

**THE
KETOGENIC
PLAN**



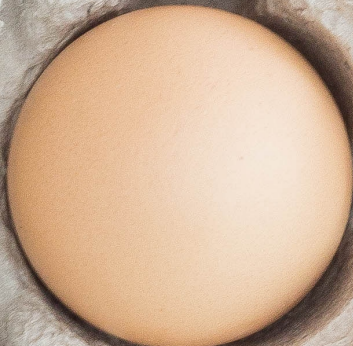
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**THE
KETOGENIC
DIET
GUIDE**



What is the Ketogenic Diet?

Historically, the Ketogenic diet was discovered as early as 20th century and was (yet still is) an effective solution for individuals suffering from epilepsy. In the early times, bodybuilders used to apply it without actually knowing the mechanisms behind it through doing a “fish and water” diet. Additionally it is the diet that humans historically adhered to naturally before processed sugars became so readily available.

Till date, the Ketogenic Diet has maintained its status of effectiveness and of course gaining wider attention among people looking to lose weight faster. The Ketogenic diet is a low-carb, high-fat diet that causes weight loss and provides health benefits. It involves significantly reducing carbohydrate intake while increasing protein to the levels necessary to maintain muscle mass with the calorie ratios approximating 70 percent fat, 25 percent protein and 5 low-glycemic carbohydrates.



How Does the Ketogenic Diet Works?

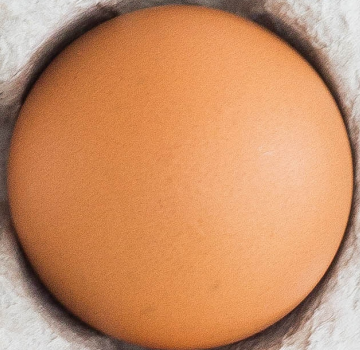
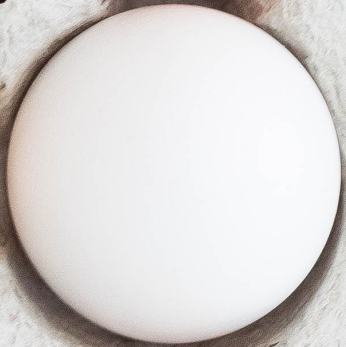
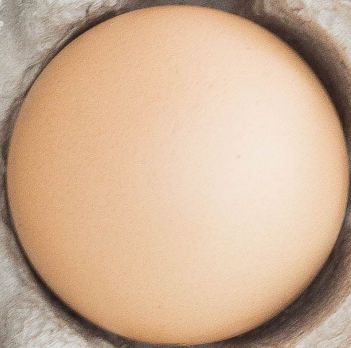
Attaining ketosis is pretty straightforward; however, it can seem difficult and confusing with all of the information out there. The general dietary guidelines of the Ketogenic Diet involve avoidance of high carbohydrate foods such as bread, pasta, potatoes, rice etc. as well as all simple carbohydrates such as sugar, honey and fruit juice.

Protein is included in every meal as this helps to reduce appetite, regulate blood glucose levels and preserve lean muscle mass. Examples of protein foods are fish, chicken, turkey, meat, eggs and cheese. Protein drinks such as whey protein isolate may be utilized.

Adequate fat intake is essential as this enhances fat burning by the body while reducing the synthesis of fatty acids in the body which both promote fat loss. Optimal sources of fats are fatty meats, fish, avocado, olive oil, nuts and seeds.

There are numerous benefits that come with being on Ketogenic Diet: from weight loss and increased energy levels to therapeutic medical applications.

Most anyone can safely benefit from eating a low-carb, high-fat diet.



FOODS TO EAT

- Vegetables (excluding starchy vegetables)
- Leafy Greens
- Meat (Beef, Lamb, Poultry, Eggs and Fish)
- High Fat Dairy (Hard Cheeses, High Fat Cream, Butter, etc)
- Nuts & Seeds (Macadamias, Walnuts, Sunflower seeds, etc)
- Oil & Fats (Coconut Oil, Olive Oil, Avocado Oil, Bacon Fat)
- Sweeteners (Stevia, Erythritol, Monk fruit, etc)

FOODS TO AVOID

- Grains (Wheat, Corn, Rice, Cereal, etc)
- Fruits
- Starchy Vegetables (Sweet Potatoes and Squashes)
- Sugars (Honey, Agave, Maple Syrup, etc)



EATING OUT WHILE ON A KETOGENIC DIET

Committing to a ketogenic diet doesn't mean you will never be able to attend social events or dine out again. When you switch to this type of diet you have to make sure that it fits into your lifestyle. Although going out every night of the week is not recommended, going out once in a while will be healthy for you if it's something you really enjoy.

It's a matter of making the right choices. Look for dishes that are nice and simple with no potential hidden ingredients. If you can't find anything on the menu that is ketogenic approved below are some examples of things you can order separately

Most of the restaurants will have all of these foods in the kitchen even if it's not written exactly like that on the menu. Don't be shy to ask for something a little different. When it comes to your health it's always worth it.

Fats

Avocado or Guacamole
Nuts and Seeds (Great on salads)
Olive Oil
Coconut Oil

Protein

Grilled Chicken Thighs
Grilled Salmon Fillet
Steak
Hamburger without the bun

Carbohydrates

Salads without the dressing
Steamed Vegetables
Baked Vegetables



What is the Keto Flu?

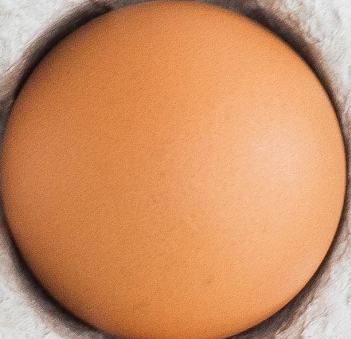
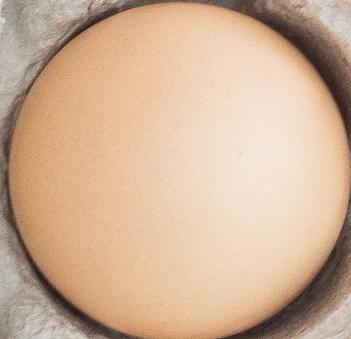
The Keto flu, which is otherwise known as 'carb flu' by many is used to describe the flu-like reactions that often follow the commencement of a ketogenic diet. It happens as a result of the sudden and drastic removal of carbs from your diet.

One of the major reasons you get this flu is as a result of insufficient electrolyte in your diet. These electrolytes include calcium, sodium, potassium, and magnesium. When you made the diet switch, you also cut down on the richest electrolyte sources such as starchy fruits and vegetables which may result in the different symptoms you experience.

The Keto flu usually doesn't take long; a week or less for an average person. But it can also last as long as two to four weeks in some individual. How long the keto-flu will last often depends on some factors.

If your diet has always been high in processed foods and refined sugar, it's more likely you have more experience of the symptoms. And this can also depend on the genetic make-up of the individual as some people tend to be more metabolically flexible making it easier for them to shift between diets.

Keto flu symptoms may be very undesirable, yet it's worth it. Don't allow it stop you from getting all the health benefits embedded in the ketogenic diet, so do everything you can to make sure you don't go out of ketosis.



Symptoms of the Keto Flu

HEADACHES

DIZZINESS

SUGAR CRAVINGS

DIFFICULTY FALLING ASLEEP

NAUSEA

STOMACH UPSET

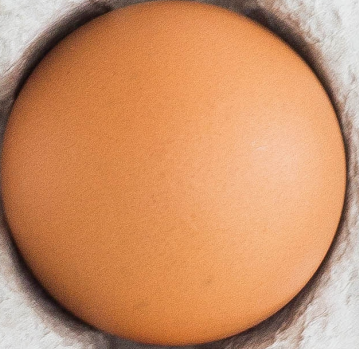
BRAIN FOG

CRAMPING

FATIGUE

How to Manage Keto Flu Symptoms

- **STAY HYDRATED**
- **TAKE AN ELECTROLYTE SUPPLEMENT**
- **EAT MORE FATS**
- **ENGAGE IN LIGHT EXERCISE**



**THE
KETOGENIC
DIET
RECIPES**

GREEN PROTEIN SMOOTHIE



INGREDIENTS

1 Cup of Spinach
1 Serving of Vanilla Protein
1/2 Cups of Coconut Milk
1 Tbsp of Chia Seeds

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 10 g
Net Carbs: 5 g
Protein: 27 g
Total Calories: 412 Calories

DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, add in the spinach, chia seeds and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Add extra water if you desire your smoothie more on the liquid side. Once it looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

BLUEBERRY HEMP SEED PORRIDGE



INGREDIENTS

1 Cup of Almond Milk
1/2 Cup of Hemp Seeds
1/2 Cup of Blueberries
1 Tbsp of Ground Flax Seeds
1 Tbsp of Chia Seeds
1 tsp of Vanilla Extract

NUTRITIONAL VALUE

Fat: 46 g
Carbs: 25 g
Net Carbs: 10 g
Protein: 33 g
Total Calories: 651 Calories

DIRECTIONS

Combine all of the ingredients except for the blueberries in a small pot, stir together and bring to a boil. Once it's boiling bring down the heat to a low-medium. Allow the porridge to simmer for 3-5 minutes. Once the mixture has thickened up remove it from the heat. Transfer the hemp seed porridge into a bowl and add the blueberries on top.

APPLE CINNAMON CEREAL



INGREDIENTS

Half an Apple
1/4 Cups of Coconut Chips
2 Tbsp of Walnuts
2 Tbsp of Almonds
1/2 Cups Almond Milk
1/2 tsp of Cinnamon

NUTRITIONAL VALUE

Fat: 28 g
Carbs: 19 g
Net Carbs: 10 g
Protein: 8 g
Total Calories: 350 Calories

DIRECTIONS

Start by washing an apple and then chop half of it into small pieces. Next combine the apple pieces and all the remaining ingredients into a small bowl. Feel free to add any other nuts and seeds that you enjoy to add texture to this grain free cereal.

PALEO BREAKFAST BOWL



INGREDIENTS

2 Eggs
50 g Smoked Salmon
2 Cups of Sautéed Kale
1 tsp Olive Oil
1 tsp Coconut Oil

NUTRITIONAL VALUE

Fat: 35 g
Carbs: 20 g
Net Carbs: 4 g
Protein: 29 g
Total Calories: 489 Calories

DIRECTIONS

Start by chopped and washing 2 cups of kale. Once that is done heat up a pan on medium heat with a little bit of olive oil and add the kale for about 5 minutes. While the kale is sautéing prepare the eggs the way you like them (scrambled, sunny side up, fried, etc..). Lastly and measure out 50 grams of smoked salmon. Once everything is ready combine in a wide bowl and enjoy.

MINI OMELETTES



INGREDIENTS

3 Eggs
1/2 Cup of Spinach
1 Tbsp of Fresh Basil
1 Small Tomato
1 Tbsp Coconut Oil

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 5 g
Net Carbs: 4 g
Protein: 20 g
Total Calories: 360 Calories

DIRECTIONS

Pre-heat the oven at 350F/175C. Coat a muffin tray with coconut oil to avoid sticking. Whisk together the 3 eggs. Chop up the spinach, basil and tomatoes. Poor the egg mixture into 3 different muffin cups. Then add a little bit of the vegetable mixture in each cup leaving about 1 cm empty at the top. Bake in the oven for 18 minutes.

BREAKFAST SAUSAGE



INGREDIENTS

(Makes 4 servings)

- 1 lb. of Ground Pork
- 1 Tbsp of Italian Seasoning
- 1/2 Tbsp of Garlic Powder
- 1/2 Tbsp of Onion Powder
- 1/2 tsp of Salt
- 1/4 tsp of Pepper

NUTRITIONAL VALUE

(per serving)

- Fat: 28 g
- Carbs: 0 g
- Net Carbs: 0 g
- Protein: 19 g
- Total Calories: 326 Calories

DIRECTIONS

In a large bowl combine the ground pork with all of the seasonings. Mix the seasoning into the meat as well as possible and then form 8 patties. Heat a pan on medium heat and add the coconut oil. Once the coconut oil is melted add all of the patties or if you can only fit 4 save half of the oil for the second batch. Fry the patties for about 3-5 minutes on each side or until cooked through and browned on the outside. Once they are done serve immediately warm or store them in a glass container in the fridge for later.

BULLETPROOF COFFEE



INGREDIENTS

1 Cup of Coffee
1 Tbsp of Grass Fed Butter or Ghee
1 Tbsp of Coconut Oil
Dash of Cinnamon

NUTRITIONAL VALUE

Fat: 26 g
Carbs: 0 g
Net Carbs: 0 g
Protein: 0 g
Total Calories: 222 Calories

DIRECTIONS

Brew your coffee as you would normally do. Once your coffee is ready add it into a blender with the butter, coconut oil and the cinnamon. Blend for 5 seconds and that's it. Serve immediately for a warm beverage or add ice cubes to make an ice coffee.

CHICKEN COBB SALAD



INGREDIENTS

2 Cups of Spinach
4 oz of Chicken
1 Hard Boiled Egg
1/2 Cup of Chopped Cucumber
2 Slices of Bacon
1 Tbsp Olive Oil
Pinch of Salt and Pepper

NUTRITIONAL VALUE

Fat: 39 g
Carbs: 10 g
Net Carbs: 5 g
Protein: 39 g
Total Calories: 524 Calories

DIRECTIONS

Start by washing the spinach and placing it at the base of a salad bowl. Next place all of the remaining ingredients one by one in a straight line. Lastly drizzle the olive oil on top and add salt and pepper if desired.

TUNA SALAD & CUCUMBER



INGREDIENTS

1 Can of Tuna
2 Stalks of Celery
1/4 Cup Red Onions
Salt and Pepper to taste
Half of a Cucumber

NUTRITIONAL VALUE

Fat: 12 g
Carbs: 15 g
Net Carbs: 5 g
Protein: 33 g
Total Calories: 279 Calories

DIRECTIONS

Drain the can of tuna and pour it into a mixing bowl. Finely chop the celery and red onion and add to the bowl. Season with salt and pepper. Slice half of a cucumber and use the cucumber slices to scoop the tuna salad.

TACO SALAD



INGREDIENTS

(2 Servings)

- 4 Cups of Romaine Lettuce
- 250 g of Ground Beef
- 1/2 Cup of Salsa
- 1/2 Cup of Shredded Mexican Cheese
- 2 Tbsp of Sour Cream
- Seasonings** >
- 1 Tbsp Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Cayenne Powder

NUTRITIONAL VALUE

(per serving)

- Fat: 33 g
- Carbs: 14 g
- Net Carbs: 5 g
- Protein: 33 g
- Total Calories: 480 Calories

DIRECTIONS

Heat a pan on medium heat and add the coconut oil. Once the coconut oil has melted add the ground beef. While the meat is cooking prepare the salad by washing and chopping the romaine lettuce. Once the meat is cooked through add in the seasoning and mix well. Assemble the salad by placing the lettuce at the bottom followed by the beef, salsa, sour cream and the cheese.

THAI CHICKEN SALAD



INGREDIENTS

(2 Servings)

8 oz of Chicken Breast
4 Cups of Spinach
1 Tomato
1/2 Cup of Red Onion
1/2 Cup of Bean Sprouts
2 Tbsp of Sliced Almonds
2 Tbsp of Sesame Seeds
2 Tbsp of Sesame Oil
1 tsp of Coconut Oil

NUTRITIONAL VALUE

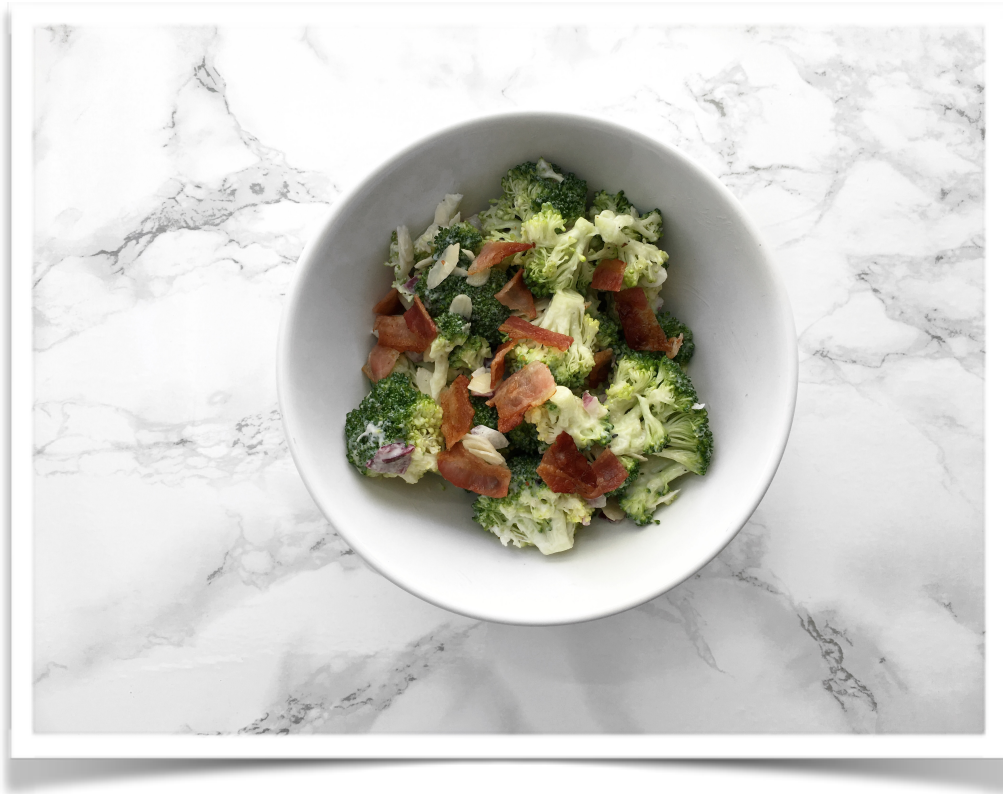
(per serving)

Fat: 34 g
Carbs: 20 g
Net Carbs: 5 g
Protein: 33 g
Total Calories: 499 Calories

DIRECTIONS

Pre-heat the oven at 175C/350F then bake the chicken breast for about 30 minutes. Meanwhile prepare the vegetables by chopping the tomato and red onions. Place all of the salad ingredients into a bowl and toss the salad a few times to make sure the sesame oil coats everything. Once the chicken is done shred it with a fork and add it to the salad.

BROCCOLI SALAD



INGREDIENTS

2 Cups of Broccoli
2 Slices of Bacon
1/4 Cup of Chopped Red Onion
1 Tbsp of Sliced Almonds
2 Tbsp of Mayonnaise
Salt & Pepper to taste

NUTRITIONAL VALUE

Fat: 34 g
Carbs: 16 g
Net Carbs: 10 g
Protein: 12 g
Total Calories: 392 Calories

DIRECTIONS

In a large bowl combine the broccoli floret, red onions, sliced almonds and the mayo. Mix everything well and then sprinkle the bacon on top along with the salt and pepper.

BAKED SALMON



INGREDIENTS

4 oz of Salmon Fillet
10 Stalks of Asparagus
1 Tbsp of Olive Oil

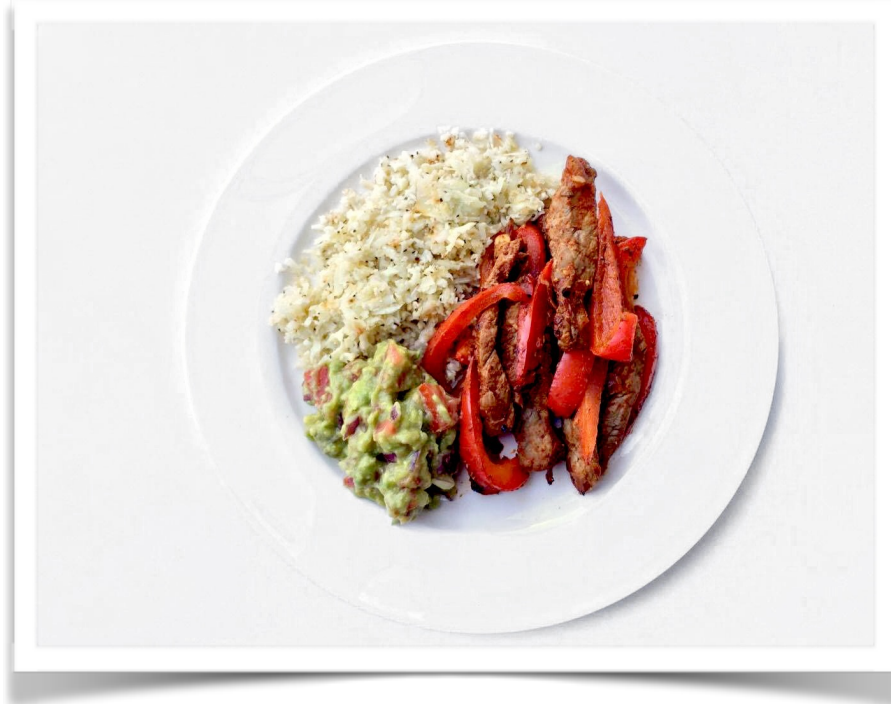
NUTRITIONAL VALUE

Fat: 15 g
Carbs: 8 g
Net Carbs: 4 g
Protein: 25 g
Total Calories: 249 Calories

DIRECTIONS

Start by pre-heating the oven at 350F/175C. Cut off the ends of the asparagus and wash it. Coat the salmon and the asparagus with olive oil, salt and pepper. Line a baking tray with parchment paper, add the salmon and asparagus to the baking tray and bake for 20 minutes.

BEEF FAJITA BOWL



INGREDIENTS

(2 Servings)

- 8 oz of Beef Sirloin Strips
- 1 Red Bell Pepper
- 1/2 Cup of Guacamole
- 2 Cups of Cauliflower Rice
- 1/2 Cup of Chopped Onions
- 1 Cloves of Garlic
- 1 Tbsp of Coconut Oil
- 1 Tbsp of Olive Oil

Fajita Seasoning >

- 1 Tbsp Paprika, 1 tsp Garlic Powder, 1 tsp Onion Powder & 1/2 tsp Cayenne Powder

NUTRITIONAL VALUE

(per serving)

- Fat: 37g
- Carbs: 19g
- Net Carbs: 9 g
- Protein: 34g
- Total Calories: 513 Calories

DIRECTIONS

Place a pan on medium heat and add the coconut oil. Once the oil has melted add the onions and garlic and sauté for 1 minute. Add the beef strips and cook for 3-5 minutes. While the beef is cooking cut the red pepper into strips. Once the beef is ready add the peppers and cook for an extra 5 minutes. During those last 5 minutes heat the grated cauliflower in a different pan with olive oil, salt and pepper. Combine in a bowl the beef mixture, cauliflower rice and guacamole.

TZATZIKI LAMB BURGERS



INGREDIENTS

(2 servings)

- 1 lbs of Ground Lamb
- 1 tsp of Ground Paprika
- 1 tsp of Sea Salt
- 1/2 tsp of Ground Pepper
- 1 Tbsp of Coconut Oil
- 2 Cups of Spring Mix Greens

Tzatziki Sauce >

- 1 Cup of Organic Greek Yogurt
- 1/2 English Cucumber
- 1 Tbsp of Fresh Dill
- 1 Clove of Garlic
- Pinch of Sea Salt & Ground Pepper

NUTRITIONAL VALUE

(per serving)

- Fat: 40 g
- Carbs: 23 g
- Net Carbs: 5 g
- Protein: 36 g
- Total Calories: 542 Calories

DIRECTIONS

In a large bowl combine the ground lamb, paprika, sea salt and pepper and form 4 patties. Heat a pan on medium heat and add the coconut oil. Once the coconut oil has melted place the burger patties in the pan and cook for about 5 minutes per side. Meanwhile peel and shred the cucumber and then combine it with all of the other ingredients to make the Tzatziki sauce. Once the burger patties are done add the tzatziki on top along with any other ingredients you may want. Serve with a side of green salad.

CHICKEN CURRY



INGREDIENTS

(Makes 2 Servings)

- 8 oz of Chicken
- 2 Cup of Broccoli
- 1 Carrot Sliced
- 1/2 Cup of Onions
- 1 Can of Coconut Milk
- 2 Cups of Cauliflower Rice
- 1 Tbsp of Ground Turmeric
- 1 Tbsp of Ground Cumin
- 1 Tbsp of Ground Ginger

NUTRITIONAL VALUE

(1 Serving)

- Fat: 50g
- Carbs: 35g
- Net Carbs: 12 g
- Protein: 35g
- Total Calories: 720 Calories

DIRECTIONS

Place a pan on medium heat and melt 1 teaspoon of coconut oil. Add the chicken and cook until it is well done. Take the chicken out of the pan and place it aside for now. Add another teaspoon of the coconut oil and all the vegetables and spices to the pan. Let the vegetables sauté for 5 minutes then add the coconut milk, let it cook for another 5 minutes. Lastly add the chicken back in and mix well. Serve on top of cauliflower rice.

PESTO PASTA



INGREDIENTS

(2 Servings)

2 Zucchini

8 oz of Chicken

1 Tbsp Coconut Oil

Cream Sauce >

2 Tbsp Extra Virgin Olive Oil

1/2 Cup of Water

1/2 Cup of Fresh Basil

Salt and Pepper to taste

Optional: 1 Clove of Garlic

NUTRITIONAL VALUE

(per serving)

Fat: 40 g

Carbs: 16 g

Net Carbs: 3 g

Protein: 36 g

Total Calories: 440 Calories

DIRECTIONS

Heat the coconut oil in a pan on medium heat. Once the oil is melted add in the chicken and cook through. While the chicken is cooking spiralize the zucchini and then combine all the Cream Sauce ingredients in a blender and blend away. Once the chicken is done combine everything in a bowl and mix well so that the Cream Sauce covers all of the zucchini noodles.

ZUCCHINI BOATS



INGREDIENTS

(2 Servings)

- 2 Large Zucchini
- 8 oz of Shredded Chicken
- 1 Cup of Tomato Sauce
- 1/2 Cup of Chopped Onions
- 2 Cloves of Garlic
- 1/2 Cup of Mexican Blend Cheese
- 1 Tbsp of Olive Oil
- 1 tsp of Chilli Powder
- Pinch of Salt & Pepper

NUTRITIONAL VALUE

(per serving)

- Fat: 17 g
- Carbs: 21 g
- Net Carbs: 11 g
- Protein: 31 g
- Total Calories: 352 Calories

DIRECTIONS

Pre-heat the oven to 400F/200C degrees. Scoop the middle part of the zucchini out to create space for the filling. Bake the empty zucchini boats for 20 minutes. Start preparing the filling by placing a pot on medium heat and adding the olive oil. Once the oil is hot add in the onions and garlic and sauté for 3 minutes. Next, add in the tomato sauce and the shredded chicken. Remove the zucchinis from the oven once they are done and stuff them with the filling. Sprinkle the cheese on top and bake for another 5 minutes or until the cheese has melted.

COCONUT CRUSTED COD



INGREDIENTS

(2 servings)

8oz of Cod

2 Tbsp of Shredded Coconut

2 Tbsp of Almond Flour

4 Cups of Broccoli Floret

1 Tbsp of Olive Oil

1 tsp of Sea Salt

NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 4 g

Net Carbs: 2 g

Protein: 22 g

Total Calories: 273 Calories

DIRECTIONS

Preheat the oven to 400F/200C degrees. Line a baking sheet with parchment paper. In a small bowl mix the shredded coconut, almond flour and the sea salt. Coat the cod fillets with the olive oil and then toss them in the coconut and almond flour. Try to cover the fillets the best you can then lay it out on the baking sheet. Once all the fillets are all covered, bake them in the oven for 10-12 minutes or until the crust is golden brown. While the cod is baking prepare the broccoli chopping it into florets and steaming them.

EGG ROLL IN A BOWL



INGREDIENTS

(2 Servings)

400 g Ground Beef
4 Cups of Thinly Sliced Green Cabbage
1 Shredded Carrot
1/2 Cups of Chopped Onion
1 Cloves of Garlic
2 Tbsp of Coconut Aminos
1/4 Cup of Green Onions
2 Tbsp of Sesame Oil
Salt & Pepper to Taste

NUTRITIONAL VALUE

(per serving)

Fat: 27 g
Carbs: 22 g
Net Carbs: 9 g
Protein: 25 g
Total Calories: 429 Calories

DIRECTIONS

Heat the sesame oil in a pan on medium heat. Once the sesame oil has heated up add in the ground beef, salt and pepper and cook through. Next, add in the chopped onions, shredded carrots and the garlic. Once the onions have browned add in the thinly sliced green cabbage and mix everything well. Cook for another 8 minutes or until the cabbage starts to soften. Once it's done cooking garnish with the green onions.

MEXICAN CAULIFLOWER RICE



INGREDIENTS

(2 servings)

- 2 Cups of Cauliflower Rice
- 250 g of Ground Beef
- 1/2 Cup of Chopped Onions
- 1/2 Can of Diced Tomatoes
- 1/2 Cup of Shredded Mexican Cheese

NUTRITIONAL VALUE

(per serving)

- Fat: 38 g
- Carbs: 19 g
- Net Carbs: 6 g
- Protein: 34 g
- Total Calories: 498 Calories

DIRECTIONS

Heat the coconut oil in a pan on medium heat. Once the oil has melted add the ground beef. Just before the ground beef is done add in the onions and cook for 3 more minutes. Next, add the diced tomatoes and the cauliflower rice and combine everything well. Cook for 5 more minutes to allow the cauliflower rice to soften. During the last 2 minutes add in the shredded cheese. Serve

DEVILED EGGS



INGREDIENTS

(4 Servings)

4 Egg

1/4 Cup of Paleo Mayonnaise

1 Tbsp of Lime Juice

1/2 tsp of Salt

Pinch of Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 17 g

Carbs: 3 g

Net Carbs: 3 g

Protein: 7 g

Total Calories: 195 Calories

DIRECTIONS

Fill a small pot with water up to three quarters. Bring the water to a boil. Gently add the eggs in the water and boil for 10 minutes. Once the eggs are done remove them from the pot and add them to a bowl of cold water.

Once they have cooled down peel the shell off. Cut the eggs in half and separate the yolk from the whites. Combine all of the yolks in a food processor along with the mayonnaise, lime juice, salt and pepper. Process until smooth. Fill the egg white halves with the creamy mixture. Store the deviled eggs in an air tight container in the fridge to avoid browning.

SEED CRACKERS & GUACAMOLE



INGREDIENTS

(Makes 4 Servings)

1/4 Cup of Chia Seeds

1/4 Cups of Sesame Seeds

1/4 Cups of Sunflower Seeds

1/2 Tbsp of Herb Mix Seasoning

1/2 tsp Salt

1 Cup of Water

Guacamole >

1/2 Mashed Guacamole

Juice of half a lime

Pinch of Sea Salt

NUTRITIONAL VALUE

(per serving)

Fat: 24 g

Carbs: 14 g

Net Carbs: 3 g

Protein: 8 g

Total Calories: 280 Calories

DIRECTIONS

Pre-heat the oven to 175C. Mix all the seeds together with water and seasonings. Let the mixture sit for 5 minutes. Line a baking sheet with parchment paper and spread the seed mixture evenly until flat. Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes. While the crackers are baking combine all the guacamole ingredients in a bowl and mash until you have a smooth consistency.

TURKEY & CHEESE ROLL UPS



INGREDIENTS

50 g of Sliced Turkey
25 g of Cheese

NUTRITIONAL VALUE

Fat: 10 g
Carbs: 1 g
Net Carbs: 1 g
Protein: 17 g
Total Calories: 160 Calories

DIRECTIONS

Roll the slices of turkey and cheese together and form 2 tools. Secure them with a toothpick.

CELERY & ALMOND BUTTER



INGREDIENTS

2 Stalks of Celery
2 Tbsp of Almond Butter

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 10 g
Net Carbs: 4 g
Protein: 8 g
Total Calories: 230 Calories

DIRECTIONS

Cut the celery stalks into sticks and dip into the almond butter.

SALTED MACADAMIA NUTS



INGREDIENTS

1/4 Cup of Macadamia Nuts

NUTRITIONAL VALUE

Fat: 22 g

Carbs: 2 g

Net Carbs: 1 g

Protein: 3 g

Total Calories: 224 Calories

COCONUT CHIA PUDDING



INGREDIENTS

(4 Servings)

1 Can of Coconut Milk
1/4 Cup of Chia Seeds
1/4 Cup of Berries
1 tsp of Vanilla Extract
Stevia to taste

NUTRITIONAL VALUE

(per serving)

Fat: 25 g
Carbs: 11 g
Net Carbs: 3 g
Protein: 5 g
Total Calories: 286 Calories

DIRECTIONS

Combine all of the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight. Once it is ready you can separate it into 4 servings and add a handful of berries on top.

ALMOND BUTTER FAT BOMBS



INGREDIENTS

(Makes 6)

1/4 Cup of Coconut Oil
1/4 Cup of Almond Butter
1/4 Cup of Raw Cacao Powder

NUTRITIONAL VALUE

(per 2 fat bombs)

Fat: 31 g
Carbs: 8 g
Net Carbs: 4 g
Protein: 7 g
Total Calories: 300 Calories

DIRECTIONS

Start by melting the coconut oil and then add the almond butter and the cacao powder to the melted coconut oil. Mix until it forms a smooth mixture. Add 2 Tbsp of the mixture in paper muffin cups or even better use silicon ones. Freeze the fudge for an hour and then they are ready. Keep them stored in the freezer.

CHOCOLATE PUDDING



INGREDIENTS

(4 Servings)

1 Can of Coconut Milk
1/4 Cup of Chia Seeds
1/4 Cup of Raw Cacao Powder
Stevia to Taste

NUTRITIONAL VALUE

(per serving)

Fat: 27 g
Carbs: 11 g
Net Carbs: 5 g
Protein: 5 g
Total Calories: 300 Calories

DIRECTIONS

Combine the coconut milk and the chia seeds in a bowl. Stir well and then transfer the mixture to a sealed container. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight. Once it is ready stir in the raw cacao powder and sweetener if needed.



MEAL PLAN

Week 1

Breakfast	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Mini Omelettes
Lunch	Chicken Cobb Salad	Coconut Crusted Cod (leftovers)	Egg Roll in a Bowl (leftovers)	Mexican Cauliflower Rice (leftovers)	Broccoli Salad	Pesto Pasta (leftovers)	Lamb Burgers (leftovers)
Dinner	Coconut Crusted Cod	Egg Roll in a Bowl	Mexican Cauliflower Rice	Salmon Dinner	Pesto Pasta	Lamb Burgers	Thai Chicken Salad
Snack	Seed Crackers & Guacamole	Almond Butter Fat Bomb	Seed Crackers & Guacamole	Almond Butter Fat Bomb	Seed Crackers & Guacamole	Almond Butter Fat Bomb	Seed Crackers & Guacamole

Week 2

Breakfast	Blueberry Hemp Seed Porridge	Breakfast Sausages + 2 Eggs	Blueberry Hemp Seed Porridge	Breakfast Sausages + 2 Eggs	Blueberry Hemp Seed Porridge	Breakfast Sausages + 2 Eggs	Mini Omelettes
Lunch	Thai Chicken Salad (leftovers)	Taco Salad (leftovers)	Chicken Curry (leftovers)	Mexican Cauliflower Rice (leftovers)	Tuna Salad	Beef Fajita Bowl (leftovers)	Zucchini Boats (leftovers)

Week 2

Dinner	Taco Salad	Chicken Curry	Mexican Cauliflower Rice	Salmon Dinner	Beef Fajita Bowl	Zucchini Boats	Chicken Cobb Salad (double batch)
Snack	Chocolate Pudding	Turkey & Cheese Rolls	Chocolate Pudding	Turkey & Cheese Rolls	Chocolate Pudding	Turkey & Cheese Rolls	Chocolate Pudding

Week 4

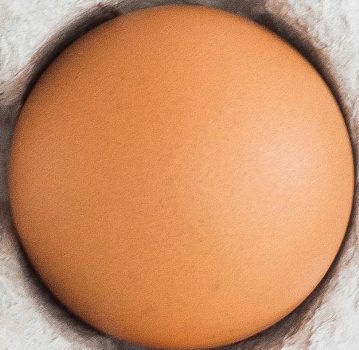
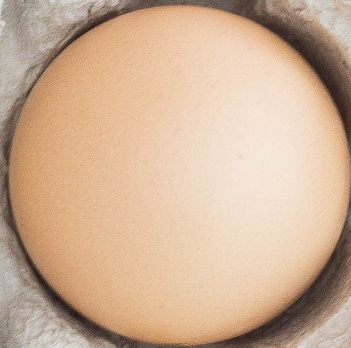
Breakfast	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Mini Omelettes	Paleo Breakfast Bowl	Mini Omelettes
Lunch	Thai Chicken Salad (leftovers)	Taco Salad (leftovers)	Chicken Curry (leftovers)	Mexican Cauliflower Rice (leftovers)	Tuna Salad	Beef Fajita Bowl (leftovers)	Zucchini Boats (leftovers)	Tuna Salad	Taco Salad
Dinner	Taco Salad	Chicken Curry	Mexican Cauliflower Rice	Salmon Dinner	Beef Fajita Bowl	Zucchini Boats	Chicken Cobb Salad	Chicken Curry	Beef Fajita Bowl
Snack	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding

Week 3

Breakfast	Bullet Proof Coffee	Apple Cinnamon Cereal	Bullet Proof Coffee	Apple Cinnamon Cereal	Bullet Proof Coffee	Apple Cinnamon Cereal	Mini Omelettes
Lunch	Chicken Cobb Salad	Coconut Crusted Cod (leftovers)	Egg Roll in a Bowl (leftovers)	Mexican Cauliflower Rice (leftovers)	Broccoli Salad	Pesto Pasta (leftovers)	Lamb Burgers (leftovers)

Week 3

Dinner	Coconut Crusted Cod	Egg Roll in a Bowl	Mexican Cauliflower Rice	Salmon Dinner	Pesto Pasta	Lamb Burgers	Thai Chicken Salad
Snack	Deviled Eggs	Celery & Almond Butter	Deviled Eggs	Celery & Almond Butter	Deviled Eggs	Celery & Almond Butter	Deviled Eggs



GROCERY LISTS



GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Ingredients like coconut oil, olive oil and grass fed butter are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like Almond Butter, Coconut Aminos, Almond Flour, Chia Seeds and baking ingredients are listed in the grocery lists usually as a few tablespoons but I highly recommend to buy these in bulk and check if you already have them in your pantry before heading to the store.
3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case I encourage you to use the extra vegetables in other meals or for snacking.
4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28 Day Meal Plan. If not then finding single servings may be best.
5. Many of these recipes call for fresh herbs like cilantro and basil. To save money I recommend getting these two herbs as a small plant. They are very easy to maintain and don't cost much.
6. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no left overs.



GROCERY LIST - WEEK 1

Fruits & Vegetables

2 Limes
6 Cups of Kale
7.5 Cups of Spinach
1 Cup + 1 Tbsp of Fresh Basil
1 Small Head of Green Cabbage
2 Zucchini
1 Head of Broccoli
1 Head of Cauliflower
10 Stalks of Asparagus
1 Carrot
1 Small Cucumber
3 Small Tomatoes
1/2 Cup of Sprouts
1/4 Cup of Green Onions
1 Red Onion
3 Onions
1 Clove of Garlic

Meats, Eggs & Seafood

22 oz of Chicken
8 Slices of Bacon
10 Eggs
300 g of Ground Lamb
1 lb. of Ground Beef
8 oz of Cod
4 oz of Salmon Fillet
150 g Smoked Salmon

Dairy

1/2 Cup of Shredded Mexican Cheese

Nuts & Seeds

1/4 Cup + 3 Tbsp of Chia Seeds
1/4 Cup + 2 Tbsp of Sesame Seeds
1/4 Cup of Sunflower Seeds
3 Tbsp of Almonds

Baking Supplies

1/4 Cup of Raw Cacao Powder
2 Tbsp of Shredded Coconut
2 Tbsp of Almond Flour

Condiments

Extra Virgin Olive Oil
Organic Coconut Oil
Sesame Oil
1 Can of Coconut Milk
1 Can of Diced Tomatoes
1/4 Cup of Almond Butter
2 Tbsp of Olive
2 Tbsp of Coconut Aminos

Herbs & Spices

Herb Mix Seasoning
Ground Paprika

Extras

3 Servings of Vanilla Protein



GROCERY LIST - WEEK 2

Fruits & Vegetables

3/4 Cup of Blueberries
1/4 Cup of Guacamole
4 Cups of Spinach
4 Cups of Romaine Lettuce
1 Head of Broccoli
1 Head of Cauliflower
10 Stalks of Asparagus
2 Stalks of Celery
2 Zucchini
1 Red Bell Pepper
1 Cucumber
1 Carrot
1 Red Onion
4 Onions
2 Cloves of Garlic

Meats, Eggs & Seafood

24 oz of Chicken
1 lb. of Ground Beef
1 lb. of Ground Pork
10 Eggs
150 g of Sliced Turkey
4 Slices of Bacon
8 oz of Beef Strips
4 oz of Salmon Fillet
1 Can of Tuna

Dairy

3 Slice of Cheese (25 g Each)
1.5 Cup of Shredded Mexican Cheese
2 Tbsp of Sour Cream

Nuts & Seeds

1.5 Cups of Hemp Seeds
3 Tbsp of Ground Flax Seeds
1/4 Cup + 3 Tbsp of Chia Seeds

Baking Supplies

1/4 Cup of Raw Cacao Powder
3 tsp of Vanilla Extract

Condiments

2 Cans of Coconut Milk
3 Cups of Almond Milk
1 Cup of Tomato Sauce
3/4 Cup of Salsa

Herbs & Spices

Cayenne Powder
Ground Turmeric
Cumin
Ground Ginger
Italian Seasoning
Garlic Powder
Onion Powder



GROCERY LIST - WEEK 3

Fruits & Vegetables

2 Apples
1 Lime
2.5 Cups of Spinach
1 Cup + 1 Tbsp of Fresh Basil
1 Small Head of Green Cabbage
1 Head of Broccoli
1 Head of Cauliflower
2 Zucchini
10 Stalks of Asparagus
6 Stalks of Celery
1 Carrot
3 Small Tomatoes
1/2 Cup of Sprouts
1/4 Cup of Green Onions
2 Red Onions
3 Onions
1 Cloves of Garlic

Meats, Eggs & Seafood

12 oz of Chicken
1 lb. of Ground Beef
6 Slices of Bacon
7 Eggs
300 g of Ground Lamb
8 oz of Cod
4 oz of Salmon Fillet

Dairy

1/2 Cup of Shredded Mexican Cheese
3 Tbsp of Grass Fed Butter or Ghee

Nuts & Seeds

1/4 Cup + 2 Tbsp of Walnuts
1/2 Cup + 1 Tbsp of Almonds
2 Tbsp of Sesame Seeds

Baking Supplies

3/4 Cup of Coconut Chips
2 Tbsp of Shredded Coconut
2 Tbsp of Almond Flour

Condiments

1.5 Cups of Almond Milk
1 Can of Diced Tomatoes
1/4 Cup + 2 Tbsp of Paleo Mayonnaise
1/4 Cup + 2 Tbsp of Almond Butter
2 Tbsp of Coconut Aminos

Herbs & Spices

Ground Cinnamon

Extras

3 Servings of Coffee



GROCERY LIST - WEEK 4

Fruits & Vegetables

1/4 Cup of Fresh Berries
1/4 Cup of Guacamole
6 Cups of Kale
4 Cups of Romaine Lettuce
5 1/2 Cups of Spinach
1 Tbsp of Fresh Basil
10 Stalks of Asparagus
2 Zucchini
1 Small Head of Broccoli
1 Head of Cauliflower
1 Carrot
1 Red Bell Pepper
2 Stalks of Celery
1 Cucumber
1 Small Tomato
1 Red Onion
4 Onions
3 Cloves of Garlic

Meats, Eggs & Seafood

20 oz of Chicken
2 Slices of Turkey Bacon
10 Eggs
8 oz of Beef Strips
1 lb. of Ground Beef
4 oz of Salmon Fillet
150 g Smoked Salmon
1 Can of Tuna

Dairy

1 1/2 Cup of Shredded Mexican Cheese
2 Tbsp of Sour Cream

Nuts & Seeds

3/4 of Macadamia Nuts
1/4 Cup + 3 Tbsp of Chia Seeds

Baking Supplies

1 tsp of Vanilla Extract

Condiments

3 Cans of Coconut Milk
1 Cup of Tomato Sauce
3/4 Cup of Salsa

Extras

3 Servings of Vanilla Protein

