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7 DAY KETO  
DIET PLAN

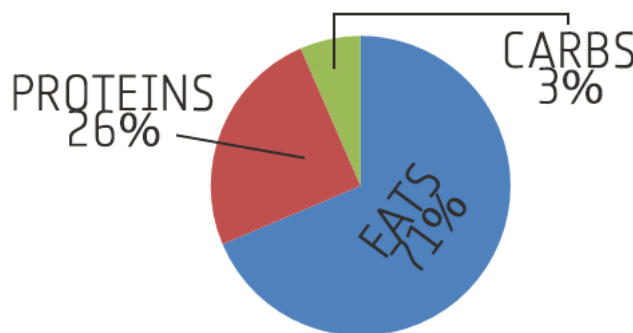
A lot of people have been requesting the daily ins and outs of a keto diet plan. I've gone through my own recipes, added a few twists, and put together a diet plan that should suffice to your needs.

Weekly Macros Breakdown	Calories	Fats (g)	Net Carbs (g)	Protein (g)
Monday	1864	150	14	127
Tuesday	1985	146	14.5	129.5
Wednesday	2093	150	15	123.45
Thursday	1977	161	13.5	131.2
Friday	1963	153	14.5	116.5
Saturday	1897	152	14	121.2
Sunday	1988	148	16.5	124.5
<b>Average of Totals</b>	<b>1966</b>	<b>151</b>	<b>14.5</b>	<b>124</b>

Keep in mind here, this is my **personal** ketogenic diet menu and it may not be for you. If you need to lower your caloric intake, your fat intake, or your carb intake - then do it! There's many ways to reduce the macros (nutritional values). If you need less fat, take away bacon. If you need less carbs, use less onion, garlic, or sub lower carb ingredients in.

I weigh **155lbs** and my body fat is **16%**. The **average** amount of calories I eat a day is **1966**, the average amount of fat I eat is **151g**, and the average amount of net carbs I eat is **14.5g**. On average, I also try to stick to my protein goals of **0.95g per 1lb LEAN body mass**. This is ideal when you are **working out** on keto. Otherwise, you should aim to ingest around **0.6 – 0.8g protein** per LEAN pound of body mass.

## WEEKLY MACROS



The reason we aim at such high protein values if working out is to lower the chance of losing muscle during our keto expedition. This way, you will have adequate protein for exercising and gaining muscle (if you're in a caloric surplus), or adequate protein for keeping current lean muscle (if you're in a caloric deficit) since keto is a muscle sparing diet.

To get help in calculating your own macros, you can visit the [Keto Calculator](#) on the website. This should be a very easy and straightforward way to get a great base idea of how much you need to eat and how much of **WHAT** you need to eat in order to lose weight.

I am pretty serious about my macros and keep them at a steady 71% Fats, 26% Protein, and 3-4% Carbs. If you are active, you can bear with upping the carbs a bit, but when I am doing a strictly low carb diet, I do not push myself to exercise.

When you are calculating your macros, you want to take into account that per 1g of fats you have 9 k/cal. For protein and carbs it's 4 kcal per gram. To get your total percentages in terms of macros, you have to multiply your fats, proteins, and carbs by their respective caloric value and divide by your total calories.

## How to Calculate Macros

For example, I'll show you my macro's for Tuesday and show you how I calculated my percentages.

Tuesday's Macros	Fats (g)	Net Carbs (g)	Protein (g)	Calories
Macros	146	14.5	129.5	1985
Multiplier	9 kcal/gram	4 kcal/gram	4 kcal/gram	
Total Nutrient Calories	1314	58	518	1890
Daily Percentage	66%	3%	26%	95%
Recalculate	70%	3%	27%	100%

As you can see, there are excess calories from other nutrients – but we can discard these. We use our total nutrient calories to calculate the percentage (in this case being 1890).

## Advice for Cooking

You'll notice that my macros don't match the recipes macros exactly. This is because I will only make what I want for me. I won't make extra when it comes to pancakes because they're only a treat. For the portobello bun burgers, I leave out the garlic. While it is only 1g of carbs, I like to keep my macros as close to my goal as possible - hey, *it is* a keto diet plan after all!

Do as you will with it, this is **purely a guideline!** Tweak, rework, and spend some time to work your plan!

# All the recipes that are included here are listed at the end!

# Monday's Keto Diet Plan

Keto Recipe	Calories	Fats (g)	Net Carbs (g)	Protein (g)
Eggs & Bacon	690	64	2	30
Crispy Mini Pizza	400	35	4	24
Asian Pork Chops	544	30	5	68
Crispy Green Beans	230	21	3	5
<b>Totals</b>	<b>1864</b>	<b>150</b>	<b>14</b>	<b>127</b>

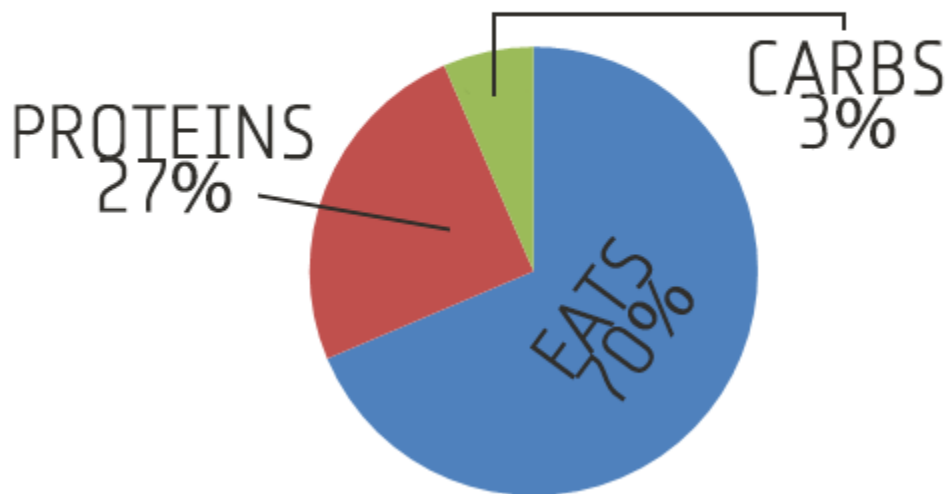
I tend to stick with some pretty easy recipes to prepare because Monday's aren't the best. I normally will pre-marinate my pork chops in the morning before going out, and leave them in the fridge all day.

When I'm finished making the marinade for the pork, I set them in the fridge and make some quick bacon and eggs. In total I am finished in about 45 minutes.

For lunch, I take it light and easy, eating a pizza on a pita. I normally have tons of bacon cooked and stocked in the fridge, so I add some crumbled bacon bits on top.

Dinner rolls around, and it's pretty much almost finished. I cook up some cauliflower and while it's steaming I will start to sear the pork chops. They usually finish around the same time, so it's a synch to make.

## MONDAY MACROS



# Tuesday's Keto Diet Plan

Keto Recipe	Calories	Fats (g)	Net Carbs (g)	Protein (g)
Sausage, Spinach, Feta Omelette	535	43	3	31
Bacon Wrapped Meatloaf	450	33	3.5	34.5
2x Crispy Mini Pizza	1000	70	8	64
<b>Totals</b>	<b>1985</b>	<b>146</b>	<b>14.5</b>	<b>129.5</b>

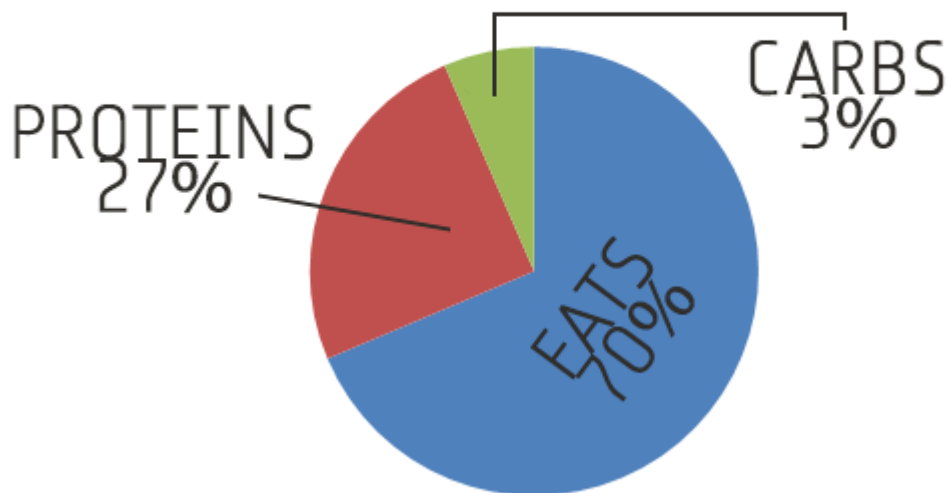
Breakfast again is a pretty easy one. I make a simple omelet that fills me up until around 2pm.

When the clock strikes noon, I know I will get hungry in a couple of hours, so I start making my meatloaf. This is probably the most labor intensive recipe that I do, and it takes me around 2 hours to make. When it's done, I slice it into portions for me to use later in the week.

When I make my big meals, I try to really overdo them so I don't have to re-cook everything a few days later.

When the sun sets, I'm usually tired and hungry by now. For some reason Tuesday's are my lazy dinner night. I never want to actually cook anything, so 2 pita pizzas get the job done. Since I am usually hungry by the time I eat, I go heavy on the bacon bits to up the fat content.

## TUESDAY MACROS



# Wednesday's Keto Diet Plan

Keto Recipe	Calories	Fats (g)	Net Carbs (g)	Protein (g)
Low Carb Bacon Frittata	486	38	2	33
Low Carb Chili Con Carne	415	25	6	29.2
1/2 Cup Parmesan Cheese	332	22	2	30
Butter Paneer Chicken Curry	489	44	4	17.25
Cauliflower Fried Rice	371	21	1	14
<b>Totals</b>	<b>2093</b>	<b>150</b>	<b>15</b>	<b>123.45</b>

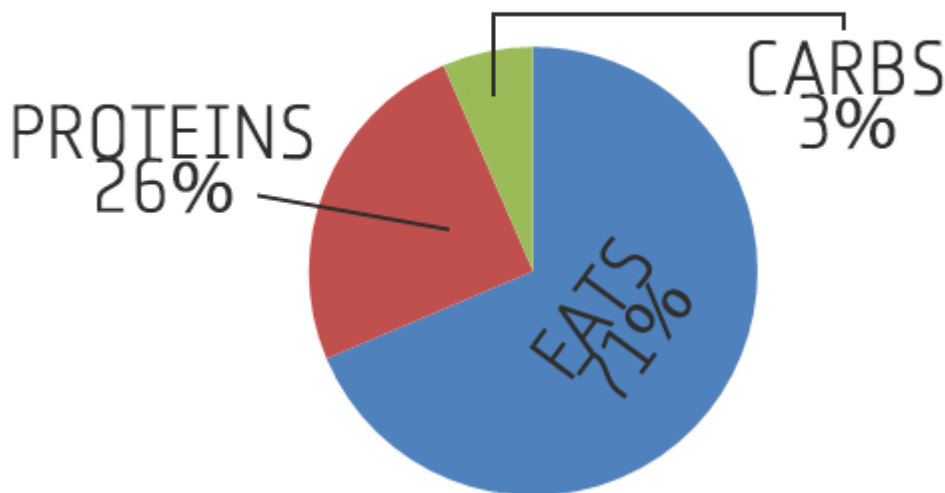
These low carb bacon frittatas are seriously great. You can make a lot at once, throw them in the fridge, and snack on them through the week. I usually eat 2-3 at a time and if I need more, they're there.

At lunch time I will spend about an hour making the chili, letting it simmer down and thicken up. Once I'm done, I demolish it so quickly that I question if I even ate. The aromas are extremely unforgiving on my stomach!

When I make my chili con carne, I always have leftovers to use for the next day at lunch. It's become a routine with my chili.

I tend to keep it a bit heavier on the spicy side when it comes to Wednesday, and continue with some butter paneer chicken curry. It does take a while to prepare, but trust me when I say it's well worth the time. I usually only cook for myself, so that means I have leftovers if I ever need them.

## WEDNESDAY MACROS



# Thursday's Keto Diet Plan

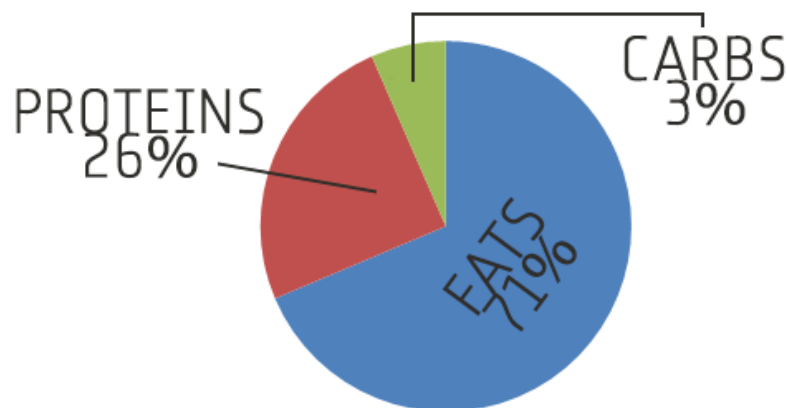
Keto Recipe	Calories	Fats (g)	Net Carbs (g)	Protein (g)
1 Cup Black Coffee	270	26	0	0
2 Tbsp. Coconut Oil Shot	240	28	0	0
Midmorning Bacon Snack	480	36	0	36
Low Carb Chili Con Carne	415	25	6	29.2
1/2 Cup Parmesan Cheese	166	11	1	30
Easiest Meatza	275	26	2.5	30
Crispy Green Beans	131	9	4	6
<b>Totals</b>	<b>1977</b>	<b>161</b>	<b>13.5</b>	<b>131.2</b>

My usual Thursday morning blurs between brushing my teeth in the shower and getting my shoes on to go to work. It's a rush, and I usually want to keep it light. I go with a black coffee and stick 2 tablespoons of coconut oil in there. The taste really isn't that great, but I gulp it down and let the caffeine course through my veins. Aaaaaah, more awake now!

Thursday lunch is like clockwork, I always have chili ready to bring to work and I smother it with parmesan cheese. Throw it in the microwave for a minute, and it's a quick but tasty lunch. The cheese melts, thickens it up, and adds a new flavor dimension to the dish.

For dinner, I am usually lazy. My "easy" meatza uses canned chicken. I know a lot of you disapprove of processed foods, but when I'm in a lazy mood it really flows through me. I honestly set my oven to high heat and nuke it so it cooks faster. While it's cooking, I'll grab some of Monday's green bean leftovers and throw them in a pan to heat through.

## THURSDAY MACROS



# Friday's Keto Diet Plan

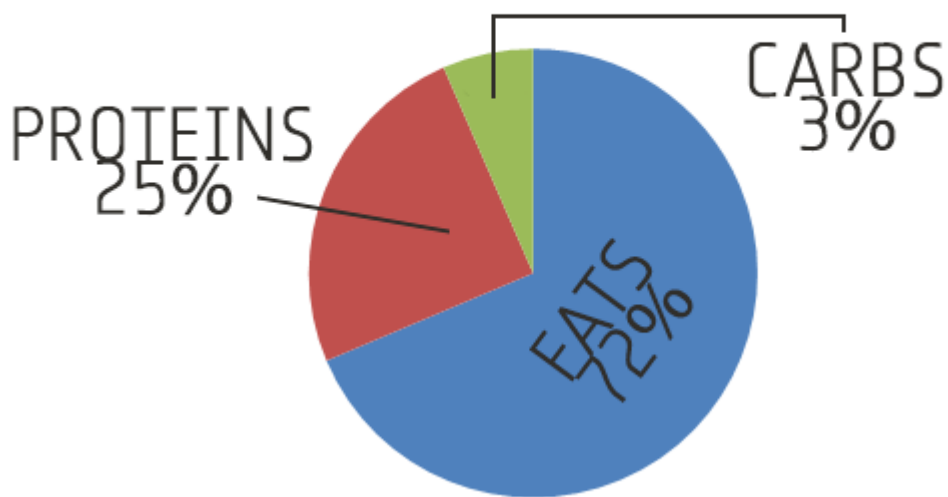
Keto Recipe	Calories	Fats (g)	Net Carbs (g)	Protein (g)
Keto Pumpkin Pancakes	603	51	8	22
1 1/2 Tbsp. Coconut Oil	180	21	0	0
Bacon Wrapped Meatloaf	450	33	3.5	34.5
Portabello Bun Burger	730	48	3	60
<b>Totals</b>	<b>1963</b>	<b>153</b>	<b>14.5</b>	<b>116.5</b>

It's Friday - the last day of the work week. Let's treat ourselves here and make some pancakes in the morning! Instead of adding maple syrup, I find them to be pretty sweet so I add organic coconut oil to give them a little bit of a soggy texture. This is how I've had them since I was a kid, so the texture brings me back to my childhood.

Lunchtime, we're hitting up the meatloaf leftovers! Still delicious through the whole week, and it makes me love it more every time I make it. I think letting it sit in the fridge really brings out the savory flavors.

For dinner, we're settling with a pretty big portobello bun burger, but I leave the garlic out the recipe. Garlic for me is tasty, but it isn't necessary for me. I crank up the grill pan and it takes me about 15 minutes total to get this one finished up.

## FRIDAY MACROS





# Saturday's Keto Diet Plan

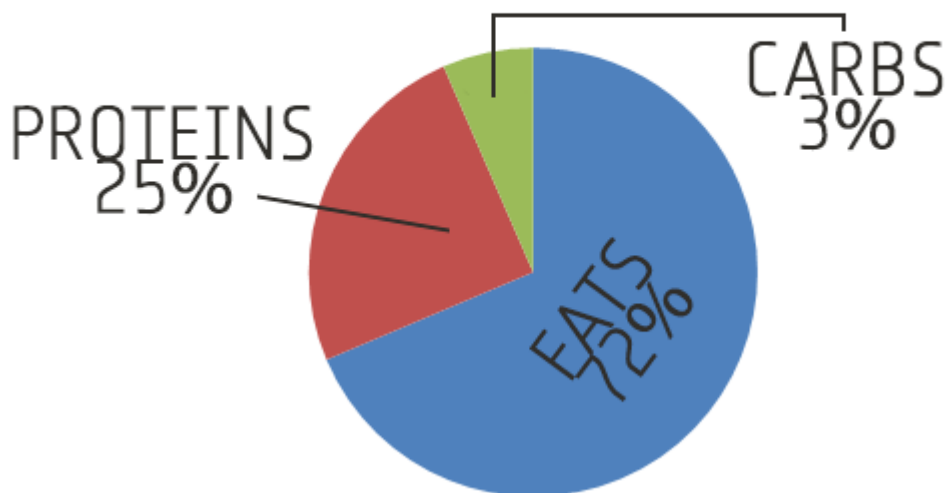
Keto Recipe	Calories	Fats (g)	Net Carbs (g)	Protein (g)
Tastier Bulletproof Coffee	270	26	5	5
2 Tbsp. Coconut Oil Shot	240	28	0	0
Low Carb Bacon Frittata	486	38	2	33
Low Carb Chili Con Carne	415	25	6	29.2
Crumbled Bacon	320	24	0	24
1/2 Cup Parmesan Cheese	166	11	1	30
<b>Totals</b>	<b>1897</b>	<b>152</b>	<b>14</b>	<b>121.2</b>

I do a morning workout on Saturdays, so I make sure I load up with fats and don't eat too heavy. I have bulletproof coffee, and a shot with 2 tablespoons of organic coconut oil. Sometimes I do pour the coconut oil in my coffee, but I don't like the oily consistency.

For lunch I figure I might as well have some more bacon frittata's because I usually have some in the fridge. I'm freaking exhausted by this time anyway so I don't have the energy to want to cook up a big meal.

When dinner time rolls around, the exhaustion is still lingering and I still really don't want to cook. I stick with leftovers so they don't end up being thrown out. I usually settle with chili on this night because it's tasty and easy to heat up. Toss some parmesan cheese on top and you have yourself a winning dish!

## SATURDAY MACROS



# Sunday's Keto Diet Plan

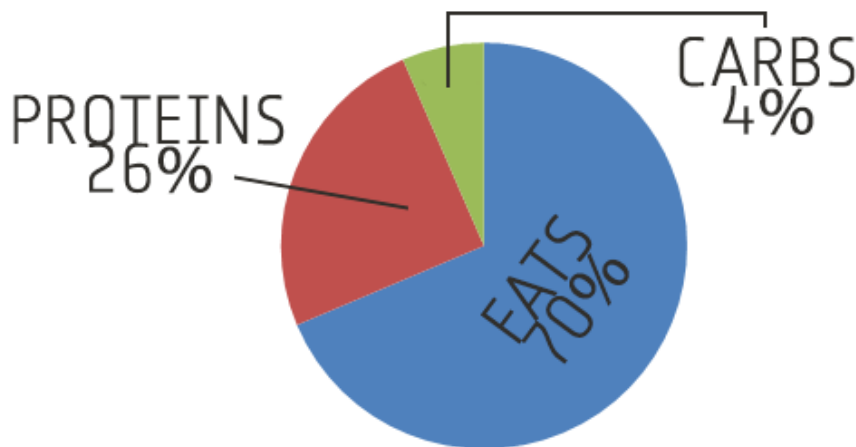
Keto Recipe	Calories	Fats (g)	Net Carbs (g)	Protein (g)
Keto Buttermilk Pancakes	252	10	5	25
2 Tbsp. Coconut Oil	240	28	0	0
Bacon Wrapped Meatloaf	450	33	3.5	34.5
Low Carb Mashed Potatoes	91	4	5	5
1 Tbsp. Grass Fed Butter	100	11	0	0
Portabello Bun Burger	735	48	3	60
1 Tbsp. Organic Olive Oil	120	14	0	0
<b>Totals</b>	<b>1988</b>	<b>148</b>	<b>16.5</b>	<b>124.5</b>

The last day of the weekend, oh no! We better treat ourselves since we have some time to cook! I make buttermilk pancakes and add organic coconut oil on top to make them a little bit soggy (best texture ever :P). I really rarely have buttermilk in my house, so I sub it out for heavy whipping cream and make an even lower carb version of this.

For lunch, I finish off the meatloaf because I just dislike wasting food - especially precious bacon. Thinking about it, if we ever have some kind of financial crisis, anyone following a keto diet plan will really be holding their weight in bacon-gold! I pair it up with some cauliflower mashed potatoes and put the rest in the fridge for next week.

For dinner I usually find myself craving the burger again, so I'll grab 2 more portobello's out the fridge and get to work. I leave out the garlic again and shave a *whopping* 1g of carb off of it.

## SUNDAY MACROS



# Help Support Ruled.me

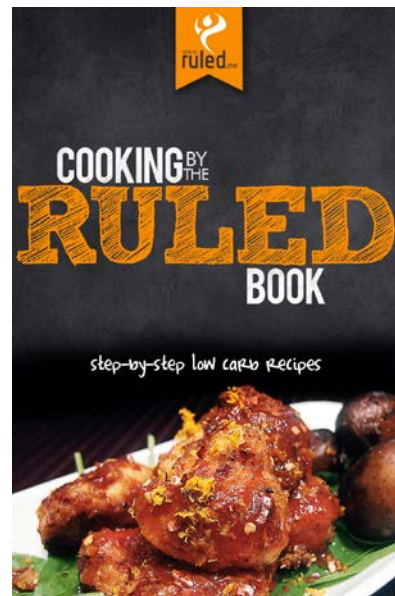
Not many people know this, but I'm a 22 year old that's trying to make it in this world by doing something that I love. What do I love? Helping others of course. Whether it's for health, weight loss, a connection with food, or a culmination of all of those put together.

I'm a bit of a nerd (okay, quite a big one) and I really like being able to bring the resources to people that can help shape their future. Dietary based, fitness based, or well-being based.

I do try to bring as much information out as I can for free, but I've given up my web design job to make this a full-time thing and this is how I make my living. Along with this guide/meal plan, I have a 30 Day Meal Plan and 2 cookbooks. These 3 things are my livelihood and I'd be absolutely grateful if you would consider looking at or purchasing one of my products!

Eating low carb will never be bland or boring again if you follow the [RULED book](#). These incredibly appetizing restaurant quality dishes are just what your low carb or ketogenic kitchen needs to spice things up. Featuring over 30 recipes that cover breakfast, lunch, dinner, and more, [Cooking by the RULED Book](#) will be your new kitchen companion as you expand your low carb palate.

Travel the world with dishes inspired by Asian, Caribbean, European, and American cuisines to elevate your culinary experience beyond bacon and eggs with these creative recipes that your whole family will enjoy.



[Keto-fied!](#) is the follow up to Cooking by the RULED Book, and it's got even MORE recipes than the last edition. Keto-fied! focuses on bringing you more of what you want: comfort foods, staple recipes, and enough variety to make low carb a real and viable lifestyle change.

Your ketogenic diet doesn't have to be boring with this flavor-filled cookbook, which is packed with recipes that are creatively delicious and nutritious to boot. [Keto-fied!](#) skips the fluff and gets down to the nitty-gritty, serving up 43 classic low carb creations that are as easy to make as they are easy on the taste buds.

# Keto Bacon & Eggs

## *Prepare The Supplies!*

- 3 Room Temperature Large Eggs
- 1/3 Cup Heavy Cream
- 1 Tbsp. Butter
- 4 Slices Bacon
- Pinch Salt
- Pinch Freshly Ground Black Pepper

## ***Crispy Bacon***

Not many people know that oven cooked bacon is the absolute best bacon. It's extremely delicious and crispy, and will always be a winner no matter who give it to (sorry vegetarians)!

1. Preheat your oven to 350 F
2. Lay the bacon on a cookie sheet and pop them in the oven when it's heated.
3. That's it! Just wait until they look crispy and pull them out. It takes about **10-15 minutes**.
4. When it gets to this point, you can just about take them out. They will cook a little bit more from the heat of the cookie pan.



# Perfect Scrambled Eggs

1. Make sure that your eggs are room temperature, this is vital. Most places in the world known for having great eggs never even store them in their fridge!

2. Add your cream in with the eggs and whisk **LIGHTLY**. You don't want them to be completely yellow, you want to have streaks of egg whites running through. This will ensure different textures in every bite you take.

3. Heat your pan to medium-low on the stove and add the butter.

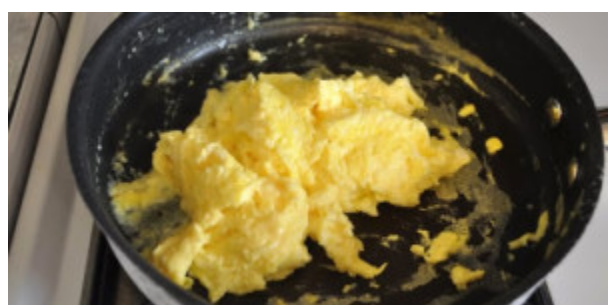
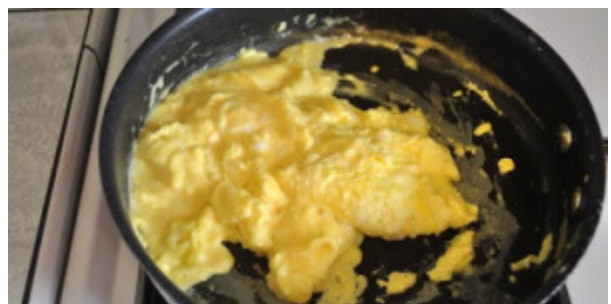
4. Once the butter has melted, add your egg mixture. **DON'T EVEN THINK ABOUT TOUCHING THEM.** You want to make sure they're set properly on the bottom. The less stirring, the better.

5. Gently stir in with a spatula in figure eight pattern. Only 3-4 times to bring up the eggs at the bottom, you want them to stay intact as much as possible.

6. Leaving them be? I hope so. Once they have set on the bottom again, stir once more. This time you will need to fold the eggs over to ensure all of the mixture is cooked.

7. You want them to be slightly runny when you take them out the pan. They will continue to cook from the heat that's emitting from them.

8. Add your salt and pepper.



# Crispy Mini Pizza Pitas

## *Prepare The Supplies!*

- Joseph's Low-Carb Pita Bread (Choose desired **quantity and size**)
- Tomato Sauce (My favorite is **Classico** – lots of flavors) – **Few tablespoons, enough to cover pita.**
- Cheese (**Low-moisture mozzarella** is a great base, then add others of your choosing) **2 ounces per pita**
- Ground Black Pepper - **dash**
- Garlic Powder (optional) - **dash**
- Chili Flakes (optional) - **dash**

## *Optional Mix Ins*

(Customize it to whatever dietary need or taste you enjoy!)

**Bacon – its swine time**

Spinach

Roasted Red Peppers

Olives, Artichokes, Pesto

Pepperoni, Salami, Prosciutto, Roast Beef, Ham, etc

Pineapple, mango, avocado, Rooster Sauce



1. Preheat oven to a toasty: **450 F**
2. Either brush slightly with oil or spray both sides with cooking spray.
3. Place in oven for 1 to 2 minutes to harden and toast the crust.
4. Remove from oven and add the sauce.
5. Add cheeses (Mozz first)
6. Add toppings of your choice (don't go **too overboard**)
7. Rub with some olive oil and toast for 1-2 minutes at 450° degrees to crisp it
8. Cook for an additional ~3-6 minutes to melt cheese. Broil for more crisp on top.

# Asian Inspired Pork Chops

## *Prepare The Supplies!*

- 4 Boneless Pork Chops
- 1 Medium Star Anise
- 1 Stalk Lemongrass (Peeled and diced)
- 4 Halved Garlic Cloves
- 1 Tbsp. Fish Sauce
- 1 Tbsp. Almond Flour
- 1/2 Tbsp. Sugar Free Ketchup
- 1/2 Tbsp. Sambal Chili Paste
- 1 1/2 tsp. Soy Sauce
- 1 tsp. Sesame Oil
- 1/2 tsp. Five Spice
- 1/2 tsp. Peppercorns

1. Place the pork chops on a flat work surface and using a rolling pin wrapped in wax paper, pound to 1/2-inch thick.

2. Half your garlic cloves and keep them to the side.

3. Grind the peppercorns and star anise to a fine powder in a blender or using a mortar and pestle. Add the lemongrass and garlic, and pound or blend until a puree forms. Add the fish sauce, soy sauce, sesame oil, and five-spice powder and mix well.

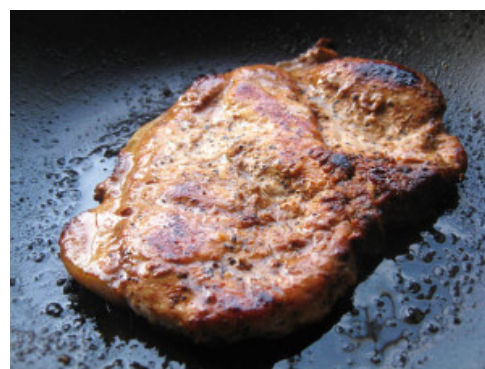
4. Put the pork chops on a tray, add the marinade, and turn to coat. Cover and marinate at room temperature for 1-2 hours.

5. Heat a pan to high and lightly coat your pork chops with almond flour.

6. Add the chops to the pan and let them sear on both sides, turning once. This should take about 2 minutes on each side, until a golden brown crust is formed.

7. Transfer to a cutting board and cut each chop into several strips.

8. To create a sauce, stir together the Sambal chili paste and sugar free ketchup. Easy and delicious!



# Crispy Green Beans

## *Prepare The Supplies!*

- **1 lb.** Fresh Green Beans (with stems removed)
- **1 Tbsp.** unsalted butter
- **1 Tbsp.** Organic Extra Virgin Olive Oil
- **1 Tbsp.** Grated Parmesan Cheese
- **2 Cloves** Diced Fresh Garlic
- **1 tsp.** Sea Salt
- **1/2 tsp.** Fresh Ground Black Pepper



1. Find a large bowl and fill it with water and ice. Set this aside for blanching the green beans.

2. In a large pot, bring water to a rolling boil.

3. Add your green beans and steam for **3-4 minutes**.

4. Immediately drain the green beans and add them to the ice water until completely cool.



5. While waiting for your green beans to cool, start melting butter in a pan on medium heat. Add your olive oil and garlic.

6. Drain the green beans as best as you can and rest them on paper towels.

7. Once the garlic is starting to sizzle, add the green beans to the pan and toss them to coat in the oils.



8. Season with salt and pepper to taste, and remove from the heat.

9. Add the parmesan and pair with your favorite main course.



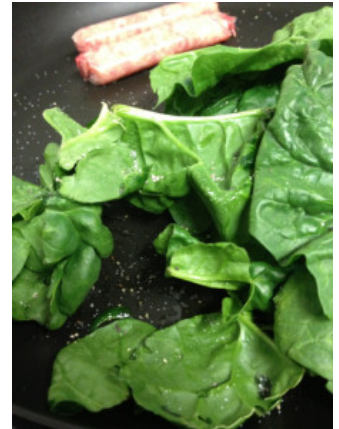
# Sausage, Spinach, Feta Omelette

## *Prepare The Supplies!*

- 3 Large Eggs
- 2 Sausage Links (Whatever is your favorite)
- 1 **Cup** Spinach
- 1/4 **Cup** Half n' Half
- 1 **Tbsp.** Feta Cheese
- 1/2 **Tbsp.** Organic Extra Virgin Olive Oil
- **Pinch** Salt
- **Pinch** Freshly Ground Black Pepper
- 2 Pans



1. Heat both pans to medium heat on the stove – put your olive oil in one of them.
2. Crack your eggs into a bowl and start scrambling them with the half n' half.
3. Add salt and pepper to your eggs – seasonings are king here!
4. Start by adding your sausage to the clean pan. Let it cook while you are doing the rest. Remove the sausage from the pan, place on paper towel to let some grease ease out.
5. In the pan with olive oil, saute the spinach with salt and pepper.
6. Once sausage and spinach are cooked down, put them in a bowl together.
7. Transfer all the olive oil to the same pan as your sausage fat.
8. Pour your eggs into the pan with drippings.
9. Once you see the edges curling a bit and is starting to get cooked through, add your sausage, spinach and feta cheese.
10. **Wait!** You don't want the omelette to break open while we're trying to flip it!
11. About 1 minute after adding your fillings, you can flip half of the omelette over.
12. Let it cook for about 2-3 minutes more, and flip it over. It shouldn't be completely cooked inside, but it should have enough structure to hold together for the flip.



# Bacon Wrapped Meatloaf

## *Prepare the Supplies!*

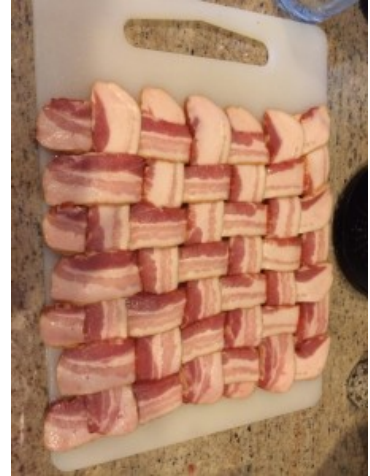
- **1lb.** Ground Beef
- **14-18** Slices Bacon (regular thickness)
- **1 Cup** Almond Meal
- **1 Cup** of Cheddar Cheese (add more if you like it extra cheesy)
- **1/2 Cup** Diced Canned Mushrooms
- **1 Diced** Shallot
- **1 Large** Egg
- **1 Tbsp.** Thyme
- **1 Tbsp.** Salt
- **1 tsp.** Mustard Powder
- **1/2 tsp.** Worcestershire Sauce
- **1/2 tsp.** Pepper
- Cutting Board
- Meatloaf Pan or Bread Pan
- Deep Stove Pan
- Grill Rack the size of your Meatloaf/Bread Pan

1. Weave the bacon.

2. Place the meatloaf/bread pan upside down on top of the bacon weave, centered, and then flip the weave into the pan.

3. Mix all the other ingredients carefully – you want to keep that chunkiness. Layer your meat, add some cheese, then more meat.

4. Don't let anything go to waste!



5. Pull the edges completely over the meatloaf and don't be worried about stretching the bacon. Add 1 strip of bacon down the middle to make it look pretty. Push down the edges to make sure that the form is properly taken inside the pan.



6. Foil it up!

7. Stick it in the fridge for 30 minutes, such a long wait with all this bacon.

8. Preheat oven to 300 F.

9. Take it out the fridge, and remove the foil. Place the grill on top of the meatloaf pan, so that it can be flipped out.



10. Flip the beast!

11. Observe those meaty results!

12. Add some dry rub to the bacon if you'd like and stick that bad boy in the oven for 1 hour.

13. Wait for it...

14. Crank that oven up to 350 F.

15. Set a timer for 10 minutes. Check the internal temperature until it hits 160 F. If it's not there, set the timer for another 10 minutes.

17. FINALLY! Bask in the glory of this meaty delicious product, crafted entirely by you.

18. Wait 10 minutes for it to settle in. WHAT? AGAIN!? Just do it, trust me – it will let the beef and cheese inside set properly before you cut!



# Hunger Buster Bacon Frittata

## *Prepare The Supplies!*

- 8 Large Eggs
- 1/2 Cup Half n' Half
- 6 Oz. Bacon (pre-cooked and chopped)
- 1/2 Cup Cheddar Cheese
- 1 Tbsp. Butter
- 2 tsp. Dried Parsley
- 1/2 tsp. Pepper
- 1/4 tsp. Salt

1. Preheat oven to 375 F. Make sure your bacon is already cooked and chopped!

2. In a large bowl, mix the eggs and half n' half.

3. Mix well until eggs are almost scrambled. You still want to have streaks of egg whites.

4. Fold in the bacon, cheese, dried parsley, pepper and salt.

5. Grease the muffin tin with the butter, this recipe makes about 8 frittata's.

6. Pour in the mixture, filling each "cup" about 3/4 of the way.

7. Stick them in the oven for about 15-18 minutes, or until they are puffy and turning a little bit golden on the edges.

8. Remove from the oven and let cool for 1 minute. Remove frittatas from the muffin tray, and eat up!



# Low Carb Chili Con Carne

## *Prepare The Supplies!*

- **1 lb** Ground Beef
- **1 lb** Hot Italian Sausage
- **1 Large** Green Pepper
- **1 Large** Yellow Pepper
- **1 Medium** White Onion
- **1 Can** Tomato Sauce (Ray's is very low carb)
- **2 Tbsp.** Curry Powder
- **2 Tbsp.** Chili Powder
- **2 Tbsp.** Cumin
- **1 Tbsp.** Minced Garlic
- **1 Tbsp.** Organic Coconut Oil
- **1 Tbsp.** Butter
- **1 tsp.** Onion Powder
- **1 tsp.** Salt
- **1 tsp.** Freshly Gound Black Pepper



1. Dice the onion and peppers as evenly as you can.
2. Mince the garlic finely.
3. Grab a big pan and set to medium-high heat. Add the butter and coconut oil, and let it melt.
4. In the pan, add the onion, peppers, and minced garlic. Let them sauté down, stirring often.
5. Grab a pot, set to medium heat, and add the hot sausage and ground beef.
6. Cook this until browned, adding salt and pepper to taste.

7. Add the onion, peppers, and garlic to the pot with the ground beef and sausage.



8. Add tomato sauce, onion powder, and chili powder.

9. One step at a time! Let this cook for **20 minutes**.

10. Add curry powder and cumin, and let cook for another **10 minutes** stirring often.

11. Let simmer for **45 minutes to 2 hours**, depending on how thick you want it to be.



# Butter Paneer Chicken Curry

## *Prepare The Supplies!*

- **3lbs** Chicken Thighs (with bone in)
- **7 Oz** Paneer Packet
- **1 Cup** Water
- **1 Cup** Crushed Tomatoes
- **1/2 Cup** Heavy Whipping Cream
- **4 Tbsp.** Butter
- **1 Tbsp.** Olive Oil
- **2 tsp.** Coconut Oil
- **1 1/2 tsp.** Garlic Paste
- **1 1/2 tsp.** Ginger Paste
- **1 tsp.** Coriander Powder
- **1 tsp.** Garam Masala
- **1 tsp.** Salt
- **1 tsp.** Freshly Ground Black Pepper
- **1/2 tsp.** Paprika
- **1/2 tsp.** Kashmiri Mirch
- **1/2 tsp.** Red Chili Powder
- **5 Sprigs** Cilantro

1. Preheat oven to 375 F
2. Get out chicken thighs and rub them with olive oil, salt and pepper.
3. Put the chicken on a cookie sheet and let them roast for **25 minutes**.
4. Cut the paneer into small pieces and set aside for later.
5. Heat up a pan to medium heat and add the butter and coconut oil. **Let the butter start to brown.**
6. When the butter starts to brown, add ginger and garlic paste. **Saute for 2 minutes.**
7. Add the crushed tomato and all spices. Mix well and let it simmer until the oil is separating.
8. **Gently** mix the paneer into the sauce. Pour in water and simmer for **5 minutes**.
8. Turn the heat to medium low and add cream. Stir to mix.
10. Allow it to simmer until it comes to a boil again.
11. About this time, your chicken will be ready. Take it out and separate it from the bone (it **should not be fully cooked**).
12. Add chicken to the sauce and mix well. Simmer for 5 minutes more.
13. Garnish with Cilantro and serve hot.



# Cauliflower Fried Rice

## *Prepare The Supplies!*

- 1 head of cauliflower, grated (Use a food processor or a cheese grater)
- Soy Sauce
- Salt – Kosher or Sea Salt
- Ground Black Pepper
- Garlic Powder
- Sesame Oil (or another vegetable oil, you can use olive oil but the taste does not come out as authentic)

## *Optional Mix Ins*

- Eggs – **The egg came first**, then the veggies!
- Bacon – mmmmm bacon!
- Green Onions or Scallions
- Any type of peppers
- **Siracha**
- Thai Chili Paste
- Ginger

1. Grate the cauliflower, ricing is the formal term – but as long as you grind that sucker down you are all dandy.
2. Get your oil nice a hot. Medium to high heat.
3. If using egg, cook the egg first, remove then add back later.
4. Add your vegetables, meat, garlic, etc. and cook to desired tenderness.
5. Add the cauliflower and desired amount of soy sauce to get the right color.
6. Remove from heat and serve!





# “Easiest Meatza”

## *Prepare the Supplies!*

- 12 Oz Can Chicken Breast
- 1/4c Parmesan Cheese
- 1c Mozerella Cheese
- 3/4c Low Carb Tomato Sauce
- 1 Large Egg
- 1/2 Tbsp. Oregano
- 1 tsp. Thyme
- 1 tsp. Rosemary
- 1 tsp. Basil
- 1 tsp. Garlic
- 1 tsp. Pepper

1. Preheat oven to 350 F



2. Dump that chicken into a bowl and mash it up. I mean really mash it. DESTROY IT! It needs to be extremely fine or else you'll have a chunky crust...and nobody likes a chunky crust.

3. Add the egg in with the chicken, along with all the spices and parmesan cheese.

4. Mix it up well until there's no more streaks of eggs showing.  
All the spices are to taste, so if you need a stronger flavor, then add more.  
I usually like strong flavors, but I just eyeball it and go with how I feel.



5. Throw it into a pizza pan and crush that sucker down with your fork, this is how it'll look:

6. Put it in the oven for 15, until you see that it's set on the top. It will have a little bit of browning around the edges – that's when you know.



7. SMOTHER it with sauce, I mean make it drown...make it pay for teasing your tastebuds.

8. Absolutely destroy this bad boy with cheese. You're worth it!



9. Bake for another 15 minutes.

I wanted this in my face so fast I decided to broil it and walked out of the kitchen. I burnt the heck out of it, but it was still absolutely delicious.



# Pumpkin Pancakes

## *Prepare The Supplies!*

- **1 Cup** Almond Flour
- **2 Large Eggs**
- **1/4 Cup** Pumpkin Puree (You can also use **fresh pumpkin** if you want, it ends up tasting a bit more seasonal)
- **1/4 Cup** Sour Cream
- **2 Tbsp.** Butter
- **1 tsp.** Pumpkin Spice or **Allspice**
- **1 tsp.** Baking powder
- **1/4 tsp.** salt

1. Mix the eggs, pumpkin puree, sour cream and butter together.

2. Mix the almond flour, pumpkin spice (**orallspice**), baking powder and salt together.

3. Slowly add wet ingredients to dry ingredients to get a smooth consistency. There will be some clumps in there, but don't worry yourself too much about these.

4. Put a cast iron skillet on medium heat.

5. Use some butter to grease the pan.

6. Use about **1/3 cup** of pancake mix **per pancake**.

7. Once pancakes start to bubble on the top, it's time to turn them over. Make sure that they have a little bit of **browning** on the edges.

8. Flip them over and let cook for about 1 minute more. You should see browning on both sides.

9. Remove from pan and serve warm.



# Tastier Bulletproof Coffee

## Prepare the Supplies!

Simple and easy, just the way I like it:

- **1 Tbsp.** Peanut Butter (Any brand, but I prefer Skippy's All Natural)
- **1 Square** Unsweetened Baking Chocolate
- **1 Tbsp.** Coconut Oil
- **3 Drops** EZSweets or 1 Packet Splenda (Splenda is 1g carb per packet)
- **1 Small** Plastic Cup

1. Grab a microwave safe container (preferably small – I used a plastic cup) and toss in the square of unsweetened chocolate inside.

2. Add **1 Tbsp.** of coconut oil and then add a heaped tablespoon of peanut butter. I used Peter Pan peanut butter because that's all that was in the store. I prefer to use Skippy's All Natural Creamy Peanut Butter.

3. Add **3 drops** of EZSweets, or if you want to you can use a packet of Splenda. If you use the Splenda, make sure you add one extra carb to the total.

4. Nuke it in the microwave for **1 minute** (long awaiting the glory).

5. Finally done! Stir it up so it's a nice liquid consistency.

6. Pour the mixture out into small plastic cup.

7. To the freezer! I make a lot of them ahead of time just in case I am running late – I will never be unprepared again. If you're not a breakfast person, and prefer something on the lighter side, this will be absolutely perfect for you!



8. And it's showtime! Just plop it into the bottom of your cup and pour your coffee straight over the top.

# Fluffy ~~Buttermilk~~ Heavy Cream Pancakes

## *Prepare The Supplies!*

- **2 Eggs**, separated (make sure none of the yolk gets into the white!)
  - **1/2 Cup** liquid egg whites or egg substitute (or go old school with 4 fresh egg whites)
  - **1/3 Cup** heavy cream
  - **1 Tsp** vanilla extract
  - **1 Tbsp** unflavored or vanilla protein powder
  - **1/4 Cup** coconut flour (use a finely-milled brand such as Bob's Red Mill)
  - **1 Tsp** baking powder
  - **Dash** of cinnamon (optional)
  - **1 packet** of Splenda or Stevia
  - Butter or oil for ultimate non-stick action
1. Beat the egg whites (**from the whole egg**) with a pinch of salt until they have soft peaks. For the lazy (me), use a hand mixer with whisk attachment.
  2. Mix the buttermilk, egg yolks, liquid egg whites, and vanilla extract in a bowl (make sure it is **mixed well**).
  3. In a separate bowl, whisk the coconut flour, protein powder, baking powder, and cinnamon. Add the dry ingredients to the wet and mix until combined!
  4. Fold the whipped egg whites into the batter; make sure **not to deflate** the whites!
  5. Preheat a nonstick skillet over medium-low heat.
  6. For each pancake, lightly grease the pan with butter.
  7. Pour **1/4 cup** of batter into the skillet, moving slightly to distribute batter.
  8. Cook until bubbles are visible on top, then flip the pancake over and cook until the other side is golden brown.



# Portobello “Bun” Burger

## *Portobello “Bun”*

- 2 Portobello Mushroom Caps
- **1/2 Tbsp.** Organic Extra Virgin Coconut Oil
- **1 Tsp.** Oregano
- **Pinch** Salt
- **Pinch** Freshly Ground Black Pepper

## *Delicious Burger Patty*

- **6 Oz.** Organic, Grassfed Beef or Bison
- **1 Tbsp.** Dijon Mustard
- **1 tsp.** Salt
- **1 tsp.** Freshly Ground Black Pepper
- **1/4 Cup** Cheddar Cheese

1. Preheat your griddle to high.
2. In a bowl, combine the coconut oil, oregano, salt and pepper.
3. Add portobello caps and let them marinate until ready to grill the meat.
4. In a separate bowl, combine ground beef, dijon, salt, pepper, and cheese.
5. Form meat mixture into a rounded patty.
6. Place “buns” on grill and let them cook for about 8 minutes or until heated through.
7. Add burger to the grill and cook for 5 minutes per side (medium rare).
8. Remove portobello caps and burger from the grill.
9. Wrap that sweet burger between your two mushroom buns, and lay on the fixin's. Sugar free ketchup, onion, arugula, tomato – whatever you like!



# Mashed Potatoes Cauliflower

## *Prepare The Supplies!*

- 1 Head of Cauliflower
- 3 Tbsp. Milk
- 1 Tbsp. Butter
- 2 Tbsp. Sour Cream
- 1/4 tsp. Garlic Salt
- Pinch Freshly Ground Black Pepper

## *How Can This Get Even Better?*

- Load that bad boy with chives
- Lather it with gooey cheese
- Add bacon bits...everything is better with bacon

1. Grab a pan and put about 1 cup of water in it.
2. Set to medium heat and bring water to a simmer.
3. Separate the cauliflower into florets. Save the cores!
4. Chop the cauliflower cores into small pieces (dice it).
5. Add all the cauliflower to the pot, and cover.
6. Cook for 12-15 minutes, until cauliflower is very tender.
7. Drain all water and add milk, butter, sour cream, salt and pepper.
8. Grab your masher and go to town on these tasty, tender morsels.
9. Top with chives, cheese, or bacon.

