

# KETO ADAPTED COOKBOOK

14 day meal plans  
with grocery lists  
and 46 tasty recipes

maria  
emmerich



Keto Adapted Cookbook Volume 1

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# KETO ADAPTED COOKBOOK

*Volume 1*

Maria and Craig Emmerich







# Thank You

I want to dedicate this book to you, yes you. It is because of you and your support that has made this all possible. About 4 months after we adopted our baby boys, my husband, Craig, lost his job. We kept this secret for awhile... it was such a scary time for us and Craig didn't want to feel like he was failing his family. But thanks to all of you, my boys have the best stay-at-home dad EVER! It is because of all of your support with purchasing my books and pantry items from my store that helps keep us going.

I once heard someone say, "If you want to hear God laugh, tell him what you have planned!" That statement couldn't have been more true for the past few years of my life. I was totally a planner, and the more I tried to control how things happened, the more frustrated I got. All of the trials I have gone through helped push me in the right direction to my nutrition business.

Thank you... thank you .... thank you.... from Maria, Craig, Micah and Kai!

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# Break "Fasts"

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# Chai Fritters with Glaze



Prep Time: 5 minutes  
Cook Time: 2 minutes  
Servings: 4

- 1/2 cup coconut flour
  - 1/2 cup Jay Robb Vanilla Protein Powder  
egg white or whey if not dairy sensitive
  - 1/4 cup Confectioners Swerve
  - 2 tsp baking powder
  - 1 tsp ground cinnamon
  - 1/4 tsp ground nutmeg
  - 1/4 tsp sea salt
  - 2 large eggs
  - 2/3 cup unsweetened almond milk
  - 2 cups coconut oil for frying
- GLAZE:
- 4 tablespoons coconut oil melted (or butter  
if not dairy sensitive)
  - 1/4 cup Confectioners Swerve
  - 2 teaspoons ground cinnamon
  - 1 teaspoon maple extract

- 1 To make the fritters, place the coconut flour, protein powder, natural sweetener and baking powder in a large bowl. In another bowl mix the eggs, almond milk and extract.
- 2 Combine the wet and dry ingredients together and stir well. Heat the coconut oil to 350 degrees in a cast iron skillet about 1 inch deep. Drop 1 1/2 tablespoon balls into the hot oil (working in batches) and fry until the fritters are golden brown on all sides, about 1 minute per side.
- 3 To make the glaze mix all the ingredients together and use to drizzle over the hot fritters.



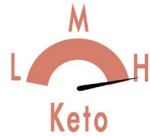
## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
304	22g 66%	13g 18%	13g 17%	9g

# Maple Bacon Panna Cotta

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes

Cook Time: 5 minutes (1 hour to set)

Servings: 4

2 cups coconut milk (or heavy cream if not dairy sensitive)

1 cup unsweetened almond milk

3 large egg yolks

1/2 cup Confectioners Swerve

1 teaspoon maple extract

1 tablespoon gelatin

pinch sea salt

- 1 Pour 1/4 cup of the coconut milk into a small bowl. Sprinkle the gelatin on top and let it sit while you prepare the rest of the ingredients.
- 2 Heat the remaining coconut milk/cream in a saucepan on the stove for 3 minutes or until hot. Can heat in microwave for a minute if needed.
- 3 Whisk the egg yolks, natural sweetener, extract and salt into the cool coconut milk gelatin mixture. Stir until well combined.
- 4 Add the hot coconut milk into the gelatin mixture while stirring constantly. Pour the custard into 4 small serving cups. Place in the refrigerator for 1 hour or until the custard is set. Top with a piece of Maple Bacon crispy Fat Bomb.
- 5 Best served at room temperature but can be served cold.

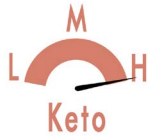


Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
235	21g	7g	4g	0.1g
	81%	12%	7%	

# Oscar Deviled Eggs

NUT  
FREE

DAIRY  
FREE



Prep Time: 15 minutes  
Cook Time: 11 minutes  
Servings: 6

12 large eggs  
1/2 cup mayonnaise (paleo or homemade)  
1 teaspoon prepared yellow mustard  
1/2 teaspoon sea salt fine  
4 spears asparagus spears, sliced on the diagonal  
1/4 cup can crabmeat 2 ounces  
basil leaves for garnish  
cayenne pepper for garnish  
Optional:  
6 tablespoons hollandaise dairy free  
4 tablespoons coconut oil melted (or butter if not dairy sensitive)  
1/4 cup Confectioners Swerve  
2 teaspoons ground cinnamon  
1 teaspoon maple extract

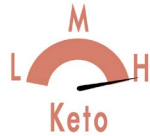
- 1 Place eggs in a large saucepan and cover with cold water. Bring the water to a boil, then immediately cover the pan and remove it from the heat. Allow the eggs to cook in hot water for 11 minutes.
- 2 Meanwhile prepare the asparagus by slicing the spears into 3/4 inch pieces slicing on the diagonal. Place in boiling water for 2 minutes, quickly remove from pan and rinse in cold water to maintain a bright green color. (Note: A frying pan is best as the spears will fit easily and water boils faster with a larger bottom touching the heat source).
- 3 To make the deviled eggs, After 11 minutes, drain the hot water and rinse with very cold water for about a minute or two to stop the cooking process. Peel the boiled eggs and cut them in half lengthwise. Remove the yolks and place them in a bowl (or a food processor). Mash or blend the egg yolks with a fork until they are the texture of very fine crumbles.
- 4 Add the mayonnaise, mustard, and salt. Fill the egg white halves with the yolk mixture.
- 5 Place extra asparagus and 4 deviled eggs onto each plate. Garnish with canned crab, a few pieces of blanched asparagus spears, basil and drizzle each egg with 1/2 tablespoon dairy free hollandaise if desired. Sprinkle with cayenne pepper.
- 6 Keep leftover deviled eggs in an airtight container in the fridge for 3 days.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
380	35g 83%	15g 16%	1g 1%	0.4g



# Yellow Curry Panna Cotta



Prep Time: 10 minutes  
Cook Time: 2 hours to set  
Servings: 2

- 2 teaspoons gelatin
- 1/4 cup lime juice
- 1 cup coconut milk 8 ounces
- 1 cup unsweetened almond milk or cashew milk (or hemp milk if nut free)
- 2 teaspoons curry powder
- 1 stalk lemongrass (optional)
- 1/4 teaspoon fish sauce (optional umami flavor)
- 1/2 teaspoon sea salt

- 1 Put the gelatin in 1/4 cup cold lime juice for 3 minutes.
- 2 In the meantime, put the coconut milk, cashew milk, curry powder, lemongrass and fish sauce in a pot and heat it on the fire, stirring gently.
- 3 Add the softened gelatin to the hot mixture and stir well to dissolve.
- 4 Pour the mixture into 6 ramekins and keep them in the fridge for at least 2 hours or overnight to set. Garnish with cilantro and green onions if desired.

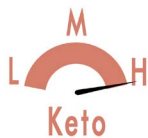
## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
209	19g 81%	4g 8%	6g 11%	0.4g





# Sausage and Mushroom Frittata



Prep Time: 6 minutes  
Cook Time: 30 minutes  
Servings: 2

- 6 ounces pork sausage
- ½ tablespoon MCT oil (or reserved paleo fat)
- 1 cup button or baby bella mushrooms, sliced
- ¼ onion, sliced thin
- 4 eggs
- ¼ cup unsweetened almond milk (or hemp milk if nut free)
- ½ teaspoon fine grain sea salt
- 1/8 teaspoon fresh ground pepper
- 1 clove garlic, minced

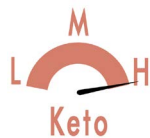
- 1 Preheat oven to 375°F. Place the ground pork and ½ tablespoon oil/fat in a cast iron skillet over medium heat. Fry for 7 minutes or until cooked through. Remove pork reserve drippings in the pan. Place the sliced mushrooms and onions in the pan and fry on medium heat until mushrooms are golden brown on both sides and onions are translucent, about 5 minutes. Add garlic and sauté another minute.
- 2 Meanwhile, combine the eggs, unsweetened almond milk, salt and pepper. Add the reserved cooked pork. Pour into the skillet and stir until well combined. Stir and cook for one minute.
- 3 If using cheese, top with grated cheese. Place in oven and cook for 6 minutes or just until set. Garnish with chives if desired.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
470	37g 71%	28g 24%	6g 5%	2g



# Mushroom and Onion Omelette



Prep Time: 8 minutes

Cook Time: 2 minutes

Servings: 1

1 tablespoon coconut oil or butter if not dairy sensitive

2 large eggs

1 ounce onion sliced

1/4 cup mushrooms sliced

1 sea salt and pepper to taste

- 1 Heat oil in a skillet until it coats the pan. Saute mushrooms and onions for a few minutes until softened. Remove and set aside.
- 2 Crack eggs into a bowl and mix well. Make sure oil is very hot. Add egg mixture to pan.
- 3 Tilt the pan to spread the egg mixture evenly across pan. Let eggs firm up a little. After about ten seconds shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan.
- 4 Continue to cook for another minute or so until the egg mixture holds together. While the middle is still a little runny, add the filling. Put in sautéed mushrooms and onions near the center.
- 5 Tilt the pan to one side and use the spatula to fold approximately one third of the omelette over the middle. Shake the pan gently to slide the omelette to the edge of the pan.
- 6 Holding the pan above the serving plate, tip it so the omelette rolls off, folding itself onto the plate. The two edges will be tucked underneath.
- 7 Serve with Hollandaise.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
288	24g 74%	15g 19%	6g 7%	1g



# Chocolate Pots De Creme

NUT  
FREE

DAIRY  
FREE



Prep Time: 4 minutes  
Cook Time: 3 minutes  
Servings: 2

2 cups coconut milk full-fat (or heavy cream if not dairy sensitive), divided  
1 tablespoon gelatin grass-fed powdered  
1/2 cup Confectioners Swerve  
1/2 cup unsweetened cocoa powder  
1 teaspoon vanilla extract or seeds scraped from 1 vanilla bean (about 6 inches long)  
1/2 teaspoon almond extract  
1/8 teaspoon sea salt

- 1 Pour 1/4 cup of the coconut milk into a medium-sized bowl. Sprinkle the gelatin on top and let it sit while you prepare the rest of the ingredients.
- 2 Heat the remaining 1 3/4 cups of coconut milk in a saucepan over medium heat for a few minutes or until hot. Alternatively, heat the milk in a microwave-safe container in the microwave for a minute.
- 3 Whisk the natural sweetener and cocoa powder into the cool coconut milk gelatin mixture. Stir until well combined.
- 4 Pour the hot coconut milk into the gelatin mixture while stirring constantly. Add the extracts and salt. Pour the custard into 4 small 4 ounce serving cups. Place in the refrigerator for 1 hour or until the custard is set. Best served at room temperature but can be served cold.

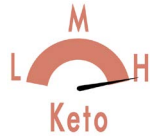
## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
210	18g 77%	5g 10%	7g 13%	2g



# Savory Zucchini Waffles

NUT  
FREE



Prep Time: 5 minutes  
Cook Time: 4 minutes  
Servings: 2

1/2 cup zucchini shredded  
1/2 cup Parmesan cheese finely shredded/  
powdered  
1 tablespoon coconut oil  
1 large eggs  
1/4 cup hollandaise (see page x)

- 1 Heat waffle iron to high heat. Shred the zucchini. Place zucchini in a colander over a sink and sprinkle with salt. Allow to drain for 4 minutes. Squeeze out moisture.
- 2 Place the zucchini in a medium bowl. Add the parmesan, coconut oil and egg. Mix well.
- 3 Grease the hot waffle iron. Place 3 tablespoons mixture into the center of the iron and close. Cook for 3-4 minutes or until golden brown and crisp.
- 4 Remove from waffle iron and serve with hollandaise.



Note: This recipe includes an instructional video ([Click Here to view](#)).

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
563	55g 87%	18g 12%	2g 1%	1g



# CHOCOLATE MINUTE MUG



Prep Time: 2 minutes  
Cook Time: 1 minutes  
Servings: 1

- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons unsweetened almond milk
- 1 tablespoon coconut flour
- 1-2 tablespoons Confectioners Swerve to desired sweetness (or 1/4 teaspoon chocolate liquid stevia)
- 1 large eggs
- 1/4 teaspoon baking powder
- 1/8 teaspoon sea salt fine ground

## Chocolate Drizzle:

- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon Confectioners Swerve
- 1/2 tablespoon coconut oil melted

- 1 Place all the cake ingredients in a small bowl and combine until smooth. Pour into a greased mug or ramekin.
- 2 Microwave on high for 1 minute or until cooked through and a toothpick comes out clean when dipped into the middle of the muffin.
- 3 Meanwhile, make the chocolate drizzle by placing all the ingredients in a small bowl. Stir until well combined. Pour over cooked muffin.

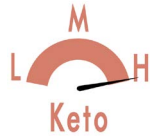


## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
221	16g 65%	10g 18%	10g 17%	6g



# Chai Breakfast Custard



Prep Time: 10 minutes  
Cook Time: 15 minutes  
Servings: 2

- 2 1/2 cups unsweetened almond milk or hemp milk for nut free
- 1 chai tea or green tea bag
- 2/3 cup Confectioners Swerve or equivalent
- 2 large eggs
- 4 egg yolks
- 1 teaspoon cinnamon
- 1/8 teaspoons sea salt
- 2 tablespoons coconut oil (or ghee or butter if not dairy sensitive)

- 1 In a medium sized pot, heat the almond milk on medium heat until it comes to a gentle boil. Add tea bag and steep for 3 minutes. Discard the tea bag.
- 2 In a medium sized heat-safe (not plastic) bowl stir natural sweetener, eggs, egg yolks, cinnamon and salt until well combined. Slowly pour 1/3 the milk mixture into the egg mixture while whisking so you don't curdle the eggs. Whisk the mixture back into the pot with the almond milk.
- 3 Stir and cook over medium-low heat, do not boil, for about 10 minutes or until custard thickens coats the spoon.
- 4 Stir coconut oil or butter into custard until melted; pour into serving dishes or ramekins. Chill custard in the refrigerator, at least 1 hour.



Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
343	31g 82%	13g 13%	4g 5%	2g

# Italian Deviled Eggs

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 11 minutes  
Servings: 4

- 12 eggs
- 1 cup mayonnaise (paleo or homemade)
- 3 teaspoons capers plus 1 teaspoon liquid from jar
- 2 teaspoons italian seasoning plus extra for garnish
- 1/2 teaspoon crushed red pepper flakes plus extra for garnish

- 1 Place eggs in a large saucepan and cover with cold water. Bring the water to a boil, then immediately cover the pan and remove it from the heat. Allow the eggs to cook in hot water for 11 minutes.
- 2 After 11 minutes, drain the hot water and rinse with very cold water for about a minute or two to stop the cooking process. Peel the boiled eggs and cut them in half lengthwise. Remove the yolks and place them in food processor. Blend the egg yolks until they are the texture of very fine crumbles. Add the mayonnaise, capers, caper liquid, Italian seasoning, red pepper flakes and salt, puree until smooth. Fill the egg white halves with the yolk mixture. Garnish each egg with capers, Italian seasoning and red pepper flakes.
- 3 Keep leftover deviled eggs in an airtight container in the fridge for 3 days.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
642	61g 86%	19g 12%	3g 2%	0.1g



# Keto Pancakes and Syrup

NUT  
FREE



Prep Time: 2 minutes  
Cook Time: 8 minutes  
Servings: 2

4 large eggs  
4 ounces cream cheese  
1 tablespoon Confectioners Swerve or equivalent  
1/2 teaspoon vanilla extract or almond  
1 pinch sea salt  
2 tablespoons Cinnamon Syrup (recipe page x)

- 1 Place all the ingredients in a blender and combine until smooth. Heat a quality non-stick skillet on medium high and grease with coconut oil or coconut oil spray.
- 2 Once hot place 4 tablespoons of batter in the skillet and swirl to spread batter to edges of pan. Cook until golden brown, about 2 minutes, then flip and cook another 2 minutes.
- 3 Remove from pan and repeat with batter.
- 4 Top with syrup.

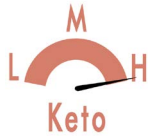
## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
483	45.5g 84%	17.2g 14%	3.4g 2%	0g



# Ham and Cheese Omelette

NUT  
FREE



Prep Time: 2 minutes  
Cook Time: 8 minutes  
Servings: 1

1 tablespoon butter  
2 large eggs  
1 ounce sharp cheddar cheese  
1/4 cup cubed ham  
1 sea salt and pepper to taste

- 1 Heat oil in a skillet until it coats the pan.
- 2 Crack eggs into a bowl and mix well. Make sure oil is very hot. Add egg mixture to pan.
- 3 Tilt the pan to spread the egg mixture evenly across pan. Let eggs firm up a little. After about ten seconds shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan.
- 4 Continue to cook for another minute or so until the egg mixture holds together. While the middle is still a little runny, add the filling. Add the ham near the center and sprinkle cheese on top.
- 5 Tilt the pan to one side and use the spatula to fold approximately one third of the omelette over the middle. Shake the pan gently to slide the omelette to the edge of the pan.
- 6 Holding the pan above the serving plate, tip it so the omelette rolls off, folding itself onto the plate. The two edges will be tucked underneath.

## Nutritional Info (per serving)

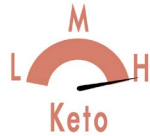
Calories	Fat	Protein	Carbs	Fiber
429	33g 69%	30g 28%	3g 3%	0g



# Chorizo Breakfast Asparagus

NUT  
FREE

DAIRY  
FREE



Prep Time: 4 minutes

Cook Time: 10-12 minutes

Servings: 1

2 ounces chorizo sausage removed from casing

1/2 tablespoon paleo fat melted lard, tallow or coconut oil

6 sprigs asparagus trimmed

2 eggs

1/2 tablespoon cilantro leaves and stems chopped fresh

1/4 teaspoon sea salt fine grain

1/8 teaspoon fresh ground black pepper

- 1 Trim the asparagus and discard the woody stems.
- 2 Heat the chorizo and oil in a cast iron skillet and cook on medium heat for 4 minutes or until cooked through, break up with a spoon while cooking. Remove chorizo pieces from skillet, leaving the drippings.
- 3 Add the asparagus to the hot pan and cook until asparagus is crisp tender, about 5 minutes (depending on how thick the asparagus is). Crack 2 eggs over the asparagus. Sprinkle with chopped cilantro, salt and pepper.
- 4 Sauté on medium-low just until whites are set and yolks are soft.
- 5 Add chorizo and serve. Best served fresh.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
390	31g 72%	21g 22%	6g 6%	2g







A still life photograph of various fruits including red grapes, yellow lemons, and purple onions on a wooden surface. The fruits are arranged in a cluster, with some in sharp focus and others blurred. The background is a light-colored, textured surface.

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# Sauces and Condiments

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# Cinnamon Syrup

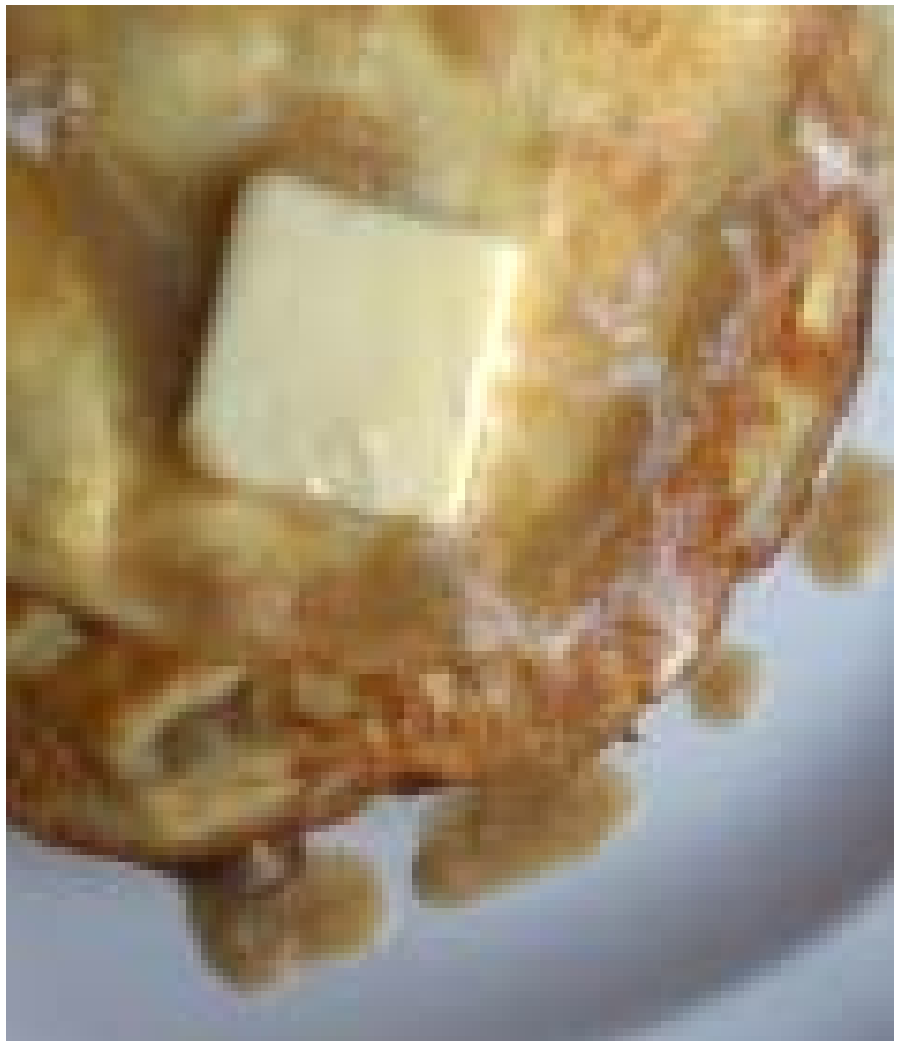
NUT  
FREE



Prep Time: 5 minutes  
Cook Time: 5 minutes  
Servings: 12

1/2 cup butter browned  
1/2 cup Confectioners Swerve  
1 tablespoon cinnamon  
1/2 cup unsweetened almond milk or  
hemp milk for dairy free

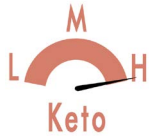
- 1 Place the butter in a saucepan over high heat. Before you begin, make sure you have everything ready to go - the almond milk and the butter next to the pan, ready to put in. Work fast or the sweetener will burn.
- 2 Heat butter on high heat in a heavy-bottomed 2-quart (2 L) or 3-quart (3 L) saucepan. As soon as it comes to a boil, watch for specks of brown (this is brown butter....so good on veggies!).
- 3 Immediately add the Swerve, cinnamon and the almond milk to the pan. Whisk until sauce is smooth.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
72	8g 99%	0.2g 0.5%	1g 0.5%	1g

# Dairy Free Ranch Dressing



Prep Time: 2 minutes

Cook Time: 0 minutes

Servings: 12

- 1 Place all the ingredients in a large jar and shake vigorously until well combined.
- 2 Cover and refrigerate for 2 hours before serving (it will thicken up as it rests).

1 cup organic mayo

3/4 cup beef bone broth or chicken/veggie broth, boxed will work

1/2 teaspoon dried chives

1/4 teaspoon dried parsley

1/2 teaspoon dried dill weed

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/8 teaspoon sea salt

1/8 teaspoon fresh ground black pepper

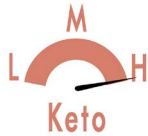


Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
145	16g	0.3g	0.5g	0.2g
	98%	1%	1%	

# Bacon Vinaigrette

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 0 minutes  
Servings: 6

4 slices bacon  
2 tablespoons onion diced  
3 tablespoons coconut vinegar or red wine  
vinegar  
1 teaspoon Dijon mustard  
2 drops stevia glycerite  
3 tablespoons MCT oil or expeller pressed  
olive oil

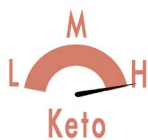
- 1 Place the diced bacon in a skillet and saute until crisp, about 5 minutes.
- 2 Remove bacon from pan, leaving the drippings. Add the onion, 3 tablespoons coconut vinegar, 1 teaspoon Dijon, and stevia if using. Heat on medium until onions soften, about 2 minutes.
- 3 Using a whisk, slowly add the oil into the pan. Whisk well to combine.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
122	12g 88%	3g 10%	0.5g 2%	0.1g



# Hollandaise



Prep Time: 3 minutes  
Cook Time: 5 minutes  
Servings: 4 (about 1/4 cup)

- 3 egg yolks
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 3/4 cups unsalted butter melted organic or melted bacon fat or duck fat if dairy sensitive
- 1/2 tsp sea salt
- 1/8 tsp fresh ground black pepper

- 1 In the bottom of a double boiler or in a medium saucepan, bring 1 in. of water to a simmer over high heat and adjust heat to maintain simmer. Put egg yolks, lemon juice, and mustard in top of a double boiler or in a round-bottomed medium bowl and set over simmering water. Whisk yolk mixture to blend.
- 2 Whisking constantly, add butter in a slow, steady stream (it should take about 90 seconds). Cook sauce, whisking, until it reaches 140°, then adjust heat to maintain temperature (remove from simmering water if necessary). Add salt, pepper, and cayenne and continue whisking until thick, about 3 minutes. Adjust seasonings to taste. Remove from stove and set aside.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
321	35g	0g	0g	0g
	100%	0%	0%	









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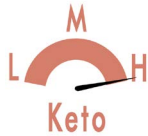
# Side Dishes

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# THAI MUSHROOM SAUTE

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 4

4 tablespoons coconut oil OR unsalted organic butter if not dairy sensitive

1 pound mushrooms cleaned, trimmed, and sliced

1 clove garlic minced

2 tablespoons green onions thinly sliced

1 tablespoon fresh cilantro chopped

1/4 teaspoon cayenne pepper

1/2 teaspoon ground turmeric

1/2 teaspoon sea salt

1/4 cup lime juice fresh squeezed

- 1 Heat a large frying pan over high heat. Add oil.
- 2 When hot, add mushrooms, green onion, and garlic. Sauté, stirring frequently, until tender and lightly browned, 5 to 7 minutes.
- 3 Add fresh cilantro, turmeric, cayenne, salt, and lime juice; stir to combine. Serve immediately in a warmed bowl or on warmed plates.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
153	14g 84%	4g 7%	6g 9%	2g



# Mediterranean Fruit Salad

NUT  
FREE

DAIRY  
FREE



Prep Time: 7 minutes

Cook Time: 0 minutes

Servings: 4

1 cucumber julienned thin (about 2 cups)

1 cup black olives

1/4 cup cherry tomatoes cut in 1/2

1/4 cup capers

1/4 cup feta cheese omit if dairy free

## Dressing:

1/4 cup MCT oil

3 tablespoons lemon juice

1 tablespoon fresh oregano chopped

1/2 teaspoon garlic minced

1/2 teaspoon sea salt fine grain

1/2 teaspoon fresh ground black pepper

- 1 To make the salad, julienne the cucumber into thin strips and place into a large bowl. Add the olives, tomatoes, capers and feta (if using).
- 2 To make the dressing, place all the ingredients in a jar, cover and shake well to combine. Store in fridge for up to 1 week.
- 3 Pour the dressing into the bowl with the “fruit” and toss well to combine.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
230	22g 86%	3g 5%	5g 9%	1g



# AMAZING COLESLAW

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 8 minutes  
Servings: 6

1 pound cabbage shredded (about 4 cups)  
4 slices bacon diced small  
1/4 cup MCT oil or macadamia nut oil  
3 teaspoons Confectioners Swerve (or equivalent)  
3 tablespoons coconut vinegar (or apple cider vinegar)  
sea salt and pepper to taste

- 1 Place the cabbage in a large bowl. Set aside In a large sauté pan, cook the bacon slowly over medium heat until it is crisp and golden brown, 8 to 10 minutes.
- 2 Leaving the bacon and the drippings in the pan. Add the natural sweetener, the oil, and the vinegar to the pan and bring to a boil. Pour the hot dressing over the cabbage, tossing to wilt the cabbage and coat it with the dressing.
- 3 Season with salt and pepper and serve.

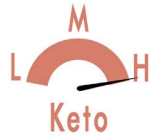


## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
163	14g 79%	4g 11%	3g 9%	1g

# Zucchini Pizza Bites

NUT  
FREE



Prep Time: 10 minutes  
Cook Time: 7 minutes  
Servings: 4

- 1 medium zucchini sliced into 1/8 inch pieces
- 1 tablespoon MCT oil (or other melted Paleo fat)
- 1/2 teaspoon sea salt fine grain
- 1/4 teaspoon fresh ground black pepper
- 1/2 cup pizza sauce
- 1/2 cup mozzarella cheese shredded
- 1/4 cup Pepperoni mini (omit for vegetarian)

- 1 Preheat oven or toaster oven to 375 degrees F. Slice the zucchini into 1/8 inch pieces. Heat the oil in a large cast iron skillet to medium heat. Sprinkle both sides of zucchini with salt and pepper. Saute the zucchini on both sides until soft, about 4 minutes per side.
- 2 Remove the zucchini slices and place on a baking sheet with edges. Top each pizza with 1 tablespoon sauce, sprinkle with 1 tablespoon cheese and 3 mini pepperoni. Place in oven until cheese is melted, about 5 minutes.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
127	10g 70%	6g 18%	4g 12%	1g



# Greek Asparagus

NUT  
FREE



Prep Time: 4 minutes

Cook Time: 10-20 minutes

Servings: 4

- 1 pound asparagus trimmed
- 2 tablespoons paleo fat melted lard, tallow or coconut oil
- 5 cloves garlic minced
- 4 slices lemon
- 2 sprigs fresh rosemary
- 1/2 teaspoon sea salt fine grain
- 1/4 teaspoon fresh ground black pepper
- 1 cup feta cheese crumbled
- 2 tablespoons red onion diced
- olive oil for garnish

- 1 Preheat oven to 400 degrees F. Trim the asparagus and discard the woody stems.
- 2 Coat the asparagus with melted fat. Place on a cookie sheet with edges in one layer.
- 3 Season with salt and pepper.
- 4 Top asparagus with garlic, lemon slices and rosemary. Roast for 10 minutes for thin asparagus, 20 for medium to thick stalks, or until slightly charred on the ends.
- 5 Remove from oven, top with feta, red onion and a drizzle of olive oil and serve. Best served fresh.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
262	19g 66%	13g 20%	9g 14%	3g



# Easy Liver and Onions

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 10 minutes  
Servings: 4

1 pound pork liver sliced  
1/2 medium onion  
3/4 cup unsweetened almond milk  
4 tablespoons paleo fat lard, tallow,  
coconut oil (or butter if not dairy  
sensitive)  
sea salt and pepper to taste

- 1 Gently rinse liver slices under cold water, and place in a medium bowl. Pour in enough almond milk to cover. Let stand while preparing onions. (I like to soak up to an hour or two - whatever you have time for.) This step is SO important in taking the bitter taste of the liver out.
- 2 Melt oil in large skillet over medium heat. Add onions and sauté them until they are soft. Remove onions and add remaining oil.
- 3 Turn up heat to medium high and place liver slices in pan. Cook until nice and brown then turn to cook other side. When other side is brown add back in the onions and reduce heat to medium. Cook a bit longer to your desired doneness.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
299	20g 60%	25g 33%	5g 7%	0.4g





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# Main Dishes

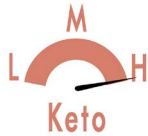
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# Fried Steak

NUT  
FREE

DAIRY  
FREE



Prep Time: 6 minutes  
Cook Time: 12 minutes  
Servings: 2

- 16 ounce rib-eye steak about 1¼ inch thick
- 1 teaspoon sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 tablespoon coconut oil or duck fat
- 3 tablespoons unsalted butter or more duck fat or coconut oil if dairy-free
- 1 tablespoon fresh rosemary or tarragon leaves or herb of choice
- 1 tablespoon onion finely chopped

- 1 Remove the steak from the fridge about 20 minutes before you plan to cook it. Pat it dry and season with the salt and pepper.
- 2 Place the coconut oil in large skillet over medium-high heat. Once hot, sear the steak for 2 minutes, without moving it, then flip it over and sear it for another 2 minutes.
- 3 Lower the heat to medium-low and add the butter, herbs, and onions. Using a spoon, constantly pour the liquid “gold” (aka butter) over the steak. Continue to baste and cook the steak for about 4 more minutes per side for medium-rare. The timing will depend on how thick your steak is.
- 4 Once cooked to your desired doneness, remove the steak from the pan and allow to rest at room temperature for 5 minutes before cutting to make sure that the juices stay in the steak.

## Nutritional Info (per serving)

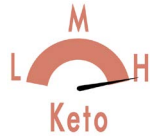
Calories	Fat	Protein	Carbs	Fiber
770	67g 78%	41g 21%	2g 1%	1g



# BLT mushrooms with soft boiled eggs and bacon

NUT  
FREE

DAIRY  
FREE



Prep Time: 7 minutes  
Cook Time: 10 minutes  
Servings: 4

1/2 pound bacon diced  
1 pound Portobello mushrooms quartered  
1/4 cup onion diced  
4 large eggs (omit if egg free)  
3 tablespoons plus 2 teaspoons coconut vinegar (or red wine vinegar), divided  
1 teaspoon Dijon mustard  
2 drops stevia glycerite (optional)  
3 tablespoons MCT oil or expeller pressed olive oil  
1/2 teaspoon sea salt fine grain  
1/4 teaspoon fresh ground black pepper  
4 cups lettuce leafy greens  
chives for garnish

- 1 Place diced bacon in a skillet and sauté on medium heat until crisp, about 5 minutes. Using a slotted spoon, remove bacon while leaving the drippings. Sauté the mushrooms and onions in the drippings for 10 minutes or until the mushrooms are golden brown and cooked through.
- 2 Meanwhile make the soft boiled eggs by placing the eggs in cold water. Bring to a boil, cover and remove from heat. Let sit for 5 minutes. Immediately rinse under cold water. Peel and set aside.
- 3 Add the coconut vinegar, Dijon, stevia if using and MCT oil, salt and pepper to the sauté pan and stir well to combine. Add the diced bacon to the mixture and stir to combine.
- 4 Place the greens on a serving platter and top with the mushroom mixture. Slice the eggs in 1/2 and place yolk side up throughout the mushroom mixture. Garnish with fresh chives.
- 5 Store extras in an airtight container in the fridge for up to 4 days. Best served fresh.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
475	38g 26%	26g 22%	7g 6%	3g





# THAI MUSSELS



Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 4

- 2 tablespoons coconut oil
- 1/4 teaspoon sea salt fine grain
- 3 shallots diced
- 1 1/2 tablespoons Thai red curry paste
- 1 1/2 cups chicken bone broth
- 14 ounces coconut milk can
- 2 pounds mussels frozen, (on the half shell), thawed (see Note)
- 1/4 cup fresh cilantro
- 1/4 cup green onions sliced into 1/2 inch pieces
- 1 lime, juiced

*Note: If using fresh mussels to make this dish, rinse and scrub them. If any are slightly open, tap on the shell. If it closes, the mussel is still alive and can be used. If it doesn't close, it's dead; throw it away. Debeard the mussels. Now they're ready to be cooked. Add the mussels to the pot (in Step 2) and steam them in the heated coconut milk and broth mixture, covered, for 6 to 8 minutes, until the mussels open. Discard any mussels that did not open.*

- 1 Heat the coconut oil in a large deep pot, such as a Dutch oven, over medium-high heat. Add the shallots and sauté until tender, about 2 minutes. Reduce heat to low. Whisk in the curry paste, broth and coconut milk. Simmer on low, uncovered for 20-40 minutes or until broth reduces a bit. The longer you simmer, the thicker your sauce will be. Season with the salt.
- 2 Lower the heat under the pot to medium. Place the thawed mussels in the coconut milk and broth mixture to heat through, about 5 minutes.
- 3 Once the mussels are warmed through stir in chopped cilantro, green onions and squeeze in juice from 1 lime and stir. Immediately remove from heat and place in serving bowls. Garnish with additional sliced green onion, cilantro leaves.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
577	39g 62%	35g 25%	18g 13%	1g

# CLAM CURRY CHOWDER



Prep Time: 5 minutes  
Cook Time: 25 minutes  
Servings: 4

- 1 tablespoon MCT oil or expeller pressed extra virgin olive oil, divided
  - 3 shallots diced
  - 1 1/2 tablespoons Thai red curry paste
  - 1 1/2 cup chicken bone broth
  - 14 ounces coconut milk in can
  - 13 ounces canned clams drained
  - 1/4 teaspoon sea salt
  - 1/4 cup fresh cilantro
  - 1/4 cup green onions sliced into 1/2 inch pieces
  - 1 whole lime juice juiced
  - 2 cups zucchini made into noodles or zoodles ([Click Here](#) for spiralizer)
- OPTIONAL GARNISH:
- 1/2 tablespoon olive oil drizzle over each bowl if desired
  - 1/2 teaspoon fresh ground black pepper

*NOTE: I suggest storing leftovers separate. If you pour the clam sauce over the zoodles, the zoodles tend to get soggy.*

- 1 Place 1 tablespoon MCT oil in a cast iron skillet and heat to medium. Add the shallots and sauté until tender, about 2 minutes. Reduce heat to low.
- 2 Whisk in the curry paste, broth and coconut milk. Simmer on low, uncovered for 20-40 minutes or until broth reduces a bit.
- 3 The longer you simmer, the thicker your sauce will be. Add the drained clams, salt, cilantro and green onion.
- 4 Cover and cook for 4-5 minutes. Squeeze in juice from 1 lime and stir. Immediately remove from heat and place in serving bowls. Serve over Zoodles. Garnish with olive oil and fresh ground pepper.

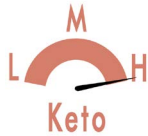


Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
319	20g 58%	19g 25%	12g 16%	2g

# Easy Crispy Pork Belly with Amazing Coleslaw

NUT FREE

DAIRY FREE



Prep Time: 3 minutes  
Cook Time: 8 minutes  
Servings: 2

12 ounces pork belly (package) sliced into ½ inch pieces

1 tablespoon lard rendered or coconut oil, for frying

2 servings Amazing Slaw (see page x)

- 1 Slice the pork belly into ½ inch slabs. Heat oil in a cast iron skillet. Once hot sear the pork belly until golden and crispy on both sides, about 4 minutes per side. Remove from heat and serve with coleslaw.
- 2 Season with salt and pepper and serve.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
607	54g 80%	28g 19%	2g 1%	1g



# Chicken Piccata



Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 4

- 4 chicken thighs boneless, skinless
- 1 teaspoon fresh ground black pepper
- 1/2 teaspoon sea salt fine grain
- 2 tablespoons butter (or other Paleo fat if dairy sensitive)
- 1 clove garlic (or 1 teaspoon minced garlic)
- 1/4 cup chicken bone broth (boxed will work, homemade preferred)
- 3 tablespoons lemon juice
- 2 tablespoons capers
- fresh flat-leaf parsley for garnish

- 1 Pat the chicken thighs with paper towel to get off excess moisture. Using a heavy skillet, pound out chicken thighs to an even thickness of about 1/2 inch and season both sides well with pepper and salt.
- 2 Place butter in a cast iron skillet. Heat to medium-high. Sear the chicken thighs on both sides for 5 minutes per side, or until cooked through and chicken is no longer pink inside. Remove chicken from pan and onto a serving platter.
- 3 Add the garlic to the pan. Add the stock to the pan to deglaze. Use a whisk to scrape bits off the bottom of the pan. Add lemon juice and simmer on medium-low for 2 minutes.
- 4 Serve chicken with drippings from the pan. Garnish with fresh chopped parsley and capers.

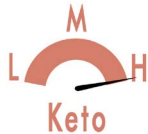
Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
217	16g	16g	2g	1g
	68%	30%	2%	



# Grecian Chicken Pasta

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes  
Cook Time: 15 minutes  
Servings: 4

1 pound chicken breasts boneless skinless,  
cut into 1 inch chunks MARINADE  
if desired

1/4 cup MCT oil

1 lemon juiced

2 tablespoons fresh oregano chopped

PASTA:

1 medium daikon (or zucchini \*see note)  
swirled into "noodles" (about 4 cups)

2 tablespoons coconut oil

1 teaspoon sea salt fine grain

1/2 teaspoon fresh ground black pepper

3 clove garlic (or 3 teaspoons minced  
garlic)

1 tablespoon fresh oregano chopped

1 cup black olives

1 cup marinated red peppers chopped into  
1 inch pieces

1/2 cup cherry tomatoes cut in 1/2

1/2 cup chicken bone broth boxed will  
work but homemade preferred

4 ounces feta cheese omit if dairy free

- 1 Place the chicken in a glass pan and cover in the marinade ingredients. Cover and refrigerate for 2 hours.
- 2 Remove chicken from marinade and season with salt and pepper. Heat a cast iron skillet to medium heat. Add the coconut oil and sear the chicken on all sides until cooked through, about 6 minutes.
- 3 Remove chicken from the skillet and add in the daikon noodles, olives, tomatoes, red peppers, oregano and garlic. Saute for 5 minutes or until daikon is softened. Add the chicken stock and cook another 4 minutes. Season with salt and pepper. Add chicken to the skillet and top with feta cheese if desired.



## Nutritional Info (per serving)

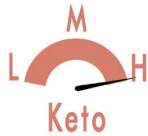
Calories	Fat	Protein	Carbs	Fiber
521	39g 67%	35g 27%	8g 6%	2g



# Tender Thai Chicken

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes

Cook Time: 6 hours

Servings: 4

4 chicken thighs

## SAUCE:

1 teaspoon fresh ginger grated fine

2 teaspoons garlic minced

2 teaspoons lime juice

1/4 teaspoon sea salt

1/2 teaspoon fish sauce naturally fermented

3 cups cilantro leaves and stems lightly packed

1 tsp tomato paste

3/4 tsp sea salt

3 tablespoon coconut oil

1/2 cup coconut milk full fat in can

- 1 Place the chicken thighs in a 4 quart slow cooker. Place the sauce ingredients in a blender and pulse until cilantro is chopped fine. Pour over chicken in the slow cooker.
- 2 Cook on medium-low for 5-6 hours or until chicken is fork tender. Serve chicken with sauce.
- 3 IF MAKING IN A SKILLET: Heat 2 tablespoons coconut oil in a large cast iron skillet over high heat.
- 4 When oil is very hot, place chicken thighs in the oil; fry, turning chicken occasionally, until light brown on all sides, about 10 minutes.
- 5 Pour cilantro mixture from blender over chicken. Cook, stirring often, until sauce thickens, about 10 minutes.
- 6 Reduce heat to low, and cook until chicken is tender and no longer pink inside, 10 to 15 minutes.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
297	24g 76%	16g 21%	2g 3%	0.4g



# French Onion burger with Chive Sour Cream

NUT  
FREE



Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 1

## Hamburger:

1/3 pound ground beef  
1 sea salt and pepper to taste  
1 tablespoon coconut oil paleo oil, tallow,  
lard (or butter if not dairy sensitive)  
1 slice onion  
1 slice sharp cheddar cheese about 1/2  
ounce

## Chive sour cream:

1 teaspoon chives chopped  
2 tablespoons sour cream  
1 large lettuce leaf for wrap (or protein  
bun)

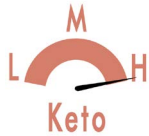
- 1 Heat oil in pan on medium heat. Add onions and sauté until translucent and tender.
- 2 Form your burger patty. Salt and pepper as desired.
- 3 Remove onions and add burger to the pan.
- 4 Cook on medium heat until bottom is brown well (about 5 minutes).
- 5 Flip burger and add cheese to top of patty. Cover and cook until burger is done and cheese is melted (about 5 more minutes).
- 6 Add to bun (or lettuce wrap) and top with sauce.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
655	55g 76%	33g 20%	6g 4%	1g



# MUSTARD CRUSTED SALMON



Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 4

16 ounces salmon fillets skin on  
1/4 teaspoon sea salt fine ground  
1/4 teaspoon fresh ground black pepper  
1/2 cup stone-ground mustard  
2 tablespoons MCT oil

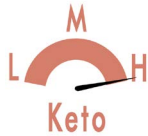
- 1 Preheat broiler. Line a baking sheet with greased sheet of parchment paper.
- 2 Place salmon pieces, skin-side down, on the prepared parchment paper. Season with salt and pepper. Combine mustard and MCT oil in a small bowl. Spread evenly over top of the salmon.
- 3 Broil the salmon 5 inches from the heat source until it is opaque in the center, about 10 minutes.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
225	15g 60%	22g 39%	0.2g 1%	0.1g



# POLPETTE ALLA ROMANA



Prep Time: 10 minutes  
Cook Time: 25 minutes  
Servings: 6

- 1 1/4 pounds ground beef or ground chuck
- 1 cup mushrooms finely chopped
- 1/4 teaspoon garlic finely minced
- 3 tablespoons nutritional yeast or grated parmesan cheese if not dairy sensitive
- 3 large eggs lightly beaten
- 1/8 teaspoon nutmeg fresh grated
- 1/4 cup fresh flat-leaf parsley finely chopped
- sea salt and pepper to taste
- 1/4 pound pancetta sliced
- 1 tablespoons MCT oil

## For the Sauce:

- 1/4 cup pancetta finely diced or diced bacon, salt pork or ham fat (I used bacon fat and it was amazing)
- 1/4 cup yellow onion finely chopped
- 2 cups cabbage sliced into thin “noodle shapes”
- 1 cups diced tomatoes canned
- sea salt and pepper to taste
- 1 tablespoon basil leaves chopped

- 1 To make the meatballs, put the beef and chopped mushrooms in a bowl, add garlic, nutritional yeast (or grated cheese), eggs, nutmeg and parsley. Add a little salt (the prosciutto is salty already) and pepper to taste. Shape into about 36 meatballs, each about 1 1/2 inch in diameter. Wrap each meatball in pancetta.
- 2 To make the sauce and noodles, heat the pancetta/bacon in a very large skillet. Add the onion and cabbage “noodles” and cook on low, stirring often, until the cabbage is very soft, make sure not to burn the cabbage.
- 3 Place the tomatoes into a food processor or blender and blend. Add tomatoes to the cabbage “noodles” and cook for about 10 minutes. Add salt and pepper to taste and add the basil. Set aside.
- 4 To cook the meatballs, heat the tablespoon of oil in a large skillet. Add the meatballs a few at a time; do not crowd them. Brown them all over, turning often so they cook evenly. When each batch is cooked, remove it and cook another, until all the balls are browned and pancetta is crisp.
- 5 Add the meatballs to the cabbage “pasta” sauce and simmer for about 15 minutes, turning the balls in the sauce occasionally.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
445	33g 68%	28g 25%	8g 7%	3g

# Spicy Mayo Tuna Stack

NUT  
FREE

DAIRY  
FREE



Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 4

## SPICY MAYO for drizzling:

1 teaspoon hot sauce

2 tablespoons mayonnaise (paleo or  
homemade)

## STACK:

2 large hard boiled eggs

1/4 cup mayonnaise (paleo or homemade  
preferred)

sea salt to taste

fresh ground black pepper to taste

1 cup guacamole

1 cup romaine lettuce chopped

1 cup canned tuna (or canned salmon)

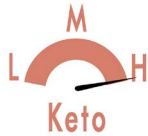
- 1 To make the dressing, combine hot sauce and mayo until well combined. Set aside.
- 2 In a medium-sized bowl, combine the diced hardboiled egg, mayonnaise, add salt and pepper to taste.
- 3 Place the 1/4 cup guacamole, in a circle on 4 plates. Mound each stack with 1/4 of the, chopped romaine, followed by 1/4 of the tuna, 1/4 the of the egg salad mixture. Serve with a drizzle with Spicy Mayo.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
389	32g 74%	19g 20%	6g 6%	4g

# Cobb Salad Deviled Eggs with Bacon Vinaigrette



Prep Time: 10 minutes  
Cook Time: 30 minutes  
Servings: 6

## Bacon Vinaigrette:

- 4 slices bacon diced into ¼ inch pieces
- 2 tablespoons onion diced
- 3 tablespoons coconut vinegar (or red wine vinegar)
- 1 teaspoon Dijon mustard
- 2 drops stevia glycerite (optional)
- 3 tablespoons MCT oil or expeller pressed olive oil

## DEVILED EGGS:

- 12 eggs
- ¼ cup mayonnaise store-bought or homemade
- ½ small avocado pureed
- ½ teaspoon sea salt fine
- 2 teaspoons coconut vinegar (or red wine vinegar)
- 6 cups mixed greens plus a few tablespoons diced greens for garnish
- 4 cherry tomatoes cut into quarters
- blue cheese crumbles for garnish (omit if dairy free)
- chives diced for garnish

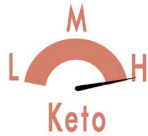
- 1 Place eggs in a large saucepan and cover with cold water. Bring the water to a boil, then immediately cover the pan and remove it from the heat. Allow the eggs to cook in hot water for 11 minutes.
- 2 Meanwhile place the diced bacon in a skillet and saute until crisp, about 5 minutes. Remove bacon from pan, leaving the drippings. Add the onion, 3 tablespoons coconut vinegar, 1 teaspoon Dijon, and stevia if using. Heat on medium until onions soften, about 2 minutes. Using a whisk, slowly add the oil into the pan. Whisk well to combine. Set aside.
- 3 To make the deviled eggs, After 11 minutes, drain the hot water and rinse with very cold water for about a minute or two to stop the cooking process. Peel the boiled eggs and cut them in half lengthwise. Remove the yolks and place them in a bowl (or a food processor). Mash or blend the egg yolks with a fork until they are the texture of very fine crumbles. Add the mayonnaise, vinegar, avocado, and salt. Fill the egg white halves with the yolk mixture. Sprinkle with diced bacon, a quarter of a cherry tomato, sprinkling of blue cheese and diced chives.
- 4 Dress the rest of the lettuce with the bacon vinaigrette, divide among 6 plates, and place 4 deviled eggs onto each plate.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
370	32g	17g	3g	1g
	78%	18%	3%	

# Bacon, Mushroom and Brie Soup



Prep Time: 6 minutes  
Cook Time: 23 minutes  
Servings: 4

- 2 slices bacon
- 1 tablespoon butter (or coconut oil/bacon fat if dairy free)
- 2 tablespoons shallots minced
- 1 teaspoon garlic minced or 1 head roasted garlic
- 1 pound button mushrooms cleaned, quartered or sliced
- 1 teaspoon ground dried thyme
- 4 ounces brie cheese rind removed and cut into 1/2 inch chunks (OR avocado pureed if dairy free)
- 2 cups chicken bone broth or organic boxed will work
- 1 teaspoon sea salt
- 1/2 teaspoon fresh ground black pepper

### Garnish:

- 1 sprig fresh thyme
- 1 drizzle MCT oil

- 1 Place the diced bacon in the pan and sauté until crisp, about 3 minutes.
- 2 Remove bacon pieces from the pan while leaving the drippings.
- 3 Add the butter in a sauce pan and lightly sauté shallots and garlic puree from the roasted garlic head on medium heat.
- 4 Add mushrooms and thyme, sauté over moderate heat for 10 minutes, or until the mushrooms are golden brown.
- 5 Remove rind from brie and add brie with about 2 tablespoons chicken stock and whisk until brie (or avocado puree) is melted and smooth (it may be clumpy at first). Add the rest of the stock, salt and pepper and bring to boil.



Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
497	42g 76%	21g 17%	8g 7%	4g



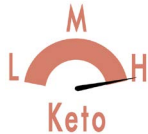




# Desserts

# Cannoli Mini Cheese balls

NUT  
FREE



Prep Time: 10 minutes  
Cook Time: 30 minutes  
Servings: 8

8 ounces cream cheese softened (or mascarpone cheese)

1/2 cup ricotta cheese

1/2 cup Confectioners Swerve or equivalent

1 teaspoon cinnamon

## WHITE CHOCOLATE:

2 ounces cocoa butter

1/3 cup Confectioners Swerve

1 teaspoon vanilla extract OR other extract like MINT

1/8 teaspoon sea salt

## MILK CHOCOLATE BAR (ADD):

1/4 ounce unsweetened baking chocolate

## DARK CHOCOLATE BAR (ADD):

1/2 ounce unsweetened baking chocolate  
1/2 to 1 ounce, depending on how dark you like it

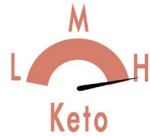
- 1 Place the cream cheese, ricotta, natural sweetener and cinnamon in a medium bowl. Mix well to combine. Form into 2 inch balls, place on baking sheet, cover and refrigerate for at least 30 minutes.
- 2 Meanwhile make the chocolate coating pieces. Place cocoa butter in a double boiler and heat on medium high until fully melted (or microwave safe bowl and heat on high for one minute, check and heat for 30 seconds until melted). Melting cocoa butter takes longer than traditional fats.
- 3 Stir in natural sweetener. Stir in extracts and salt.
- 4 Place into candy bar shaped mold (or into a tupperware lined with parchment paper) and cool in refrigerator until chocolate is solid, about an hour. Or the speedy method; you can place the molds in a freezer till they are set up, which will only take a couple of minutes versus an hour.
- 5 Remove from fridge and chop into small pieces and place into a shallow bowl.
- 6 Remove cream cheese balls from the fridge and roll in the chocolate pieces.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
196	19g	3g	2g	1g
	88%	8%	4%	



# Chocolate Puff Muffins with Custard



Prep Time: 5 minutes  
Cook Time: 30 minutes  
Servings: 6

## Muffins:

- 12 egg whites
- 2 tsp cream of tartar
- 1 pinch sea salt
- 1/2 cup Jay Robb chocolate egg white protein powder
- 1 cup Confectioners Swerve
- 1/4 cup unsweetened cocoa powder
- 1 tsp chocolate extract or other extract

## Custard:

- 6 large egg yolks
- 1/2 cup unsweetened almond milk
- 1/4 cup Swerve
- 1/4 cup coconut oil

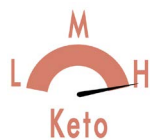
- Muffins:** Preheat oven to 350 degrees F (175 degrees C). Sift protein powder, cocoa powder and natural sweetener together and set aside. In a large clean bowl, whip egg whites with a pinch of salt until foamy (save the yolks for custard). Add cream of tartar and continue to beat until very stiff (you will be able to put bowl upside down and the whites won't fall out).
- Add your favorite extract flavor. Quickly fold in protein powder mixture. Pour into a greased cupcake liners. Bake at 325 degrees F (175 degrees C) for 30 minutes. Remove from oven and top each muffin with 2 tablespoons custard.
- Custard:** Whisk egg yolks, almond milk, and sweetener in medium metal bowl to blend. Slowly mix in the melted butter so the eggs don't cook unevenly.
- Set bowl over saucepan of simmering water. Whisk mixture constantly and vigorously until thickened and instant-read thermometer inserted into mixture registers 140 degrees F for 3 minutes, about 5 minutes total (or coats the back of a spoon).
- Remove mixture from over water. Serve warm or chilled. (If serving chilled, it can be prepared 1-3 days ahead and refrigerated. Re-whisk before serving.)

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
208	15g 64%	16g 30%	3g 5%	1g



# DAIRY FREE IRISH CREAM FROZEN CUSTARD



Prep Time: 5 minutes  
Cook Time: 20 minutes  
Servings: 6

14 tablespoons coconut oil organic butter  
if not dairy sensitive (3/4 cup plus 2  
tablespoons)

4 tbs MCT oil \*needed to create a smooth  
ice cream

1/2 cup strong brewed decaf coffee/espresso

4 large eggs

4 egg yolks

2 teaspoon vanilla extract or 1 vanilla bean  
scraped

1/2 teaspoon almond extract

1/4 cup unsweetened cocoa powder

2 1/2 teaspoon instant coffee granules

1/4 cup Confectioners Swerve or equivalent

1/2 teaspoon sea salt \*helps keep ice cream  
soft

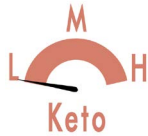
- 1 In a blender place the coconut oil, MCT oil, eggs, yolks, almond milk/water, vanilla bean seeds (discard the pod), cocoa powder, natural sweetener and salt. Blend until very smooth. Place into ice cream maker and watch the magic happen!
- 2 Turn off ice cream maker. Store in airtight container in the freezer.



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
362	38.6g 95%	4.3g 4%	0.5g 1%	0g

# Snickerdoodle Mini Donuts



Prep Time: 10 minutes  
Cook Time: 12 minutes  
Servings: 8

- 8 large eggs
- 1 cup Swerve (or erythritol and 1 tsp stevia glycerite)
- 2 tablespoons coconut oil or butter if not dairy sensitive
- 1 cup water steeped in 4 cinnamon tea bags
- 3/4 cup coconut flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt

## GLAZE:

- 1 cup coconut oil soft but not liquid (or butter if not dairy sensitive)
- 1/2 cup cinnamon tea strong brewed
- 3/4 cup Confectioners Swerve
- 1 teaspoon cinnamon

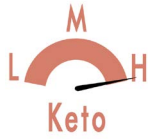
- 1 Preheat the oven to 350 degrees F. In a large bowl, combine the eggs, sweetener and oil.
- 2 Steep 4 tea bags in 1 cup water for 5 minutes or until the water is saturated with chai goodness. Cool the tea for a while, then slowly pour into the egg mixture (if you pour too fast and the water is too hot, it will cook the eggs).
- 3 In a separate bowl, combine the coconut flour, baking powder, cinnamon and salt. Mix the wet ingredients into the dry. Add the vanilla and stir until well combined. Pour the mixture into greased Twinkie/donut/muffin/mini bread pans and bake for 12-30 minutes (this will depend on what 'vessel' you use). Donut, Twinkie and muffins will take 12-15 minutes. Mini bread pans will take 25-30 minutes.
- 4 To check doneness, insert a clean toothpick into the center and when you remove the toothpick, when it comes out clean, it is baked through. Remove from oven and let cool in pans for 10 minutes.
- 5 Meanwhile make the glaze. To make the glaze, place all the ingredients in a blender or food processor and combine until smooth. Once the bread pudding is cool, pour about 2 tablespoons of glaze over each piece. NOTE: this glaze will separate if it sits out and gets too hot, puree again until smooth.
- 6 Drizzle or dunk the baked goods into the glaze. Enjoy!



Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
440	39g	10g	13g	9g
	79%	9%	12%	

# Strawberry Cheesecake Ice Lollies

NUT  
FREE



Prep Time: 3 minutes  
Cook Time: 0 minutes  
Servings: 4

- 1 In a bowl, mix cream cheese, almond milk and sweetener until smooth. Slowly stir in strawberry extract (and Strawberry Kiwi Stur if using). Pour mixture into Popsicle molds. Place in freezer for at least 2 hours and serve.

4 ounces cream cheese softened (or coconut cream if dairy sensitive)

1/4 cup unsweetened vanilla almond milk

4 tablespoons Confectioners Swerve (or equivalent)

1 teaspoon strawberry extract

## Nutritional Info (per serving)

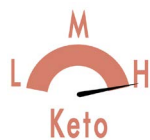
Calories	Fat	Protein	Carbs	Fiber
103	10g 88%	2g 8%	1g 4%	0.1g



# Keto Vanilla Latte Custard

NUT  
FREE

DAIRY  
FREE



Prep Time: 4 minutes

Cook Time: 1-3 minutes

Servings: 4

1 cup coconut milk full-fat (or heavy cream if not dairy-sensitive)

1 tablespoon gelatin grass-fed powdered

1 cup strong brewed decaf coffee/espresso (1 cup water steeped with 2 chai tea bags)

1/2 cup Confectioners Swerve sweetener or equivalent

2 teaspoons vanilla extract or seeds scraped from 1 vanilla bean (about 6 inches long)

1/8 teaspoon sea salt

- 1 Pour the coconut milk into a medium-sized bowl. Sift the gelatin over the milk and let it soften while you prepare the rest of the ingredients.
- 2 Heat 1 cup of strong brewed decaf espresso in a saucepan over medium heat for a few minutes or until hot. Alternatively, heat the milk in a microwave-safe container in the microwave for a minute.
- 3 Whisk the sweetener into the cool coconut milk gelatin mixture. Stir until well combined.
- 4 Pour the hot coconut milk into the gelatin mixture while stirring constantly. Add the extract and salt. Pour the custard into four 4-ounce serving cups. Place in the refrigerator for 1 hour or until the custard is set. Best served at room temperature but can be served cold.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
105	9g	4g	2g	0g
	77%	15%	8%	





# Strawberries and Cream Shake

NUT  
FREE



Prep Time: 5 minutes  
Cook Time: 0 minutes  
Servings: 4

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

8 ounces cream cheese packaged  
1 1/4 cups unsweetened almond milk  
(unflavored or vanilla) (hemp milk if  
nut-free)  
1/4 cup Confectioners Swerve style  
sweetener or equivalent  
1 teaspoon vanilla extract or seeds scraped  
from 1 vanilla bean (about 6 inches  
long)  
1 teaspoon strawberry extract  
1 cup crushed ice  
**Healthy Add-Ins (optional):**  
1 tablespoon aloe vera juice pure  
1 tablespoon l-glutamine powder



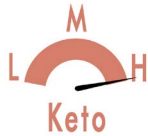
## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
200	19g 86%	4g 9%	2g 5%	0.2g

# PINA COLADA ICE LOLLIES

NUT  
FREE

DAIRY  
FREE



Prep Time: 4 minutes

Cook Time: 0 minutes

Servings: 12

- 1 Place all the ingredients in a blender and combine until smooth. Place into popsicle molds. Freeze in freezer until set. Store in the freezer for up to 1 month.

1-1/4 cup coconut milk full-fat, canned

4 tablespoons Confectioners Swerve (or more to desired sweetness)

1 teaspoon rum extract (optional)

1 teaspoon pineapple extract (or 1 teaspoon [Stur pineapple flavor](#))

pinch sea salt



## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
30	3g	0.2g	0.5g	0g
	90%	4%	6%	







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# Meal Plans


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# Meal Plan Week 1

Day 1					Day 2					Day 3					Day 4				
Begin Eating Window					Begin Eating Window					Begin Eating Window					Begin Eating Window				
Chai Fritters With Glaze					Oscar Deviled Eggs					Savory Zucchini Waffles with Hollandaise					Keto Pancakes & Cinnamon Syrup				
Servings: 4					Servings: 6					Servings: 2					Servings: 2				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
304	22g 66%	13g 18%	15g 17%	9g	380	35g 83%	15g 16%	1g 1%	0.4g	563	55g 87%	18g 12%	2g 1%	1g	483	45.5g 84%	17.2g 14%	3.4g 2%	0g
Snack or Dessert					Snack or Dessert					Snack or Dessert					Snack or Dessert				
Pina Colada Ice Lollies					Canoli Mini Cheese Balls					Strawberry Cheesecake Ice Lollies					Pina Colada Ice Lollies				
Servings: 12					Servings: 8					Servings: 4					Servings: 12				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
30	3g 90%	0.2g 4%	0.5g 6%	0g	196	19g 88%	3g 8%	2g 4%	1g	103	10g 88%	2g 8%	1g 4%	0g	30	3g 90%	0.2g 4%	0.5g 6%	0g
End Eating Window					End Eating Window					End Eating Window					End Eating Window				
Fried Steak					Clam Curry Chowder					Chicken Piccata					Polpette Alla Romama				
Servings: 2					Servings: 4					Servings: 4					Servings: 6				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
770	67g 78%	41g 21%	2g 1%	1g	319	20g 58%	19g 25%	12g 16%	2g	217	16g 68%	16g 30%	2g 2%	1g	445	33g 68%	28g 25%	8g 7%	3g
Side Dish					Side Dish					Side Dish					Side Dish				
Thai Mushrooms					Amazing Coleslaw					Greek Asparagus					Easy Liver and Onions				
Servings: 4					Servings: 6					Servings: 4					Servings: 4				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
153	14g 84%	4g 7%	6g 9%	2g	163	14g 79%	4g 11%	3g 9%	1g	262	19g 66%	13g 20%	9g 14%	3g	299	20g 60%	25g 33%	5g 7%	0.4g
Day 1 Totals					Day 2 Totals					Day 3 Totals					Day 4 Totals				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
1257	106g 76%	58.2g 18%	23.5g 7%	10g	1058	88g 76%	41g 16%	18g 8%	4.4g	1145	100g 79%	49g 17%	14g 5%	5g	1257	101.5g 73%	70.4g 22%	16.9g 5%	3.4g



# Meal Plan Week 1 cont.

Day 5					Day 6					Day 7				
Begin Eating Window					Begin Eating Window					Begin Eating Window				
Ham and Cheese Omelette					Sausage and Mushroom Frittata					Yellow Curry Panna Cotta				
Servings: 1					Servings: 2					Servings: 2				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
429	33g 69%	30g 28%	3g 3%	0g	470	37g 71%	28g 24%	6g 5%	2g	209	19g 81%	4g 8%	6g 11%	0.4g
Snack or Dessert					Snack or Dessert					Snack or Dessert				
Snickerdoodle Mini Donuts					Dairy Free Irish Cream Frozen Custard					Keto Vanilla Latte Custard				
Servings: 8					Servings: 6					Servings: 4				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
440	39g 79%	10g 9%	13g 12%	9g	362	38.6g 95%	4.3g 4%	0.5g 1%	0g	105	9g 77%	4g 15%	2g 8%	0g
End Eating Window					End Eating Window					End Eating Window				
Tender Thai Chicken					Easy Crispy Pork Belly					French Onion burger with Chive Sour Cream				
Servings: 4					Servings: 2					Servings: 1				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
297	24g 76%	16g 21%	2g 3%	0.4g	444	40g 80%	24g 20%	0g 0%	0g	655	55g 76%	33g 20%	6g 4%	1g
Side Dish					Side Dish					Side Dish				
Thai Mushrooms					Amazing Coleslaw					Greek Asparagus				
Servings: 4					Servings: 6					Servings: 4				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
153	14g 84%	4g 7%	6g 9%	2g	163	14g 79%	4g 11%	3g 9%	1g	262	19g 66%	13g 20%	9g 14%	3g
Day 5 Totals					Day 6 Totals					Day 7 Totals				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
1319	110g 75%	60g 18%	24g 7%	10.4g	1439	129.6g 81%	60.3g 17%	8.5g 2%	3g	1231	102g 75%	54g 18%	23g 7%	4.4g

## Note:

This meal plan will have extra servings at the end of the week. So you can either repeat until leftovers are done or freeze them for another week.

On [Keto-Adapted.com](http://Keto-Adapted.com) you can adjust serving sizes as needed and sub recipes for dairy free options.

# Grocery List Week 1

[Click Here](#) for an interactive version of this meal plan.

## Baking Products

Baking powder	1 tablespoon
Chicken bone broth	1.75 cups
Coconut flour	1.25 cups
Coconut milk	4.50 cups
Coconut milk	14 ounces
Coconut vinegar	3 tablespoons
Fish sauce	1 teaspoon
Gelatin	5 teaspoons
Lemon juice	5 tablespoons
Lime juice	0.79 cups
Lime juice	1 whole
Nutritional yeast	3 tablespoons
Unsweetened baking chocolate	0.75 ounces
Unsweetened cocoa powder	0.25 cups

## Canned Items

Can crabmeat	0.25 cups
Canned clams	13 ounces
Capers	2 tablespoon
Tomato paste	1 teaspoon

## Condiments

Brown Butter Syrup	
Dijon mustard	3 teaspoons
Mayonnaise	0.50 cups
Prepared yellow mustard	1 teaspoon
Thai red curry paste	4.5 teaspoons

## Dairy

Cream cheese	16 ounces
Feta cheese	2 cups
Parmesan cheese	0.50 cups
Ricotta cheese	0.50 cups
Sharp cheddar cheese	1 ounces
Sour cream	2 tablespoons

## Eggs

Egg yolks	7
Eggs	40 large

## Fats and Oils

Unsalted butter	1.6 cups
Cocoa butter	2 ounces
Coconut oil	5.12 cups
Lard	3 teaspoons
MCT oil	2/3 cup
Olive oil	1.5 teaspoons
Paleo fat	0.50 cups

## Fresh Herbs

Basil leaves	3 teaspoons
Chives	1 teaspoon
Cilantro leaves and stems	3 cups
Fresh cilantro	0.37 cups
Fresh flat-leaf parsley	0.25 cups
Fresh ginger	1 teaspoon
Fresh ground black pepper	3 teaspoons
Fresh rosemary	3 teaspoons
Fresh rosemary	4 sprigs
Garlic	16 cloves
Lemongrass	1 stalk

## Milk and Drinks

Cinnamon tea	0.50 cups
Unsweetened almond milk	3.17 cups
Unsweetened vanilla almond milk	0.25 cups
Water	1 cup



[Click Here](#) for an interactive version of this meal plan.

### *Produce*

Asparagus	32 ounces
Button mushrooms	1 cup
Cabbage	19 ounces
Diced tomatoes	1 cup
Green onions	0.50 cups
Lemon	8 slices
Lettuce	1 large
Mushrooms	35 ounces
Onion	1 medium
Red onion	0.25 cups
Shallots	3
Yellow onion	0.25 cups
Zucchini	2.50 cups

### *Protein Powder*

Jay Robb Vanilla Protein Powder	0.50 cups
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### *Proteins*

Bacon	4 slices
Chicken thighs	8
Cubed ham	0.25 cups
Ground beef	26 ounces
Pancetta Sliced	4 ounces
Pancetta chopped	0.25 cups
Pork belly	12 ounces
Pork liver	16 ounces
Pork sausage	6 ounces
Rib-eye steak	16 ounces

### *Spices and Extracts*

Almond extract	1/2 teaspoon
Cayenne pepper	1/2 teaspoon
Cayenne pepper	
Cinnamon	2 tablespoons
Curry powder	2 teaspoon
Ground cinnamon	3 teaspoons
Ground nutmeg	1/2 teaspoon
Ground turmeric	1 teaspoon
Maple extract	1 teaspoon
Nutmeg	1/4 teaspoon
Pineapple extract	2 teaspoon
Rum extract	2 teaspoon
Sea salt	2 3/4 tablespoons
Strawberry extract	1 teaspoon
Vanilla extract	2.25 tablespoons

### *Sweeteners*

Confectioners Swerve	4.21 cups
Strawberry Kiwi Stur	2 teaspoons
Swerve	1 cup


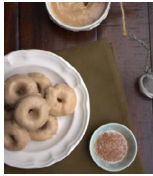



### *Tea and Coffee*

Instant coffee granules	2 1/2 teaspoons
Strong brewed decaf coffee or espresso	1.50 cups

# Meal Plan Week 2

Day 1						Day 2						Day 3						Day 4					
Begin Eating Window						Begin Eating Window						Begin Eating Window						Begin Eating Window					
Chocolate Minute Mug Muffin						Italian Deviled Eggs						Mushroom and Onion Omlette						Chocolate Pots De Creme					
Servings: 1						Servings: 4						Servings: 1						Servings: 4					
Nutritional Info (per serving)						Nutritional Info (per serving)						Nutritional Info (per serving)						Nutritional Info (per serving)					
calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber	
221	16g	10g	10g	6g		642	61g	19g	3g	0.1g		288	24g	15g	6g	1g		210	18g	5g	7g	2g	
	65%	18%	17%				86%	12%	2%				74%	19%	7%				77%	10%	13%		
Snack or Dessert						Snack or Dessert						Snack or Dessert						Snack or Dessert					
Chocolate Puff Muffins with Custard						Strawberries and Cream Shake						Dairy Free Irish Cream Frozen Custard						Keto Vanilla Latte Custard					
Servings: 6						Servings: 4						Servings: 6						Servings: 4					
Nutritional Info (per serving)						Nutritional Info (per serving)						Nutritional Info (per serving)						Nutritional Info (per serving)					
calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber	
208	15g	16g	3g	1g		200	19g	4g	2g	0.2g		362	38.6g	4.3g	0.5g	0g		105	9g	4g	2g	0g	
	69%	26%	5%				86%	9%	5%				95%	4%	1%				77%	15%	8%		
End Eating Window						End Eating Window						End Eating Window						End Eating Window					
BLT Mushrooms with soft boiled eggs and Bacon Vinagrette						Mustard Crusted Salmon						Spicy Mayo Tuna Stack						Grecian Chicken Pasta					
Servings: 4						Servings: 4						Servings: 4						Servings: 4					
Nutritional Info (per serving)						Nutritional Info (per serving)						Nutritional Info (per serving)						Nutritional Info (per serving)					
calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber	
475	38g	26g	7g	3g		225	15g	22g	0.2g	0.1g		389	32g	19g	6g	4g		521	39g	35g	8g	2g	
	72%	22%	6%				60%	39%	1%				74%	20%	6%				67%	27%	6%		
Side Dish						Side Dish						Side Dish						Side Dish					
Mediterranean Fruit Salad						Greek Asparagus						Amazing Coleslaw						Mediterranean Fruit Salad					
Servings: 4						Servings: 4						Servings: 6						Servings: 4					
Nutritional Info (per serving)						Nutritional Info (per serving)						Nutritional Info (per serving)						Nutritional Info (per serving)					
calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber	
230	22g	3g	5g	1g		262	19g	13g	9g	3g		163	14g	4g	3g	1g		230	22g	3g	5g	1g	
	86%	5%	9%				66%	20%	14%				79%	11%	9%				86%	5%	9%		
Day 1 Totals						Day 2 Totals						Day 3 Totals						Day 4 Totals					
calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber		calories	fat	protein	carbs	fiber	
1134	91g	55g	25g	11g		1329	114g	58g	14.2g	3.4g		1202	108.6g	42.3g	15.5g	6g		1066	88g	47g	22g	5g	
	72%	19%	9%				77%	18%	5%				81%	14%	5%				74%	18%	8%		

# Meal Plan Week 2 cont.

Day 5					Day 6					Day 7				
Begin Eating Window					Begin Eating Window					Begin Eating Window				
Chai Breakfast Custard					Maple Bacon Panna Cotta					Chorizo Breakfast Asparagus				
Servings: 2					Servings: 4					Servings: 1				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
343	31g 82%	13g 13%	4g 5%	2g	235	21g 81%	7g 12%	4g 7%	0.1g	390	31g 72%	21g 22%	6g 6%	2g
Snack or Dessert					Snack or Dessert					Snack or Dessert				
Chocolate Puff Muffins with Custard					Dairy Free Irish Cream Frozen Custard					Snickerdoodle Mini Donuts				
Servings: 6					Servings: 6					Servings: 8				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
208	15g 69%	16g 26%	3g 5%	1g	362	38.6g 95%	4.3g 4%	0.5g 1%	0g	440	39g 79%	10g 9%	13g 12%	9g
End Eating Window					End Eating Window					End Eating Window				
Cobb Salad Deviled Eggs w/Bacon Vinaigrette					Thai Mussels					Bacon Mushroom and Brie soup				
Servings: 6					Servings: 4					Servings: 2				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
370	32g 78%	17g 18%	3g 3%	1g	577	39g 62%	35g 25%	18g 13%	1g	497	42g 76%	21g 17%	8g 7%	4g
Side Dish					Side Dish					Side Dish				
Zucchini Pizza Bites					Thai Mushrooms					Greek Asparagus				
Servings: 4					Servings: 4					Servings: 4				
Nutritional Info (per serving)					Nutritional Info (per serving)					Nutritional Info (per serving)				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
127	10g 70%	6g 18%	4g 12%	1g	153	14g 84%	4g 7%	6g 9%	2g	262	19g 66%	13g 20%	9g 14%	3g
Day 5 Totals					Day 6 Totals					Day 7 Totals				
calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber	calories	fat	protein	carbs	fiber
1048	88g 75%	52g 20%	14g 5%	5g	1327	112.6g 77%	50.3g 15%	28.5g 8%	3.1g	1589	131g 74%	65g 16%	36g 10%	18g

## Note:

This meal plan will have extra servings at the end of the week. So you can either repeat until leftovers are done or freeze them for another week.

On [Keto-Adapted.com](http://Keto-Adapted.com) you can adjust serving sizes as needed and sub recipes for dairy free options.

# Grocery List Week 2 [Click Here](#) for an interactive version of this meal plan.

## Baking Products

Baking powder	1.5 teaspoons
Chicken bone broth	6 cups
Coconut flour	0.81 cups
Coconut milk	5 cups
Coconut milk	14 ounces
Coconut vinegar	0.65 cups
Cream of tartar	0.08 cups
Gelatin	0.25 cups
Lemon juice	0.37 cups
Lime juice	6 tablespoons
Unsweetened cocoa powder	1.69 cups

## Canned Items

Black olives	3 cups
Canned tuna	1 cup
Capers	0.56 cups
Marinated red peppers	1 cup
Pizza sauce	0.50 cups

## Condiments

Dijon mustard	2 teaspoons
Hot sauce	1 teaspoon
Mayonnaise	1.62 cups
Thai red curry paste	5 teaspoons

## Dairy

Brie cheese	8 ounces
Cream cheese	8 ounces
Feta cheese	2.50 cups
Feta cheese	4 ounces
Mozzarella cheese	0.50 cups

## Eggs

Egg whites	24
Egg yolks	27 large
Eggs	51 large
Hard boiled eggs	2 large

## Fats and Oils

Butter	2 tablespoons
Coconut oil	4 cups
MCT oil	2 cups
Olive oil	drizzle
Paleo fat	0.28 cups

## Fresh Herbs

Chives	garnish
Cilantro leaves and stems	2 teaspoons
Clove garlic	15 cloves
Fresh cilantro	0.31 cups
Fresh ground black pepper	4 teaspoons
Fresh oregano	0.31 cups
Fresh rosemary	4 sprigs
Fresh thyme	2 sprig

## Milk and Drinks

Cinnamon tea	0.50 cups
Unsweetened almond milk	5.87 cups
Water	1 cup

## Produce

Asparagus	32 ounces
Avocado	1/2 small
Button mushrooms	32 ounces
Cabbage	16 ounces
Cherry tomatoes	12
Cucumber	2
Daikon	1 medium

[Click Here](#) for an interactive version of this meal plan.

Green onions	0.37 cups	Sea salt	4 tablespoons
Guacamole	1 cup	Sea salt and pepper to taste	1
Lemons	2	Stone-ground mustard	0.50 cups
Lettuce	4 cups	Strawberry extract	1 teaspoon
Mixed greens	6 cups	Vanilla extract	3 tablespoons
Mushrooms	17 ounces		
Onion	1		
Portobello mushrooms	16 ounces		
Red onion	0.25 cups		
Romaine	1 cup		
Shallots	4		
Zucchini	1 medium		

### *Protein Powder*

chocolate egg white protein powder 1 cup  
(Jay Robb)

### *Proteins*

Bacon	28 slices
Chicken breasts	16 ounces
Chorizo sausage	2 ounces
Mussels	32 ounces
Pepperoni	0.25 cups

### *Spices and Extracts*

Almond extract	1.5 teaspoons
Aloe vera juice	3 teaspoons
Cayenne pepper	1/2 teaspoon
Chocolate extract	2 teaspoons
Cinnamon	3 teaspoons
Crushed red pepper flakes	1/2 teaspoon
Ground dried thyme	2 teaspoons
Ground turmeric	1/2 teaspoon
Italian seasoning	2 easpoons
L-glutamine powder	3 teaspoons
Maple extract	1 teaspoons
Salmon fillets	16 ounces

### *Sweeteners*

Confectioners Swerve	5.85 cups
Stevia glycerite	4 drops
Swerve	1.50 cups

### *Tea and Coffee*

Chai tea	1
Instant coffee granules	1.5 tablspoons
Strong brewed decaf coffee or espresso	2 cups

### *Water and other items*

Crushed ice	1 cup
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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	>
<b>Breakfast</b>							
CHAI BREAKFAST CUSTARD (1) 	CHOCOLATE MINUTE MUG MUFFIN (1) 	Hard Boiled Eggs (1) 	Shamrock Shake (1) 	CHAI BREAKFAST CUSTARD (1) 	Shamrock Shake (1) 	MAPLE BACON PANNA COTTA (4) 	
<b>Snack</b>							
				DAIRY FREE IRISH CREAM FROZEN CUSTARD (5) 			
<b>Dinner</b>							
Easy Lemon Chicken (4) 	Simple Chicken Salad Wraps (2) 	Fat Burning Pesto (4) 	Bacon Wrapped Asparagus (4) 	Chimichurri Flank Steak (4) 	Slow Cooker Maple-Dijon Pot Roast (10) 	Simple Chicken Salad Wraps (2) 	
Bacon Wrapped Asparagus (2) 	Pizza Devil'd Eggs (4) 	Buffalo Chicken Wings (6) 	Easy Lemon Chicken (2) 	Green Bean and Bacon Wraps (8) 	Mediterranean Fruit Salad (4) 	Pizza Devil'd Eggs (4) 	
<b>Per Person Nutrition Facts</b>							
Calories (kcal)	1139	1457	1158	1159	1352	1047	1471
Fat (g)	95	130	90	85	121.6	83	139
Carbohydrates (g)	18	14	7.3	23	14.5	16	8
Protein (g)	55	48	67	68	51.3	56	45
<small>Click on a recipe for more details</small>							

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