



Eating right, simplified.

Keto-Protein Focused (D) - 6 meals/day

DAY 1

Breakfast 7:00 AM	egg (fried)	3 large	270 cal
	bacon, low sodium (cooked)	2 slice cooked	87 cal
	canned green chilis	1/2 Tbsp	1 cal
	drinking water	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: **Calories** 358 cal / **Carbs** 2 g (2%) / **Protein** 25 g (28%) / **Fat** 27 g (70%) oz
ADDITIONAL NUTRIENTS: **Sodium** 468 mg / **Calcium** 89 mg

NOTES:

Snack 10:00 AM	almonds	1/2 oz	81 cal
	cucumber	1/4 Cup(s)	1 cal
	cream cheese	2 Tbsp	68 cal
	drinking water	16 fl oz	0 cal

/ Fluid 17 fl

MEAL TOTAL: **Calories** 151 cal / **Carbs** 4 g (10%) / **Protein** 4 g (11%) / **Fat** 14 g (79%) oz
ADDITIONAL NUTRIENTS: **Sodium** 73 mg / **Calcium** 59 mg

NOTES:

Lunch 12:00 PM	chicken breast (cooked)	4 oz	187 cal
	baby bok choy	1 Cup(s)	10 cal
	sesame oil	1/2 Tbsp	60 cal
	drinking water	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: **Calories** 257 cal / **Carbs** 2 g (3%) / **Protein** 36 g (58%) / **Fat** 11 g (39%) oz
ADDITIONAL NUTRIENTS: **Sodium** 129 mg / **Calcium** 97 mg

NOTES:

Snack 3:00 PM	dry roasted peanuts, no added salt	1 oz	166 cal
	drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: **Calories** 166 cal / **Carbs** 6 g (14%) / **Protein** 7 g (15%) / **Fat** 14 g (71%) oz
ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 15 mg

NOTES:

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Dinner

6:00 PM

 korean bbq keto bowl	1/2 serving	135 cal
endive	1 Cup(s)	3 cal
olive oil	1 Tbsp	119 cal
lemon juice	1/2 Tbsp	2 cal
drinking water	16 fl oz	0 cal

/ Fluid 18 fl

MEAL TOTAL: Calories 259 cal / **Carbs** 3 g (5%) / **Protein** 13 g (20%) / **Fat** 22 g (75%) oz

ADDITIONAL NUTRIENTS: Sodium 117 mg / **Calcium** 15 mg

NOTES:

Snack

8:00 PM

cheddar cheese	1 oz	114 cal
dry roasted peanuts, no added salt	1/4 oz	41 cal
drinking water	8 fl oz	0 cal

/ Fluid 8 fl

MEAL TOTAL: Calories 156 cal / **Carbs** 2 g (5%) / **Protein** 9 g (22%) / **Fat** 13 g (73%) oz

ADDITIONAL NUTRIENTS: Sodium 176 mg / **Calcium** 208 mg

NOTES:

/ Fluid 97 fl

DAY 1 TOTAL: Calories 1,346 cal / **Carbs** 19 g (6%) / **Protein** 94 g (28%) / **Fat** 100 g (66%) oz

ADDITIONAL NUTRIENTS: Sodium 965 mg / **Calcium** 483 mg

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DAY 2

Breakfast 7:00 AM	egg (fried)	2 large	180 cal
	asparagus (boiled)	2 spears	7 cal
	cheddar cheese	1/2 oz	57 cal
	unsalted butter	1/2 Tbsp	51 cal
	drinking water	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 295 cal / **Carbs** 2 g (3%) / **Protein** 17 g (23%) / **Fat** 24 g (74%) oz

ADDITIONAL NUTRIENTS: Sodium 283 mg / **Calcium** 168 mg

NOTES:

Snack 10:00 AM	dry roasted peanuts, no added salt	1 oz	166 cal
	drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 166 cal / **Carbs** 6 g (14%) / **Protein** 7 g (15%) / **Fat** 14 g (71%) oz

ADDITIONAL NUTRIENTS: Sodium 2 mg / **Calcium** 15 mg

NOTES:

Lunch 12:00 PM	ground turkey (cooked)	2 oz	115 cal
	romaine lettuce	1 Cup(s)	8 cal
	cotija cheese	1/4 oz	26 cal
	canned green chilis	1/2 Tbsp	1 cal
	salsa	1/2 Tbsp	2 cal
	olive oil	1 Tbsp	119 cal
	iced green tea	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 272 cal / **Carbs** 3 g (4%) / **Protein** 18 g (26%) / **Fat** 22 g (70%) oz

ADDITIONAL NUTRIENTS: Sodium 206 mg / **Calcium** 92 mg

NOTES:

Snack 3:00 PM	cheddar cheese	3/4 oz	86 cal
	cashews	1/4 oz	39 cal
	drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 125 cal / **Carbs** 2 g (8%) / **Protein** 7 g (21%) / **Fat** 10 g (71%) oz

ADDITIONAL NUTRIENTS: Sodium 133 mg / **Calcium** 156 mg

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Dinner

6:00 PM

 korean bbq keto bowl	1/2 serving	135 cal
baby bok choy	1/2 Cup(s)	5 cal
sesame oil	1 Tbsp	119 cal
drinking water	16 fl oz	0 cal

/ Fluid 17 fl

MEAL TOTAL: Calories 259 cal / **Carbs** 3 g (5%) / **Protein** 13 g (20%) / **Fat** 22 g (75%) oz

ADDITIONAL NUTRIENTS: Sodium 136 mg / **Calcium** 46 mg

NOTES:

Snack

8:00 PM

dry roasted peanuts, no added salt	3/4 oz	124 cal
drinking water	8 fl oz	0 cal

/ Fluid 8 fl

MEAL TOTAL: Calories 124 cal / **Carbs** 5 g (14%) / **Protein** 5 g (15%) / **Fat** 11 g (71%) oz

ADDITIONAL NUTRIENTS: Sodium 1 mg / **Calcium** 11 mg

NOTES:

DAY 2 TOTAL: Calories 1,241 cal / **Carbs** 21 g (7%) / **Protein** 66 g (21%) / **Fat** 102 g (72%) oz

ADDITIONAL NUTRIENTS: Sodium 761 mg / **Calcium** 488 mg

/ Fluid 96 fl



Eating right, simplified.

DAY 3

Breakfast 7:00 AM	salmon & avocado, keto egg wrap	1/2 serving	168 cal
	bacon, low sodium (cooked)	3 slice cooked	130 cal
	drinking water	16 fl oz	0 cal

/ Fluid 18 fl

MEAL TOTAL: Calories 298 cal / **Carbs** 4 g (5%) / **Protein** 17 g (23%) / **Fat** 24 g (72%) oz

ADDITIONAL NUTRIENTS: Sodium 429 mg / **Calcium** 45 mg

NOTES:

Snack 10:00 AM	cashews	1/2 oz	78 cal
	cucumber	1/8 Cup(s)	1 cal
	cream cheese	2 Tbsp	68 cal
	drinking water	16 fl oz	0 cal

/ Fluid 17 fl

MEAL TOTAL: Calories 147 cal / **Carbs** 5 g (14%) / **Protein** 4 g (10%) / **Fat** 13 g (76%) oz

ADDITIONAL NUTRIENTS: Sodium 75 mg / **Calcium** 26 mg

NOTES:

Lunch 12:00 PM	canned tuna fish in water, very low sodium	5 oz	140 cal
	mayonnaise salad dressing, light	1 tablespoons	50 cal
	asparagus (boiled)	6 spears	20 cal
	drinking water	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 210 cal / **Carbs** 5 g (9%) / **Protein** 34 g (62%) / **Fat** 7 g (29%) oz

ADDITIONAL NUTRIENTS: Sodium 195 mg / **Calcium** 22 mg

NOTES:

Snack 3:00 PM	cheddar cheese	3/4 oz	86 cal
	dry roasted peanuts, no added salt	1/2 oz	83 cal
	drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 169 cal / **Carbs** 3 g (8%) / **Protein** 9 g (20%) / **Fat** 14 g (72%) oz

ADDITIONAL NUTRIENTS: Sodium 133 mg / **Calcium** 161 mg

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Dinner

6:00 PM

chicken breast (cooked)	3 oz	140 cal
endive	1 Cup(s)	3 cal
olive oil	1 Tbsp	119 cal
drinking water	16 fl oz	0 cal

/ Fluid 18 fl

MEAL TOTAL: Calories 263 cal / **Carbs** 1 g (1%) / **Protein** 27 g (41%) / **Fat** 17 g (58%) oz

ADDITIONAL NUTRIENTS: Sodium 67 mg / **Calcium** 22 mg

NOTES:

Snack

8:00 PM

dry roasted peanuts, no added salt	1 oz	166 cal
drinking water	8 fl oz	0 cal

/ Fluid 8 fl

MEAL TOTAL: Calories 166 cal / **Carbs** 6 g (14%) / **Protein** 7 g (15%) / **Fat** 14 g (71%) oz

ADDITIONAL NUTRIENTS: Sodium 2 mg / **Calcium** 15 mg

NOTES:

/ Fluid 97 fl

DAY 3 TOTAL: Calories 1,252 cal / **Carbs** 24 g (7%) / **Protein** 97 g (30%) / **Fat** 89 g (63%) oz

ADDITIONAL NUTRIENTS: Sodium 901 mg / **Calcium** 290 mg



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

salmon & avocado, keto egg wrap	1/2 serving	168 cal
bacon, low sodium (cooked)	3 slice cooked	130 cal
asparagus (boiled)	2 spears	7 cal
drinking water	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 305 cal / **Carbs** 5 g (6%) / **Protein** 18 g (23%) / **Fat** 24 g (71%) oz

ADDITIONAL NUTRIENTS: Sodium 434 mg / **Calcium** 52 mg

NOTES:

Snack

10:00 AM

dry roasted peanuts, no added salt	1 oz	166 cal
drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 166 cal / **Carbs** 6 g (14%) / **Protein** 7 g (15%) / **Fat** 14 g (71%) oz

ADDITIONAL NUTRIENTS: Sodium 2 mg / **Calcium** 15 mg

NOTES:

Lunch

12:00 PM

shrimp (cooked)	4 oz	135 cal
baby bok choy	1/4 Cup(s)	3 cal
bamboo shoots	1/4 Cup(s)	3 cal
sesame oil	1 Tbsp	119 cal
iced green tea	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 260 cal / **Carbs** 3 g (4%) / **Protein** 26 g (41%) / **Fat** 15 g (55%) oz

ADDITIONAL NUTRIENTS: Sodium 296 mg / **Calcium** 125 mg

NOTES:

Snack

3:00 PM

cheddar cheese	1 1/4 oz	143 cal
cucumber	1/8 Cup(s)	1 cal
drinking water	16 fl oz	0 cal

/ Fluid 17 fl

MEAL TOTAL: Calories 143 cal / **Carbs** 1 g (2%) / **Protein** 9 g (25%) / **Fat** 12 g (73%) oz

ADDITIONAL NUTRIENTS: Sodium 220 mg / **Calcium** 256 mg

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Dinner

6:00 PM

turkey breast (cooked)	3 oz	116 cal
swiss chard (boiled)	1/2 Cup(s)	18 cal
olive oil	1 1/2 Tbsp	179 cal
drinking water	16 fl oz	0 cal

/ Fluid 21 fl

MEAL TOTAL: Calories 312 cal / **Carbs** 4 g (5%) / **Protein** 27 g (33%) / **Fat** 22 g (62%) oz
ADDITIONAL NUTRIENTS: Sodium 254 mg / **Calcium** 63 mg

NOTES:

Snack

8:00 PM

cottage cheese, 4%	1/2 Cup(s)	110 cal
drinking water	8 fl oz	0 cal

/ Fluid 8 fl

MEAL TOTAL: Calories 110 cal / **Carbs** 5 g (18%) / **Protein** 12 g (45%) / **Fat** 5 g (37%) oz
ADDITIONAL NUTRIENTS: Sodium 450 mg / **Calcium** 80 mg

NOTES:

DAY 4 TOTAL: Calories 1,297 cal / **Carbs** 23 g (7%) / **Protein** 98 g (30%) / **Fat** 92 g (63%) oz
ADDITIONAL NUTRIENTS: Sodium 1,655 mg / **Calcium** 591 mg



Eating right, simplified.

DAY 5

Breakfast 7:00 AM	egg (fried)	2 large	180 cal
	ground turkey (cooked)	1 1/2 oz	86 cal
	cheddar cheese	1/4 oz	29 cal
	canned green chilis	1/2 Tbsp	1 cal
	drinking water	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 296 cal / **Carbs** 1 g (1%) / **Protein** 26 g (36%) / **Fat** 20 g (63%) oz

ADDITIONAL NUTRIENTS: Sodium 285 mg / **Calcium** 122 mg

NOTES:

Snack 10:00 AM	cottage cheese, 4%	1/2 Cup(s)	110 cal
	cucumber	1/8 Cup(s)	1 cal
	drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 111 cal / **Carbs** 5 g (19%) / **Protein** 12 g (44%) / **Fat** 5 g (37%) oz

ADDITIONAL NUTRIENTS: Sodium 450 mg / **Calcium** 81 mg

NOTES:

Lunch 12:00 PM	turkey breast (cooked)	4 oz	154 cal
	soybean mayonnaise, no added salt	1 1/2 tbsp	148 cal
	endive	1 Cup(s)	3 cal
	iced green tea	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 305 cal / **Carbs** 1 g (1%) / **Protein** 34 g (44%) / **Fat** 19 g (55%) oz

ADDITIONAL NUTRIENTS: Sodium 171 mg / **Calcium** 28 mg

NOTES:

Snack 3:00 PM	dry roasted peanuts, no added salt	1 oz	166 cal
	drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 166 cal / **Carbs** 6 g (14%) / **Protein** 7 g (15%) / **Fat** 14 g (71%) oz

ADDITIONAL NUTRIENTS: Sodium 2 mg / **Calcium** 15 mg

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Eating right, simplified.

Dinner

6:00 PM

 zucchini noodle shrimp scampi	1/2 serving	213 cal
grated parmesan cheese	2 Tbsp	43 cal
drinking water	16 fl oz	0 cal

/ Fluid 23 fl

MEAL TOTAL: Calories 256 cal / **Carbs** 5 g (8%) / **Protein** 21 g (32%) / **Fat** 17 g (60%) oz
ADDITIONAL NUTRIENTS: Sodium 414 mg / **Calcium** 192 mg

NOTES:

Snack

8:00 PM

cheddar cheese	1 oz	114 cal
dry roasted peanuts, no added salt	1/4 oz	41 cal
drinking water	8 fl oz	0 cal

/ Fluid 8 fl

MEAL TOTAL: Calories 156 cal / **Carbs** 2 g (5%) / **Protein** 9 g (22%) / **Fat** 13 g (73%) oz
ADDITIONAL NUTRIENTS: Sodium 176 mg / **Calcium** 208 mg

NOTES:

DAY 5 TOTAL: Calories 1,290 cal / **Carbs** 20 g (6%) / **Protein** 108 g (33%) / **Fat** 88 g (61%) oz
ADDITIONAL NUTRIENTS: Sodium 1,499 mg / **Calcium** 647 mg



Eating right, simplified.

DAY 6

Breakfast 7:00 AM	egg (fried)	2 large	180 cal
	ground turkey (cooked)	1 oz	58 cal
	cheddar cheese	1/4 oz	29 cal
	salsa	1/2 Tbsp	2 cal
	drinking water	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 269 cal / **Carbs** 1 g (2%) / **Protein** 22 g (33%) / **Fat** 19 g (65%) oz

ADDITIONAL NUTRIENTS: Sodium 265 mg / **Calcium** 119 mg

NOTES:

Snack 10:00 AM	cottage cheese, 4%	1/2 Cup(s)	110 cal
	ground flaxseed	1/2 Tbsp	35 cal
	drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 145 cal / **Carbs** 7 g (19%) / **Protein** 14 g (36%) / **Fat** 7 g (45%) oz

ADDITIONAL NUTRIENTS: Sodium 450 mg / **Calcium** 94 mg

NOTES:

Lunch 12:00 PM	chicken breast (cooked)	3 oz	140 cal
	baby bok choy	1/4 Cup(s)	3 cal
	bamboo shoots	1/4 Cup(s)	3 cal
	sesame oil	1 Tbsp	119 cal
	drinking water	16 fl oz	0 cal

/ Fluid 18 fl

MEAL TOTAL: Calories 266 cal / **Carbs** 1 g (2%) / **Protein** 27 g (41%) / **Fat** 17 g (57%) oz

ADDITIONAL NUTRIENTS: Sodium 75 mg / **Calcium** 34 mg

NOTES:

Snack 3:00 PM	cheddar cheese	1 1/4 oz	143 cal
	cucumber	1/8 Cup(s)	1 cal
	drinking water	16 fl oz	0 cal

/ Fluid 17 fl

MEAL TOTAL: Calories 143 cal / **Carbs** 1 g (2%) / **Protein** 9 g (25%) / **Fat** 12 g (73%) oz

ADDITIONAL NUTRIENTS: Sodium 220 mg / **Calcium** 256 mg

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Dinner

6:00 PM

 zucchini noodle shrimp scampi	1/2 serving	213 cal
grated parmesan cheese	2 Tbsp	43 cal
drinking water	16 fl oz	0 cal

/ Fluid 23 fl

MEAL TOTAL: Calories 256 cal / **Carbs** 5 g (8%) / **Protein** 21 g (32%) / **Fat** 17 g (60%) oz
ADDITIONAL NUTRIENTS: Sodium 414 mg / **Calcium** 192 mg

NOTES:

Snack

8:00 PM

dry roasted peanuts, no added salt	1 oz	166 cal
drinking water	8 fl oz	0 cal

/ Fluid 8 fl

MEAL TOTAL: Calories 166 cal / **Carbs** 6 g (14%) / **Protein** 7 g (15%) / **Fat** 14 g (71%) oz
ADDITIONAL NUTRIENTS: Sodium 2 mg / **Calcium** 15 mg

NOTES:

DAY 6 TOTAL: Calories 1,245 cal / **Carbs** 21 g (7%) / **Protein** 99 g (32%) / **Fat** 86 g (61%) oz
ADDITIONAL NUTRIENTS: Sodium 1,426 mg / **Calcium** 711 mg



Eating right, simplified.

DAY 7

Breakfast 7:00 AM	egg (fried)	1 large	90 cal
	canned green chilis	1/2 Tbsp	1 cal
	cotija cheese	1/4 oz	26 cal
	olive oil	1/2 Tbsp	60 cal
	drinking water	16 fl oz	0 cal

/ Fluid 17 fl

MEAL TOTAL: Calories 177 cal / **Carbs** 1 g (2%) / **Protein** 8 g (18%) / **Fat** 16 g (80%) oz

ADDITIONAL NUTRIENTS: Sodium 212 mg / **Calcium** 87 mg

NOTES:

Snack 10:00 AM	canned tuna fish in water, very low sodium	2 oz	56 cal
	soybean mayonnaise, no added salt	1 tbsp	99 cal
	asparagus (boiled)	4 spears	13 cal
	drinking water	16 fl oz	0 cal

/ Fluid 18 fl

MEAL TOTAL: Calories 168 cal / **Carbs** 3 g (6%) / **Protein** 14 g (33%) / **Fat** 12 g (61%) oz

ADDITIONAL NUTRIENTS: Sodium 48 mg / **Calcium** 16 mg

NOTES:

Lunch 12:00 PM	turkey breast (cooked)	3 oz	116 cal
	bacon, low sodium (cooked)	2 slice cooked	87 cal
	soybean mayonnaise, no added salt	1/2 tbsp	49 cal
	romaine lettuce	4 leaf	4 cal
	iced green tea	16 fl oz	0 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 256 cal / **Carbs** 1 g (2%) / **Protein** 31 g (49%) / **Fat** 14 g (49%) oz

ADDITIONAL NUTRIENTS: Sodium 298 mg / **Calcium** 23 mg

NOTES:

Snack 3:00 PM	cashews	1/2 oz	78 cal
	drinking water	16 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 78 cal / **Carbs** 4 g (21%) / **Protein** 3 g (12%) / **Fat** 6 g (67%) oz

ADDITIONAL NUTRIENTS: Sodium 2 mg / **Calcium** 5 mg

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Dinner

6:00 PM

chicken breast (cooked)	3 oz	140 cal
swiss chard (boiled)	1/2 Cup(s)	18 cal
olive oil	1 Tbsp	119 cal
drinking water	16 fl oz	0 cal

/ Fluid 21 fl

MEAL TOTAL: Calories 277 cal / **Carbs** 4 g (5%) / **Protein** 28 g (41%) / **Fat** 17 g (54%) oz

ADDITIONAL NUTRIENTS: Sodium 220 mg / **Calcium** 64 mg

NOTES:

Snack

8:00 PM

cottage cheese, 4%	1/2 Cup(s)	110 cal
ground flaxseed	1 Tbsp	70 cal
drinking water	8 fl oz	0 cal

/ Fluid 8 fl

MEAL TOTAL: Calories 180 cal / **Carbs** 9 g (19%) / **Protein** 15 g (31%) / **Fat** 10 g (50%) oz

ADDITIONAL NUTRIENTS: Sodium 450 mg / **Calcium** 108 mg

NOTES:

/ Fluid 99 fl

DAY 7 TOTAL: Calories 1,136 cal / **Carbs** 22 g (8%) / **Protein** 99 g (34%) / **Fat** 75 g (58%) oz

ADDITIONAL NUTRIENTS: Sodium 1,229 mg / **Calcium** 303 mg



Eating right, simplified.



4 Servings

korean bbq keto bowl

Ingredients

sriracha, hot chili sauce	2 Tbsp
ginger, ground	1/2 Tbsp
garlic	1 clove
coconut oil	2 Tbsp
skirt steak, lean	16 oz
fresh cilantro leaves	1 Tbsp

Nutrition Totals

Calories 1080 / **Carbs** 18 g / **Protein** 102 g / **Fat** 65 g / **Fluid** 11 fl oz

Instructions

1. Mix sriracha, ginger and garlic for the marinade in a gallon sized sealable bag.
2. Place the sliced steak in the bag with the marinade and make sure the steak is well-coated.
3. Marinade for a minimum of 1 hour; recommended to marinade overnight.
4. Heat 1 Tbsp of coconut oil in a large nonstick skillet. Add cauliflower. Cook cauliflower until tender.
5. Heat remaining oil in a large cast iron skillet or grill pan on high heat until very hot.
6. Cut steak into strips. Add steak to hot oil and grill steak in batches, cooking until desired doneness.
7. Place steak over prepared cauliflower; garnish with minced fresh cilantro and serve.

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Nutrition Label

Korean Bbq Keto Bowl		
Amount Per Serving		
Calories		270
	% Daily Value*	
Total Fat 16.1g		25%
Saturated Fat 9.4g		47%
Trans Fat 0g		
Cholesterol 64.6mg		22%
Sodium 226.3mg		9%
Total Carbohydrates 4.4g		1%
Dietary Fiber 0.1g		0%
Total Sugar 1.5g		
Protein 25.5g		
Vitamin D 0IU		0%
Calcium 11.2mg		1%
Iron 2.6mg		15%
Potassium 430.6mg		

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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2 Servings



salmon & avocado, keto egg wrap

Ingredients

egg	3 large
black pepper	2 dash
chives	2 tsp
cream cheese	2 Tbsp
unsalted butter	1 Tbsp
avocado	1/2 avocado
fish salmon chinook smoked	2 oz
green onion	1 tbsp

Nutrition Totals

Calories 674 / **Carbs** 13 g / **Protein** 32 g / **Fat** 56 g / **Fluid** 9 fl oz

Instructions

1. Crack the eggs into a mixing bowl and whisk. Add in black pepper.
2. Slice chives and place in a small bowl, along with cream cheese.
3. Melt butter in a medium sized omelette pan. Pour in whisked eggs.
4. Cook omelette until soft, yet cooked through.
5. Slide the omelette onto a plate and top with cream cheese/chive mixture.
6. Slice avocado, salmon and green onions and place on top of cream cheese mixture.
7. Fold the omelette into a wrap.



Eating right, simplified.

Nutrition Label

Salmon & Avocado, Keto Egg Wrap		
Amount Per Serving		
Calories		337
% Daily Value*		
Total Fat 27.8g		43%
Saturated Fat 9.9g		50%
Trans Fat 0.8g		
Cholesterol 286.3mg		95%
Sodium 364.5mg		15%
Total Carbohydrates 6.4g		2%
Dietary Fiber 3.4g		14%
Total Sugar 2g		
Protein 16g		
Vitamin D 266.8IU		44%
Calcium 84.5mg		8%
Iron 1.8mg		10%
Potassium 442.1mg		

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2 Servings

zucchini noodle shrimp scampi

Ingredients

zucchini/summer squash	2 medium
olive oil	2 Tbsp
garlic	1 clove
crushed red pepper flakes	1 tsp
shrimp	16 oz
white wine	1 Tbsp
lemon juice	1 Tbsp
unsalted butter	2 Tbsp
parsley	2 tsp

Nutrition Totals

Calories 853 / **Carbs** 19 g / **Protein** 67 g / **Fat** 56 g / **Fluid** 27 fl oz

Instructions

1. Cut zucchini into noodles, using a mandolin or a spiralizer. Set aside.
2. Place a large sauté pan over medium heat. Add the olive oil and heat.
3. Mince garlic and add to hot oil, along with crushed red pepper flakes, stirring constantly.
4. Add the shrimp to the pan, stirring as needed, until they are cooked through.
5. Use a slotted spoon to remove shrimp from pan. Set aside.
6. Leave remaining liquid in pan. Increase heat to medium-high. Add in white wine, lemon juice and butter.
7. Cook until sauce has reduced and thickened slightly. Add the zucchini noodles and cook for 2 minutes, or until tender.
8. Toss in prepared shrimp and garnish with minced fresh parsley.



Eating right, simplified.

Nutrition Label

Zucchini Noodle Shrimp Scampi	
Amount Per Serving	
Calories	427
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 9.9g	50%
Trans Fat 0.5g	
Cholesterol 316.5mg	106%
Sodium 522.9mg	22%
Total Carbohydrates 9.4g	3%
Dietary Fiber 2g	8%
Total Sugar 5.1g	
Protein 33.5g	
Vitamin D 13.1IU	2%
Calcium 162.9mg	16%
Iron 1.4mg	8%
Potassium 797.5mg	

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Eating right, simplified.

Shopping List

Accompaniments

mayonnaise salad dressing, light	1 tablespoons
salsa	1 Tbsp
soybean mayonnaise, no added salt	3 tbsp
sriracha, hot chili sauce	0.5 Tbsp

Beef

skirt steak, lean	4 oz
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Beverages

drinking water	552 fl oz
iced green tea	64 fl oz
white wine	0.5 Tbsp

Dairy & Egg

cheddar cheese	7 oz
cottage cheese, 4%	2 Cup(s)
cream cheese	5 Tbsp
egg	11.5 large
grated parmesan cheese	4 Tbsp
unsalted butter	2 Tbsp

Fats & Oils

coconut oil	0.5 Tbsp
olive oil	7 Tbsp
sesame oil	3.5 Tbsp

Finfish & Shellfish

canned tuna fish in water, very low sodium	7 oz
shrimp	12 oz

Fruits & Juices

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Eating right, simplified.

avocado	0.26 avocado
lemon juice	1 Tbsp

Nuts & Seeds

almonds	0.5 oz
cashews	1.25 oz
dry roasted peanuts, no added salt	7.75 oz
ground flaxseed	1.5 Tbsp

Pork

bacon, low sodium (cooked)	10 slice cooked
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Poultry

chicken breast	13 oz
ground turkey	4.5 oz
turkey breast (cooked)	10 oz

Spices & Herbs

black pepper	1 dash
crushed red pepper flakes	0.5 tsp
ginger, ground	0.12 Tbsp
parsley	1 tsp

Uncategorized

bamboo shoots	0.5 Cup(s)
cotija cheese	0.5 oz
fish salmon chinook smoked	1 oz

Vegetables

asparagus	14 spears
baby bok choy	2 Cup(s)
canned green chilis	2 Tbsp
chives	1 tsp
cucumber	0.77 Cup(s)
endive	3 Cup(s)
fresh cilantro leaves	0.26 Tbsp

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Eating right, simplified.

garlic	0.76 clove
green onion	0.5 tbsp
romaine lettuce	1 Cup(s) 4 leaf
swiss chard	1 Cup(s)
zucchini/summer squash	1 medium
















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Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

 Golf Ball 1/4 cup / 1 oz / 2 tbsp	 Tennis Ball 1 cup	 Computer Mouse 1/2 cup	 Baseball 1 cup	 Rounded Handful 1/2 cup 1 oz dried goods
 Hockey Puck 3 oz muffin or biscuit	 Matchbox 1 oz serving of meat	 Deck of Cards 3 oz of chicken, meat, or fish	 This Paperback Book 8 oz serving of meat	 Thumb 1 tsp
 Poker Chip 1 tbsp	 Shot Glass 1 oz / 2 tbsp	 CD 1 slice of bread 1 oz lunch meat	 3 Dice 1 1/2 oz cheese	 Kids' Milk Carton 8 oz drink

Useful Examples

 Bread & Grains 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	 Fruits & Vegetables 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	 Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
 Dairy & Cheese 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	 Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox