

## Atkins Diet Meal Plan

### DAY 1

<b>Breakfast</b>	Fried Egg	2 large (140 g)
	Cheddar Cheese	1 oz (28.4 g)
	Spinach	1/2 cups (14.5 g)
<b>Mid-morning snack</b>	Kale Chips	1 serving (64 g)
<b>Lunch</b>	Keto Chicken Curry	1 serving (399 g)
<b>Mid-afternoon snack</b>	Chicken Salad Lettuce Wraps	2 serving (200 g)
<b>Dinner</b>	Baked Garlic White Fish and Carrots	1 serving (209 g)

### DAY 2

<b>Breakfast</b>	Turkey Carrot and Cabbage Hash	1 serving (220 g)
<b>Mid-morning snack</b>	Broccoli, Bacon and Cheese Balls	1 serving (128 g)
<b>Lunch</b>	Baked Garlic White Fish and Green Beans	2 serving (438 g)
<b>Mid-afternoon snack</b>	Kale Chips	1 serving (64 g)
<b>Dinner</b>	Sauteed Garlic Chicken and Spinach	2 serving (264 g)

### DAY 3

<b>Breakfast</b>	Ground Turkey and Spinach Omelette	1 serving (173 g)
<b>Mid-morning snack</b>	Boiled Eggs	1 large (49.3 g)
<b>Lunch</b>	Lean Beef Strips with Carrots and Peppers	2 serving (434 g)
<b>Mid-afternoon snack</b>	Broccoli, Ham and Cheese Balls	1 serving (91 g)
<b>Dinner</b>	Baked Garlic Salmon and Green Beans	1 serving (221 g)

**DAY 4**

<b>Breakfast</b>	Fried Eggs with Bacon and Spinach	1 serving (175 g)
<b>Mid-morning snack</b>	Keto Bacon and Cheese Balls	1 serving (65 g)
<b>Lunch</b>	Turkey Stuffed Portobello Mushrooms	2 servings (404 g)
<b>Mid-afternoon snack</b>	Chicken Cheesy Egg Muffins	2 serving (158 g)
<b>Dinner</b>	Herbed Chicken Breast with Asparagus	2 servings (342 g)

**DAY 5**

<b>Breakfast</b>	Coconut Milk	1/2 cup (113.5 g)
	Coffee (Unsweetened)	1 portion(s) (50 g)
<b>Mid-morning snack</b>	Broccoli and Cheese Balls	1 serving (79 g)
<b>Lunch</b>	Chicken Stuffed Portobello Mushrooms	1 serving (202 g)
<b>Mid-afternoon snack</b>	Cheddar Cheese	2 ounces (56.7 g)
<b>Dinner</b>	Cajun Chicken with Bell Peppers	1 serving (217 g)

**DAY 6**

<b>Breakfast</b>	Eggs with Spinach	2 serving (328 g)
<b>Mid-morning snack</b>	Kale Chips	1 serving (64 g)
<b>Lunch</b>	Quick Mushroom and Spinach Stuffed Chicken Breast	2 serving (626 g)
<b>Mid-afternoon snack</b>	Keto Ham and Cheese Balls	2 serving (136 g)
<b>Dinner</b>	Mashed Cauliflower with Sautéed Mushrooms and Crispy Bacon	1 serving (215 g)

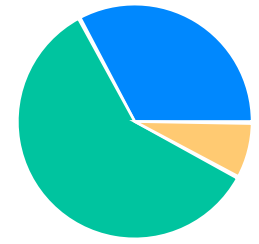
**DAY 7**

<b>Breakfast</b>	Coconut Milk	1 cup (227 g)
	Coffee (Unsweetened)	1 portion(s) (50 g)
<b>Mid-morning snack</b>	Cauliflower and Cheese Balls	1 serving (102 g)
<b>Lunch</b>	Sauteed Ground Chicken with Cabbage and Carrots	1 serving (189 g)
<b>Mid-afternoon snack</b>	Shredded Chicken and Carrot Slaw	1 serving (201 g)
<b>Dinner</b>	Baked Garlic White Fish and Asparagus	1 serving (291 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
D	Fried Egg	Kale Chips	Keto Chicken Curry	Chicken Salad Lettuce	Baked Garlic White Fish
A	2 large (140 g)	1 serving (64 g)	1 serving (399 g)	Wraps	and Carrots
Y	Cheddar Cheese			2 serving (200 g)	1 serving (209 g)
1	1 oz (28.4 g)				
	Spinach				
	½ cups (14.5 g)				
D	Turkey Carrot and Cab-	Broccoli, Bacon and	Baked Garlic White Fish	Kale Chips	Sauteed Garlic Chicken
A	bage Hash	Cheese Balls	and Green Beans	1 serving (64 g)	and Spinach
Y	1 serving (220 g)	1 serving (128 g)	2 serving (438 g)		2 serving (264 g)
2					
D	Ground Turkey and	Boiled Eggs	Lean Beef Strips with	Broccoli, Ham and Cheese	Baked Garlic Salmon and
A	Spinach Omelette	1 large (49.3 g)	Carrots and Peppers	Balls	Green Beans
Y	1 serving (173 g)		2 serving (434 g)	1 serving (91 g)	1 serving (221 g)
3					
D	Fried Eggs with Bacon	Keto Bacon and Cheese	Turkey Stuffed Portobello	Chicken Cheesy Egg	Herbed Chicken Breast
A	and Spinach	Balls	Mushrooms	Muffins	with Asparagus
Y	1 serving (175 g)	1 serving (65 g)	2 servings (404 g)	2 serving (158 g)	2 servings (342 g)
4					
D	Coconut Milk	Broccoli and Cheese Balls	Chicken Stuffed Porto-	Cheddar Cheese	Cajun Chicken with Bell
A	½ cup (113.5 g)	1 serving (79 g)	bello Mushrooms	2 ounces (56.7 g)	Peppers
Y	Coffee (Unsweetened)		1 serving (202 g)		1 serving (217 g)
5	1 portion(s) (50 g)				
D	Eggs with Spinach	Kale Chips	Quick Mushroom and	Keto Ham and Cheese	Mashed Cauliflower with
A	2 serving (328 g)	1 serving (64 g)	Spinach Stuffed Chicken	Balls	Sautéed Mushrooms and
Y			Breast	2 serving (136 g)	Crispy Bacon
			2 serving (626 g)		1 serving (215 g)
6					
D	Coconut Milk	Cauliflower and Cheese	Sauteed Ground Chicken	Shredded Chicken and	Baked Garlic White Fish
A	1 cup (227 g)	Balls	with Cabbage and Carrots	Carrot Slaw	and Asparagus
Y	Coffee (Unsweetened)	1 serving (102 g)	1 serving (189 g)	1 serving (201 g)	1 serving (291 g)
7	1 portion(s) (50 g)				

## Macronutrient summary

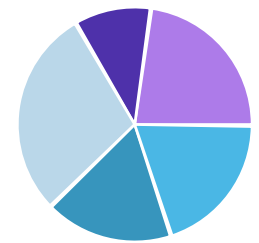
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	10543.6	1506.2
Protein [g]	878.2	125.5
Fat [g]	704.1	100.6
Carbs [g]	201.1	28.7
Fiber [g]	59.7	8.5
Net Carbs [g]	141.4	20.2



33 % Protein 59 % Fat  
8 % Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	345.7	18.1	29	4.9	1	3.8
Mid-morning snack	157.9	7.6	12.9	3.8	1.1	2.7
Lunch	437.4	47.7	23.1	10.9	3.3	7.6
Mid-afternoon snack	266.7	19.1	19.5	3.5	0.9	2.7
Dinner	298.5	32.9	16.2	5.7	2.2	3.4



23 % Breakfast 10 %  
Mid-morning snack 29  
% Lunch 18 % Mid-af-  
ternoon snack 20 %  
Dinner

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1698.6	131	119.3	27.5	8.8	18.7
Day 2	1421.3	154.7	77.8	30.3	10.1	20.2
Day 3	1303.5	121.2	77	28.6	6.3	22.3
Day 4	1853.3	141.1	132.8	27.4	9.6	17.8
Day 5	1015.9	63.8	76.7	25.6	6.1	19.5
Day 6	1919.7	170.4	124	31.7	11.1	20.6
Day 7	1331.2	96	96.5	30	7.7	22.3

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
<b>Cheddar Cheese</b> 1 oz (28.4 g)	114.5	6.5	9.4	0.9	0	0.9
<b>Spinach</b> 1/2 cups (14.5 g)	3.3	0.4	0.1	0.5	0.3	0.2
<b>TOTAL FOR BREAKFAST</b>	<b>392.3</b>	<b>26</b>	<b>30.3</b>	<b>2.6</b>	<b>0.3</b>	<b>2.3</b>
<b>Mid-morning snack</b>						
<b>Kale Chips</b> 1 serving (64 g)	147.8	2	14.4	4.4	1.8	2.6
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>147.8</b>	<b>2</b>	<b>14.4</b>	<b>4.4</b>	<b>1.8</b>	<b>2.6</b>
<b>Lunch</b>						
<b>Keto Chicken Curry</b> 1 serving (399 g)	518.8	40.2	35.2	13.1	4.7	8.4
<b>TOTAL FOR LUNCH</b>	<b>518.8</b>	<b>40.2</b>	<b>35.2</b>	<b>13.1</b>	<b>4.7</b>	<b>8.4</b>
<b>Mid-afternoon snack</b>						
<b>Chicken Salad Lettuce Wraps</b> 2 serving (200 g)	400	28.3	29.4	4	1.1	2.9
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>400</b>	<b>28.3</b>	<b>29.4</b>	<b>4</b>	<b>1.1</b>	<b>2.9</b>
<b>Dinner</b>						
<b>Baked Garlic White Fish and Carrots</b> 1 serving (209 g)	239.8	34.5	10	3.5	0.9	2.6
<b>TOTAL FOR DINNER</b>	<b>239.8</b>	<b>34.5</b>	<b>10</b>	<b>3.5</b>	<b>0.9</b>	<b>2.6</b>
<b>TOTAL FOR DAY 1</b>	<b>1698.6</b>	<b>131</b>	<b>119.3</b>	<b>27.5</b>	<b>8.8</b>	<b>18.7</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Turkey Carrot and Cabbage Hash 1 serving (220 g)	197.3	28.2	5.9	9.1	3	6.1
<b>TOTAL FOR BREAKFAST</b>	<b>197.3</b>	<b>28.2</b>	<b>5.9</b>	<b>9.1</b>	<b>3</b>	<b>6.1</b>
<b>Mid-morning snack</b>						
Broccoli, Bacon and Cheese Balls 1 serving (128 g)	237.2	12.8	18.5	5.6	1.4	4.2
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>237.2</b>	<b>12.8</b>	<b>18.5</b>	<b>5.6</b>	<b>1.4</b>	<b>4.2</b>
<b>Lunch</b>						
Baked Garlic White Fish and Green Beans 2 serving (438 g)	480.5	70.1	20	6.7	2.3	4.4
<b>TOTAL FOR LUNCH</b>	<b>480.5</b>	<b>70.1</b>	<b>20</b>	<b>6.7</b>	<b>2.3</b>	<b>4.4</b>
<b>Mid-afternoon snack</b>						
Kale Chips 1 serving (64 g)	147.8	2	14.4	4.4	1.8	2.6
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>147.8</b>	<b>2</b>	<b>14.4</b>	<b>4.4</b>	<b>1.8</b>	<b>2.6</b>
<b>Dinner</b>						
Sauteed Garlic Chicken and Spinach 2 serving (264 g)	358.6	41.6	19	4.5	1.6	2.9
<b>TOTAL FOR DINNER</b>	<b>358.6</b>	<b>41.6</b>	<b>19</b>	<b>4.5</b>	<b>1.6</b>	<b>2.9</b>
<b>TOTAL FOR DAY 2</b>	<b>1421.3</b>	<b>154.7</b>	<b>77.8</b>	<b>30.3</b>	<b>10.1</b>	<b>20.2</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Ground Turkey and Spinach Omelette</b> 1 serving (173 g)	254.6	18.3	19.4	2	0.3	1.7
<b>TOTAL FOR BREAKFAST</b>	<b>254.6</b>	<b>18.3</b>	<b>19.4</b>	<b>2</b>	<b>0.3</b>	<b>1.7</b>
<b>Mid-morning snack</b>						
<b>Boiled Eggs</b> 1 large (49.3 g)	76.5	6.2	5.2	0.6	0	0.6
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>76.5</b>	<b>6.2</b>	<b>5.2</b>	<b>0.6</b>	<b>0</b>	<b>0.6</b>
<b>Lunch</b>						
<b>Lean Beef Strips with Carrots and Peppers</b> 2 serving (434 g)	455.1	50.7	19.4	17.4	3.7	13.7
<b>TOTAL FOR LUNCH</b>	<b>455.1</b>	<b>50.7</b>	<b>19.4</b>	<b>17.4</b>	<b>3.7</b>	<b>13.7</b>
<b>Mid-afternoon snack</b>						
<b>Broccoli, Ham and Cheese Balls</b> 1 serving (91 g)	140.7	11.4	8.7	5.1	1.2	3.9
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>140.7</b>	<b>11.4</b>	<b>8.7</b>	<b>5.1</b>	<b>1.2</b>	<b>3.9</b>
<b>Dinner</b>						
<b>Baked Garlic Salmon and Green Beans</b> 1 serving (221 g)	376.6	34.6	24.4	3.5	1.1	2.4
<b>TOTAL FOR DINNER</b>	<b>376.6</b>	<b>34.6</b>	<b>24.4</b>	<b>3.5</b>	<b>1.1</b>	<b>2.4</b>
<b>TOTAL FOR DAY 3</b>	<b>1303.5</b>	<b>121.2</b>	<b>77</b>	<b>28.6</b>	<b>6.3</b>	<b>22.3</b>

## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Fried Eggs with Bacon and Spinach 1 serving (175 g)	333.4	19	27.1	2.4	0.7	1.7
<b>TOTAL FOR BREAKFAST</b>	<b>333.4</b>	<b>19</b>	<b>27.1</b>	<b>2.4</b>	<b>0.7</b>	<b>1.7</b>
<b>Mid-morning snack</b>						
Keto Bacon and Cheese Balls 1 serving (65 g)	236.6	11.2	20.8	1.2	0	1.2
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>236.6</b>	<b>11.2</b>	<b>20.8</b>	<b>1.2</b>	<b>0</b>	<b>1.2</b>
<b>Lunch</b>						
Turkey Stuffed Portobello Mushrooms 2 servings (404 g)	442.6	33.6	30	16.2	5.1	11.1
<b>TOTAL FOR LUNCH</b>	<b>442.6</b>	<b>33.6</b>	<b>30</b>	<b>16.2</b>	<b>5.1</b>	<b>11.1</b>
<b>Mid-afternoon snack</b>						
Chicken Cheesy Egg Muffins 2 serving (158 g)	315.1	27.1	21.8	1.1	0	1.1
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>315.1</b>	<b>27.1</b>	<b>21.8</b>	<b>1.1</b>	<b>0</b>	<b>1.1</b>
<b>Dinner</b>						
Herbed Chicken Breast with Asparagus 2 servings (342 g)	525.6	50.2	33.2	6.6	3.8	2.8
<b>TOTAL FOR DINNER</b>	<b>525.6</b>	<b>50.2</b>	<b>33.2</b>	<b>6.6</b>	<b>3.8</b>	<b>2.8</b>
<b>TOTAL FOR DAY 4</b>	<b>1853.3</b>	<b>141.1</b>	<b>132.8</b>	<b>27.4</b>	<b>9.6</b>	<b>17.8</b>



## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Coconut Milk 1/2 cup (113.5 g)	223.6	2.3	24.2	3.2	0	3.2
Coffee (Unsweetened) 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
<b>TOTAL FOR BREAKFAST</b>	<b>224.6</b>	<b>2.4</b>	<b>24.2</b>	<b>3.3</b>	<b>0</b>	<b>3.3</b>
<b>Mid-morning snack</b>						
Broccoli and Cheese Balls 1 serving (79 g)	128.4	9.4	8.2	5	1.2	3.8
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>128.4</b>	<b>9.4</b>	<b>8.2</b>	<b>5</b>	<b>1.2</b>	<b>3.8</b>
<b>Lunch</b>						
Chicken Stuffed Portobello Mushrooms 1 serving (202 g)	238.9	13.3	18.5	8.1	2.6	5.5
<b>TOTAL FOR LUNCH</b>	<b>238.9</b>	<b>13.3</b>	<b>18.5</b>	<b>8.1</b>	<b>2.6</b>	<b>5.5</b>
<b>Mid-afternoon snack</b>						
Cheddar Cheese 2 ounces (56.7 g)	229.1	13	18.9	1.8	0	1.8
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>229.1</b>	<b>13</b>	<b>18.9</b>	<b>1.8</b>	<b>0</b>	<b>1.8</b>
<b>Dinner</b>						
Cajun Chicken with Bell Peppers 1 serving (217 g)	195	25.6	6.9	7.5	2.4	5.1
<b>TOTAL FOR DINNER</b>	<b>195</b>	<b>25.6</b>	<b>6.9</b>	<b>7.5</b>	<b>2.4</b>	<b>5.1</b>
<b>TOTAL FOR DAY 5</b>	<b>1015.9</b>	<b>63.8</b>	<b>76.7</b>	<b>25.6</b>	<b>6.1</b>	<b>19.5</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
Eggs with Spinach 2 serving (328 g)	569.7	28.4	47.6	8.2	3	5.2
<b>TOTAL FOR BREAKFAST</b>	<b>569.7</b>	<b>28.4</b>	<b>47.6</b>	<b>8.2</b>	<b>3</b>	<b>5.2</b>
<b>Mid-morning snack</b>						
Kale Chips 1 serving (64 g)	147.8	2	14.4	4.4	1.8	2.6
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>147.8</b>	<b>2</b>	<b>14.4</b>	<b>4.4</b>	<b>1.8</b>	<b>2.6</b>
<b>Lunch</b>						
Quick Mushroom and Spinach Stuffed Chicken Breast 2 serving (626 g)	708	106	26.4	7.9	2.8	5.1
<b>TOTAL FOR LUNCH</b>	<b>708</b>	<b>106</b>	<b>26.4</b>	<b>7.9</b>	<b>2.8</b>	<b>5.1</b>
<b>Mid-afternoon snack</b>						
Keto Ham and Cheese Balls 2 serving (136 g)	350.2	26.8	25.8	2	0.1	1.9
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>350.2</b>	<b>26.8</b>	<b>25.8</b>	<b>2</b>	<b>0.1</b>	<b>1.9</b>
<b>Dinner</b>						
Mashed Cauliflower with Sautéed Mushrooms and Crispy Bacon 1 serving (215 g)	144.1	7.2	9.9	9.1	3.4	5.7
<b>TOTAL FOR DINNER</b>	<b>144.1</b>	<b>7.2</b>	<b>9.9</b>	<b>9.1</b>	<b>3.4</b>	<b>5.7</b>
<b>TOTAL FOR DAY 6</b>	<b>1919.7</b>	<b>170.4</b>	<b>124</b>	<b>31.7</b>	<b>11.1</b>	<b>20.6</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Coconut Milk</b> 1 cup (227 g)	447.2	4.6	48.4	6.4	0	6.4
<b>Coffee (Unsweetened)</b> 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
<b>TOTAL FOR BREAKFAST</b>	<b>448.2</b>	<b>4.7</b>	<b>48.4</b>	<b>6.5</b>	<b>0</b>	<b>6.5</b>
<b>Mid-morning snack</b>						
<b>Cauliflower and Cheese Balls</b> 1 serving (102 g)	131.1	9.5	8.3	5.4	1.4	4
<b>TOTAL FOR MID-MORNING SNACK</b>	<b>131.1</b>	<b>9.5</b>	<b>8.3</b>	<b>5.4</b>	<b>1.4</b>	<b>4</b>
<b>Lunch</b>						
<b>Sauteed Ground Chicken with Cabbage and Carrots</b> 1 serving (189 g)	218.2	20.3	12.4	6.7	1.9	4.8
<b>TOTAL FOR LUNCH</b>	<b>218.2</b>	<b>20.3</b>	<b>12.4</b>	<b>6.7</b>	<b>1.9</b>	<b>4.8</b>
<b>Mid-afternoon snack</b>						
<b>Shredded Chicken and Carrot Slaw</b> 1 serving (201 g)	283.9	24.7	17.3	6.4	1.9	4.5
<b>TOTAL FOR MID-AFTERNOON SNACK</b>	<b>283.9</b>	<b>24.7</b>	<b>17.3</b>	<b>6.4</b>	<b>1.9</b>	<b>4.5</b>
<b>Dinner</b>						
<b>Baked Garlic White Fish and Asparagus</b> 1 serving (291 g)	249.8	36.7	10	4.9	2.4	2.5
<b>TOTAL FOR DINNER</b>	<b>249.8</b>	<b>36.7</b>	<b>10</b>	<b>4.9</b>	<b>2.4</b>	<b>2.5</b>
<b>TOTAL FOR DAY 7</b>	<b>1331.2</b>	<b>96</b>	<b>96.5</b>	<b>30</b>	<b>7.7</b>	<b>22.3</b>

# Eggs with Spinach

🕒 20 min 🍽️ 2 servings

**Per serving:** 285 Kcal 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.

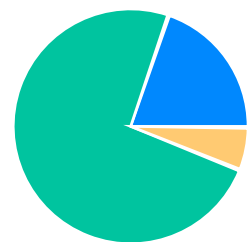
Add the spinach and cook, stirring, until wilted, about 2 minutes.

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



20 % Protein 75 % Fat 6 % Carbs

# Cauliflower Mac and Cheese

🕒 40 min 🍽️ 4 servings

*Per serving:* 409 Kcal 19g Protein 33g Fat 14g Carbs

## Ingredients

- Heavy cream, 1/2 cup (114.4 g)
- Cream cheese, 2 tbsp (29 g)
- Onion powder, 1/4 teaspoon (0.5 g)
- Paprika, 1/4 teaspoon (0.5 g)
- Cauliflower, 1 head large (6-7" dia.) (840 g)
- Cheddar cheese, 2 cups (226 g)
- Garlic powder, 1/4 teaspoon (0.8 g)
- Salt and pepper, 1 tsp (2 g)
- Parsley, 4 servings (16 g)



## Instructions

Preheat the oven to 375°F (190°C).

Cut the cauliflower into small florets and steam them until tender. Drain well.

In a large mixing bowl, combine the shredded cheddar cheese, heavy cream, cream cheese, garlic powder, onion powder, paprika, salt, and pepper.

Add the steamed cauliflower to the cheese mixture and toss until well coated.

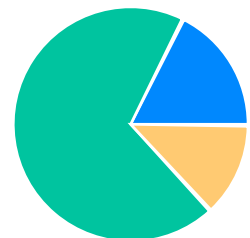
Transfer the cauliflower mixture to a greased baking dish.

Bake in the preheated oven for 20-25 minutes, or until the cheese is bubbly and golden brown on top.

Garnish with fresh parsley and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1634.1	132.9	408.5
Protein [g]	74.5	6.1	18.5
Fat [g]	130.7	10.6	32.7
Carbs [g]	54.3	4.4	13.6
Fiber [g]	17.7	1.4	4.4
Net Carbs [g]	36.6	3	9.2



18% Protein 70% Fat 13% Carbs



# Quick Mushroom and Spinach Stuffed Chicken Breast

🕒 40 min    🍽️ 2 servings

*Per serving:* 354 Kcal 53g Protein 13g Fat 4g Carbs

## Ingredients

- Thyme, 1 tsp, leaves (1 g)
- Mushrooms, 1 cup, whole (96 g)
- Olive oil, 1 servings (14 g)
- Garlic, 2 clove (6 g)
- Spinach, 2 cups (60 g)
- Salt and pepper, 2 servings (1 g)
- Chicken Breast, 2 breast (448 g)



## Instructions

Preheat the oven to 400°F (200°C).

Using a sharp knife, carefully butterfly each chicken breast by cutting horizontally through the center, but not all the way through, opening it like a book.

In a skillet, heat olive oil over medium heat. Add minced garlic and sliced mushrooms. Cook until mushrooms are soft and lightly browned, about 5 minutes.

Add fresh spinach to the skillet and cook until wilted, about 2 minutes. Season with salt, pepper, and dried thyme.

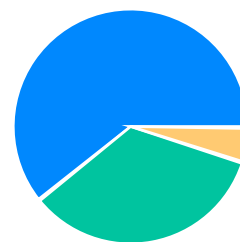
Stuff each chicken breast with the mushroom and spinach mixture, then secure with toothpicks to hold the filling in place.

Place the stuffed chicken breasts on a baking sheet and bake for 20-25 minutes, or until the chicken is cooked through and no longer pink in the center.

Remove the toothpicks before serving. Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	708	113.1	354
Protein [g]	106	16.9	53
Fat [g]	26.4	4.2	13.2
Carbs [g]	7.9	1.3	4
Fiber [g]	2.8	0.4	1.4
Net Carbs [g]	5.1	0.8	2.6



61 % Protein 34 % Fat 5 %  
Carbs



# Chicken Salad Lettuce Wraps

🕒 15 min 🍽️ 4 servings

Per serving: 200 Kcal 14g Protein 15g Fat 2g Carbs

## Ingredients

- Lemon juice, 1 tablespoon (14.3 g)
- Celery, 1 stalk (44 g)
- Mayonnaise, 1/4 cup (58.3 g)
- Chicken, cooked, shredded, 4 cups (217 g)
- Onion, 1/4 cup (40 g)
- Dijon mustard, 1 tablespoon (15 g)
- Garlic powder, 1/4 teaspoon (0.8 g)
- Salt and pepper, 1 tsp (2 g)
- Lettuce leaves, 8 leaves (8 g)



## Instructions

In a large bowl, combine the cooked shredded chicken, celery, red onion, mayonnaise, Dijon mustard, lemon juice, garlic powder, salt, and pepper.

Mix well until all the ingredients are evenly incorporated.

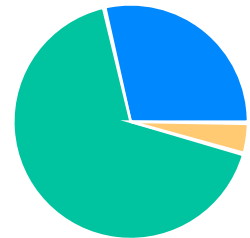
Place a scoop of the chicken salad mixture onto each lettuce leaf.

Wrap the lettuce around the filling, securing with toothpicks if needed.

Serve the lettuce wraps chilled and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	798	199.8	199.5
Protein [g]	56.5	14.1	14.1
Fat [g]	58.7	14.7	14.7
Carbs [g]	7.9	2	2
Fiber [g]	2.2	0.6	0.6
Net Carbs [g]	5.7	1.4	1.4



29 % Protein 67 % Fat 4 % Carbs

# Keto Chicken Curry

🕒 30 min 🍽️ 4 servings

*Per serving:* 519 Kcal 40g Protein 35g Fat 13g Carbs

## Ingredients

- **Turmeric**, 1 teaspoons (2.3 g)
- **Cayenne pepper**, 1/4 teaspoon (0.4 g)
- **Chicken broth**, 1 cup (235.3 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Cilantro**, 4 tablespoons (1.4 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 3 clove (9 g)
- **Curry powder**, 1 tbsp (6.3 g)
- **Coconut oil**, 2 tbsp (25.4 g)
- **Coconut milk**, 1 can (400 g)
- **Chicken breasts**, 1 1/2 lbs (680.4 g)
- **Ginger**, 1 tablespoon (7 g)
- **Cumin**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Beans, snap, green, raw**, 1 cup (113 g)



## Instructions

Heat ghee or coconut oil in a large skillet over medium heat.

Add diced onion and cook until softened, about 5 minutes.

Add minced garlic and grated ginger, and cook for an additional 1 minute.

In a small bowl, combine curry powder, turmeric, cumin, paprika, and cayenne pepper. Stir well.

Add the chicken pieces to the skillet and sprinkle the spice mixture over the chicken. Cook until chicken is browned on all sides.

Pour in the coconut milk and chicken broth. Stir well to combine.

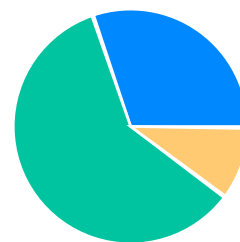
Add the green beans to the skillet and season with salt and pepper to taste.

Reduce heat to low and let the curry simmer for 15-20 minutes, or until chicken is cooked through and green beans are tender.

Serve the chicken curry over cauliflower rice, zucchini noodles or brown rice and garnish with fresh cilantro.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2073.9	130	518.5
Protein [g]	160.8	10.1	40.2
Fat [g]	140.7	8.8	35.2
Carbs [g]	52.3	3.3	13.1
Fiber [g]	18.6	1.2	4.7
Net Carbs [g]	33.7	2.1	8.4



30 % Protein 60 % Fat 10 %  
Carbs

# Creamy Lemon Ginger Kale Smoothie

🕒 5 min 🍷 2 servings

Per serving: 93 Kcal 2g Protein 7g Fat 7g Carbs

## Ingredients

- Avocado, 1/2 avocado (96.5 g)
- Lemon juice, 1 tablespoons (15 g)
- Kale leaves, 1 cup (47 g)
- Ginger, 1 tablespoon (7 g)
- Ice cubes, 1 cup (236.6 g)



## Instructions

In a blender, add kale leaves, avocado, ginger and lemon juice.

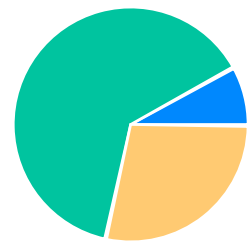
Blend on high speed until smooth and well combined.

Add ice cubes and blend again until the smoothie reaches your desired consistency.

Pour into glasses and serve immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	186.3	46.3	93.2
Protein [g]	4.1	1	2.1
Fat [g]	14.7	3.7	7.4
Carbs [g]	14.6	3.6	7.3
Fiber [g]	8.3	2.1	4.2
Net Carbs [g]	6.3	1.6	3.2



8 % Protein 64 % Fat 28 % Carbs

# Sauteed Ground Chicken with Cabbage and Carrots

🕒 30 min 🍽️ 4 servings

*Per serving:* 218 Kcal 20g Protein 12g Fat 7g Carbs

## Ingredients

- **Ground ginger**, 1 teaspoons (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Carrots**, 1 cup chopped (128 g)
- **Garlic**, 2 clove (5.8 g)
- **Cabbage**, 2 cup, shredded (140 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Coconut aminos**, 1 tablespoon (15 g)
- **Ground Chicken**, 1 pound (444.7 g)



## Instructions

Heat coconut oil in a large skillet over medium heat.

Add minced garlic and sauté for 1-2 minutes until fragrant.

Add ground chicken to the skillet and cook until browned, breaking it up into crumbles.

Stir in shredded cabbage and carrots. Cook for 5-7 minutes until vegetables are tender.

Add coconut aminos, ground ginger, and salt. Mix well to combine.

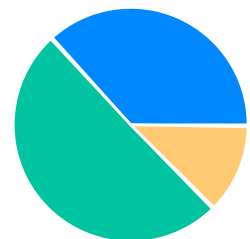
Continue cooking for another 2-3 minutes until flavors are well blended.

Remove from heat and serve hot.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	870.4	115.5	217.6
Protein [g]	81.1	10.8	20.3
Fat [g]	49.5	6.6	12.4
Carbs [g]	26.9	3.6	6.7
Fiber [g]	7.5	1	1.9
Net Carbs [g]	19.4	2.6	4.9



37 % Protein 51 % Fat 12 % Carbs



# Turkey Stuffed Portobello Mushrooms

🕒 30 min    🍽️ 4 servings

*Per serving:* 221 Kcal 17g Protein 15g Fat 8g Carbs

## Ingredients

- **Basil**, 1 teaspoon (1 g)
- **Oregano**, 1 teaspoon (2 g)
- **Portobello mushrooms**, 4 piece whole (336 g)
- **Ground turkey**, 1/2 pound (226.8 g)
- **Parsley**, 1 tablespoon (4 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 clove (5.8 g)
- **Avocado oil**, 1 tbsp (14 g)
- **Coconut cream**, 1/2 cup (115.4 g)
- **Spinach**, 1 cup (30 g)
- **Sea salt**, 1/2 tsp (3 g)



## Instructions

Preheat the oven to 375°F (190°C).

Remove the stems from the Portobello mushrooms and gently scrape out the gills using a spoon.

In a large skillet, heat avocado oil over medium heat. Add ground turkey, onion, and garlic. Cook until the turkey is browned and the onion is translucent.

Add spinach, coconut cream, dried oregano, dried basil, and salt. Stir well to combine and cook for an additional 2-3 minutes.

Place the Portobello mushrooms on a baking sheet and fill each mushroom cap with the turkey mixture.

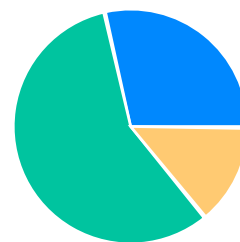
Bake in the preheated oven for 15-20 minutes, or until the mushrooms are tender and the filling is cooked through.

Garnish with fresh parsley and serve hot.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	885.1	109.5	221.3
Protein [g]	67.3	8.3	16.8
Fat [g]	60	7.4	15
Carbs [g]	32.3	4	8,1
Fiber [g]	10.2	1.3	2.6
Net Carbs [g]	22.1	2.7	5.5



29 % Protein 58 % Fat 14 %  
Carbs



# Chicken Stuffed Portobello Mushrooms

🕒 30 min    🍽️ 4 servings

*Per serving:* 239 Kcal 13g Protein 19g Fat 8g Carbs

## Ingredients

- **Basil**, 1 teaspoon (1 g)
- **Oregano**, 1 teaspoon (2 g)
- **Portobello mushrooms**, 4 piece whole (336 g)
- **Parsley**, 1 tablespoon (4 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 clove (5.8 g)
- **Avocado oil**, 1 tbsp (14 g)
- **Coconut cream**, 1/2 cup (115.4 g)
- **Spinach**, 1 cup (30 g)
- **Sea salt**, 1/2 tsp (3 g)
- **Ground Chicken**, 1/2 lb (226.8 g)



## Instructions

Preheat the oven to 375°F (190°C).

Remove the stems from the Portobello mushrooms and gently scrape out the gills using a spoon.

In a large skillet, heat avocado oil over medium heat. Add ground chicken, onion, and garlic. Cook until the chicken is browned and the onion is translucent.

Add spinach, coconut cream, dried oregano, dried basil, and salt. Stir well to combine and cook for an additional 2-3 minutes.

Place the Portobello mushrooms on a baking sheet and fill each mushroom cap with the chicken mixture.

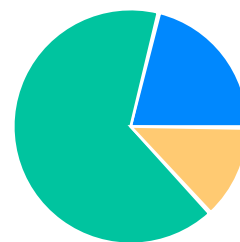
Bake in the preheated oven for 15-20 minutes, or until the mushrooms are tender and the filling is cooked through.

Garnish with fresh parsley and serve hot.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	955.4	118.2	238.9
Protein [g]	53.4	6.6	13.4
Fat [g]	73.9	9.1	18.5
Carbs [g]	32.4	4	8.1
Fiber [g]	10.2	1.3	2.6
Net Carbs [g]	22.2	2.7	5.6



21 % Protein 66 % Fat 13 %  
Carbs

# Shredded Chicken and Carrot Slaw

🕒 30 min 🍽️ 4 servings

*Per serving:* 284 Kcal 25g Protein 17g Fat 6g Carbs

## Ingredients

- Apple cider vinegar, 2 tablespoon (30.1 g)
- Oregano, 1/2 teaspoon (1 g)
- Carrots, 2 cup chopped (256 g)
- Avocado oil, 1/4 cup (56.8 g)
- Chicken breasts, 1 lb (453.6 g)
- Dijon mustard, 1 teaspoon (5 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a large pot, bring water to a boil. Add the chicken breasts and cook until they are fully cooked and tender, about 15-20 minutes. Remove from the pot and let cool.

Once cooled, shred the chicken using two forks or your hands.

In a separate bowl, whisk together the avocado oil, apple cider vinegar, Dijon mustard, garlic powder, dried oregano, salt, and pepper.

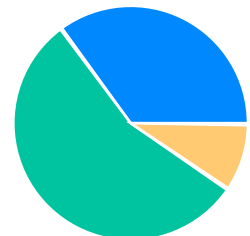
In a large mixing bowl, combine the shredded carrots and shredded chicken. Pour the dressing over the mixture and toss until well coated.

Cover the bowl and refrigerate.

Serve chilled and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1135.8	141.2	284
Protein [g]	99	12.3	24.8
Fat [g]	69.3	8.6	17.3
Carbs [g]	25.7	3.2	6.4
Fiber [g]	7.8	1	2
Net Carbs [g]	17.9	2.2	4.5



35 % Protein 56 % Fat 9 % Carbs



# Kale Chips

🕒 15 min    🍽️ 2 servings

*Per serving:* 148 Kcal 2g Protein 15g Fat 4g Carbs

## Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 2 servings (28 g)
- Kale, 1 small bunch (92.9 g)
- Pepper, 1/2 teaspoon (1 g)



## Instructions

Preheat your oven to 350°F (175°C).

Wash and dry the kale leaves thoroughly.

Remove the stems and tear the kale into bite-sized pieces.

In a large bowl, toss the kale with olive oil, salt, pepper, and any optional seasonings.

Spread the seasoned kale evenly on a baking sheet.

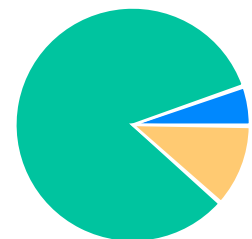
Bake for 10-12 minutes, or until the edges of the kale are crispy and slightly browned.

Remove from the oven and let the kale chips cool for a few minutes before serving.

Enjoy your homemade Kale Chips!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	295.5	231.1	147.8
Protein [g]	4.1	3.2	2.1
Fat [g]	28.9	22.6	14.5
Carbs [g]	8.8	6.9	4.4
Fiber [g]	3.6	2.8	1.8
Net Carbs [g]	5.2	4.1	2.6



5 % Protein 84 % Fat 11 % Carbs



# Chicken, Carrots, and Lettuce Salad

🕒 10 min 🍽️ 2 servings

*Per serving:* 190 Kcal 15g Protein 11g Fat 9g Carbs

## Ingredients

- Lemon juice, 2 tablespoons (30 g)
- Carrots, 1 cup chopped (128 g)
- Olive oil, 1 tablespoon (13.5 g)
- Lettuce, 2 cup shredded (144 g)
- Chicken, 2 cups (108.5 g)



## Instructions

In a large bowl, combine the shredded chicken, lettuce, and carrots.

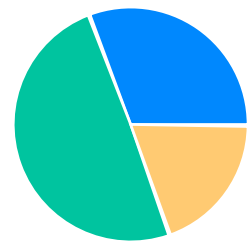
In a small bowl, whisk together the olive oil and lemon juice to make the dressing.

Pour the dressing over the chicken and vegetables, and toss well to coat.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	379.7	89.6	189.9
Protein [g]	29.7	7	14.9
Fat [g]	21.3	5	10.7
Carbs [g]	18.6	4.4	9.3
Fiber [g]	5.4	1.3	2.7
Net Carbs [g]	13.2	3.1	6.6



31 % Protein 50 % Fat 19 % Carbs

# Chicken Cheesy Egg Muffins

🕒 20 min 🍽️ 6 servings

Per serving: 158 Kcal 14g Protein 11g Fat 1g Carbs

## Ingredients

- Butter, 1 tablespoons (13.7 g)
- Eggs, 6 medium (264 g)
- Salt and pepper, 1 pinch (0.1 g)
- Cheddar cheese, 1/2 cup (58.9 g)
- Chicken, 1 cup (137.3 g)



## Instructions

Preheat the oven to 350°F (175°C).

In a mixing bowl, beat the eggs until well combined.

Add the shredded chicken, cheddar cheese, salt, and pepper to the bowl. Mix everything together.

Grease a muffin tin with cooking spray.

Divide the egg mixture evenly among the muffin cups.

Bake in the preheated oven for 12-15 minutes, or until the muffins are set and lightly golden on top.

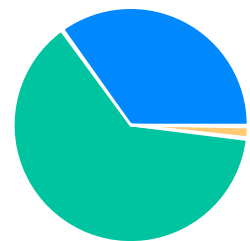
Remove from the oven and let them cool for a few minutes.

Gently remove the muffins from the tin and serve.

Enjoy these delicious Chicken Cheesy Egg Muffins!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	945.3	199.4	157.5
Protein [g]	81.3	17.2	13.6
Fat [g]	65.4	13.8	10.9
Carbs [g]	3.3	0.7	0.5
Fiber [g]	0	0	0
Net Carbs [g]	3.3	0.7	0.5



35 % Protein 63 % Fat 1 % Carbs





# Baked Garlic White Fish and Asparagus

🕒 20 min 🍽️ 4 servings

*Per serving:* 250 Kcal 37g Protein 10g Fat 5g Carbs

## Ingredients

- Olive oil, 2 servings (28 g)
- Asparagus, 1 bunches (450 g)
- Salt and pepper, 2 tsp (4 g)
- Garlic powder, 1 teaspoon (3 g)
- Fish, 4 fillet (680 g)



## Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and asparagus on a baking sheet.

Drizzle olive oil over the fish and asparagus, then sprinkle with garlic powder, salt, and pepper.

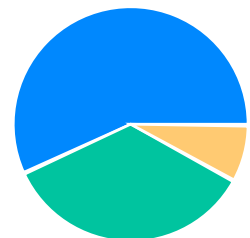
Toss the asparagus to coat evenly with the oil and seasonings.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1000.3	85.9	250.1
Protein [g]	146.9	12.6	36.7
Fat [g]	40.1	3.4	10
Carbs [g]	19.6	1.7	4.9
Fiber [g]	9.7	0.8	2.4
Net Carbs [g]	9.9	0.8	2.5



57 % Protein 35 % Fat 8 % Carbs

# Baked Garlic White Fish and Carrots

🕒 20 min 🍽️ 4 servings

*Per serving:* 240 Kcal 35g Protein 10g Fat 4g Carbs

## Ingredients

- Olive oil, 2 servings (28 g)
- Salt and pepper, 2 tsp (4 g)
- Garlic powder, 1 teaspoon (3 g)
- Fish, 4 fillet (680 g)
- Carrots, sliced, 2 medium (122 g)



## Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and carrots on a baking sheet.

Drizzle olive oil over the fish and carrots, then sprinkle with garlic powder, salt, and pepper.

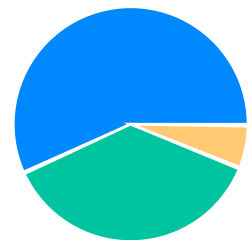
Toss the carrots to coat evenly with the oil and seasonings.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	960,3	114,7	240,1
Protein [g]	138,2	16,5	34,6
Fat [g]	39,9	4,8	10
Carbs [g]	13,9	1,7	3,5
Fiber [g]	3,7	0,4	0,9
Net Carbs [g]	10,2	1,2	2,6



57 % Protein 37 % Fat 6 % Carbs

# Baked Garlic White Fish and Green Beans

🕒 20 min 🍽️ 4 servings

*Per serving:* 240 Kcal 35g Protein 10g Fat 3g Carbs

## Ingredients

- Olive oil, 2 servings (28 g)
- Salt and pepper, 2 tsp (4 g)
- Garlic powder, 1 teaspoon (3 g)
- Fish, 4 fillet (680 g)
- Green Beans, 4 portion(s) (160 g)



## Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and green beans on a baking sheet.

Drizzle olive oil over the fish and green beans, then sprinkle with garlic powder, salt, and pepper.

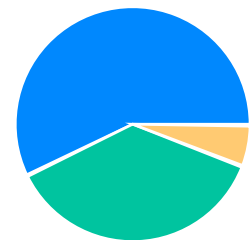
Toss the green beans to coat evenly with the oil and seasonings.

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

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	959.9	109.7	240
Protein [g]	140	16	35
Fat [g]	39.9	4.6	10
Carbs [g]	13.3	1.5	3.3
Fiber [g]	4.6	0.5	1.2
Net Carbs [g]	8.7	1	2.2



58 % Protein 37 % Fat 5 % Carbs

# Mashed Cauliflower with Sautéed Mushrooms and Crispy Bacon

🕒 15 min    🍽️ 4 servings

*Per serving:* 144 Kcal 7g Protein 10g Fat 9g Carbs

## Ingredients

- **Cauliflower**, 1 medium head (575 g)
- **Mushrooms**, 8 ounces (226.7 g)
- **Bacon**, 4 tbsp (32 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Salt and pepper**, 1 pinch (0.1 g)



## Instructions

Place the cauliflower florets in a steamer basket and steam for about 10 minutes or until tender.

While the cauliflower is steaming, heat 1 tablespoon of coconut oil in a skillet over medium heat.

Add the sliced mushrooms to the skillet and sauté for about 5 minutes or until they are soft and slightly browned. Set aside.

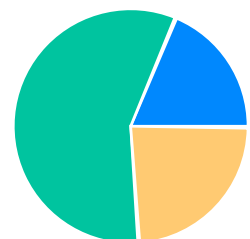
Once the cauliflower is tender, transfer it to a food processor or blender. Add the remaining tablespoon of coconut oil, salt, and pepper.

Blend until the cauliflower reaches a smooth and creamy consistency, similar to mashed potatoes.

Serve the mashed cauliflower topped with sautéed mushrooms and crispy bacon. Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	576.6	67	144.2
Protein [g]	28.9	3.4	7.2
Fat [g]	39.5	4.6	9.9
Carbs [g]	36.5	4.2	9.1
Fiber [g]	13.8	1.5	3.5
Net Carbs [g]	22.7	2.6	5.7



19 % Protein 58 % Fat 24 % Carbs

# Keto Ham and Cheese Balls

🕒 20 min 🍽️ 4 servings

*Per serving:* 174 Kcal 13g Protein 13g Fat 1g Carbs

## Ingredients

- Onion powder, 1/4 teaspoon (0.5 g)
- Ham, 1 cup (113 g)
- Garlic powder, 1/4 teaspoon (0.8 g)
- Cheddar cheese, 1 cup (113 g)
- Egg, 1 egg (43 g)



## Instructions

Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.

In a mixing bowl, combine the diced ham, shredded cheddar cheese, egg, garlic powder, and onion powder. Mix everything together until well combined.

Using your hands, shape the mixture into small balls, about 1 inch in diameter, and place them on the prepared baking sheet.

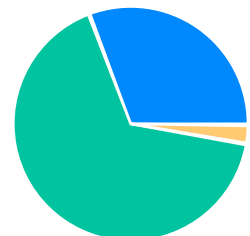
Bake in the preheated oven for 12-15 minutes, or until the cheese is melted and the balls are golden brown.

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

Enjoy these delicious keto ham and cheese balls as a snack or appetizer!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	695.3	257.2	173.8
Protein [g]	53.2	19.7	13.3
Fat [g]	51.1	18.9	12.8
Carbs [g]	4	1.5	1
Fiber [g]	0.2	0.1	0.1
Net Carbs [g]	3.8	1.4	1



31 % Protein 67 % Fat 2 % Carbs



# Cauliflower and Cheese Balls

🕒 20 min 🍽️ 4 servings

*Per serving:* 131 Kcal 10g Protein 8g Fat 5g Carbs

## Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Cauliflower**, 1 small head (265 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Mozzarella cheese**, 1 cup (112 g)

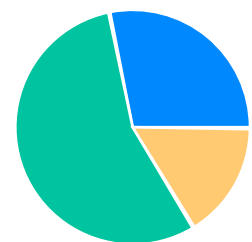


## Instructions

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Cut the cauliflower into florets and steam them until tender, about 5-7 minutes.
3. Once the cauliflower is cooked, transfer it to a clean kitchen towel and squeeze out any excess moisture.
4. In a mixing bowl, combine the cauliflower, 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 cauliflower and cheese balls as a snack or appetizer!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	521.8	128.5	130.5
Protein [g]	37.8	9.3	9.5
Fat [g]	33.1	8.2	8.3
Carbs [g]	21.4	5.3	5.4
Fiber [g]	5.6	1.4	1.4
Net Carbs [g]	15.8	3.9	4



28 % Protein 56 % Fat 16 % Carbs





# Keto Bacon and Cheese Balls

🕒 20 min    🍽️ 4 servings

*Per serving:* 238 Kcal 11g Protein 21g Fat 1g Carbs

## Ingredients

- Onion powder, 1/4 teaspoon (0.5 g)
- Garlic powder, 1/4 teaspoon (0.8 g)
- Cheddar cheese, 1 cup (113 g)
- Egg, 1 egg (43 g)
- Bacon, 4 slice (104 g)



## Instructions

Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.

In a mixing bowl, combine the diced bacon, shredded cheddar cheese, egg, garlic powder, and onion powder. Mix everything together until well combined.

Using your hands, shape the mixture into small balls, about 1 inch in diameter, and place them on the prepared baking sheet.

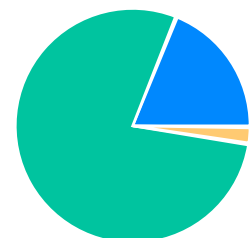
Bake in the preheated oven for 12-15 minutes, or until the cheese is melted and the balls are golden brown.

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

Enjoy these delicious keto ham and cheese balls as a snack or appetizer!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	950.2	363.6	237.6
Protein [g]	44.9	17.2	11.2
Fat [g]	83.4	31.9	20.9
Carbs [g]	4.9	1.9	1.2
Fiber [g]	0.2	0.1	0.1
Net Carbs [g]	4.7	1.8	1.2



19 % Protein 79 % Fat 2 % Carbs



# Broccoli and Cheese Balls

🕒 20 min 🍽️ 4 servings

*Per serving:* 129 Kcal 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)

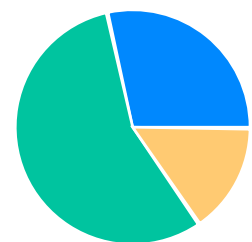


## Instructions

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



29% Protein 56% Fat 15% Carbs



# Broccoli, Ham and Cheese Balls

🕒 20 min 🍽️ 4 servings

Per serving: 140 Kcal 11g Protein 9g Fat 5g Carbs

## Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Mozzarella cheese**, 1 cup (112 g)
- **Ham, Lunchmeat**, 2 slice (46 g)
- **Broccoli**, 1 cups (176 g)

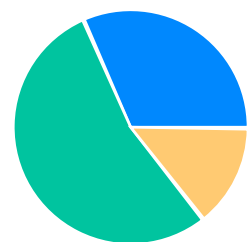


## Instructions

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 ham, 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]	561.4	154.6	140.4
Protein [g]	45.5	12.5	11.4
Fat [g]	34.5	9.5	8.6
Carbs [g]	20.2	5.6	5.1
Fiber [g]	4.8	1.3	1.2
Net Carbs [g]	15.4	4.2	3.9



32% Protein 54% Fat 14% Carbs



# Broccoli, Bacon and Cheese Balls

🕒 20 min 🍽️ 4 servings

*Per serving:* 236 Kcal 13g Protein 19g Fat 6g Carbs

## Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Cauliflower**, 1 small head (265 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Mozzarella cheese**, 1 cup (112 g)
- **Bacon**, 4 slice (104 g)

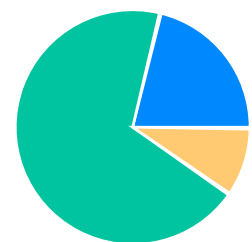


## Instructions

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 bacon, 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]	945.1	185.3	236.3
Protein [g]	50.9	10	12.7
Fat [g]	73.9	14.5	18.5
Carbs [g]	22.3	4.4	5.6
Fiber [g]	5.6	1.1	1.4
Net Carbs [g]	16.7	3.3	4.2



21 % Protein 69 % Fat 9 % Carbs





# Lean Beef Strips with Carrots and Peppers

🕒 25 min 🍽️ 4 servings

*Per serving:* 227 Kcal 25g Protein 10g Fat 9g Carbs

## Ingredients

- Carrots, 2 medium (122 g)
- Olive oil, 1 tablespoon (15 g)
- Yellow Bell pepper, 1 medium (121.4 g)
- Red Bell pepper, 1 medium (120.3 g)
- Beef strips, 1 lbs (453.6 g)
- Salt and pepper, 1/2 tsp (0.8 g)
- Garlic powder, 1 teaspoon (3 g)
- Coconut aminos, 2 tablespoon (30 g)



## Instructions

In a large skillet, heat olive oil over medium-high heat.

Add the beef strips and cook until browned, about 5 minutes.

Remove the beef from the skillet and set aside.

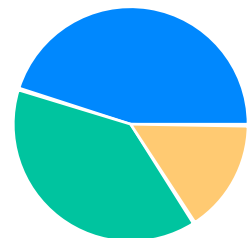
In the same skillet, add the carrots and peppers. Cook for 3-4 minutes until slightly tender.

Add the beef back to the skillet, along with coconut aminos, garlic powder, salt, and pepper. Stir well to combine.

Cook for an additional 5-7 minutes, until the beef is cooked to your desired level of doneness.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	908.1	104.9	227
Protein [g]	101.2	11.7	25.3
Fat [g]	38.6	4.5	9.7
Carbs [g]	34.8	4	8.7
Fiber [g]	7.3	0.8	1.8
Net Carbs [g]	27.5	3.2	6.9



45 % Protein 39 % Fat 16 % Carbs

# Turkey Carrot and Cabbage Hash

🕒 15 min 🍽️ 4 servings

*Per serving:* 197 Kcal 28g Protein 6g Fat 9g Carbs

## Ingredients

- Paprika, 1 teaspoon (2 g)
- Carrots, 2 cup strips or slices (244 g)
- Ground turkey, 1 pound (453.6 g)
- Garlic, 2 cloves (5.8 g)
- Cabbage, 2 cup, shredded (140 g)
- Coconut oil, 1 tablespoons (13.1 g)
- Salt and pepper, 1 tsp (1.5 g)
- Parsley, 4 tablespoon (16 g)
- Ground cumin, 1 tsp (2 g)



## Instructions

Heat coconut oil in a large skillet over medium heat.

Add minced garlic and sauté for 1-2 minutes until fragrant.

Add ground turkey to the skillet and cook until browned, breaking it up into small crumbles.

Stir in shredded carrots and cabbage, and cook for another 5 minutes until vegetables are slightly softened.

Season with ground cumin, paprika, salt, and pepper. Mix well to combine.

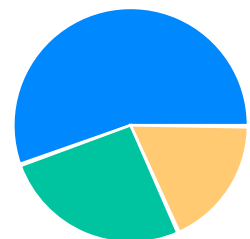
Continue cooking for another 2-3 minutes until the flavors meld together.

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	787.3	89.7	196.8
Protein [g]	112.5	12.8	28.1
Fat [g]	23.4	2.7	5.9
Carbs [g]	36.4	4.1	9.1
Fiber [g]	11.9	1.4	3
Net Carbs [g]	24.5	2.8	6.1



56 % Protein 26 % Fat 18 % Carbs



# Cajun Chicken with Bell Peppers

🕒 35 min 🍽️ 4 servings

Per serving: 195 Kcal 26g Protein 7g Fat 8g Carbs

## Ingredients

- Red Bell pepper, 1 portion (154.8 g)
- Olive oil, 1 servings (14 g)
- Garlic, 2 cloves (6 g)
- Yellow Bell pepper, 1 portion (119.1 g)
- Salt and pepper, 1 tsp (1.5 g)
- Chicken breasts, 1 pound (458.2 g)
- Onion, 1 medium (106 g)
- Cajun seasoning, 1 tablespoon (7 g)



## Instructions

Preheat oven to 400°F (200°C).

Season chicken breasts with Cajun seasoning, salt, and pepper.

Heat olive oil in a large oven-safe skillet over medium-high heat.

Add chicken breasts and cook for 3-4 minutes per side, until browned.

Remove chicken from skillet and set aside.

Add bell peppers, onion, and garlic to the skillet and sauté for 5 minutes, until vegetables are tender.

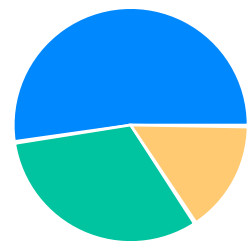
Return chicken to the skillet and transfer to the preheated oven.

Bake for 15-20 minutes, until chicken is cooked through.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	779	89.9	194.8
Protein [g]	102.3	11.8	25.6
Fat [g]	27.5	3.2	6.9
Carbs [g]	30	3.5	7.5
Fiber [g]	9.5	1.1	2.4
Net Carbs [g]	20.5	2.4	5.1



53 % Protein 32 % Fat 15 % Carbs



# Shopping List

## Dairy and Egg Products

- Fried Egg, 2 large (140 g)
- Cheddar Cheese, 1 oz (28.4 g)
- Eggs, 4 large (200 g)
- Parmesan cheese, 1/3 cup (26.1 g)
- Mozzarella cheese, 1 cup (112.2 g)
- Boiled Eggs, 1 large (49.3 g)
- Cheddar cheese, 1 cup (103.8 g)
- Egg, 3/4 egg (32.3 g)
- Butter, 1/3 tablespoons (4.6 g)
- Eggs, 2 medium (88 g)
- Cheddar Cheese, 2 ounces (56.7 g)

## Vegetables and Vegetable Products

- Spinach, 1/2 cups (14.5 g)
- Carrots, 1/2 cup strips or slices (61.1 g)
- Garlic, 1 cloves (3 g)
- Cabbage, 1 cup, shredded (70.2 g)
- Parsley, 1 tablespoon (4 g)
- Garlic, 6 3/4 clove (19.5 g)
- Baby spinach, 3 cup (90 g)
- Kale, 1 1/2 small bunch (139.4 g)
- Cauliflower, 1/2 small head (133 g)
- Broccoli, 1/2 cups (88 g)
- Cilantro, 1 tablespoon (0.4 g)
- Onion, 1/3 medium (2-1/2" dia) (27.5 g)
- Ginger, 1/3 tablespoon (1.8 g)
- Beans, snap, green, raw, 1/3 cup (28.3 g)
- Green Beans, 2 portion(s) (80.1 g)
- Carrots, 1 medium (61.1 g)
- Yellow Bell pepper, 1/2 medium (60.9 g)
- Red Bell pepper, 1/2 medium (60.3 g)
- Portobello mushrooms, 3 piece whole (252 g)
- Parsley, 2/3 tablespoon (3 g)
- Onion, 2/3 small (52.5 g)
- Spinach, 2/3 cup (22.5 g)
- Mushrooms, 1 cup, whole (96 g)

- Spinach, 2 cups (60 g)
- Carrots, 3/4 cup chopped (96.1 g)
- Celery, 1/2 stalk (22 g)
- Onion, 1/7 cup (20 g)
- Lettuce leaves, 4 leaves (4 g)
- Carrots, sliced, 1/2 medium (30.5 g)
- Red Bell pepper, 1/3 portion (38.8 g)
- Yellow Bell pepper, 1/3 portion (29.8 g)
- Onion, 1/3 medium (26.5 g)
- Cauliflower, 1/4 medium head (143.8 g)
- Mushrooms, 2 ounces (56.7 g)
- Asparagus, 1/4 bunches (112.4 g)

### **Spices and Herbs**

- Paprika, 1/3 teaspoon (0.7 g)
- Salt and pepper, 3 3/4 tsp (7.5 g)
- Ground cumin, 1/3 tsp (0.5 g)
- Basil, 1 1/3 teaspoon (1.3 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 1/2 teaspoon (2.5 g)
- Pepper flakes, 1/3 teaspoon (0.5 g)
- Pepper, 1/3 tsp (0.5 g)
- Salt, 1 1/2 tsp (9 g)
- Pepper, 3/4 teaspoon (1.5 g)
- Garlic powder, 3 1/5 teaspoon (9.6 g)
- Onion powder, 1/5 teaspoon (0.4 g)
- Turmeric, 1/3 teaspoons (0.6 g)
- Cayenne pepper, 0 teaspoon (0.1 g)
- Curry powder, 1/3 tbsp (1.6 g)
- Cumin, 1/3 teaspoon (0.5 g)
- Oregano, 6/7 teaspoon (1.7 g)
- Sea salt, 1/3 tsp (2.2 g)
- Thyme, 1 tsp, leaves (1 g)
- Salt and pepper, 2 servings (1 g)
- Ground ginger, 1/3 teaspoons (0.5 g)
- Salt and pepper, 1/2 pinch (0.1 g)
- Apple cider vinegar, 1/2 tablespoon (7.5 g)

### **Poultry Products**

- Ground turkey, 1/2 pound (227.1 g)



- Ground Chicken, 1/8 lb (56.7 g)
- Chicken Breast, 2 breast (448 g)
- Ground Chicken, 1/3 pound (111.5 g)

### **Fats and Oils**

- Coconut oil, 1/2 tablespoons (6.6 g)
- Olive oil, 8 1/3 servings (115.6 g)
- Coconut oil, 1/2 tbsp (6.4 g)
- Olive oil, 1/2 tablespoon (7.5 g)
- Avocado oil, 2/3 tbsp (10.5 g)
- Mayonnaise, 1/7 cup (29.2 g)
- Avocado oil, 0 cup (14.2 g)
- Coconut oil, 1/2 tablespoon (6.5 g)

### **Nut and Seed Products**

- Coconut Milk, 1 1/2 cup (340.5 g)
- Coconut milk, 1/3 can (100 g)
- Coconut cream, 1/3 cup (86.5 g)

### **Beverages**

- Coffee (Unsweetened), 2 portion(s) (100 g)

### **Pork Products**

- Bacon, 2 slice (52 g)
- Ham, 1/2 cup (56.9 g)
- Bacon, 1 tbsp (8 g)

### **Soups, Sauces, and Gravies**

- Chicken broth, 1/3 cup (58.9 g)
- Dijon mustard, 1/2 tablespoon (7.5 g)
- Dijon mustard, 1/4 teaspoon (1.2 g)

### **Meals, Entrees, and Side Dishes**

- Chicken breasts, 1/3 lbs (170.2 g)
- Chicken, cooked, shredded, 2 cups (108.6 g)
- Chicken, 1/3 cup (45.8 g)
- Chicken breasts, 1/4 lb (113.3 g)
- Chicken breasts, 1/3 pound (114.7 g)

### **Finfish and Shellfish Products**

- Fish, 4 fillet (680 g)

## **Beef Products**

- Beef strips, 1/2 lbs (227.3 g)

## **Other**

- Coconut aminos, 1 1/3 tablespoon (18.8 g)
- Cajun seasoning, 1/3 tablespoon (1.8 g)

## **Fruits and Fruit Juices**

- Lemon juice, 1/2 tablespoon (7.2 g)

## **Sausages and Luncheon Meats**

- Ham, Lunchmeat, 1/2 slice (11.5 g)