



TS TRANSFORMATIONS 30 DAY MEAL PLANS

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AFTER COACHING THE KETOGENIC LIFESTYLE FOR THE LAST 2.5 YEARS AND LIVING THE LIFESTYLE MYSELF, I DECIDED TO PUT TOGETHER A SUPER EASY TO FOLLOW PLAN THAT WILL HELP ANY WOMAN STRUGGLING TO LOSE WEIGHT. PLEASE FEEL FREE TO USE THIS AS A GUIDELINE OR YOU CAN FOLLOW IT STRICTLY.

Dō's

FULL FAT CHEESES, HEAVY WHIPPING CREAMS, REAL BUTTER, COCONUT OIL, AVOCADOS, OLIVE OIL, FATTIER CUTS OF MEAT, EGGS, MACADAMIA NUTS, MCT OIL, FISH, SARDINES, FATTIER LUNCH MEATS, BACON, VEGGIES (KALE, SPINACH, BROCCOLI, CAULIFLOWER, ETC.), PINK HIMALAYAN SALT/SEA SALT, AND LOTS OF WATER.

DōNT'S

STARCHIER VEGGIES (POTATOES, SWEET POTATOES, CARROTS, ETC.), FRUITS (VERY LIMITED AMOUNTS), GRAINS, CHIPS, COOKIES, CRACKERS, RICE, PASTA, CEREALS, JUICES, AND SODAS.

NOTES: IF YOU WORKOUT IN A FASTED STATE FROM THE 60 DAY WORKOUT PLAN, TAKE YOUR EXOGENOUS KETONES OR BULLETPROOF COFFEE 30 MIN PRIOR TO WORKING OUT.

WEEK 1

Breakfast

Lunch

Dinner

Monday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
EGG SALAD
1/4 C ALMONDS

GRILLED RIBEYE OR SIRLOIN
STEAK WITH ASPARAGUS.

Tuesday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

DIJON MUSTARD CHICKEN
SALAD ON LETTUCE BED.
EXOGENOUS KETONES
1/2 C BONE BROTH

BUNLESS BACON
CHEESEBURGER W/ TOPPINGS
OF CHOICE. BRUSSELS SPROUTS

Wednesday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
EGG SALAD
1/4 C ALMONDS

STEAK TIPS WITH CHEESY
BROCCOLI

Thursday

COFFEE W/ CREAM
2 FRIED EGGS
2 BACON

DIJON MUSTARD CHICKEN
SALAD ON LETTUCE BED.
EXOGENOUS KETONES
1/2 C BONE BROTH

SHRIMP SCAMPI
W/ZUCCHINI NOODLES

Friday

BPC

PROSCIOTTO LETTUCE WRAPS
WITH 1/2 AVOCADO
2 MOZZERELLA CHEESE STICKS
1/4 C ALMONDS

BAKED PORK CHOPS WITH
FRIED CABBAGE

Saturday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

BACON CHEESEBURGER SALAD
1/2 AVOCADO
EXOGENOUS KETONES
8 OZ WATER

BLACK AND BLEU
CHEESEBURGERS WITH
STEAMED BROCCOLI

Sunday

BPC

PROSCIOTTO LETTUCE WRAPS
WITH 1/2 AVOCADO
2 MOZZERELLA CHEESE STICKS
1/4 C ALMONDS

MEXICAN CHICKEN

WEEK 1 SHOPPING LIST

PROTEIN

1 POUND BACON
2- 6 ½ OUNCE PORK CHOP
1 POUND 85/15 GROUND BEEF
4 POLISH SAUSAGE LINKS (ABOUT 3 OUNCES EACH)
7 OUNCES RIBEYE STEAK
10 OUNCES CHICKEN THIGHS
2 LARGE SLICES PROSCIUTTO
6 OUNCES SHRIMP
BONE BROTH (KETTLE & FIRE)
PREPACKAGED MOZZARELLA CHEESE STICK

SUPPLEMENTS

CRAVE WHEY PROTEIN
TS TRANSFORMATIONS KETONES

PRODUCE

2 HEADS OF ROMAINE LETTUCE
1 MEDIUM AVOCADO
2 BUNCHES ASPARAGUS
2 HEADS BROCCOLI (OR 4 CUPS FROZEN CHOPPED)
8 OUNCES SLICED MUSHROOMS
1/2 HEAD GREEN CABBAGE (OR 2 CUPS SHREDDED)
1 BULB FRESH GARLIC (FOR MINCING)

OTHER

1 POUND GRASS FED BUTTER
6 EGGS
ALMONDS
1 ½ CUP EGG WHITES
8 OUNCES SHREDDED CHEDDAR CHEESE
8 OUNCES CREAM CHEESE
SMALL CONTAINER SLICED CHEDDAR CHEESE
SMALL CONTAINER HEAVY WHIPPING CREAM
SMALL CONTAINER MACADAMIA NUTS
SMALL CONTAINER PICKLES
SMALL CONTAINER LOW-SUGAR PICKLE RELISH
NON-STICK COOKING SPRAY
PARCHMENT PAPER

WEEK 2

Breakfast

Lunch

Dinner

Monday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
TUNA SALAD
1/4 C ALMONDS

GRILLED RIBEYE OR SIRLOIN
STEAK WITH ASPARAGUS.

Tuesday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

CHICKEN SALAD W/ TOPPINGS
OF CHOICE & RANCH DRESSING

LEMON BASIL SALMON
& GREEN BEANS

Wednesday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
TUNA SALAD
1/4 C ALMONDS

CHINESE "FRIED
RICE" WITH
MACADAMIA NUTS

Thursday

COFFEE W/ CREAM
2 FRIED EGGS
2 BACON

COBB SALAD

BACON VEGGIE
OMELETE

Friday

BPC

HAM & CHEESE ROLL UPS
OLIVES & FETA CHEESE
1/4 C ALMONDS

CHICKEN ZUCCHINI
PESTO

Saturday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

STEAK SALAD

KETO MEATLOAF AND CHEESY
CAULIFLOWER

Sunday

BPC

GRILLED CHICKEN WINGS WITH
HOT SAUCE
CELERY
BLUE CHEESE OR RANCH

LASAGNA IN A BOWL WITH BIG
@SS SALAD

WEEK 2 SHOPPING LIST

PROTEIN

1 POUND BACON
HAM OFF THE BONE LUNCH MEAT
CHICKEN WINGS FROZEN
1 POUND 85/15 GROUND BEEF
7 OUNCES STEAK
10 OUNCES CHICKEN THIGHS
6 OUNCES SHRIMP
BONE BROTH (KETTLE & FIRE)
PREPACKAGED MOZZARELLA CHEESE
STICK

OTHER

½ GALLON UNSWEETENED ALMOND MILK
2 DOZEN EGGS
SMALL CONTAINER HEAVY WHIPPING CREAM
SMALL CONTAINER UNSWEETENED COCOA POWDER
SMALL CONTAINER LOW-CARB PIZZA SAUCE
4 OUNCES CREAM CHEESE
8 OUNCES SOUR CREAM
NON-STICK COOKING SPRAY
SMALL CONTAINER COCONUT FLOUR
SMALL CONTAINER NATURAL PEANUT BUTTER
SMALL CONTAINER PESTO
SMALL CONTAINER GUACAMOLE
SMALL CONTAINER PICO DE GALLO

PRODUCE

1 HEAD BROCCOLI
LARGE CONTAINER ROMAINE SALAD MIX
3 MEDIUM AVOCADO
2 CUPS FRESH SPINACH (SMALL CONTAINER)
10 OUNCES ZUCCHINI, SPIRALED OR ABOUT 2 MED.
1 BUNCH ASPARAGUS
8 OUNCES SLICED MUSHROOMS
4 CUPS RICED CAULIFLOWER (ABOUT 1 MEDIUM HEAD)
1 MEDIUM ONION
1 GREEN BELL PEPPER
1 BULB GARLIC (FOR MINCING)

SUPPLEMENTS

CRAVE WHEY PROTEIN
TS TRANSFORMATIONS KETONES

WEEK 3

Breakfast

Lunch

Dinner

Monday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
CHICKEN SALAD
1/4 C ALMONDS

GRILLED RIBEYE OR SIRLOIN
STEAK WITH ASPARAGUS.

Tuesday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

CHICKEN SALAD OVER TOP BED
OF LETTUCE
OLIVES AND FETA MIX

BUNLESS BACON
CHEESEBURGER W/ TOPPINGS
OF CHOICE. BRUSSELS SPROUTS

Wednesday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
EGG SALAD
1/4 C ALMONDS

MOZZERELLA MEATBALLS
WITH RAO'S SAUCE & BIG @SS
SALAD

Thursday

COFFEE W/ CREAM
2 FRIED EGGS
2 BACON

MOZZERELLA MEATBALLS
WITH RAO'S SAUCE & BIG @SS
SALAD

SHRIMP FOIL PACKS
W/ZUCCHINI NOODLES

Friday

BPC

YOGURT PARFAIT WITH KETO
GRANOLA AND BERRIES
GRAVE WHEY PROTEIN SHAKE

CHIPPED STEAK GREEN
PEPPERS W/ MOZZARELLA

Saturday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

GRAVE PROTEIN SHAKE WITH
SIDE SALAD & HIGH FAT
DRESSING
1/4 C ALMONDS

SALMON WITH ASPARAGUS

Sunday

BPC

PROSCIOTTO LETTUCE WRAPS
WITH 1/2 AVOCADO
2 MOZZERELLA CHEESE STICKS
1/4 C ALMONDS

PORTOBELLO MUSHROOM
PIZZA

WEEK 3 SHOPPING LIST

PROTEIN

10 OUNCES 85/15 GROUND BEEF
6 OUNCES RIBEYE STEAK
10 OUNCES SMOKED SALMON
12 OUNCES SALMON FILETS
8 OUNCES SHRIMP
1 POUND BACON

OTHER

STEVIA
COFFEE
GROUND CINNAMON
CUMIN
GROUND GINGER
VANILLA EXTRACT
COCONUT OIL
OLIVE OIL
SESAME OIL
GARLIC SALT
COCONUT AMINOS
RED PEPPER FLAKES
GROUND BLACK PEPPER

PRODUCE

1 MEDIUM CUCUMBER (TO BE SLICED)
1 MEDIUM AVOCADO
4 OUNCES SLICED MUSHROOMS
LARGE CONTAINER SPINACH
1 LARGE RED BELL PEPPER
1 BULB FRESH GARLIC (FOR MINCING)
1 BUNCH FRESH CILANTRO
1 LEMON (FOR LEMON ZEST)
SMALL PIECE FRESH GINGER (FOR MINCING)
SMALL AMOUNT FRESH BASIL
4 CUPS RICED CAULIFLOWER (ABOUT 1 MEDIUM HEAD)
4 WHOLE ROMAINE LETTUCE LEAVES
1 BUNCH GREEN ONIONS
1 HEAD BROCCOLI (OR 2 CUPS FROZEN, CHOPPED)
1 POUND GREEN BEANS

SUPPLEMENTS

GRAVE WHEY PROTEIN
TS TRANSFORMATIONS KETONES

WEEK 4

Breakfast

Lunch

Dinner

Monday

BPC

TACO SALAD

GRILLED RIBEYE OR SIRLOIN STEAK WITH ASPARAGUS.

Tuesday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

DIJON MUSTARD CHICKEN SALAD ON LETTUCE BED.
EXOGENOUS KETONES
1/2 C BONE BROTH

BUNLESS BACON
CHEESEBURGER W/ TOPPINGS
OF CHOICE. BRUSSELS SPROUTS

Wednesday

BPC

GRILLED CHICKEN SALAD

STEAK TIPS WITH CHEESY
BROCCOLI

Thursday

COFFEE W/ CREAM
2 FRIED EGGS
2 BACON

YOGURT PARFAIT WITH KETO
GRANOLA AND BERRIES
PROTEIN SHAKE

SHRIMP SCAMPI
W/ZUCCHINI NOODLES

Friday

BPC

PROSCIOTTO LETTUCE WRAPS
WITH 1/2 AVOCADO
2 MOZZERELLA CHEESE STICKS
1/4 C ALMONDS

CHICKEN KABOBS WITH
PEPPERS AND ONIONS

Saturday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

YOGURT PARFAIT WITH KETO
GRANOLA AND BERRIES
PROTEIN SHAKE

CREAMED COD WITH
ASPARAGUS

Sunday

BPC

HOT WINGS WITH BLUE CHEESE
DRESSING, CELERY STICKS

SIRLOIN STEAK AND SALAD

WEEK 4 SHOPPING LIST

PROTEIN

1 POUND BACON
12 OUNCES FLANK STEAK
12 OUNCES BONELESS, SKINLESS CHICKEN THIGHS
20 OUNCES 85/15 GROUND BEEF
4 OUNCES CANNED WILD-CAUGHT SALMON
7 OUNCES FLAT IRON STEAK

OTHER

½ POUND GRASS FED BUTTER
8 OUNCES SOUR CREAM
SMALL CONTAINER CRUMBLED BLUE CHEESE
1 ½ DOZEN EGGS
SMALL CONTAINER HEAVY WHIPPING CREAM
4 OUNCES CREAM CHEESE
SMALL CONTAINER GUACAMOLE
8 OUNCES SHREDDED MOZZARELLA CHEESE
SMALL CONTAINER CHOPPED BLACK OLIVES
SMALL CONTAINER DICED GREEN CHILIS
SMALL CAN RED ENCHILADA SAUCE
SMALL CONTAINER SLICED CHEDDAR
SMALL CONTAINER MACADAMIA NUTS
SMALL CONTAINER PALEO RANCH DRESSING
NON-STICK COOKING SPRAY

PRODUCE

6 CUPS FRESH SPINACH (ABOUT 1-2 LARGE CONTAINERS)
2 MEDIUM AVOCADOS
SMALL CONTAINER STRAWBERRIES
1 BUNCH GREEN ONIONS
1 1/3 POUND FRESH GREEN BEANS
1 BULB GARLIC (FOR MINCING)
1 BUNCH ASPARAGUS
2-3 MEDIUM ZUCCHINI
SMALL HEAD LETTUCE
2 HEADS BROCCOLI (OR 4 CUPS FROZEN CHOPPED)

SUPPLEMENTS

GRAVE WHEY PROTEIN
TS TRANSFORMATIONS KETONES

WEEK 5

Breakfast

Lunch

Dinner

Monday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
TUNA SALAD
1/4 C ALMONDS

GRILLED RIBEYE OR SIRLOIN
STEAK WITH ASPARAGUS.

Tuesday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

CHICKEN SALAD W/ TOPPINGS
OF CHOICE & RANCH DRESSING

LEMON BASIL SALMON
& GREEN BEANS

Wednesday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
TUNA SALAD
1/4 C ALMONDS

CHINESE "FRIED
RICE" WITH
MACADAMIA NUTS

Thursday

COFFEE W/ CREAM
2 FRIED EGGS
2 BACON

COBB SALAD

BACON VEGGIE
OMELETE

Friday

BPC

HAM & CHEESE ROLL UPS
OLIVES & FETA CHEESE
1/4 C ALMONDS

CHICKEN ZUCCHINI
PESTO

Saturday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

STEAK SALAD

KETO MEATLOAF AND CHEESY
CAULIFLOWER

Sunday

BPC

GRILLED CHICKEN WINGS WITH
HOT SAUCE
CELERY
BLUE CHEESE OR RANCH

LASAGNA IN A BOWL WITH BIG
@SS SALAD

WEEK 5 SHOPPING LIST

PROTEIN

1 POUND BACON
12 OUNCES FLANK STEAK
12 OUNCES BONELESS, SKINLESS CHICKEN THIGHS
20 OUNCES 85/15 GROUND BEEF
4 OUNCES CANNED WILD-CAUGHT SALMON
7 OUNCES FLAT IRON STEAK

OTHER

½ POUND GRASS FED BUTTER
8 OUNCES SOUR CREAM
SMALL CONTAINER CRUMBLLED BLUE CHEESE
1 ½ DOZEN EGGS
SMALL CONTAINER HEAVY WHIPPING CREAM
4 OUNCES CREAM CHEESE
SMALL CONTAINER GUACAMOLE
8 OUNCES SHREDDED MOZZARELLA CHEESE
SMALL CONTAINER CHOPPED BLACK OLIVES
SMALL CONTAINER DICED GREEN CHILIS
SMALL CAN RED ENCHILADA SAUCE
SMALL CONTAINER SLICED CHEDDAR
SMALL CONTAINER MACADAMIA NUTS
SMALL CONTAINER PALEO RANCH DRESSING
NON-STICK COOKING SPRAY

PRODUCE

6 CUPS FRESH SPINACH (ABOUT 1-2 LARGE CONTAINERS)
2 MEDIUM AVOCADOS
SMALL CONTAINER STRAWBERRIES
1 BUNCH GREEN ONIONS
1 1/3 POUND FRESH GREEN BEANS
1 BULB GARLIC (FOR MINCING)
1 BUNCH ASPARAGUS
2-3 MEDIUM ZUCCHINI
SMALL HEAD LETTUCE
2 HEADS BROCCOLI (OR 4 CUPS FROZEN CHOPPED)

SUPPLEMENTS

GRAVE WHEY PROTEIN
TS TRANSFORMATIONS KETONES

WEEK 6

Breakfast

Lunch

Dinner

Monday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
CHICKEN SALAD
1/4 C ALMONDS

GRILLED RIBEYE OR SIRLOIN
STEAK WITH ASPARAGUS.

Tuesday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

CHICKEN SALAD OVER TOP BED
OF LETTUCE
OLIVES AND FETA MIX

BUNLESS BACON
CHEESEBURGER W/ TOPPINGS
OF CHOICE. BRUSSELS SPROUTS

Wednesday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
EGG SALAD
1/4 C ALMONDS

MOZZERELLA MEATBALLS
WITH RAO'S SAUCE & BIG @SS
SALAD

Thursday

COFFEE W/ CREAM
2 FRIED EGGS
2 BACON

MOZZERELLA MEATBALLS
WITH RAO'S SAUCE & BIG @SS
SALAD

SHRIMP FOIL PACKS
W/ZUCCHINI NOODLES

Friday

BPC

YOGURT PARFAIT WITH KETO
GRANOLA AND BERRIES
CRAVE WHEY PROTEIN SHAKE

CHIPPED STEAK GREEN
PEPPERS W/ MOZZARELLA

Saturday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

CRAVE PROTEIN SHAKE WITH
SIDE SALAD & HIGH FAT
DRESSING
1/4 C ALMONDS

SALMON WITH ASPARAGUS

Sunday

BPC

PROSCIOTTO LETTUCE WRAPS
WITH 1/2 AVOCADO
2 MOZZERELLA CHEESE STICKS
1/4 C ALMONDS

PORTOBELLO MUSHROOM
PIZZA

WEEK 6 SHOPPING LIST

PROTEIN

10 OUNCES 85/15 GROUND BEEF
6 OUNCES RIBEYE STEAK
10 OUNCES SMOKED SALMON
12 OUNCES SALMON FILETS
8 OUNCES SHRIMP
1 POUND BACON

OTHER

STEVIA
COFFEE
GROUND CINNAMON
CUMIN
GROUND GINGER
VANILLA EXTRACT
COCONUT OIL
OLIVE OIL
SESAME OIL
GARLIC SALT
COCONUT AMINOS
RED PEPPER FLAKES
GROUND BLACK PEPPER

PRODUCE

1 MEDIUM CUCUMBER (TO BE SLICED)
1 MEDIUM AVOCADO
4 OUNCES SLICED MUSHROOMS
LARGE CONTAINER SPINACH
1 LARGE RED BELL PEPPER
1 BULB FRESH GARLIC (FOR MINCING)
1 BUNCH FRESH CILANTRO
1 LEMON (FOR LEMON ZEST)
SMALL PIECE FRESH GINGER (FOR MINCING)
SMALL AMOUNT FRESH BASIL
4 CUPS RICED CAULIFLOWER (ABOUT 1 MEDIUM HEAD)
4 WHOLE ROMAINE LETTUCE LEAVES
1 BUNCH GREEN ONIONS
1 HEAD BROCCOLI (OR 2 CUPS FROZEN, CHOPPED)
1 POUND GREEN PEPPERS

SUPPLEMENTS

GRAVE WHEY PROTEIN
TS TRANSFORMATIONS KETONES

WEEK 7

Breakfast

Lunch

Dinner

Monday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
EGG SALAD
1/4 C ALMONDS

GRILLED RIBEYE OR SIRLOIN
STEAK WITH ASPARAGUS.

Tuesday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

DIJON MUSTARD CHICKEN
SALAD ON LETTUCE BED.
EXOGENOUS KETONES
1/2 C BONE BROTH

BUNLESS BACON
CHEESEBURGER W/ TOPPINGS
OF CHOICE. BRUSSELS SPROUTS

Wednesday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
EGG SALAD
1/4 C ALMONDS

STEAK TIPS WITH CHEESY
BROCCOLI

Thursday

COFFEE W/ CREAM
2 FRIED EGGS
2 BACON

DIJON MUSTARD CHICKEN
SALAD ON LETTUCE BED.
EXOGENOUS KETONES
1/2 C BONE BROTH

SHRIMP SCAMPI
W/ZUCCHINI NOODLES

Friday

BPC

PROSCIOTTO LETTUCE WRAPS
WITH 1/2 AVOCADO
2 MOZZERELLA CHEESE STICKS
1/4 C ALMONDS

BAKED PORK CHOPS WITH
FRIED CABBAGE

Saturday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

BACON CHEESEBURGER SALAD
1/2 AVOCADO
EXOGENOUS KETONES
8 OZ WATER

BLACK AND BLEU
CHEESEBURGERS WITH
STEAMED BROCCOLI

Sunday

BPC

PROSCIOTTO LETTUCE WRAPS
WITH 1/2 AVOCADO
2 MOZZERELLA CHEESE STICKS
1/4 C ALMONDS

MILK PORK SAUSAGES WITH
ONIONS AND PEPPERS

WEEK 3 SHOPPING LIST

PROTEIN

10 OUNCES 85/15 GROUND BEEF
6 OUNCES RIBEYE STEAK
10 OUNCES SMOKED SALMON
12 OUNCES SALMON FILETS
8 OUNCES SHRIMP
1 POUND BACON
PORK SAUSAGE

OTHER

STEVIA
COFFEE
GROUND CINNAMON
CUMIN
GROUND GINGER
VANILLA EXTRACT
COCONUT OIL
OLIVE OIL
SESAME OIL
GARLIC SALT
COCONUT AMINOS
RED PEPPER FLAKES
GROUND BLACK PEPPER

PRODUCE

1 MEDIUM CUCUMBER (TO BE SLICED)
1 MEDIUM AVOCADO
4 OUNCES SLICED MUSHROOMS
LARGE CONTAINER SPINACH
1 LARGE RED BELL PEPPER
1 BULB FRESH GARLIC (FOR MINCING)
1 BUNCH FRESH CILANTRO
1 LEMON (FOR LEMON ZEST)
SMALL PIECE FRESH GINGER (FOR MINCING)
SMALL AMOUNT FRESH BASIL
4 CUPS RICED CAULIFLOWER (ABOUT 1 MEDIUM HEAD)
4 WHOLE ROMAINE LETTUCE LEAVES
1 BUNCH GREEN ONIONS
1 HEAD BROCCOLI (OR 2 CUPS FROZEN, CHOPPED)
1 POUND GREEN BEANS

SUPPLEMENTS

GRAVE WHEY PROTEIN
TS TRANSFORMATIONS KETONES

WEEK 8

Breakfast

Lunch

Dinner

Monday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
TUNA SALAD
1/4 C ALMONDS

GRILLED RIBEYE OR SIRLOIN
STEAK WITH ASPARAGUS.

Tuesday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

CHICKEN SALAD W/ TOPPINGS
OF CHOICE & RANCH DRESSING

LEMON BASIL SALMON
& GREEN BEANS WITH GARLIC
AND BACON

Wednesday

BPC

1/2 AVOCADO
WITH PINK SEA SALT
1 SCOOP EK
TUNA SALAD
1/4 C ALMONDS

CHINESE "FRIED
RICE" WITH
MACADAMIA NUTS

Thursday

COFFEE W/ CREAM
2 FRIED EGGS
2 BACON

COBB SALAD

BACON VEGGIE
OMELETE

Friday

BPC

HAM & CHEESE ROLL UPS
OLIVES & FETA CHEESE
1/4 C ALMONDS

CHICKEN ZUCCHINI
PESTO

Saturday

COFFEE W/ CREAM
2 EGG OMELET WITH
BACON & CHEESE

STEAK SALAD

KETO MEATLOAF AND CHEESY
CAULIFLOWER

Sunday

BPC

GRILLED CHICKEN WINGS WITH
HOT SAUCE
CELERY
BLUE CHEESE OR RANCH

LASAGNA IN A BOWL WITH BIG
@SS SALAD

WEEK 8 SHOPPING LIST

PROTEIN

10 OUNCES 85/15 GROUND BEEF
6 OUNCES RIBEYE STEAK
10 OUNCES SMOKED SALMON
12 OUNCES SALMON FILETS
8 OUNCES SHRIMP
1 POUND BACON

OTHER

STEVIA
COFFEE
GROUND CINNAMON
CUMIN
GROUND GINGER
VANILLA EXTRACT
COCONUT OIL
OLIVE OIL
SESAME OIL
GARLIC SALT
COCONUT AMINOS
RED PEPPER FLAKES
GROUND BLACK PEPPER

PRODUCE

1 MEDIUM CUCUMBER (TO BE SLICED)
1 MEDIUM AVOCADO
4 OUNCES SLICED MUSHROOMS
LARGE CONTAINER SPINACH
1 LARGE RED BELL PEPPER
1 BULB FRESH GARLIC (FOR MINCING)
1 BUNCH FRESH CILANTRO
1 LEMON (FOR LEMON ZEST)
SMALL PIECE FRESH GINGER (FOR MINCING)
SMALL AMOUNT FRESH BASIL
4 CUPS RICED CAULIFLOWER (ABOUT 1 MEDIUM HEAD)
4 WHOLE ROMAINE LETTUCE LEAVES
1 BUNCH GREEN ONIONS
1 HEAD BROCCOLI (OR 2 CUPS FROZEN, CHOPPED)
1 POUND GREEN BEANS

SUPPLEMENTS

GRAVE WHEY PROTEIN
TS TRANSFORMATIONS KETONES

RECIPES

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BULLETPRÖÖF

BULLET PRÖÖF CÖFFEE

INGREDIENTS:

2 CUPS COFFEE, BREWED & HOT

1 TABLESPOON GRASS FED BUTTER

1 SCOOP MCT OIL POWDER OR 1 TABLESPOON MCT OIL

1 TABLESPOON HEAVY CREAM

STEVIA, TO TASTE (OPTIONAL) OR SF VANILLA SYRUP

INSTRUCTIONS:

- COMBINE ALL INGREDIENTS IN A BLENDER, MIX UNTIL FROTHY. ENJOY IMMEDIATELY!

MAKES 1 SERVING

NUTRITION INFORMATION: 210 CALORIES, 22G FAT, 4G CARBS, 0G PROTEIN

BULLET PRÖÖF HÖT CHÖCÖLATE

INGREDIENTS:

$\frac{3}{4}$ CUP UNSWEETENED ALMOND MILK

$\frac{1}{4}$ CUP HEAVY WHIPPING CREAM

$\frac{1}{2}$ TABLESPOON GRASS FED BUTTER

$\frac{1}{2}$ TABLESPOON MCT OIL

1 TABLESPOON UNSWEETENED COCOA POWDER

STEVIA OR XYLITOL, TO TASTE

DASH CINNAMON

INSTRUCTIONS:

- COMBINE ALL INGREDIENTS IN A SAUCE PAN OR MICROWAVE UNTIL WARM AND MIXED WELL. ONCE WARM, PLACE HOT CHOCOLATE INTO A BLENDER AND MIX UNTIL FROTHY. ENJOY IMMEDIATELY!

NUTRITION INFORMATION: 345 CALORIES, 40G FAT, 3G CARBS (1G NET CARB), 1G PROTEIN

BACON AVOCADO EGG SALAD

INGREDIENTS:

5 HARD-BOILED EGGS, CHOPPED

4 SLICES BACON, COOKED & CHOPPED

½ MEDIUM AVOCADO, MASHED

1 ½ TABLESPOON AVOCADO OIL MAYO

2 GREEN LETTUCE LEAVES

PAPRIKA, TO TASTE

SALT & PEPPER, TO TASTE

INSTRUCTIONS:

- IN A BOWL COMBINE CHOPPED EGGS, BACON, MASHED AVOCADO, MAYO, AND SEASONINGS. MIX UNTIL WELL COMBINED. DIVIDE EGG SALAD BETWEEN LETTUCE LEAVES, ROLL UP AND ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 800 CALORIES, 64G FAT, 9G CARBS (3 NET CARBS), 46G PROTEIN

BACON CHEESEBURGER SALAD

INGREDIENTS:

5 OUNCES 85/15 GROUND BEEF, COOKED

3 SLICES BACON, COOKED AND CHOPPED

2 CUPS CHOPPED ROMAINE

½ CUP PICKLES, CHOPPED

1/3 CUP SHREDDED CHEDDAR CHEESE

FOR DRESSING:

2 TABLESPOONS AVOCADO OIL MAYO

1-2 TABLESPOONS WHITE VINEGAR (TO TASTE)

1 TEASPOON MUSTARD

½ TABLESPOON PICKLE RELISH (LOW SUGAR)

DASH PAPRIKA

PINCH STEVIA, TO TASTE

INSTRUCTIONS:

- IN A LARGE BOWL LAYER CHOPPED ROMAINE, PICKLES, COOKED GROUND BEEF, BACON, AND SHREDDED CHEESE.
- IN A SMALL BOWL MIX TOGETHER ALL THE INGREDIENTS FOR THE DRESSING.
- DRIZZLE DRESSING OVER SALAD AND ENJOY IMMEDIATELY!

NUTRITION INFORMATION: 754 CALORIES, 63G FAT, 7G CARBS (6G NET CARBS), 43G PROTEIN

BACON VEGGIE OMELET

INGREDIENTS:

4 EGGS

2 OUNCES SLICED MUSHROOMS

1 CUP SPINACH, CHOPPED

4 SLICES BACON, COOKED & CHOPPED

1/3 CUP SHREDDED COLBY JACK CHEESE

1 TABLESPOON GRASS FED BUTTER

SEA SALT & PEPPER, TO TASTE

INSTRUCTIONS:

- IN A BOWL, BEAT EGGS TOGETHER, SEASONING WITH SEA SALT AND PEPPER.
- HEAT SKILLET TO MEDIUM HIGH HEAT, ADD BUTTER AND ALLOW IT TO MELT. SWIRL PAN TO COAT THE BOTTOM WITH THE MELTED BUTTER.
- ADD EGGS TO PAN AND WAIT ABOUT 30 SECONDS TO 1 MINUTE. THEN ADD MUSHROOMS, CHEESE, SPINACH, AND BACON, TO ONE SIDE OF THE EGGS.
- ONCE THE EGGS BEGIN TO BUBBLE AND BECOME FIRM, ABOUT 2-3 MINUTES, USE A SPATULA TO SEPARATE THE EGG FROM THE SIDE OF THE PAN, FLIP THE NON-VEGETABLE SIDE OVER, FOLDING OVER.
- ALLOW TO COOL A FEW MINUTES AND ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 692 CALORIES, 54G FAT, 4G CARBS (3G NET CARBS), 47G PROTEIN

CŌBB SALAD

INGREDIENTS:

3 CUPS ROMAINE SALAD MIX

3 OUNCES BONELESS SKINLESS CHICKEN THIGHS, COOKED & CHOPPED

2 EGGS, HARD BOILED & SLICED

¼ CUP SHREDDED CHEDDAR CHEESE

3 SLICES BACON, COOKED AND CRUMBLED

½ MEDIUM AVOCADO, SLICED

3 TABLESPOONS PALEO RANCH DRESSING

SALT & PEPPER, TO TASTE

INSTRUCTIONS:

- IN A LARGE BOWL LAYER SALAD, SLICED HARD-BOILED EGG, BACON, CHEESE, AND AVOCADO.
- TOP SALAD WITH COOKED CHICKEN THIGHS AND DRIZZLE WITH RANCH, ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 813 CALORIES, 64G FAT, 14G CARBS (8G NET CARBS), 48G PROTEIN

DIJON MUSTARD CHICKEN SALAD

INGREDIENTS:

3 CUP CHOPPED ROMAINE

5 ½ OUNCES CHICKEN THIGHS, COOKED

¾ MEDIUM AVOCADO, DICED

2 TABLESPOONS DIJON MUSTARD

2 TABLESPOONS OLIVE OIL

2 TABLESPOONS APPLE CIDER VINEGAR

GARLIC POWDER, TO TASTE

SALT & PEPPER, TO TASTE

INSTRUCTIONS:

- IN A LARGE BOWL LAYER ROMAINE AND AVOCADO.
- IN A SMALL BOWL TOSS CHICKEN WITH DIJON MUSTARD AND SEASONINGS UNTIL WELL COATED.
PLACE CHICKEN ON TOP OF SALAD.
- IN A SEPARATE SMALL BOWL COMBINE OLIVE OIL AND VINEGAR. DRIZZLE OVER SALAD AND ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 747 CALORIES, 56G FAT, 14G CARBS (3G NET CARBS), 41G PROTEIN

PROSCIUTTO LETTUCE WRAPS & MACADAMIA NUTS

INGREDIENTS:

2 ROMAINE LETTUCE LEAVES
2 OUNCES CREAM CHEESE
2 LARGE SLICES PROSCIUTTO
4 SLICES BACON, COOKED
2 TABLESPOONS SHREDDED CHEDDAR CHEESE
1 ½ OUNCES MACADAMIA NUTS

INSTRUCTIONS:

- SPREAD HALF OF THE CREAM CHEESE ON EACH LETTUCE LEAF. DIVIDE PROSCIUTTO, BACON, AND SHREDDED CHEESE BETWEEN EACH LETTUCE LEAF. ROLL UP.
- ENJOY WRAPS WITH MACADAMIA NUTS ON THE SIDE.

MAKES 1 SERVING

NUTRITION INFORMATION: 744 CALORIES, 66G FAT, 9G CARBS (4G NET CARBS), 37G PROTEIN

TACŌ SALAD

INGREDIENTS:

6 OUNCES 85/15 GROUND BEEF
2 TEASPOONS TACO SEASONING (NO SUGAR ADDED)
3 CUPS FRESH SPINACH
3 TABLESPOONS BLUE CHEESE CRUMBLES
1 GREEN ONION STALK, CHOPPED
1 TABLESPOON SOUR CREAM
2 TABLESPOONS GUACAMOLE
3 TABLESPOONS PALEO RANCH DRESSING

INSTRUCTIONS:

- IN A MEDIUM PAN, BROWN GROUND BEEF WITH TACO SEASONING UNTIL COOKED THROUGH, ABOUT 8-10 MINUTES.
- IN A LARGE BOWL LAYER SPINACH, COOKED GROUND BEEF, GREEN ONION, AND BLUE CHEESE CRUMBLES. TOP WITH SOUR CREAM, GUACAMOLE AND DRIZZLE WITH RANCH. ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 772 CALORIES, 63G FAT, 11G CARBS (7G NET CARBS), 40G PROTEIN

BACON BURGER

INGREDIENTS:

6 OUNCES 85/15 GROUND BEEF FORMED INTO A PATTY

2 SLICES BACON, COOKED

1 SLICE CHEDDAR CHEESE

1 LETTUCE LEAF

3 CUPS BROCCOLI, CHOPPED

2 TABLESPOONS OLIVE OIL

SEA SALT, TO TASTE

PEPPER, TO TASTE

PAPRIKA, TO TASTE

GARLIC POWDER, TO TASTE

NON-STICK COOKING SPRAY

INSTRUCTIONS:

- PREHEAT OVEN TO 425 DEGREES FAHRENHEIT. SPRAY A BAKING SHEET WITH NON-STICK COOKING SPRAY, SET ASIDE.
- IN A BOWL, TOSS BROCCOLI WITH OLIVE OIL, AND SEASON TO TASTE. TOSS UNTIL WELL COATED. SPREAD ON BAKING SHEET IN A SINGLE LAYER, CAREFUL NO PIECES OVERLAP.
- BAKE IN PREHEATED OVEN FOR 10-12 MINUTES, OR UNTIL SOFT, STIRRING ONCE HALF WAY THROUGH.
- MEANWHILE, SEASON GROUND BEEF PATTY ON EACH SIDE TO DESIRE. GRILL OVER MEDIUM HEAT FOR ABOUT 4 ½ TO 5 MINUTES EACH SIDE OR UNTIL IT REACHES AN INTERNAL TEMPERATURE OF 160 DEGREES FAHRENHEIT.
- TOP BURGERS WITH CHEESE AND BACON THEN WRAP IN LETTUCE. ENJOY WITH ROASTED BROCCOLI ON THE SIDE!

MAKES 1 SERVING

NUTRITION INFORMATION: 862 CALORIES, 67G FAT, 18G CARBS (11G NET CARBS), 50G PROTEIN

BAKED PORK CHOPS

INGREDIENTS:

7 OUNCES PORK CHOP

2 ½ TABLESPOONS GRASS FED BUTTER

1 TEASPOON ITALIAN SEASONING

½ TEASPOON MINCED GARLIC

2 CUPS BROCCOLI, CHOPPED

SALT & PEPPER, TO TASTE

¼ CUP WATER

NON-STICK COOKING SPRAY

INSTRUCTIONS:

- PREHEAT OVEN TO 350 DEGREES FAHRENHEIT. SPRAY A SMALL BAKING SHEET WITH NON-STICK COOKING SPRAY.
- SEASON BOTH SIDES OF PORK CHOP WITH SALT AND PEPPER. PLACE IN BAKING DISH AND SPRINKLE ITALIAN SEASONING OVER THE TOP OF THE PORK CHOP. TOP WITH 1 TABLESPOON OF BUTTER THEN POUR ¼ CUP OF WATER INTO THE BOTTOM OF THE BAKING DISH.
- COVER BAKING DISH WITH FOIL, TIGHTLY PINCHING EDGES CLOSED. BAKE FOR 45 MINUTES, REMOVE FOIL, THEN CONTINUE BAKING FOR 15-20 MINUTES, OR UNTIL PORK REACHES INTERNAL TEMPERATURE OF 160 DEGREES.
- MEANWHILE, MELT REMAINING BUTTER IN A SKILLET OVER MEDIUM HEAT. ADD BROCCOLI, GARLIC, AND SEASON WITH SALT AND PEPPER TO TASTE. SAUTÉ UNTIL BROCCOLI IS TO DESIRED TENDERNESS.
- ENJOY PORK CHOP WITH BROCCOLI ON THE SIDE.

MAKES 1 SERVING

NUTRITION INFORMATION: 723 CALORIES, 54G FAT, 12G CARBS (7G NET CARBS) 49G PROTEIN

CHICKEN ZUCCHINI PESTO

INGREDIENTS:

5 OUNCES BONELESS, SKINLESS CHICKEN THIGH, CUBED

6 OUNCES ZUCCHINI, SPIRALIZED (ZOODLES)

1 TABLESPOON OLIVE OIL

1 TEASPOON MINCED GARLIC

3 TABLESPOONS PESTO

3 TABLESPOONS CHOPPED WALNUTS

INSTRUCTIONS:

- IN A MEDIUM SKILLET OVER MEDIUM HIGH HEAT DRIZZLE $\frac{1}{2}$ TABLESPOON OF OLIVE OIL AND SAUTÉ MINCED GARLIC UNTIL FRAGRANT. ADD CHICKEN AND COOK UNTIL CHICKEN IS WHITE AND COOKED THROUGH, ABOUT 6-8 MINUTES. SET ASIDE.
- IN THE SAME SKILLET ADD REMAINING OLIVE OIL AND ADD ZOODLES. SAUTÉ UNTIL BRIGHT GREEN AND JUST SOFT, ABOUT 5 MINUTES. REMOVE FROM HEAT.
- ADD CHICKEN BREAST AND PESTO TO ZOODLES. TOSS UNTIL WELL COATED. SPRINKLE WITH WALNUTS AND ENJOY IMMEDIATELY.

MAKES 1 SERVING

NUTRITION INFORMATION: 783 CALORIES, 62G FAT, 12G CARBS (9G NET CARBS), 44G PROTEIN

CHINESE FRIED RICE

INGREDIENTS:

2 ½ CUPS RICED CAULIFLOWER

1 ½ TABLESPOONS OLIVE OIL

1 GREEN ONION

½ TSP MINCED GARLIC

1 TABLESPOON COCONUT AMINOS

1 TABLESPOON SESAME OIL

1 EGG, BEATEN

4 OUNCES SHRIMP

DASH OF GROUND GINGER

SEA SALT

1/3 CUP MACADAMIA NUTS

INSTRUCTIONS:

- OVER MEDIUM HIGH, HEAT OLIVE OIL IN A SKILLET, ROTATING THE PAN SO THE OIL COATS THE BOTTOM. STIR FRY GARLIC AND THE WHITES OF THE GREEN ONION. WATCH CLOSELY SO IT DOESN'T BURN, ABOUT 2-3 MINUTES.
- ADD SHRIMP. STIR FRY UNTIL PINK AND COOKED THROUGH.
- ADD CAULIFLOWER RICE; FRY FOR ABOUT 4-5 MINUTES STIRRING CONSTANTLY SO IT DOESN'T BECOME MUSHY.
- ADD IN GINGER, COCONUT AMINOS, SESAME OIL, AND ONION GREENS.
- PUSH THE "RICE MIXTURE" TO ONE SIDE OF THE PAN. POUR IN EGG INTO THE OTHER SIDE; SCRAMBLE AND COOK UNTIL STILL MOIST. MIX THE EGGS INTO THE "RICE" BREAKING UP LARGE CHUNKS.
- ENJOY STIR FRY WITH MACADAMIA NUTS AS A SIDE!

MAKES 1 SERVING

NUTRITION INFORMATION: 839 CALORIES, 72G FAT, 21G CARBS (12G NET CARBS), 43G PROTEIN

GRILLED RIBEYE & ASPARAGUS

INGREDIENTS:

9 OUNCE RIBEYE STEAK

2 ½ TABLESPOONS BUTTER

3 CUPS ASPARAGUS, STEAMED

PAPRIKA, TO TASTE

CUMIN, TO TASTE

GARLIC POWDER, TO TASTE

SALT & PEPPER, TO TASTE

INSTRUCTIONS:

- SEASON STEAK WITH SUGGESTED SEASONINGS ON EACH SIDE, USING FINGERS TO RUB IN.
- GRILL OVER MEDIUM HEAT TO DESIRED DONENESS.
- STEAM ASPARAGUS UNTIL DESIRED TENDERNESS. IN A BOWL COMBINE ASPARAGUS WITH 1 ½ TABLESPOONS OF MELTED BUTTER, SALT, AND PEPPER. TOSS UNTIL WELL COATED.
- SERVE STEAK TOPPED WITH REMAINING BUTTER AND ASPARAGUS ON THE SIDE.

MAKES 1 SERVING

NUTRITION INFORMATION: 758 CALORIES, 57G FAT, 16G CARBS (8G NET CARBS), 56G PROTEIN

LEMŌN BASIL SALMŌN

INGREDIENTS:

7 OUNCES SALMON FILET

1 ½ OUNCES CREAM CHEESE

1 TABLESPOON BASIL, CHOPPED

½ TEASPOON LEMON ZEST

½ TEASPOON MINCED GARLIC

SEA SALT AND PEPPER, TO TASTE

1 CUP FRESH SPINACH

1 ½ CUPS GREEN BEANS, STEAMED

2 TABLESPOONS GRASS FED BUTTER

½ TABLESPOONS LEMON JUICE

¼ CUP CHICKEN BONE BROTH

½ TEASPOON ARROWROOT POWDER

NON-STICK COOKING SPRAY

INSTRUCTIONS:

- PREHEAT OVEN TO 450 DEGREES FAHRENHEIT. SPRAY A BAKING SHEET WITH NON-STICK COOKING SPRAY AND SET ASIDE.
- SEASON SALMON WITH SEA SALT AND PEPPER ON BOTH SIDES.
- IN A SMALL BOWL COMBINE CREAM CHEESE, BASIL, LEMON ZEST, AND GARLIC.
- SPREAD THE CREAM CHEESE MIXTURE INSIDE EACH SALMON FILET.
- BAKE IN PREHEATED OVEN FOR 12-15 MINUTES OR UNTIL SALMON IS COOKED THROUGH AND FLAKING (145 DEGREES FAHRENHEIT.).
- MEANWHILE, IN A SAUCE PAN MELT ½ TABLESPOON BUTTER OVER MEDIUM HEAT. ADD CHICKEN BONE BROTH, LEMON JUICE, AND ARROWROOT POWDER. HEAT UNTIL SAUCE THICKENS, ROUGHLY 5 MINUTES.
- IN A SMALL SKILLET MELT ½ TABLESPOON OF BUTTER AND ADD SPINACH. SAUTÉ UNTIL JUST WILTED AND REMOVE FROM HEAT.
- ONCE SALMON IS DONE SERVE WITH GREEN BEANS, TOSSED WITH REMAINING BUTTER, THEN TOP WITH SPINACH LEMON BUTTER SAUCE. ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 809 CALORIES, 61G FAT, 15G CARBS (10G NET CARBS), 50G PROTEIN

MEXICAN CHICKEN

INGREDIENTS:

8 OUNCES BONELESS SKINLESS CHICKEN THIGH, CHOPPED IN BITE SIZE PIECES

2 ½ TABLESPOONS OLIVE OIL

2 TEASPOONS TACO SEASONING (NO SUGAR ADDED)

1/3 CUP RED ENCHILADA SAUCE

2 TABLESPOONS DICED GREEN CHILIES

3 TABLESPOONS CHOPPED BLACK OLIVES

1/3 CUP SHREDDED MOZZARELLA CHEESE

1 ½ CUP ASPARAGUS, STEAMED

INSTRUCTIONS:

- PREHEAT OVEN TO 350 DEGREES FAHRENHEIT.
- WHILE OVEN PREHEATS, HEAT 1 ½ TABLESPOONS OF OLIVE OIL IN A MEDIUM SKILLET OVER MEDIUM HIGH HEAT. ADD IN CHOPPED CHICKEN AND SEASON WITH TACO SEASONING. SAUTÉ UNTIL NO LONGER PINK AND COOKED THROUGH, ABOUT 8 MINUTES.
- PLACE CHICKEN IN A GREASED 8X8 BAKING DISH. ADD ENCHILADA SAUCE AND TOSS CHICKEN UNTIL WELL COATED. SPRINKLE WITH CHEESE, OLIVES, AND GREEN CHILIES. BAKE IN PREHEATED OVEN FOR 10-15 MINUTES, UNTIL CHEESE IS MELTED AND SAUCE IS BUBBLING.
- MEANWHILE, STEAM ASPARAGUS. ONCE SOFT, TOSS WITH REMAINING OLIVE OIL.
- REMOVE MEXICAN CHICKEN FROM OVEN AND ALLOW TO COOL ABOUT 10 MINUTES. ENJOY WITH ASPARAGUS ON THE SIDE.

MAKES 1 SERVING

NUTRITION INFORMATION: 819 CALORIES, 59G FAT, 19G CARBS (13G NET CARBS), 57G PROTEIN

SHRIMP SCAMPI

INGREDIENTS

1 LB SHRIMP
3 TBSP OLIVE OIL
1 LARGE SHALLOT SLICED THINLY
4 CLOVES GARLIC MINCED
1/2 CUP PINOT GRIGIO OR NO SUGAR ADDED CHICKEN BROTH
4 TBSP SALTED BUTTER
1 TBSP LEMON JUICE
1/2 TSP SEA SALT
1/4 TSP BLACK PEPPER
1/4 TSP RED PEPPER FLAKES OR MORE TO TASTE
1/4 CUP FRESH PARSLEY CHOPPED

INSTRUCTIONS

HEAT A MEDIUM SKILLET TO MEDIUM HEAT. ADD OLIVE OIL, SHALLOTS AND GARLIC TO A PAN AND COOK UNTIL TRANSLUCENT (~3 MINUTES). ADD PINOT GRIGIO, SALTED BUTTER, AND LEMON JUICE TO THE PAN AND ALLOW TO REDUCE BY HALF (~5). ADD PARSLEY, RED PEPPER FLAKES, SEA SALT, AND BLACK PEPPER AND STIR. ADD IN THE SHRIMP AND COOK UNTIL PINK (~3 MINUTES). REMOVE THE PAN FROM THE HEAT.

BACON WRAPPED KETO MEATLOAF

INGREDIENTS

COOKING SPRAY 1 TBSP. EXTRA-VIRGIN OLIVE OIL

1 MEDIUM ONION, CHOPPED

1 STALK CELERY, CHOPPED

3 CLOVES GARLIC, MINCED

1 TSP. DRIED OREGANO

1 TSP. CHILI POWDER

2 LB. GROUND BEEF

1 C. SHREDDED CHEDDAR

1/2 C. ALMOND FLOUR

1/4 C. GRATED PARMESAN

2 EGGS

1 TBSP. LOW-SODIUM SOY SAUCE

KOSHER SALT

FRESHLY GROUND BLACK PEPPER

6 THIN STRIPS BACON

INSTRUCTIONS

PREHEAT OVEN TO 400°. GREASE A MEDIUM BAKING DISH WITH COOKING SPRAY. IN A MEDIUM SKILLET OVER MEDIUM HEAT, HEAT OIL. ADD ONION AND CELERY AND COOK UNTIL SOFT, 5 MINUTES. STIR IN GARLIC, OREGANO, AND CHILI POWDER AND COOK UNTIL FRAGRANT, 1 MINUTE. LET MIXTURE COOL SLIGHTLY. IN A LARGE BOWL, COMBINE GROUND BEEF, VEGETABLE MIXTURE, CHEESE, ALMOND FLOUR, PARMESAN, EGGS, SOY SAUCE, AND SEASON WITH SALT AND PEPPER. SHAPE INTO A LARGE LOAF IN BAKING DISH, THEN LAY BACON SLICES ON TOP. COOK UNTIL BACON IS CRISPY AND BEEF IS COOKED THROUGH, ABOUT 1 HOUR. IF BACON IS COOKING TOO QUICKLY, COVER DISH WITH FOIL.

LASAGNA IN A BOWL

INGREDIENTS

1 LB GROUND BEEF
1 CUP MARINARA OR PIZZA SAUCE (WE LIKE RAO'S)
1 CUP WHOLE MILK RICOTTA (POLLY-O IS A LOW-CARB ONE WE LIKE)
1/4 CUP GRATED PARMESAN CHEESE
1/2 TEASPOON GARLIC POWDER
1/4 TEASPOON ITALIAN SEASONINGS
1/4 TEASPOON SALT(OPTIONAL)
ZUCCHINI NOODLES OR BROCCOLI (STEAMED OR SAUTEED)
1 CUP SHREDDED MOZZARELLA CHEESE

INSTRUCTIONS

IN A SKILLET, BROWN THE BEEF AND DRAIN IT. SEASON WITH SALT AND PEPPER. SET ASIDE. IN A SMALL BOWL, MIX TOGETHER THE RICOTTA, PARMESAN, GARLIC POWDER, ITALIAN SEASONINGS, AND SALT. TO ASSEMBLE EACH BOWL: IN A MICROWAVE SAFE BOWL, LAYER ZUCCHINI OR BROCCOLI (IF DESIRED), 1/4 OF THE BEEF, 1/4 CUP MARINARA OR PIZZA SAUCE, ABOUT 1/4 CUP RICOTTA MIXTURE, AND 1/4 CUP MOZZARELLA. HEAT IN ONE MINUTE INTERVALS IN THE MICROWAVE UNTIL EVERY THING IS NICE AND BUBBLY. SPRINKLE WITH ADDITIONAL PARMESAN IF DESIRED.

MOZZARELLA MEATBALLS

1 LB LEAN GROUND PORK
0.5 LB LEAN GROUND BEEF
1 TBSPS ITALIAN SEASONING
1 EGG
1 TBSP FRESH PARSLEY , FINELY CHOPPED
1 TSP SALT
0.5 TSP GROUND BLACK PEPPER
12 OZ MOZZARELLA CHEESE , CUT INTO SMALL CUBES
RAO'S SAUCE

INSTRUCTIONS

PREHEAT YOUR OVEN TO 400F LINE A HALF SHEET PAN WITH PARCHMENT PAPER SO THAT THE MEATBALLS DON'T STICK TO THE PAN.MIX THE MEAT, EGG, AND SEASONINGS TOGETHER IN A LARGE BOWL.TAKE A GOLF BALL SIZED PIECE OF THE MEAT MIXTURE AND PLACE A CUT PIECE OF MOZZARELLA IN THE MIDDLE THEN FORM A MEATBALL AROUND THE CHEESE UNTIL IT'S FULLY ENCLOSED LEAVING NO GAPS. MAKES ABOUT 12 MEDIUM MEATBALLS.BAKE IN A 400F OVEN FOR 15- 20 MINUTES, OR UNTIL FULLY COOKED THROUGH. A SMALL AMOUNT OF CHEESE MAY LEAK OUT, BUT IF THE MEATBALLS FULLY ENCLOSE THE CHEESE IT SHOULD BE MINIMAL. SERVE WITH THE HOMEMADE MARINARA SAUCE, AND SPRINKLE WITH CHOPPED FRESH PARSLEY, OR BASIL IF YOU PREFER.

PHILLY CHEESESTEAK STUFFED PEPPER

1 L 1 POUND 85 % LEAN GROUND BEEF (I USED GRASS-FED)
4 MEDIUM GREEN BELL PEPPERS (5 OZ EACH AFTER PREPPING)
8 OZ SLICED BUTTON MUSHROOMS
1/2 CUP ONIONS, CHOPPED (2 OZ)
1 TBSP OLIVE OIL
8 SLICES PROVOLONE CHEESE (4 OZ) SALT AND PEPPER TO SEASON

CUT TOPS OFF OF THE PEPPERS AND REMOVE REMAINING SEEDS PITH. PLACE IN A MICROWAVE SAFE BAKING DISH, COVER WITH CLING FILM AND COOK FOR 3-4 MINUTES, DEPENDING ON YOUR MICROWAVE. REMOVE FILM AND USING TONGS, POUR OUT ANY ACCUMULATED WATER FROM THE PEPPERS. PREHEAT OVEN TO 350 DEGREES F AND PLACE RACK TO THE MIDDLE POSITION. MEANWHILE, HEAT A PAN OVER MEDIUM HEAT. WHEN HOT, ADD OIL AND SWIRL TO COAT THE PAN. STIR IN THE MUSHROOMS TO COAT IN OIL AND LET COOK IN A SINGLE LAYER FOR 2-3 MINUTES. ADD THE ONION AND STIR, COOKING UNTIL THEY TURN TRANSLUCENT AND THE MUSHROOMS HAVE COOKED (2-3 MINUTES MORE). REMOVE THE MIXTURE FROM THE PAN. ADD THE GROUND BEEF TO THE PAN, BREAKING IT UP WHILE COOKING. WHEN COOKED THROUGH, ADD THE MUSHROOM MIXTURE BACK TO THE PAN AND SEASON WITH ENOUGH SALT UNTIL IT TASTES GOOD TO YOU. ADD A GENEROUS AMOUNT OF PEPPER (1/4 TEASPOON OR MORE TO YOUR TASTE). LIGHTLY SEASON THE PEPPERS WITH SALT AND PEPPER. PLACE 1 SLICE OF CHEESE IN THE BOTTOM OF EACH PEPPER AND EVENLY DIVIDE THE GROUND BEEF STUFFING AMONG THEM. BAKE FOR 20 MINUTES. TOP WITH THE REMAINING CHEESE AND POP UNDER THE BROILER TO MELT AND BROWN. SERVES 4 AS A MEAL WITH ONE PEPPER EACH. 7 NET CARBS EACH.

PORTOBELLO MUSHROOM PIZZA

OLIVE OIL SPRAY

4 LARGE PORTOBELLO MUSHROOMS (STEMS REMOVED) 1

1/2 CUP MARINARA SAUCE (LOW SUGAR)

1/2 CUP MOZZARELLA CHEESE (SHREDDED)

16 SLICES PEPPERONI SAUSAGE (OR A THINLY SLICED CHORIZO LINK)

PREHEAT THE OVEN TO 375 DEGREES F (190 DEGREES C). LINE A BAKING SHEET WITH PARCHMENT PAPER. COAT WITH A LAYER OF OLIVE OIL SPRAY. SCRAPE OUT THE DARK GILLS FROM THE MUSHROOMS WITH A SPOON, AND DISCARD THE GILLS. PLACE THE MUSHROOMS STEM SIDE UP, AND TOP EACH WITH 2 TABLESPOONS (28 G) OF SAUCE. SPRINKLE EACH WITH 2 TABLESPOONS (28 G) OF MOZZARELLA AND 4 SLICES OF PEPPERONI OR CHORIZO. BAKE FOR 20 TO 25 MINUTES, UNTIL THE CHEESE IS BUBBLY AND THE MUSHROOMS ARE SOFT. (SEE NOTES FOR ALTERNATIVE METHOD.) SERVE IMMEDIATELY. READERS ALSO MADE THESE KETO

CREAMED COD

6 COD FILLETS
1 TSP. KOSHER SALT OR TO TASTE
4 TBSP. BUTTER MELTED
2 CLOVES GARLIC MINCED
1/2 C. PORK RINDS SEASONED WITH GARLIC SALT AND PARSLEY

FOR THE CREAM SAUCE:

3 TBSP. BUTTER
1 TBSP. XANTHAN GUM
2 C. WHIPPING CREAM (OR HALF AND HALF)
1 C. MILK
3 TBSP PARMESAN CHEESE GRATED
KOSHER SALT TO TASTE
BLACK PEPPER TO TASTE

PREHEAT OVEN TO 400-DEGREES. PREPARE CREAM SAUCE (SEE INSTRUCTIONS BELOW) AND SET ASIDE, KEEPING WARM. SPRAY A 9X13 BAKING DISH WITH COOKING SPRAY AND PLACE COD FILLETS IN THE DISH. SPRINKLE WITH SALT. COMBINE MELTED BUTTER AND GARLIC AND BRUSH OVER FILLETS, RESERVING ANY LEFTOVER BUTTER MIXTURE. SPRINKLE SEASONED BREADCRUMBS OVER FILLETS AND POUR REMAINING BUTTER MIXTURE OVER THE TOP. POUR CREAM SAUCE IN THE SPACES BETWEEN THE COD FILLETS SO IT FILLS UP THE BAKING DISH AND JUST THE TOPS OF THE FILLETS ARE VISIBLE. PLACE IN THE PREHEATED OVEN AND BAKE FOR 25-30 MINUTES OR UNTIL THE CREAM SAUCE STARTS BUBBLING. WHEN THE SAUCE STARTS BUBBLING UP, SET OVEN TO "BROIL" AND BROIL FOR ABOUT 3-5 MINUTES OR UNTIL THE FILLETS START TO TURN GOLDEN BROWN. KEEP A CLOSE EYE ON IT TO MAKE SURE IT DOESN'T START TO BURN. REMOVE FROM OVEN AND SERVE WITH POTATOES, RICE, OR VEGETABLES. FOR THE CREAM SAUCE: MELT BUTTER IN A MEDIUM SIZED SAUCE PAN OVER MEDIUM HEAT. SLOWLY ADD THE CORNSTARCH AND STIR FOR ABOUT 1 MINUTE. WHILE WHISKING CONSTANTLY, SLOWLY ADD WHIPPING CREAM AND MILK UNTIL WELL COMBINED. STIR IN PARMESAN CHEESE. REDUCE HEAT TO LOW AND WHISK OCCASIONALLY FOR ABOUT 10 MINUTES UNTIL SAUCE BECOMES RICH AND CREAMY, ADDING MORE MILK, IF NEEDED. YOU WANT IT TO BE THE CONSISTENCY OF A THIN GRAVY. SEASON WITH SALT AND PEPPER, TO TASTE.