



## **28 DAY KETOGENIC DIET MEAL PLAN**

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We at [www.livingwellwithketo.com](http://www.livingwellwithketo.com) are pleased to give you this free 28 day keto diet plan. Please read the guidelines first.

Best wishes on your keto journey towards your weight loss and health goals.

Enjoy!

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While the ketogenic diet is accepted as a medical intervention for epilepsy, there is no guarantee that it will improve your health. Since every person is unique, we cannot guarantee any specific result with this book. Everybody reacts differently to nutritional and supplemental changes in their life because of health history, dietary history, genetic predispositions and emotional factors. The goal of this book is to encourage you to become

knowledgeable about your options and bring your health to the optimum level that is unique to you.

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The meal plans in this eBook are based on a moderately active individual with 75kg/165 pounds of ideal body weight who consumes between 2,000-2,200 kcal a day. It is important that you work out your daily requirements and adjust based on your weight and activity levels to ensure adequate nutrient intake.

If you follow the plan for the 28 days outlined in this eBook, use leftovers to create new meals and cook in bulk, this way of eating can be integrated into family life with a little practice. You will see that breakfast and lunch are usually designed for 2 people and that dinners are for the whole family. You do not need to cook several meals; anybody who is not following the ketogenic diet can simply add some more carbohydrates as side dishes (e.g. starchy vegetables, quinoa, millet, wholegrain pasta, rice, potatoes).

Please take it easy at the beginning and avoid getting overwhelmed! For many people, eating in a ketogenic way is a huge change in eating habits and takes some adjustment- not just for your body, but also in terms of psychological barriers that might be in the way. I will give some guidelines to follow before you start restricting your carbohydrates.

It is also a good idea to get organized first: Find out where you can buy the products (local supermarkets, farmers markets, online) and how you best plan your shopping. I usually do one big shopping trip a week to stock up on staple foods that I know we will need and then do 2-3 smaller trips in our local organic shop to buy fresh vegetables and fruit.

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## ***What is the Keto Diet?***

The Keto Diet, or the Ketogenic Diet, is a low-carb and high-fat diet with 70% fat, 25% protein and 5% carbohydrates. This means 70% of your

calories are from healthy fats, 25% of calories from healthy proteins, and 5% of calories from healthy carbs.

## How to get started

If you are a complete newbie to this way of eating, please take the time to inform yourself. The best thing to do in this case is to “clean up your diet” as described below before you overwhelm yourself with carb counting and introducing new foods at every single meal. I suggest reducing carbohydrates gradually so that your system has a chance to adapt and you get plenty of opportunity to get your head around new foods, cooking methods and shopping lists. However, some people prefer making radical changes and starting the diet straight away, provided they do not have any underlying health issues (e.g. malnutrition, thyroid, cardiovascular problems). I have good experience with the following steps before starting proper carbohydrate restriction (daily carbohydrate intake of 20g or lower). You choose the pace:

1. Eliminate sugar in all forms and shapes. This includes fruit juices, sports drinks, honey, agave and all the other sweeteners. Educate yourself around the subject.
2. Replace the sugar calories with healthy fats like avocados, coconut oil, olive oil, grass-fed butter, ghee, perilla oil and MCT oil.
3. Eliminate gluten in any shape or form. This includes wheat, spelt, kamut, rye, barley and oats. Remove grains in general as well as grain-derived and vegetable oils (corn, soy and rapeseed/canola). Be careful with unstable polyunsaturated oils (walnut, flax, peanut oil) and always store them in the fridge.
4. Eliminate all synthetic additives, colourings and flavourings- basically any names on an ingredient list that you do not recognise. This includes aspartame, MSG, dyes and artificial flavourings.
5. Eat wild caught seafood and pastured, grass-fed meat.
6. Eliminate legumes such as beans and lentils. Small amounts of sprouted lentils or beans are fine. Use peanut butter as a condiment in sauces if you tolerate it well and are not following a Paleo diet but otherwise replace it with sesame paste (tahini), for instance.

7. Remove all processed, homogenized and pasteurized dairy. Full fat, whole butter from goat or grass-fed cows are the exceptions.
8. Buy organic fruits and vegetables as much as your budget allows. This is more important for some plants than others. Google “Dirty Dozen and Clean Fifteen” and you will find a list provided by the Environmental Working Group.
9. Limit fruit consumption .Go for low fructose containing fruits like berries and lemons.
10. Add spices and other flavourings. Start experimenting with herbs and spices such as turmeric, oregano, parsley, coriander thyme or rosemary.

## Ready for the Ketogenic Diet?

- **Understand your body is adapting in the first two weeks** - You may feel slightly low on energy as your body adapts to using different energy sources. Simply recognize it for what it is (your body is adapting), and know it is only temporary. Ultimately, you will reap the benefits.
- **Clear out the cupboard in advance** – If you are like me, if it is in the cupboard, then it gets eaten. Clear out the cupboard of anything you will not be eating on the diet (mostly processed carbs) to remove the temptation.
- I strongly recommend buying weighing scales for weighing your food- I do give rough measurements in e.g. tablespoons/cups but this is nowhere near as exact as a measurement in grams, which the software uses to calculate nutrient values. If you want to monitor your nutrients as closely as possible, do purchase weighing scales and start measuring in grams.
- In order to achieve a faster “metabolic switch-over”, some people prefer to do a 2 or 3-day fast. However, experts do not recommend doing this if your nutritional status is compromised, you are weak and/or are in advanced stages of the disease. Intermittent fasting, where the window of time during which food is consumed is gradually restricted between 12 - 16 hours, can be another effective tool in reaching and maintaining nutritional ketosis. A realistic schedule would be to have dinner at 6pm for instance and then not eat anything until 10am the following day.
- **Day 1 of the meal plans starts with 38g of carbohydrates, which is enough for some people to become “keto-adapted”, i.e. start using**

ketone bodies as the main energy source, after a few days (or sometimes weeks). Over a week, you will have reduced to 25g and then further down to 12g at the end of the second week. However, you will see that this is very challenging and needs careful planning. Generally below 20g carbs each day will get you into ketosis.

- You may need to make slight adjustments to the meal plans in this eBook based on your weight, calorie intake and activity level to ensure adequate nutrient intake. Use Keto Calculator below to determine how much you should be eating in each day of the three macro nutrients, Carbs, Protein and fat.

[www.livingwellwithketo.com/ketocalculator/](http://www.livingwellwithketo.com/ketocalculator/)

## Step by Step Guide to Achieving Ketosis

1. **Calculate total calories needed** – This is only necessary if you count calories and is not a necessity on the keto diet. Weight can be controlled by adjusting up or down the amount of fat you eat each day.
2. **Calculate macros** – This is the nuts and bolts, how many grams of carb, fats and proteins do you need?
3. **Monitor / optimize** – One size does not fit all. You'll learn how to tailor the diet to your body and needs. Weigh yourself each week, and adjust your fat intake until you are reaching your weight loss goals, or maintaining weight.

### *Calculating Macros*

Most resources use percentages of total calories to 70% from fat, 25% from protein and 5% from carbs. However, you may calculate them by gram instead.

Carbs: 20 - 50 grams per day. Try 30 grams to begin with, see how you feel, and how you're progressing. At 20g each day, most people will achieve ketosis.

Protein: 0.6 – 1 gram per pound (1.3 – 2.2 grams per kg) of body weight. If your level of physical activity is high, go for the higher end as it will help to retain/ build muscle.

Fat: For example, someone who consumes 2,000 calories a day, a fat intake of 70-80% would be around 144g to 177g of fat each day. If your calories needed are greater, you might need even more than that.

## Monitoring & Optimizing

Your primary goal is to be in a state of ketosis. By using ketone testing strips to measure the concentration of ketones in your system. Ketones are produced by your liver when carbs are restricted. These are transported from the liver to other tissues where they can be reconverted by enzymes in the body to produce energy.

A normal diet would produce ketone levels of under 0.5 mmol/l, however on a ketogenic diet we are aiming for 1.5 – 3.0 mmol/l for the optimal state of ketosis. Over 5.0mmol/l is unnecessary and over 10.0 is unhealthy as we are at a risk of ketoacidosis. However, within the first week as your body is adapting it can be normal to have levels over 3.0 mmol/l. If testing is not possible or you prefer not to test, then an alternative measure is to go on the basis of how you feel:

- Did you go through the 'keto flu'? More energy, increased focus? If not, then adjustments may be needed.

<https://livingwellwithketo.com/how-to-avoid-the-keto-flu/>

- Weight and visual inspection? Have you lost weight? Do you look slimmer? If so, you are likely on the right track. If you are happy that you are in ketosis, then you can move onto the next stage, otherwise try reducing your carb intake by 5g a day and review after 1 more week. If you wanted to eat more carbs, then you can try increasing your carb intake by 5g a day and see if you are still in ketosis after another week.

## Monitoring

The first four weeks allows us to adjust to the diet, both psychologically and physically. By recording these changes (along with our nutritional intake), it allows us to adjust the diet to our needs. I would recommend recording the below for the first four weeks:

- Weight at the beginning of week 1, end of week 2 and end of week 4. Record your weight under the same conditions each time (ideally first thing in the morning before food).
- Calories: Not necessary, as you should eat until you're full. However, you might find counting your calories helpful if you're used to doing this.
- Pictures of yourself (front and side on) at the beginning of week 1, end of week 2 and end of week 4.
- How you feel on a daily basis both physically and emotionally. A simple journal will suffice or a mood tracking app.
- Ketone levels daily. I would recommend some cheap ketone sticks from a local health store.
- Activity levels – How much exercise have you done, and how many times per week. At the end of four weeks, review the data and look back at the changes you have made. You can then start to optimize our diet according to the results.

## *Optimizing*

- If you are satisfied that you have reached ketosis, then you know how many grams of carbs you need per day. This is now fixed and **does not change!** You should also have a good idea of the amount of protein you require (based on your activity level). Again, this becomes fixed (within reason).
- With your carbs and protein intake being fixed, the only adjustments you need to make are calories coming from fat. The next step is to begin adjusting the diet so you are making progress towards your goals. Most people have one of two goals, to be healthier or to lose fat. That is to remain the weight they currently are or to lose weight (in the form of fat).
- If your goal is fat loss, then it is likely you will begin to make progress in the early stages of the diet. Adjust your fat intake downwards if you need to lose more weight until you're reaching your weight loss goals.
- **Only adjust the amount of food coming from fat** leaving the intake of carbs and protein the same (assuming you are happy with them).



- Depending on your circumstances, you will likely reach a weight you are happy with between 2-6 months. After this period of time you will likely you can increase your fat intake until you're maintaining your weight, or move away from a keto diet to a low carb diet instead. You can choose to stay on the keto diet long term for your health goals, or introduce more carbs if you want to. In my opinion, returning to a high carb diet is not healthy.

## How to overcome weight plateau

- Increase Exercise Frequency or Intensity
- Track Everything You Eat using an app
- Manage Stress
- Try Intermittent Fasting <https://livingwellwithketo.com/intermittent-fasting-and-weight-loss-results/>
- Avoid Alcohol
- Drink more water and green tea
- Spread protein intake throughout the day
- Sleep at least 8 – 9 hours a day
- Be active as much as possible

## SIGNS THAT YOU ARE IN KETOSIS

Signs and symptoms of ketosis can start to appear in as early as a week, but for some people (like professional athletes), it may take as long as 12 weeks to notice any effect. Here are some of the signs of ketosis:

- **Bad breath:** This is usually a very common sign of low carb ketosis. One may notice a particular 'fruity' smell in their breath. This is usually acetone, which is a by-product of the ketosis process that is released in our breath. Bad breath can also be caused by dehydration, so it is advisable to drink a lot of water to reduce the concentration of ketones in your body.
- **Reduced appetite and increased thirst:** Many people in low carb ketosis diet have reported a lack of appetite as they reach ketosis. Nausea, one of the side effects of ketosis, can also reduce your appetite for food. Your lack of appetite may also be due to an increased intake of proteins, and in addition, increased concentration of ketones causes a



diuretic effect. This means that the body is prone to dehydration, which makes it paramount to drink additional water to avoid dehydration.

- **Urine test:** As the body burns fat, it produces ketones. Acetone is a by-product ketone that the body is unable to use produce energy. Because of this, the body disposes it as waste through urine and the moisture in our breath. One of the ways to test for ketosis is by using ketone test strips. These strips measure the amount of ketones in your urine to find out if you are positive for ketosis. It's important to remember, however, that the results can be influenced by the amount of water you drink. For instance, if you drink a lot of water then it may dilute the ketones in the urine and may result in a negative test even though your body may be in a state of ketosis.
- **Increased energy:** You are likely to start feeling more energetic when your body adjusts to a low carb diet. When the body breaks down fat and the ketones are oxidized, they produce a higher amount of energy than for the same equal amount of glucose. Because more energy is released for a unit of fat burned, most people are likely to experience increased energy levels.
- **Mental clarity:** This is experienced by those people who have seizures and epilepsy. With the increased levels of ketones in the blood stream, the frequencies of epileptic seizures are significantly reduced which may make you feel mentally clear.
- **Ketosis flu:** This is one of the side effects that many people experience when they switch to a low carb diet. It is also known as the induction flu and usually marks the transition period when the body starts to use ketones instead of glucose. Its symptoms include:
  - Nausea
  - Headaches
  - Stomach upset
  - Fatigue
  - Lack of mental clarity
  - Sleepiness

This usually happens within the first few days when the ketogenic diet starts and is perfectly normal

<https://livingwellwithketo.com/how-to-avoid-the-keto-flu/>

**General Eating Principles to Remember**

- It may sound obvious but not all fats or proteins were created equally, focus on good quality healthy fats such as Olive oil, avocados, nuts and butter.
- **Eat enough** – This is not a low-calorie diet, nor is it an excuse to eat as many hamburgers as you want.
- **Eat your vegetables** – It can be very easy to focus on the fat sources and neglect a balanced diet. Try to have low carb above ground vegetables each day.
- **If you really have to drink alcohol**, then try to go for low carb options. Spirits with low carb mixers are probably the best option or dry white wines (obviously in moderation). Avoid any alcoholic drinks with added sugar (e.g. Bacardi Breezer). <https://livingwellwithketo.com/can-you-drink-alcohol-with-the-keto-diet/>
- **Drink plenty of water** – It goes without saying!
- **Try to eat natural as much as possible** – While there have been many studies for and against the benefits of organic food, it really comes down to personal preference. I would suggest trying it for 4 weeks and see if you feel a difference.
- **Eat clean as much as possible** – Try to eat foods which are still in their natural state, e.g. fresh fruit (rather than frozen), fresh beef (rather than processed into something else), chocolate (if you have to have it) in as raw a format you can (rather than processed and additives/sugar added etc.).

## ***How to Eat Out On Keto Diet***

Unlike most diets, it is very easy to make most restaurant meals Keto-friendly. Almost all restaurants offer a meat or protein based dish. Order this item and replace any high-carb sides or foods with extra low-carb vegetables like broccoli. Meals based on eggs are also a good choice.

Omelettes, frittatas, and devilled eggs are delicious and can be topped with bacon, sausage, and many of your other favourites.

At many fast food restaurants, you can go for a low-carb diet staple, the bunless burger or bunless grilled chicken sandwich. Feel free to request extra avocado, cheese, bacon, eggs or lettuce.

### **McDonald's Keto-friendly meals:**

- **McDonald's Double Cheeseburger (no bun):** 270 calories, 20 grams of fat, 4 grams of carbs and 20 grams of protein
- **McDonald's Big Breakfast without the biscuit or hash browns:** 340 calories, 29 grams of fat, 2 grams of carbs and 19 grams of protein
- **McDonald's Bacon, Egg and Cheese Biscuit without the biscuit:** 190 calories, 13 grams of fat, 4 grams of carbs and 14 grams of protein
- **McDonald's Pico Guacamole Sandwich without the bun:** 330 calories, 18 grams of fat, 9 grams of carbs and 34 grams of protein
- **McDonald's Bacon Ranch Grilled Chicken Salad with guacamole:** 380 calories, 19 grams of fat, 10 grams of carbs and 42 grams of protein

#### **Burger King Keto-friendly meals:**

- **Burger King Ultimate Breakfast Platter without pancakes, hash browns or biscuit:** 340 calories, 29 grams of fat, 1 gram of carbs and 16 grams of protein
- **Burger King Grilled Chicken Sandwich with extra mayo and no bun:** 350 calories, 25 grams of fat, 2 grams of carbs and 30 grams of protein

#### **Wendy's Keto-friendly meals:**

- **Wendy's Double Stack Cheeseburger (no bun):** 260 calories, 20 grams of fat, 1 gram of carbs and 20 grams of protein
- **Wendy's Grilled Chicken Sandwich with extra mayo and no bun:** 286 calories, 16 grams of fat, 5 grams of carbs and 29 grams of protein

#### **Hardees Keto-friendly meals:**

- **Hardees ½ lb Thickburger with cheese and bacon (no bun):** 430 calories, 36 grams of fat, 0 grams of carbs and 21 grams of protein
- **Hardees ½ lb Low-Carb Thickburger:** 470 calories, 36 grams of fat, 9 grams of carbs and 22 grams of protein

### Chipotle Keto-friendly meals:

- **Chipotle Steak Burrito Bowl with lettuce, salsa, sour cream and cheese (no rice or beans):** 400 calories, 23 grams of fat, 6 grams of carbs and 29 grams of protein
- **Chipotle Chicken Burrito Bowl with cheese, guacamole and romaine lettuce (no rice or beans):** 525 calories, 37 grams of fat, 10 grams of carbs and 40 grams of protein
- **Chipotle Salad Bowl with steak, romaine, cheese, sour cream and salsa:** 405 calories, 23 grams of fat, 7 grams of carbs and 30 grams of protein

### Taco Bell Keto-friendly meals:

- **Taco Bell Cantina Power Steak Bowl with extra guacamole (no rice or beans):** 310 calories, 23 grams of fat, 8 grams of carbs and 20 grams of protein.

### Keto-friendly beverage

- Unsweetened iced tea
- Coffee with cream
- Black iced coffee
- Hot tea with lemon juice
- Soda water

For dessert, many places offer a low-carb option like berries with cream or yogurt.

Eating out on the Keto diet is easy if you select a meat, fish or egg-based dish and substitute veggies for any high carbs side dishes. Eat berries and cream for dessert.

### What to Eat on Keto Diet?

Food Group	Food Name
<b>Vegetables</b>	Alfalfa sprouts Artichokes Asian greens Asparagus Baby spinach Bamboo shoots Bean sprouts Bok choy Broccoli Broccolini Brussels sprouts Cabbage Capsicum Cauliflower Celery Chard Cucumber Eggplant Endive Fennel Green beans Kale Kohlrabi Leeks Lettuce - all types Mushrooms Okra Olives Onions (limit) Radicchio Radish Rocket

	<ul style="list-style-type: none"> <li>Sea vegetables (Kelp, wakame)</li> <li>Snow peas</li> <li>Spinach</li> <li>Sprouts</li> <li>Squash</li> <li>Tomato (limit)</li> <li>Water cress</li> <li>Zucchini</li> </ul>
<b>Fruits (1 handful of recommended fruit may replace 1 handful of vegetables once daily)</b>	<ul style="list-style-type: none"> <li>Avocado</li> <li>Blackberries</li> <li>Blueberries</li> <li>Kiwi fruit</li> <li>Lemons</li> <li>Limes</li> <li>Mulberries</li> <li>Raspberries</li> <li>Strawberries</li> </ul>
<b>Protein (1 palm-sized portion per meal)</b>	<ul style="list-style-type: none"> <li>Beef</li> <li>Cheese</li> <li>Chicken</li> <li>Duck</li> <li>Eggs</li> <li>Fish</li> <li>Kangaroo</li> <li>Lamb</li> <li>Mussels</li> <li>Oysters</li> <li>Pork</li> <li>Prawns</li> <li>Scallops</li> <li>Squid</li> <li>Turkey</li> <li>Veal</li> </ul>
<b>Nuts &amp; Seeds (3-finger portion or one handful)</b>	<ul style="list-style-type: none"> <li>Almonds</li> <li>Brazil nuts</li> <li>Coconut meat</li> <li>Flax/Linseeds</li> <li>Hazelnuts</li> <li>Macadamias</li> <li>Nut butters/spreads (no added sugar)</li> <li>Pecans</li> <li>Pepitas</li> </ul>

	Pine nuts Pistachio nuts Sesame seeds Sunflower seeds Walnuts
<b>Healthy Oils</b>	Coconut oil Flax/Linseed oil* Macadamia oil* Olive oil* Sesame oil* Walnut oil*  *Cold pressed oils are preferable
<b>Condiments</b>	All low carbohydrate sauces All spices All herbs Peanuts Sweeteners Stevia

## Week 1 Ketogenic Diet Meal Plan

Weekday	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Dessert
<b>Sunday</b>	Scrambled Eggs Mushroom Spinach	Bulletproof "Coffee"	Lettuce Wrap with Turkey	Coconut Yoghurt with Blueberries	Ginger Cod with Zucchini Noodles	Lindt 90% dark chocolate
<b>Monday</b>	Flax Coconut Bread with sliced Gherkin	Celery filled with Tahini Paste	Smoked Salmon with Leafy Salad	Crispbread with Olive Tapenade	Broccoli with Dressing and Lamb Burgers	
<b>Tuesday</b>	Sautéed Kale Eggs	Blueberry Coconut Smoothie	Broccoli Soup with Crispbread and Sardine Pâté	Coconut Yogurt with any berries	Salmon Celeriac Mash with Leafy Salad	
<b>Wednesday</b>	Ketogenic Porridge	Flax Coconut Bread	Salmon Mash and Avocado Salad	Black Olives with Low-carb Crispbread	Venison Steak Fennel	Blackberries Coconut Cream
<b>Thursday</b>	Kippers Spinach and Roasted Capsicum (Pepper)	Bulletproof "Coffee"	Omelette filled with Red Pesto and Rocket (Arugula) Salad	Crispbread and Sardine Pate	Mediterranean Vegetables with Chicken Legs	
<b>Friday</b>	Strawberry Smoothie	Avocado with low carb crispbread	Chicken Caesar Salad with Crispbread	Chocolate Protein Bars	Roast Fennel Courgette (Zucchini) Soup and Kale Salad	Mint Chocolate Chip-Avocado "Ice Cream"
<b>Saturday</b>	Flaxseed Coconut Pancakes	Protein Coconut Shake	Roast Fennel and Courgette (Zucchini) Soup	Blackberries Coconut Cream	Salmon Stir-Fry with Mixed Leafy Salad	



## Week 1 Grocery List

Produce	Meat / Seafood / Eggs	Dairy & Dairy Alternatives	Canned Goods	Nuts & Seeds
<input type="checkbox"/> Avocado	<input type="checkbox"/> Chicken legs	<input type="checkbox"/> Coconut cream	<input type="checkbox"/> Black olives	<input type="checkbox"/> Almonds
<input type="checkbox"/> Blackberries	<input type="checkbox"/> Cod fillets	<input type="checkbox"/> Coconut milk	<input type="checkbox"/> Capers	<input type="checkbox"/> Chia seeds
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Eggs		<input type="checkbox"/> Sardine fillets	<input type="checkbox"/> Flaxseed meal
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Kippers (Smoked herring)		<input type="checkbox"/> Sun dried tomatoes	<input type="checkbox"/> Flaxseeds
<input type="checkbox"/> Capsicum/Pepper	<input type="checkbox"/> Lamb mince		<input type="checkbox"/> Vegetable broth	<input type="checkbox"/> Pumpkin seeds
<input type="checkbox"/> Carrot	<input type="checkbox"/> Roast turkey			<input type="checkbox"/> Sunflower seeds
<input type="checkbox"/> Celeriac	<input type="checkbox"/> Smoked salmon			<input type="checkbox"/> Tahini
<input type="checkbox"/> Celery, half	<input type="checkbox"/> Venison steaks			<input type="checkbox"/> Walnuts
<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Wildcaught salmon			
<input type="checkbox"/> Fennel				
<input type="checkbox"/> Ginger				
<input type="checkbox"/> Green onion				
<input type="checkbox"/> Kale				
<input type="checkbox"/> Leeks				
<input type="checkbox"/> Lemon				
<input type="checkbox"/> Mesclun				
<input type="checkbox"/> Mushrooms				
<input type="checkbox"/> Rocket (Arugula)				
<input type="checkbox"/> Romaine lettuce				
<input type="checkbox"/> Spinach				
<input type="checkbox"/> Strawberries				
<input type="checkbox"/> Zucchini (Courgettes)				
Herbs & Spices	Baking / Condiments	Beverages	Oils	Snacks / Protein Powder
<input type="checkbox"/> Apple cider vinegar	<input type="checkbox"/> Baking soda	<input type="checkbox"/> Chaga Mushroom Tea	<input type="checkbox"/> MCT oil	<input type="checkbox"/> Lindt 90% dark chocolate x 2 bars
<input type="checkbox"/> Basil, fresh	<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/> Decaffeinated coffee	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Probiotics
<input type="checkbox"/> Black pepper	<input type="checkbox"/> Cacao powder		<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Collagen peptide
<input type="checkbox"/> Cayenne pepper	<input type="checkbox"/> Coconut amino sauce			
<input type="checkbox"/> Chinese 5 spices	<input type="checkbox"/> Coconut flour			
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Cream of tartar			
<input type="checkbox"/> Garlic	<input type="checkbox"/> Desiccated coconut			
<input type="checkbox"/> Ginger	<input type="checkbox"/> Nutritional yeast			
<input type="checkbox"/> Himalayan salt	<input type="checkbox"/> Stevia			
<input type="checkbox"/> Mint, fresh	<input type="checkbox"/> Vanilla extract			
<input type="checkbox"/> Mustard				
<input type="checkbox"/> Onion				
<input type="checkbox"/> Paprika				
<input type="checkbox"/> Parsley, fresh				
<input type="checkbox"/> Rosemary				
<input type="checkbox"/> Thyme				
<input type="checkbox"/> Turmeric				

## Week 1 Recipes

### Day 1

#### Breakfast

#### Scrambled Eggs Mushroom Spinach



Serves 2

#### **Ingredients**

- 1 cup Mushrooms, sliced
- 2 cups Spinach, raw
- 4 large Eggs, omega 3 or free range
- 4 tbsp Olive oil, extra virgin
- Salt and pepper

#### **Instructions**

1. Melt olive oil in a frying pan.
2. Add mushrooms, fry for a little on medium heat, then add spinach and let it wilt.

3. Add eggs, scramble or fry them.

### **Morning Snack**

#### **Bulletproof “Coffee”**



Serves 2

#### **Ingredients**

- 1 tbsp Thankfully Nourished collagen peptide
- 1 cup tea or decaffeinated Coffee
- 1/3 cup Coconut milk, canned
- 1 tbsp MCT oil
- 2 tbsp Coconut oil
- 1 tbsp Cacao Powder, raw
- 1 tsp Vanilla extract

#### **Instructions**

Put all ingredients into a blender and whizz.

## **Lunch**

### **Lettuce Wrap with Turkey**

Serves 2

#### **Ingredients**

- 8 large leaves of Lettuce, raw
- 8 thin slices Roast Turkey
- 1 cup sliced Cucumber, raw
- 100g Red Pesto, homemade
- 1 tsp Paprika, ground
- 1 tsp Turmeric, ground
- 2 large handful Spinach, raw

#### **Instructions**

Put a slice of turkey on each of the lettuce leaves, add cucumber, pesto, spinach and spices and wrap up

### **Filling: Red Pesto**

This is such a handy thing to have in the fridge/freezer whenever needed. It is great as a dip, a spread on some low-carb crackers or as a pesto sauce with courgetti (zucchini) spaghetti

Serves 6

#### **Ingredients**

- 1/2 tsp Cayenne Pepper, ground
- 20g Basil, fresh
- 2 cloves Garlic, raw
- 120ml Olive oil, extra virgin
- 30g Pumpkin seeds, soaked and rinsed
- 1 tbsp Balsamic Vinegar
- 120g Tomatoes, sun dried
- 1/2 tsp Himalayan salt

#### **Instructions**

Soak pumpkin seeds overnight, put all ingredients into a blender and whizz.

### **Afternoon Snack**

#### **Coconut Yoghurt with Blueberries**

If you cannot buy Coyo coconut yogurt in your area, you can go for alternatives with similar nutrient make-up. Another option is to have tinned coconut milk and blend it with the berries. 100g of full-fat, canned coconut milk contains approximately 18g of fat and 2.8g of net carbohydrates.

### **Dinner**

#### **Ginger Cod with Zucchini Noodles**

**Preparation time:** 20 minutes **Cooking time:** 10 minutes  
**Marinating time:** 40 minutes (optional) **Serves:** 4

#### **Ingredients:**

- 3 large zucchini, spiralized
- 700g fresh cod fillets
- 2 inches fresh ginger, finely chopped
- 3 tablespoons coconut amino sauce
- 2 tablespoons apple cider vinegar
- 1 green onion, chopped
- 1 garlic clove, minced
- 1 cup vegetable broth
- 1 bunch fresh parsley, finely chopped

#### **Instructions**

1. Use a spiralizer, mandolin, julienne or vegetable peeler to turn the zucchini into noodles.
2. Combine the chopped ginger, garlic, coconut amino sauce, vegetable broth, green onions and vinegar in a medium bowl.
3. Chop the cod fillets into strips and put them in the bowl with the mixture.
4. Turn the strips over to ensure they are fully coated in the mixture and let them marinate for 40 minutes.

5. Heat a large nonstick frying pan over a medium heat, add some olive oil and cook the cod for about 4 minutes on each side. Add the marinade to the pan, bring to a boil and then immediately remove from the heat.
6. Divide the noodles into four portions, add the cod on top and pour the sauce over the fish. Sprinkle chopped parsley on top and serve right away.

***Nutrition Facts (per serving)*** Total Carbohydrates: 13g Dietary Fiber: 3g Net Carbs: 10g Protein: 27g Total Fat: 2g Calories: 175

### **Dessert**

2 squares Lindt 90% dark chocolate

## **Day 2**

### **Breakfast**

#### **Flax Coconut Gherkin Bread**

Keep this bread in the fridge so that it stays fresh for a few days.



Serves 3-4

### **Ingredients**

- 2 tbsp Chia seeds
- 1/2 tsp Baking soda (Bicarbonate of soda)
- 1/2 tsp Himalayan salt



- 1 cup desiccated Coconut
- 3/4 cup Flax seed meal
- 3/4 tsp Cream of tartar
- 3 Eggs
- 2 tbsp Olive oil, mild
- 1/4 cup warm Water

### **Instructions**

1. Preheat oven to 180C/350F.
2. Mix all dry ingredients together and stir well.
3. In a different bowl, combine eggs and olive oil.
4. Stir wet ingredients into dry and allow batter to sit for 1-2 minutes to thicken.
5. Put the dough into a small bread tin and bake for 25-30 minutes until the bread is firm and well cooked.

### **Morning Snack**

#### **Celery filled with Tahini Paste**

Make sure you buy a light Tahini paste that is low in carbohydrates and with no added sugar or other additives. You can fill the celery with Tahini and cut into small pieces.

### **Lunch**

#### **Smoked Mackerel with Leafy Salad**

Buy good-quality smoked mackerel and freeze the rest if you know you are not going to use it any time soon.

The ingredients for the leafy salad are below and you can use the vinaigrette on day 1. Make sure you use plenty of vinaigrette to up your fat intake.

#### **Leafy Salad**

Serves 2

#### **Ingredients**

- 4 cups dark green Salad leaves



- Vinaigrette

## **Instructions**

Wash leaves well and mix with vinaigrette

### **Vinaigrette**

This vinaigrette is so handy to make in large batches on a regular basis and keep in the fridge for up to one week. I use it not only with salad but any time I need some nice spicy sauce to make a dish less boring.

Serve 4

## **Ingredients**

- 2 tsp Mustard, wholegrain
- 2 tsp black Pepper, ground
- 1 Pinch Himalayan salt
- 1 clove Garlic, crushed
- 4 tbsp Apple Cider Vinegar
- 8 tbsp Olive oil, extra virgin
- 4 tsp Lemon juice, fresh

## **Instructions**

Put all ingredients into a blender and whizz

## **Afternoon Snack**

### **Low-Carb Crispbread**

Serving: 30



## Ingredients

- 2 cups Sunflower seeds
- 1/3 cup Linseeds / flaxseeds
- 1 tsp Himalayan salt
- 4 large Eggs, free range or organic
- 4 tbsp Coconut oil

## Instructions

1. Preheat the oven to 150C/300F.
2. Put the seeds and salt into a food processor and grind to a coarse meal.
3. In a separate bowl, mix together eggs and melted coconut oil. Add the seed meal to this mix and stir well to have a thick batter.
4. Line two baking trays with parchment paper. Divide the batter in half. Spread the first batch evenly with a spoon onto the parchment paper (approximately 0.2 inches/ 0.5 cm thick), repeat with the other half.
5. Bake for approximately 30 minutes or until crunchy and golden brown. If you use a fan oven, you can bake both trays at the same time.
6. Break into pieces after the crispbread has cooled down.

## **Olive Tapenade**

Serves 5-6

### **Ingredients**

- 200g/1 cup Black Olives, rinsed
- 2 tbsp Capers, rinsed
- 2 Anchovy fillets, canned in oil
- 1 tsp Thyme, dried
- 1 clove Garlic, raw
- 2 tbsp Olive oil, extra virgin
- 1 tbsp Lemon juice, fresh
- 1/2 tsp black Pepper, ground
- 1 tsp MCT oil

### **Instructions**

Put all the ingredients into a blender and whizz.

## **Dinner**

### **Broccoli with Dressing and Lamb Burgers**

Serves 2-4

#### **Broccoli with Dressing**

### **Ingredients**

- 320g Broccoli
- 2 cloves Garlic crushed
- 2 tbsp Ginger fresh grated
- 1 tsp fresh Chili Peppers red finely chopped
- 2 tbsp Lemon juice, fresh
- 4 tbsp Perilla oil
- 2 tbsp Coconut amino sauce

### **Instructions**

1. Steam the broccoli for 5-8 minutes until slightly tender (if you don't have a steamer, you can place the broccoli in a large sieve, place it on a pot with water, bring the water to the boil and steam that way).

2. Mix garlic, ginger, chilli peppers, lime, perilla oil and coconut amino sauce and pour it over the broccoli.

## **Lamb Burgers**

Serves 4

### **Ingredients**

- 400g Lamb mince, raw
- 2 tbsp Parsley fresh, chopped
- 1/2 tsp Himalayan salt
- 1/2 tsp black Pepper, ground
- 4 cloves Garlic raw
- 1 heaped tsp Mustard, wholegrain
- 2 tbsp Coconut oil

### **Instructions**

1. Mix all the ingredients with the raw meat and massage the whole mixture with your hands.
2. Shape 4 palm sized burgers and fry them in the coconut oil (approximately 6 minutes each side) until cooked through.

## **Day 3**

### **Breakfast**

#### **Sautéed Kale Eggs**

Serves 2

### **Ingredients**

- 2 cups Curly Kale, stalks removed
- 1 cup Mushrooms, sliced
- 4 large Eggs, organic or free range
- 2 tbsp Coconut oil
- 1/2 tsp Himalayan salt
- 1/2 tsp black Pepper, ground

### **Instructions**

1. Melt the coconut oil in a pan over medium heat, add the kale and mushrooms. Cook until the kale is wilted.
2. Whisk together the remaining ingredients, then stir the egg mixture into the vegetables in the pan.

3. Cook the eggs, stirring often, until done (about 3-5 minutes).

## Morning Snack

### Blueberry Coconut Smoothie



Serves 1

### **Ingredients**

- 1 cup blueberries
- 1/4 can Coconut milk

- 1/4 tsp ground Cinnamon
- 1/2 tsp stevia

### **Instructions**

Put blueberries and coconut milk into a blender and whizz. Sweeten with cinnamon.

### **Lunch**

### **Broccoli Soup with Crispbread and Sardine Pâté**

#### **Broccoli Soup**



Serves 4

### **Ingredients**

- 1 L homemade Chicken Stock
- 500g Broccoli
- 3 cloves Garlic
- 2 cm Ginger, freshly grated
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Coconut amino acid sauce
- 2 tbsp Coconut oil
- 1 tbsp nutritional yeast

### **Instructions**

1. Put the stock, garlic, ginger, vinegar and coconut amino acid sauce into a large saucepan and bring to the boil.
2. Add the broccoli and simmer for 5 minutes or until the broccoli is just tender.
3. Process the soup in a blender until smooth and thick.
4. Add the coconut oil, nutritional yeast and season to taste.

### **Sardine Pâté**

Serves 4-6

### **Ingredients**

- 200g Sardines canned, in brine, drained
- 1 small Onion
- 1 Celery stick, raw
- 1 tbsp Capers
- 1 tbsp Mustard, wholegrain
- 1/2 tsp black Pepper, freshly ground
- 1 tbsp fresh Lemon juice

### **Instructions**

Put all the ingredients into a blender and whizz. Add herbs to taste.

### **Afternoon Snack**

#### **Red Capsicum/Pepper with Sardine Pâté**

### **Dinner**

#### **Sea Bass Celeriac Mash with Leafy Salad**

Serves 4



## **Ingredients**

- 1kg Celeriac, steamed and roughly chopped
- 4 tbsp Coconut oil
- 2 Leeks, raw, cut into slices
- 6 Garlic cloves, chopped
- 400g Coconut milk, dairy free
- 4 large fillets Sea Bass
- Lemon juice from 1 fresh lemon

## **Instructions**

1. Preheat the oven to 180C/350F.
2. Melt 2 tbsp of coconut oil in a large pan. Add leeks, garlic and chorizo. Lightly fry until the leek is soft and the chorizo is well cooked.
3. Put the sea bass fillets onto a baking tray, pour over the melted coconut oil and lemon. You can add herbs as well (dill, rosemary, marjoram). Bake for 15 minutes.
4. Add the steamed celeriac to the leek/garlic/chorizo mix, add coconut milk (you might need less depending on your preferences for consistency) and blend everything together in a food processor.

**Leafy Salad** (See Day 2 Recipe)

## **Day 4**

### **Breakfast**

#### **Ketogenic Porridge**

Serves 2

## **Ingredients**

- 1/3 cup desiccated Coconut
- 6 whole Walnuts
- 30g ground blanched Almonds
- 2 tbsp Pumpkin seeds
- 1 tbsp whole Linseeds (Flaxseeds)
- 1/2 cup canned Coconut milk
- 1/2 cup hot Water

- 1 tsp ground Cinnamon
- 1 handful Blueberries
- 1 tbsp stevia

### **Instructions**

Put all the ingredients apart from the berries in your food processor, blend and put blueberries on top.

### **Morning Snack**

#### **Flax Coconut Bread** (Day 2)

### **Lunch**

#### **Sea Bass Mash and Avocado Salad**

Sea bass (Day 3 recipe)

#### **Avocado Salad**

Serves 2

### **Ingredients**

- 1 Avocado, sliced
- 2 tbsp Olive oil, extra virgin
- 2 tsp fresh Lime juice

### **Instructions**

1. Arrange avocado slices on a plate.
2. Sprinkle with olive oil, squeeze the lime over it and season to taste.

### **Afternoon Snack**

Black Olives with Low-carb Crispbread (Day 3 recipe)

### **Dinner**

#### **Venison Steak Fennel**

Serves 4

## **Ingredients**

- 4 Venison steaks (about 150g each)
- 2 sprigs Thyme, fresh
- 1 tbsp Mustard, wholegrain
- 3-4 Fennel bulbs, cored and thinly sliced
- 1 large Onion, sliced
- 2 cloves Garlic, chopped
- 6 tbsp Olive oil, extra virgin
- 4 tbsp Coconut oil

## **Instructions**

1. Make a marinade with thyme and mustard; add salt and pepper (Juniper berries work great, too) to taste. Rub into venison and put into fridge for at least 30 minutes.
2. In a large frying pan, gently heat olive oil and fry lightly salted onion and garlic until translucent.
3. Add fennel slices and cook for 10 minutes, turning occasionally.
4. Cover, reduce heat to lowest setting and stew gently for 10 minutes. Season with salt, pepper and a bit of lemon juice.
5. While the fennel is cooking, heat the coconut oil in another pan. When the oil is sizzling, put the venison steaks into the pan, fry at high heat for about 30 seconds on each side until brown. Turn down the heat to low, cover and let cook for 3 minutes. Then, turn the venison onto the other side and cook for another 3-4 minutes. Frying time may slightly vary depending on thickness of steak.

## **Dessert**

### **Blackberries Coconut Cream**

Serves 4

## **Ingredients**

- 8 handfuls Blackberries
- 8 tbsp Coconut cream

## **Instructions**

1. Open a tin of full-fat coconut milk and drain all the liquid. The remaining cream is used for this recipe instead of dairy cream.
2. Top blackberries with cream and enjoy.

## Day 5

### Breakfast

#### Kippers Spinach and Roasted Capsicum (Peppers)

Serves 2

#### **Ingredients**

- 2 small Kippers (smoked Herring)
- 4 tbsp Olive oil, mild
- 2 large cups Spinach, raw
- 130g red Capsicum/Peppers, roasted

#### **Instructions**

1. Gently heat the olive oil in a large frying pan and add kipper (smoked herring), peppers and spinach. Turn spinach occasionally until it wilts. Cover and let simmer for 2-3 minutes until cooked.
2. Season with salt and pepper.

### Morning Snack

#### Bulletproof "Coffee" (Day 1)

### Lunch

#### Omelette filled with Red Pesto and Rocket (Arugula) Salad

Serves 1

#### Omelette filled with Red Pesto

#### **Ingredients**

- 2 large Eggs, organic or free range
- 30g Coconut milk
- 2 heaped tbsp Red Pesto (recipe on Day 1)
- 1 tbsp melted Coconut oil

#### **Instructions**

1. Heat coconut oil in a frying pan on medium heat.
2. Mix eggs with coconut milk and pour it into frying pan.
3. Gently fry for 3 minutes, flip over (I use a large plate to do this and slide it into the pan onto the other side) and fry for another 2 minutes.
4. Fill omelette with red pesto and roll up.

### **Rocket (Arugula) Salad**

Serves 1

#### **Ingredients**

- A bowl of Rocket (Arugula) leaves
- 1 medium Carrot grated
- Vinaigrette

#### **Instructions**

Pour vinaigrette over rocket (arugula) leaves and carrots. Mix well.

### **Afternoon Snack**

#### **Crispbread and Sardine Pate** (Day 3 recipe)

### **Dinner**

#### **Mediterranean Vegetables with Chicken Legs**

Serves 4

#### **Ingredients**

- 4 Chicken legs with skin/bone (organic)
- 1 tsp wholegrain Mustard
- 1 tsp mixed Paprika
- Salt and Pepper to taste
- 2 sprigs Rosemary, fresh
- 2 Courgettes (Zucchini), roughly chopped
- 2 small Onions, chopped into wedges
- 2 Capsicum (Bell Peppers), red/yellow, roughly chopped
- 4 Garlic cloves, unpeeled
- 6 tbsp Coconut oil

## **Instructions**

1. Preheat the oven to 180C/350F.
2. Mix mustard, paprika, rock salt and pepper with the mustard and rub it onto the chicken legs. Place in a roasting tin.
3. Place all the vegetables in a separate roasting tin (the softened garlic cloves will squeeze out after cooking).
4. Put the coconut oil on top of the vegetables and place the 2 trays in the oven. Stir the vegetables after about 5 minutes when the coconut oil has melted.
5. Bake for approximately 45 minutes, stirring halfway through to turn the vegetables. When the chicken is ready (juices should run clear), take both trays out of the oven and serve.

## **Day 6**

Serves 2

### **Breakfast**

#### **Bacon, Mushroom and Tomato**

### **Ingredients**

- 4 tbsp Coconut oil
- 4 streaky Nitrate Free Bacon rashers, organic
- 2 whole Portobello mushrooms
- 2 small Tomatoes, halved

### **Instructions**

1. Heat the coconut oil in a frying pan.
2. When oil hot enough, put in rashers and vegetables and fry for about 5 minutes, turning occasionally.

### **Morning Snack**

Avocado with low carb crispbread

### **Lunch**

#### **Chicken Caesar Salad with Crispbread**

It is handy to make a bigger portion of this anyway even if you don't need to cook lunch for 4. You can always use it as a snack or for a meal on another day. It is a good alternative for children's lunch boxes.

### **Caesar Salad**

Serves 4

#### **Ingredients**

- 4 cloves Garlic
- 6 tbsp fresh Lemon juice
- 1/4 tsp Himalayan salt
- 4 tsp Nutritional Yeast
- 1/4 cup Water
- 1/4 cup Coconut Cream
- 1/2 cup Olive oil, mild
- 1 head Romaine Lettuce, shredded
- 400g Roast Chicken Legs (leftovers)

#### **Instructions**

For the dressing:

1. Put all ingredients apart from olive oil into a blender and whizz (coconut cream is the solid part of the tinned coconut milk).
2. Once it is smooth, add the olive oil and blend at low speed until you have a smooth dressing.
3. Pour the dressing over the lettuce and chicken.

### **Afternoon Snack**

#### **Chocolate Protein Bars**

Makes 12 bars

#### **Ingredients**

- 100g Collagen peptides
- 4 tbsp liquid Coconut oil
- 1/2 cup Coconut flour
- 1/2 cup canned Coconut milk
- 1 tsp Vanilla extract
- 1 cup desiccated Coconut
- 1 tsp ground Cinnamon

- 3 tbsp Cocoa Powder

### **Instructions**

1. Mix cacao powder and coconut oil well until you have a smooth paste.
2. Add vanilla extract, coconut flour and desiccated coconut. Mix well.
3. Add protein powder to make a thick batter.
4. Finally, pour in the coconut milk and process well. You may need to add a few drops of water if the mixture is too dry.
5. Place in a square silicone (or lined with baking paper) baking dish (about 20x20cm or 8x8 inch). Press the batter firmly to cover the whole surface and place in fridge for at least 2 hours before cutting into 12 equal bars.

### **Dinner**

#### **Roast Fennel Courgette (Zucchini) Soup and Kale Salad**

Serves 4

#### **Roast Fennel and Courgette (Zucchini) Soup**

### **Ingredients**

- 6 tbsp Coconut oil
- 6 cloves Garlic chopped
- 2 Fennel bulbs, cut into four chunks
- 2-3 Courgettes (Zucchini), roughly chopped
- 2 Spring onions, bulbs and tops chopped
- 4 cups Chicken Stock, homemade
- 1/2 tsp Turmeric, ground
- Salt and Pepper to taste

### **Instructions**

1. Preheat oven to 180C/350F.
2. Put the coconut oil into baking tray and let it melt in the oven. Toss the courgette, fennel, onion and garlic with the oil and roast for 30-40 minutes until everything is tender and golden brown.



3. Place the roasted vegetables and turmeric into a large pot and add the stock. Bring to the boil, simmer for five minutes and blend to a smooth soup. Strain if your fennel is still stringy afterwards.

4. Add salt, pepper and smoked paprika to taste.

### **Kale Salad**

Serves 2

#### **Ingredients**

- 2 cups Curly kale raw
- 2 cloves Garlic, chopped
- fresh red Chilli Peppers, finely chopped
- 1 tbsp tahini, smooth
- 2 dashes coconut amino acid sauce
- 1/2 tsp Chinese 5 spice
- 2 tbsp Olive oil, extra virgin

#### **Instructions**

1. Tear the washed kale into a large mixing bowl. Drizzle with the olive oil.
2. Massage the kale until it wilts to have a similar texture to cooked kale.
3. In a separate bowl, mix chopped garlic, chili, tahini, coconut amino acid sauce and 5 spices. Add a dash of water to make a smooth sauce.
4. Mix the sauce with the kale.

### **Dessert**

#### **Mint Chocolate Chip-Avocado “Ice Cream”**



**Serves 6**

### **Ingredients**

- 450g coconut milk or coconut cream
- 1/3 cup Stevia
- 1 teaspoon instant coffee powder or finely ground espresso beans
- 2 tablespoons unsweetened cocoa powder
- Lindt 90% dark chocolate bar, chopped
- 1 teaspoon pure vanilla extract
- 2 Hass avocados, peeled and pits removed.
- 3 tablespoons chopped fresh mint
- 1/2 cup 72% or more sugar-free extra-dark chocolate chips or 1/2 cup chopped 100% percent cacao powder

### **Instructions**

1. Put the coconut milk, sweetener, coffee powder, and cocoa powder in a medium saucepan. Whisk over medium heat, until the sweetener is dissolved and the mixture is blended. Turn off the heat. Add the chopped chocolate and stir until melted.
2. Place the chocolate mixture in a food processor fitted with the S-blade or a blender. Add the vanilla extract, avocados, and mint, and blend until smooth. Pour into a bowl, cover, and refrigerate for 2 hours, until cool.
3. Stir in the chocolate chips until well dispersed. Spoon or pour into an ice cream maker (see Note) and churn until thick and set. It will be the

consistency of soft-serve ice cream. Serve immediately. You can also freeze to a firmer consistency and serve later: transfer to a metal or glass container and cover with wax paper secured with a rubber band.

**NOTE:** If you don't have an ice cream maker, put the ice cream mixture into a metal loaf pan or a glass or ceramic casserole pan and place in the freezer. Stir every 1/2 hour to break up ice crystals and keep stirring until desired consistency is reached.

## **Day 7**

### **Breakfast**

Make at least a double portion and save the rest for snacks, as wraps, put them in the freezer for another breakfast etc. It's well worth it!

#### **Flaxseed Coconut Pancakes**

Serves 4

#### **Ingredients**

- 1 tsp ground Cinnamon
- 1/2 cup desiccated Coconut
- 1 cup ground flaxseed
- 1/2 tsp Baking soda/ Bicarbonate of soda
- 1/4 tsp Himalayan salt
- 1 cup Coconut milk canned
- 3 large Eggs organic or free range
- 2 tbsp Coconut oil

#### **Instructions**

1. Sift dry ingredients and mix together.
2. In a separate bowl, whisk coconut milk and eggs together.
3. Add dry ingredients and mix thoroughly.
4. Heat coconut oil in a pan, pour in batter and cook for 2 to 3 minutes per side.

### **Morning Snack**

#### **Protein Coconut Shake**

Drink this shake cold or warm.

Serves 1

### **Ingredients**

- 1 tbsp Collagen peptide
- 100ml Coconut milk, dairy free
- 1 tsp Coconut oil

### **Instructions**

Put all ingredients into a blender and whizz.

### **Lunch**

Roast Fennel and Courgette (Zucchini) Soup (Day 6)

### **Afternoon Snack**

Blackberries Coconut Cream

### **Dinner**

#### **Salmon Stir-Fry with Mixed Leafy Salad**

Serves 4

### **Ingredients**

- 4 tbsp Coconut oil
- 4 average portions wild-caught Salmon fillet
- 4 tbsp coconut amino acid sauce
- 1 large thumb (4cm) freshly grated Ginger
- 4 cloves Garlic, crushed
- 2 tsp Chinese 5 spice
- 1 tsp ground Cinnamon

### **Instructions**

1. Preheat oven to 180C/350F.
2. Melt coconut oil and add all the spices and coconut amino acid sauce.
3. Pour sauce over salmon and bake for 15-20 minutes.

**Mixed Leafy Salad** (Day 1 recipe)

## Week 2 Ketogenic Diet Meal Plan

Weekday	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Dessert
Sunday	Spinach Omelette	Alfalfa Sprouts with mashed avocado and vinaigrette	Lettuce Wrap with Salmon	Coconut Bites	Sesame Peanut Shirataki Noodles	
Monday	Almond Bread with Smoked Salmon and Goat Butter	Bulletproof "Coffee"	Kale with Goats Cheese	Almond Coconut Pancakes	Courgette (Zucchini) Spaghetti with Bolognese Sauce	Mint Chocolate Chip-Avocado "Ice Cream"
Tuesday	Avocado and Spinach Scramble	Matcha Green Tea and Macadamia Nuts	Lamb Liver Pâté	Chocolate Protein Bars	Coconut and Lime Salmon	
Wednesday	Hot Porridge	Bulletproof "Coffee"	Grilled Mediterranean Walnut Veggies	Almond Bites	Lamb Burger and Coleslaw Salad	Lindt 90% dark chocolate
Thursday	Creamy Iced Coffee	Lamb Liver Pâté with cucumbers, celery or carrot sticks	Coconut and Lime Salmon with Garlicky Spinach	Coco-Choco Bites	Lemon Roast Chicken with Creamy Broccoli Mash	
Friday	Mushroom and Leek Omelette	Coconut Bites	Temaki Roll	Almond Bites	Celery and Celeriac Soup	Keto Cacao
Saturday	Sardine Omelette	Matcha Green Tea with Coconut Oil	Coconut Chicken Cream Soup and Keto "Coffee"	Celery Stick with Lamb Liver Pâté	Creamy Spaghetti Squash	

## Week 2 Grocery List

Produce	Meat / Seafood / Eggs	Dairy & Dairy Alternatives	Canned/Packaged Foods	Nuts & Seeds
<input type="checkbox"/> Avocado	<input type="checkbox"/> Chicken bones	<input type="checkbox"/> Almond milk	<input type="checkbox"/> Capers	<input type="checkbox"/> Almond butter
<input type="checkbox"/> Alfafa sprouts	<input type="checkbox"/> Chicken, whole	<input type="checkbox"/> Butter, grass-fed	<input type="checkbox"/> Sardine fillets	<input type="checkbox"/> Almond meal
<input type="checkbox"/> Blackberries	<input type="checkbox"/> Cod fillets	<input type="checkbox"/> Cacao butter	<input type="checkbox"/> Shirataki noodles	<input type="checkbox"/> Almonds
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Eggs	<input type="checkbox"/> Cheese	<input type="checkbox"/> Sun dried tomatoes	<input type="checkbox"/> Cashew
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Kippers (Smoked herring)	<input type="checkbox"/> Coconut cream	<input type="checkbox"/> Vegetable broth	<input type="checkbox"/> Chia seeds
<input type="checkbox"/> Cabbage, red	<input type="checkbox"/> Lamb liver	<input type="checkbox"/> Coconut milk		<input type="checkbox"/> Flaxseed meal
<input type="checkbox"/> Capsicum/Pepper	<input type="checkbox"/> Lamb mince	<input type="checkbox"/> Goat cheese		<input type="checkbox"/> Flaxseeds
<input type="checkbox"/> Carrot	<input type="checkbox"/> Roast turkey	<input type="checkbox"/> Milk		<input type="checkbox"/> Peanut butter
<input type="checkbox"/> Celeriac	<input type="checkbox"/> Smoked salmon			<input type="checkbox"/> Pecan
<input type="checkbox"/> Celery, half	<input type="checkbox"/> Venison steaks			<input type="checkbox"/> Pumpkin seeds
<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Wildcaught salmon			<input type="checkbox"/> Sunflower seeds
<input type="checkbox"/> Fennel				<input type="checkbox"/> Tahini
<input type="checkbox"/> Ginger				<input type="checkbox"/> Walnuts
<input type="checkbox"/> Green onion				
<input type="checkbox"/> Kale				
<input type="checkbox"/> Leeks				
<input type="checkbox"/> Lemon				
<input type="checkbox"/> Mesclun				
<input type="checkbox"/> Mushrooms				
<input type="checkbox"/> Pak choi				
<input type="checkbox"/> Rocket (Arugula)				
<input type="checkbox"/> Romaine lettuce				
<input type="checkbox"/> Spaghetti squash				
<input type="checkbox"/> Spinach				
<input type="checkbox"/> Strawberries				
<input type="checkbox"/> Zucchini (Courgettes)				
Herbs & Spices	Baking / Condiments	Beverages	Oils	Snacks / Protein Powder
<input type="checkbox"/> Apple cider vinegar	<input type="checkbox"/> Baking soda	<input type="checkbox"/> Chaga Mushroom Tea	<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Lindt 90% dark chocolate x 2 bars
<input type="checkbox"/> Basil, fresh	<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/> Decaffeinated coffee	<input type="checkbox"/> MCT oil	<input type="checkbox"/> Probiotics
<input type="checkbox"/> Black pepper	<input type="checkbox"/> Cacao powder	<input type="checkbox"/> Matcha powder	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Collagen
<input type="checkbox"/> Cayenne pepper	<input type="checkbox"/> Coconut amino sauce		<input type="checkbox"/> Sesame oil	
<input type="checkbox"/> Chinese 5 spices	<input type="checkbox"/> Coconut flour			
<input type="checkbox"/> Cilantro	<input type="checkbox"/> Cream of tartar			
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Desiccated coconut			
<input type="checkbox"/> Dill	<input type="checkbox"/> Nutritional yeast			
<input type="checkbox"/> Garlic	<input type="checkbox"/> Psyllium husk			
<input type="checkbox"/> Ginger	<input type="checkbox"/> Seaweed nori			
<input type="checkbox"/> Himalayan salt	<input type="checkbox"/> Stevia			
<input type="checkbox"/> Mint, fresh	<input type="checkbox"/> Swiss Marigold Bouillon powder			
<input type="checkbox"/> Mustard	<input type="checkbox"/> Vanilla extract			
<input type="checkbox"/> Onion				
<input type="checkbox"/> Paprika				
<input type="checkbox"/> Parsley, fresh				
<input type="checkbox"/> Rosemary				
<input type="checkbox"/> Thyme				
<input type="checkbox"/> Turmeric				

## Week 2 Recipes

### **Day 8**

#### Breakfast

#### Egg Ham Spinach

Serves 2

#### **Ingredients**

- 3 tbsp Coconut oil
- 2 cups Spinach
- 4 large Eggs, organic or free range
- 2 slices organic Ham (Optional)

#### **Instructions**

1. Melt coconut oil in a frying pan and gently fry spinach until wilted.
2. Meanwhile, crack the eggs into a bowl, cut the Parma ham into small pieces and mix well with eggs.
3. Pour the egg/ham mix over the spinach and cook both sides for 2-3 minutes each.

#### Morning Snack

#### Alfalfa Sprouts with mashed avocado and vinaigrette

#### **Ingredients**

- 1 cup alfalfa sprouts
- ½ avocado
- 1 tbsp vinaigrette

#### **Instructions**

1. Wash and dry alfalfa sprouts
2. Mash the avocado
3. Mix alfalfa sprouts, avocado and vinaigrette

## **Lunch**

### **Lettuce Wrap with Salmon**

Serves 2

#### **Ingredients**

- 8 large Lettuce leaves
- 1 1/2 portion left over Salmon Stir Fry
- 8 slices red capsicum (bell pepper)
- 6 tbsp Homemade Mayo
- 2 cups Rocket (Arugula) leaves
- 1 tsp Paprika
- 1 tsp ground Turmeric

#### **Instructions**

Put some salmon onto each lettuce leave, add capsicum (pepper), mayo, rocket (arugula) and spices and wrap up.

### **Homemade Mayonnaise**



Make approximately 1 cup

#### **Ingredients**

- 1 large Egg, organic or free range (Use pasteurized organic egg if your immune system is very low)
- 1 tbsp fresh Lemon juice



- 1/2 cup Olive oil, mild
- 1/4 cup melted Coconut oil

### **Instructions**

1. Place everything in a narrow glass jar and let the oil rise to the top. The egg can come straight out of a fridge.
2. Place stick/immersion blender at the bottom of the jar and turn on. Stay at the bottom of the jar for about 20 seconds until the mayo starts to emulsify.
3. Slowly rise the blender out of the jar and pulse a few times until the whole mixture is thick and creamy.

### **Afternoon Snack**

#### **Coconut Bites**

Makes 25 Coconut Bites

### **Ingredients**

3 cups Desiccated Coconut

### **Instructions**

1. But the desiccated coconut flakes into a high-performance blender like Blendtec. Start at low temperature, grind the flakes and then slowly turn up the speed. After about 30-60 seconds, the coconuts start to form a smooth paste as the oil starts to come out.
2. Pour the butter into silicone ice cube trays and let it set in the fridge. Best stored in fridge thereafter.

### **Dinner**

#### **Thyme Prawn (Shrimp)**

**Preparation time:** 10 minutes **Cooking time:** 10 minutes **Serves:** 3

### **Ingredients:**

- 500g fresh prawns (shrimp), peeled and deveined
- 5 sprigs fresh thyme
- 2 tablespoons olive oil
- 1 teaspoon paprika

- Black pepper to taste
- Salt to taste

## **Instructions**

1. Mix the prawns, thyme and paprika together in a mixing bowl and season to taste with black pepper and salt. Mix well to ensure the prawns are coated well.
2. Heat up the olive oil in a large frying pan over high heat. Wait for the oil to get hot, then add the prawns. Let the prawns cook, stirring often, for about 6 minutes, until the prawns are opaque and cooked through.
3. Remove the frying pan from the heat. Divide the prawns between three plates and serve warm. Decorate with fresh thyme sprigs on top and sprinkle paprika.

**Nutrition Facts (per serving)** Total Carbohydrates: 6g Dietary Fiber: 2g Net Carbs: 4g Protein: 35g Total Fat: 12g Calories: 275

## **Day 9**

### **Breakfast**

#### **Almond Bread with Smoked Trout and Goat Butter**

Top almond bread with goat butter (or pure olive spread) and smoked trout.

Makes about 5 servings

### **Ingredients**

- 1 1/2 cup blanched Almond meal
- 1 tsp Salt
- 2 tsp gluten free Baking powder
- 5 tbsp Psyllium powder
- 2 1/2 tbsp Apple Cider Vinegar
- 3 Egg whites
- 215ml cup boiling Water

## **Instructions**

1. Preheat the oven to 180C/350F.
2. In a bowl, combine almond meal with psyllium powder (you might need to grind it if it's psyllium husks), baking powder and salt. Combine all dry ingredients and mix well. Add in the egg whites and apple cider vinegar and mix (with stick blender or by hand) until you have a thick dough.
3. Add boiling water into bowl. Mix well until well combined and dough firms up.
4. Form into one large loaf and place it in a greased bread pan or onto a greased baking sheet. Bake for 50-55 minutes. You can also form 5 smaller buns- the baking time will be reduced to about 45 minutes.

## **Morning Snack**

Bulletproof "Coffee"

## **Lunch**

### **Kale with Goats Cheese**

Serves 2

#### **Ingredients**

- 400g Kale, chopped
- 4 tbsp Coconut oil
- 5 cubes Goat Cheese, soft or hard (optional)

#### **Instructions**

1. Heat coconut oil in a pan, add kale and cook at medium temperature for about 5-10 minutes.
2. Add goat cheese and let it melt while stirring. Season to taste.

## **Afternoon Snack**

Almond Coconut Pancakes (Day 7)

## **Dinner**

### **Courgette (Zucchini) Spaghetti with Bolognese Sauce**

You can use a Juliette peeler or get a proper spiral maker to turn vegetables into spirals.

## **Courgette (Zucchini) Spaghetti**

Serves 4

### **Ingredients**

- 1 tbsp melt Coconut oil
- 300g raw Spinach leaves
- 600g Courgette (Zucchini), raw, cut into spirals
- 50g Red Pesto (recipe on Day 1)

### **Instructions**

1. Heat the coconut oil in a frying pan at medium heat.
2. Add the courgette (zucchini) spirals (you can make spirals with a juliette peeler or with a spiral maker) and fry them at medium heat for 4-5 minutes.
3. Then, add the spinach and fry until it is wilted.
4. Add the pesto and mix well.

## **Bolognese Sauce**

Serves 6

### **Ingredients**

- 3 tbsp Coconut oil
- 700g minced Lamb
- 2 cups Chicken Stock, homemade
- 3 average sized Tomatoes, chopped
- 2 cups Mushrooms, thinly sliced
- 2 cups Spinach, raw
- 3 sticks Celery, chopped
- 3 cloves Garlic, crushed
- 2 Spring onions, bulbs and tops chopped
- 1 tsp each of Rosemary Thyme and Oregano (dried)
- Salt, Pepper and smoked Paprika to taste

### **Instructions**

1. Heat coconut oil in large frying pan. When hot enough, add the lamb and fry at high temperature for 2-3 minutes.

2. Turn down the heat and add all the vegetables. Cook for a little while until they soften.
3. Add the chicken stock.
4. Add herbs, salt, pepper and smoked paprika to taste.

## **Dessert**

*Mint Chocolate Chip-Avocado "Ice Cream"*

## **Day 10**

## **Breakfast**

### **Avocado and Spinach Scramble**

Serves 2

#### **Ingredients**

- 2 tbsp Coconut Oil
- 1 cup Spinach, raw
- 3 large Eggs, beaten
- 1 Avocado, thinly sliced
- 100g soft Goat cheese, full fat (optional)

#### **Instructions**

1. Melt coconut oil and add the spinach. Gently fry until spinach wilts.
2. Add beaten eggs and mix well with spinach. Cook on medium heat until eggs are scrambled.
3. Put sliced avocado and goat cheese on top, cover with lid and gently fry until the cheese starts to melt.
4. Season with salt and pepper.

## **Morning Snack**

### **Matcha Green Tea and Macadamia Nuts**

Studies show that green tea consumption is associated with significantly lower blood sugar levels during fasting and lower blood concentrations of hemoglobin A1c (HbA1c) – a marker of chronic excess glucose in the blood.

Green tea consumption has also been shown to reduce fasting insulin levels. Always buy organic Matcha Tea as green tea is heavily sprayed with pesticides, herbicides and other chemicals.

### **Ingredients**

- 1 tsp matcha powder
- 1 cup hot water

### **Instructions**

1. Pour the matcha powder into a mug along with cup of hot water. Let the tea brew for 1-2 minutes, whisking rapidly to break up any small pieces.
2. Serve with a handful of macadamia nuts or 2 squares of 90% Lindt dark chocolate

### **Lunch**

#### **Lamb Liver Pâté**

Serving 4

### **Ingredients**

- 500g organic Lamb Liver
- 1 small Onion, chopped
- 3 cloves Garlic, crushed
- 1 tsp Dijon Mustard
- 1 Rosemary
- 2 Thyme
- 1 tbsp fresh Lemon juice
- 2 tbsp coconut oil
- 1/3 cup olive oil

### **Instructions**

1. Sauté the liver and onions in coconut oil until the livers are browned and the onions tender.
2. Add wine, garlic, mustard, salt, pepper, herbs and lemon juice. Cook uncovered until most of the liquid has gone.
3. Transfer the mixture into a food processor, and blend until smooth along with olive oil, 1 tbsp at a time.

4. Serve on pizza base or crispbread

### **Afternoon Snack**

Chocolate Protein Bars

### **Dinner**

#### **Coconut and Lime Mackerel**

Serves 4

#### **Ingredients**

- 1 can Coconut milk
- 1 tbsp Coconut flour
- 2 tbsp Red Curry paste
- 1 tsp Turmeric, ground
- 80ml Water
- 1 tbsp Lime juice and zest
- 4 small Mackerel fillets
- 2 Pak Choi, cut into quarters
- 6 Broccoli florets
- 5 tbsp melt Coconut oil

#### **Instructions**

1. Preheat the oven to 180C/350F.
2. Mix a little of the coconut milk with the coconut flour to make a paste. In a saucepan, mix together the remaining coconut milk with the paste, curry paste, turmeric, lime juice/zest and water and heat gently. Stir continuously until the mixture thickens. Season with salt and pepper if necessary.
3. Put the mackerel fillets in a large, shallow baking dish and add the Pak Choi. Pour over the melted coconut oil followed by the coconut sauce. Scatter the broccoli in between. Bake for 20 minutes.

## Day 11

### Breakfast

Serves 2

#### Hot Porridge

##### **Ingredients**

- 12 whole Pecan nuts or a handful of pumpkin seeds
- 4 tbsp desiccated Coconut
- 2 tbsp flax seed meal
- 2 pinch Rock Salt
- 1 cup boiling Water
- 4 tbsp canned Coconut milk
- 2 tbsp Thankfully Nourished Collagen Peptides

##### **Instructions**

1. Put pecans or pumpkin seeds, desiccated coconut, flax seed and salt into a food processor.
2. Add the boiling water and stir it all up. Let it sit for a minute or two.
3. Add the coconut milk and protein powder or collagen peptide. Stir well.

### Morning Snack

Bulletproof "Coffee"

### Lunch

#### Spinach Salad with Flax Coconut Bread

Serves 2

#### Spinach Salad

##### **Ingredients**

- 3 cups raw Spinach
- 2 large Mushrooms
- 2 tsp Coconut oil
- 2 slices nitrate free organic Bacon rasher
- 8 tsp Olive oil, extra virgin
- 8 tsp Apple Cider Vinegar
- 2 tbsp plain Tomato Passata (Tomato Sauce)



## **Instructions**

1. Heat coconut oil in a frying pan until melted. Fry bacon and mushrooms at medium heat.
2. Whisk together olive oil, vinegar and tomato passata (tomato sauce). Pour over the spinach and toss well.
3. Top salad with sliced mushrooms and crumbled bacon.

## **Afternoon Snack**

### **Almond Bites**

Makes 16 squares

## **Ingredients**

- 4 tbsp melt Coconut oil
- 4 tbsp almond butter
- 2 tbsp Tahini paste
- 3/4 cup Almond meal
- 1 scoop Thankfully Nourished Collagen Peptides
- 1/2 tsp Vanilla extract

## **Instructions**

1. Place the coconut oil in a pan and heat it if it is not already in liquid form.
2. Add Tahini, almond butter and ground almonds to the oil and mix well.
3. Scoop in the protein powder or collagen peptides to make the batter thicker.
4. Add the vanilla extract, stir well and then pour everything into a square baking dish (approx 20x20cm or 8x8inch). Put in the fridge for 2 hours, cut into 16 pieces and afterwards store in the fridge.

## **Dinner**

### **Lamb Burger and Coleslaw Salad**

**Lamb Burgers** (Recipe on Day 2)

#### **Coleslaw Salad**

Serves 4

#### **Ingredients**

- 6 cups red Cabbage, shredded
- 12 tbsp homemade Mayo
- 4 tsp Apple Cider Vinegar

#### **Instructions**

1. Mix mayonnaise (recipe on Day 8) and apple cider vinegar.
2. Add raw shredded cabbage and toss well.

## **Dessert**

2 squares Lindt 90% dark chocolate

## **Day 12**

## **Breakfast**

### **Avocado and Smoked Trout with Keto “Coffee”**

Serves 2

#### **Ingredients**

- 100g smoked Trout
- 1 large Avocado

#### **Instructions**

Wrap the trout around the avocado slices

## **Keto “Coffee”**

Serves 1

### **Ingredients**

- 1 cup hot decaff or Chaga Coffee, organic
- 2 tbsp Coconut milk
- 1 tbsp Coconut oil
- 1 tsp Vanilla essence

### **Instructions**

Put all the ingredients into a blender and whizz.

### **Morning Snack**

Lamb Liver Pâté (Recipe on Day 10) with cucumbers, celery or carrot sticks

### **Lunch**

#### **Coconut and Lime Mackerel with Garlicky Spinach**

Coconut and Lime Mackerel (Recipe on Day 10)

#### **Garlicky Spinach**

Serves 4

### **Ingredients**

- 6 tbsp Olive oil, extra virgin
- 3 cloves Garlic, finely chopped
- 340g Spinach, raw or frozen
- Pinch of Rock Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Turmeric, ground

### **Instructions**

1. Warm the oil in a pan at low heat.
2. Add the garlic and cook for a little while.
3. Then add the spinach, mix well, cover the pan and let it gently cook on medium heat for around 7-10 minutes until the spinach is cooked through.

## Afternoon Snack

### Coco-Choco Bites



Makes 16 bites

#### **Ingredients**

- 4 cups desiccated unsweetened Coconut
- 2 tbsp melted Coconut oil
- 30g cacao powder

#### **Instructions**

1. Put desiccated coconut into a food processor or Blendtec and blend until you have a smooth coconut butter (this takes up to 10 minutes depending on the strength of your processor).
2. Add liquid coconut oil and dark chocolate and blend to a smooth paste.
3. Pour the mass into silicone ice cube trays and set in fridge.

## Dinner

### Lemon Roast Chicken with Creamy Broccoli Mash

Serves 4

#### Lemon Roast Chicken

#### **Ingredients**

- 1 Whole chicken, free range or organic
- 4 tbsp Coconut oil
- 1 tsp Thyme

- 3 cloves Garlic, crushed

### **Instructions**

1. Preheat oven to 180C/350F.
2. Rub coconut oil over chicken, place it in a roasting tin and season with salt and pepper.
3. Squeeze all the juice of the lemon over the chicken and place lemon shell, thyme and crushed garlic inside the chicken.
4. Cook in oven for 90-100 minutes, basting occasionally. When chicken cooked (when pierced with skewer, the juices should run clear), leave to stand for 15 minutes before carving.

### **Creamy Broccoli Mash**

Serves 4

### **Ingredients**

- 2 small Broccoli chopped (stem and florets)
- 8 tbsp Olive oil, mild
- 1 medium Onion, chopped
- 2 cloves Garlic, chopped
- 2 Leeks, sliced
- 1 tsp Turmeric, ground
- Fresh juice from 1/2 Lemon
- 100ml homemade Chicken Stock
- Rock Salt and ground Pepper to season

### **Instructions**

1. Heat olive oil in a pan and add onion, garlic and leeks and cook for 5 minutes.
2. Add turmeric, salt and pepper and cook for another minute while stirring.
3. Add broccoli and stir everything well so that the vegetables are evenly coated with the spices.
4. Add stock, cover and cook for 12-15 minutes until the broccoli is soft.
5. Puree the vegetables with a blender to the desired consistency. Season with salt, pepper and lemon juice.

## **Homemade Chicken Stock**

I am a big fan of homemade chicken stock because it is very mineral-dense, great for gut healing and makes for a great snack at any time. Ask your butcher if he has any spare bones and you can have chicken stock on the go all the time.

Makes 2 liters

### **Ingredients**

- 2 liters Water
- Bones of 1-2 Chickens (250-500g)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Himalayan Salt
- 2cm fresh ginger, sliced
- 1 onion, chopped

### **Instructions**

1. Place all ingredients in a big pot and bring to the boil.
2. Turn heat down and simmer for at least 8 hours and up to 24 hours. The longer, the better!
3. Strain the stock when cooled down and store in fridge for up to 4 days or in freezer.

## **Day 13**

### **Breakfast**

#### **Mushroom and Leek Omelette with Crispy Bacon**

Don't forget to serve this with some extra crispy bacon!

Serves 2

### **Ingredients**

- 4 tbsp Olive oil, mild
- 75g Mushrooms, white, quartered
- 1 small Leek, cut into small pieces
- 3 large Eggs, free range or organic
- 1/2 tsp dried Thyme
- 1 Nitrate-free Bacon rasher, crumbled

## **Instructions**

1. Preheat the oven to 180C/350F.
2. Fry the leek, bacon and mushrooms in 3 tbsp of olive oil on medium heat for about 5-10 minutes or until the leek has softened.
3. Whisk together the eggs and thyme, use salt and pepper to taste.
4. Put the leek and mushrooms into an ovenproof dish coated with olive oil. Press down firmly and then pour the beaten egg mix over. Cover with crumbled bacon.
5. Bake for about 15-20 minutes until the eggs are set.

## **Morning Snack**

Coconut Bites (Recipe on Day 8)

## **Lunch**

### **Temaki Roll**

Don't forget to add 1 tbsp of homemade mayonnaise (Recipe on Day 8) to the Temaki roll.



Serves 2

## **Ingredients**

- 2 tbsp Coconut oil
- 25g Chicken, leftover from Day 12

- 4 large Eggs, free range or organic
- 2 sheets Seaweed nori
- 1 1/2 Avocado sliced
- 1 cup of Spinach, raw
- 1 tsp fresh Dill, chopped

### **Instructions**

1. Scramble the eggs in the coconut oil over medium heat, then let cool down.
2. Meanwhile, cut the Nori sheets into half (so that you have 4 sheets).
3. Put some egg, chicken, avocado, spinach and dill in the top third of the sheet and roll into cones (Temaki).

### **Afternoon Snack**

Almond Bites (Recipe on Day 11)

### **Dinner**

#### **Celery and Celeriac Soup**





Serves 6-8

### **Ingredients**

- 2 tbsp Coconut oil
- 4 cloves Garlic chopped
- 2 medium red Onions chopped
- 570g Celeriac raw cut into small pieces
- 6 stalks Celery raw cut into pieces
- 1 1/2 liters Water
- 6 tsp Bouillon powder (e.g. Swiss Marigold)
- 1/2 can Coconut milk
- 1 tsp Himalayan salt
- Black Pepper and Turmeric to taste

### **Instructions**

1. Melt coconut oil in a large pan, add garlic, onions, celeriac and celery and fry gently for about 10-15 minutes.
2. Meanwhile, make the vegetable broth by bringing the water to the boil and adding the Marigold bouillon powder.
3. Add the broth to the vegetables, season with salt, turmeric and pepper and simmer for about 45-60 minutes with the lid on.
4. At the end, add the coconut milk, blend well and season to taste.

## Dessert

### Keto Cacao



Serves 1

#### **Ingredients**

- 1 cup unsweetened Almond milk
- 1 tbsp unsalted grass-fed Butter
- 3 tsp Cocoa Powder
- 1 tbsp Coconut or MCT oil
- 1 tsp stevia

#### **Instructions**

Heat almond milk in a pan, put into a blender with all the ingredients and whizz

## Day 14

### Breakfast

#### Sardine Omelette



Serves 2

#### **Ingredients**

- 3 tbsp Coconut oil
- 4 Sardines, canned in brine, drained
- 1 cup Spinach, raw
- 1 cup chopped Mushrooms
- 2 chopped Spring onions, bulbs and tops
- 1 clove Garlic, finely chopped
- 3 large Eggs, free range or organic
- 1/2 tsp Turmeric, ground
- Salt and Pepper to taste

#### **Instructions**

1. Heat 1 tbsp coconut oil in a pan and gently fry spring onion and garlic for a few minutes.
2. Add spinach and mushrooms and fry for 2 minutes until the spinach is wilted and the mushrooms are lightly brown. Set all the vegetables aside.

3. Drain the sardines, blend with a blender or food processor to make sure all the bones are removed.
4. Mix the eggs in a bowl and add the spices.
5. Heat 2 tbsp of coconut oil in frying pan and pour the egg mix in. Spread fish and vegetable mix on top and leave to cook at low heat until the egg is almost set.
6. Fold the omelette in half and slide onto a plate.

### **Morning Snack**

Matcha Green Tea (Recipe on Day 10) with 1 tbsp Coconut Oil

### **Lunch**

#### **Coconut Chicken Cream Soup and Keto “Coffee”**

Makes 4

#### **Coconut Chicken Cream Soup**

#### **Ingredients**

- 2 tsp Coconut oil
- 4 tsp Curry powder
- 2 clove Garlic, crushed
- 1 1/2 cup Coconut milk, canned
- 1 cup Chicken Stock, homemade
- 4 handfuls fresh Parsley

#### **Instructions**

1. Melt the coconut oil over low heat. Stir in the curry powder and sauté for a minute or two.
2. Add garlic, coconut milk and chicken broth. Bring to a quick boil.
3. Let the soup simmer for five minutes. Season with salt and pepper and garnish with fresh parsley.

#### **Keto “Coffee” (Recipe on Day 12)**

Make sure you add 1 tbsp Thankfully Nourished collagen peptides

### **Afternoon Snack**

Celery Stick with Lamb Liver Pâté

## **Dinner**

### **Coconut Prawns with Spinach Salad**

Serves 6-8

#### **Coconut Prawns**

##### **Ingredients**

- 500g King Shrimps (Prawns), fresh or defrosted
- 1 cup desiccated Coconut
- 1 cup ground blanched Almonds
- 2 large Eggs, organic or free range
- 3 cloves Garlic, crushed
- 1 cup Coconut oil
- 1 tsp Himalayan salt
- 1 tsp Turmeric, ground

##### **Instructions**

1. Wash and peel shrimps (leave tail on).
2. Beat the eggs with the crushed garlic, turmeric and sea salt. Add pepper and paprika to taste.
3. Mix the desiccated coconut and almond meal.
4. Heat the coconut oil in a large skillet until hot enough for frying.
5. Dip each shrimp into the egg and then coat well with the coconut/almond mix.
6. Cook approximately 3 minutes per side without touching them before turning them on the other side.

**Spinach Salad** (Recipe on Day 11)

## Week 3 Ketogenic Diet Meal Plan

Weekday	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Dessert
<b>Sunday</b>	<i>Berry Spinach Smoothie</i>	<i>Liver pate with cucumber and carrot sticks</i>	<i>Salmon, Strawberries and Walnuts Spinach Salad</i>	<i>Low-carb Crispbread with tahini</i>	<i>Sesame Peanut Shirataki Noodles</i>	<i>Mint Chocolate Chip-Avocado "Ice Cream"</i>
<b>Monday</b>	<i>Berries Smoothie Bowl</i>	<i>Matcha green tea with coconut oil</i>	<i>Celery Soup</i>	<i>Blueberries with coconut cream and 90% Lindt dark chocolate</i>	<i>Pressure-Cooked Kale and Turkey</i>	
<b>Tuesday</b>	<i>Green Smoothie</i>	<i>Low-carb crispbread with avocado</i>	<i>Lamb Burger and Coleslaw Salad</i>	<i>Chocolate Protein Bars</i>	<i>Smoked Salmon with Leafy Salad</i>	
<b>Wednesday</b>	<i>Creamy Chocolate Cauliflower Smoothie Bowl</i>	<i>Low-carb crispbread with liver pate</i>	<i>Lettuce Wrap with Turkey</i>	<i>Almond Bites</i>	<i>Courgette (Zucchini) Spaghetti with Bolognese Sauce</i>	<i>Keto Cacao</i>
<b>Thursday</b>	<i>Sautéed Kale Eggs</i>	<i>Bulletproof "Coffee"</i>	<i>Salmon Mash and Avocado Salad</i>	<i>Nut Mix</i>	<i>Broccoli with Dressing and Lamb Burgers</i>	
<b>Friday</b>	<i>Avocado and Spinach Scramble</i>	<i>Bulletproof "Coffee"</i>	<i>Temaki Roll</i>	<i>Coconut Bites</i>	<i>Venison Steak Fennel</i>	
<b>Saturday</b>	<i>Almond Coconut Pancakes</i>	<i>Blueberry Coconut Smoothie</i>	<i>Spinach Salad with Flax Coconut Bread</i>	<i>Low-carb Crispbread with tahini</i>	<i>Broccoli with Dressing and Lamb Burgers</i>	<i>Blackberries Coconut Cream</i>

## Week 3 Grocery List

Produce	Meat / Seafood / Eggs	Dairy & Dairy Alternatives	Canned/Packaged Foods	Nuts & Seeds
<input type="checkbox"/> Avocado	<input type="checkbox"/> Chicken bones	<input type="checkbox"/> Almond milk	<input type="checkbox"/> Capers	<input type="checkbox"/> Almond butter
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Chicken, whole	<input type="checkbox"/> Butter, grass-fed	<input type="checkbox"/> Sardine fillets	<input type="checkbox"/> Almond meal
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Eggs	<input type="checkbox"/> Cacao butter	<input type="checkbox"/> Shirataki noodles	<input type="checkbox"/> Almonds
<input type="checkbox"/> Cabbage, red	<input type="checkbox"/> Lamb liver	<input type="checkbox"/> Cheese	<input type="checkbox"/> Sun dried tomatoes	<input type="checkbox"/> Cashew
<input type="checkbox"/> Capsicum/Pepper	<input type="checkbox"/> Lamb mince	<input type="checkbox"/> Coconut cream	<input type="checkbox"/> Vegetable broth	<input type="checkbox"/> Chia seeds
<input type="checkbox"/> Carrot	<input type="checkbox"/> Turkey thighs	<input type="checkbox"/> Coconut milk		<input type="checkbox"/> Flaxseed meal
<input type="checkbox"/> Cauliflower rice	<input type="checkbox"/> Venison steaks	<input type="checkbox"/> Goat cheese		<input type="checkbox"/> Flaxseeds
<input type="checkbox"/> Celeriac	<input type="checkbox"/> Wildcaught salmon	<input type="checkbox"/> Milk		<input type="checkbox"/> Macadamia
<input type="checkbox"/> Celery, half	<input type="checkbox"/>			<input type="checkbox"/> Peanut butter
<input type="checkbox"/> Cucumbers	<input type="checkbox"/>			<input type="checkbox"/> Pecan
<input type="checkbox"/> Fennel	<input type="checkbox"/>			<input type="checkbox"/> Pistachio
<input type="checkbox"/> Ginger	<input type="checkbox"/>			<input type="checkbox"/> Pumpkin seeds
<input type="checkbox"/> Green onion				<input type="checkbox"/> Sunflower seeds
<input type="checkbox"/> Kale				<input type="checkbox"/> Tahini
<input type="checkbox"/> Leeks				<input type="checkbox"/> Walnuts
<input type="checkbox"/> Lemon				
<input type="checkbox"/> Mesclun				
<input type="checkbox"/> Mushrooms				
<input type="checkbox"/> Rocket (Arugula)				
<input type="checkbox"/> Romaine lettuce				
<input type="checkbox"/> Spaghetti squash				
<input type="checkbox"/> Spinach				
<input type="checkbox"/> Strawberries				
<input type="checkbox"/> Zucchini (Courgettes)				

Herbs & Spices	Baking / Condiments	Beverages	Oils	Snacks / Protein Powder
<input type="checkbox"/> Apple cider vinegar	<input type="checkbox"/> Baking soda	<input type="checkbox"/> Chaga Mushroom Tea	<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Lindt 90% dark chocolate x 2 bars
<input type="checkbox"/> Basil, fresh	<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/> Decaffeinated coffee	<input type="checkbox"/> MCT oil	<input type="checkbox"/> Probiotics
<input type="checkbox"/> Black pepper	<input type="checkbox"/> Cacao nibs	<input type="checkbox"/> Lecithin	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Collagen
<input type="checkbox"/> Cayenne pepper	<input type="checkbox"/> Cacao powder	<input type="checkbox"/> Matcha powder	<input type="checkbox"/> Sesame oil	<input type="checkbox"/>
<input type="checkbox"/> Chinese 5 spices	<input type="checkbox"/> Coconut amino sauce	<input type="checkbox"/> Spirulina	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cilantro	<input type="checkbox"/> Coconut flour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Cream of tartar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Dill	<input type="checkbox"/> Desiccated coconut	<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/> Garlic	<input type="checkbox"/> Nutritional yeast			
<input type="checkbox"/> Ginger	<input type="checkbox"/> Psyllium husk			
<input type="checkbox"/> Himalayan salt	<input type="checkbox"/> Seaweed nori			
<input type="checkbox"/> Italian seasoning	<input type="checkbox"/> Stevia			
<input type="checkbox"/> Mint, fresh	<input type="checkbox"/> Swiss Marigold Bouillon powder			
<input type="checkbox"/> Mustard	<input type="checkbox"/> Vanilla extract			
<input type="checkbox"/> Onion				
<input type="checkbox"/> Paprika				
<input type="checkbox"/> Parsley, fresh				
<input type="checkbox"/> Rosemary				
<input type="checkbox"/> Sage				
<input type="checkbox"/> Thyme				
<input type="checkbox"/> Turmeric				

## Week 3 Recipes

### Day 15

#### Breakfast

#### Berry Spinach Smoothie

Serves 4

#### **Ingredients:**

- 4 cups spinach
- 2 cups blueberries
- 2 cups frozen raspberries
- 115g (4 ounces) chopped almonds
- 4 tablespoons nutritional yeast
- 4 cups almond milk
- 2 tbsp Thankfully Nourished collagen peptides

#### **Directions:**

Place all the ingredients in a blender and blend until smooth. Pour into individual cups and serve.

#### Morning Snack

Liver pate with cucumber and carrot sticks

#### Lunch

#### Salmon, Strawberries and Walnuts Spinach Salad

**Preparation time:** 10 minutes **Cooking time:** 20 minutes **Serves:** 5

#### **Ingredients:**

##### **Salad**

- 150g (5 ounces) baby spinach leaves
- 2 ripe avocados, chopped
- 8 ripe strawberries, chopped
- 5 ounces cherry tomatoes, halved
- 50g (2 ounces) walnuts, chopped
- 500g (1 pound) fresh salmon fillets
- 1 teaspoon olive oil



## **Vinaigrette**

- 2 tablespoons fresh lemon juice
- 6 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1 pinch cayenne pepper

## **Directions:**

1. Preheat the oven to 200°C (400°F).
2. Heat a cast iron or oven-proof pan over a medium-high heat and add the olive oil once the pan is hot.
3. Place the salmon in the pan skin-side down and cook the fillets for about 4 minutes.
4. Transfer the pan to the middle shelf in the oven and continue cooking for about 4 minutes (depending on the thickness) until cooked through.
5. Add the spinach, chopped avocado, strawberries, cherry tomatoes and walnuts to a large bowl.
6. Mix the freshly squeezed lemon juice with the Dijon mustard in another small bowl and whisk. Continue to whisk while gradually adding the olive oil. Once the vinaigrette is well combined, season it with cayenne pepper.
7. Divide the salad between two plates or bowls, add the salmon on top of each serving and then drizzle the vinaigrette over the top. Serve right away!

## ***Nutrition Facts (per serving)***

Total Carbohydrates: 12g Dietary Fiber: 8g Net Carbs: 5g Protein: 23g Total Fat: 46g Calories: 526

## **Afternoon Snack**

Low-carb Crispbread with tahini

## **Dinner**

Thyme Prawn (Shrimp) (Recipe on Day 8)

## **Dessert**

*Mint Chocolate Chip-Avocado "Ice Cream"*

## Day 16

### Breakfast

#### Berries Smoothie Bowl

*Ideal for those who are too busy to sit for breakfast.*

Servings: 1

#### **Ingredients**

- 1 cup of frozen blueberries plus extra for garnish
- 1 cup of filtered water
- ½ cup coconut yogurt
- 1 handful of walnut
- 1 tsp spirulina
- 1 tbsp nutritional yeast
- 1 tbsp lecithin
- 1 tsp MCT oil
- 1 tsp stevia

#### **Directions**

Place all the ingredients in a blender and blend it until smooth.

### Morning Snack

Matcha green tea with coconut oil

### Lunch

#### Celery Soup

To prepare the celeriac, slice off the rough knobby portions with a knife or vegetable peeler.

**Serves 4**

#### **Ingredients**

- 3 tablespoons extra-virgin olive oil, avocado or perilla oil, plus more for garnish
- 450g (1-pound) celeriac, peeled and cut into 1-inch cubes
- 2 celery stalks with leaves, cut into 1-inch pieces
- 1/4 cup minced dried onion or 1/2 red onion, chopped

- 1 teaspoon dried rosemary
- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon cracked black pepper
- 3 cups organic vegetable broth
- 1/2 lemon
- 3 tablespoons chopped flat-leaf parsley, for garnish

## **Directions**

1. In a large Dutch oven or heavy saucepan, heat the 3 tablespoons of olive oil over medium heat. Add the chopped celery root, celery, onion, rosemary, salt, and pepper, and cook for about 5 minutes, until the celery root and celery start to soften and brown a bit.
2. Add the broth, lemon, and bring to a boil. Reduce the heat, cover, and simmer for 30 minutes. Stir occasionally and check to see when the celery root is tender. Once it is, remove from heat.
3. Transfer about half of the mixture to a high-speed blender and blend on the purée or soup setting until smooth and creamy. Repeat with the rest of the mixture and then reheat the whole batch in the Dutch oven for about 5 minutes.
4. To serve, pour into serving bowls and garnish with parsley. Drizzle 1 tablespoon olive oil over each bowl, if desired.

## **Afternoon Snack**

1 cup blueberries with 1 tbsp coconut cream and 2 squares 90% Lindt dark chocolate

## **Dinner**

### **Pressure-Cooked Kale and Turkey**

**Serves 4—6**

## **Ingredients**

- 1 bunch Tuscan kale
- 1 medium red or yellow onion, chopped
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 tablespoons extra-virgin olive oil or avocado oil
- 2 teaspoons Italian seasoning
- 2 small pastured bone-in turkey thighs

- 2 tablespoons mustard
- 2 teaspoons sage
- Himalayan salt
- Cracked black pepper
- 4 to 6 tablespoons extra-virgin olive oil or truffle oil, for drizzling

## **Directions**

1. Slice the leaves off the stems of the kale. Chop the stems and the leaves into larger pieces. Set aside.
2. Sauté the onions and the garlic in the oil for about 5 minutes.
3. Add the vegetable stock and water. Add Italian seasoning, and turkey thighs.
4. Cook at high pressure for 14 minutes, then allow the pressure to come down naturally. Remove the turkey, and stir in the kale leaves, mustard, sage, and salt and pepper to taste. Shred the turkey and return to the pot.
5. Stir until well blended, and ladle into serving bowls. Drizzle each serving with a tablespoon of olive oil or truffle oil.

## Day 17

### Breakfast

#### Green Smoothie



Serves 1

#### **Ingredients**

- 1 cup chopped romaine lettuce
- ½ cup baby spinach
- 1 mint sprig with stem
- ½ avocado
- 4 tbsp freshly squeezed lemon juice
- ¼ cup ice cubes
- 1 cup filtered water
- 1 tbsp stevia
- 2 tbsp Thankfully Nourished collagen peptide

#### **Directions**

1. Place all the ingredients in a high-powered blender and blend on high until smooth and fluffy, adding more ice cubes if desired.
2. Add a little more water if the smoothie is too thick. You can make a triple batch and refrigerate for up to three days in a covered glass container

### **Morning Snack**

Low-carb crispbread with avocado

### **Lunch**

*Lamb Burger and Coleslaw Salad*

### **Afternoon Snack**

*Chocolate Protein Bars*

### **Dinner**

*Smoked Mackerel with Leafy Salad*

## **Day 18**

### **Breakfast**

#### **Creamy Chocolate Cauliflower Smoothie Bowl**

Serves: 1-2 servings

#### **Ingredients**

- 1 cup frozen cauliflower rice
- 2 tbsps raw cacao powder
- 1/4 cup almond milk, homemade + 1 tbsp
- 1 tbsp almond butter

#### **Toppings**

- 1-2 tbsp raw cacao nibs
- 1/2 cup blueberries

#### **Directions**

1. Add every ingredient into a food processor or high-speed electric blender, excluding the toppings.
2. Process until a soft ice cream consistency is reached.
3. Pour into serving bowls, topped with desired toppings.

### **Morning Snack**

*Low-carb crispbread with liver pate*

## **Lunch**

*Lettuce Wrap with Turkey*

## **Afternoon Snack**

*Almond Bites*

## **Dinner**

*Courgette (Zucchini) Spaghetti with Bolognese Sauce*

## **Dessert**

*Keto Cacao*

## **Day 19**

## **Breakfast**

**Sautéed Kale Eggs**

## **Morning Snack**

Bulletproof "Coffee"

## **Lunch**

**Sea Bass Mash and Avocado Salad**

## **Afternoon Snack**

## **Nut Mix**

**Makes 10 cups (40 servings)**

## **Ingredients**

- 450g (1 pound) raw shelled walnuts in halves and pieces
- 450g (1 pound) raw shelled pistachios or salted and dry-roasted pistachios
- 450g (1 pound) raw shelled macadamia nuts or salted and dry-roasted macadamias

## **Directions**

1. Mix all the nuts
2. Pack them into small zip lock bags
3. Store them in the fridge up to a week

### **Dinner**

*Broccoli with Dressing and Lamb Burgers*

## **Day 20**

### **Breakfast**

*Avocado and Spinach Scramble*

### **Morning Snack**

*Bulletproof "Coffee"*

### **Lunch**

*Temaki Roll*

### **Afternoon Snack**

*Coco-Choco Bites*

### **Dinner**

*Venison Steak Fennel*

## **Day 21**

### **Breakfast**

*Almond Coconut Pancakes*

### **Morning Snack**

**Blueberry Coconut Smoothie**

### **Lunch**

**Spinach Salad with Flax Coconut Bread**



## Afternoon Snack

Low-carb Crispbread with tahini

## Dinner

### Broccoli with Dressing and Lamb Burgers

## Dessert

*Blackberries Coconut Cream*

## Week 4 Ketogenic Diet Meal Plan

Weekday	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Dessert
Sunday	Avocado and Smoked Salmon with Keto "Coffee"	Low-carb crispbread with liver pate	Salmon Stir-Fry with Mixed Leafy Salad	Chocolate Protein Bars	Celery and Celeriac Soup	Mint Chocolate Chip-Avocado "Ice Cream"
Monday	Berry Spinach Smoothie	Bulletproof "Coffee"	Chicken Caesar Salad with Crispbread	Almond Bites	Ginger Cod with Zucchini Noodles	
Tuesday	Flaxseed Crepes with Yogurt	Matcha Green Tea with Coconut Oil	Broccoli with Dressing and Lamb Burgers	Blackberries Coconut Cream	Salmon Mash and Avocado Salad	
Wednesday	Green Smoothie	Liver pate with cucumber and carrot sticks	Venison Steak Fennel	Low-carb Crispbread with tahini	Coconut and Lime Salmon	
Thursday	Mushroom and Leek Omelette	Low-carb Crispbread with tahini	Pressure-Cooked Kale and Turkey	Coconut Bites	Spinach Salad with Flax Coconut Bread	
Friday	Ketogenic Porridge	Nut Mix	Sesame Peanut Shirataki Noodles	Liver pate with cucumber and carrot sticks	Lettuce Wrap with Salmon	
Saturday	Creamy Chocolate Cauliflower Smoothie Bowl	Bulletproof "Coffee"	Omelette filled with Red Pesto and Rocket (Arugula) Salad	Coconut Yoghurt with Blueberries	Mediterranean Vegetables with Chicken Legs	Keto Cacao

## Week 4 Grocery List

Produce	Meat / Seafood / Eggs	Dairy & Dairy Alternatives	Canned/Packaged Foods	Nuts & Seeds
<input type="checkbox"/> Avocado	<input type="checkbox"/> Chicken legs	<input type="checkbox"/> Almond milk	<input type="checkbox"/> Shirataki noodles	<input type="checkbox"/> Almond butter
<input type="checkbox"/> Blackberries	<input type="checkbox"/> Chicken, whole	<input type="checkbox"/> Cacao butter	<input type="checkbox"/>	<input type="checkbox"/> Almond meal
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Cod fillets	<input type="checkbox"/> Coconut cream	<input type="checkbox"/>	<input type="checkbox"/> Almonds
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Eggs	<input type="checkbox"/> Coconut milk	<input type="checkbox"/>	<input type="checkbox"/> Cashew
<input type="checkbox"/> Capsicum/Pepper	<input type="checkbox"/> Lamb liver	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chia seeds
<input type="checkbox"/> Carrot	<input type="checkbox"/> Lamb mince	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Flaxseed meal
<input type="checkbox"/> Celeriac	<input type="checkbox"/> Roast turkey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Flaxseeds
<input type="checkbox"/> Celery, half	<input type="checkbox"/> Smoked salmon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Peanut butter
<input type="checkbox"/> Fennel	<input type="checkbox"/> Venison steaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Pecan
<input type="checkbox"/> Ginger	<input type="checkbox"/> Wildcaught salmon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Pumpkin seeds
<input type="checkbox"/> Green onion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Sunflower seeds
<input type="checkbox"/> Kale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Tahini
<input type="checkbox"/> Leeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Lemon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Mesclun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Rocket (Arugula)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Romaine lettuce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Zucchini (Courgettes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Herbs & Spices	Baking / Condiments	Beverages	Oils	Snacks / Protein Powder
<input type="checkbox"/> Apple cider vinegar	<input type="checkbox"/> Baking soda	<input type="checkbox"/> Chaga Mushroom Tea	<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Lindt 90% dark chocolate x 2 bars
<input type="checkbox"/> Basil, fresh	<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/> Decaffeinated coffee	<input type="checkbox"/> MCT oil	<input type="checkbox"/> Probiotics
<input type="checkbox"/> Black pepper	<input type="checkbox"/> Cacao powder	<input type="checkbox"/> Matcha powder	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Collagen
<input type="checkbox"/> Cayenne pepper	<input type="checkbox"/> Coconut amino sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Coconut flour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Garlic	<input type="checkbox"/> Cream of tartar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Ginger	<input type="checkbox"/> Desiccated coconut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Himalayan salt	<input type="checkbox"/> Nutritional yeast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Mint, fresh	<input type="checkbox"/> Psyllium husk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Mustard	<input type="checkbox"/> Stevia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Onion	<input type="checkbox"/> Vanilla extract	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Paprika	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Parsley, fresh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Rosemary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Thyme	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Turmeric	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## **Week 4 Recipes**

### **Day 22**

#### **Breakfast**

**Avocado and Smoked Trout with Keto “Coffee”**

#### **Morning Snack**

Low-carb crispbread with liver pate

#### **Lunch**

**Salmon Stir-Fry with Mixed Leafy Salad**

#### **Afternoon Snack**

Chocolate Protein Bars

#### **Dinner**

**Celery and Celeriac Soup**

#### **Dessert**

*Mint Chocolate Chip-Avocado “Ice Cream”*

### **Day 23**

#### **Breakfast**

**Egg Ham Spinach**

#### **Morning Snack**

Bulletproof “Coffee”

#### **Lunch**

**Brussels Sprouts Salad With Shallots Dressing**

## **Afternoon Snack**

### **Almond Bites**

### **Dinner**

### **Thyme Prawn (Shrimp)**

## **Day 24**

## **Breakfast**

### **Flaxseed Crepes with Yogurt**

**Preparation time:** 3 minutes **Cooking time:** 2 minutes **Serves:** 2

### **Ingredients**

- 8 large egg whites
- ½ cup plain yogurt
- 4 tablespoons ground flaxseeds
- ½ cup almond milk

### **Directions**

1. Combine the flaxseeds with the milk and mix well until smooth and free of lumps.
2. Beat the egg whites and add to the flaxseeds mixture little by little.
3. Slightly grease a non-stick skillet with cooking spray. Ladle the batter and cook for about 1 – 1.50 mins on one side and 10–15 seconds on the other.
4. Top with yogurt and serve.

***Nutrition Facts (per serving)*** Total Carbohydrates: 13g Dietary Fiber: 4g Net Carbs: 9g Protein: 23g Total Fat: 6g Calories: 219

## **Morning Snack**

Matcha Green Tea with Coconut Oil

## **Lunch**

### **Broccoli with Dressing and Lamb Burgers**

### **Afternoon Snack**

**Blackberries Coconut Cream**

### **Dinner**

**Sea Bass Mash and Avocado Salad**

## **Day 25**

### **Breakfast**

**Green Smoothie**

### **Morning Snack**

Liver pate with cucumber and carrot sticks

### **Lunch**

**Venison Steak Fennel**

### **Afternoon Snack**

**Low-carb Crispbread with tahini**

### **Dinner**

**Coconut and Lime Mackerel**

## **Day 26**

### **Breakfast**

**Mushroom and Leek Omelette with Crispy Bacon**

### **Morning Snack**

Low-carb Crispbread with tahini

### **Lunch**

**Pressure-Cooked Kale and Turkey**

## **Afternoon Snack**

**Coconut Bites**

## **Dinner**

**Spinach Salad with Flax Coconut Bread**

**Day 27**

## **Breakfast**

**Ketogenic Porridge**

## **Morning Snack**

**Nut Mix**

## **Lunch**

**Coconut and Lime Mackerel**

## **Afternoon Snack**

Liver pate with cucumber and carrot sticks

## **Dinner**

**Lettuce Wrap with Salmon**

**Day 28**

## **Breakfast**

**Creamy Chocolate Cauliflower Smoothie Bowl**

## **Morning Snack**

Bulletproof "Coffee"

## **Lunch**

**Omelette filled with Red Pesto and Rocket (Arugula) Salad**

## **Afternoon Snack**

**Coconut Yoghurt with Blueberries**

## **Dinner**

**Mediterranean Vegetables with Chicken Legs**

## **Dessert**

*Keto Cacao*