

Ketogenic Diet

📅 2023-11-23 👤 Lucy Domingo, RND

DAY 1

Breakfast	Coconut Milk Coffee (Unsweetened)	2 cup (454 g) 2 portion(s) (100 g)
Lunch	Low Carb Bell Pepper, Zucchini and Chicken Stir-Fry	2 serving (556 g)
Dinner	Green Salad with chicken and feta cheese	1 serving (581 g)
Snack	Broccoli and Cheese Balls	1 serving (79 g)

DAY 2

Breakfast	Hazelnut, Nut	2 oz (56.7 g)
Lunch	Herbed Baked Salmon with Cucumber and Celery Salad	2 serving (764 g)
Dinner	Garlic Rosemary Chicken with Brussel Sprouts	1 serving (258 g)
Snack	Low Carb Chocolate Mousse	2 serving (136 g)

DAY 3

Breakfast	Fried Egg Bacon Spinach	2 large (140 g) 2 slice (52 g) 1 cups (29 g)
Lunch	Zucchini Noodles with Walnut Pesto and Tempeh Crumbles	1 serving (580 g)
Dinner	Simple Chicken, Brussels Sprouts & Mushroom Salad	1 serving (307 g)
Snack	Smoked Salmon and Spinach Frittata Cups	2 serving (168 g)

DAY 4

Breakfast	Eggs with Spinach	2 serving (328 g)
Lunch	Beef and Broccoli Stir-Fry	1 serving (178 g)
Dinner	Baked Cod with Zucchini and Peppers	2 serving (552 g)
Snack	Keto Avocado Berry Smoothie with Coconut	1 serving (390 g)

DAY 5

Breakfast	Smoked Salmon and Spinach Frittata Cups	2 serving (168 g)
Lunch	Herbed Chicken Breast with Green Beans	2 serving (382 g)
Dinner	Grilled Halloumi Mediterranean Salad	2 serving (666 g)
Snack	Cocoa powder, 100%	4 tablespoons (20 g)
	Almond Milk	2 cup (524 g)

DAY 6

Breakfast	Keto Avocado Berry Smoothie with Coconut	1 serving (390 g)
Lunch	Sautéed Pork with Zucchini and Mushroom over Cauliflower Rice	2 serving (856 g)
Dinner	Garlic Parmesan Chicken Tenders with Broccoli	2 serving (274 g)
Snack	Almond Cinnamon Cookies	2 serving (64 g)

DAY 7

Breakfast	Low Carb Vegan Tofu Scramble with Spinach and Turmeric	1 serving (199 g)
Lunch	Zucchini Noodles with Walnut Pesto and Tempeh Crumbles	1 serving (580 g)
Dinner	Baked Garlic Salmon and Zucchini	1 serving (245 g)
Snack	Broccoli and Cheese Balls	2 serving (158 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y 1	Coconut Milk Coffee (Unsweetened)	Low Carb Bell Pepper, Zucchini and Chicken Stir-Fry	Green Salad with chicken and feta cheese	Broccoli and Cheese Balls
D A Y 2	Hazelnut, Nut	Herbed Baked Salmon with Cucumber and Celery Salad	Garlic Rosemary Chicken with Brussel Sprouts	Low Carb Chocolate Mousse
D A Y 3	Fried Egg Bacon Spinach	Zucchini Noodles with Walnut Pesto and Tempeh Crumbles	Simple Chicken, Brussels Sprouts & Mushroom Salad	Smoked Salmon and Spinach Frittata Cups
D A Y 4	Eggs with Spinach	Beef and Broccoli Stir-Fry	Baked Cod with Zucchini and Peppers	Keto Avocado Berry Smoothie with Coconut
D A Y 5	Smoked Salmon and Spinach Frittata Cups	Herbed Chicken Breast with Green Beans	Grilled Halloumi Mediterranean Salad	Cocoa powder, 100% Almond Milk
D A Y 6	Keto Avocado Berry Smoothie with Coconut	Sautéed Pork with Zucchini and Mushroom over Cauliflower Rice	Garlic Parmesan Chicken Tenders with Broccoli	Almond Cinnamon Cookies
D A Y 7	Low Carb Vegan Tofu Scramble with Spinach and Turmeric	Zucchini Noodles with Walnut Pesto and Tempeh Crumbles	Baked Garlic Salmon and Zucchini	Broccoli and Cheese Balls

Macronutrient summary

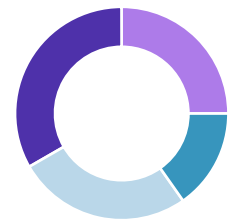
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12949.8	1850
Protein [g]	834.8	119.3
Fat [g]	954	136.3
Carbs [g]	369.1	52.7
Fiber [g]	119.1	17
Net Carbs [g]	250	35.7



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	463.1	15.7	42.4	9.2	3.4	5.9
Lunch	615.6	49	40	19.9	6	13.9
Dinner	489.4	43.3	30.1	11.8	3.3	8.5
Snack	281.8	11.2	23.8	11.8	4.3	7.4



Breakfast Lunch Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1878.7	127.9	138.7	47	10.1	36.9
Day 2	1787.9	118.1	132.8	49.7	15.7	34
Day 3	1870.9	115.5	141.1	49.3	12.8	36.5
Day 4	1844.6	124	133.7	45.8	18.4	27.4
Day 5	1883.1	125.9	136.7	50.2	18.1	32.1
Day 6	1871	116.6	133.1	71.3	28.8	42.5
Day 7	1813.6	106.7	137.8	55.8	15.2	40.6

Eggs with Spinach

🕒 20 min 🍽️ 2 servings

285 Kcal / serving

14g Protein 24g Fat 4g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 2 servings (28 g)
- Garlic, 2 clove (6 g)
- Baby spinach, 3 cup (90 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Heat the oil in a large skillet over medium heat. Add the garlic, red pepper flakes, oregano, basil, salt, and pepper. Cook, stirring, until fragrant, about 1 minute.

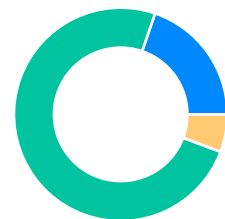
Add the spinach and cook, stirring, until wilted, about 2 minutes.

Crack the eggs into the skillet and cook until whites are set and yolks are still runny, about 4 minutes.

Serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	569.7	173.7	284.9
Protein [g]	28.4	8.7	14.2
Fat [g]	47.6	14.5	23.8
Carbs [g]	8.2	2.5	4.1
Fiber [g]	3	0.9	1.5
Net Carbs [g]	5.2	1.6	2.6



Protein Fat Carbs

Beef and Broccoli Stir-Fry

🕒 25 min 🍽️ 4 servings

225 Kcal / serving

26g Protein 11g Fat 7g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Ginger, 1 tablespoon (7 g)
- Sesame oil, 1 tablespoon (14 g)
- Garlic, 2 clove (5.8 g)
- Beef sirloin, 1 pound (453.6 g)
- Broccoli florets, 2 cups (182 g)
- Erythritol, 1 teaspoon (4 g)
- Salt and pepper, 1 tsp (2 g)
- coconut aminos, coconut, wegmans food markets, inc. , 2 tbsp (30 g)



Instructions

In a bowl, combine soy sauce, minced garlic, grated ginger, and erythritol. Mix well and set aside.

Heat olive oil in a large skillet or wok over medium-high heat.

Add the thinly sliced beef to the skillet and cook until browned. Remove the beef from the skillet and set aside.

In the same skillet, add broccoli florets and stir-fry for 3-4 minutes until slightly tender.

Return the cooked beef to the skillet with the broccoli.

Pour the soy sauce mixture over the beef and broccoli. Stir-fry for an additional 2-3 minutes until the sauce thickens and coats the beef and broccoli evenly.

Drizzle sesame oil over the stir-fry and season with salt and pepper to taste. Toss well to combine.

Remove from heat and serve hot. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	898.2	126.3	224.6
Protein [g]	102.6	14.4	25.7
Fat [g]	43	6	10.8
Carbs [g]	27.2	3.8	6.8
Fiber [g]	5	0.7	1.3
Net Carbs [g]	22.2	3.1	5.6



Protein Fat Carbs

Keto Avocado Berry Smoothie with Coconut

🕒 5 min 🍽️ 2 servings

482 Kcal / serving

6g Protein 45g Fat 21g Carbs

Ingredients

- **Vanilla extract**, 1 teaspoons (4 g)
- **Avocado**, 1 avocado (203 g)
- **Berries**, 1/2 cup (77.5 g)
- **Coconut flakes**, 1 tsp (5 g)
- **Chia seeds**, 1 tbsp (12 g)
- **Ice cubes**, 1 cup (236.6 g)
- **Coconut Cream**, 1 tbsp (15 g)
- **Coconut Milk**, 1 cup (227 g)



Instructions

Cut the avocado in half, remove the pit, and scoop out the flesh.

In a blender, combine the avocado, coconut milk, frozen berries, chia seeds, coconut cream, coconut flakes, vanilla extract, and ice cubes.

Blend until smooth and creamy.

Taste and add stevia or any keto-friendly sweetener if desired.

Pour into glasses and serve chilled.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	963.8	123.6	481.9
Protein [g]	11.8	1.5	5.9
Fat [g]	90.8	11.6	45.4
Carbs [g]	40.9	5.2	20.5
Fiber [g]	21	2.7	10.5
Net Carbs [g]	19.9	2.6	10



Protein Fat Carbs

Baked Cod with Zucchini and Peppers

🕒 40 min 🍽️ 2 servings

284 Kcal / serving

32g Protein 15g Fat 5g Carbs

Ingredients

- **Onion powder**, 1/2 teaspoon (1 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Salt**, 2 teaspoon (10 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Mushrooms**, 1/2 cup, whole (48 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Zucchini**, 1/2 cup, chopped (62 g)
- **Cod**, 2 servings (340 g)
- **Bell peppers**, 1/2 (59.5 g)
- **Black Pepper**, 1 tsp, ground (2.3 g)



Instructions

Preheat the oven to 400°F (200°C).

In a baking dish, place the cod fillets and drizzle with 1 tablespoon of olive oil. Season with salt and pepper.

In a separate bowl, combine the sliced zucchini, bell peppers, and mushrooms. Toss with the remaining olive oil, dried thyme, dried oregano, garlic powder, onion powder, salt, and pepper.

Spread the vegetable mixture around the cod fillets in the baking dish.

Bake in the preheated oven for 20-25 minutes or until the cod is cooked through and flakes easily with a fork.

Serve the cod and vegetables hot, and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	567.2	102.9	283.6
Protein [g]	63.9	11.6	32
Fat [g]	30	5.4	15
Carbs [g]	10.3	1.9	5.2
Fiber [g]	3.7	0.7	1.9
Net Carbs [g]	6.6	1.2	3.3



Protein Fat Carbs

Green Salad with chicken and feta cheese

🕒 35 min 🍽️ 2 servings

508 Kcal / serving

54g Protein 27g Fat 13g Carbs

Ingredients

- Feta cheese, 1/4 cup (36.2 g)
- Lemon juice, 1 tablespoons (15 g)
- Oregano, 1 teaspoon (2 g)
- Salt, 1 tsp (6 g)
- Cucumber, 1/2 cup (68 g)
- Olive oil, 2 servings (28 g)
- Lettuce, 4 cup shredded (288 g)
- Bell pepper, 1/2 cup (74.5 g)
- Chicken breasts, 4 (452 g)
- Pepper, 1/2 teaspoon (1 g)
- Cherry tomatoes, 1 cup (149 g)
- Olives, 1/4 cup (33.8 g)
- Parsley, 2 tablespoons (8 g)



Instructions

In a bowl, combine garlic-infused olive oil, lemon juice, dried oregano, salt, and pepper.

Add chicken breasts to the bowl, ensuring they are coated with the marinade. Let it marinate for 15 minutes.

Heat a non-stick pan over medium heat and add the marinated chicken breasts. Cook for 6-8 minutes per side or until fully cooked.

Remove the chicken from the pan and let it rest for a few minutes. Slice it into strips.

In a large salad bowl, combine lettuce, cherry tomatoes, cucumber, red bell pepper, black olives, feta cheese, and chopped parsley.

Add the sliced chicken on top of the salad.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1016	87.5	508
Protein [g]	107.2	9.2	53.6
Fat [g]	53.7	4.6	26.9
Carbs [g]	26.8	2.3	13.4
Fiber [g]	9.1	0.8	4.6
Net Carbs [g]	17.7	1.5	8.9



Protein Fat Carbs

Herbed Baked Salmon with Cucumber and Celery Salad

🕒 30 min 🍽️ 4 servings

395 Kcal / serving

35g Protein 25g Fat 5g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Dill**, 2 tbsp (0.8 g)
- **Apple cider vinegar**, 2 tablespoons (30.1 g)
- **Salt**, 1 tsp (6 g)
- **Celery**, 4 stalk (140 g)
- **Cucumbers**, 2 cucumber (600 g)
- **Olive oil**, 4 servings (56 g)
- **Salmon**, 4 fillet (680 g)
- **Parsley**, 2 tablespoons (8 g)
- **Garlic powder**, 1 teaspoon (3 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, combine the chopped parsley, dill, olive oil, garlic powder, onion powder, and salt. Mix well to create a herbed marinade.

Place the salmon fillets on a baking sheet lined with parchment paper.

Brush the herbed marinade over the salmon fillets, ensuring they are evenly coated.

Bake the salmon in the preheated oven for 15-20 minutes, or until cooked through and flaky.

While the salmon is baking, prepare the cucumber and celery salad. In a medium bowl, combine the sliced cucumbers, sliced celery, apple cider vinegar, olive oil, dill, and salt. Toss well to combine.

Once the salmon is cooked, remove it from the oven and let it cool slightly.

Serve the herbed baked salmon with the cucumber and celery salad on the side.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1581.4	103.6	395.4
Protein [g]	140.4	9.2	35.1
Fat [g]	100.4	6.6	25.1
Carbs [g]	21.7	1.4	5.4
Fiber [g]	7.3	0.5	1.8
Net Carbs [g]	14.4	0.9	3.6



Protein Fat Carbs

Low Carb Vegan Tofu Scramble with Spinach and Turmeric

🕒 25 min 🍽️ 2 servings

248 Kcal / serving

12g Protein 19g Fat 10g Carbs

Ingredients

- **Turmeric powder**, 1 teaspoons (2.3 g)
- **Salt**, 1/2 teaspoon (2.5 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 clove (6 g)
- **Block of tofu**, 1 100 gram (226 g)
- **Spinach**, 2 cups (60 g)
- **Cumin powder**, 1/2 teaspoon (1 g)
- **Pepper**, 1/2 teaspoon (1 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add diced onion and minced garlic to the skillet and sauté until onions are translucent.

Add crumbled tofu to the skillet and cook for 5-7 minutes, stirring occasionally.

Sprinkle turmeric, cumin, paprika, salt, and pepper over the tofu. Stir well to evenly coat the tofu with the spices.

Add chopped spinach to the skillet and cook for an additional 3-5 minutes, or until the spinach has wilted.

Taste and adjust seasonings if needed.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	495.4	124.9	247.7
Protein [g]	23.6	5.9	11.8
Fat [g]	37.7	9.5	18.9
Carbs [g]	19	4.8	9.5
Fiber [g]	5.7	1.4	2.9
Net Carbs [g]	13.3	3.4	6.7



Protein Fat Carbs

Zucchini Noodles with Walnut Pesto and Tempeh Crumbles

🕒 20 min 🍽️ 2 servings

932 Kcal / serving

41g Protein 78g Fat 33g Carbs

Ingredients

- Basil leaves, 1 cup (24 g)
- Onion powder, 1/4 teaspoon (0.5 g)
- Juice of lemon, 1 juice of lemon (30 g)
- Salt, 1 tsp (6 g)
- Olive oil, 1/4 cup (51.9 g)
- Zucchini, 2 large (646 g)
- Garlic, 2 clove (6 g)
- Tempeh, 8 oz (228 g)
- Soy sauce, 2 tbsp (36 g)
- Walnuts, 1 cup, chopped (117 g)
- Nutritional yeast, 1/4 cup (11 g)
- Pepper, 1/2 teaspoon (1 g)
- Paprika, 1/4 teaspoon (0.5 g)
- Garlic powder, 1/4 teaspoon (0.8 g)



Instructions

Using a spiralizer or vegetable peeler, create zucchini noodles from the zucchini. Set aside.

In a food processor, combine walnuts, garlic, basil, nutritional yeast, olive oil, lemon juice, salt, and pepper. Process until smooth to make the walnut pesto. Set aside.

Cut the tempeh into crumbles.

In a skillet, heat olive oil over medium heat. Add the tempeh crumbles and cook until lightly browned.

In a small bowl, whisk together soy sauce, smoked paprika, garlic powder, and onion powder. Pour the mixture over the tempeh crumbles and stir to coat. Cook for an additional 2-3 minutes.

In a separate skillet, heat olive oil over medium heat. Add the zucchini noodles and cook for 2-3 minutes until slightly softened.

Remove the zucchini noodles from the heat and toss with the walnut pesto.

Serve the zucchini noodles topped with the tempeh crumbles.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1863.7	160.9	931.9
Protein [g]	82.8	7.1	41.4
Fat [g]	155.8	13.4	77.9
Carbs [g]	66.7	5.8	33.4
Fiber [g]	18.5	1.6	9.3
Net Carbs [g]	48.2	4.2	24.1



Protein Fat Carbs

Sautéed Pork with Zucchini and Mushroom over Cauliflower Rice

🕒 35 min 🍽️ 4 servings

268 Kcal / serving

29g Protein 11g Fat 14g Carbs

Ingredients

- Ground ginger, 1 teaspoons (2 g)
- Apple cider vinegar, 1 tablespoon (15.1 g)
- Pork tenderloin, 1 pounds (453.6 g)
- Cauliflower, 1 medium head (575 g)
- Mushrooms, 8 ounces (226.7 g)
- Zucchini, 2 medium (392 g)
- Garlic, 2 clove (5.8 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Coconut aminos, 1 tablespoon (15 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a large skillet, heat 1 tablespoon of coconut oil over medium-high heat.

Add the sliced pork to the skillet and cook until browned, about 5 minutes. Remove the pork from the skillet and set aside.

In the same skillet, add another tablespoon of coconut oil and sauté the zucchini, mushrooms, and minced garlic until tender, about 5-7 minutes.

While the vegetables are cooking, prepare the cauliflower rice by pulsing the cauliflower florets in a food processor until they resemble rice grains.

In a separate skillet, heat 1 tablespoon of coconut oil over medium heat. Add the cauliflower rice and cook for 5 minutes, stirring occasionally.

Return the cooked pork to the vegetable skillet and add the coconut aminos, apple cider vinegar, ground ginger, salt, and pepper. Stir well to combine and cook for an additional 2-3 minutes to allow the flavors to meld.

Serve the sautéed pork and vegetables over the cauliflower rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1071.3	62.5	267.8
Protein [g]	117	6.8	29.3
Fat [g]	45.7	2.7	11.4
Carbs [g]	54.7	3.2	13.7
Fiber [g]	18.1	1.1	4.5
Net Carbs [g]	36.6	2.1	9.2



Protein Fat Carbs

Grilled Halloumi Mediterranean Salad

🕒 20 min 🍽️ 2 servings

507 Kcal / serving

24g Protein 42g Fat 11g Carbs

Ingredients

- **Lemon juice**, 1 tablespoons (15 g)
- **Oregano**, 1 teaspoon (2 g)
- **Cucumber**, 1/2 small (80.5 g)
- **Halloumi cheese**, 200 g (200 g)
- **Salad greens**, 2 cups (80 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Onion**, 1/2 large (75 g)
- **Kalamata olives**, 1/4 cup (33.8 g)
- **Extra virgin olive oil**, 2 tablespoons (28 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Preheat the grill to medium-high heat.

In a bowl, combine the salad greens, cherry tomatoes, cucumber, red onion, and Kalamata olives.

In a separate small bowl, whisk together the olive oil, lemon juice, dried oregano, salt, and pepper to make the dressing.

Grill the halloumi cheese slices for about 2-3 minutes on each side, until grill marks appear.

Remove the grilled halloumi from the grill and let it cool slightly.

Cut the halloumi into bite-sized pieces.

Add the grilled halloumi to the salad mixture.

Drizzle the dressing over the salad and toss gently to combine.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1014.3	152.5	507.2
Protein [g]	48.3	7.3	24.2
Fat [g]	82.9	12.5	41.5
Carbs [g]	22.6	3.4	11.3
Fiber [g]	5.1	0.8	2.6
Net Carbs [g]	17.5	2.6	8.8



Protein Fat Carbs

Smoked Salmon and Spinach Frittata Cups

🕒 25 min 🍽️ 6 servings

98 Kcal / serving

10g Protein 6g Fat 1g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Parsley, 2 tablespoons (8 g)
- Olive oil, 1/4 teaspoon (1 g)
- Salmon, 4 ounces (112.8 g)
- Almond milk, 1/4 cup (62.5 g)
- Spinach, 1/2 cup (15 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Preheat the oven to 350°F (175°C).

In a bowl, whisk together the eggs and almond milk.

Add the chopped spinach, smoked salmon, parsley, olive oil, salt, and pepper. Mix well.

Grease a muffin tin with cooking spray or olive oil.

Divide the egg mixture evenly among the muffin cups.

Bake for 15-20 minutes or until the frittata cups are set and slightly golden on top.

Remove from the oven and let them cool for a few minutes.

Gently remove the frittata cups from the muffin tin and serve warm or at room temperature.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	585.3	116.7	97.6
Protein [g]	59.3	11.8	9.9
Fat [g]	35.3	7	5.9
Carbs [g]	3.5	0.7	0.6
Fiber [g]	0.8	0.2	0.1
Net Carbs [g]	2.7	0.5	0.5



Protein Fat Carbs

Simple Chicken, Brussels Sprouts & Mushroom Salad

🕒 15 min 🍽️ 2 servings

249 Kcal / serving

28g Protein 10g Fat 12g Carbs

Ingredients

- **Mushrooms**, 1 cup, whole (96 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Balsamic vinegar**, 2 tbsp (32 g)
- **Brussels sprouts**, 1 cup (88 g)
- **Chicken breasts**, 1 small breast (225 g)
- **Salad greens**, 2 cups (80 g)
- **Cherry tomatoes**, 1/4 cup (37.3 g)
- **Onion**, 1/4 cup (40 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Season the chicken breasts with salt and pepper.

Heat 1 tablespoon of olive oil in a skillet over medium heat.

Add the chicken breasts to the skillet and cook for 5 minutes on each side, or until cooked through.

Remove the chicken from the skillet and let it rest for a few minutes before slicing into thin strips.

In the same skillet, add another tablespoon of olive oil and sauté the Brussels sprouts and mushrooms until tender, about 3-4 minutes.

In a large bowl, combine the mixed salad greens, cherry tomatoes, and red onion.

Add the cooked Brussels sprouts, mushrooms, and sliced chicken to the bowl.

Drizzle with balsamic vinegar and the remaining olive oil.

Season with salt and pepper, and toss everything together until well combined.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	498.5	81.2	249.3
Protein [g]	55.7	9.1	27.9
Fat [g]	20.1	3.3	10.1
Carbs [g]	24.3	4	12.2
Fiber [g]	5.2	0.8	2.6
Net Carbs [g]	19.1	3.1	9.6



Protein Fat Carbs

Baked Garlic Salmon and Zucchini

🕒 20 min 🍽️ 2 servings

376 Kcal / serving

35g Protein 25g Fat 3g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 tsp (2 g)
- Garlic powder, 1 teaspoon (3 g)
- Zucchini, 1 small (118 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the salmon fillets on a baking sheet lined with foil or parchment paper.

Drizzle the salmon with 1 tablespoon of olive oil and sprinkle with garlic powder, salt, and pepper.

Slice the zucchini and arrange them around the salmon on the baking sheet.

Drizzle the zucchini with the remaining tablespoon of olive oil and season with salt and pepper.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and the zucchini is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	751.5	153.4	375.8
Protein [g]	69.4	14.2	34.7
Fat [g]	49	10	24.5
Carbs [g]	5.9	1.2	3
Fiber [g]	1.5	0.3	0.8
Net Carbs [g]	4.4	0.9	2.2



Protein Fat Carbs

Low Carb Bell Pepper, Zucchini and Chicken Stir-Fry

🕒 10 min 🍽️ 2 servings

173 Kcal / serving

28g Protein 3g Fat 8g Carbs

Ingredients

- Zucchini, 1 medium (196 g)
- Garlic, 2 clove (6 g)
- Soy sauce, 2 tbsp (36 g)
- Bell pepper, 1 cup, sliced (92 g)
- Chicken breasts, 2 portion (226 g)



Instructions

Slice the chicken breasts into thin strips.

Cut the zucchini and red bell pepper into thin slices.

Mince the garlic cloves.

Heat a non-stick skillet over medium-high heat.

Add the chicken strips to the skillet and cook for 3-4 minutes, until browned and cooked through.

Remove the chicken from the skillet and set aside.

In the same skillet, add the sliced zucchini, red bell pepper, and minced garlic.

Cook for 2-3 minutes, until the vegetables are tender-crisp.

Return the cooked chicken to the skillet.

Pour the soy sauce over the chicken and vegetables.

Stir-fry for another 1-2 minutes, until everything is well coated and heated through.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	345.4	62.1	172.7
Protein [g]	55.4	10	27.7
Fat [g]	6.8	1.2	3.4
Carbs [g]	15.6	2.8	7.8
Fiber [g]	4.3	0.8	2.2
Net Carbs [g]	11.3	2	5.7



Protein Fat Carbs

Herbed Chicken Breast with Green Beans

🕒 15 min 🍽️ 2 servings

273 Kcal / serving

25g Protein 17g Fat 6g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 2 tsp (4 g)
- Italian Seasoning, 1 tablespoon (5 g)
- Chicken breasts, 2 portion (226 g)
- Green Beans, 2 portion(s) (120 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the chicken breasts on a baking sheet lined with parchment paper.

Drizzle olive oil over the chicken breasts, then sprinkle with dried Italian herbs, salt, and pepper.

Toss the green beans with olive oil, salt, and pepper in a separate bowl.

Arrange the green beans around the chicken breasts on the baking sheet.

Bake in the preheated oven for 10-12 minutes, or until the chicken is cooked through and the green beans is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	546.8	143.1	273.4
Protein [g]	50.6	13.2	25.3
Fat [g]	33.3	8.7	16.7
Carbs [g]	11.8	3.1	5.9
Fiber [g]	5.4	1.4	2.7
Net Carbs [g]	6.4	1.7	3.2



Protein Fat Carbs

Garlic Rosemary Chicken with Brussel Sprouts

🕒 15 min 🍽️ 2 servings

223 Kcal / serving

36g Protein 4g Fat 11g Carbs

Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 300 g (300 g)
- Brussels sprouts, halved, 2 portion(s) (200 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced Brussel Sprouts.

Place the chicken breasts and Brussel Sprouts on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	446.1	86.6	223.1
Protein [g]	71.2	13.8	35.6
Fat [g]	8.4	1.6	4.2
Carbs [g]	21.9	4.3	11
Fiber [g]	7.9	1.5	4
Net Carbs [g]	14	2.7	7



Protein Fat Carbs

Low Carb Chocolate Mousse

🕒 10 min 🍽️ 4 servings

208 Kcal / serving

2g Protein 22g Fat 9g Carbs

Ingredients

- Heavy cream, 1 cup, fluid (yields 2 cups whipped) (238 g)
- Cocoa powder, 2 tablespoon (10 g)
- Powdered erythritol, 2 tablespoon (24 g)



Instructions

1. In a mixing bowl, combine the heavy cream, cocoa powder, and powdered erythritol.
2. Use an electric mixer to beat the mixture until it thickens and forms stiff peaks.
3. Spoon the chocolate mousse into serving glasses or bowls.
4. Refrigerate for at least 1 hour before serving.
5. Garnish with grated dark chocolate or a dollop of whipped cream, if desired.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	832	305.9	208
Protein [g]	8.7	3.2	2.2
Fat [g]	87.2	32.1	21.8
Carbs [g]	36.3	13.3	9.1
Fiber [g]	3.7	1.4	0.9
Net Carbs [g]	32.6	12	8.2



Protein Fat Carbs

Broccoli and Cheese Balls

🕒 20 min 🍽️ 4 servings

129 Kcal / serving

9g Protein 8g Fat 5g Carbs

Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Mozzarella cheese**, 1 cup (112 g)
- **Broccoli**, 1 cups (176 g)



Instructions

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Cut the broccoli into florets and steam them until tender, about 5-7 minutes.
3. Once the broccoli is cooked, transfer it to a clean kitchen towel and squeeze out any excess moisture.
4. In a mixing bowl, combine the broccoli, shredded cheese, Parmesan cheese, and garlic powder. Mix well until everything is evenly combined.
5. Take small portions of the mixture and shape them into balls. Place the balls onto the prepared baking sheet.
6. Bake in the preheated oven for about 10 minutes or until the balls are golden and crispy on the outside.
7. Remove from the oven and let them cool for a few minutes before serving.
8. Enjoy these delicious broccoli and cheese balls as a snack or appetizer!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	515.4	162.5	128.9
Protein [g]	37.7	11.9	9.4
Fat [g]	33	10.4	8.3
Carbs [g]	20	6.3	5
Fiber [g]	4.8	1.5	1.2
Net Carbs [g]	15.2	4.8	3.8



Protein Fat Carbs

Almond Cinnamon Cookies

🕒 15 min 🍽️ 12 servings

184 Kcal / serving

7g Protein 16g Fat 7g Carbs

Ingredients

- **Vanilla extract**, 1/2 teaspoon (2.1 g)
- **Salt**, 1/4 tsp (1.6 g)
- **Almond butter**, 1/2 cup (130.2 g)
- **Ground cinnamon**, 1 teaspoon (2.1 g)
- **Almond flour**, 1 cup (246.4 g)



Instructions

Preheat your oven to 350°F (175°C).

In a mixing bowl, combine almond flour, almond butter, cinnamon, vanilla extract, and salt.

Mix well until all ingredients are fully incorporated.

Take small portions of the dough and roll them into balls. Place the balls onto a baking sheet lined with parchment paper.

Using a fork, gently press down on each cookie to create a crisscross pattern.

Bake in the preheated oven for 10-12 minutes, or until the edges turn golden brown.

Remove from the oven and let the cookies cool on the baking sheet for 5 minutes.

Transfer the cookies to a wire rack to cool completely before serving.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2203	576.1	183.6
Protein [g]	79.6	20.8	6.6
Fat [g]	194.3	50.8	16.2
Carbs [g]	78.7	20.6	6.6
Fiber [g]	40.6	10.6	3.4
Net Carbs [g]	38.1	10	3.2



Protein Fat Carbs

Garlic Parmesan Chicken Tenders with Broccoli

🕒 15 min 🍽️ 4 servings

243 Kcal / serving

20g Protein 16g Fat 5g Carbs

Ingredients

- **Parmesan cheese**, 1/2 cup (48.2 g)
- **Butter**, 1/2 stick (54 g)
- **Garlic**, 2 cloves (6 g)
- **Broccoli florets**, 2 cup (182 g)
- **Chicken tenders**, 1 lbs (259 g)



Instructions

Preheat your oven to 400°F (200°C).

In a bowl, mix together the grated Parmesan cheese and minced garlic.

Dip each chicken tender into the melted butter, then coat it with the Parmesan and garlic mixture.

Place the coated chicken tenders on a baking sheet.

Arrange the broccoli florets around the chicken tenders on the baking sheet.

Bake in the preheated oven for 10-12 minutes, or until the chicken is cooked through and the coating is crispy.

Serve the chicken tenders with the roasted broccoli florets and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	971.2	176.9	242.8
Protein [g]	77.9	14.2	19.5
Fat [g]	64.7	11.8	16.2
Carbs [g]	20.8	3.8	5.2
Fiber [g]	4.9	0.9	1.2
Net Carbs [g]	15.9	2.9	4



Protein Fat Carbs

Shopping List

Nut and Seed Products

- Coconut Milk, 681 g
- Hazelnut, Nut, 56.7 g
- Coconut flakes, 5 g
- Chia seeds, 12 g
- Coconut Cream, 15 g
- Walnuts, 117.1 g
- Almond butter, 21.8 g

Beverages

- Coffee (Unsweetened), 100 g
- Almond Milk, 524 g

Dairy and Egg Products

- Fried Egg, 140 g
- Eggs, 401.1 g
- Almond milk, 41.9 g
- Feta cheese, 18.1 g
- Halloumi cheese, 200.2 g
- Parmesan cheese, 43.6 g
- Butter, 26.9 g
- Mozzarella cheese, 83.7 g
- Heavy cream, 119 g

Pork Products

- Bacon, 52 g
- Pork tenderloin, 226.6 g

Vegetables and Vegetable Products

- Baby spinach, 119 g
- Garlic, 34.4 g
- Parsley, 5.3 g
- Spinach, 40.1 g
- Onion, 35.1 g
- Zucchini, 1159.7 g
- Bell pepper, 129.3 g
- Celery, 70.1 g
- Cucumber, 415 g

- Parsley, 8 g
- Ginger, 1.8 g
- Broccoli florets, 136.3 g
- Green Beans, 120 g
- Cauliflower, 287.3 g
- Mushrooms, 209.4 g
- Lettuce, 144.1 g
- Cherry tomatoes, 242.3 g
- Brussels sprouts, 144.2 g
- Salad greens, 120.1 g
- Onion, 95.1 g
- Bell peppers, 59.6 g
- Broccoli, 131.5 g

Spices and Herbs

- Basil, 0.5 g
- Oregano, 5 g
- Salt, 26.5 g
- Pepper flakes, 0.5 g
- Pepper, 2.5 g
- Salt and pepper, 10.8 g
- Vanilla extract, 4.3 g
- Turmeric powder, 1.1 g
- Paprika, 0.5 g
- Cumin powder, 0.5 g
- Onion powder, 2.5 g
- Dill, 0.4 g
- Apple cider vinegar, 22.6 g
- Garlic powder, 6 g
- Basil leaves, 24 g
- Paprika, 0.5 g
- Italian Seasoning, 1 tablespoon (5 g)
- Ground ginger, 1 g
- Rosemary, 0.1 g
- Balsamic vinegar, 16 g
- Thyme, 0.5 g
- Black Pepper, 2.3 g
- Ground cinnamon, 0.3 g

Fats and Oils

- Olive oil, 213.8 g
- Sesame oil, 3.5 g
- Coconut oil, 13.1 g
- Extra virgin olive oil, 28 g

Finfish and Shellfish Products

- Salmon, 75.6 g
- Salmon, 510.5 g
- Cod, 340.5 g

Fruits and Fruit Juices

- Avocado, 203 g
- Berries, 77.5 g
- Lemon juice, 52.6 g

Frozen

- Ice cubes, 236.6 g

Other

- Block of tofu, 113.4 g
- Nutritional yeast, 11 g
- Powdered erythritol, 13 g
- Coconut aminos, 7.5 g
- Almond flour, 41.2 g

Legumes and Legume Products

- Soy sauce, 72 g
- Tempeh, 228.3 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 940.9 g

Beef Products

- Beef sirloin, 113.5 g

Ethnic Foods

- coconut aminos, coconut, wegmans food markets, inc. , 7.5 g

Canned and Jarred

- Olives, 16.9 g
- Kalamata olives, 33.8 g

Poultry Products

- Chicken tenders, 129.2 g

Sweets

- Cocoa powder, 100%, 25 g