

Produce

- avocados, 5
- baby spinach, 8 cups
- bok choy, 1 cup
- brussels sprouts, $\frac{3}{4}$ lb.
- celery, 11 stalks
- daikon, $\frac{3}{4}$ cup
- English cucumber, 1.5 cups
- garlic, 5 cloves
- green onions, 7
- heriloom carrots, 1 lb.
- iceberg lettuce, 1 head
- kale, 3 cups
- lemons, 6
- red bell pepper, 1.5 cups (about 3)
- bell peppers of any color, 2
- blueberries, $\frac{1}{2}$ cup
- romaine lettuce, 4 cups
- rosemary, 1 sprig
- plantains, 3
- thyme leaves, 1 tbsp
- zucchini, 2 medium

Perishables

- eggs, 8
- mayonnaise, 6 tbsp
- non-dairy milk, 1.5 cups
- olives, 21
- vegetable broth, $\frac{3}{4}$ cup

Pantry Goods

- alcohol-free stevia, 10 drops
- alcohol-free vanilla extract, 1 $\frac{3}{4}$ tsp
- almond butter, $\frac{1}{2}$ cup
- avocado oil, 5 tbsp
- balsamic vinegar, 2 tbsp
- brazil nuts, 4
- brewed coffee or tea (decaf or regular), 3 cups
- cayenne pepper, dash
- chia seeds, 1.5 tbsp
- chili powder, 3 pinches
- coconut aminos, 3 tbsp
- coconut oil, 4 tbsp
- chili powder, $\frac{1}{2}$ tbsp
- crushed almonds or almond flour, $\frac{1}{4}$ cup
- Dijon mustard, 1.5 tsp
- dried oregano, $\frac{1}{2}$ tsp
- dried parsley, $\frac{1}{8}$ tsp
- dried rosemary, 2 $\frac{1}{8}$ tsp
- dried thyme, 1 $\frac{1}{8}$ tsp
- full-fat coconut milk, 1 can
- garlic powder, 1 tsp
- grass-fed collagen, 4 tbsp
- grass-fed tallow, $\frac{1}{2}$ cup
- ground allspice, $\frac{1}{4}$ tsp
- ground cinnamon, 1 $\frac{3}{4}$ tsp
- ground cumin, $\frac{1}{2}$ tsp
- ground flax seeds, 1.75 cups
- ground nutmeg, $\frac{1}{4}$ tsp
- ground turmeric 1.5 tsp
- hemp hearts, 1 cup
- MCT oil, 6 tbsp
- nutritional yeast, 3.5 tbsp
- olive oil, $\frac{3}{4}$ cup
- onion powder, 1 tsp
- raw apple cider vinegar, 3 tbsp
- sesame seeds, $\frac{1}{2}$ cup
- smoked paprika, $\frac{1}{2}$ tsp
- sugar-free salsa, 6 tbsp
- sunflower seed butter, 3 tablespoons

Meat/Deli

- chicken thighs (bone-in, skin-on), 10
- ground beef, 2 lb.
- lamb shoulder chops, 2 (approx. 397 g.)
- pork cutlets, 2 (approx. 290 g.)

	Breakfast	Lunch	Dinner	Snack
Day 1	¹ Egnog Rocket Fuel Latte	¹ Pump Up Your Greens 'Creamed Soup' with Chicken Thighs	² Bun-less Mexican Burgers and and Crispy Plantain Chips	¹ Blueberries and Almond Butter
Day 2	² Breakfast Snack Plate	² Pork Cutlet with Salad and Kale Pate	³ Balsamic Dijon Chicken Thighs and Roasted Veggies	² Herb Crackers and Kale Pate
Day 3	³ Grain-Free Hemp Heart Porridge	³ Turmeric Beef Noodles	¹ Herby Lamb Shoulder Chops and Brussels Sprouts	³ Fruit-Free Green Smoothie
Day 4	² Breakfast Snack Plate	² Pork Cutlet with Salad and Kale Pate	² Bun-less Mexican Burgers and and Crispy Plantain Chips	¹ Blueberries and Almond Butter
Day 5	³ Grain-Free Hemp Heart Porridge	¹ Pump Up Your Greens 'Creamed Soup' with Chicken Thighs	¹ Herby Lamb Shoulder Chops and Brussels Sprouts	² Herb Crackers and Kale Pate
Day 6	¹ Egnog Rocket Fuel Latte	³ Turmeric Beef Noodles	³ Balsamic Dijon Chicken Thighs and Roasted Veggies	³ Fruit-Free Green Smoothie
Day 7	² Breakfast Snack Plate	¹ Pump Up Your Greens 'Creamed Soup' with Chicken Thighs	² Bun-less Mexican Burgers and and Crispy Plantain Chips	² Herb Crackers and Kale Pate

[Click here to START RECEIVING BALANCED KETO MEAL PLANS](#)

Breakfast

1 EGGNOG ROCKET FUEL LATTE (1 servings - make 2 times)

1 cup brewed coffee or tea (decaf or regular)
¼ cup full-fat coconut milk
1 tbsp MCT oil or coconut oil
1-2 egg yolks (from organic, free range eggs)
2 tbsp grass-fed collagen, optional
⅛ tsp ground allspice
⅛ tsp ground nutmeg
¼ tsp ground cinnamon
2-3 drops alcohol-free stevia

Instructions

Brew coffee, add to the jug of your high-powered blender along with remaining ingredients. Blend on high for 1 minute. Transfer to a cup, top with a sprinkle of cinnamon and enjoy.

2 BREAKFAST SNACK PLATE (3 servings)

6 hard boiled eggs, cut in half
Drizzle of avocado oil
Pinch sea salt
Dash of freshly ground black pepper
21 olives
3 tablespoons sunflower seed butter
6 stalks celery, cut in half lengthwise, then across
¾ cup sliced daikon

Instructions

Arrange eggs, olives, sunflower seed butter, celery, and daikon on a plate. Drizzle hard boiled eggs with avocado oil, sprinkle with sea salt and black pepper.

3 GRAIN-FREE HEMP HEART PORRIDGE (1 servings - make 2 times)

½ cup non-dairy milk
1 tbsp coconut oil, melted
¼ cup hemp hearts
1 tbsp freshly ground flax seeds
½ tbsp chia seeds
2-3 drops alcohol-free stevia
½ tsp pure vanilla extract
¼ tsp ground cinnamon
2 tbsp crushed almonds or almond flour

Toppings:

1-2 Brazil nuts
½ tbsp hemp hearts

Instructions

Add all ingredients but the ground almonds and toppings into a small saucepan. Stir until combined. Heat uncovered over medium heat, just until it begins to boil lightly. Stir once over and leave to cook for another 1-2 minutes. Remove from heat, stir in crushed almond, and drop into a bowl. Top with toppings and eat immediately.

[Click here to START RECEIVING BALANCED KETO MEAL PLANS](#)

Lunches

1 PUMP UP YOUR GREENS 'CREAMED SOUP' WITH CHICKEN THIGHS (3 servings)

Chicken Thighs:

6 bone-in, skin-on chicken thighs
2 tbsp lemon juice
½ tsp sea salt
Freshly ground black pepper, to taste

Instructions

1. Preheat oven to 375F. Sprinkle chicken thighs with lemon juice, and season with salt and pepper. In a lined and oiled baking sheet, place chicken skin side down and roast for 35-40 minutes, or until internal temp. reaches 165F.
2. Serve alongside Pump Up Your Greens 'Creamed Soup.'

Soup:

6 cups spinach leaves
3 avocados
1 ½ cups english cucumber
3 green onions
1 ½ cups red bell pepper
¾ cup vegetable broth
3 cloves garlic
3 tablespoons coconut aminos
3 tablespoons lemon juice
3 pinches chili powder (optional)
freshly ground pepper, to taste
3 tbsp nutritional yeast
3 tbsp sesame seeds
3 tbsp olive oil, drizzled

Instructions

1. Throw all ingredients except nutritional yeast, olive oil, and sesame seeds in the blender and blend until smooth. You may need to blend in separate batches if blender is not big enough.
2. Before serving, top with nutritional yeast, sesame seeds, and drizzled olive oil. Enjoy alongside chicken thighs.

2 PORK CUTLET WITH SALAD AND KALE PATE (2 servings)

2 pork cutlets (approx 290 g.) fully cooked
4 cups romaine lettuce, torn or cut into bite sized pieces
juice of one lemon
2 tbsp olive oil, drizzled
Sprinkle of sea salt
Freshly ground black pepper
2 servings of kale pate
Toss romaine with lemon juice, olive oil, salt, and pepper. Top pork with kale pate and enjoy.
Kale pate (5 servings)*3 extra servings are for snack*
3 cups green, purple, or dino kale, chopped
½ tbsp olive oil
⅓ cup raw organic sesame seeds or hemp hearts
⅓ cup olive oil or MCT oil
4 green onions, green part only
1.5 tbsp apple cider vinegar
½ tsp grey sea salt, to taste

Instructions

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

3 TURMERIC BEEF NOODLES (2 servings)

1 lb. grass-fed regular ground beef
1 ½ tsp turmeric
½ tsp oregano
¼ tsp grey sea salt
1 tsp apple cider vinegar
2 medium zucchinis, spiralized

Instructions

1. Add ground beef, turmeric, oregano, and grey sea salt to a cast iron pan. Cook on medium heat until beef is no longer pink.
2. Spiralize zucchini into long strands of "pasta." Top with beef mixture and sprinkle with apple cider vinegar.

Dinners

1 HERBY LAMB SHOULDER (CHOPS AND BRUSSELS SPROUTS) (2 servings)

Lamb

2 lamb shoulder chops
3 tbsp olive oil
2 cloves garlic, minced
⅛ tsp dried rosemary
⅛ tsp dried thyme
⅛ tsp dried parsley
grey sea salt, to taste
freshly ground black pepper
pinch cayenne pepper, optional

Brussels Sprouts

¾ lb. brussels sprouts with ends removed
¼ cup grass-fed tallow, melted
1 tsp grey sea salt
Freshly ground black pepper

Instructions

1. Preheat oven to 400F
2. On a lined baking sheet, toss brussels sprouts with melted tallow and seasonings.
3. Bake for 15-25 minutes, or until slightly browned and crispy-looking
4. Once brussels sprouts are in the oven, rub lamb chops with olive oil, garlic, herbs, salt, and pepper on both sides.
5. Place lamb chops in a hot cast iron skillet and grill for about 5 minutes each side, or until internal temperature reaches 125F
6. Let lamb chops rest for 5 minutes before serving and serve alongside brussels sprouts

2 BUN-LESS MEXICAN BURGERS AND AND CRISPY PLANTAIN CHIPS (3 servings)

Burgers

1 lb. ground beef
½ tbsp chili powder (more if you like it spicy)
½ tbsp ground cumin
1 tsp onion powder
1 tsp garlic powder
½ tsp smoked paprika
½ tsp sea salt
Freshly ground black pepper
1-2 tbsp grass-fed tallow for cooking

1 head of iceberg lettuce
6 tbsp sugar-free salsa
6 tbsp mayonnaise
1 avocado, sliced
nutritional yeast, dash

1 batch crispy plantain chips

Instructions

Mix raw ground beef with all seasonings (hands work best) and form into 3 separate patties. Melt tallow in a cast iron skillet and cook patties to desired level of done-ness. Once patties are done and slightly cooled, sandwich each patty between leaves of iceberg lettuce leaves.

Mix mayonnaise and salsa together. Dress each patty with salsa-mayonnaise mixture, sliced avocado, and a dash of nutritional yeast. Serve alongside crispy plantain chips.

Crispy Plantain Chips

375 g. peeled green plantains, about 3 plantains
1.5 tbsp grass-fed tallow, melted
 $\frac{3}{4}$ tsp grey sea salt
Freshly ground black pepper

Instructions

1. Preheat oven to 350F and set baking sheet aside.
2. Peel plantains by cutting off the top and running a knife alongside. The peel is very thick and the plantains are very woody. This is normal. Once peeled, slice on a but of an angle.
3. Place sliced plantains in a large bowl. Toss with melted tallow until all sliced are covered evenly.
4. Sprinkle salt and pepper over plantains and toss to coat.
5. Spread coated plantain slices onto prepared baking sheet. Transfer to the oven and bake for 15 minutes before rotating to the other side and baking for another 10 minutes. At this point, some slices will be complete, others will not.
6. Remove the crispy slices from the baking sheet, placing on a cooling rack. Return the sheet back to the oven and repeat, every 5 minutes.
7. Total cooking time for some of the larger slices in 35-40 minutes when all said and done.
8. Allow to cool completely and dig in. Store in a plastic container on the counter for a couple of days.

[Click here to START RECEIVING BALANCED KETO MEAL PLANS](#)

3 BALSAMIC DIJON CHICKEN THIGHS AND ROASTED VEG SALAD (2 servings)

4 bone-in, skin-on chicken thighs

Marinade

2 tbsp avocado oil

2 tbsp balsamic vinegar

1 ½ tsp Dijon mustard

½ tsp sea salt

Freshly ground black pepper, to taste

Instructions

1. Add marinade ingredients to a large Ziplock bag and swish around until mixed. Add chicken thighs and marinate for 24 hours.
2. When ready to cook, preheat oven to 375F and remove thighs from marinade. Place marinated chicken thighs on a cast iron skillet and cook in preheated oven for 35-40 minutes until internal temperature reaches 165F.

Roasted Veggies

1 lb. heirloom carrots, peeled and sliced into coins

1 cup bok choy, roughly chopped

2 bell peppers, roughly chopped

2 tbsp coconut oil, melted

2 tsp dried rosemary

1 tsp dried thyme

¼ tsp grey sea salt

Freshly ground pepper, to taste

Instructions

Preheat oven to 375F and set aside baking sheet. Place all ingredients on the baking sheet and toss until all of the vegetables are coated. Slide into the preheated oven and roast for 25-35 minutes, until the carrots are fork-tender. Remove from oven and serve alongside Balsamic Dijon Chicken.

Snacks

1 BLUEBERRIES AND ALMOND BUTTER (2 servings)

½ cup almond butter
½ cup blueberries

Instructions

Mix blueberries and almond butter together in a small bowl. Eat with a spoon.

2 HERB CRACKERS AND KALE PATE (3 servings)

3 remaining servings of Kale Pate from Pork Cutlet and Kale Pate meal

Crackers

1.5 cups roughly ground flax seed
225 grams celery sticks, about 5 sticks
2 tbsp avocado oil
1 tbsp raw apple cider vinegar
1 tbsp fresh thyme leaves
½ sprig fresh rosemary leaves
½ tsp grey sea salt

Instructions

1. Preheat oven to 225F and cover one large baking sheet with parchment paper or a silicon baking sheet. Set aside.
2. Place celery, oil, vinegar, herbs and salt in the bowl of your food processor.
3. Pulse until celery is completely pureed.
4. Add ground flax and pulse just until combined.
5. Let sit for 2 minutes to firm up. Plop half of the dough onto your prepared baking sheet, smoothing out with the back of a spoon until it covers the entire baking sheet. You want the crackers to be about ¼-inch thick.
6. Run a knife along the sheets, scoring squares in the dough.
7. Bake for 1 hour, flipping halfway through and removing the parchment paper. The baking time will vary greatly on how thick/thin you make the crackers. You want the end result to be crisp, crunchy with no moisture left.
8. Remove from the oven and allow to cool on the baking sheet for 15 minutes. Makes about 35 crackers.

3 FRUIT-FREE GREEN SMOOTHIE (1 serving - make 2 times)

1 ½ cups water
2-3 tbsp lemon juice
1-2 tbsp MCT oil
¼ tsp alcohol-free vanilla extract
35 grams avocado (approx. 1/2 medium avocado)
50 g. baby spinach (approx. 1 cup)
4 ice cubes

Instructions

Add ingredients to the jug of your high-powered blender in the order they are listed in the recipe. Blend on high for 1-2 minutes, until smooth. Serve immediately.

[Click here to START RECEIVING BALANCED KETO MEAL PLANS](#)