

KETO | ACCELERATOR
MASTERCLASS

**3 MEALS PER DAY
AVG. 1813 KCAL
81/16/3 MACROS**

KETO *Meal* **PLAN NO.01**



CLAUDIA J. CALDWELL

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MACRO OVERVIEW – WEEK 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast	1 serving of Scrambled Eggs with Hot Peppers and 2 pieces of Cloud Bread	One Minute Flax Muffin and Strawberry Avocado Keto Smoothie	1 serving of Easy Cheesy Breakfast Casserole	1 serving of Chia Pudding with Raspberries	1 Keto Breakfast Sandwich	1 serving of Chicken Hot Dog Muffins	1 serving of Green Arugula Smoothie	
Lunch	1 serving of Turkey Meat in Creamy Mushrooms and Mixed Salad	1 serving of Healthy Tuna Avocado Salad	1 serving of Greek Keto Salad	1 Pepper Sandwich	1 serving of Chicken Salad with Nuts	1 serving of Sausage & Mushroom Pizza Bowl	1 serving of Mushroom-Beef Burger	
Dinner	1 serving of Keto Broccoli Salad	1 serving of Mexican Pork Steaks	1 serving of Keto Cream of Chicken Soup with Bacon	1 serving of Turkey Cubes with Brussel Sprouts & Dried Prunes	1 serving of Fish Baked in Foil and Avocado Dip	1 serving of Garlic Butter Fish	1 serving of Turkey Calzone	
Average Per Day%	Protein:19% Fat: 71% Carbs: 10%	Protein:18% Fat: 70% Carbs: 12%	Protein:17% Fat: 71% Carbs: 12%	Protein:19% Fat: 70% Carbs: 11%	Protein:17% Fat: 78% Carbs: 6%	Protein:26% Fat: 70% Carbs: 4%	Protein:15% Fat: 76% Carbs: 9%	
whole day kcal	whole day kcal	whole day kcal	whole day kcal	whole day kcal	whole day kcal	whole day kcal	whole day kcal	
1842	1778	1832	1783	1835	1815	1765		
Weekly Average		1807kcal						
Protein % Average		19%						
Fat % Average		72%						
Carbs % Average		9%						

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**Day
1**

WEEK 1

Protein:
24%

Fat:
67%

Carbohydrate:
9%

BREAKFAST

Scrambled Eggs with Hot Pepper & Cloud Bread

Ingredients for 1 serving:

- 2 large eggs
- 1 Tbsp of unsalted butter
- 1 medium-sized (1 oz) hot green pepper
- Salt to taste

Preparation:

- Use a fork to beat the eggs together.
- Melt the butter in medium nonstick skillet over on low heat.
- Add chopped pepper and cook for about 1 minute.
- Add egg mixture.
- Cook, continually moving eggs with the spatula, just until eggs are set, 2 to 3 minutes.
- Season with salt; serve hot with cloud bread.



Preparation Time
5 min



Cooking Time
3 min

Nutritional Info:

Energy (calories): **231 kcal**
Protein: 13.92 g
Fat: 17.31 g
Total saturated: 7.94 g
Carbohydrates: 4.98 g
Fiber: 0.7g
Total sugars: 267g
Net Carbs: 4.28g

Day 1

Protein: **22%** Fat: **17%** Carbohydrate: **5%**

BREAKFAST

Cloud bread

Ingredients for 1 serving:

- 1 large egg (whites & yolks separated)
- 1 oz Mascarpone (softened; can also use cream cheese)
- Pinch of sea salt

Preparation:

- Preheat oven to 300°F.
- Line a baking sheet with parchment paper and grease lightly.
- In a bowl, use an electric mixer to beat the egg white until stiff peaks form.
- In a second bowl, use the mixer to beat the mascarpone, egg yolk, and sea salt until smooth.
- Carefully and gradually fold the egg white into the mascarpone mixture with a spatula. Use a folding motion to incorporate, without breaking down the air bubbles in the egg whites.
- Scoop the mixture into two circular discs onto the parchment paper. Bake 25-35 minutes, until golden.



Preparation Time
5 min



Cooking Time
30 min

Nutritional Info:

Energy (calories): **101 kcal**
 Protein: **5.61g**
 Fat: **8.18g**
 Total saturated: **7.94g**
 Carbohydrates: **1.23 g**
 Fiber: **0g**
 Total sugars: **1.23 g**
 Net Carbs: **1.23 g**

Day 1

Protein: **28%** Fat: **69%** Carbohydrate: **3%**

LUNCH

White Turkey Meat in Creamy Mushrooms

Ingredients for 1 serving:

- 7 oz of turkey white meat
- 2 Tbsp olive oil
- 5 medium-sized white mushrooms, sliced
- 2 Tbsp of sour cream
- 3 Tbsp butter
- 1 tsp salt
- 2 cloves of garlic, minced.

Preparation:

- Cut white turkey meat into thin fillets and season them with salt and pepper. Pour over olive oil.
- Place fillets to cover the bottom of a suitable ovenproof baking dish.
- Cover the fillets with sliced mushrooms.
- Mix together the sour cream, melted butter, salt, pepper, and garlic.
- Pour the sour cream mixture over the fillets and sliced mushrooms.
- Bake at 390°F until golden brown for about 15 minutes.
- Serve with mixed salad as a side dish.



Preparation Time

5 min



Cooking Time

15 min

Nutritional Info:

Energy (calories): **881 kcal**
 Protein: **61.55g**
 Fat: **68.52g**
 Total saturated: **28.41g**
 Carbohydrates: **6.65g**
 Fiber: **1g**
 Total sugars: **1.92g**
 Net Carbs: **5.65g**

**Day
1**

Protein: **5%** Fat: **71%** Carbohydrate: **24%**

LUNCH

Mixed Salad

Ingredients for 1 serving:

- 1 medium-sized tomato
- 1 cucumber
- 1 spring onion
- 1 Tbsp of freshly chopped parsley
- 1/4 of lemon (juiced)
- 1 Tbsp of olive oil
- Salt and pepper to taste

Preparation:

- Combine cucumbers, tomatoes, onion, and parsley in a medium mixing bowl.
- Add in lemon juice, olive oil, and spices and mix well to coat.
- Taste and adjust seasoning as desired.



Preparation Time

5 min



Cooking Time

None

Nutritional Info:

Energy (calories): **174 kcal**
Protein: 2.7 g
Fat: 14.15 g
Total saturated: 1.93 g
Carbohydrates: 10.3 g
Fiber: 3.4 g
Total sugars: 6.69 g
Net Carbs: 6.9 g

Day 1

Protein: **16%** Fat: **74%** Carbohydrate: **10%**

DINNER

Keto Broccoli Salad



Ingredients for 1 serving:

- 2 cups of fresh broccoli cut into bite-sized pieces
- 1 small red onion, diced finely
- 2 Tbsp of sunflower or pumpkin seeds
- 1 oz of cheddar cheese, cubed
- 1 Tbsp of mayonnaise
- 1 tsp of apple cider vinegar
- Salt and pepper to taste
- 1 oz of bacon, cooked and crumbled

Preparation:

- Combine broccoli, red onion, sunflower or pumpkin seeds, and cheese in a large bowl.
- To prepare the dressing, mix the mayonnaise and vinegar together until smooth. Stir into the salad.
- Stir in the bacon right before serving.
- Season with salt and pepper and serve.



 Preparation Time **5 min**
 Cooking Time **None**

Nutritional Info:

Energy (calories): **455 kcal**
 Protein: **22.18g**
 Fat: **41.96 g**
 Total saturated: **12.51 g**
 Carbohydrates: **9.11 g**
 Fiber: **4.9 g**
 Total sugars: **4.14 g**
 Net Carbs: **4.21 g**

Day
2

WEEK 1

Protein:
15%

Fat:
71%

Carbohydrate:
14%

BREAKFAST

One Minute Flax Muffin & Strawberry Avocado Keto Smoothie

Ingredients for 1 serving:

- ¼ cup flax seed meal
- ½ tsp baking powder
- ¼ tsp stevia powder
- 1 tsp cinnamon
- 1 egg
- 1 tsp oil

Preparation:

- Mix all ingredients in a coffee mug.
- Microwave for 60 seconds on high.
- If using frozen berries, microwave for 90 seconds on high.
- Smooth on some butter and enjoy!
- It will be moist at first, but as the muffin cools it will solidify.



Preparation Time

5 min



Cooking Time

2 min

Nutritional Info:

Energy (calories): **268 kcal**
Protein: 11.5 g
Fat: 21.1 g
Total saturated: 3.2 g
Carbohydrates: 11.1 g
Fiber: 9 g
Total sugars: 0.7 g
Net Carbs: 2.1 g

**Day
2**

Protein: **6%** Fat: **67%** Carbohydrate: **27%**

BREAKFAST

Strawberry Avocado Keto Smoothie

Ingredients for 1 serving:

- 3 oz of frozen strawberries
- 1/3 cup of Almond Milk
- 1/2 of a large avocado
- 1 Tbsp of powdered sweetener

Preparation:

Mix all ingredients in a blender and serve.



Preparation Time

5 min



Cooking Time

None

Nutritional Info:

Energy (calories): **106 kcal**
Protein: 1 g
Fat: 7 g
Total saturated: 1 g
Carbohydrates: 12 g
Fiber: 5 g
Total sugars: 4 g
Net Carbs: 7 g

**Day
2**

Protein: **23%** Fat: **70%** Carbohydrate: **7%**

LUNCH

Healthy Tuna Avocado Salad

Ingredients for 1 serving:

- 1 medium cucumber, sliced
- 1/2 avocado cut into cubes
- 1 can of 5 oz tuna
- 2 Tbsp of fresh cilantro
- 2.5 Tbsp of oil
- 1/4 lemon (juiced)
- Salt and pepper to taste

Preparation:

- Slice cucumber and transfer it to a mixing bowl. Peel and cut avocados into cubes and add them to the bowl.
- Drain and break up tuna with a fork. Peel and thinly slice a small red onion and add to bowl. Chop fresh cilantro. Add it along the sides with 2 spoons of fresh lemon juice.
- Finally, add 2 spoons of olive oil and salt it to taste.



Preparation Time

5 min



Cooking Time

None

Nutritional Info:

Energy (calories): **653 kcal**
 Protein: 40.91 g
 Fat: 60.55 g
 Total saturated: 9.3 g
 Carbohydrates: 13.88 g
 Fiber: 8.3 g
 Total sugars: 3.76 g
 Net Carbs: 5.58 g

**Day
2**

Protein: **26%** Fat: **72%** Carbohydrate: **2%**

DINNER

Mexican Pork Steaks

Ingredients for 1 serving:

- 2 Tbsp of vegetable oil
- 1 pork blade steaks, 1/2-inch thick or two thinner
- 3 Tbsp of chunky salsa (mild, medium, or hot, your choice)
- 1/3 cup water
- 1/2 tsp ground cumin
- 1/4 cup fresh cilantro, chopped

Preparation:

- Heat the oil in a non-stick skillet over medium heat. The pan should be large enough for the pork steaks to fit in a single layer. Add the pork steaks and brown on both sides.
- Combine the salsa, water, and cumin until well mixed. Evenly pour the salsa mixture over the pork steaks in the pan. Cover the pan and let simmer for 10-12 minutes or until pork is cooked through.
- Sprinkle the pork with the cilantro before serving.



Preparation Time

5 min



Cooking Time

10 min

Nutritional Info:

Energy (calories): **751 kcal**
 Protein: 46.66 g
 Fat: 60.19 g
 Total saturated: 16.45 g
 Carbohydrates: 3.63 g
 Fiber: 1.7 g
 Total sugars: 3.06 g
 Net Carbs: 1.93 g

**Day
3**

WEEK 1

Protein: **20%** Fat: **74%** Carbohydrate: **6%**

BREAKFAST

Easy Cheesy Breakfast Casserole

Ingredients for 1 serving:

- 3 oz of Italian sausage (I prefer hot, but mild or sweet will also work)
- 1 small white onion, peeled and diced
- 1 clove of garlic, minced
- 1/2 red bell pepper, cored and diced (or 1/2 jar of roasted red peppers, drained and diced)
- 2 eggs
- 1/3 cup heavy cream
- 1 zucchini, diced
- 1/2 cup of shredded sharp cheddar cheese
- 1/8 tsp of freshly ground black pepper
- Optional topping: thinly sliced green onions



Preparation:

- Heat oven to 375°F. Add the sausage to a medium sauté pan. Cook over medium-high heat until browned, crumbling the sausage with a spoon as it cooks. Remove sausage with a slotted spoon and transfer to a mixing bowl.
- Leave the sausage grease in the sauté pan. Add the onion, red pepper, and zucchini to the sauté pan, and sauté for 5 minutes until cooked. Add the garlic and sauté for an additional 2 minutes until fragrant. (If using the jarred roasted red peppers, wait to stir them until after the garlic.) Pour the vegetable mixture into the mixing bowl with the sausage.
- Add 1/4 cup cheese to the mixing bowl with the sausage and veggies. Stir to combine.
- In a separate bowl, whisk together the eggs, heavy cream, and black pepper until combined. Then add them to the veggie mixture, and stir to combine.
- Pour the mixture into a 9×9-inch baking dish (a 9×13-inch dish will also work), and top with the remaining 1/4 cup of shredded cheese. Cover with aluminum foil and bake for about 15 minutes.

Note: you can prep this the night before and then pop it in the oven the next day.

Note: This recipe has been slightly modified by a nutritionist to achieve Keto results (potato is replaced with zucchini and milk with Greek yogurt, and recounted for 1 serving).



Preparation Time

10 min



Cooking Time

20 min

Nutritional Info:

Energy (calories): **832 kcal**
 Protein: **39.21 g**
 Fat: **69.01 g**
 Total saturated: **32.46 g**
 Carbohydrates: **9.4 g**
 Fiber: **1.9 g**
 Total sugars: **6.19 g**
 Net Carbs: **7.5 g**

**Day
3**

Protein: **13%** Fat: **64%** Carbohydrate: **23%**

LUNCH

Greek Keto Salad


Ingredients for 1 serving:

- 1 cup of coarsely chopped romaine lettuce
- 1 medium tomato, sliced
- 1 medium cucumber, peeled, seeded, and diced
- 1 small green bell pepper, diced
- 1 small red onion, diced medium
- 2 oz of feta, diced medium
- 2 olives, chopped
- 2 Tbsp of fresh lemon juice
- 1 Tbsp of extra-virgin olive oil
- Coarse salt and ground pepper



Preparation:

- Wash and cut veggies into desired shape (diced or strips), mix them in a bowl and add the feta.
- Drizzle the mixture of lemon juice, olive oil, salt, and pepper over top.
- Serve and enjoy!


Preparation Time
10 min


Cooking Time
20 min

Nutritional Info:

Energy (calories): **376 kcal**
 Protein: 12.69 g
 Fat: 26.51 g
 Total saturated: 10.47 g
 Carbohydrates: 22.9 g
 Fiber: 5.9 g
 Total sugars: 14.92 g
 sugars: 7.5 g

**Day
3**

Protein: **17%** Fat: **75%** Carbohydrate: **7%**

DINNER

**Keto Cream of Chicken
Soup with Bacon**


Ingredients for 1 serving:

- 1.5 slices of no-sugar bacon, chopped ~ 40g
- 1 tsp of butter
- 1 clove of garlic, minced
- 1 oz of shiitake mushrooms sliced
- 3/4 cup of water
- 1/4 cup of coconut milk or almond milk
- 1/3 cup of heavy cream
- 3/4 cup of chicken bone broth
- 1 rib of celery, chopped
- 1 piece of deboned skinless chicken thighs, cooked and chopped ~ 3 oz
- Salt and pepper to taste
- 1 tsp of fresh parsley chopped

Preparation:

- Cook bacon in 1 Tbsp of butter over medium heat in a large soup pot until crispy. Remove bacon from pot and set aside.
- Add 1 Tbsp of butter to the pot. Add garlic and cook until golden. Add mushrooms and cook until they are softened.
- Add water and cook until liquid is reduced by half.
- Stir in coconut milk, heavy cream, and chicken broth. Add celery and chicken. Simmer until heated throughout. Season with salt and pepper to taste. Garnish with parsley and bacon.



 Preparation Time **10 min**  Cooking Time **20 min**

Nutritional Info:

Energy (calories): **624 kcal**
 Protein: **25.48g**
 Fat: **53.88 g**
 Total saturated: **25.9g**
 Carbohydrates: **10.74 g**
 Fiber: **2.3g**
 Total sugars: **6.29g**
 Net Carbs: **8.44g**

**Day
4**

WEEK 1

Protein: **17%** Fat: **69%** Carbohydrate: **14%**

BREAKFAST

Chia Pudding with Raspberries

Ingredients for 1 serving:

- 1 cup of coconut milk
- 1 oz of chia seeds
- Zest and juice of 1/4 lemon
- 1 cup of raspberries (fresh or frozen)
- 2 Tbsp of egg white powder
- 1 tsp of cinnamon

Preparation:

- Combine all ingredients in a large, sealable container. Make sure all chia seeds are mixed in.
- Let sit overnight or for at least 8 hours.
- Serve cold with toppings of choice (I added additional raspberries and honey).

Note: Prepare ahead of time, as it needs to be refrigerated overnight or at least for a few hours.
 Note: This recipe has been slightly modified by a nutritionist to achieve Keto results (used cinnamon instead of honey, added egg white powder, and recounted for 1 serving).



 Preparation Time **5 min**  Cooking Time **None**

Nutritional Info:

Energy (calories): **609 kcal**
 Protein: **36.55 g**
 Fat: **57.8 g**
 Total saturated: **41.73 g**
 Carbohydrates: **27.42 g**
 Fiber: **19.2 g**
 Total sugars: **5.8 g**
 Total sugars: **8.22 g**

**Day
4**

Protein: **18%** Fat: **73%** Carbohydrate: **9%**

LUNCH

Pepper Sandwich

Ingredients for 1 serving:

- 1 small red bell sweet pepper
- 1 Tbsp of roasted sesame seeds
- 4 Tbsp of cream cheese
- 2 hardboiled eggs, chopped
- 2 Tbsp of cultured sour cream

Preparation:

- Wash and cut the bell pepper lengthwise. Clean out the seeds. Set aside.
- Cook eggs in boiling water for 8 minutes, cool, peel, and chop.
- Stir together all other ingredients in a medium-sized mixing bowl.
- Fill the pepper halves with the egg mixture using a spoon. Serve.



Preparation Time

5 min



Cooking Time

8 min

Nutritional Info:

Energy (calories): **423 kcal**
Protein: 18.37g
Fat: 35.01g
Total saturated: 16.73g
Carbohydrates: 9.65g
Fiber: 2.3g
Total sugars: 6.46g
Net Carbs: 7.35g

**Day
4**

Protein: **20%** Fat: **69%** Carbohydrate: **10%**

DINNER

Turkey Cubes with Brussels Sprouts & Dried Prunes

Ingredients for 1 serving:

- 5 oz of turkey meat, cut into chunks
- 3 Tbsp of olive oil (divided)
- 4 oz of halved Brussels sprouts,
- 5 pine nuts
- 1/2 cup of chopped leek
- 1 clove of chopped garlic
- 2 coarsely chopped dried prunes (soaked in water)
- ~ 1/2 cup of water
- 1 Tbsp of butter

Preparation:

- Cut turkey meat into chunks and put them in a medium-sized bowl. Pour over a spoon of oil, stir, and set aside. Wash Brussels sprouts under cool running water, drain, and set aside.
- Fry pine nuts in a dry hot pan for 2-3 minutes. Transfer them to a plate and set aside. Wipe the pan and return it to the stove. Add a spoon of olive oil and heat it.
- Add Brussels sprouts and fry them for about 5 minutes, stirring often. Add chopped leek and garlic and fry a bit longer.
- Drain and chop prunes and put them over the cooked veggies. Pour over 1/2 a cup of water and cook for another 5-7 minutes over medium heat, until the Brussels sprouts become tender (but not be too soft). Transfer the Brussels sprout mixture into a serving bowl, sprinkle with toasted pine nuts, season with salt and pepper to taste, and stir.
- Heat a skillet over high heat, melt butter, add meat (with all of the marinade liquid) and cook for 10 minutes until it reaches a nice brown color. Combine it with the Brussels sprout mixture and serve.



Preparation Time

5 min



Cooking Time

25 min

Nutritional Info:

Energy (calories): **751 kcal**
 Protein: **37.45g**
 Fat: **55.93g**
 Total saturated: **13.6g**
 Carbohydrates: **19.9g**
 Fiber: **6.6g**
 Total sugars: **11.65g**
 Total sugars: **13.3g**

**Day
5**

WEEK 1

Protein: **21%** Fat: **74%** Carbohydrate: **5%**

BREAKFAST

Keto Breakfast Sandwich


Ingredients for 1 serving:

- 2 sausage patties
- 1 egg
- 1 Tbsp cream cheese
- 2 Tbsp sharp cheddar
- 1/4 medium avocado, sliced
- 1/4 -1/2 tsp of sriracha or salsa (to taste)
- Salt and pepper to taste

Preparation:

- In a skillet over medium heat, cook sausage patties per package instructions and set aside.
- In a small bowl place the cream cheese and sharp cheddar. Microwave for 20-30 seconds until melted.
- Mix the sriracha in the cheese sauce and set aside
- Mix the egg with seasoning and make a small omelet.
- Fill the omelet with the cheese and sriracha mixture and assemble the sandwich.




Preparation Time
5 min


Cooking Time
10 min

Nutritional Info:

Energy (calories): **455 kcal**
 Protein: 23.06g
 Fat: 38.22g
 Total saturated: 14.2g
 Carbohydrates: 6.27 g
 Fiber: 3.4g
 Total sugars: 1.67g
 Net Carbs: 2.87g

**Day
5**

Protein: **14%** Fat: **82%** Carbohydrate: **4%**

LUNCH

Chicken Salad with Nuts


Ingredients for 1 serving:

- 3 oz of cooked chicken, chopped (leftover or rotisserie)
- 1 celery, diced
- 1 spring onion, finely chopped
- 1/4 ripe avocado, cut into small chunks
- 1 tsp of fresh parsley, chopped
- 2 Tbsp of mayonnaise,
- 1/2 tsp of Dijon mustard
- 1 tsp fresh lemon juice
- Salt and freshly cracked black pepper, to taste
- 1 oz of sliced almonds

Preparation:

- Add cooked chicken to a bowl and shred with two forks or chop on a cutting board.
- Chop the onion, celery, parsley, and avocado.
- Add the chicken, chopped veggies, mayo, Dijon, fresh lemon, salt, and black pepper to a bowl and use a fork or spoon to toss and combine. Fold in sliced almonds, serve.




Preparation Time
5 min


Cooking Time
10 min

Nutritional Info:

Energy (calories): **830 kcal**
 Protein: **25.16g**
 Fat: **77g**
 Total saturated: **15.12g**
 Carbohydrates: **9.82 g**
 Fiber: **7.8g**
 Total sugars: **1.47g**
 Net Carbs: **2.02g**

**Day
5**

Protein: **29%** Fat: **66%** Carbohydrate: **5%**

DINNER

Fish Baked in Foil


Ingredients for 1 serving:

- 1 (6 oz) tilapia fillet
- 4 asparagus sprigs, cut into thirds
- 1 small zucchini (or other summer squash), sliced
- Salt and freshly ground black pepper to taste
- 2 Tbsp of butter, slightly melted
- 1 clove of garlic, minced
- 1 tsp of lemon juice
- 1/2 tsp dried or fresh thyme or oregano or mix of both
- 1/4 tsp dried dill (optional)
- 1 Tbsp fresh minced parsley for topping
- 1/2 medium lemon, cut into wedges (optional)



Preparation:

- Preheat oven to 450°F. Tear two pieces of heavy-duty aluminum foil large enough to wrap fish and veggies pack.
- Place fish fillet in the center of the foils and then divide the veggies (asparagus & squash) between foil packs. Season with salt and pepper.
- In a bowl, whisk together the melted butter, garlic, lemon juice, dried thyme/oregano, and dried dill.
- Pour the garlic butter over the fish packet. Fold the foil over to almost completely cover the fish and veggies. Leave a small opening on top to release steam.
- Place on a baking sheet and bake fish until cooked through, depending on the type and the thickness of your fish, 15-20 minutes. When a fork easily cuts through the fish flakes, it's cooked! Serve warm with parsley sprinkled on top and with lemon wedges.


Preparation Time
10 min


Cooking Time
20 min

Nutritional Info:

Energy (calories): **335 kcal**
 Protein: 24.68g
 Fat: 25.28g
 Total saturated: 15.31g
 Carbohydrates: 4.83g
 Fiber: 1g
 Total sugars: 1.1g
 Net Carbs: 3.83g

**Day
5**

Protein: **3%** Fat: **89%** Carbohydrate: **8%**

DINNER

Avocado Dip

Ingredients for 1 serving:


- 1/2 avocado, mashed
- 1/2 jalapeño, minced
- 1 Tbsp of chopped cilantro
- 2 tsp of extra-virgin olive oil
- 1/2 lemon, juiced
- Salt and freshly ground black pepper to taste

Preparation:

- In a medium bowl, mash avocado, add chopped jalapeño, and cilantro. Add oil and lemon juice and season with salt and pepper. Stir and serve with baked fish.

Note: This recipe has been slightly modified by a nutritionist to achieve Keto results (added butter and recounted for 1 serving).




Preparation Time
10 min


Cooking Time
None

Nutritional Info:

Energy (calories): **215 kcal**
 Protein: 2.57g
 Fat: 23.8g
 Total saturated: 3.38g
 Carbohydrates: 10.59g
 Fiber: 7.2g
 Total sugars: 2.19g
 Net Carbs: 3.39g

**Day
6**

WEEK 1

Protein:
29%

Fat:
66%

Carbohydrate:
5%

BREAKFAST

Chicken Hot Dog Muffins

Ingredients for 1 serving:

- 3 eggs
- 2 scoops of egg white powder
- 4 Tbsp of olive oil
- 2 Tbsp of mashed avocado ~ 1/2 of avocado
- 3 mini chicken hot dogs or 1 regular size cut into 3 pieces
- 1/4 tsp of dried oregano

Preparation:

- Preheat oven to 390°F.
- Grease the muffin tin with oil.
- Divide hot dogs into same-sized chunks and put them in each muffin mold.
- Beat eggs and egg white powder, add olive oil, and mashed avocado and pour over each hot dog.
- Sprinkle with a bit of oregano and bake for 10 minutes.



Preparation Time

5 min



Cooking Time

10 min

Nutritional Info:

Energy (calories): **533 kcal**
 Protein: 37.03g
 Fat: 38g
 Total saturated: 11.6g
 Carbohydrates: 9.07g
 Fiber: 6.9g
 Total sugars: 1.69g
 Net Carbs: 2.17g

Day 6

Protein: **23%** Fat: **74%** Carbohydrate: **3%**

LUNCH

Sausage & Mushroom Pizza Bowls

Ingredients for 1 serving:

- 1 cup of sliced mushrooms
- 1 Italian sausage
- 1/2 cup of natural pizza sauce
- 1 cup shredded mozzarella
- 1 Tbsp grated parmesan cheese
- 1/4 tsp red pepper flakes
- 2 tsp of butter

Preparation:

- Preheat broiler. Heat medium-sized skillet over medium-high heat. Add mushrooms to the dry pan and cook for 5 minutes. Mushrooms will soften and be a little squeaky.
- Remove the sausage from its casing and pull off 1/2 inch chunks. You want them to resemble small meatballs. Add to the pan and cook until sausage is fully cooked, about 6-8 minutes. Set aside.
- Place two 8 oz ramekins on a baking sheet. Place 2-3 Tbsp of the pizza sauce into the bottom of each ramekin followed by 1-2 Tbsp mozzarella. Divide the cooked sausage and mushroom mixture between the ramekins. Top with more mozzarella.
- Finish each ramekin with the rest of the marinara and sprinkle with remaining mozzarella. Sprinkle parmesan followed by a light sprinkle of red pepper flakes on the tops of each pizza bowl.
- Place baking sheet with ramekins under the broiler for about 4-5 minutes, or until sauce starts to bubble and the tops are lightly browned. Serve warm.



 Preparation Time **5 min** |  Cooking Time **10 min**

Nutritional Info:

Energy (calories): **836 kcal**
 Protein: **44.82g**
 Fat: **69.79g**
 Total saturated: **11.6g**
 Carbohydrates: **7.24g**
 Fiber: **1g**
 Total sugars: **3.13g**
 Net Carbs: **6.24g**

Note: This recipe has been slightly modified by a nutritionist to achieve Keto results (added butter, modified the amount of pizza sauce, and recounted for 1 serving).

Day
6

Protein: **27%** Fat: **70%** Carbohydrate: **3%**

DINNER

Garlic Butter Fish

Ingredients for 1 serving:

- 4 oz firm white fish fillet
- Salt and ground black pepper to taste
- 1 dash of cayenne pepper
- 1 Tbsp corn starch
- 2 Tbsp cooking oil
- lemon wedges

Garlic Butter Sauce

- 2 Tbsp stick salted butter, melted
- 1 clove of garlic, minced
- 1 tsp lemon juice
- 1 Tbsp chopped parsley

Preparation:

- Cut the fish into pieces (not too thin) for easy pan-frying. Season the fish with salt, black pepper, and cayenne pepper. Coat the fish with corn starch. Set aside.
- Prepare the garlic butter sauce by mixing all the ingredients together. Set aside.
- Heat a skillet (preferably non-stick) on medium heat. Add the cooking oil and once the oil is heated, pan-fry the fish in a single layer until both sides turn crispy and golden brown. Use a wooden spatula or tongs to gently flip the fish over. Try not to break the fish.
- Remove the fish from the skillet and drain on paper towels. Toss the fish with the garlic butter sauce and serve immediately with lemon wedges.



Preparation Time
10 min



Cooking Time
10 min

Nutritional Info:

Energy (calories): **446 kcal**
Protein: 21g
Fat: 26g
Total saturated: 10g
Carbohydrates: 6g
Fiber: 1.7g
Total sugars: 3.72g
Net Carbs: 4.3g

**Day
7**

WEEK 1

Protein: **7%** Fat: **71%** Carbohydrate: **22%**

BREAKFAST

Green Arugula Smoothie

Ingredients for 1 serving:

- 2 cups of arugula leaves (~0.5 oz)
- 1/4 avocado (peeled and pitted)
- 1 stick (4" long) of celery (chopped)
- 1 small cucumber (peeled)
- 1/2 cup unsweetened almond milk
- 1 Tbsp coconut oil
- 1 Tbsp freshly squeezed lemon juice
- 1 Tbsp of flaxseeds, ground

Preparation:

- Add all the ingredients to a high-speed blender.
- Pulse to combine, stopping to scrape down the sides if necessary. Serve.



Preparation Time

5 min



Cooking Time

None

Nutritional Info:

Energy (calories): **341 kcal**
 Protein: 6.87g
 Fat: 28.31g
 Total saturated: 13.58g
 Carbohydrates: 19.72g
 Fiber: 8g
 Total sugars: 10.37g
 Net Carbs: 11.72g

**Day
7**

Protein: **12%** Fat: **85%** Carbohydrate: **3%**

LUNCH

Mushroom-Beef Burger

Ingredients for 1 serving:

- 1 cup of white mushrooms, chopped
- 2 Tbsp of walnuts, chopped
- 1 clove of garlic, chopped
- 1 spring onion, chopped
- 3 oz of ground beef
- 2 Tbsp olive oil
- 2 medium-sized lettuce leaves

Preparation:

- Heat a skillet on high. Put chopped mushrooms, walnuts, garlic, pinch of salt, and pepper in skillet. Cook for about 10 minutes or until mushrooms are tender and the liquid evaporates. Set aside to cool.
- In a food processor, pulse mushroom mixture with spring onion until mostly smooth, scraping sides of bowl if necessary. Transfer mixture to a bowl and stir in ground beef.
- Form balls and flatten it into patties.
- In a nonstick skillet, heat oil on medium. Cook patties until well-browned, turning over once. Wrap in lettuce leaves and serve.



Preparation Time

10 min



Cooking Time

6 min

Nutritional Info:

Energy (calories): **643 kcal**
 Protein: 18.63g
 Fat: 62.07g
 Total saturated: 14.31g
 Carbohydrates: 4.93g
 Fiber: 2.2g
 Total sugars: 1.95g
 Net Carbs: 2.73g

**Day
7**

Protein: **27%** Fat: **72%** Carbohydrate: **1%**

DINNER

Turkey Calzone

Ingredients for 1 serving:

- 5 oz of white turkey fillet
- 1 slice of bacon
- 1 Tbsp of cream cheese
- 2 Tbsp of chopped arugula
- 1 tsp of sesame seeds
- 1 slice of hard yellow cheese (cheddar, Gouda, or similar)
- 2 Tbsp of oil for frying

Preparation:

- Flatten turkey fillet a bit with a meat pestle (to cut it more easily).
- Place your hand on the top of the boneless turkey breast fillet and cut it with a sharp knife horizontally. Open the fillet (like a book) and prepare the filling.
- Combine cream cheese, chopped arugula, and sesame seeds in a smaller mixing bowl.
- Line bacon slices over one side of the fillet, spread mixture of cream cheese over bacon, then place a slice of yellow cheese on top, fold the fillet.
- Heat the oil in a skillet over medium-high heat and fry turkey fillet on both sides for 4 minutes.



Preparation Time

5 min

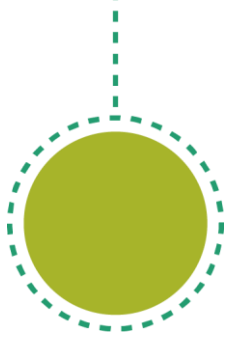


Cooking Time

8 min

Nutritional Info:

Energy (calories): **681 kcal**
 Protein: 43.77g
 Fat: 55.58g
 Total saturated: 11.77g
 Carbohydrates: 1.72g
 Fiber: 0.4g
 Total sugars: 0.98g
 Net Carbs: 1.32g



Week 1 Shopping List

Meat, Fish, Eggs, Milk & Dairy

Bacon, 3 oz
 Butter, 11 Tbsp or 5.5 oz
 Beef, ground, 3 oz
 Cheese mascarpone 1 oz
 Cheese, cheddar, 4.5 oz
 Cheese feta, 2 oz
 Cheese mozzarella, 4 oz
 Cheese parmesan, 0.5 oz
 Cream cheese, 6 Tbsp
 Chicken thighs, 1 pcs or 3 oz
 Chicken white meat, 3 oz
 Chicken hot dogs, mini 3 pcs
 Eggs, 12 pcs.
 Sour cream, 4 Tbsp
 Turkey white meat, 17 oz
 Pork blade steaks, 1 - 9 oz
 Italian sausage, raw, 7 oz
 Heavy cream, 1/6 cup
 Sausage patties, 2 pcs
 Tilapia fillets, 6 oz
 Halibut fillet, 4 oz

Dried Fruit, Nuts & Seeds

Almonds, 1 oz
 Chia seeds, 1 oz
 Sunflower seeds, 2 Tbsp
 Flaxseed meal, 2 Tbsp
 Flaxseeds, ground, 1 Tbsp
 Pine nuts, 5 pcs
 Prunes, 2 pcs
 Sesame seeds, 1.5 Tbsp
 Walnuts, 2 Tbsp

Vegetables

Arugula leaves, 1 oz
 Asparagus sprigs, 4 pcs
 Broccoli, 2 cups
 Bell pepper, medium, 3
 Celery, medium, 3 sticks
 Cilantro, fresh, 5 Tbsp
 Cucumber, medium 4
 Garlic, 8 cloves
 Leek, small, 1/2 pcs
 Lettuce, 2 oz
 Brussels sprouts, 4 oz
 Mushrooms, shiitake 1 oz
 Mushrooms, white 9 oz
 Parsley, fresh, 5 Tbsp
 Pepper chilly 1.5 pcs
 Red onion, small, 2
 Spring onion, 3 pcs
 Tomato, medium, 2
 White onion, small, 1
 Zucchini, small, 2

Canned/Package d Items

Almond Milk, 1.5 cups
 Sweetener, 1 Tbsp
 Tuna, 5 oz
 Mayonnaise, 3 Tbsp
 Chicken bone broth, 3/4 cup
 Coconut milk, 1 cup
 Olives, 2 pcs
 Salsa sauce, 3.5 Tbsp
 Stevia powder, 1 tsp
 Egg white powder, 4 Tbsp
 Dijon Mustard, 1/2 tsp
 Natural Pizza Sauce, 1/2 cup
 Corn starch, 1/2 tsp

Fruits

Lemon, 3
 Avocado, 3

Frozen Food

Strawberries, 3 oz
 Raspberries, 1 cup

Staples

Apple cider vinegar
 Baking powder
 Olive oil
 Salt
 Coconut oil, 1 Tbsp

Spices & Herbs

Black pepper
 Cinnamon
 Cumin
 Thyme
 Oregano
 Dill
 Red pepper flakes