

One Week keto Meal Plan

Day 1

Breakfast or 1 KetoFuel Shake

- 2 eggs (prepared anyway you like them, cook in lots of butter or coconut oil for extra fat)
- 2 sausage patties (or equivalent of ground sausage) OR Bacon
- Add cheese (about a small handful)
- 1 -2 TBSP Salsa (depending on your salsas sugar count – mine is 2g per 2 TBSP)
- Add diced red and green pepper and onions, sour cream, cream cheese to taste
- ½ Avocado or mashed and used as guacamole

Lunch or 1 KetoFuel Shake

Poppy Seed Keto Salad– Donna Mattingly

- Your choice of greens: Spinach, Red leaf lettuce, Romaine, etc Bacon
- Cheese of your choice
- Avocado
- Poppy Seed Dressing
- ½ cup balsamic vinegar
- ½ cup olive oil OR 2/3 cup butter
- 1 tsp. turmeric
- 1 tsp. ginger
- 1 tsp. mustard
- ½ tsp salt
- 1 tbsp. dry onion or powder
- 3 tbsp. stevia
- 3 tbsp. poppy seed

Blend all ingredients in a blender. Keep refrigerated. Blend all ingredients in a blender. Keep refrigerated.

Dinner or 1 KetoFuel Shake

Taco or Fat Head Pizza

This can be a full meal or you can add extra veggies via a salad or cooked vegetables or a Keto Brownie Cheesecake Fat Bomb (see BONUS RECIPES). See the Keto Food List for the best keto veggies.

Note: Use 1-2 KetoFuel Shakes per day and eat 1-2 Keto Friendly Meals.

Keto Fuel Shake Option: Make with almond or coconut milk instead of water

Can I eat out? Yes! With the recipes at the bottom of this document are included suggestions for eating out.

Day 2

Breakfast or 1 KetoFuel Shake

Sweet Keto crepes and bacon

Each crepe is about 1g of carbs, so if you eat 3 crepes, you can add 1 chopped strawberry and 4-5 TBSP of heavy whipping cream. I also top with 1 tsp. or so of sugar free syrup. (this is for all 3 crepes-I like to roll them up and then put the stuff on top)

Lunch or 1 KetoFuel Shake

Keto Potato Salad

Recipe: <https://www.healthfulpursuit.com/2015/07/potato-salad-that-isnt/>

Have with 12 Macadamia Nuts or Chocolate Chip Cookie Fat Bombs



Dinner or 1 KetoFuel Shake

Chili-Cheese Dog Bake and Broccoli

1 serving of the Chili Cheese Dog Casserole (5g) and
a bunch of Broccoli (or favorite keto veggies) steamed and then
drizzled with butter and topped with cheese- you can also cook a few almonds
or peanuts in the butter and then put those on the broccoli too!



For the kids: Just serve over a bun

Day 3

Breakfast or 1 KetoFuel Shake

Lemon Sour Cream Muffins

These are incredibly delicious and filling!



Recipe Here:

<https://www.ibreatheimhungry.com/2017/03/keto-lemon-sour-cream-muffins-low-carb.html>

Lunch or 1 KetoFuel Shake

KetoFuel shake Ice Cream

Note: This meal can replace 1 KetoFuel Shake for the day as every serving is 1 serving of KetoFuel Powder.

Dinner or 1 KetoFuel Shake

Chicken in Creamy Mushroom Sauce – Marianne Porter

- 4 Chicken Breasts
- ½ cup chicken broth
- 1 cup heavy whipping cream
- 8 oz. sliced mushrooms (more if desired)
- 2 heaping tbsp. cream cheese
- ½-1 cup grated parmesan cheese
- 2 cloves of garlic

Pound chicken breasts and brown slightly in butter 4-6 minutes on each side. Remove chicken from skillet. Sauté sliced mushrooms in butter. Add cream cheese, chicken broth, garlic, and heavy cream. Simmer to reduce the sauce. Add ½ to 1 cup grated parmesan cheese and stir. Add chicken to sauce. Salt and pepper to taste only after adding the Parmesan cheese. Garnish with chopped parsley if desired.

Serve with your choice of cooked or steamed keto veggies.

Keto Fuel Shake Option: Add Heavy Whipping Cream or 1 tbsp. MCT Oil to up the fat content and increase that rich creamy deliciousness.

Day 4

Breakfast or 1 KetoFuel Shake

Bagel Breakfast Sandwich

Use the Fat Head Dough Recipe to create the Bagel. Fill with your choice of over easy eggs, bacon, sausage ham, cheese, avocado.

Video of creating the bagel along with the other fat head dough recipes:

<https://youtu.be/koTMKxFzwUo>



Lunch or 1 KetoFuel Shake

Cheese Stuffed Bacon Cheeseburger.

Serve with Garlic Butter Broccoli.

Dinner or 1 KetoFuel Shake

Chicken Fritters

Eat with a large salad, loaded green beans or broccoli or vegetable of choice

Loaded Green Beans

Sauté some finely diced onions and a few almonds in butter. Dump desired amount of green beans (canned or already cooked frozen or fresh) into the saucepan. Cook in plenty of butter and add some bacon bits. Add some cheddar cheese and stir until melted.

Serving: about ½ cup.

Day 5

Breakfast or 1 KetoFuel Shake

Egg muffins – freeze left over's for easy re-heated breakfasts.
Eat with a ½ avocado, 10-12 macadamia nuts, or even part of a
Lemon sour cream muffin to get those healthy fats😊



Lunch or 1 KetoFuel Shake

Keto Chicken & Spinach Salad

- 3 oz. Grilled or Baked Chicken cubed
- 1-2 cups your choice of Spinach, Lettuce, or other green leafy veggies
- Tomato
- 1 whole Avocado cubed
- Salt & Pepper to Taste
- 1-2 tbsp. melted butter or Balsamic vinaigrette

Combine all ingredients in bowl and drizzle melted butter or vinaigrette over salad.

Variation - Use your meat of choice - steak, turkey, pork, salmon, shrimp, etc

Dinner or 1 KetoFuel Shake

Keto Pork Chop and Mushroom Sauce + Easy Delicious Cole Slaw

Day 6

Breakfast or 1 KetoFuel Shake

Breakfast omelet



Lunch or 1 KetoFuel Shake

Chicken Salad - mix 1 can of canned chicken and mix with mayo, some almonds, sliced bacon, diced celery, cheese and/ or any other veggies you would like and either eat straight from the bowl or wrap in a large lettuce leaf.

OR

Broccoli/Cauliflower Salad

Broccoli/Cauliflower Salad

1 bunch broccoli, cut into bite size pieces

1 head cauliflower, cut into bite size pieces

8 strips cooked bacon, crumbled

1 cup diced tomatoes, seeded

2 hard boiled eggs sliced

1/3 cup red onion, diced

Dressing:

1 cup mayonnaise (homemade or store bought)

¼ - ½ cup granulated erythritol (I like Swerve brand the best)

2 T. rice vinegar or 1 T. apple cider vinegar

Just before serving mix salad with dressing.

Dinner or 1 KetoFuel Shake

Crockpot Clam Chowder

Serve with steamed or cooked broccoli & cauliflower. Drizzle butter on veggies. Or serve with breadsticks (see fat head dough Focaccia/ Flatbread variation recipe)

Day 7

Breakfast or 1 KetoFuel Shake

Keto Pancakes



Lunch or 1 KetoFuel Shake

Keto-Friendly Beef and Broccoli Stir-Fry

- 1 lb beef tenderloin roast cubed
- 1 green onion sliced
- 1/2 tsp onion salt
- 1/4 tsp pepper
- 1 tbsp coconut oil
- 2 garlic cloves minced
- 1 head broccoli florets (use as little of the stem as possible)
- 1/4 cup butter cubed
- 1 tbsp soy sauce (Braggs liquid aminos is ideal as it is gluten free)
- 1-1/2 tsp lemon juice

In a large skillet, fry the beef, onion, salt and pepper in oil for 3-5 minutes. Add garlic and cook 1 minute longer. Remove and keep warm. In the same pan, fry the broccoli in butter until it's tender. Return beef mixture to the pan. Stir in soy sauce and lemon juice and heat through. Serves 4

Variations: Instead of the Beef Tenderloin substitute: Chicken Tenderloin, Chicken Breast, Pork chops (cut each into strips)

Serve with celery sticks dipped in almond butter, sour cream, full fat Ranch dressing or cream cheese

Courtesy of <https://5minutelife.me/recipe/keto-friendly-broccoli-beef-stir-fry/>

Dinner or 1 KetoFuel Shake

Cheesy Stuffed Spinach Chicken Breast + Chocolate Chip Cookie Fat Bombs

REMEMBER: FAT is your BEST FRIEND! Anytime you want to snack or a meal hasn't satisfied you go for a favorite fat bomb. Often when someone hits a plateau where they haven't lost pounds or inches it's because of not enough fat. Fat bombs are the fastest and easiest way to up your fat and get back on track.

This can be things like:

- Lemon Sour Cream Muffins
- Chocolate Chip Cookie Fat Bombs
- 10-12 Macadamia Nuts
- ½ Avocado
- Olives (not olive oil as it oxidizes and becomes rancid quickly)
- Celery Sticks dipped in Full Fat Ranch, Cream Cheese, Sour Cream, or Almond Butter
- Fat Bombs! This link has 60 recipes for these: <https://ketodietapp.com/Blog/post/2015/03/24/60-amazing-fat-bomb-recipes>

Taco Pízza

Ingredients

For the base:

- 1 lb ground chicken
- ½ cup grated Parmesan cheese
- ½ cup shredded Mozzarella
- 1 ½ t. cumin, 1 ½ t. garlic powder, 1 ½ t. chili powder, ½ t. red pepper flakes and 1 tsp. salt or 1 packet chicken taco seasoning
- 1 egg

For the toppings:

- ¾ cup shredded cheddar
- Sliced black olives
- diced jalapeno
- diced tomato
- chopped cilantro

Avocado sour cream drizzle:

- sour cream
- guacamole or mashed avocado

Instructions

1. Preheat oven to 400 degrees
2. In large bowl mix egg, ground chicken, cheese and seasoning

3. Press chicken mixture into even thin layer on parchment paper
4. Bake for 15 minutes
5. Remove from oven and top with cheddar, black olives, jalapenos and tomatoes
6. Bake for an additional 10-15 minutes until cheese is melted and brown
7. Top taco chicken crust pizza with fresh cilantro and avocado sour cream mixture

“FAT-HEAD” DOUGH

Ingredients:

1 ½ cups shredded mozzarella cheese

2 Tablespoons cream cheese

¾ cup almond flour

1 teaspoon white wine vinegar

1 egg

½ teaspoon salt

Coconut oil to grease your hands

Instructions:

1. Preheat oven to 400 degrees.
2. Place mozzarella cheese and cream cheese in a microwave safe bowl. Microwave on high until melted, stirring every 30 seconds.
3. While cheese is melting, add almond flour, white wine vinegar, egg and salt to mixing bowl; Mix well (Bosch, kitchen-aid or food processor work great but I have mixed by hand before and that works too). Add melted cheese to the bowl and mix until well incorporated.
4. Grease hands well with coconut oil.

Video of how to make this recipe: <https://youtu.be/koTMKxFzwUo>

Pizza:

5. Press dough using hands on cookie sheet (I press it out onto parchment paper and then move to baking sheet).

Bake for 7-9 minutes or until light golden brown

Remove from oven and top with favorite sauce, toppings and cheese. Place back in the oven until cheese is melted; Serves 2

For Soft Pretzels and Bagels:

Follow steps 1-4 and then:

Divide dough into 6 even sections. Roll into a 6-8 inch snake and then shape like a pretzel or bagel. You can season however you would like before baking (poppy seeds, salt, dried onions, garlic, rosemary, etc....). Bake until golden brown. I like to brush with butter when they are hot out of the oven. Store leftovers in the refrigerator and heat before serving.

Focaccia/Flat Bread:

Follow steps 1-5 and then season with desired spices (some of my favorites are rosemary and garlic powder). Bake 7-9 minutes until golden brown. Brush butter over crust while still hot. If desired you may sprinkle it with parmesan and place it back into the oven until melted. Cut into desired shape (bread sticks, hamburger buns, etc....). Store leftovers in the refrigerator and heat before serving.

Keto Crepes

8 eggs

4TBSP butter

8oz cream cheese

2 scoops keto fuel

1 TSP vanilla

Cream together the butter and softened cream cheese. Mix in 1 egg at a time to avoid lumps. Mix in fuel and vanilla. Pour about ½ cup of batter onto a buttered griddle and cook till golden brown on one side and then flip. Makes about 20.

These are about 1 carb each.

Keto Potato Salad... That Isn't

Leanne Vogel [July 19, 2015](#)



Kevin and I have been enjoying this keto salad, served as a keto side to a big stack of roasted keto vegetables and keto barbecued meats. Don't do eggs? That's okay! You can use my egg-free mayo recipe that I linked up to in the keto recipe.

Keto Potato Salad... That Isn't

Author: Leanne Vogel

Recipe type: Vegan (option), Paleo, Gluten-free, Dairy-free, Sugar-free, Yeast-free, Corn-free, Grain-free, Nut-free, Egg-free (option), Low-Carb, Keto

Prep time: 20 mins

Cook time: 10 mins

Total time: 30 mins

Serves: 4

A paleo and keto "potato" salad... with no potatoes at all! Made with clean low-carb, keto ingredients. Can be made vegan, too.

Ingredients

Salad

- 1 head of cauliflower, chopped into bite-sized pieces
- 6 hardboiled eggs, omit if making vegan or egg-free
- 3 pickles, chopped
- ½ cup chopped fresh parsley
- ¼ cup green onion, green part only, chopped

Dressing

- ½ cup [avocado oil mayonnaise](#) or [my vegan mayo recipe](#)

- 2 tablespoons [gluten-free dijon mustard](#)
- 3 tablespoons pickle juice
- ¼ - ½ teaspoon [sea salt](#)
- Freshly ground pepper, to taste

Instructions

1. Prepare the cauliflower by cutting into bite-sized pieces. You can do this with a knife or if you want smaller pieces, shred. Steam for 2-3 minutes. Drain and set aside to cool.
2. Peel eggs and separate yolks, set aside. Cut the whites into small bite size pieces. Mix the egg whites into the cauliflower mixture in a large bowl along with chopped pickle, green onion and parsley.
3. Add egg yolks, mayo, mustard, pickle juice, salt and pepper into your high-powered blender and blend until smooth. Pour over the cauliflower mixture and stir to coat. Chill overnight and serve.

Recipe from Leanne Vogel. For nutrition facts and more photos see:

<https://www.healthfulpursuit.com/2015/07/potato-salad-that-isnt/>

Chocolate Chip Cookie Dough Fat Bombs

8 oz. cream cheese softened

½ cup butter

½ cup almond butter or creamy peanut butter

½ Cup + 1 Tablespoon confectioners Swerve sweetener

2 tsp vanilla extract

½ Cup Lilly's baking chips (stevia sweetened chocolate chips)

Cream together first 5 ingredients. Add chocolate chips and mix in. Using a cookie scoop, place even one tablespoon scoops on a piece of parchment paper. Place in freezer uncovered until firm. Once firm, cover with plastic wrap. Eat and enjoy whenever you would like.

>.5 net carbs per fat bomb (42 fat bombs per recipe)

Chili Cheese Dog Bake

<http://www.scatteredthoughtsofacraftymom.com/2015/08/low-carb-chili-dog-bake-recipe.html>

Low Carb Chili Dog Bake

Best hot dog chili ever and bonus: It's low carb! (8 carbs per serving if you use the beef franks)

Ingredients:

- 1 pound ground beef
- 2 cloves of garlic, minced
- 1 large bell pepper
- about 3/4 of a large onion, diced (use more if you like sauted onion)
- 2 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp pepper
- 1 tsp salt (You could cheat and just use 2 tbs of a chili spice mix in place of the 4 spices above.)
- 1 tsp Worcestershire
- 1 tbs sugar substitute (Swerve, Stevia)
- 1/2 tsp celery salt
- 1 cup of tomato sauce
- 1 cup water
- 1 tbs tomato paste
- 8 Bar S Franks sliced longways down the middle and cut in half
- 1 cup shredded cheddar or cheddar blend cheese (or more if you like a lot of cheese)

Directions:

1. Combine the ground beef, 2/3 of the chopped onions, peppers and garlic in large frying pan and saute until ground beef is browned. Drain fat.
2. Add spices, worcestershire, sugar, tomato sauce, tomato paste and water to the pan. stir to combine and simmer for 30 minutes.
3. Optional step, but totally makes it just like real hot dog chili: Using a food processor or immersion blender, process the chili until the beef is in very small pieces.
4. Lay hot dogs flat on the bottom of a 7 x 9 casserole dish. Cover with chili. (you should have enough to reserve a bit for those that are eating regular hot dogs and want chili.) Spread 1 cup of cheese over chili and top with remaining onion.
5. Bake at 400 F for about 15 to 20 minutes or until hot and bubbly!

Serve and Enjoy!

KetoFuel Ice Cream Recipes

KetoFuel Ice Cream:

- 1 can full fat coconut milk (look for the least amount of ingredients we use Thai kitchen)
- 1 can (the empty coconut milk can) filled with water
- 6 scoops KetoFuel
- 1 tbsp Sugar free torani caramel syrup (or experiment with different flavors)
- Chopped Macadamia Nuts (3 servings)

Blend coconut milk, water and KetoFuel and syrup together. Add to ice cream maker. Mix in macadamia nuts. Let it go till ice cream maker stops then let it set up for 30 or so minutes.

Divide into 3 servings and freeze. Takes about an hour to defrost enough to eat.

Here is the link to the video of this recipe:

<https://drive.google.com/file/d/0B3ysYav2fEqRckRMYkVjdI8ySHc/view?usp=sharing>

And here are two other recipes:

I decided if I was going to have ice cream every day for lunch that I had better start making a variety. After many tries, I finally came up with my favorite chocolate ice cream yet (it took a lot of tries). I hope you like it as much as me! Note- I did make it with all whipping cream once but I didn't like the fat, carb, protein ratios as much.

Creamy Coconut, Chocolate, Almond Crunch

Ingredients:

- 1 can full fat coconut milk (I use Trader Joe's)
- 1 can water 2 squares unsweetened baking chocolate, chopped
- 6 heaping scoops "keto fuel" (3 servings)
- 1/2 cup whipping cream (optional, I don't always do this but it will make it creamier)
- 3 servings raw almonds (optional)

Place all ingredients except almonds in a medium sauce pan and mix. Place on stovetop over medium heat stirring regularly until melted (watch this because you do not want it to burn). Once everything is melted and no longer lumpy remove from heat and place in bowl. It needs to cool until at least room temperature before going in ice cream maker. DO NOT put in the refrigerator or else it will separate. I place my bowl in another bowl of ice water and stir occasionally to speed up the process (takes about 10 minutes). Then just follow the instructions on your ice cream maker. When ice cream is just about finished freezing, add almonds. Divide between 3 containers and enjoy!!!

Fresh made Horchata flavored keto ice cream!

- 1 pkg cream cheese
 - 4 tbsp butter
 - 2 scoops keto fuel
 - 1 tsp pure vanilla
 - 1 tbsp cinnamon
 - 3 tsp Stevia
 - 1/2 c cashew milk
- Blend well and freeze!

Chicken in Creamy Mushroom Sauce – Marianne Porter

- 4 Chicken Breasts
- ½ cup chicken broth
- 1 cup heavy whipping cream
- 8 oz. sliced mushrooms (more if desired)
- 2 heaping tbsp. cream cheese
- ½-1 cup grated parmesan cheese
- 2 cloves of garlic

Pound chicken breasts and brown slightly in butter 4-6 minutes on each side. Remove chicken from skillet. Sauté sliced mushrooms in butter. Add cream cheese, chicken broth, garlic, and heavy cream. Simmer to reduce the sauce. Add ½ to 1 cup grated parmesan cheese and stir. Add chicken to sauce. Salt and pepper to taste only after adding the Parmesan cheese. Garnish with chopped parsley if desired.

Cheese Stuffed Bacon Cheeseburgers

- 8 oz. Ground Beef
- 2 Slices Bacon, pre-cooked
- 1 oz. Mozzarella Cheese
- 2 oz. Cheddar Cheese
- 1 tsp. Salt
- 1/2 tsp. Pepper
- 1 tsp. Cajun Seasoning
- 1 tbsp. Butter

Season ground beef with spices and make patties with mozzarella stuffed inside. Heat 1 tbsp. butter (per burger) in a pan. Once hot, add burger to the pan and cover. Cook for 2-3 minutes, flip, & place cheddar cheese on top, & cover. Continue cooking until desired doneness is reached. Chop bacon slices in half and place over the top of the burgers. Optional: lettuce, tomato, mashed avocado, mustard, full fat Mayo, low sugar ketchup

Yields 2. Each burger is 614 Calories, 51g Fats, 1.5g Net Carbs, and 33g Protein.

Serve with Garlic-Butter Broccoli

1 bunch broccoli (1 pound), cut into small pieces, stalks peeled and thinly sliced (about 6 cups)

8 tablespoons melted butter 1 clove garlic, minced

¼ teaspoon kosher salt

Freshly ground black pepper

Cook the broccoli in lightly salted boiling water until crisp-tender, 2 to 4 minutes. Drain. Add the butter and garlic to the saucepan and cook until the garlic is softened, 1 to 2 minutes. Toss with the salt and a few grinds of pepper. Serves 6

Courtesy of: <https://www.ruled.me/cheese-stuffed-bacon-cheeseburger/> & <https://www.realsimple.com/food-recipes/browse-all-recipes/garlic-butter-broccoli>

Chicken Fritters

Ingredients:

- 1.5 pounds diced chicken (breasts or thighs)
- 2 large eggs
- 1/3 cup mayonnaise (homemade or store bought)
- 1/3 cup almond flour
- 1 1/3 cups shredded mozzarella cheese
- 1 1/2 Tablespoon chopped fresh dill
- 1/2 teaspoon salt Fijian sea salt
- 1/8 tsp black pepper
- Coconut oil

Ingredients for Garlic Aioli Dip

- 1/3 cup mayonnaise
- 1 garlic clove, pressed
- 1/2 Tablespoon lemon juice
- 1/4 tsp Fijian sea salt
- 1/8 tsp black pepper

Instructions

1. Place raw chicken in a large mixing bowl.
2. Add eggs, mayonnaise, almond flour, shredded mozzarella, dill, Fijian sea salt and black pepper. Stir the mixture until well combined, cover with plastic wrap and refrigerate for at least 2 hours.
3. Heat a large non-stick pan over medium heat and add about 2 Tablespoons coconut oil. When oil is hot, add the chicken mixture a heaping Tablespoon at a time. Slightly flatten out the tops with the back of your spoon and sauté uncovered 3-4 minutes on the first side, then flip and sauté 3 minutes on the second side or until outsides are golden brown and chicken is fully cooked through*
4. To make the aioli, combine all ingredients in a small bowl or measuring cup and stir together until smooth. I double the sauce!

Keto Pork Chop and Mushroom Sauce + Easy Delicious Cole Slaw

Pork Chop Ingredients:

- 2 pork chops bone in
- 1 tbsp coconut oil
- Salt and Pepper

Pork Chop Instructions

Directions: Salt and pepper the pork chops generously. Use bone-in pork chops for better flavor. Heat cast iron pan, add coconut oil and allow the oil to melt completely and to come to a high temperature. The pork chops should sizzle when you put them in the pan. Lower heat to medium-high. Depending on the thickness, the chops should only take about 5 minutes on each side. You want the pink to be gone but don't overcook! Remove from pan, do not throw away the pan drippings, you will need them for the sauce.

Mushroom Sauce Ingredients:

- 2 tbsp butter
- 120g sliced mushrooms
- 2 finely diced garlic cloves
- 1 cup heavy cream
- 2 tbsp parmesan cheese
- 2 tbsp sour cream
- 1 tsp grainy Dijon mustard
- salt and pepper to taste

Mushroom Sauce Instructions

Add butter to the same pan the pork chops were fried in. Make sure the pan is not too hot. Scrape all the drippings up from the bottom of the pan. Sauté mushrooms and garlic until mushrooms are golden brown in color. This should take about 5 – 10 minutes. Pour cream, cheese and the Dijon mustard over the mushrooms. Add salt and pepper. Stir on medium heat, allowing the sauce to bubble as you stir. Reduce until the sauce thickens.

Mushroom Sauce Yield (4 Servings) 834 Calories Fat 84g Protein 12.80 Carbs (Net) 12.5g Single serving 209 Calories Fat 21g Protein 3.2g Carbs (Net) 3.13g

Pour 1/4 of the reduced sauce over the chops.

Serve with Easy Delicious Coleslaw. Courtesy of <http://www.joyfueled.com/keto-pork-chops-mushroom-sauce/>

Easy, Delicious Coleslaw

Makes 2-3 servings 2 servings is 261 Calories, 26.5g Fats, 2.5g Net Carbs, and 1g Protein.

- 1/4 Head Savoy Cabbage
- 1/3 Cup Mayonnaise
- 1 Tbsp. Lemon Juice
- 1 tsp. Dijon Mustard
- 1/4 tsp. Garlic Powder
- 1/4 tsp. Onion Powder
- 1/4 tsp. Pepper
- 1/8 tsp. Paprika

- Pinch Salt

Chop the 1/4 Head Savoy Cabbage lengthwise so that each of the strands come off of the cabbage clean. Mix together the 1/3 Cup Mayonnaise, 1 Tbsp. Lemon Juice, 1 tsp. Dijon Mustard, 1/4 tsp of Garlic Powder, Onion Powder, Black Pepper, and 1/8 tsp. of Paprika. You can also add a pinch of salt if you'd like. Measure out servings and serve!

Courtesy of <https://www.ruled.me/easy-delicious-coleslaw/>

Breakfast Omelet

Ingredients

2 large eggs
1 tbsp. almond milk
1 tbsp. freshly chopped chives-optional
kosher salt
Freshly ground black pepper
1 tbsp. butter
4 slices cooked bacon
Some ground sausage
1 avocado, thinly sliced
1/2 c. shredded Cheddar
Salsa, for serving



Directions

1. In a small bowl, whisk together eggs, milk, and chives, and season with salt and pepper.
2. In a large nonstick skillet, melt butter. Once pan is completely coated, add the egg mixture. Tilt pan back and forth to make sure it's completely coated, then let cook, 2 minutes. Once you can move egg back and forth, carefully flip and cook 2 minutes more.
3. Transfer to a plate and top with bacon, sausage, avocado, cheddar, and salsa. Roll up into a burrito and serve.

Keto Crockpot Clam Chowder+ Fat Head Breadsticks

13 Slices Thick Cut Bacon

1 Cup Chopped Onion

1 Cup Chopped Celery

2 - 3 Cans Fancy Whole Baby Clams (w/juice)

2 Cups Chicken Broth

2 Cups Heavy Whipping Cream

1 tsp Ground Thyme

1 tsp Salt

1 tsp Pepper

Instructions: Cook bacon until crispy (reserve bacon grease in the pan). Chop onion and celery. Place onion and celery in bacon grease and cook until soft (do not discard the grease it will go in the crock-pot with the veggies). After veggies are soft pour all ingredients (including crumbled bacon) into the crock-pot. Cook on low for 4- 6 hours or on high for 2 hours.

Courtesy of <http://ketosizeme.com/keto-crock-pot-clam-chowder/>

Serve with steamed or cooked broccoli & cauliflower. Drizzle butter on veggies. Or serve with bread sticks (see fat head dough Foccacia/ Flatbread variation recipe).

Cheesy Spinach Stuffed Chicken Breast **(Serves 4)**

Ingredients

- 2 large boneless, skinless chicken breasts
- 6 oz. cream cheese, softened
- 2 cups chopped spinach (raw)
- ½ tsp minced garlic
- ⅓ cup grated parmesan cheese
- ½ cup grated mozzarella cheese
- ¼ tsp ground black pepper
- ⅛ tsp ground nutmeg
- ¼ tsp kosher salt

For the breading:

- ⅓ cup superfine almond flour
- ⅓ cup grated parmesan cheese
- ½ tsp dried parsley
- ½ tsp kosher salt
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- 2 eggs
- 2 Tbsp. coconut oil for frying

Instructions

1. Combine the cream cheese, spinach, garlic, parmesan, mozzarella, pepper, nutmeg, and salt in a medium bowl and mix well.
2. Slice Chicken breasts in half so you have 4 halves.
3. Place a layer of plastic wrap on the counter. Place chicken on plastic wrap, then place another layer of plastic on top to sandwich the chicken in-between.
4. Pound the chicken flat (I use a small frying pan to flatten) until it's about twice the size of when you started, being careful not to pound so thin that it breaks.
5. Repeat with the remaining 3 pieces of chicken.
6. Spoon ¼ of the filling mixture into the middle of a chicken cutlet and roll the edges up around it.
7. Place seam side down on a cookie sheet and repeat with the other 3 pieces of chicken.
8. Cover and place in refrigerator for at least 20 minutes.
9. Beat the eggs in a medium bowl.
10. Combine the other breading ingredients (except for the coconut oil) in a different bowl and stir.
11. Heat the oil in a medium sized nonstick saute pan.
12. Preheat the oven to 375 degrees (F)
13. Dip the stuffed chicken into the egg first, then the breading mix and cook in the saute pan until golden brown on all sides.
14. Transfer the browned chicken to a baking pan.
15. Bake in the oven at 375 degrees for 18 - 22 minutes or until a thermometer in the center reads 165 degrees (F).
16. Serve with optional marinara or alfredo sauce.

Optional: Serve with marinara sauce or alfredo sauce.

Keto Pancakes

KetoFuel Pancakes (1 serving) topped with butter. So tasty, healthy and filling! Thank you Naibi for this and other Keto Fuel recipes. So appreciated!

Ingredients:

1/4 cup Keto Fuel
 1.5 tsp stevia
 1/4 teaspoon baking powder
 1 egg
 1Tbsp cream

Optional: 1/4 tsp. pumpkin pie spice or 1/4 tsp. apple pie spice

Directions

In a small bowl combine all ingredients and whisk together. Heat a lightly buttered griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle.

For syrup, top with heavy whipping cream, almond butter, butter, or use a sugar free syrup or a Lakanto Maple flavored syrup sweetened with Monk fruit.

Note: This meal can replace 1 KetoFuel Shake for the day as every serving is 1 serving of KetoFuel Powder.



BONUS RECIPES

Low Carb Keto Brownie Cheesecake

Yield: 16 servings or 64 Fat Bombs

Ingredients

Brownie Base:

- 1/2 cup butter
- 2 oz unsweetened chocolate, chopped
- 1/2 cup [almond flour](#)
- 1/4 cup cocoa powder
- pinch salt
- 2 large eggs
- 3/4 cup granulated [Swerve Sweetener](#)
- 1/4 tsp vanilla extract
- 1/4 cup walnuts or pecans, chopped

Cheesecake Filling:

- 1 lb cream cheese, softened
- 2 large eggs
- 1/2 cup granulated [Swerve Sweetener](#)
- 1/4 cup heavy cream
- 1/2 tsp vanilla extract

Instructions

1. For the brownie base, preheat oven to 325F and butter a 9-inch [springform pan](#). (if your springform pan is prone to leaking oil, place it on a cookie sheet)
2. In a microwave safe bowl or glass measuring cup, melt butter and chocolate together in the microwave in 30 second increments. Whisk until smooth. Alternatively, you can melt them together over low heat in a small saucepan.
3. In a small bowl, whisk together almond flour, cocoa powder and salt.
4. In a large bowl, beat eggs, Swerve and vanilla until smooth. Beat in almond flour mixture, then butter/chocolate mixture until smooth. Stir in nuts.
5. Spread evenly over bottom of prepared pan. Bake 12 to 18 minutes until set around edges but still soft in the center. Let cool 15 to 20 minutes.
6. For the filling, reduce oven temperature to 300F.
7. In a large bowl, beat cream cheese until smooth. Beat in eggs, Swerve, cream and vanilla until well combined.
8. Pour filling over crust and place cheesecake on a large cookie sheet. Bake until edges are set and center just barely jiggles, 35 to 45 minutes. Remove from oven and let cool.
9. Run a knife around edges to loosen and then remove sides of pan. Cover with plastic wrap and refrigerate at least 3 hours.

Note: When sliced in 16 pieces it is just under 2 carbs per slice. 1 this in a 8 inch square pan (I cut into 64-1 inch squares) that is lined with parchments paper to make fat bombs which are .5 carbs each.

KETO CAKE

Ingredients:

2 Cups "Keto Fuel"

2 teaspoons baking powder

3 Tablespoons granulated stevia

8 eggs

1/2 Cup whipping cream

Directions:

Preheat oven to 350 degrees. In a medium bowl add all ingredients and whisk together until smooth. Line a baking sheet with parchment paper and spray parchment with coconut oil. Pour batter into pan and evenly spread. Bake for 12-15 minutes until light golden brown. Cool.

I serve these a million different ways but one of our favorites is with whipped cream and a thinly sliced strawberry (strawberry shortcake).

Keto Tacos

Cheddar Cheese Taco Shells:

2 cups finely shredded Cheddar

Preheat the oven to 400 °F. Line a baking sheet with parchment paper. Wrap a yardstick or ruler with aluminum foil & suspend it between two 28-ounce cans. Sprinkle 1/2 cup of the shredded Cheddar on the baking sheet to form a circle 6 inches in diameter. Repeat with another 1/2 cup of cheese, making 2 circles. Bake the first batch until the cheese melts & turns light brown, 6 to 8 minutes. Using a spatula, transfer the cheese circles to the suspended yardstick & drape them over to form taco shells. Let them hang until firm, then carefully remove. Repeat with the remaining cheese.

Provolone Taco Shells:

Round Provolone Cheese slices

Preheat the oven to 375°F. Line a baking sheet with parchment paper. Lightly grease with butter. Bake for 11 minutes. After baking follow the steps for the Cheddar shells to make the taco shell shape.

Note: You can also use lettuce leaves as the taco shell.

Keto Taco Seasoning Mix (Taco mixes contain extra sugar & other unwanted ingredients so use this delicious sugar free recipe instead!)

- 1 tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Combine all spices in a bowl. Season and tweak to personal taste. Prepare this in larger batch (4 or 5 times the measurements called for) and store in a plastic container to always have at the ready. Season ground beef with the taco seasoning mix. Fill the taco shells with the seasoned beef, cheese, lettuce, tomato, avocado, & sour cream

Courtesy of: <http://www.foodnetwork.com/recipes/cheddar-cheesetaco-shells> &
<http://kathrynslowcarbkitchen.blogspot.com/2014/03/p3-provolone-taco-shells.html> &
<http://ketolowcarbrecipes.com/homemade-taco-seasoning-mix/>

Avocado Boats – Naibi Graham

½ avocado

2 slices of bacon

1 ½ tbsp. sour cream

½ tbsp. heavy whipping cream

Black pepper to taste

1/8 tsp garlic powder

Shredded cheese of your choice

Chopped cilantro to garnish

Directions: Cut the bacon in small pieces. Sauté in a small sauce pan. Slice avocado in half, remove the seed, and scoop out the avocado flesh. In a small bowl, mix all ingredients including the avocado flesh until mixed well. Fill the avocado shell with this mixture. Sprinkle with cheese Bake at 350° F for 10 minutes or until golden brown. You can also use a broiler. After baking, sprinkle with chopped cilantro to garnish. Makes 1 avocado boat.

Keto Chicken Cordon Bleu - Becky Gaisford

1 Roasted Chicken, cut-up
6-7 pieces of sliced, uncured ham
6-7 slices of swiss or provolone cheese
16 oz sour cream
8 oz cream cheese
1-2 Tbsp heavy cream
Juice of 1 lemon

Cut the breast meat into about 6-7 good-sized strips. Cut ham & cheese slices to fit around chicken pieces. Wrap chicken with the cheese, followed with the ham. Secure with a toothpick.

In a saucepan, combine the cream cheese, sour cream and lemon. Stir until well-blended. Add cream, if necessary, to thin. Add in chicken pieces. Heat through. Finish in a 350 oven for about 15 minutes or until bubbling hot.

Keto White Sauce - Becky Gaisford

1 brick cream cheese (8oz)
1/2 C heavy cream
1/4 C water
1 egg yolk
salt and pepper to taste

In a saucepan combine the cream cheese, cream and water and stir on low heat until all is combined. Temper the egg yolk by adding a little of the cream mix to it and stirring completely. Add back into the cream mix. Cook, stirring constantly until the mixture has thickened. Season with salt and pepper to taste. If desired, add 1 package Truvia to sauce. Serve warm on asparagus spears, spinach, fish, shrimp, eggs, etc.

Salsa - Ida Hayes

1 onion
about 3 Bell peppers
3 garlic
3 jalapeños
Cilantro 1 bunch
1 can green sause
Tomatoes

Eyeball and Taste

Serve Salsa with Parmesan Cheese Crisps or with the delicious Bacon Jalapeno Cheese Crisps Recipe.

KetoChickenAlfredoPizza

Makes one 14" pizza (12 servings)

Sauce:

- 1 ½ T. butter
- 1 ½ cloves garlic, minced
- 2 c. heavy cream
- ½ tsp. sea salt
- ¼ tsp. ground pepper
- ½ c. plus 1 T. fresh grated parmesan
- 1 ½ T. fresh parsley, chopped

Crust:

- 1 recipe Keto Pretzel dough, unbaked
- ¼ tsp. sea salt
- ½ tsp. rosemary
- ½ tsp. oregano
- 1 tsp. Italian seasoning
- 2 T. melted butter
- Kosher salt

Toppings:

- 2 c. cooked chicken, cubed
- 1 c. thinly sliced baby Portobello mushrooms
- 1 c. fresh baby spinach
- 2 c. shredded mozzarella



Directions:

- Melt butter over medium heat; add garlic; cook and stir for 1 minute. Add cream; cook and stir until liquid is reduced by half. Be patient, this takes about 20 minutes. Add the salt, pepper, and parmesan; cook and stir until thick. Remove from heat; stir in parsley.
- Preheat oven to 400 degrees F. Place a pizza stone or a large tray into the oven and allow preheat. This will help the crust's bottom to be crispy. Combine the dough, salt, and spices. On a large piece of parchment paper greased with melted butter, press the dough into a circle roughly 14" and ¼ cm. to ½ cm. thick, depending on your thickness preference. The crust will rise and spread a little. Brush crust with butter and sprinkle with Kosher salt. Prick with a fork to help limit air bubbles. Carefully slide the parchment paper with the crust on it onto the hot pizza stone and bake for 8-10 minutes. Pull it out when it is BARELY BROWNED, or even undercooked, because we will bake it again with the toppings on.
- Spread sauce evenly over crust. Arrange your toppings on however you like. Sprinkle cheese over the top. Carefully pull out parchment paper from underneath the pizza. Bake at 400 degrees for about 10 minutes or until the cheese is melted. Cool for a few minutes before serving. Enjoy!

Notes:

- We suggest using mozzarella made with whole milk if you like for a more Keto-tastic pizza. You can also use full fat mozzarella in the pretzel dough

Keto Organic Pink Fijian Ginger Lemon Bars

Serves: 16 bars Serving size: per bar Calories: 193 Fat: 19 Carbohydrates: 2g net Protein: 4g

For the Crust:

- 6 Tbl butter
- 2 cups almond flour
- $\frac{1}{3}$ cup granulated sugar substitute (I used Swerve)
- 1 Tbsp freshly grated lemon zest
- $\frac{1}{4}$ tsp Organic Pink Fijian Ginger

For the Filling:

- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup granulated sugar substitute (I used Swerve)
- $\frac{1}{2}$ cup fresh lemon juice
- $\frac{1}{4}$ cup lemon zest
- $\frac{3}{4}$ tsp Organic Pink Fijian Ginger
- 6 egg yolks
- $\frac{1}{2}$ tsp xanthan gum
- 2 Tbsp unflavored gelatin (I used the green Great Lakes)

For the crust:

Melt the butter in the microwave or a small saucepan. Add the almond flour, sweetener, and lemon zest, stirring until fully combined. Press the dough evenly along the bottom and $\frac{1}{2}$ inch up the sides of an 8 x 8 inch square pan. For best results line the pan with parchment paper. Bake at 350 degrees for 10-15 minutes. Remove and cool while you make the filling.

For the filling:

1. Melt the butter in a small saucepan on low heat. Remove from heat and whisk in sweetener, lemon juice, and lemon zest until dissolved. Whisk in the egg yolks and return to the stove over low heat. Whisk continually until the curd starts to thicken. Remove from the heat and strain into a small bowl. Whisk in the xanthan gum and gelatin until dissolved and smooth.

2. Pour the filling over the pre-baked crust and spread out evenly to the edges of the pan. Bake the bars at 350 degrees (F) for 15-17 minutes. Remove and cool. Cut into sixteen 2 x 2 squares.

BACON JALAPENO CHEESY CRISPS – Stacey Volden

INGREDIENTS

1 c. finely shredded Parmesan
1/2 c. finely shredded cheddar (preferably aged)
1 jalapeño, sliced thinly
4 slices bacon, cooked and crumbled

Freshly ground black pepper (I didn't use the pepper)

DIRECTIONS

1. Preheat oven to 375°. Line a large baking sheet with parchment paper.
2. Spoon about a tablespoon of Parmesan into a small mound on the parchment paper. Top with about half tablespoon of cheddar. Carefully pat cheese down flat then place a jalapeño slice on top. Sprinkle with bacon and crack a generous amount of pepper over each mound. Bake until crispy and golden, about 12 minutes.
3. Let cool slightly before transferring to serving dish. Serve at room temperature.

Poppy Seed Keto Salad – Donna Mattingly

Salad:

Your choice of greens: Spinach, Red leaf lettuce, Romaine, etc

Bacon

Cheese of your choice

Avacado

Poppy Seed Dressing

½ cup balsamic vinegar

½ cup olive oil OR 2/3 cup butter

1 tsp. turmeric

1 tsp. ginger

1 tsp. mustard

½ tsp salt

1 tbsp. dry onion or powder

3 tbsp. stevia

3 tbsp. poppy seed

Blend all ingredients in a blender. Keep refrigerated.

Blend all ingredients in a blender. Keep refrigerated.

Cauliflower Rice – Marianne Porter

1 medium head cauliflower

1 heaping tbsp. butter

Salt & pepper to taste

Grate cauliflower in a food processor or box grater until it looks like rice.

Sauté in skillet over medium heat in butter.

Cook for 5-8 minutes, stirring occasionally then season as desired (salt, pepper, soy sauce, etc)

You can also add any keto friendly vegetable, ham, or eggs to make fried rice.

Cauliflower Mashed Potatoes – Marianne Porter

1 medium head cauliflower

3 tbsp. butter

¼ cup Parmesan cheese

¼ tsp garlic powder (optional)

Heavy cream

Salt & pepper to taste

Cook cauliflower till tender. Drain the water and add all ingredients except the heavy cream. Mash or put in a food processor.

Add heavy cream until smooth and add chopped chives (optional)

Cauliflower can be cooked in the microwave.

EATING OUT

Can you do keto while traveling? Maybe you forgot to plan for a meal or something unexpected came up. What about if your schedule keeps you on the road and away from a kitchen most of the time? Yes you can! By understanding the basic concepts of keto, it can be done anywhere with any schedule!

Here is a list of 10 tips:

1. Use 1-2 shakes per day to replace 1-2 meals. If you want to increase the benefits of this strategy, consider adding heavy whipping cream, or 1 tbsp. MCT oil or even 10-12 Macadamia Nuts to up the fat to protein ratio for increased fat loss. The heavy whipping cream needs to be refrigerated in between use but the MCT doesn't as long as kept at reasonable temperatures.
2. While eating out, ask for real butter or hollandaise sauce on veggies, meats, eggs, etc.
3. For hamburgers - use lettuce as the bun and add cheese, mustard, bacon, tomato, onion, mayo, and olives but skip the ketchup.
4. At Mexican restaurants, order meals without tacos, tortillas, chips, beans, or rice. Instead order the item without these things and add extra guacamole, salsa, and sour cream (much like the bunless hamburger!).
5. Order salads and bring along an avocado or olives or MCT oil to top it with to make sure you have enough fat. Ranch dressing can be another source of fat.
6. For quick meals out of the grocery store look for rotisserie chicken, almonds, macadamia nuts, avocado, nitrate/nitrite free hot dogs or summer sausage, cheese, pickles, relish and olives.
7. Always order food without breading (i.e. stay away from breaded fish, chicken, bread sticks etc).
8. For breakfast go for eggs and extra bacon all cooked in butter or topped with hollandaise sauce
9. This article from ruledme.com includes an extensive list of tips and ideas for convenience stores, restaurants and eating out: <https://www.ruled.me/keto-and-fast-food-on-the-go/>
10. When you are home or able to prepare food, look for fat bomb recipes. Most need to be kept cool so would require a cooler. The chocolate chip cookie fat bombs is one that does not and is a favorite – who doesn't love cookies??

Good sources of meats, proteins and keto friendly veggies are not hard to find so the key to success is developing your own go-to fat sources!