



KETO MEAL PLAN



By Drew Manning



Low Carb Granola

For a quick snack or a topping on top of a bowl of yogurt. The crisp sweet granola is also perfect for the trail if you are off on a long hike.

- Servings: 48
- Total Time: 30 min.

Ingredients

- 2 cups chopped pecans
- 1/2 cup chopped walnuts
- 1/2 cup slivered almonds
- 1 cup sunflower seeds
- 1 3/4 cup vanilla whey
- 1/2 cup sesame seeds
- 1 1/4 cup coconut oil or pasture fed butter
- 1/2 cup erythritol
- 1 tsp stevia glycerite
- 1 tsp cinnamon
- 1/2 tsp sea salt

Directions

Preheat oven to 300F. Using a large bowl combine the nuts, seeds, protein, erythritol, stevia, cinnamon and salt. Heat your coconut oil until it melts and pour over the dry mixture.

Place the granola on a large cookie sheet, allow this to bake for 20-25 min. Remove from the oven and allow it to cool. Break the granola into smaller pieces.



Eggs “Benedict”

Eggs benedict is a pronominal breakfast. With this Faux Benedict recipe you will have all the same great taste with the health benefits of a keto meal.

- Servings: 1
- Total Time: 5-10

Ingredients (Bread)

- 1 tbsp. Butter
- 1 Large Egg
- ¼ tsp. Baking Powder
- 1 ½ tbsp. Almond Flour
- 1 ½ tbsp. Flax Seed Meal
- ¼ tsp. Apple Cider Vinegar
- 1 drop Stevia

Ingredients (Egg)

- 1 large Egg
- 1/3 Cup Water
- ½ tsp. Apple Cider Vinegar

Ingredients (Sauce)

- 1 Egg Yolk
- 1/8 Lemon, Juiced
- 1 pinch Salt
- 1 pinch Cayenne Pepper
- 1 ½ tbsp. Salted Butter, Melted

Directions

First Mix together 1 Tbsp. butter, baking powder, vinegar, egg, almond Four, Flax, and stevia into a mug. Microwave the mixture for 75 seconds. When it comes out the microwave, flip it upside down and lightly bang the mug into a plate to remove the bread.

Microwave the Canadian bacon on a paper towel for 1-2 minutes (as per instructions). In a ramekin, separate the egg yolk and egg white of 1 egg and add cayenne pepper to the yolk and discard of the white, in a separate ramekin, microwave 1 1/2 Tbsp. butter for 10- 15 seconds until melted.

In a small bowl, add water and vinegar, and then crack the egg into it.

Microwave the egg with a plate on top for 50 seconds at 80% power.

Next cut the bread into a muffin shape; add the Canadian bacon and egg.

Slowly pour butter into the egg yolk while stirring it constantly. Do this until everything is combined.

Last pour the sauce over the egg, Canadian bacon, and muffin.



High Fiber Cacao Nibs Cereal

A perfect recipe for that morning bowl of cereal. This cereal will fill that sweet tooth craving with its chocolaty crispy crunch and an added benefit of a large does of fiber.

- Servings: 4
- Total Time: 1 Hour 10 min.

Ingredients

- ½ cup chia seeds
- 1 cup water
- 4 Tbs hemp hearts
- 1 Tbs fine Psyllium powder
- 2 Tbs coconut oil, melted
- 1 Tbs organic vanilla extract
- 1 Tbs Swerve
- 2 Tbs Raw Cacao Nibs

Directions

Preheat oven to 285F.

Using a large mixing bowl add in chia seeds and water, begin to mix. Allow this to sit for approximately 5 minutes.

After the 5 min has passed add the remaining ingredients to the bowl excluding the cacao nibs. Using an electric mixer, mix all of the ingredients until they are evenly distributed. At this point add in the cacao nibs.

This should create pliable dough that you can hand form into a small cylinder. Place this on oven paper about 11x 14 inches. Using a second piece of oven paper cover the dough. Utilize a rolling pin to roll until it is 1/8 to ¼ inch thick. Remove the top sheet of baking paper.

Place the baking paper with the dough onto a baking sheet and bake for 15 min. Next remove the oven paper and flip the dough. Bake for an additional 15 to 25 min.

Remove from the oven and allow to cool. Using a kitchen knife cut into 1" squares. You are now ready to enjoy.



Breakfast Walnut Muffins

Breakfast Walnut Muffins take very little time to make and are perfect to make in advance at the start of your week. The chocolaty flavors of these are a flawless way to start the day.

- Servings: 6
- Total Time: 30-40 min.

Ingredients

- 1 Cup blanched almond Flour
- 2 Large eggs
- 2 Tbsp. Erythritol
-

5 Drops Stevia

- 1/2 tsp. baking soda
- 1 tsp. apple cider vinegar
- 1 Cup Walnuts
- 4x Lindt 98% Cacao Squares

Directions

Preheat oven to 350F.

Chop the chocolate into small chunks. Combine almond Flour, baking soda and erythritol in one bowl.

Mix the eggs, stevia, and vinegar in another bowl. Slowly add the dry ingredients to the wet while stirring together.

Once everything combined, fold the chocolate and walnuts into the mixture. Spoon the mixture evenly into 6 cupcake liners that are inside a cupcake tray. Bake for 15 minutes, or until they are golden brown on the top. Let them cool for 15-20 minutes.



Bulletproof Coffee

Bulletproof coffee is perfect for mornings when you need a kick of energy. The healthy fats and high caffeine are sure to kick start your metabolism.

- Servings: 2
- Total Time: 5 min.

INGREDIENTS

- 2 Cups Coffee
- 2 Tbsp. Grass Fed Unsalted Butter
- 2 Tbsp. Organic Coconut Oil (or MCT oil)
- 1 Tbsp. Heavy Cream (Optional)
- 1 tsp. Vanilla Extract (Optional)

Directions

Brew 2 cups of coffee and pour into a mixer. Immediately add your butter, vanilla extract, heavy cream, and coconut oil then blend it together. After you are done blending it is ready to drink.



Creamed Spinach

The power of Popeye is on your side after eating this Creamed Spinach. This simple snack packs 5 grams of protein to help get you through your day.

- Servings: 2
- Total Time: 15-20 min.

Ingredients

- 4 Cups Raw Spinach
- 1/4 Cup Coconut Cream
- 2 tbsp. Almond Flour
- 2 tbsp. Toasted, Chopped Almonds
- 1 tbsp. Salted Butter
- 1 tsp. Minced Garlic
- 1/4 tsp. Nutmeg
- Salt + Pepper to taste

Directions

In a food processor, add the almonds and pulse them. Next toast the almonds in a pan on medium high heat until they become aromatic. Remove the almonds and set aside.

In a pan, bring the coconut cream and butter up to heat. Add all the spices and mix together. Add the spinach and let it cook down, mixing the coconut milk mixture into the spinach. Serve the spinach with the toasted almonds on top.



Pizza Muffin

Pizza is an all time staple food. With these Pizza muffins you get all of the flavor with only 1.9 (g) of carbs. Simple to make, just simply baked in a cupcake tin and enjoy in no time.

- Servings: 6
- Total Time: 25 min.

Ingredients

- 1 Cup Shredded Mozzarella
- 2/3 Cup Bacon
- 1/3 Cup Flax Seed Meal
- 1/4 Cup Grated Parmesan
- 4 Large Eggs, beaten
- 3 tbsp. Almond Flour
- 1 Tbsp. Bacon Fat
- 1 tsp. Oregano
- 1 tsp. Minced Garlic
- 3/4 tsp. Baking Powder
- 1/2 tsp. Kosher Salt
- 1/2 tsp. Mrs. Dash Table Blend
- 1/4 tsp. Red Pepper Flakes

Directions

Preheat oven to 375F.

Cook 5 slices of bacon cut into pieces and set aside. Measure out the Flax, almond Flour, and other spices into a mixing bowl. Add the egg, mozzarella cheese, and bacon to the mixture and whisk it well.

Distribute the mixture to 6 holes in a cupcake tin. Bake for 20 minutes.



Loaded Nacho Meatballs

An easy option for most non-low carb diets are to grab nachos, however with the tortilla chips out of the equation a replacement needed to be found. With a meatball instead of a chip you save on the net carbs and also increase your protein intake with out compromising any of the flavor.

- Servings: 16
- Total Time: 15 min.

Ingredients Meatballs:

- 1lb. ground beef (80/20)
- 1 egg
- ¼ cup almond flour
- ½ tsp salt
- ¼ tsp ground black pepper
- ½ cup sharp cheddar cheese, shredded
- 1 tsp ground cumin
- 1 tsp garlic powder
- 3 Tbsp prepared salsa (sugar free)
- 1 Tbsp pickled jalapenos, chopped

Ingredients Toppings:

- ¼ cup prepared salsa (sugar free)
- ¼ cup sharp cheddar cheese, shredded
- 16 pickled jalapeno slices
- 2 Tbsp sour cream

Directions

Combine in a medium bowl all of the ingredients for the meatballs. Thoroughly mix all of these together and hand press into 16 meatballs. Sauté until golden brown and cooked throughout, approximately 3-4 minutes each side.

Place all of the meatballs on an oven safe dish. Top them each with 1tsp salsa and 1tsp of the shredded cheddar. Place this in the oven on broil for about 1 minute so that the cheese can melt. Cautiously remove and top each with a dab of sour cream and a slice of jalapeno.



Fajita Stuffed Chicken

This fajita stuffed chicken is great for a Mexican night with the family. It is quick and easy to make and packed full of flavor

- Servings: 3
- Total Time: 20 min.

Ingredients:

- 2 tbsp. Oil
- 1 red pepper
- 1 green pepper
- 1 yellow pepper
- 1 onion
- 3 tsp salt
- 4 Oz cream cheese
- ½ c cheddar cheese
- ½ c pepper jack cheese
- 3 chicken breast
- 2 tsp. chili powder
- 2 tsp. cumin
- 2 tsp. garlic powder

Directions

In a skillet place your oil peppers and onion. Add 1 tsp of salt and sauté until softened. Place the peppers and onion in a bowl and add cream cheese, cheddar cheese, and the pepper jack cheese. Mix thoroughly and set to the side.

In separate bowl place chicken breast and sprinkle over the remaining salt along with the chili powder, cumin, and garlic. Toss to evenly coat. Using a knife create a pocket in the chicken breast so that you can stuff the pepper cheese mixture inside.

Using medium high heat place breast back in the pan and brown for 5 minutes on each side until completely cooked. You are now ready to serve.



Cobb Salad with Fat-Burning Dressing

A cobb salad is one of the easiest things to make for lunch. Literally chop up the ingredients and toss them in a bowl. The salad dressing isn't too far off either. The nice thing about this recipe is you will have left over dressing that you can use at a later date and time.

- Servings: 2
- Total Time: 20 min.

Ingredients: Dressing

- ¼ cup mayonnaise
- 1 tbsp Dijon mustard
- ¼ cup extra virgin olive oil
- 2 tbsp MCT oil
- 2 cloves garlic
- 2 tbsp fresh lemon juice
- 2 tbsp freshly chopped herbs of choice
- Salt and pepper to taste

Ingredients: Salad

- 2 cups raw baby spinach
- 4 oz. cooked chicken
- ½ cup chopped cucumber
- ½ cup chopped tomatoes
- 2 hard boiled eggs, chopped
- ¼ lb. pork, cooked and crumbled
- ½ large avocado, cut into small chunks

Directions

Peel and crush the garlic placing it in a mason jar. Add the mayo, lemon juice, olive oil, MCT oil, and Season with salt and pepper. To the jar add the finely chopped herbs. Close the jar and shake before using.

Now to make the salad simply place the spinach in a bowl and top with the rest of the ingredients. Lightly drizzle the dressing over top and enjoy.



Fat Bomb Pork Chop

The rich sauce that covers these pork chops will leave your taste buds satisfied while at the same time helping you to fulfill your macros for fat and protein. One serving contains 103g of fat and only 7g of net carbs.

- Servings: 3
- Total Time: 45 min.

Ingredients

- 1 medium yellow onion, peeled and sliced
- 1 (8 oz.) package brown mushrooms, washed and sliced
- ½ cup oil
- 3 boneless pork chops
- 1 tsp. garlic powder
- 1 tsp. nutmeg
- 1 cup mayonnaise
- 1 tbsp. balsamic vinegar

Directions

Preheat oven to 350F.

In a large skillet sauté the onions and mushrooms using the oil until they have wilted. Place the pork chops in the same pan and season each chop with garlic powder and the nutmeg. Brown each side of the chop. Continue to cook the chops until they reach an internal temperature of 165F and remove them from the pan. Whisk together mayo and the vinegar and add to the remaining oil that sits in the pan. This will create a thick sauce that is poured over top of the pork.



Low Carb Pizza

Tasty cheesy low carb pizzas that taste just like the real thing. This literally takes minutes to make and only has 3.5 g of carbs.

- Servings: 1
- Total Time: 50 min.

INGREDIENTS Crust

- 4 ounces cream cheese, softened
- 4 eggs
- 1/3 cup heavy cream
- 1/4 cup grated parmesan cheese
- 1 teaspoon chives
- 1/2 teaspoon pizza seasoning
- 1/4 teaspoon garlic powder
- 2 cups mozzarella cheese

INGREDIENTS Toppings

- 1/2 cup Pizza sauce
- 1 cup Mozzarella cheese
- Pizza topping of choice

Directions

Preheat the oven to 375F. Mix together the cream cheese and eggs until they have a smooth texture. Add the heavy cream, parmesan, chives, pizza seasoning, and the garlic powder to the cheese and egg mixture. Spray a 9x 13 cooking pan with oil and then place the 2 cups of mozzarella in the bottom of the pan. Pour the egg mixture overtop of the cheese. Bake this mixture for 30 minutes. Remove this from the oven and spread the sauce over your crust. Top this with your favorite toppings. Add more cheese and bake for 5 additional minutes.



Chili Lime Shrimp

This little Chili Lime Shrimp have a whopping 48.3 (g) of protein per serving. With a little bit of heat from the chili powder and the bright flavors of the lime the flavors make a perfect pairing.

- Servings: 3
- Total Time: 15 min.

Ingredients

- Juice of 1 Lime
- Zest of 1 Lime
- 1 Tbsp. Chili Powder
- 24 oz. Shrimp

Directions

Defrost the shrimp if you're using frozen. De-tail and de-vain them.

Preheat oven to 350F.

While the oven is heating zest 1 whole lime. Use about 2-3 Tbsp. Olive Oil to grease a foiled baking sheet. Lay the shrimp on the baking sheet, carefully season every shrimp with chili powder and lime zest. Squeeze the lime juice over the shrimp, once seasoned. Bake in the oven for 12 minutes.



Bacon Explosion

Who doesn't love bacon? With this Bacon Explosion recipe you can have your bacon any time of the day not just in the morning.

- Servings: 3
- Total Time: 60

Ingredients

- 10 slices bacon
- ½ Pound Jimmy Dean Hot Sausage
- 3 cups spinach
- ¾ - 1 Cup of Cheddar Cheese
- Montreal Southwest Seasoning
- 2Tbsp. Salt (For Baking Pan)

Directions

Start off by preheating the oven to 400F or 375 for Convection oven.

Interlace the bacon to create a 5x5 weave. Next season weave with your favorite seasonings.

Next roll out ½ pound Jimmy Dean Sausage on a sheet of foil into a square shape. Place the sausage on to the center of the bacon weave using the foil to assist with the transfer.

Place the Cheese and spinach on top of the sausage and tightly roll it into a log. Transfer it onto a cooling rack placed inside of a foil lined backing pan.

You can then season the outside of the weave at this point if you want.

This will then bake for 50-60 minute or until everything is well cooked inside.



Easy Baked Pesto Chicken

A time tested true great recipe. This delicious baked pesto chicken will defiantly be a recipe that you will want to hang onto as you will find yourself using it over and over again.

- Servings: 1
- Total Time: 45 min.

Ingredients

- 4 boneless, skinless chicken breasts
- Salt and fresh ground black pepper
- 1/2 cup pesto
- 1/2 cup grated low-fat mozzarella cheese

Directions

Preheat oven to 375F.

You should start off by removing all of the extra fat and tendons from the chicken that you had go. After all of this has been removed Slice the chicken breast into halves.

Coat a baking dish with non-stick cooking spray and then add a layer of pesto to the bottom, about a ¼ cup. Place your chicken over the pesto and then top that with yet another ¼ cup of pesto.

Place aluminum foil over the dish and bake for 25-30 minutes until the chicken begins to firm up.

After this remove the foil and top the chicken with the cheese. Place the dish back in the oven and allow it to cook for 5 additional minutes. At this point the cheese is ready to be browned, turn your oven on broil for 5 more minutes being mindful to keep your eye on it.