamb patties on a bed of kale and onions and drizzle with the dressing



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Dinners

1 ***CARB UP* SPIRALIZED CRISPY BEETS WITH CHICKEN & SALAD** (3 servings)

1 lb. chicken breasts
Sea salt and black pepper, to taste
¼ cup avocado oil, divided
3 lb. of beets, spiralized or peeled into thin strips with a vegetable peeler
3 cups baby spinach
1 cup of blueberries
2 tbsp lemon juice

Instructions

1. Season the chicken breasts with salt and pepper. Heat 1 tbsp of avocado oil in a pan over medium-high heat and cook for about 5-7 minutes on each side, until no pink remains. Once complete, transfer to a plate, and set aside
2. Add 2 tbsp of the avocado oil to the pan and add the spiralized beets. Cook until crispy and sprinkle with salt
3. Meanwhile, combine the spinach and blueberries in a bowl and toss together. Drizzle with the remaining 1 tbsp avocado oil and 2 tbsp of lemon juice. Serve with the chicken and beets

2 **BACON & CABBAGE SAUTE** (2 servings)

6 strips bacon, chopped
4 cups chopped cabbage
2 tbsp mustard
Sea salt and black pepper, to taste
½ cup sauerkraut

Instructions

Cook the bacon to your preferred level of doneness. Add the cabbage and stir around until wilted and tender. Stir in the mustard, salt, and black pepper. Transfer to a bowl, top with sauerkraut, and enjoy

3 **BABA GHANOUJ WITH VEGGIE STICKS AND LAMB PATTIES** (2 servings)

1 medium eggplant
1 lb. ground lamb or ground beef
¼ red onion, minced
Sea salt and black pepper, to taste
2 tbsp tahini
2 tbsp lemon juice
2 tbsp nutritional yeast
¼ cup avocado oil
2 garlic cloves, minced

¼ cup fresh parsley, chopped
½ tsp ground cumin
¼ tsp cayenne pepper
½ tsp dried oregano
1 cucumber, cut into sticks
5 stalks celery, cut into sticks

Instructions

1. Poke several holes in the eggplant with a fork and place on a lined baking sheet. Place in the oven and broil for about 2 minutes on each side, until the skin darkens and shrinks. Turn off the broiler and roast the eggplants at 375F for about 20-25 minutes, until fork tender. Once complete, transfer the eggplant to a plate and let cool
2. Meanwhile, add the ground lamb, red onion, salt, and pepper to a bowl and mash with your hands until fully combined. Form into 3 patties and grill on your barbecue or in a 350F oven for 20 minutes
3. Add all remaining ingredients, except for cucumber and celery, to your food processor. Peel the skin from the eggplant and discard. Add the eggplant flesh to the rest of the ingredients in your food processor. Blend until smooth and whipped
4. Serve the baba ghanouj on top of the lamb patties and use veggie sticks for dipping



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Snacks

1 LEMON DETOX DROPS (3 servings)

2 tbsp cacao butter
2 tbsp coconut oil
Zest from ¼ lemon
1-2 drops alcohol-free stevia

Instructions

Add all ingredients to a small saucepan, melt, and mix over low heat. Pour the mixture into a candy mold or a small container and place in the fridge to harden for 1 hour. Cut into 3 sections or pop the drops out of the candy mold and enjoy

2 MACADAMIA NUTS WITH SEA SALT (2 servings)

½ cup macadamia nuts
Sea salt, to taste

Instructions

Enjoy the macadamia nuts with a bit of salt sprinkled on top

3 HARD BOILED EGGS WITH AVOCADO OIL (2 servings)

2 hard boiled eggs, halved
1 tbsp avocado oil
Sea salt and black pepper, to taste

Instructions

Drizzle the avocado oil over the eggs, sprinkle with salt and pepper, and enjoy