



# 30-Day KONSCIOUS KETO WEIGHT LOSS MEAL PLAN



KONSCIOUS

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# Congratulations on Receiving Your 30-Day Konscious Keto Meal Plan.



What you have in your hands is a bite-by-bite guide to getting into the best shape of your life.

Gone are the days of having to eat egg whites on unbuttered toast or survive only on steamed chicken and broccoli to try and lose weight. And, if we're honest, did it ever work?

With this plan, you can eat the most incredible and filling foods you want, and not only does the weight melt away, but it can stay away for good.

This is all thanks to an incredible secret-ability to get you into ketosis. The 30-Day Konscious Keto Meal Plan is how you'll turn your body into a fat-burning machine.

Our meal plan is unique in that you can eat delicious foods and lose weight. It will help you get into a fat-burning, metabolic state called ketosis, and you won't have to count calories to get to your target weight.

Ketosis is the ultimate goal of the keto diet and has an amazingly long list of incredible health benefits including weight loss, and improving your muscle tone (*even if you don't work out*).

Just start on day 1 and follow the tantalizing recipes. You'll choose a delicious keto coffee or smoothie for breakfast each day, and follow up with lunch and dinner.

We've even included tons of desserts and snacks - yes, really!

These are incredibly effective, high-fat snacks and desserts that will help you look and feel your best. And, they're so tasty, friends and family will be shocked at what you eat.

# The 30-Day Konscious Keto Meal Plan Will Help You:

- **Curb Your Appetite:** One of the biggest weight loss struggles is sugar-driven carb-cravings. In ketosis, those simply vanish.
- **Naturally Eat Fewer Calories:** When people cut carbs, their appetite tends to go down, and they often end up eating much fewer calories without trying.
- **Elevated Weight Loss:** Almost without exception, low-carb diets lead to more weight loss than the diets they are compared to.
- **Lose More Belly Fat.** Belly fat, or visceral fat, doesn't only feel awful but is known to cause serious metabolic problems and is a precursor for diabetes.
- **Reduced Blood Sugar and Insulin Levels:** You stand to gain a reduced risk of type 2 diabetes.
- **Improved Heart Health:** Studies show that reducing carbs leads to a significant reduction in blood pressure.



That's not all. You'll also get:

## **A foolproof way to avoid binging or gaining back weight.**

Who wants to eat bland, tasteless, boring food when you can eat decadent foods and actually get the results you've always dreamed of, not us!

When you miss out on foods you love, you end up making up for lost time. Binge-eating leads to yo-yo'ing and gaining back all that weight.

When you make food delicious again, you prefer to cheat with our meals versus carby food, and your family agrees.

This 30-Day Konscious Keto Meal Plan is a rock-solid way to make that lifestyle change you've always wanted, finally.

If you see keto recipes that make your mouth-water, make those first.



You don't have to do this meal plan to see results; it's all been calibrated to make this as simple and effective as possible.

## Advice on how to improve your state of ketosis.



We have a very simple vision at Konscious Keto...

*Make weight loss more sustainable and enjoyable and lead to longer-term success.*

If there is a shake or meal replacement out there that helps you avoid eating junk food, speeds up weight loss and tastes great; use it.

You'll see that we also recommend using Keto Activate alongside these recipes. While optional, we do highly recommend this for anyone who wants that triumphant "before and after" photo.

Keto Activate contains patented chocolate ketones that give you more energy. At only 5 calories per scoop, it won't break a fast, and it stops sugar cravings dead in their tracks.

Even if you only use Keto Activate in the first week, this could be the reason that you take off on keto and never look back...

Wave goodbye to hunger cravings, sugar-cravings, and keto-flu. Keto Activate is like keto wearing an invisible shield against carbs.

**Order Keto Activate at [konsciousketo.com](https://www.konsciousketo.com) and select 2-day shipping to start.**



## We are not Keto-evangelists.

While we strive to achieve a higher level of clean keto ourselves, we're cool with however you want to do keto.

In fact, we think you should do keto any way that gets you started.

This is a 100% judgment and keto-snob free zone.

If you want to ease into this meal plan, go for it.

If you want to step it up a level and do the ultimate anti-inflammatory, whole food keto while sitting on top of a mountain, be our guest!

This guide is all about making solid food choices that improve your health. Start slowly, love your body, and it will love you back... with results.

## Make your results last long-term.

The way to succeed is by sustaining that same passion, fire, and drive that you have on day 1 at day 100 or 1,000 or 1 million.

You've got to know why keto works and live it. You really do need to be able to make delicious keto food that the people around you prefer.

It's helpful to make friends who share your passion either in person or online. It's important you never get too hungry and don't feel like you are missing out.

After a while, those foods will make you feel sick, so you won't want to eat them... you'll crave the delicious, family-friendly meals provided to you in this meal plan.

You don't even need to figure out how to do keto in a personalized way that works really well for you. We've done all the work for you!



**Order Keto Activate today: <https://konsciousketo.com>**

**Use WELCOME10 to get 10% off your first order.**

**And pick out the first recipe below that you want to use to get into ketosis.**

P.S We love to chat with you and can help answer any questions you have; see other members following this plan, and shares your photos and successes with us too.

**[So come join us in our Facebook Group.](#)**

Life is better when you keep calm and keto on!

**From the Konscious Team**



## WAKE ME UP KETO ACTIVATE MOCHA FRAPPE

- 1½ cups ice
- ½ cup cold brew iced coffee
- 1 tbsp Whole Earth sweetener
- ¼ cup heavy cream
- 1 cup unsweetened vanilla almond milk
- 1 scoop Keto Activate
- Optional: 1 tbsp MCT oil

### INSTRUCTIONS

Blend until smooth.

Serves: 1  
Total Time: 5 min



## IRRESISTIBLE KETO ACTIVATE CHOCO PEANUT BUTTER SHAKE

- 1½ cups of ice
- 1 cup of unsweetened vanilla almond milk
- 2 tbsp of unsweetened peanut butter
- 1 scoop of Keto Activate
- Optional: 1 scoop vanilla whey protein powder
- ¼ cup heavy cream
- ½ tsp vanilla extract
- 2 tsp Whole Earth sweetener
- Optional: 1 tbsp MCT oil and collagen

### INSTRUCTIONS

Blend until smooth.

Serves: 1  
Total Time: 5 min





## MIRACULOUS MINT KETO ACTIVATE CHOCOLATE CHIP FRAPPE

- 1 cup ice
- 1 ½ cup coconut, almond, or macadamia nut milk
- ¼ cup heavy cream
- ½ ripe avocado
- 1 cup baby spinach
- 1 scoop Keto Activate
- 2 tsp Whole Earth sweetener
- 1-2 tsp peppermint extract
- Optional: 1 tbsp MCT oil

### INSTRUCTIONS

Blend until smooth.

Serves: 1  
Total Time: 5 min



## RIDICULOUS RASPBERRY KETO ACTIVATE SMOOTHIE

- 1 ½ cups of ice
- ¾ cup of frozen raspberries
- 2 tsp Whole Earth sweetener
- ¼ cup of heavy cream
- ½ tsp vanilla extract
- 1 ¼ cup of unsweetened vanilla almond milk
- 1 scoop Keto Activate
- Optional: 1 tbsp MCT oil

### INSTRUCTIONS

Blend until smooth.

Serves: 1  
Total Time: 5 min



# Keto Grocery List

Grouped	Specific
Flours (almond, coconut, psyllium husk)	Dairy (Heavy Cream, whipped cream, Greek yogurt, cream cheese, coconut cream)
Milk (coconut, almond, hemp, macadamia)	Spices (ginger, cumin, paprika, Pink Himalayan salt, black pepper, Italian seasoning)
Butters (coconut, ghee, almond, natural peanut butter, macadamia)	Meats (skirt steak, filet mignon, ribeye)
Oils (MCT, avocado, coconut, olive)	Fish (cod, salmon, shrimp, herring, sardines)
Chocolates (cocoa powder, dark chocolate chips)	Cured Meats (bacon, sausage, pepperoni, salami, turkey, ham)
Sweeteners (granular, liquid, brown, confectioners)	Condiments (olive oil mayo, sugar-free ketchup)
Baking (gluten-free baking powder, xanthan gum, arrowroot powder)	Cheeses (parmesan, cheddar, mozzarella, Monterey)
Extracts (vanilla, lemon, coconut)	Vegetables (all except root veggies)
Fruit (blueberries, strawberries, blackberries)	Eggs (pastured / organic)



## BREAKFAST KETO ACTIVATE & BACON AND EGGS

- 4 slices of no added sugar bacon
- 2 organic eggs
- 1 handful spinach

### INSTRUCTIONS

1. Fry the bacon. Set to one side.
2. In the same skillet, fry the eggs without removing the bacon fat. Add to a plate.
3. Finally, fry off a handful of spinach in the same bacon fat and season with a pinch of Pink Himalayan salt and cracked black pepper. Serve hot and ready.

Calories: 330 Net Carbs: 2g Fat: 23g

### INSTRUCTIONS

1. Melt the ghee in a frying pan.
2. Add in half the minced garlic to the pan.
3. Place the cod filets into the pan and cook on medium to high heat. Sprinkle with salt and garlic powder.
4. Wait for the white color to creep halfway up the side of the fish and then flip the fish and add the rest of the minced garlic.
5. Cook until the whole filet turns a solid white color.
6. Serve with some of the garlic and ghee from the pan.

232 Net Carbs: 0g Fat: 14g



## LUNCH TAMARI MARINATED STEAK SALAD

- 1 cup diced romaine lettuce
- ½ red bell pepper, chopped
- 6-8 medium tomatoes, chopped
- 4 radishes, diced
- 2 tbsp olive oil
- ½ tbsp fresh lemon juice
- Pink Himalayan salt to taste and cracked black pepper
- 8 oz skirt steak
- ¼ cup tamari soy sauce

### INSTRUCTIONS

1. Marinate the steak in tamari soy sauce and preheat the oven to 375° F.
2. Toss the pepper, tomatoes, radishes, and lettuce with 1 tbsp olive oil, lemon juice, salt and pepper
3. Place olive oil into a frying pan on high heat to sear 2 minutes on each side and then place in preheated oven.
4. Remove from oven and let rest for 1 minute. Cut the steak and place on top of salad.

Calories: 867 Net Carbs: 7g Fat: 62g



## DESSERT MINI VELVETY CHEESECAKES

- 1 ¼ cup almond flour
- 1 tbsp brown sugar erythritol
- ¼ cup salted butter, melted
- 16 oz cream cheese, room temperature
- ½ cup sour cream, room temperature
- 2 large pastured eggs
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- ½ cup powdered erythritol

### INSTRUCTIONS

1. Preheat oven to 350° F.
2. Use a standard size silicone muffin pan or line a regular muffin pan with muffin liners.
3. In a medium mixing bowl combine the almond flour and erythritol. Add the melted butter to the bowl and mix until the almond flour is coated and is the texture of wet sand. Divide the mixture evenly amongst the 12 wells in the muffin pan. Use a spoon to evenly press the mixture down into the bottom of each muffin liner.
4. Bake the crusts for 5 minutes.
5. In a large mixing bowl, using a hand mixer, beat eggs and erythritol together.
6. Add cream cheese a little at a time. Beat thoroughly until all is added.
7. Add vanilla, lemon juice, and sour cream. Beat again.
8. Divide the cheesecake mixture evenly between all 12 wells in the muffin pan. If using a silicone muffin pan, place it on top of a baking sheet.
9. Bake for 25-30 minutes at 350° F or until the cheesecakes are set. They will still be a little jiggly in the center.
10. Allow to cool on the counter for 20 minutes.

Serves: 8 | Serving Size: ⅓ piece  
Calories: 378 Net Carbs: 6g Fat: 35g



## DINNER GARLIC GHEE PAN-FRIED COD

- 1 cod filet
- 1 tbsp ghee
- 2 cloves of garlic, minced
- 1 tbsp garlic powder
- Salt to taste



## BREAKFAST KETO ACTIVATE & SPINACH FRITTATA

- ½ cup diced chorizo
- 2 tbsp butter, for frying
- 1 cup fresh spinach
- 8 organic eggs
- 1 cup heavy whipping cream
- ½ cup shredded cheese
- Pink Himalayan salt and cracked black pepper

### INSTRUCTIONS

1. Preheat the oven to 350° F.
2. Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
3. Whisk the eggs and cream together and pour into a greased baking dish (9x9 inches) or in individual ramekins.
4. Add the bacon, spinach, and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.

Serves: 2  
Calories: 884 Net Carbs: 6g Fat: 81g



## LUNCH GARLIC BACON WRAPPED CHICKEN BITES

- 1 large chicken breast, cut into strips
- 3 thin slices of bacon, cut into thirds
- 3 Tablespoons garlic powder

### INSTRUCTIONS

1. Preheat oven to 400° F and line a baking tray with aluminum foil.
2. Place the garlic powder into a bowl and dip each chicken bite into the garlic powder.
3. Wrap each short bacon piece around each garlic chicken bite. Place the bacon wrapped chicken bites on the baking tray. Try to space them out so they're not touching.
4. Bake for 25-30 minutes until the bacon turns crispy. Turn the pieces after 15 minutes if you can remember.

Calories: 667 | Net Carbs: 20g | Fat: 32g



## DINNER WARM ME UP SLOW COOKER CHILI

- 1 lb ground beef
- 1 lb ground sausage, spicy or mild
- 1 green bell pepper, diced
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 can of diced tomatoes with juices
- 1 can tomato paste
- 1-2 tbsp chili powder
- 1 ½ tsp cumin
- Salt and pepper to taste
- ½ cup bone broth or water
- Avocado oil, for cooking

### INSTRUCTIONS

1. In a large pot or frying pan, heat oil and brown beef and sausage. Drain the meat, leaving a small amount of juices. Transfer meat and juices to slow cooker.
2. Add a little more oil to the pan, if needed, and sauté onion, pepper, and garlic for 2-3 minutes. Transfer veggies to slow cooker with meats.
3. Add the tomatoes with their juices, tomato paste, chili, cumin, salt and pepper, and water or broth. Mix well.
4. Place lid on slow cooker and cook on low for 6-8 hours or on high for 4 hours.
5. Serve with desired toppings.

Calories: 306 | Net Carbs: 13g | Fat: 18g



## DESSERT CHOC-CHIP COOKIE DOUGH FAT BOMBS

- 8 oz cream cheese, room temperature
- 8 tbsp butter, room temperature
- ¼ cup erythritol
- ½ cup almond flour
- 20 drops liquid stevia
- ¼ tsp vanilla extract
- ¼ tsp pink salt
- ½ cup Lily's sugar-free chocolate chips

### INSTRUCTIONS

1. Combine the butter and cream cheese into a large bowl using a hand mixer.
2. Add in the almond flour, erythritol, stevia, vanilla extract, and pink salt and combine.
3. Fold in chocolate chips with a spatula.
4. Place in freezer for 20 minutes to firm up a bit. Scoop into balls.
5. Store in refrigerator for up to 2 weeks.

Calories: 167 | Net Carbs: 3g | Fat: 17g



**BREAKFAST KETO ACTIVATE & CAULIFLOWER HASH BROWNS**

- 1 ½ cups cauliflower
- 3 eggs
- ½ yellow onion, grated
- 1 tsp Pink Himalayan salt and cracked black pepper
- 8 tbsps butter, for frying

**INSTRUCTIONS**

1. Rinse, trim and grate the cauliflower using a food processor or grater.
2. Add cauliflower to a large bowl. Add remaining ingredients and mix. Set aside for 5-10 minutes.
3. Melt a generous amount of butter or oil on medium heat in a large skillet. The cooking process will go quicker if you plan to have room for 3-4 pancakes (about 3-4 inches each) at a time. Use the oven on low heat to keep the first batches of pancakes warm while you make the others.
4. Place scoops of the grated cauliflower mixture in the frying pan and flatten them carefully until they measure about 3-4 inches in diameter.
5. Fry for 4-5 minutes on each side. Adjust the heat to make sure they don't burn. Remember — patience is a virtue — if you flip the pancakes too soon they may fall apart!

Calories: 164 | Net Carbs: 5g | Fat: 11g



**LUNCH CARNE ASADA & CHIMICHURRI SAUCE**

**For the Carne Asada**

- 1 lb flank or skirt steak
- 1 tbsp lime juice
- 2 tbsps avocado oil
- 1 tbsp apple cider vinegar
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 tsp dried oregano leaves
- 2 tbsps chopped cilantro
- ½ tsp cayenne pepper
- ½ tsp ground black pepper
- 1 tsp salt

**For the Chimichurri Sauce**

- ½ cup chopped parsley
- 4 cloves garlic, chopped
- ½ cup olive oil
- 1 tsp lemon zest
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- ¼ cup red wine vinegar
- ½ tsp salt, to taste

**INSTRUCTIONS**

1. Preheat grill to 450 F.
2. Combine the lime juice, avocado oil, cider vinegar, garlic, cumin, oregano, cilantro, cayenne, black pepper, and salt in a bowl or gallon-sized plastic bag. Mix well and add the steak to the marinade, turning to coat thoroughly.
3. Seal the bag or bowl and marinate in the refrigerator for at least 2 hours, preferably overnight for the best flavor. Remove from the fridge 30 minutes prior to cooking.
4. Grill the steaks on the heated grill for 2-3 minutes per side, or until done to your satisfaction.
5. Remove the meat from heat and let it rest 10 minutes before slicing.
6. For the Chimichurri sauce, blend all ingredients in a food processor or blender. Serve chilled or at room temperature.

Serves: 4  
Calories: 406 | Net Carbs: 3g | Fat: 35g



**DINNER BEEF CURRY**

- 1 lb beef round, cut into 1-inch cubes
- 1 medium onion, sliced
- 1 tbsp curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon cardamom
- ¾ cup of coconut milk
- 1 tbsp fish sauce
- 1 teaspoon freshly grated ginger
- 2 cloves garlic, minced
- ¼ cup fresh basil leaves, chopped
- Pink Himalayan salt and pepper, to taste
- Coconut oil

**INSTRUCTIONS**

1. In a saucepan, saute the beef and onions in coconut oil on medium heat for 5-6 minutes until the beef is browned.
2. Add the spices, coconut milk, carrots, bell peppers, mushrooms, and fish sauce. Bring to the boil, then cover and simmer for 1 hour until the beef is tender.
3. Add the chopped basil, garlic, ginger, and salt to taste and simmer for 10 more minutes.

Calories: 432 | Net Carbs: 5g | Fat: 27g





**BREAKFAST**  
**KETO ACTIVATE & COCONUT PORRIDGE**

- 2 tbsp butter or coconut oil
- 1 organic egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 4 tbsp coconut cream
- 1 pinch Pink Himalayan salt

**INSTRUCTIONS**

1. Add all ingredients to a non-stick saucepan. Mix well and place over low heat. Stir constantly until you achieve your desired texture.
2. Serve with coconut milk or cream. Top your porridge with a few fresh or frozen berries and enjoy!

Calories: 350 | Net Carbs: 14g | Fat: 39g



**LUNCH**  
**CHICKEN NOODLE SOUP**

- 3 cups chicken broth
- 1 chicken breast, chopped
- 2 Tablespoons avocado oil
- 1 stalk of celery, chopped
- 1 green onion, chopped
- ¼ cup cilantro, finely chopped
- 1 zucchini, peeled
- Salt to taste

**INSTRUCTIONS**

1. Dice the chicken breast.
2. Add the avocado oil into a saucepan and saute the diced chicken in there until cooked.
3. Add chicken broth to the same saucepan and simmer.
4. Chop the celery and add it into the saucepan.
5. Chop the green onions and add it into the saucepan.
6. Chop the cilantro and put it aside for the moment.
7. Create zucchini noodles – use a potato peeler to create long strands or spiralizer.
8. Add zucchini noodles and cilantro to the pot.
9. Simmer for a few more minutes, add salt to taste, and serve immediately.

Calories: 649 | Net Carbs: 8g | Fat: 42g



**DINNER SPICY THAI CHICKEN AND CAULIFLOWER RICE**

- 1 head of cauliflower
- 1 tbsp freshly grated ginger
- 3 pastured eggs
- 3 chilies
- 3 cloves of garlic, crushed
- Meat from a whole chicken, shredded
- Salt to taste
- Coconut oil, for cooking
- 1 tbsp coconut aminos
- ½ cup cilantro, chopped for garnish

**INSTRUCTIONS**

1. Break the cauliflower into florets and food process until it forms a rice-like texture (may need to be done in batches).
2. Place the cauliflower into a large pan with coconut oil and cook the cauliflower rice (may need to be done in 2 pans or in batches). Keep the heat on medium and stir regularly.
3. In a separate pan, scramble the eggs in some coconut oil. Add the scrambled eggs to the cauliflower rice.
4. Add in the ginger, garlic, and the chopped chilies.
5. When the cauliflower rice is soft, add in the shredded chicken meat.
6. Add in the coconut aminos/tamari soy sauce and salt to taste. Mix well.
7. Garnish with cilantro.

Calories: 469 | Net Carbs: 5g | Fat: 28g



**DESSERT**  
**BLUEBERRIES AND WHIPPED CREAM**

- ½ cup blueberries
- 1 tbsp whipped cream

Calories: 64 | Net Carbs: 11g | Fat: 3g



**BREAKFAST**  
**KETO ACTIVATE & HUEVOS RANCHEROS**

- 2 tbsp coconut oil
- 2 garlic cloves, minced
- ½ orange bell pepper, chopped
- ½ yellow onion, chopped
- 1 fresh jalapeño, minced
- 1 tomato, diced
- 2 organic eggs
- ½ avocado
- fresh cilantro

**INSTRUCTIONS**

1. Heat half of the coconut oil in a skillet over medium heat.
2. Sauté garlic, bell pepper, onion and jalapeño for 3 minutes, or until the onion is translucent and the peppers have softened slightly.
3. Add in diced tomatoes and sauté for 5 minutes; set aside.
4. Place a separate nonstick skillet over medium-low heat and add remaining coconut oil.
5. Slow-cook the eggs for approximately 6 minutes, until the whites cook through.
6. Plate the eggs topped with the salsa, and garnish with cilantro and avocado slices.

Serves: 2  
Calories: 331 | Net Carbs: 10g | Fat: 24g



**LUNCH**  
**PROVOLONE ZUCCHINI AVOCADO BURGERS**

- 1 large zucchini, sliced 1" for a "bun"
- ½ lb ground beef
- ¼ avocado, sliced
- 2-3 slices provolone
- 2 tbsp extra virgin olive oil
- 2 teaspoons Pink Himalayan salt
- Cracked black pepper
- 1 tbsp olive oil mayo
- 1 tbsp mustard

**INSTRUCTIONS**

1. Preheat oven to 400° F.
2. Place zucchini slices on a greased baking sheet and then sprinkle oil, salt, and pepper on top.
3. Create 6-7 mini patties with the beef and add to the tray.
4. Bake until patties internal temp reaches 165° F.
5. Slice avocado thinly and arrange cheese on burgers using the zucchini as the bun.

Calories: 1216 | Net Carbs: 3g | Fat: 99g



**DINNER PAN-FRIED PORK TENDERLOIN & ROASTED BROCCOLI**

**For the Pork**

- 1 lb pork tenderloin
- Pink Himalayan salt and cracked black pepper, to taste
- 1 tbsp coconut oil

**For the Broccoli**

- 2 cups broccoli florets
- 1 tbsp olive oil
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

**For the Pork**

1. Cut the 1 lb pork tenderloin in half.
2. Place the 1 tablespoon of coconut oil into a frying pan on a medium heat.
3. After the coconut oil melts, place the 2 pork tenderloin pieces into the pan.
4. Leave the pork to cook on its side. Once that side is cooked, turn using tongs to cook the other sides. Keep turning and cooking until the pork looks cooked on all sides.
5. Cook all sides of the pork until the meat thermometer shows an internal temperature of just below 145° F.
6. The pork will keep on cooking a bit after you take it out of the pan.
7. Let the pork sit for a few minutes and then slice into 1-inch thick slices with a sharp knife.

**For the Broccoli**

1. Preheat oven to 400° F.
2. Pour oil on baking sheet and add salt and black pepper.
3. Add broccoli to pan and saturate florets in the olive oil.
4. Place florets on their head to ensure they char slightly.
5. Bake about 10-15 minutes until you can pierce with a fork, watch carefully as to not char too much.

Serves: 2  
Calories: 786 | Net Carbs: 6g | Fat: 43g



**BREAKFAST**  
**KETO ACTIVATE & EGGS BENEDICT**

**For the Mug Bread**

- 1 tsp grass-fed butter
- 1 tbsp almond flour
- 1 tbsp coconut flour
- ¾ tsp baking powder
- 1 pinch salt
- 1 organic egg
- 1 tbsp heavy whipping cream

**For the Hollandaise Sauce**

- 6 tbsp grass-fed butter
- 2 organic egg yolks
- 1 tbsp water
- 1 tbsp lemon juice
- Pink Himalayan salt and pepper
- 1 pinch cayenne pepper

**For the Poached Eggs**

- 1 tbsp white vinegar
- 2 organic eggs

**INSTRUCTIONS**

**For the Mug Bread**

1. Grease a large cup or ramekin with butter. Mix all dry ingredients in the cup with a fork or spoon. Crack in eggs and mix well. Stir in cream. Combine until smooth and make sure there are no lumps.
2. Microwave on high for 2 minutes. Check if the bread is done in the middle — if not, microwave for another 15-30 seconds.
3. Let cool and remove from cup. Slice in half.

**For the Hollandaise Sauce**

1. Melt butter in a saucepan or microwave oven and let cool for a few minutes.
2. Mix egg yolks and water in a pot and place in a water bath.
3. Simmer while stirring constantly until sauce thickens slightly.
4. Remove the pot from the water bath and slowly drizzle butter into eggs while whisking constantly.
5. Season with lemon, salt, pepper, and some cayenne pepper.

**For the Poached Eggs**

1. Add plenty of water with vinegar in a saucepan. Bring to a simmer but make sure the water is not boiling.
2. Crack in eggs one at a time. Let simmer for 3 minutes.
3. Remove eggs with a slotted spoon and plunge into cold water. Put the eggs on a plate and trim any rough edges.

Calories: 463 | Net Carbs: 11g | Fat: 35g



**LUNCH**  
**AMAZING ACAI BOWL**

- 1 Trader Joe's Acai packet
- 1 can full-fat coconut milk, refrigerated overnight
- 5-10 drops of liquid stevia, to taste

**INSTRUCTIONS**

1. Place the can of coconut milk in the refrigerator overnight before making your bowl. Do not shake the can. You want the solids to separate from the liquid.
2. When you are ready to make your bowl, place frozen acai packet in a bowl of hot water to thaw enough to remove it from the package.
3. Empty the acai into a blender. Remove coconut milk from the fridge and open the can. Notice that the top is solid and yogurt-like. Scoop the solidified coconut milk into the blender, discard liquid remaining in the bottom of the can.
4. Blend acai, coconut milk, and Stevia until combined. Do not over mix; it will become too thin.
5. Pour the mixture into a bowl, and top with desired toppings.

Calories: 298 | Net Carbs: 5g | Fat: 27g



**DINNER**  
**VEGGIE BURGERS & ASPARAGUS SAUTE**

**For the Patties**

- 1 lb ground beef
- 1 cup leek or onion, chopped
- 2 tbsp parsley, chopped
- 1 organic egg
- Pink Himalayan salt and cracked black pepper

**For the Asparagus Saute**

- 2 tbsp olive oil
- 4 green olives, diced
- 1 clove garlic, minced
- Pinch of crushed red pepper
- 1 cup asparagus, chopped
- 2 teaspoons lime juice
- 3 tbsp parsley, chopped
- Pink Himalayan salt and cracked black pepper to taste

**INSTRUCTIONS**

**For the Patties**

Mix all the burger ingredients together and form into 4 patties and then saute in olive oil or on the grill

Serves: 2  
Calories: 708 | Net Carbs: 9g | Fat: 43g



**BREAKFAST**  
**KETO ACTIVATE & BACON AND EGGS**

- 4 slices of no added sugar bacon
- 2 organic eggs
- 1 handful spinach

**INSTRUCTIONS**

1. Fry the bacon. Set to one side.
2. In the same skillet, fry the eggs without removing the bacon fat. Add to a plate.
3. Finally, fry off a handful of spinach in the same bacon fat and season with a pinch of Pink Himalayan salt and cracked black pepper. Serve hot and ready.

Calories: 330 Net Carbs: 2g Fat: 23g

**INSTRUCTIONS**

1. Saute the diced chicken in the oil until lightly browned and internal temperature is 165° F.
2. Add in the can of diced tomatoes salt/pepper to taste.
3. Simmer on low heat until the liquid cooks down, about 10 minutes.
4. Add basil, garlic and heavy cream to the chicken for about 2 minutes more
5. Serve warm over zucchini noodles

Serves: 2  
Calories: 372 | Net Carbs: 7g | Fat: 19g



**LUNCH EASY ZUCCHINI BEEF SAUTE WITH GARLIC AND CILANTRO**

- 10 oz beef, sliced into 1-2 inch strips
- 1 zucchini cut into 1-2 inch long thin strips
- ¼ cup cilantro, chopped
- 3 cloves of garlic, diced or minced
- 2 tbsp gluten-free tamari sauce
- Extra virgin olive oil

**INSTRUCTIONS**

1. Place 2 tablespoons of avocado oil into a frying pan on high heat.
2. Add the strips of beef into the frying pan and saute for a few minutes on high heat.
3. When the beef is browned, add in the zucchini strips and keep sauteing. When the zucchini is soft, add in the tamari sauce, garlic, and cilantro.
4. Saute for a few minutes more and serve immediately.

Calories: 506 | Net Carbs: 7g | Fat: 31g



**DINNER**  
**CREAMY BASIL CHICKEN ZOODLES**

- 2 organic chicken breasts, sliced in 1" pieces
- 2 tbsp ghee or extra virgin olive oil
- 1 can diced tomatoes
- ½ cup fresh basil
- ¼ heavy cream
- 6 cloves garlic, minced
- Pink Himalayan salt and cracked black pepper, to taste
- 1 zucchini, shredded or spiralized



**SNACK**  
**PEPPERONI SLICES & OLIVES**



**BREAKFAST**  
**KETO ACTIVATE & SPINACH FRITTATA**

- ½ cup diced chorizo
- 2 tbsp butter, for frying
- 1 cup fresh spinach
- 8 organic eggs
- 1 cup heavy whipping cream
- ½ cup shredded cheese
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Preheat the oven to 350° F.
2. Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
3. Whisk the eggs and cream together and pour into a greased baking dish (9x9 inches) or in individual ramekins.
4. Add the bacon, spinach, and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.

Serves: 2  
Calories: 884 Net Carbs: 6g Fat: 81g



**LUNCH**  
**CREAMY BROCCOLI CHEDDAR SOUP**

- 2 tbsp grass-fed butter
- 2 tbsp onion, chopped
- ½ teaspoon garlic, minced
- 2 cups chicken broth
- Pink Himalayan salt and cracked black pepper, to taste
- 1 cup broccoli, chopped
- 1 tbsp cream cheese
- ¼ cup heavy whipping cream
- 1 cup cheddar cheese; shredded
- 2 slices bacon; cooked and crumbled
- ½ teaspoon xanthan gum

**INSTRUCTIONS**

1. In a large pot, saute onion and garlic with butter over medium heat until onions are softened and translucent.
2. Add broth and broccoli to pot. Cook broccoli until tender. Add salt, pepper, and chili powder.
3. Place cream cheese in small bowl and heat in microwave for 30 seconds until soft and easily stirred.
4. Stir heavy whipping cream and cream cheese into soup; bring to a boil.
5. Turn off heat and quickly stir in cheddar cheese and xanthan gum.
6. Allow to thicken for 2 more minutes and turn off heat.
7. Once slightly cooled you can blend half or all of the soup for a creamier consistency.
8. Serve warm with bacon crumbles.

Calories: 999 | Net Carbs: 15g | Fat: 80g



**DINNER**  
**IMPOSSIBLY BBQ CHICKEN**

**THE MARINADE**

- 2 tbsp lemon juice
- 2 tsp smoked paprika
- 3 minced garlic cloves
- 4 tbsp olive oil
- 10 pieces of bone-in chicken

**Instructions**

1. Combine 2 tbsp lemon juice, 2 tsp smoked paprika, 3 minced garlic cloves, and 4 tbsp olive oil.
2. Marinade the chicken pieces in the mixture for at least 1 hour in the fridge.
3. Season the chicken with salt and pepper and bake for 25 minutes in a 350° F oven.

**THE SAUCE**

- 15 oz canned tomato sauce
- 2 tbsp onion powder
- ½ teaspoon garlic powder
- 2 tbsp chili powder
- 4 tbsp Worcestershire sauce
- 3 tbsp mustard
- ½ tsp liquid stevia to taste
- 2 tbsp liquid smoke
- 2 tbsp sea salt
- 4 tbsp apple cider vinegar

**Instructions**

1. Combine all ingredients in medium saucepan. Bring to a boil over medium-high heat. Reduce to a simmer for 30 minutes. Taste sauce and adjust stevia for sweetness and liquid smoke for smokiness, if necessary.
2. Remove chicken from oven, brush with sauce. Return to oven for 10 minutes. Remove chicken again, flip over, brush with sauce. Return to oven for 10 minutes. Remove chicken, flip back. Brush with more sauce and finish in oven for 5 minutes or until fully cooked.
3. For a spicy sauce, add sriracha or hot sauce of choice.

Calories: 550 | Net Carbs: 8.2g | Fat: 38g



**BREAKFAST KETO ACTIVATE & CAULIFLOWER HASH BROWNS**

- 1 ½ cups cauliflower
- 3 eggs
- ½ yellow onion, grated
- 1 tsp Pink Himalayan salt and cracked black pepper
- 8 tbsp butter, for frying

**INSTRUCTIONS**

1. Rinse, trim and grate the cauliflower using a food processor or grater.
2. Add cauliflower to a large bowl. Add remaining ingredients and mix. Set aside for 5-10 minutes.
3. Melt a generous amount of butter or oil on medium heat in a large skillet. The cooking process will go quicker if you plan to have room for 3-4 pancakes (about 3-4 inches each) at a time. Use the oven on low heat to keep the first batches of pancakes warm while you make the others.
4. Place scoops of the grated cauliflower mixture in the frying pan and flatten them carefully until they measure about 3-4 inches in diameter.
5. Fry for 4-5 minutes on each side. Adjust the heat to make sure they don't burn. Remember — patience is a virtue — if you flip the pancakes too soon they may fall apart!

Calories: 164 | Net Carbs: 5g | Fat: 11g



**LUNCH CALIFORNIA SPINACH BACON AVO OMELETTE**

- 1 tbsp grass-fed ghee
- 2 pastured eggs
- 1 teaspoon salt
- 1 teaspoon heavy cream
- ½ cup shredded Monterey jack cheese
- 1 cup spinach, fresh
- ½ an avocado
- 1 tbsp cooked bacon, crumbled

**INSTRUCTIONS**

1. Whisk eggs, cream, and salt together.
2. Heat pan with ghee until melted.
3. Add egg mixture to pan with cheese on top and let cook 30 seconds on medium heat
4. Add spinach, bacon, and avocado to the pan and when eggs are no longer liquid, fold into an omelet.

Calories: 646 | Net Carbs: 2g | Fat: 55g



**DINNER BAKED GARLIC CHICKEN AND ASPARAGUS MASH**

**THE CHICKEN BREAST**

**Ingredients**

- 2 teaspoons garlic powder
- 2 tbsp grass-fed ghee
- 4 cloves minced garlic
- 2 teaspoons sea salt
- 2 organic chicken breasts, sliced thinly

**Instructions**

1. Preheat oven to 350° F.
2. Mix garlic powder, ghee, garlic, and salt together. Rub spices on the chicken breast.
3. Fold up each piece of chicken in an aluminum pouch.
4. Bake for 20 minutes or until cooked through.
5. Serve with asparagus mash.

**THE MASH**

**Ingredients**

- 10 asparagus shoots
- ¼ onion, diced
- 2 tbsp coconut cream
- 2 tbsp fresh parsley
- 1 teaspoon lemon juice
- ½ teaspoon salt (or to taste)
- Cracked black pepper

**Instructions**

1. Blanch chopped asparagus in boiling water for 2 minutes and drain.
2. Saute onion in olive oil until they become translucent.
3. Blend all ingredients together until creamy.

Calories: 837 | Net Carbs: 15g | Fat: 48g



**SNACK VANILLA ALMOND CREAM CHEESE PANCAKES**

- ½ cup plus 1 tbsp almond flour
- ½ cup cream cheese
- 4 pastured eggs
- ½ tsp cinnamon
- 1 tsp gluten-free baking powder
- 1 tsp organic vanilla
- Pinch of salt
- 1 tsp granulated erythritol
- 1 tsp grass-fed butter

**INSTRUCTIONS**

1. Mix all ingredients in a blender, except butter.
2. Melt butter in non-stick pan over medium heat.
3. Pour a 3-4" pancake, wait for bubbles and then flip over carefully.
4. Serve with sugar-free maple syrup or fresh berries and Greek yogurt.

Serves: 2  
Calories: 527 | Net Carbs: 7g | Fat: 46g



**BREAKFAST KETO ACTIVATE & COCONUT PORRIDGE**

- 2 tbsp coconut oil
- 1 organic egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 4 tbsp coconut cream
- 1 pinch Pink Himalayan salt

**INSTRUCTIONS**

1. Add all ingredients to a non-stick saucepan. Mix well and place over low heat. Stir constantly until you achieve your desired texture.
2. Serve with coconut milk or cream. Top your porridge with a few fresh or frozen berries and enjoy!

Calories: 350 | Net Carbs: 14g | Fat: 39g

- 2 teaspoons Italian seasoning
- 2 tbsp extra virgin olive oil
- 2 cups cherry tomatoes, quartered
- 1 cup fresh basil
- 1 zucchini, shredded or spiralized

**INSTRUCTIONS**

1. Whisk egg, salt, pepper, garlic powder, and seasoning.
2. Saturate chicken with egg mixture.
3. Heat up saute pan with olive oil.
4. Add chicken and cook through until internal temperature is 165° F.
5. Add tomatoes and basil and cook a few more minutes.
6. Serve warm on top of zucchini noodles.

Serves: 2  
Calories: 470 | Net Carbs: 9g | Fat: 26g



**LUNCH AMAZING ACAI BOWL**

- 1 Trader Joe's Acai packet
- 1 can full-fat coconut milk, refrigerated overnight
- 5-10 drops of liquid stevia, to taste

**INSTRUCTIONS**

1. Place the can of coconut milk in the refrigerator before making your bowl. Do not shake the can. You want the solids to separate from the liquid.
2. When you are ready to make your bowl, place frozen acai packet in a bowl of hot water to thaw enough to remove it from the package.
3. Empty the acai into a blender. Remove coconut milk from the fridge and open the can. Notice that the top is solid and yogurt-like.
4. Scoop the solidified coconut milk into the blender, discard liquid remaining in the bottom of the can.
5. Blend acai, coconut milk, and Stevia until combined. Do not over mix; it will become too thin.
6. Pour the mixture into a bowl, and top with desired toppings.

Calories: 298 | Net Carbs: 5g | Fat: 27g



**SNACK BONE BROTH WITH CREAMY BRIE CHEESE**



**DINNER MEDITERRANEAN CHICKEN AND ZOODLES NOODLES**

- 2 chicken breasts, sliced into 1" pieces
- 2 pastured eggs
- ¼ teaspoon salt
- cracked black pepper
- 2 teaspoons garlic powder



## BREAKFAST KETO ACTIVATE & HUEVOS RANCHEROS

- 2 tbsp coconut oil
- 2 garlic cloves, minced
- ½ orange bell pepper, chopped
- ½ yellow onion, chopped
- 1 fresh jalapeño, minced
- 1 tomato, diced
- 2 organic eggs
- ½ avocado
- fresh cilantro

### INSTRUCTIONS

1. Heat half of the coconut oil in a skillet over medium heat.
2. Sauté garlic, bell pepper, onion and jalapeño for 3 minutes, or until the onion is translucent and the peppers have softened slightly.
3. Add in diced tomatoes and sauté for 5 minutes; set aside.
4. Place a separate nonstick skillet over medium-low heat and add remaining coconut oil.
5. Slow-cook the eggs for approximately 6 minutes, until the whites cook through.
6. Plate the eggs topped with the salsa, and garnish with cilantro and avocado slices.

Serves: 2  
Calories: 331 | Net Carbs: 10g | Fat: 24g

Serves: 2  
Calories: 609 | Net Carbs: 4g | Fat: 48g



## DINNER KUNG PAO CHICKEN

- 2 organic chicken breasts, sliced into 1" pieces
- ½ cup scallions
- ¼ cup almonds
- 4 cloves of garlic, minced
- 2 tbsp tamari sauce
- 1 teaspoon vinegar
- 1 tsp fresh ginger

### INSTRUCTIONS

#### Kung Pao Chicken

1. Cook chicken breast in oil on medium heat until internal temperature reaches 165° F. Set aside.
2. Saute almonds, scallions, ginger, chilies, and garlic for 2 minutes
3. Add chicken, tamari sauce and vinegar and cook another 5 minutes and serve.

#### Red Pepper Salad

1. Mix together 1 diced red bell pepper, 1 tsp extra virgin olive oil, a pinch of Pink Himalayan salt and cracked black pepper.

Calories: 669 | Net Carbs: 10g | Fat: 29g



## LUNCH MINI BEEF SLIDERS

- 12 oz ground beef, seasoned
- 2 tbsp mustard
- ⅔ cup almond flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 pastured eggs
- 2 tbsp avocado or extra virgin olive oil

### Garnishes

- Mustard
- Olive oil mayonnaise
- Romaine or iceberg lettuce
- Tomatoes
- Onion slices
- Pickles

### INSTRUCTIONS

1. Season ground beef with salt and pepper and form 4 patties 2-3" in diameter.
2. Saute the patties on medium heat until well browned or to the preferred temperature.
3. Make bread by combining flour, baking powder, salt, eggs and oil and dividing between 2 ramekins or mugs. Microwave on high for 90 seconds and then let cool.
4. Slice each bread to make 4 pieces and toast slightly in the saute pan.
5. Add mustard, mayo, lettuce, tomatoes, onion, and pickles as preferred.





**BREAKFAST**  
**KETO ACTIVATE & SHRIMP DEVILED EGGS**

- 4 organic eggs
- 1 tsp Tabasco
- ¼ cup mayonnaise
- 1 pinch Pink Himalayan salt
- Cracked black pepper
- 8 cooked and peeled shrimp
- Fresh Dill

**INSTRUCTIONS**

1. Start by boiling the eggs by placing them in a pot and covering them with water. Place the pot over medium heat and bring to a light boil.
2. Boil for 8-10 minutes to make sure the eggs are hard boiled.
3. Remove the eggs from the pot and place in an ice bath for a few minutes before peeling.
4. Split the eggs in half and scoop out the yolks. Place the egg whites on a plate.
5. Mash the yolks with a fork and add Tabasco, salt, and mayonnaise.
6. Add the mixture, using two spoons, to the egg whites and top with a shrimp on each. Decorate with dill.

Calories: 696 | Net Carbs: 5g | Fat: 59g



**LUNCH**  
**SESAME BEEF SALAD**

- ½ lb skirt steak, cut into slices
- ¼ cup tamari sauce
- 1 tbsp olive oil
- 1 cup iceberg lettuce, chopped
- 2 tbsp chives
- 2 tbsp cilantro
- ¼ cup zucchini, shredded
- ¼ cup carrot, shredded
- 2 tbsp almonds
- 1 tbsp toasted sesame seeds
- 1 ½ tbsp peanut or sesame oil
- ½ tbsp white vinegar
- Pink Himalayan salt to taste

**INSTRUCTIONS**

1. Marinate the steak in the tamari sauce for 10 minutes.
2. Chop or shred the zucchini and carrots.
3. Saute the steak in a saute pan on medium-high heat, with the olive oil until cooked to temperature.
4. Toss the steak with vegetables, almonds, and peanut oil, vinegar, and salt and pepper. Sprinkle the sesame seeds on top.

Calories: 811 | Net Carbs: 8g | Fat: 65g



**DINNER**  
**VEGGIE BURGERS & ASPARAGUS SAUTE**

**THE PATTIES**

- 1 lb ground beef
- 1 cup leek or onion, chopped
- 2 tbsp parsley, chopped
- 1 organic egg
- Pink Himalayan salt and cracked black pepper

**Instructions**

1. Mix all the burger ingredients together and form into 4 patties and then saute in olive oil or on the grill.

**THE ASPARAGUS SAUTE**

- 2 tbsp olive oil
- 4 green olives, diced
- 1 clove garlic, minced
- Pinch of crushed red pepper
- 1 cup asparagus, chopped
- 2 teaspoons lime juice
- 3 tbsp parsley, chopped
- Pink Himalayan salt and cracked black pepper to taste

**Instructions**

1. Heat olive oil in a pan on medium heat. Add asparagus and cook 5-7 minutes until it starts to soften.
2. Add green olives, red peppers and garlic for 1 minute until fragrant.
3. Turn off heat and toss to coat the asparagus with the remaining ingredients.

Serves: 2  
Calories: 708 | Net Carbs: 9g | Fat: 43g



**DESSERT**  
**DIPPIN' STRAWBERRIES**

- 1 ½ cups Lily's chocolate chips
- 2 tbsp coconut oil
- 1-2 lbs fresh strawberries

**INSTRUCTIONS**

1. Combine chocolate chips and coconut oil in a microwave-safe bowl and melt together in the microwave for 1-2 minutes, or until chips are fully melted.
2. When melted, stir to combine, let cool 3-5 minutes. Dip strawberries in chocolate to coat. Place strawberries onto a baking sheet coated with wax or parchment paper to dry.
3. If desired, decorate with crushed nuts or shredded unsweetened coconut, while chocolate is still wet.
4. Refrigerate for 20-30 minutes or until fully hardened.

Serves: 16 | Service Size: 2 strawberries  
Calories: 47 | Net Carbs: 2g | Fat: 4g



**BREAKFAST**  
**KETO ACTIVATE & EGGS BENEDICT**

**For the Mug Bread**

- 1 tsp grass-fed butter
- 1 tbsp almond flour
- 1 tbsp coconut flour
- ¾ tsp baking powder
- 1 pinch salt
- 1 organic egg
- 1 tbsp heavy whipping cream

**For the Hollandaise Sauce**

- 6 tbsp grass-fed butter
- 2 organic egg yolks
- 1 tbsp water
- 1 tbsp lemon juice
- Pink Himalayan salt and pepper
- 1 pinch cayenne pepper

**For the Poached Eggs**

- 1 tbsp white vinegar
- 2 organic eggs

**INSTRUCTIONS**

**For the Mug Bread**

1. Grease a large cup or ramekin with butter. Mix all dry ingredients in the cup with a fork or spoon. Crack in eggs and mix well. Stir in cream. Combine until smooth and make sure there are no lumps.
2. Microwave on high for 2 minutes. Check if the bread is done in the middle — if not, microwave for another 15-30 seconds.
3. Let cool and remove from cup. Slice in half.

**For the Hollandaise Sauce**

1. Melt butter in a saucepan or microwave oven and let cool for a few minutes.
2. Mix egg yolks and water in a pot and place in a water bath.
3. Simmer while stirring constantly until sauce thickens slightly.
4. Remove the pot from the water bath and slowly drizzle butter into eggs while whisking constantly.
5. Season with lemon, salt, pepper, and some cayenne pepper.

**For the Poached Eggs**

1. Add plenty of water with vinegar in a saucepan. Bring to a simmer but make sure the water is not boiling.
2. Crack in eggs one at a time. Let simmer for 3 minutes.
3. Remove eggs with a slotted spoon and plunge into cold water. Put the eggs on a plate and trim any rough edges.

Calories: 463 | Net Carbs: 11g | Fat: 35g



**LUNCH**  
**FAJITAS WITH GUACAMOLE**

**THE FAJITAS**

- 1 tbsp avocado oil or olive oil
- 1 small onion, sliced
- 1 green and 1 red bell pepper, sliced
- 1 lb skirt steak, sliced
- 1 tbsp cumin powder
- 1 tbsp garlic powder
- Pink Himalayan salt and cracked black pepper, to taste
- Romaine lettuce leaves
- Garnish: sour cream and crumbled cotija cheese

**GUACAMOLE**

- 1 ripe avocado
- 1 tbsp garlic powder
- ½ tbsp onion powder
- 2 teaspoons lime juice
- Pink Himalayan salt and cracked black pepper, to taste
- 2 tbsp chopped cilantro, chopped

**INSTRUCTIONS**

1. Sauté olive oil, onion and bell pepper slices until just starting to soften. Set aside.
2. Sauté the steak strips and add cumin, garlic powder, chili powder, salt, and pepper.
3. Mix guacamole ingredients in a separate bowl.
4. Serve steak over guacamole or wrap in romaine lettuce leaves and garnish with sour cream and cotija cheese.

Serves: 4

Calories: 371 | Net Carbs: 9g | Fat: 16g



**DINNER**  
**ITALIAN CHICKEN SLIDERS WITH PESTO**

**CHICKEN**

- 1 tbsp olive oil
- 1 pastured egg, whisked
- 1 teaspoon garlic powder
- ¼ teaspoon paprika
- ½ teaspoon Pink Himalayan salt

**CONDIMENTS**

- Provolone cheese
- Mustard
- Olive oil mayonnaise
- Basic pesto

**THE BREAD**

- ⅓ cup almond flour
- ½ teaspoon Italian seasoning
- ¼ teaspoon garlic powder
- 1 tbsp coconut oil
- 1 organic chicken breast, sliced thin
- ½ teaspoon gluten-free baking powder
- ⅓ teaspoon salt
- 1 pastured egg, whisked
- 2 ½ tbsp grass-fed ghee melted

**INSTRUCTIONS****For the Bread**

1. Mix all ingredients together and microwave on high for 90 seconds in the microwave. Let cool and dig out of the mug.
2. Cut into 4 slices and toast in the oven for 3-4 minutes on a baking sheet.

**For the Chicken**

1. Mix egg, garlic powder, paprika, salt & pepper together in a small bowl.
2. Drag chicken in egg mixture and then saute on medium heat until golden and then flip and continue to cook through. Set aside.
3. Prep sandwich bread with mayo and mustard as you prefer, add chicken and garnish with lettuce, cheese, and tomatoes.

Calories: 1118 | Net Carbs: 7g | Fat: 94g

**SNACK****BONE BROTH AND CREAMY BRIE CHEESE**



**BREAKFAST**  
**KETO ACTIVATE & BACON AND EGGS**

- 4 slices of no added sugar bacon
- 2 organic eggs
- 1 handful spinach

**INSTRUCTIONS**

1. Fry the bacon. Set to one side.
2. In the same skillet, fry the eggs without removing the bacon fat. Add to a plate.
3. Finally, fry off a handful of spinach in the same bacon fat and season with a pinch of Pink Himalayan salt and cracked black pepper. Serve hot and ready.

Calories: 330 Net Carbs: 2g Fat: 23g

Serves: 4  
Calories: 406 | Net Carbs: 3g | Fat: 35g



**LUNCH**  
**CARNE ASADA & CHIMICHURRI SAUCE**

**Carne Asada**

- 1 lb flank or skirt steak
- 1 tbsp lime juice
- 2 tbsp avocado oil
- 1 tbsp apple cider vinegar
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 tsp dried oregano leaves
- 2 tbsp chopped cilantro
- ½ tsp cayenne pepper
- ½ tsp ground black pepper
- 1 tsp salt

**Chimichurri Sauce**

- ½ cup chopped parsley
- 4 cloves garlic, chopped
- ⅓ cup olive oil
- 1 tsp lemon zest
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- ¼ cup red wine vinegar
- ½ tsp salt, to taste

**INSTRUCTIONS**

1. Combine the lime juice, avocado oil, cider vinegar, garlic, cumin, oregano, cilantro, cayenne, black pepper, and salt in a bowl or gallon-sized plastic bag.
2. Mix well and add the steak to the marinade, turning to coat thoroughly.
3. Seal the bag or bowl and marinate in the refrigerator for at least 2 hours, preferably overnight for the best flavor. Remove from the fridge 30 minutes prior to cooking.
4. Grill the steaks on the heated grill for 2-3 minutes per side, or until done to your satisfaction.
5. Remove the meat from heat and let it rest 10 minutes before slicing.
6. For the Chimichurri sauce, blend all ingredients in a food processor or blender. Serve chilled or at room temperature.



**DINNER**  
**WHIP IT UP WHITE LASAGNA**

- 1 lb ground beef
- 2 cups alfredo sauce
- 2 cups full fat cottage cheese
- 1 pastured egg
- ½ tsp salt
- ¼ tsp garlic salt
- ¼ cup onion, diced
- 12 oz frozen spinach, thawed
- 2 cups shredded mozzarella

**INSTRUCTIONS**

1. Preheat oven to 350° F.
2. Brown the ground beef until fully cooked.
3. Add alfredo sauce and garlic salt. Set aside.
4. Whisk together drained cottage cheese, egg, salts, and onion.
5. Start layering in a casserole dish with meat first, cottage cheese second and spinach third and then half of the mozzarella.
6. Layer one more time, meat, cottage cheese, spinach, and mozzarella.
7. Bake 40 minutes uncovered until cheese is golden.

Serves: 5  
Calories: 678 | Net Carbs: 12g | Fat: 48g



**DESSERT**  
**CHOC-CHIP COOKIE DOUGH FAT BOMBS**

- 8 oz cream cheese, room temperature
- 8 tbsp butter, room temperature
- ¼ cup erythritol
- ½ cup almond flour
- 20 drops liquid stevia
- ¼ tsp vanilla extract
- ¼ tsp pink salt
- ⅓ cup Lily's sugar-free chocolate chips

**INSTRUCTIONS**

1. Combine the butter and cream cheese into a large bowl using a hand mixer.
2. Add in the almond flour, erythritol, stevia, vanilla extract, and pink salt and combine.
3. Fold in chocolate chips with a spatula.
4. Place in freezer for 20 minutes to firm up a bit. Scoop into balls.
5. Store in refrigerator for up to 2 weeks.

Calories: 167 | Net Carbs: 3g | Fat: 17g



**BREAKFAST**  
**KETO ACTIVATE & SPINACH FRITTATA**

- 5 oz. diced chorizo
- 2 tbsp butter, for frying
- 8 oz. fresh spinach
- 8 eggs
- 1 cup heavy whipping cream
- 5 oz. shredded cheese
- Salt and pepper

**INSTRUCTIONS**

1. Preheat the oven to 350° F.
2. Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
3. Whisk the eggs and cream together and pour into a greased baking dish (9x9 inches) or in individual ramekins.
4. Add the bacon, spinach, and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.

Serves: 2  
Calories: 884 Net Carbs: 6g Fat: 81g



**LUNCH TUNA PARSLEY PATTIES WITH CHERRY TOMATOES**

**Tuna Patties**

- 2 small cans of tuna
- 1 tbsp fresh basil, chopped
- 2 organic eggs, whisked
- 2 tbsp coconut flour
- 2 tbsp shredded coconut, unsweetened
- 2 tbsp extra virgin olive oil
- 1 teaspoon Pink Himalayan salt
- Cracked black pepper

**Tomato Sauce**

- 2 tbsp fresh parsley
- 4 cherry tomatoes, diced
- 1 clove garlic
- 1 teaspoon lemon juice
- 1 teaspoon extra virgin olive oil
- Pink Himalayan salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Mix all tuna ingredients in a large bowl and create 4 small patties.
2. Heat olive oil over medium heat and cook the patties until golden on each side.
3. Mix all the tomato sauce ingredients in a blender and then serve with patties.

Serves: 2  
Calories: 464 | Net Carbs: 9g | Fat: 30g



**DINNER SUPER SAVORY OLIVE TAPENADE AND MEATBALLS**

**Meatballs**

- 1lb ground beef
- 2 tbsp fresh oregano
- 1 pastured egg
- 2 teaspoons salt
- 1 teaspoon cracked black pepper
- 1 tbsp extra virgin olive oil

**Tapenade**

- 1 cup green olives
- 1 tbsp fresh oregano
- 2 cloves garlic

**INSTRUCTIONS**

1. Mix together beef, oregano, egg, salt, pepper together and form 12 meatballs
2. Saute the meatballs in olive oil until internal temperature is 165° F.
3. Soak green olives in warm water for 5 minutes and drain.
4. Add tapenade ingredients to a food processor and pulse several times.
5. Serve meatballs on top of tapenade and add zoodles for a fun twist.

Serves: 2  
Calories: 509 | Net Carbs: 4g | Fat: 36g



**SNACK**  
**BLUEBERRY & CREAM JELLIES**

- 1 cup heavy cream
- 1 cup fresh or frozen blueberries
- 4-6 drops of liquid stevia
- ½ cup grass-fed gelatin powder
- 1 cup water

**INSTRUCTIONS**

1. Divide water and gelatin into two small bowls - set aside.
2. Heat up blueberries in a small saucepan with sweetener and smash slightly.
3. In a separate saucepan heat up the cream to a gentle simmer. Add 1 bowl of gelatin and water to the cream and whisk until dissolved.
4. Strain the liquid from the blueberries and then put back over medium heat in a clean pan.
5. Add the 2nd bowl of gelatin/water to the pan of blueberries and whisk until dissolved.
6. In your gelatin mold, add a layer of the blueberry mix and cool in the refrigerator until set.
7. Once set, pour your layer of cream to the top, or partially if you want another layer of blueberry once the cream has set.
8. All layers should set within 4 hours, save for up to 2 weeks in the refrigerator.

Serves: 8  
Calories: 135 | Net Carbs: 3g | Fat: 29g



**BREAKFAST KETO ACTIVATE & CAULIFLOWER HASH BROWNS**

- 1 ½ cups cauliflower
- 3 eggs
- ½ yellow onion, grated
- 1 tsp Pink Himalayan salt and cracked black pepper
- 8 tbsp butter, for frying

**INSTRUCTIONS**

1. Rinse, trim and grate the cauliflower using a food processor or grater.
2. Add cauliflower to a large bowl. Add remaining ingredients and mix. Set aside for 5-10 minutes.
3. Melt a generous amount of butter or oil on medium heat in a large skillet. The cooking process will go quicker if you plan to have room for 3-4 pancakes (about 3-4 inches each) at a time. Use the oven on low heat to keep the first batches of pancakes warm while you make the others.
4. Place scoops of the grated cauliflower mixture in the frying pan and flatten them carefully until they measure about 3-4 inches in diameter.
5. Fry for 4-5 minutes on each side. Adjust the heat to make sure they don't burn. Remember — patience is a virtue — if you flip the pancakes too soon they may fall apart!

Calories: 164 | Net Carbs: 5g | Fat: 11g



**DINNER TACO BOWL**

- 1 lb ground beef
- 1 small onion, diced
- 2 small tomatoes, diced
- 1 bell pepper, diced
- 1 jalapeño pepper, deseeded and diced
- 2 cloves of garlic, minced
- 1 Tablespoon cumin powder
- 1 Tablespoon paprika
- 1 Tablespoon dried oregano
- ¼ teaspoon chili powder
- Salt and pepper to taste
- ¼ cup cilantro, finely chopped for garnish
- 1 Tablespoon coconut oil to cook with
- Lettuce leaves to serve

**INSTRUCTIONS**

1. Sauté the onions in the coconut oil until the onions turn translucent.
2. Add in the ground beef and sauté until the beef is pretty much cooked (turns light brown).
3. Use a spatula to stir the beef to ensure it doesn't clump together. Pour out any excess water/oil produced during cooking.
4. When the beef is pretty much cooked, add in the tomatoes, bell pepper, jalapeño pepper, minced garlic, cumin powder, paprika, oregano, chili powder, salt, and pepper.
5. Cook until the tomatoes and peppers are soft.
6. Garnish with cilantro and serve with lettuce wraps or by themselves.

Serves: 2  
Calories: 405 | Net Carbs: 11g | Fat: 22g



**LUNCH TAMARI MARINATED STEAK SALAD**

- 1 cup diced romaine lettuce
- ½ red bell pepper, chopped
- 6-8 medium tomatoes, chopped
- 4 radishes, diced
- 2 tbsp olive oil
- ½ tsp fresh lemon juice
- Pink Himalayan salt to taste and cracked black pepper
- 8 oz skirt steak
- ¼ cup tamari soy sauce

**INSTRUCTIONS**

1. Marinate the steak in tamari soy sauce and preheat the oven to 375° F.
2. Toss the pepper, tomatoes, radishes, and lettuce with 1 tbsp olive oil, lemon juice, salt and pepper
3. Place olive oil into a frying pan on high heat to sear 2 minutes on each side and then place in preheated oven cook the temperature you prefer
4. Remove from oven and let rest for 1 minute. Cut the steak and place on top of salad

Calories: 867 Net Carbs: 7g Fat: 62g



**SNACK PEPPERONI SLICES & OLIVES**



**BREAKFAST**  
**KETO ACTIVATE & COCONUT PORRIDGE**

- 2 tbsp butter or coconut oil
- 1 organic egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 4 tbsp coconut cream
- 1 pinch Pink Himalayan salt

**INSTRUCTIONS**

1. Add all ingredients to a non-stick saucepan. Mix well and place over low heat. Stir constantly until you achieve your desired texture.
2. Serve with coconut milk or cream. Top your porridge with a few fresh or frozen berries and enjoy!

Calories: 350 | Net Carbs: 14g | Fat: 39g



**DINNER**  
**GARLIC GHEE PAN-FRIED COD**

- 1 cod filet
- 1 tbsp ghee
- 2 cloves of garlic, minced
- 1 tbsp garlic powder
- Salt to taste

**INSTRUCTIONS**

1. Melt the ghee in a frying pan.
2. Add in half the minced garlic to the pan.
3. Place the cod filets into the pan and cook on medium to high heat. Sprinkle with salt and garlic powder.
4. Wait for the white color to creep halfway up the side of the fish and then flip the fish and add the rest of the minced garlic.
5. Cook until the whole filet turns a solid white color. Serve with some of the garlic and ghee from the pan.

232 Net Carbs: 0g Fat: 14g



**LUNCH**  
**WHIP IT UP WHITE LASAGNA**

- 1 lb ground beef
- 2 cups alfredo sauce
- 2 cups full fat cottage cheese
- 1 pastured egg
- ½ tsp salt
- ¼ tsp garlic salt
- ¼ cup onion, diced
- 12 oz frozen spinach, thawed
- 2 cups shredded mozzarella

**INSTRUCTIONS**

1. Preheat oven to 350° F.
2. Brown the ground beef until fully cooked.
3. Add alfredo sauce and garlic salt. Set aside.
4. Whisk together drained cottage cheese, egg, salts, and onion.
5. Start layering in a casserole dish with meat first, cottage cheese second and spinach third and then half of the mozzarella.
6. Layer one more time, meat, cottage cheese, spinach, and mozzarella.
7. Bake 40 minutes uncovered until cheese is golden.

Calories: 3367 | Net Carbs: 63g | Fat: 240g



**SNACK**  
**HIGH-FAT NUT OR NUT BUTTERS**



**BREAKFAST**  
**KETO ACTIVATE & HUEVOS RANCHEROS**

- 2 tbsp coconut oil
- 2 garlic cloves, minced
- ½ orange bell pepper, chopped
- ½ yellow onion, chopped
- 1 fresh jalapeño, minced
- 1 tomato, diced
- 2 organic eggs
- ½ avocado
- fresh cilantro

**INSTRUCTIONS**

1. Heat half of the coconut oil in a skillet over medium heat.
2. Sauté garlic, bell pepper, onion and jalapeño for 3 minutes, or until the onion is translucent and the peppers have softened slightly.
3. Add in diced tomatoes and sauté for 5 minutes; set aside.
4. Place a separate nonstick skillet over medium-low heat and add remaining coconut oil.
5. Slow-cook the eggs for approximately 6 minutes, until the whites cook through.
6. Plate the eggs topped with the salsa, and garnish with cilantro and avocado slices.

Serves: 2  
Calories: 331 | Net Carbs: 10g | Fat: 24g



**LUNCH**  
**FANCY FRIED EGG SALAD**

- 4 oz deli ham, diced
- 2 romaine lettuce heads, chopped
- 1 avocado
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Pink Himalayan salt and cracked black pepper, to taste
- 2 pastured eggs
- 2 tbsp grass-fed butter

**INSTRUCTIONS**

1. Toss together the ham, chopped lettuce, and avocado with olive oil and lemon juice.
2. Melt 2 tbsp butter to a saute pan on medium heat.
3. Add both cracked eggs to the heated oil.
4. Cook for 2 minutes with a lid.
5. When the egg is almost completely solid, flip it and remove the lid.
6. Cook 10 more seconds for over easy, 30-45 more seconds for well cooked.
7. Serve eggs warm on top of the salad.

Calories: 945 | Net Carbs: 5g | Fat: 86g



**DINNER SUPER SAVORY OLIVE**  
**TAPENADE AND MEATBALLS**

**MEATBALLS**

- 1lb ground beef
- 2 tbsp fresh oregano
- 1 pastured egg
- 2 teaspoons salt
- 1 teaspoon cracked black pepper
- 1 tbsp extra virgin olive oil

**TAPENADE**

- 1 cup green olives
- 1 tbsp fresh oregano
- 2 cloves garlic

**INSTRUCTIONS**

1. Mix together beef, oregano, egg, salt, pepper together and form 12 meatballs
2. Saute the meatballs in olive oil until internal temperature is 165° F.
3. Soak green olives in warm water for 5 minutes and drain.
4. Add tapenade ingredients to a food processor and pulse several times.
5. Serve meatballs on top of tapenade and add zoodles for a fun twist.

Serves: 2  
Calories: 509 | Net Carbs: 4g | Fat: 36g



**SNACK**  
**PERFECT PEANUT BUTTER FAT BOMB**

- ½ cup natural peanut butter
- ½ coconut oil (liquid form)
- 2 tbsp unsweetened cocoa powder
- 3 squirts stevia

**INSTRUCTIONS**

Mix all ingredients and freeze for 45 minutes then move to the refrigerator and enjoy.

Serves: 12  
Calories: 152 | Net Carbs: 4g | Fat: 46g





**BREAKFAST KETO ACTIVATE & BACON MUSHROOM CASSEROLE**

- 1 cup mushrooms
- ½ package bacon
- 4 tbsp grass-fed butter
- 8 organic eggs
- 1 cup heavy whipping cream
- ½ cup shredded cheddar cheese
- 1 tsp onion powder
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Preheat the oven to 400° F.
2. Trim the mushrooms and cut them in quarters. Dice the bacon.
3. Fry the bacon and mushrooms in butter in a skillet over medium-high heat until golden brown. Season with salt and pepper to taste.
4. Place contents the of the skillet in a greased baking dish.
5. Add remaining ingredients to a medium-sized bowl and whisk to combine. Season with salt and pepper.
6. Pour egg mixture over the bacon and mushrooms and bake in the oven for 30-40 minutes or until golden brown on top and set in the middle.
7. Cover with a piece of aluminum foil if the top of the casserole is at risk of burning before it's cooked through.

Serves: 6  
Calories: 348 | Net Carbs: 3g | Fat: 32g



**DINNER BUTTERED FILET MIGNON WITH ASPARAGUS SAUTE**

- 2 beef filet medallions or mignon
- 6 asparagus shoots, chopped
- 4 cherry tomatoes, halved
- 2 mushrooms, diced
- ¼ onion, diced
- ¼ cup parsley, chopped
- ½ tbsp fresh ginger, grated
- 1 tbsp extra virgin olive oil
- Pink Himalayan salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Season steaks with salt and pepper.
2. Heat up oil in a pan until medium-high heat and brown each side of the fillet, until it has a nice color, about 1 minute.
3. Add 1 tbsp butter to the pan, let melt and then baste the steaks another 30 seconds to 1 minute. The rare internal temperature will be at 140 F and well done will be 170 F.
4. Remove from heat and let rest 5 minutes before slicing the steak.
5. In the same steak oil, add the onions until translucent and then add the asparagus and mushrooms until soft.
6. Add tomatoes, parsley, and ginger last and cook 2 more minutes. Cut up steaks and serve with veggies.

Serves: 4  
Calories: 361 | Net Carbs: 8g | Fat: 9g



**LUNCH WHIP IT UP WHITE LASAGNA**

- 1 lb ground beef
- 2 cups alfredo sauce
- 2 cups full fat cottage cheese
- 1 pastured egg
- ½ tsp salt
- ¼ tsp garlic salt
- ¼ cup onion, diced
- 12 oz frozen spinach, thawed
- 2 cups shredded mozzarella

**INSTRUCTIONS**

1. Preheat oven to 350° F.
2. Brown the ground beef until fully cooked.
3. Add alfredo sauce and garlic salt. Set aside.
4. Whisk together drained cottage cheese, egg, salts, and onion.
5. Start layering in a casserole dish with meat first, cottage cheese second and spinach third and then half of the mozzarella.
6. Layer one more time, meat, cottage cheese, spinach, and mozzarella.
7. Bake 40 minutes uncovered until cheese is golden.

Calories: 3367 | Net Carbs: 63g | Fat: 240g



**SNACK BLUEBERRY & CREAM JELLIES**

- 1 cup heavy cream
- 1 cup fresh or frozen blueberries
- 4-6 drops of liquid stevia
- ½ cup grass-fed gelatin powder
- 1 cup water

**INSTRUCTIONS**

1. Divide water and gelatin into 2 small bowls - set aside.
2. Heat up blueberries in a small saucepan with sweetener and smash slightly.
3. In a separate saucepan heat up the cream to a gentle simmer. Add 1 bowl of gelatin/water to the cream and whisk until dissolved.
4. Strain the liquid from the blueberries and then put back over medium heat in a clean pan.
5. Add the second bowl of gelatin/water to the pan of blueberries and whisk until dissolved.
6. In your gelatin mold, add a layer of the blueberry mix and cool in the refrigerator until set.
7. Once set, pour your layer of cream to the top, or partially if you want another layer of blueberry once the cream has set.
8. All layers should set within 4 hours, save for up to 2 weeks in the refrigerator.

Serves: 8  
Calories: 135 | Net Carbs: 3g | Fat: 29g



**BREAKFAST**  
**KETO ACTIVATE & EGGS BENEDICT**

**For the Mug Bread**

- 1 tsp grass-fed butter
- 1 tbsp almond flour
- 1 tbsp coconut flour
- ¾ tsp baking powder
- 1 pinch salt
- 1 organic egg
- 1 tbsp heavy whipping cream

**For the Hollandaise Sauce**

- 6 tbsp grass-fed butter
- 2 organic egg yolks
- 1 tbsp water
- 1 tbsp lemon juice
- Pink Himalayan salt and pepper
- 1 pinch cayenne pepper

**For the Poached Eggs**

- 1 tbsp white vinegar
- 2 organic eggs

**INSTRUCTIONS**

**For the Mug Bread**

1. Grease a large cup or ramekin with butter. Mix all dry ingredients in the cup with a fork or spoon. Crack in eggs and mix well. Stir in cream. Combine until smooth and make sure there are no lumps.
2. Microwave on high for 2 minutes. Check if the bread is done in the middle — if not, microwave for another 15-30 seconds.
3. Let cool and remove from cup. Slice in half.

**For the Hollandaise Sauce**

1. Melt butter in a saucepan or microwave oven and let cool for a few minutes.
2. Mix egg yolks and water in a pot and place in a water bath.
3. Simmer while stirring constantly until sauce thickens slightly.
4. Remove the pot from the water bath and slowly drizzle butter into eggs while whisking constantly.
5. Season with lemon, salt, pepper, and some cayenne pepper.

**For the Poached Eggs**

1. Add plenty of water with vinegar in a saucepan. Bring to a simmer but make sure the water is not boiling.
2. Crack in eggs one at a time. Let simmer for 3 minutes.
3. Remove eggs with a slotted spoon and plunge into cold water. Put the eggs on a plate and trim any rough edges.

Calories: 463 | Net Carbs: 11g | Fat: 35g

- 1 cup coconut milk, chilled overnight
- 1 tbsp lime juice
- ½ cup cilantro, chopped
- Pink Himalayan salt and cracked black pepper, to taste
- 1 tsp heavy cream

**INSTRUCTIONS**

1. Blend all ingredients until smooth.
2. Let chill for 10 minutes in the refrigerator and then serve with a dollop of heavy cream.

Serves: 2  
Calories: 369 | Net Carbs: 7g | Fat: 37g



**DINNER GARLICKY BAKED LEMON SHRIMP & CAULIFLOWER RICE**

**For the Cauliflower Rice**

- 3 tbsp extra virgin olive oil
- 3 cloves garlic, minced
- 2 cups riced cauliflower
- 1 teaspoon dried thyme
- 2 tbsp fresh parsley
- Pink Himalayan salt and cracked black pepper, to taste

**For the Lemon Shrimp**

- 1lb shrimp, peeled and deveined
- 8 cloves garlic, minced
- ½ tbsp lemon juice
- 2 tbsp grass-fed ghee
- ½ teaspoon Pink Himalayan salt
- ¼ teaspoon cracked black pepper
- 1 bell pepper, chopped
- 4 small mushrooms
- ½ zucchini, sliced

**INSTRUCTIONS**

**For the Cauliflower Rice**

1. Heat up oil in a skillet over medium heat and saute garlic for about 1 minute, careful not to burn.
2. Turn heat up to high and add riced cauliflower and thyme, mix well.
3. Saute about 3-5 minutes, until it's as tender as you prefer.
4. Take off heat and stir in parsley.
5. Season with salt/pepper and serve with shrimp.

**For the Lemon Shrimp**

1. Preheat oven to 400° F
2. Melt ghee and combine garlic, salt, pepper and ghee in a small bowl. Save half of the mixture for serving later.
3. Dredge the shrimp in the first half of the mixture and prep on a skewer with the peppers, mushrooms and zucchini slices.
4. Bake the skewers approximately 5 minutes on each side.
5. Serve on top of the rice with the extra ghee spooned on top.

Serves: 2  
Calories: 652 | Net Carbs: 11g | Fat: 36g



**LUNCH**  
**COOL AVOCADO CILANTRO SOUP**

- 1 medium ripe avocado
- 2 romaine lettuce leaves



**BREAKFAST**  
**KETO ACTIVATE & BACON AND EGGS**

- 4 slices of no added sugar bacon
- 2 organic eggs
- 1 handful spinach

**INSTRUCTIONS**

1. Fry the bacon. Set to one side.
2. In the same skillet, fry the eggs without removing the bacon fat. Add to a plate.
3. Finally, fry off a handful of spinach in the same bacon fat and season with a pinch of Pink Himalayan salt and cracked black pepper. Serve hot and ready.

Calories: 330 Net Carbs: 2g Fat: 23g

**INSTRUCTIONS**

1. Heat up the broth in a pan.
2. Add chopped vegetables, pepper and spices and garlic to the broth.
3. Add salmon and lemon and cook 5 minutes or until salmon is flaky.
4. Once salmon is flaky, drop 2 eggs into the water and let cook on simmer for at least 4 minutes.

Calories: 1653 | Net Carbs: 8g | Fat: 95g



**LUNCH**  
**GUACAMOLE TOPPED SCRAMBLED EGGS**

- 3 organic eggs
- 1 tbsp coconut oil
- ¼ cup guacamole
- Pink Himalayan salt and pepper, to taste

**INSTRUCTIONS**

1. Place the coconut oil into a pan. Add the eggs and scramble over a low heat.
2. Place the scrambled eggs into a bowl and top with the guacamole.

Calories: 385 | Net Carbs: 5g | Fat: 31g



**SNACK KETO-FRIENDLY DARK CHOCOLATE & ALMONDS**



**DINNER**  
**SAVORY SPICY SALMON STEW**

- 16 oz bone broth
- 2 salmon fillets
- 2 cups spinach, roughly chopped
- 1 zucchini, chopped
- 1 clove garlic, minced
- 1 teaspoon lemon juice
- Pink Himalayan salt and cracked black pepper, to taste
- 2 free-range eggs



**BREAKFAST**  
**KETO ACTIVATE & SPINACH FRITTATA**

- ½ cup diced chorizo
- 2 tbsp butter, for frying
- 1 cup fresh spinach
- 8 organic eggs
- 1 cup heavy whipping cream
- ½ cup shredded cheese
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Preheat the oven to 350° F.
2. Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
3. Whisk the eggs and cream together and pour into a greased baking dish (9x9 inches) or in individual ramekins.
4. Add the bacon, spinach, and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.

Serves: 2  
Calories: 884 Net Carbs: 6g Fat: 81g

**INSTRUCTIONS**

1. Line baking sheet with aluminum foil and place a rack on top, spray with nonstick cooking spray. Set aside.
2. Crush pork rinds in large zip lock bag. Add parmesan to bag and shake to mix.
3. Beat two eggs in a bowl. Set aside,
4. Combine almond flour, salt, cayenne, oregano, garlic and onion powder in a bowl. Set aside.
5. Set up a breading station in this order: flour mixture, then eggs, lastly, pork rinds/cheese mixture.
6. Dredge chicken in flour mixture, then egg, then add to pork rind bag, seal and shake to coat chicken in pork rinds.
7. Place “breaded” chicken strips on a baking rack. Repeat the breading process for all chicken strips.
8. Bake in 425° F oven for 25-30 minutes or until cooked through and crispy.

Serves: 12  
Calories: 1458 | Net Carbs: 11g | Fat: 76g



**LUNCH**  
**TURKEY ARUGULA SALAD**

- 3.5 oz arugula leaves
- 4 oz turkey deli meat or turkey breast meat, diced into small pieces
- 10 raspberries
- 1 cucumber, diced
- 2 Tablespoons olive oil
- ½ a lime, juiced

**INSTRUCTIONS**

Toss all the ingredients together in a large bowl and enjoy.

Calories: 349 | Net Carbs: 7g | Fat: 29g



**DESSERT**  
**IRRESISTIBLY FUDGY BROWNIES**

- ½ cup grass-fed butter, melted
- ⅔ cup powdered erythritol
- 3 large organic eggs
- ½ teaspoon vanilla extract
- ½ cup almond flour
- ⅓ cup cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup water
- ⅓ cup sugar-free chocolate chips

**INSTRUCTIONS**

1. Preheat the oven to 350° F and grease an 8x8 inch baking pan.
2. In a large bowl, whisk together the butter, sweetener, eggs, and vanilla extract.
3. Add the almond flour, cocoa powder, baking powder, and salt and whisk until well combined. Stir in the water to thin the batter. Stir in the chocolate chips, if using.
4. Spread the batter in the prepared baking pan. Bake 15 to 20 minutes, until the edges are set, but the center still seems a tiny bit wet.
5. Remove and let cool completely in the pan.

Serves: 8  
Calories: 236 | Net Carbs: 6g | Fat: 27g



**DINNER FINGER-LICKIN’ CRISPY**  
**CHICKEN TENDERS**

- 3 chicken breasts, cut into strips
- 2 organic eggs
- 1 bag pork rinds
- ⅓ cup parmesan cheese, grated
- 1 cup almond flour
- 1 tsp salt
- Pinch cayenne pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp oregano
- Avocado oil, for frying



**BREAKFAST KETO ACTIVATE & CAULIFLOWER HASH BROWNS**

- 1 ½ cups cauliflower
- 3 eggs
- ½ yellow onion, grated
- 1 tsp Pink Himalayan salt and cracked black pepper
- 8 tbsp butter, for frying

**INSTRUCTIONS**

1. Rinse, trim and grate the cauliflower using a food processor or grater.
2. Add cauliflower to a large bowl. Add remaining ingredients and mix. Set aside for 5-10 minutes.
3. Melt a generous amount of butter or oil on medium heat in a large skillet. The cooking process will go quicker if you plan to have room for 3-4 pancakes (about 3-4 inches each) at a time. Use the oven on low heat to keep the first batches of pancakes warm while you make the others.
4. Place scoops of the grated cauliflower mixture in the frying pan and flatten them carefully until they measure about 3-4 inches in diameter.
5. Fry for 4-5 minutes on each side. Adjust the heat to make sure they don't burn. Remember — patience is a virtue — if you flip the pancakes too soon they may fall apart!

Calories: 164 | Net Carbs: 5g | Fat: 11g



**LUNCH MINI BEEF SLIDERS**

- 12 oz ground beef, seasoned
- 2 tbsp mustard
- ⅔ cup almond flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 pastured eggs
- 2 tbsp avocado or extra virgin olive oil

**Garnishes**

- Mustard
- Olive oil mayonnaise
- Romaine or iceberg lettuce
- Tomatoes
- Onion slices
- Pickles

**INSTRUCTIONS**

1. Season ground beef with salt and pepper and form 4 patties 2-3" in diameter.
2. Saute the patties on medium heat until well browned or to the preferred temperature.
3. Make bread by combining flour, baking powder, salt, eggs and oil and dividing between 2 ramekins or mugs. Microwave on high for 90 seconds and then let cool.

Serves: 2  
Calories: 609 | Net Carbs: 4g | Fat: 48g



**DINNER KETO KICKIN' BUFFALO CHICKEN BACON RANCH PIZZA**

**For the Dough**

- 3 cups shredded mozzarella
- 1 ½ cup almond flour
- 4 tbsp. cream cheese, cubed
- 2 eggs, beaten

**For the Toppings**

- ¼ - ½ cup organic low carb ranch dressing
- 3 cups fully cooked chicken pieces
- ½ cup Franks hot sauce
- 1 tbsp grass-fed butter
- 8-10 slices bacon, cooked and chopped into small pieces
- 12 oz shredded cheese
- Pink Himalayan salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Combine mozzarella and cream cheese in microwave safe bowl and microwave for 2 minutes or until fully melted. Stir to combine.
2. Add almond flour and egg, mix until thoroughly combined. You can use wet hands to knead the dough so that all ingredients become fully incorporated.
3. Using wet hands, spread dough onto parchment lined baking sheet. Wet hands prevent sticking. Poke holes all over dough with a fork to avoid bubbles while baking.
4. Bake in 425-degree oven 8-10 minutes.
5. While crust bakes, combine butter and hot sauce and microwave for about 30 seconds or until butter is melted. Whisk to combine. Add chicken to sauce and toss to coat.
6. When the crust is done, remove from oven, Spread ¼-½ cup ranch dressing on top of the crust, as you would pizza sauce. You will do this to taste, depending on the size. I spread a very thin layer. You can save extra to serve with pizza.
7. Top with half of the cheese. Next add chicken, bacon, and finish with remaining cheese. Season with salt and pepper. Return to oven for about 10-14 minutes or until done.
8. If desired, top with sliced scallions. Serve with extra ranch, if desired.

Serves: 8  
Calories: 659 | Net Carbs: 7g | Fat: 375g



**BREAKFAST KETO ACTIVATE & BACON MUSHROOM CASSEROLE**

- 1 cup mushrooms
- ½ package bacon
- 4 tbsp grass-fed butter
- 8 organic eggs
- 1 cup heavy whipping cream
- ½ cup shredded cheddar cheese
- 1 tsp onion powder
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Preheat the oven to 400° F.
2. Trim the mushrooms and cut them in quarters. Dice the bacon.
3. Fry the bacon and mushrooms in butter in a skillet over medium-high heat until golden brown. Season with salt and pepper to taste.
4. Place contents the of the skillet in a greased baking dish.
5. Add remaining ingredients to a medium-sized bowl and whisk to combine. Season with salt and pepper.
6. Pour egg mixture over the bacon and mushrooms and bake in the oven for 30-40 minutes or until golden brown on top and set in the middle.
7. Cover with a piece of aluminum foil if the top of the casserole is at risk of burning before it's cooked through.

Serves: 6  
Calories: 348 | Net Carbs: 3g | Fat: 32g



**DINNER LEMON CAULIFLOWER TOTALLY TABOULI SALAD**

- 1 cup diced cauliflower
- 2 tbsp parsley, finely diced
- 3 mint leaves, finely diced
- 1 diced tomato
- ¼ cup lemon juice
- 1 tbsp extra virgin olive oil
- Pink Himalayan salt and cracked black pepper, to taste
- 5 kalamata olives
- 1 tbsp feta cheese

**INSTRUCTIONS**

1. Using a food processor, cut up the cauliflower into small rice size pieces
2. Mix all ingredients together and serve cold with kalamata olives and feta cheese.

Calories: 274 | Net Carbs: 11g | Fat: 23g



**LUNCH CHICKEN CURRY WITH CUCUMBER BERRYLICIOUS SALAD**

- 1 chicken breast, sliced into 1" pieces
- 1 tbsp extra virgin olive oil
- ¼ caramelized onion, diced
- ½ red bell pepper, diced into chunks
- ½ cucumber, sliced
- 1 tbsp sliced almonds
- 1 cup blueberries
- ¼ cup chilled coconut milk
- 1 tbsp curry powder
- Pink Himalayan salt and cracked black pepper, to taste
- 2 tbsp cilantro, finely chopped
- Romaine or iceberg lettuce leaves

**INSTRUCTIONS**

1. Saute chicken in oil until cooked through to 165° F internal temperature and slightly browned. Set aside.
2. Add bell pepper, cucumber, almonds, blueberries, and onion.
3. Mix everything except lettuce together and add salt/pepper to taste.
4. Wrap in a lettuce leaf or as a salad.

Serves: 2  
Calories: 319 | Net Carbs: 14g | Fat: 18g



**SNACK BONE BROTH AND CREAMY BRIE CHEESE**



**BREAKFAST**  
**KETO ACTIVATE & COCONUT PORRIDGE**

- 2 tbsp butter or coconut oil
- 1 organic egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 4 tbsp coconut cream
- 1 pinch Pink Himalayan salt

**INSTRUCTIONS**

1. Add all ingredients to a non-stick saucepan. Mix well and place over low heat.
2. Stir constantly until you achieve your desired texture.
3. Serve with coconut milk or cream. Top your porridge with a few fresh or frozen berries and enjoy!

Calories: 350 | Net Carbs: 14g | Fat: 39g



**LUNCH**  
**GREEK BOWL**

- 1 bag kale or lettuce
- 1 cup grape tomatoes, quartered
- ½ cucumber, diced
- ½ cup red onion, chopped
- ¼ cup chopped Kalamata olives
- 1 cup crumbled feta cheese
- 2 cups cooked chicken
- ¼ cup sliced Pepperoncini peppers
- Balsamic vinaigrette to taste

**INSTRUCTIONS**

Add all ingredients to the bowl. Top with balsamic vinaigrette.

Calories: 437 | Net Carbs: 78g | Fat: 23g



**DINNER CARNE ASADA & CHIMICHURRI SAUCE**

**For the Carne Asada**

- 1 lb flank or skirt steak
- 1 tbsp lime juice
- 2 tbsp avocado oil
- 1 tbsp apple cider vinegar
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 tsp dried oregano leaves
- 2 tbsp chopped cilantro
- ½ tsp cayenne pepper
- ½ tsp ground black pepper
- 1 tsp salt

**For the Chimichurri Sauce**

- ½ cup chopped parsley
- 4 cloves garlic, chopped
- ½ cup olive oil
- 1 tsp lemon zest
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- ¼ cup red wine vinegar
- ½ tsp salt, to taste

**INSTRUCTIONS**

1. Preheat grill to 450 F.
2. Combine the lime juice, avocado oil, cider vinegar, garlic, cumin, oregano, cilantro, cayenne, black pepper, and salt in a bowl or gallon-sized plastic bag. Mix well and add the steak to the marinade, turning to coat thoroughly.
3. Seal the bag or bowl and marinate in the refrigerator for at least 2 hours, preferably overnight for the best flavor. Remove from the fridge 30 minutes prior to cooking.
4. Grill the steaks on the heated grill for 2-3 minutes per side, or until done to your satisfaction.
5. Remove the meat from heat and let it rest 10 minutes before slicing.
6. For the Chimichurri sauce, blend all ingredients in a food processor or blender. Serve chilled or at room temperature.

Serves: 4

Calories: 406 | Net Carbs: 3g | Fat: 35g



**DESSERT**  
**IRRISISTIBLY FUDGY BROWNIES**

- ½ cup grass-fed butter, melted
- ⅔ cup powdered erythritol
- 3 large organic eggs
- ½ teaspoon vanilla extract
- ½ cup almond flour
- ⅓ cup cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup water
- ⅓ cup sugar-free chocolate chips

**INSTRUCTIONS**

1. Preheat the oven to 350° F and grease an 8x8 inch baking pan.
2. In a large bowl, whisk together the butter, sweetener, eggs, and vanilla extract.
3. Add the almond flour, cocoa powder, baking powder, and salt and whisk until well combined. Stir in the water to thin the batter. Stir in the chocolate chips, if using.
4. Spread the batter in the prepared baking pan. Bake 15 to 20 minutes, until the edges are set, but the center still seems a tiny bit wet.
5. Remove and let cool completely in the pan.

Serves: 8

Calories: 236 | Net Carbs: 6g | Fat: 27g



**BREAKFAST**  
**KETO ACTIVATE & HUEVOS RANCHEROS**

- 2 tbsp coconut oil
- 2 garlic cloves, minced
- ½ orange bell pepper, chopped
- ½ yellow onion, chopped
- 1 fresh jalapeño, minced
- 1 tomato, diced
- 2 organic eggs
- ½ avocado
- fresh cilantro

**INSTRUCTIONS**

1. Heat half of the coconut oil in a skillet over medium heat.
2. Sauté garlic, bell pepper, onion and jalapeño for 3 minutes, or until the onion is translucent and the peppers have softened slightly.
3. Add in diced tomatoes and sauté for 5 minutes; set aside.
4. Place a separate nonstick skillet over medium-low heat and add remaining coconut oil.
5. Slow-cook the eggs for approximately 6 minutes, until the whites cook through.
6. Plate the eggs topped with the salsa, and garnish with cilantro and avocado slices.

Serves: 2  
Calories: 331 | Net Carbs: 10g | Fat: 24g

- 2 teaspoons Italian seasoning
- 2 tbsp extra virgin olive oil
- 2 cups cherry tomatoes, quartered
- 1 cup fresh basil
- 1 zucchini, shredded or spiralized

**INSTRUCTIONS**

1. Whisk egg, salt, pepper, garlic powder, and seasoning.
2. Saturate chicken with egg mixture.
3. Heat up saute pan with olive oil.
4. Add chicken and cook through until internal temperature is 165° F.
5. Add tomatoes and basil and cook a few more minutes.
6. Serve warm on top of zucchini noodles.

Serves: 2  
Calories: 470 | Net Carbs: 9g | Fat: 26g



**SNACK KETO-FRIENDLY DARK CHOCOLATE & ALMONDS**



**LUNCH**  
**GARLIC BACON WRAPPED CHICKEN BITES**

- 1 large chicken breast, cut into strips
- 3 thin slices of bacon, cut into thirds
- 3 Tablespoons garlic powder

**INSTRUCTIONS**

1. Preheat oven to 400° F and line a baking tray with aluminum foil.
2. Place the garlic powder into a bowl and dip each chicken bite into the garlic powder.
3. Wrap each short bacon piece around each garlic chicken bite. Place the bacon wrapped chicken bites on the baking tray. Try to space them out so they're not touching.
4. Bake for 25-30 minutes until the bacon turns crispy. Turn the pieces after 15 minutes if you can remember.

Calories: 667 | Net Carbs: 20g | Fat: 32g



**DINNER MEDITERRANEAN CHICKEN AND ZOODLES NOODLES**

- 2 chicken breasts, sliced into 1" pieces
- 2 pastured eggs
- ¼ teaspoon salt
- cracked black pepper
- 2 teaspoons garlic powder





**BREAKFAST**  
**KETO ACTIVATE & SALMON AVOCADO**

- 2 avocados
- 6 oz. smoked salmon
- ¾ cup sour cream
- Salt and pepper

**INSTRUCTIONS**

1. Cut avocados in half and remove the pit.
2. Place a dollop of sour cream in the hollow of the avocado and add smoked salmon on top.

Calories: 995 | Net Carbs: 13g | Fat: 83g

**INSTRUCTIONS**

1. Sauté the onions in the coconut oil until the onions turn translucent.
2. Add in the ground beef and sauté until the beef is pretty much cooked (turns light brown).
3. Use a spatula to stir the beef to ensure it doesn't clump together. Pour out any excess water/oil produced during cooking.
4. When the beef is pretty much cooked, add in the tomatoes, bell pepper, jalapeño pepper, minced garlic, cumin powder, paprika, oregano, chili powder, salt, and pepper.
5. Cook until the tomatoes and peppers are soft.
6. Garnish with cilantro and serve with lettuce wraps or by themselves.

Calories: 805 | Net Carbs: 21g | Fat: 44g



**LUNCH**  
**GARLIC GHEE PAN-FRIED COD**

- 1 cod filet
- 1 tbsp ghee
- 2 cloves of garlic, minced
- 1 tbsp garlic powder
- Salt to taste

**INSTRUCTIONS**

1. Melt the ghee in a frying pan.
2. Add in half the minced garlic to the pan.
3. Place the cod filets into the pan and cook on medium to high heat. Sprinkle with salt and garlic powder.
4. Wait for the white color to creep halfway up the side of the fish and then flip the fish and add the rest of the minced garlic.
5. Cook until the whole filet turns a solid white color. Serve with some of the garlic and ghee from the pan.

232 Net Carbs: 0g Fat: 14g



**DESSERT**  
**DIPPIN' STRAWBERRIES**

- 1 ½ cups Lily's chocolate chips
- 2 tbsp coconut oil
- 1-2 lbs fresh strawberries

**INSTRUCTIONS**

1. Combine chocolate chips and coconut oil in a microwave-safe bowl and melt together in the microwave for 1-2 minutes, or until chips are fully melted.
2. Check every 30 seconds or so, as to not overcook.
3. When melted, stir to combine, let cool 3-5 minutes.
4. Dip strawberries in chocolate to coat. Place strawberries onto a baking sheet coated with wax or parchment paper to dry.
5. If desired, decorate with crushed nuts or shredded unsweetened coconut, while chocolate is still wet.
6. Refrigerate for 20-30 minutes or until fully hardened.

Serves: 16 | Service Size: 2 strawberries  
Calories: 47 | Net Carbs: 2g | Fat: 4g



**DINNER**  
**TACO BOWL**

- 1 lb ground beef
- 1 small onion, diced
- 2 small tomatoes, diced
- 1 bell pepper, diced
- 1 jalapeño pepper, deseeded and diced
- 2 cloves of garlic, minced
- 1 Tablespoon cumin powder
- 1 Tablespoon paprika
- 1 Tablespoon dried oregano
- ¼ teaspoon chili powder
- Salt and pepper to taste
- ¼ cup cilantro, finely chopped for garnish
- 1 Tablespoon coconut oil to cook with
- Lettuce leaves to serve



**BREAKFAST**  
**KETO ACTIVATE & BACON AND EGGS**

- 4 slices of no added sugar bacon
- 2 organic eggs
- 1 handful spinach

**INSTRUCTIONS**

1. Fry the bacon. Set to one side.
2. In the same skillet, fry the eggs without removing the bacon fat. Add to a plate.
3. Finally, fry off a handful of spinach in the same bacon fat and season with a pinch of Pink Himalayan salt and cracked black pepper. Serve hot and ready.

Calories: 330 Net Carbs: 2g Fat: 23g

- 8-10 slices bacon, cooked and chopped into small pieces
- 12 oz shredded cheese
- Pink Himalayan salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Combine mozzarella and cream cheese in microwave safe bowl and microwave for 2 minutes or until fully melted. Stir to combine.
2. Add almond flour and egg, mix until thoroughly combined. You can use wet hands to knead the dough so that all ingredients become fully incorporated.
3. Using wet hands, spread dough onto parchment lined baking sheet. Wet hands prevent sticking. Poke holes all over dough with a fork to avoid bubbles while baking.
4. Bake in 425-degree oven 8-10 minutes.
5. While crust bakes, combine butter and hot sauce and microwave for about 30 seconds or until butter is melted. Whisk to combine. Add chicken to sauce and toss to coat.
6. When the crust is done, remove from oven, Spread ¼-½ cup ranch dressing on top of the crust, as you would pizza sauce. You will do this to taste, depending on the size. I spread a very thin layer. You can save extra to serve with pizza.
7. Top with half of the cheese. Next add chicken, bacon, and finish with remaining cheese. Season with salt and pepper. Return to oven for about 10-14 minutes or until done.
8. If desired, top with sliced scallions. Serve with extra ranch, if desired.

Serves: 8  
Calories: 659 | Net Carbs: 7g | Fat: 375g



**LUNCH EASY ZUCCHINI BEEF SAUTE WITH GARLIC AND CILANTRO**

- 10 oz beef, sliced into 1-2 inch strips
- 1 zucchini cut into 1-2 inch long thin strips
- ¼ cup cilantro, chopped
- 3 cloves of garlic, diced or minced
- 2 tbsp gluten-free tamari sauce
- Extra virgin olive oil

**INSTRUCTIONS**

1. Place 2 tablespoons of avocado oil into a frying pan on high heat.
2. Add the strips of beef into the frying pan and saute for a few minutes on high heat.
3. When the beef is browned, add in the zucchini strips and keep sauteing. When the zucchini is soft, add in the tamari sauce, garlic, and cilantro.
4. Saute for a few minutes more and serve immediately.

Serves: 2  
Calories: 506 | Net Carbs: 7g | Fat: 31g



**DESSERT**  
**CREAMY CHOCOLATE FAT BOMBS**

- 8 oz block cream cheese, softened
- 8 oz grass-fed butter, softened
- ½ cup powdered erythritol
- ½ cup almond flour
- ½ cup unsweetened cocoa powder
- ¼ tsp salt
- ¼ tsp vanilla
- 10-20 drops liquid stevia to taste
- ⅔ cup sugar-free dark chocolate chips
- ½ scoop of [Keto Activate](#)

**INSTRUCTIONS**

1. Combine the butter and cream cheese into a large bowl using a hand mixer.
2. Add in the almond flour, cocoa powder, erythritol, stevia, vanilla extract, and salt and combine. Use [Keto Activate](#) if you prefer a more rich and chocolatey taste.
3. Store in refrigerator up to 2 weeks.

Makes: 16 | Serving Size: 1  
Calories: 233 | Net Carbs: 3g | Fat: 23g



**DINNER KETO KICKIN' BUFFALO CHICKEN BACON RANCH PIZZA**

**For the Dough**

- 3 cups shredded mozzarella
- 1 ½ cup almond flour
- 4 tbsp. cream cheese, cubed
- 2 eggs, beaten

**For the Toppings**

- ¼ - ½ cup organic low carb ranch dressing
- 3 cups fully cooked chicken pieces
- ½ cup Franks hot sauce
- 1 tbsp grass-fed butter



**BREAKFAST**  
**KETO ACTIVATE & SHRIMP DEVILED EGGS**

- 4 organic eggs
- 1 tsp Tabasco
- ¼ cup mayonnaise
- 1 pinch Pink Himalayan salt
- Cracked black pepper
- 8 cooked and peeled shrimp
- Fresh Dill

**INSTRUCTIONS**

1. Start by boiling the eggs by placing them in a pot and covering them with water. Place the pot over medium heat and bring to a light boil.
2. Boil for 8-10 minutes to make sure the eggs are hard boiled.
3. Remove the eggs from the pot and place in an ice bath for a few minutes before peeling.
4. Split the eggs in half and scoop out the yolks. Place the egg whites on a plate.
5. Mash the yolks with a fork and add Tabasco, salt, and mayonnaise.
6. Add the mixture, using two spoons, to the egg whites and top with a shrimp on each. Decorate with dill.

Calories: 696 | Net Carbs: 5g | Fat: 59g



**LUNCH**  
**TAMARI MARINATED STEAK SALAD**

- 1 cup diced romaine lettuce
- ½ red bell pepper, chopped
- 6-8 medium tomatoes, chopped
- 4 radishes, diced
- 2 tbsp olive oil
- ½ tsp fresh lemon juice
- Pink Himalayan salt to taste and cracked black pepper
- 8 oz skirt steak
- ¼ cup tamari soy sauce

**INSTRUCTIONS**

1. Marinate the steak in tamari soy sauce and preheat the oven to 375° F.
2. Toss the pepper, tomatoes, radishes, and lettuce with 1 tbsp olive oil, lemon juice, salt and pepper
3. Place olive oil into a frying pan on high heat to sear 2 minutes on each side and then place in preheated oven.
4. Remove from oven and let rest for 1 minute. Cut the steak and place on top of salad.

Calories: 867 Net Carbs: 7g Fat: 62g



**DINNER**  
**GARLIC GHEE PAN-FRIED COD**

- 1 cod filet
- 1 tbsp ghee
- 2 cloves of garlic, minced
- 1 tbsp garlic powder
- Salt to taste

**INSTRUCTIONS**

1. Melt the ghee in a frying pan.
2. Add in half the minced garlic to the pan.
3. Place the cod filets into the pan and cook on medium to high heat. Sprinkle with salt and garlic powder.
4. Wait for the white color to creep halfway up the side of the fish and then flip the fish and add the rest of the minced garlic.
5. Cook until the whole filet turns a solid white color. Serve with some of the garlic and ghee from the pan.

232 Net Carbs: 0g Fat: 14g



**SNACK**  
**BLUEBERRY & CREAM JELLIES**

- 1 cup heavy cream
- 1 cup fresh or frozen blueberries
- 4-6 drops of liquid stevia
- ½ cup grass-fed gelatin powder
- 1 cup water

**INSTRUCTIONS**

1. Divide water and gelatin into two small bowls - set aside.
2. Heat up blueberries in a small saucepan with sweetener and smash slightly.
3. In a separate saucepan heat up the cream to a gentle simmer. Add 1 bowl of gelatin and water to the cream and whisk until dissolved.
4. Strain the liquid from the blueberries and then put back over medium heat in a clean pan.
5. Add the 2nd bowl of gelatin/water to the pan of blueberries and whisk until dissolved.
6. In your gelatin mold, add a layer of the blueberry mix and cool in the refrigerator until set.
7. Once set, pour your layer of cream to the top, or partially if you want another layer of blueberry once the cream has set.
8. All layers should set within 4 hours, save for up to 2 weeks in the refrigerator.

Serves: 8  
Calories: 135 | Net Carbs: 3g | Fat: 29g



**BREAKFAST KETO ACTIVATE & SCRAMBLED EGGS WITH BASIL**

- 2 organic eggs
- 2 tbsp sour cream
- Pink Himalayan salt
- 2 tbsp grass-fed butter
- Shredded cheese
- 2 tbsp fresh basil

**INSTRUCTIONS**

1. Melt butter in a pan on low heat.
2. Add cracked eggs, cream, and salt to a small bowl. Give it a light whisk and add to the pan.
3. Stir with a spatula from the edge towards the center until the eggs are scrambled. We like it soft and creamy, not with a crisp surface, which means stirring often on lower heat.
4. You can remove the pan from the heat when you add the mixture; this is usually enough heat to cook creamy soft-scrambled eggs.

Calories: 685 | Net Carbs: 5g | Fat: 61g



**LUNCH AMAZING ACAI BOWL**

- 1 Trader Joe's Acai packet
- 1 can full-fat coconut milk, refrigerated overnight
- 5-10 drops of liquid stevia, to taste

**INSTRUCTIONS**

1. Place the can of coconut milk in the refrigerator overnight before making your bowl. Do not shake the can. You want the solids to separate from the liquid.
2. When you are ready to make your bowl, place frozen acai packet in a bowl of hot water to thaw enough to remove it from the package.
3. Empty the acai into a blender. Remove coconut milk from the fridge and open the can. Notice that the top is solid and yogurt-like. Scoop the solidified coconut milk into the blender, discard liquid remaining in the bottom of the can.
4. Blend acai, coconut milk, and Stevia until combined. Do not over mix; it will become too thin.
5. Pour the mixture into a bowl, and top with desired toppings.

Calories: 298 | Net Carbs: 5g | Fat: 27g



**DINNER BUTTER BELIEVE IT PIZZA**

**For the Crust**

- 3 cups shredded mozzarella
- 1-½ cups almond flour
- 4 tsp cream cheese, cubed
- 2 free-range eggs

**For the Toppings**

- Shredded mozzarella
- Low-sugar pizza sauce
- Optional toppings: pepperoni, sausage, veggies, chicken, etc.

**INSTRUCTIONS**

1. Preheat oven to 425° F.
2. Put the mozzarella and cream cheese in a medium-sized bowl. Microwave for 1 min, stir and then microwave for another 30 seconds, stir. Continue until melted, and stir to combine.
3. Stir egg and almond flour together. Mix egg and flour mixture into cheese mixture. Knead the dough with wet hands until fully combined and resembles a flour dough.
4. Wet hands and spread "dough" thin on parchment paper. Poke rows of holes with a fork to avoid bubbles.
5. Bake for 8-10 minutes. Check the crust and poke any holes if there are bubbles. Add desired toppings.
6. Continue cooking for a total of 10 to 14 minutes or until slightly brown and golden.

Serves: 4

Calories: 566 | Net Carbs: 6g | Fat: 37g



**SNACK DARK CHOCOLATE COCONUT CUPS**

- ¼ cup coconut butter
- ¼ cup coconut oil
- 1 cup unsweetened shredded coconut
- 1 teaspoon organic vanilla extract
- Stevia to taste
- 3 oz 60% dark chocolate

**INSTRUCTIONS**

1. Line your mini muffin pan with liners.
2. Heat up coconut butter and oil into a saucepan on low heat until soft and then add shredded coconut.
3. Take off heat and mix in vanilla and stevia.
4. Pour into muffin pan and then let chill in the refrigerator for 2 hours.
5. Melt the dark chocolate and then spoon on top of a chilled cup.
6. Return to refrigerator for another 2 hours to set.

Serves: 12

Calories: 148 | Net Carbs: 6g | Fat: g