

30 Days of Keto Diet

Meal Plans

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Chapter 1: About This 30-Day Series

The healthy, balanced meals in this keto-friendly 30-day menu plan have been designed for someone who will be eating low-carb but who also has a family to feed and therefore will sometimes need recipes that are flexible for all parties.

It is assumed that the keto breakfasts and lunches in this pack will be prepared for just one or two individuals; for example, a single person or a husband and wife who have opted for low-carb weight loss and therefore they will be eating separate breakfasts and lunches from their children who will likely eat the usual cereal and sandwiches for these meals.

So, serving sizes for breakfasts and lunches are always either “one” or “two.”

Dinner plans are designed to feed a family of four. A typical meat-focused keto-friendly dinner might also include a suggestion to make a starchy side for the non-keto members of the family who will also be enjoying dinner that evening. The keto eaters should opt out of eating the starchy side if they would prefer to remain in ketogenic, fat-burning mode.

Please note that if you're already "not a breakfast person," you may be even less so once you embark on a low-carb lifestyle. This diet, rich in savory foods, will keep you feeling

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full and satisfied. Some people recommend skipping breakfast as part of an "intermittent fast" that you should abide by between the hours of 8 pm and 12 noon. However, it should be just as good if your intermittent fast has you taking a break from food between 7 pm and 9 a.m. The idea here is not to snack in the late-night, early-morning hours.

However, if breakfast works for you, then by all means enjoy the recipes we've included with this 30-day meal plan package. You are in no way expected to follow this to the tee. Instead, it's meant to be a guide that teaches there are plenty of low-carb friendly, healthy and tasty options if you know how to shop, prepare food, and snack strategically.

The final "week" of this meal plan actually covers 10 days. There are 30 days in a month, but we wanted to keep this menu cycling through the work/school week. So, each "week" starts on a Monday and ends on a Sunday, with a few extra days at the end to finish out the full 30 days.

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Chapter 2: Counting Carbs

If you're on a strict ketogenic diet for health reasons such as obesity, prevention of seizures, or diabetes, then ideally you should be working with your dietician, nutritionist or medical doctor who can cover the final details such as portion control or anything else you may need to pay special attention to.

We have included a carb counts reference at the end of this document. However, the exact carbohydrates you'll be consuming will depend on how much of each meal you actually eat. For practical reasons, dinners have been designed to serve 3 to 4 people. Carbohydrate-rich sides can be added for those who are not embarking on a low-carb journey along with you.

Breakfasts and lunch recipes listed here cover just one or two servings. The idea is that if your children will be enjoying carbohydrate-rich foods such as pancakes, waffles, cereal or toast, it's assumed they won't be eating the same breakfast or lunch meal as you will be.

Tips and Hints for Success

To be consistent with low-carb eating means that you have to do some planning ahead. At first, this will seem like extra work. But eventually, you'll get into a groove with shopping, repurposing leftovers and having keto-friendly take-along snacks at the ready. You'll also get into a pattern of knowing where to source out the best nutrition.

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Even if you decide not to make a strict, low-carb lifestyle your way of eating for the rest of your life, being on this diet will dramatically change the way you think about food, and eat, for the better. Many people go on the ketogenic temporarily to drop weight quickly and train themselves to eat much smaller portions of carbohydrates and avoid packaged foods that offer little to no nutritional value.

Here are some helpful tips and suggestions:

Bone Broth.

Broth made from the simmered bones of chicken, beef and turkey contains some of the best nutrition around. You can drink bone broth as a meal by itself, or use small amounts of it to enhance the meals that you cook using other ingredients.

You don't need to make an extra shopping trip to make bone broth. Just use the bones of the meat that you were already serving to yourself and your family. If you make a habit to simmer up a pot of the bones remaining from your recent meal, you'll find that you always have bone broth when you need it. In fact, this is how our grandparents and great-grandparents from "the old world" did it. They knew how to get every last drop of goodness out of the food items they purchased, and they were able to stretch ingredients for much longer, simply by using their resourcefulness and ingenuity.

Stock your cabinets with Mason jars and lids. Your bone broth will store well in these, in both the refrigerator and freezer. You just have to remember to take out a new jar of

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broth from the freezer as the old one depletes. Plastic is not the ideal storage container for your bone broth supply. Also leave a little room at the top of the jar because liquid expands after it's frozen. You don't want your Mason jars of wonderful bone broth shattering in the freezer.

Stretch the simmer time - keep adding water. You probably think of making soup, and boiling the ingredients for a few hours. Your chicken and beef marrow bones can go the distance. In fact, the more you continue to add water to the pot and keep them simmering, the more the bones break down with rich calcium and minerals plus collagen and other vital nutrition, to keep your bones and teeth strong and your body healthy.

Try to use bones from grass-fed animals. Feed lot cows and chickens are not the way to go, because these animals are fed a poor diet and remain trapped in cramped, dark living quarters. Not only is this inhumane, but the animals are not being fed the diet they need for premium health which is then passed down to you and your family when you eat their meat.

Invest in a second freezer. You can probably find a chest freezer for a good price in your local advertiser or on the social media marketplaces. Another option is to just have a second refrigerator with freezer. This will be an ideal spot to store your overflow of bone broth jars.

Keep it simple. The way to make a chore out of bone broth preparation is by holding yourself to a high standard of including special ingredients. Sure, if you also add garlic,

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onion, herbs and healthy vegetables to your broth, it will be even more nutritious. But you can always do this later - like when you decide to make soup for your family. For now, just get the bones in a big pot and cover with water, then simmer. If you work outside the home, plug in your slow cooker and your bone broth will be ready to use when you arrive home from work.

Add apple cider vinegar to your bone broth. Acid extracts the nutrition from the chicken or beef bones. Your bone broth will be even more delicious and nutrient-rich with a Tablespoon or two of vinegar added in while cooking.

Don't forget about broth made from shellfish and even regular fish. Next time you make a special meal of mussels or shrimp, don't toss those shells just yet. Put them in a pot of water on the stove to simmer for 15 minutes to a half-hour. Strain and package in a Mason jar. Now you have yummy seafood stock, which contains its own unique nutrition and tons of minerals.

What can you do with bone broth?

- Warm up a cup and add some cayenne pepper, garlic or other herbs and spices.
- Thaw a jar of it to make soup out of. Just cook the other ingredients, such as veggies and leftover meat. Pour in the broth and you're on your way to homemade soup in less than 30 minutes.
- Add a small amount of bone broth to anything you're cooking - side dishes such as mashed turnips,

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pasta or rice (for the non-keto eaters), sautéed vegetable dishes and more.

- Drink a cup of warm bone broth on its own.

Keto Foods to Go

The biggest temptation to start going carb-crazy is when you're out and about, and that hangry feeling hits. You have no snacks in the car or on your person, to sustain you. The Burger King or Dunkin Donuts drive thru window beckons enticingly. The cafeteria at work is serving quesadillas. It's all so tempting.

This is NOT the way to be successful on the ketogenic diet. Instead of falling prey to the temptation of convenience foods, get into the habit of stocking up on healthy fats and fibrous veggie snacks that you can take on the go. This will keep your fuel tank reasonably filled while you're out at work, running errands, or just driving from here to there trying to accomplish what you need to.

What to Buy

- Lunch Box - soft, wipeable fabric and vinyl-lined is best.
- Storage containers - small ones with tight-fitting, snap-on lids will minimize mess.
- Plastic forks spoons, napkins and cups to keep in the car. Just keep them in a bag in the trunk.
- A reusable, aluminum water bottle to prevent unnecessary trips to the soda machine or drink counter.

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What Foods to Stock

Eggs

Anyone who's told you that this diet is basically eggs and high-fat meats isn't exaggerating... BUT it's your choice whether you decide to eat these on repeat mode, or branch out to other options. Get into the habit of boiling and storing a pot of eggs so you can grab a few each day to stash in your food bag before you head out the door.

Mixed nuts and seeds

Not all nuts are created equal, carb-wise. The higher the healthy fat count, the better. You can safely enjoy almonds, filberts, peanuts, macadamias, brazil nuts, pistachios, sesame seeds, sunflower seeds, pumpkin seeds, and coconut, among others.

Avocados

Avocado is an amazingly delicious and versatile source of omega 6 fats that is ketogenic diet-friendly and can be added or served as a side with many dishes. The more you can diversify your fats (as opposed to just eating tons of butter and cheese), the better for your long-term health and success on this diet.

Canned fish

If you're a fan of tuna and salmon salads, you're in luck. Fatty fish is one of the best choices for your main source of protein at meal or snack time when on a high-fat, low-carbohydrate diet. Sardines are the healthiest fish you can find, so if you enjoy those, you can keep your pantry stocked with a variety of sardine selections to take along

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with you in your lunch box. The lower the fish is in the food chain, the less likely it is to be contaminated with mercury.

(Sugarless gum might be a good thing to have if you'd like to avoid post-lunch tuna breath. Better still, floss and brush after every meal, both out and at home).

High-fat dairy

This includes cheeses of all kinds, including aged such as cheddar or Parmesan; soft cheeses such as brie and camembert which are higher in fat content; mozzarella and ricotta which are not aged; cottage cheese, cream cheese, sour cream, and full-fat Greek yogurt.

But not milk which is high-carb.

Fattier cuts of meat

If you purchase ground beef at the store, try to select 80/20. Poultry such as chicken or turkey is served best on the ketogenic diet when it's higher-fat cuts of meat such as leg or thigh. If you do buy meat that's a lower fat content, you should supplement the meal with an additional source of fat - for example, cooking with olive or coconut oil, or serving your meats with mayonnaise or a mayo-based dip.

Fiber-rich green vegetables

Some veggies get the thumbs-up on the keto diet, while others contain too many carbohydrates. Avoid carrots, corn, yellow and orange squash, and potatoes of any kind. Leafy greens like romaine lettuce, spinach, kale, chard, celery, collards and broccoli get the go-sign. Turnips and cauliflower can be cooked and mashed as a potato alternative. Asparagus and peppers, too, are okay for low-

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carb eaters. Tomatoes and eggplant can be consumed in limited amounts.

Nuts and seeds

Certain nuts and seeds are very low-carb friendly. Others, less so. Take a look at the carb counts list that appears at the end of this document for a list of the best choice nuts if you're eating keto and need some good snacking options. Nuts are a terrific source of healthy fats that will fill you up fast.

Tips for Adding Extra Fat to Lean Cuts of Meat or Other, Protein-Rich Meals

More mayo

Turn lean meats such as chicken breast into mayonnaise-based salads. Some might argue, though, that too much mayonnaise is not ideal because it provides omega 6 rather than omega 3 fats. So you can add mayo, but you might try the olive-oil version, available at your local grocery store. You can also make your own mayonnaise using a blender; however it doesn't quite taste the same as store-bought.

Add avocado

You can slice it and serve on the side, or make into a dip to have with veggies, along with your meat serving of protein.

Side of bacon

Who doesn't love bacon? Even on the "Bacon Everything" diet that is keto, you're bound to never tire of it. Crumble it

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over salads, stir bacon bits into soup, bake your chicken breasts with a latticework of bacon.

Pass the cream, please

Incorporate butter, cream, and sour cream into your recipes. If creamed spinach and creamed turnips are favorites of yours, then you get to indulge in these and other creamy sides to your heart's content. Just be sure that the cream, butter and other dairy products you choose are from farm-raised, free range animals if at all possible.

Tips for Maintaining Healthy Digestion on the Ketogenic Diet

Whether this extreme way of eating will work for you will really depend on your body and how you process certain foods. Give it a try for a month or so, and see how you're looking, feeling, and what's happening with your digestive system.

Some people do very well on this diet. For others, the high fat content and near-absence of carbohydrates may not be for them. Another possibility if the ketogenic diet doesn't seem to be right for you, is the paleo diet, which excludes pasta, cereal and bread and other processed carbs, but permits you to eat anything that grows as a plant, including potatoes.

"Keto flu" is a real thing that happens to some people who remove carbs from their diet. This may at least be in part to yeast die-off that occurs when we stop eating sugar. This condition lasts for a few days at best.

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Everyone has yeast in their bodies, particularly in the digestive tract. Eating low-carb will halt yeast overgrowth which is actually amazing for your overall health and immune system. So if you do experience adverse symptoms once you start eating a ketogenic diet, just hang in there and wait it out a few days more to see if things improve. After the symptoms cease, many people report feeling absolutely amazing while eating this way. Energy levels are higher, mood lifts, and even cognitive function seems to improve.

Increase your intake of coconut oil. Coconut oil is reported to have amazing health properties, such as lowering your bad cholesterol, helping you become more regular, killing yeast and fungus in the body, and so much more. Coconut oil also has a high smoke point, which makes it idea for cooking with.

Keep the high-fiber, green veggies coming. Don't lapse into "bacon and eggs" on repeat mode. If you're going to eat keto, you should do it right if you want it to work and if you'd like to improve your health. Part of the danger of eating lots of meat is that it takes much longer for meat to pass through the digestive tract. You may find that you're not longer having daily bowel movements while on this diet. You should be able to change that by increasing the amount of green leafy vegetables and fiber-rich foods that you consume.

Make green smoothies. A great way to keep the healthy fiber coming is to add kale or spinach to your morning yogurt smoothie. If you need some sweetness, add a few

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spoonfuls of Swerve xylitol sweetener which is okay for keto dieters. The Greek yogurt that's permitted on the ketogenic diet also gives a big boost to your digestive function, helping to break down what you eat by way of the active cultures. You can also add avocado to your smoothies. The healthy fats in avocados will help things pass through more quickly.

Include acid-rich fruits and other acid-rich foods as part of your daily intake. Acid breaks down fat more quickly. You'll see this referenced throughout this 4-week low-carb meal plan. Strawberries, blueberries, raspberries, blackberries, and cranberries are all acidic fruits that will help you process the fatty meats you'll be enjoying with the low-carb lifestyle. Plums are another permitted fruit, and tomatoes are allowed in moderation.

Don't be shy with olive oil and vinegar. These foods help your body break down the fiber and nutrition present in green leafy vegetables. One featured recipe in this pack is Marinated Kale Salad. The vinegar and oil help to break down the kale, making it easier for the body to use its nutrition.

Enjoy your java. You've probably heard of "bulletproof coffee" which is listed by some keto bloggers as an actual breakfast. Bulletproof coffee is coffee whipped with coconut oil. This is some serious lubricant which will definitely keep you regular.

Now that you know a bit about the ketogenic diet, here is your 30 Days of Keto Meals including breakfast, lunch,

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dinner and a satisfying snack... for simple, sensible meal planning, healthy choices, variety and great taste in your low-carb diet.

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Chapter 3: WEEK 1

Grocery List

Produce

- Bell peppers, 2
- Cherry tomatoes, 1 pint
- Tomatoes, 3, for slicing
- Avocados, about 6
- Spaghetti squash, 1 total
- Onions, minimum 2
- Garlic
- Celery, 1 bunch
- Ginger, fresh
- Flat-leaf parsley, 1 bunch
- Cabbage, 1 small
- Kale, 1 bunch or 1 bag
- Salad greens, 1 small box or bag
- Baby spinach, 1 small container
- Lemons or limes, 4 to 6
- Broccoli, 1 head
- Radishes, 1 bunch
- Turnips, 4 medium sized

Dairy

- Free Range Eggs – 2 dozen
- Shredded cheddar, 1 medium package
- Camembert, 1 medium wheel
- Butter, 1 pound

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- Sour cream - 1 small container
- Full-fat Greek yogurt, 1 quart
- Ricotta, full fat, medium size container

Meats

- Chicken thighs - 2 lbs.
- Ground beef, grass fed, 4 lbs.
- Sausage, hot or sweet, 2 lbs.
- Bacon, 2 packages – check label for sugars or MSG and select a healthier brand
- Pork roast, tenderloin or end cut

Canned Goods

- Salmon, 2 medium cans
- Black olives, 1 can
- Olive oil
- Balsamic vinegar
- Red wine vinegar
- Salsa
- Hot sauce
- Taco shells
- Rice
- Chicken broth, 2 quarts
- Canned beets (using the juice for pickled eggs)
- Natural peanut butter, 1 jar

Bulk Goods

Bagged nuts

- Almonds

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- Sesame seeds
- Coconut
- Pumpkin seeds
- Cashews
- Macadamia nuts

Day 1: Monday

Breakfast

Salmon Omelet with Camembert

This is a hearty and filling breakfast. If you wish to omit lunch preparation, you can save half of this to enjoy again later at your noon-time meal. A splash of citrus or unsweetened cranberry in your morning water will nicely balance the richness of this omelet.

Ingredients:

- 2 eggs
- 2 Tbs. butter
- 4 oz. previously cooked salmon filet or half a can of salmon, cut into bite-sized pieces
- 2 green onions, sliced
- 4 oz. camembert soft cheese, cut into pieces
- Salt and pepper to taste

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To make:

Beat eggs and season with salt and pepper. Heat the butter in a skillet on medium. When a few drops of water sizzles as it hits the surface of the frying pan, butter is sufficiently heated. Pour in beaten eggs and allow edges to cook, gently moving eggs around pan with a spatula. When eggs begin to solidify, use the spatula to carefully flip omelet. Distribute salmon and camembert pieces around center of omelet, sprinkle green onion over top. Cover and allow cheese to melt. When omelet is cooked to your liking, use the spatula to gently fold in half and press down lightly with spatula. Remove from heat. Enjoy!

Lunch

Spinach Salad with Avocado Slices, Macadamia Nuts and Bacon Crumbles

This fresh and zesty spinach salad provides “safe carbs” for the ketogenic dieter to get a boost of vitamins, minerals and roughage. With healthy fats in the avocado and macadamia nuts, this refreshing salad is a keto-friendly winner for sure.

To start this recipe, make the vinaigrette about a half-hour in advance to give the garlic time to meld with the other ingredients. If you like onion with your salad, here’s a tip: After slicing your onion, place the onion pieces in a bowl of cool water for about 10 minutes. This will remove any stronger flavor and make your raw salad onions milder and sweeter.

Ingredients:

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- 1 cup fresh baby spinach leaves, washed and patted dry
- 1 Tablespoon raw onion, sliced thinly (optional)
- 2 Tablespoons homemade olive oil based vinaigrette
- 1 avocado, sliced
- 2 pieces cooked bacon, crumbled
- ¼ cup salted macadamia nuts

To make:

Arrange spinach leaves in a bowl and mix with homemade olive oil vinaigrette (garlic piece removed if you're squeamish about garlic – see recipe below). Slice up the avocado and arrange over top. Crumble the bacon bits over everything. Sprinkle with macadamia nuts and onion pieces.

Serves 2.

Olive Oil Vinaigrette

Ingredients:

- 3 Tablespoons olive oil
- 2 Tablespoons red wine vinegar
- 1 clove garlic, smashed
- Salt and pepper to taste

To make:

To make, place the smashed garlic in a Mason jar or recycled dressing container with lid. Add the vinegar and oil and a pinch of salt and pepper each. Place cover on jar or bottle and shake vigorously. Let sit, so that the garlic oils

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can mingle with the other ingredients, while you prepare the rest of the meal.

Snack

Strawberries and Greek Yogurt

Strawberries are one of the few permitted fruits on the ketogenic diet, as they are lower in sugar with an acidic nutrition profile. Acids are beneficial for helping the body break down fats more readily, and you may actually crave them while eating low-carb.

Ingredients:

- Half a cup of full-fat Greek yogurt
- 4 medium strawberries

Eat the yogurt and strawberries together or separately. Can also be blended into a smoothie.

Serves 1.

Dinner

- Crock Pot Chicken Thighs with Tangy Mustard Sauce
- Marinated Kale Salad with Cherry Tomatoes
- White or Brown Rice for the non-keto members of the family

Crock Pot Chicken Thighs with Tangy Mustard Sauce

Since the ketogenic diet requires a higher ratio of fat to protein, it's a smart idea to opt for fattier cuts of meat. When you can, choose thigh or leg meat over chicken

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breast. If lean meat is your only option, add extra fat to the meal in the form of mayonnaise or coconut or olive oil.

This is a great make-ahead dinner that you can add to the slow cooker in the morning and have it ready to serve by 6pm. The rest of the family can join you with the simple addition of a starch such as rice, for them to have as an extra side dish accompaniment.

Ingredients:

- 1 package chicken thighs, about 2 lbs. or just under, skins on
- 2 Tablespoons spicy brown mustard
- ¼ cup fresh ginger, grated
- Salt and pepper to taste
- ¼ teaspoon yellow curry powder
- ½ cup fresh parsley, chopped (do not add until the end)

To make:

Add all ingredients to slow cooker and stir together. Cover and cook on low setting for 6 to 8 hours. Sprinkle fresh chopped parsley over the chicken mixture just before serving. If you're making this for your family to enjoy, you can serve with a side of rice for people who are not doing the low-carb thing. Keto dieters can omit the rice from their meal.

Serves: 4

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Marinated Kale Salad with Cherry Tomatoes

Kale is a perfect, nutrient-dense, green leafy vegetable to incorporate into your diet if you're striving to eat low-carbohydrates meals. However, this cruciferous vegetable can be difficult for your digestive system to break down if you opt to eat it uncooked, such as in a salad. One solution is to marinate your kale in vinegar and oil for several hours until ready to serve and eat. Kale leaves will turn a darker color, and wilt – but with added acid and fat from healthy oil, your body will be better able to make use of the nutrition in this amazing vegetable.

Ingredients:

- 2 cups raw kale, cleaned and drained/patted dry on a lint-free cotton towel
- 8 cherry tomatoes, halved
- 1 cup Balsamic vinaigrette dressing (see recipe below)

To make:

Separate kale leaves from ribs and discard the ribs. Place kale leaves in a large salad bowl. Use kitchen shears to snip kale leaves into bite-sized pieces. Pour prepared Balsamic vinaigrette over the kale leaves and toss thoroughly. Cover with plastic wrap and allow to marinate in refrigerator for several hours.

After an hour or two, check salad and toss again to ensure that every leaf has been submerged.

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When it's time to prepare the evening meal, slice the cherry tomatoes and incorporate into kale salad, giving everything one final toss before serving.

Balsamic Vinaigrette Dressing

People who eat for the ketogenic diet are known to start craving green veggies, salads and acidic foods! Vinegar and healthy oil will help your body process meals (including the greens you ingest) more fully. It's a good idea to keep a batch or two of homemade vinaigrette on hand in the refrigerator for when you need it. You'll also realize how much more delicious an all-natural dressing can be when compared to store-bought and all the fillers and additives.

Ingredients:

- ½ cup virgin olive oil
- ½ cup Balsamic vinegar
- Pinch of salt
- Pinch of pepper
- 2 cloves garlic, peeled and smashed

To make:

Place all ingredients in a jar or bottle with lid. Shake well with cover on. Pour mixture over salad and allow garlic cloves to marinate along with the rest of the greens. Discard garlic cloves before serving.

Serves: 4

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Day 2: Tuesday

Breakfast

Greek Yogurt and Fresh Berries with Low-Carb Grainless “Granola”

Heart-healthy nuts and seeds deliver an extra boost of friendly fats to this crunchy faux granola and yogurt breakfast that contains no carbohydrates for the keto crowd.

Ingredients:

- 1 cup full-fat Greek yogurt
- ½ cup fresh berries such as blueberries, strawberries, raspberries
- ½ cup low-carb grainless “granola” – see recipe below

To make:

Scoop yogurt into a bowl. Top with nutty, carb-free granola. Spoon berries over the top. Stir and eat.

Serves: 1

Low Carb Grainless "Granola"

Make a big batch of this granola on a sheet pan, and take it to go wherever you go. Perfect pick-me-up snack for emergency hanger strikes, or to fuel up after the gym or while on a hike.

Ingredients:

- ¼ cup coconut oil

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- ½ cup almonds
- ½ cup pumpkin seeds
- ¼ cup cashews
- ½ cup sesame seeds
- ½ cup coconut flakes
- ½ cup assorted, keto-safe berries including raspberries, strawberries and blueberries

To make:

Preheat oven to 325 degrees F. Mix all ingredients and spread onto a baking sheet. Bake uncovered, for about 15 minutes, turning granola over in pan about halfway through, to ensure even cooking. Remove from oven and allow to cool.

Lunch

Quick Salmon Chowder

This lunch recipe was selected to utilize the salmon that was prepared yesterday for our breakfast omelet. If you do not have leftover salmon from yesterday's meal, another option is to serve a lunch of leftover chicken thighs from the prior night's dinner.

The idea of this menu plan is to keep everything keto-friendly while being smart and strategic about using what's available in the way of ingredients.

Another possibility if you still would enjoy a salmon chowder mini meal for lunch is to open up a can of salmon for this recipe.

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Ingredients:

- 2 ribs celery, cut into bite sized pieces
- ½ a small onion, diced
- 1 clove garlic, minced
- 2 Tablespoons olive oil
- 4 oz. salmon, canned or leftover filet
- 1 cup full-fat cream .5 carbs
- ½ Tablespoon rubbed sage
- 2 cups chicken broth
- 2 pieces cooked bacon, crumbled
- Salt and pepper to taste

To make:

Sautee garlic, sage, onion and celery in olive oil until tender. Season with salt and pepper. Add salmon pieces, bacon crumbles, and chicken broth. Simmer for about 10 minutes. Pour in cream and continue to cook on low heat for several minutes. Serve warm.

Snack

Fresh veggie slices with cream cheese or full-fat homemade ranch dressing (see recipe below)

Homemade Ranch Dressing Recipe

Once you get into the habit of whipping up your own homemade dips and dressings, you'll wonder why you ever served the preservative-laden store-bought versions. Takes mere minutes to make! Keto-friendly and your family will love them, too.

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Ingredients:

- 1 cup full-fat sour cream or full-fat Greek yogurt
- ¼ teaspoon garlic powder (more or less to suit your taste – you can start with a sprinkle)
- Oregano to taste
- Salt and pepper to taste

To make:

Combine all ingredients and mix well. Serve with veggies slices such as raw broccoli, bell pepper, cucumber or radishes.

Dinner

It's Taco Tuesday... only thing missing is the taco shell. It's easy enough to make this a family-friendly meal that also includes a low-carb option for the ketogenic dieters. Just place all ingredients in separate bowls so family members can pick and choose. Please note that while tomatoes are permitted on the ketogenic diet, you should limit consumption because the carb counts can add up if you're not careful.

Ground Beef Taco Salad

Ingredients:

- 1 ½ to 2 lbs. ground beef, grass fed is best if you can get it
- ½ teaspoon cumin
- 1 Tablespoon paprika
- ½ teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon black pepper

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- ¼ teaspoon cayenne pepper
- ½ teaspoon oregano
- 1 small onion, diced
- 1 cup tomatoes, diced
- 1 can pitted black olives, chopped
- 4 cups “spring greens” mix
- 2 avocados
- 4 cups shredded cheddar cheese
- hot sauce
- salsa
- 1 ½ cups full-fat sour cream
- soft or hard taco shells for the non-keto members of the family
- 1 jar prepared homemade vinaigrette (see recipe from earlier) for the low-carb eaters who will be having taco salad

To make:

Cook the ground beef in a large frying pan on medium heat. Mix in spices and continue to stir as the meat cooks. When all pink is gone and the meat is browned to your liking, remove from heat and drain.

Prepare bowls of taco ingredients and arrange on table. Keto-eaters can set themselves up with a delicious bed of healthy greens and vinaigrette, topped with prepared taco meat, cheddar, avocado slices, black olives and sour cream. Top with hot sauce (most don't contain carbs but check the label for sugar or corn syrup just in case, and omit if necessary). Family members who are not eating low-carb choices can make themselves a tasty taco on a hard or soft

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taco shell. Versatile, family friendly, low-carb-friendly, delicious.

Day 3 – Wednesday

It's mid-week, and you're doing a fantastic job of sticking to a low-carb menu while preparing meals that the whole family can enjoy. Today's dinner economically incorporates any leftover ground beef from your previous taco night. It takes less than a half-hour to put together and prepare.

Breakfast

What's on the menu this morning? What's low-carb and good for you? What's available from the week's grocery shopping? How about simple eggs and bacon? You can add a side salad, as if you're eating keto-friendly meals you may really start to crave more green veggies and acidic foods to aid in the breakdown of fats and keep meats moving through the digestive system.

Fried Farm-Fresh Eggs and Bacon with Greens and Vinaigrette

Ingredients:

- 2 eggs, best if local farm eggs from free-range chickens
- 2 Tablespoons butter
- 3 strips bacon, fried
- 2 cups salad greens
- 2 Tablespoons homemade vinaigrette (see recipe from earlier)

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To make:

Fry the bacon to your liking and drain on paper towels. Fry the eggs in butter. Serve over the vinaigrette-dressed greens. Delicious!

Lunch

We can't forget that there may very well be leftover taco ingredients in the refrigerator from last night's tasty Taco Tuesday extravaganza. They'll be perfect for a keto-friendly sausage and veggie medley at noon or so.

Keto Friendly Sausage and Veggie Medley

Ingredients:

- Sweet or spicy sausage, your choice
- 1 clove garlic, minced
- ¼ cup diced bell peppers, red or green
- ¼ cup diced onion
- 1 cup fresh spinach leaves
- 2 Tbs. homemade vinaigrette (recipe shared earlier)

Tip: You can either purchase the sausage meat without the casings, or if you have regular sausages, they'll cook faster if you break them up in the pan.

To make:

In a large frying pan, brown the sausage on medium-high heat. Water will come out of the meat as it cooks. Continue cooking, stirring frequently, until the meat browns and most of the liquid has evaporated. Remove from heat and drain on paper towels. In the same pan, sauté the garlic,

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peppers and onion to your liking. Add the sausage crumbles back to the pan and mix with the cooked veggies.

Serve hot, poured over a bed of fresh, uncooked spinach, with vinaigrette.

Makes 3 servings.

Snack

Celery with Homemade Sour Cream Dip

Celery is an excellent, keto-friendly veggie choice that mixes well with any number of high-fat dips or dressings. For today's afternoon snack, you can either prepare a simple sour cream dip, or if you have leftover Ranch dressing still in the refrigerator, dip your celery snack in that.

Ingredients:

- 1 cup full-fat sour cream
- 1 Tablespoon dried diced onions, or 2 teaspoons of onion powder
- Salt and pepper to taste

To make:

Mix all ingredients. Serve with washed celery ribs with the ends cut off and any excess fibers removed.

Dinner

Low Carb "Unstuffed Cabbage"

Did you know that cabbage is a terrific, low-carb choice for people who want to be sure to get their proper intake of fiber-rich veggies? It's not no-carb, but cabbage is within

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the safe zone, so a reasonable portion is fine as long as you don't overdo it.

For this recipe, you should have your ingredients all ready and waiting for you thanks to yesterday's and today's meal plans. Leftover ground beef and/or leftover sausage crumbles (with peppers and onions added) will be perfect. You can even simmer this in the crock pot while you attend to the day's activities, or head off to work.

Ingredients:

- 3 Tbs. olive oil
- 1 small cabbage, sliced up into shreds
- Any remaining ground beef and/or sausage from yesterday's and today's meals
- 1 large can of tomato sauce (not the kind with sugar or corn syrup added, please)
- ½ cup or one small onion, diced (omit if you already have enough onion from today's lunch leftovers)
- 3 cloves garlic, minced
- 2 Tbs. apple cider vinegar
- 1 Tablespoon caraway or fennel seeds
- Salt and pepper to taste
- Cayenne pepper if you can take the heat!

To make:

In a crock pot, add the leftover cooked sausage and ground beef from yesterday's meals. Mix in onions and minced garlic. Add the shreds of cabbage. Pour the tomato sauce over this. Add in the vinegar and caraway or fennel seeds. Season with salt and pepper, and cayenne if you like it spicy.

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Turn on the crock pot to the low setting. Let cook for about 4 to 6 hours, until cabbage is soft and flavors are fully melded.

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Day 4: Thursday

Breakfast

Green Smoothie

A green smoothie is totally legal on the ketogenic diet, and if you're getting used to things not being sweet then you won't mind this nutritious, drinkable breakfast that will keep your digestion in balance and provide a nice contrast to all of those fatty meats you've been consuming! It's extremely important to get those greens in when you're eating low-carb. A green smoothie is an easy and tasty way to do it.

Ingredients:

- 2 kale leaves, with ribs removed
- 1 cup full-fat Greek yogurt
- ½ cup berries such as blueberries, raspberries or whatever you have around
- ½ cup frozen cranberries
- ½ teaspoon vanilla extract
- ½ cup sesame seeds
- 1 cup water

To make:

Blend all ingredients along with a cup of ice. Pour into your prettiest glass and drink up!

Lunch

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Option 1: Leftover Chicken Thighs Over a Bed of Marinated Kale or Spinach Salad

Option 2: Chicken Thigh Taco Salad Bowl

Leftover Chicken Thighs Over a Bed of Marinated Kale or Spinach Salad

Remember those zesty chicken thighs we prepared on Monday? You probably still have a serving or two of them leftover, so make use of this delicious food for a simple but tasty and quick-to-prepare lunch.

Ingredients:

- Leftover chicken thighs
- Kale salad with Balsamic vinaigrette

To make:

You can serve the cooked chicken thighs hot or cold, your choice. Either quickly zap them in the microwave and serve over the cold salad, OR chop them up cold and mix with the kale greens and tomatoes.

Chicken Thigh Taco Salad Bowl

Some people don't really appreciate the amazing potential of leftovers. But now you will when you see what wonderful meals you can make with just a few simple tweaks and changes to dinners that you prepared earlier in the week. Got chicken thighs, and leftover taco toppings? You're on your way to "Low Carb Lunch Taco Thursday"!

Ingredients:

- Leftover cooked chicken thighs, cubed

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- ½ cup shredded cheddar
- ¼ cup black olives
- 1 cup lettuce greens
- 2 Tablespoons homemade vinaigrette
- ¼ cup bell peppers, diced
- 1 avocado, cubed
- 1/8 cup onion, diced
- 2 Tbs. hot sauce
- 1/3 cup full-fat sour cream

To make:

Toss the lettuce greens with vinaigrette and arrange on a plate. Place the cubed chicken thighs, hot or cold, your choice, over the lettuce. Top with peppers, onions, olives, shredded cheddar, hot sauce, avocado pieces, and sour cream. Such a yummy and fun, low-carb lunch!

Snack

Macadamia nuts

Dinner

Breadless BLT

Savory bacon contrasts with fresh cucumber, tomato and salad greens for this satisfying evening meal that is sort of on the light side after today's heavier lunch. If you have any of the marinated kale salad left over, you can serve that along with the mixed greens, for variety and to use up the remains.

Ingredients:

- One package of bacon

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- 1 large cucumber, sliced thin
- 1 avocado, sliced
- 1 tomato, sliced
- 3 slices onion (optional)
- 2 cups salad greens
- ½ cup black olives
- Mayo-yogurt dressing (see recipe)

To make:

In a large skillet, fry the bacon on medium-high heat until crispy. Drain on paper towels. Arrange the salad greens on a platter. Slice up the tomato, cucumber and avocado. Add to the plate of green along with olives. Mix up the dressing (see recipe, below) and serve on the side.

Mayo-yogurt dressing

Ingredients:

- 1 cup full-fat Greek yogurt
- ½ cup mayonnaise
- 1 Tablespoon garlic powder
- 1 Tablespoon fresh, chopped parsley.
- salt and pepper to taste

Mix all ingredients together and spoon over salad.

Makes 3 to 4 servings.

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Day 5: Friday

Breakfast

Friday's low-carb, high fat breakfast will be a satisfying start to the day. Not only are these perfect for anyone on the ketogenic diet, but the whole family will enjoy them and you can serve toast on the side for your non-keto eaters.

- Sausage, Egg and Cheddar Cups
- Blueberries
- Toast for the non-low-carb members of the household

Ingredients:

- Pork breakfast sausage, your choice of links or patties
- 4 eggs
- 1 cup shredded cheddar
- 3 Tablespoons butter
- Salt and pepper to taste

To make:

Preheat oven to 350 degrees. While oven is heating up, fry the sausages in a skillet as per instructions on the package. Remove from heat and drain sausages on a paper towel. Use butter to grease muffin tins. Beat eggs in a bowl. Use a small ladle to pour a small amount of egg into each of the 12 muffin cups. To each cup, add sausage and a sprinkle of shredded cheddar. Season with salt and pepper.

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Bake your sausage muffins at 350 degrees for 15 minutes or until a toothpick poked into the center comes out clean. Makes 12 mini egg sausage cups.

Serves 2-4 people.

Lunch

Salmon Salad with Cucumber Slices and Avocado

If you're a fan of salmon, you'll love this simple, keto-friendly lunch that is reminiscent of the classic tuna salad but with a bit of Asian flair.

Ingredients:

- 1 can of salmon, bones and skin removed
- 4 Tablespoons mayonnaise
- 1 rib celery, diced
- 2 teaspoons soy sauce or Bragg's amino
- 3 teaspoons wasabi mayo
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon toasted sesame oil
- Salt and pepper to taste
- Hot sauce (check label and choose a brand with no added sugar or sweeteners)
- 2 Tablespoons toasted sesame seeds
- 1 cucumber
- 1 avocado

To make:

Combine salmon, diced celery, mayonnaise, soy sauce, vinegar, sesame oil and salt and pepper in a mixing bowl. Stir everything together until well mixed.

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Remove skin from cucumbers and slice thin. Arrange on plate. Slice avocado and place on plate as well. Top with 2 scoops of the salmon salad. Drizzle wasabi mayo and hot sauce over the top if desired. Finish with a sprinkle of the toasted sesame seeds.

Serves: 2

Snack

Pickled, Hard Boiled Eggs

Hard boiled eggs are a handy snack to have on hand if you're striving for weight loss via a low-carbohydrate diet. Even better if you have access to farm-fresh eggs from free-range chickens, as these tend to have more nutrition due to the chickens' diet of protein-rich insects and omega-rich green grass.

It's also a nice change of pace to pickle the eggs and keep a stash of these tangy, protein-rich snacks in the refrigerator or take-along cooler. Traditionally, the recipe for pickled eggs calls for sugar, but there is no sugar or carbs permitted on this diet. So try this modified recipe for pickled eggs that are more on the tangy and salty side.

Ingredients:

- 2 cups white vinegar
- 1 cup beet juice (can be made by simmering beets and draining the juice, or purchase canned beets and pour the juice from the can into your pickling brine)
- Water

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- ½ cup salt
- 4 cloves garlic
- 18 eggs
- 1 medium onion, sliced in rings
- 6 whole cloves
- 1 sprig dill

To make:

Hard-boil the eggs by placing in a pan of water and bringing to a boil on high heat. Once the water begins bubbling, turn off the heat and cover the pot of eggs and water with a lid. Let sit for 12 minutes.

When eggs are done, remove from stove and run cold water into the pot to bring the temperature down. Continue running water into the pot until cold. Let eggs rest in the cool water for about 15 more minutes. Remove shells and outer membrane from eggs, taking care not to break the eggs.

Next, make your egg pickling brine by combining the vinegar, salt and other ingredients in a large pot. Bring to a quick simmer, then remove from heat – this is to dissolve the salt in the liquid. Pour pickling brine into a large glass jar that will fit all 18 eggs. You can also opt to use Mason jars for this, and place 4 or 5 eggs plus the pickling ingredients in each jar.

Let eggs soak in the brine for up to 2 weeks. When pickled to your liking, eat and enjoy.

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Dinner

Low Carb Crock Pot Chili

With the weekend coming up, this will be the perfect go-to stored meal that can be easily modified for both the low-carb and carb-eating members of the household. Just put all ingredients together in the slow cooker and set to Low before heading out for work in the morning. When you arrive home, dinner will be waiting. Include a side of beans and/or a few scoops of rice for the kids, while you and/or hubby enjoy this healthy and satisfying meal sans carbohydrate additions.

Ingredients:

- 2 lbs. ground beef, preferably the kind that comes from grass-fed cows
- 1 large onion, diced
- 2 bell peppers, chopped
- 1 large can diced tomatoes
- 3 cloves garlic, minced
- 2 Tablespoons cumin
- 2 Tablespoons chili powder
- 3 teaspoons cayenne pepper
- Salt and pepper to taste
- 4 cups shredded cheddar
- 1 container full-fat sour cream
- 2 avocados

To make:

In a large skillet, brown the ground beef on medium heat, stirring frequently using a spatula. Add spices and continue

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to cook until sufficiently browned to your liking, then remove from heat. Drain excess liquid from meat and transfer to the slow cooker.

Add diced onions, peppers, garlic, and canned diced tomatoes. Season with salt, pepper and cayenne to taste. Cook in slow cooker on low heat setting for 6 to 8 hours.

When ready to serve, put out bowls containing shredded cheddar, chopped avocado, chopped onion and sour cream. You can also cook a side of rice, or add canned red or black beans to a separate pot of the chili which will be for the non-keto eaters.

Serve hot and enjoy!

Serves: 3-5

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Meal Plans

Day 6: Saturday

Breakfast

Saturday Morning Beef and Cauliflower Scramble

Whether your Saturday mornings are spent relaxing, working, or as the kickoff for a busy weekend of fun and adventure, low-carb dieters will want to say fueled up so they can be ready for anything. Try this “Saturday Scramble” as a satisfying start to the day.

Ingredients:

- 1 cup ground beef
- 2 eggs
- 1 cup shredded cheddar
- 2 cups cauliflower, roasted in the oven, chopped
- 2 Tablespoons coconut oil
- Salt and pepper to taste

To make:

In a large skillet, brown the ground beef. Drain and remove beef from pan. Rinse pan, dry, and use to cook the egg scramble. Heat coconut oil in pan. Scramble the eggs. Pour into pan with heated oil and let solidify in the pan for a few minutes. Add cauliflower bits and disperse throughout egg mixture. Top with shredded cheese and continue to cook, moving gently around the pan with a spatula to prevent sticking. Season with salt and pepper.

Serve hot! Makes 2 servings.

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Lunch

Option 1: Leverage Those Leftovers

Option 2: Light Lunch

Leverage Those Leftovers

Who says lunch has to be sandwiches when there are delicious, homemade meals leftover and waiting for you to heat up and enjoy? Today is a perfect day to check the refrigerator and make use of whatever is left over. You might find some remnants of the beef and cabbage medley from Thursday, egg cups from Friday's breakfast, or even some hearty chili from the prior evening.

Light Lunch

After that delicious and filling breakfast, you may be looking for something light to tide you over. Try these minimal-preparation options for your mid-day meal:

Pickled eggs and mixed nuts – peanuts, almonds, macadamias

Can of sardines with a side of marinated kale or spinach leaves with vinaigrette

Snack

Chocolate Coconut Peanut Butter Bombs

Sometimes it's nice to indulge your sweet tooth while eating the ketogenic way. After a full week of sticking to savory and rich foods, why not experiment with the one

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permitted, sugar-free sweetener, Swerve, otherwise known as xylitol, or “sugar alcohol.”

Ingredients:

- ½ cup coconut oil
- ½ cup natural peanut butter (not the kind with added oils or sugars)
- 3 Tablespoons unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 2 to 4 Tablespoons Swerve xylitol sweetener

To make:

In a saucepan, melt the coconut oil and peanut butter. Mix in the cocoa powder and keto-approved sweetener i.e., Swerve. Add vanilla extract and remove from heat. Pour into candy molds, or drop onto a baking sheet. Chill in refrigerator for several hours until set. If you need to speed up the chilling process, place in freezer for less time. Store in air-tight container until the sweet tooth monster comes calling! Enjoy one as a snack when you need it.

Makes about 12.

Dinner

Ground Beef and Spaghetti Squash Casserole

Hooray, it's the weekend! You could opt to explore low-carb options at your local eating establishments, for a change of pace. You could even cheat today... you've earned it! But if you'd prefer to keep a good thing going by maintaining a state of fat-burning ketosis, then why not utilize the ground beef chili leftovers that you have on hand, and combine

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them with spaghetti squash for a low-carb casserole that the whole family can enjoy. This is so healthy, delicious, and easy to make!

Ingredients:

- 1 spaghetti squash
- 3 Tablespoons olive oil
- 3 cloves garlic, minced
- 3 cups leftover ground beef chili
- 1 cup ricotta cheese
- 2 cups shredded cheddar
- 1 cup grated Parmesan cheese
- ½ cup chopped parsley

To make:

Slice the spaghetti squash in half and place in a baking pan. Drizzle olive oil over the squash and bake at 350 degrees for 30 to 40 minutes or until the outer skin begins to brown a bit and squash seems soft from the outside, like it's going to collapse. When squash is soft inside, remove from oven and allow to cool for about 15 minutes. Once cool, use a fork to remove seeds and fluff up "spaghetti" inside the squash.

Next, grease the sides and bottom of a Pyrex baking dish. Remove spaghetti squash from the skin and place inside the pan. Drizzle on a bit more olive oil, and mix in the minced garlic. Top with the ground beef chili from the previous evening's meal. Sprinkle with parmesan cheese and parsley. Add a layer of ricotta cheese. Top with shredded cheddar.

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Bake at 350 degrees for about 20 minutes, or until cheese is fully melted.

Serves 4.

Day 7: Sunday

Breakfast

Ricotta and Fresh Berries

Funny how breakfast on the weekend makes us typically think of eggs and bacon or sausage. However, if you're eating for the ketogenic diet, you may be needing a break from this type of heavy food. Why not start with something different today? You've got some ricotta from last night's delicious spaghetti squash casserole. Don't forget that this keto-friendly dairy product will make a tasty and filling breakfast, especially combined with fresh fruit

Ingredients:

- 1 cup full-fat ricotta
- 1 cup mixed berries – strawberries, blueberries, raspberries or blackberries

To make:

Scoop ricotta into a dish and top with berries. Eat and enjoy!

Lunch

Celery Sticks with Peanut Butter

You may remember when these were a party favorite back in the '80s. Still crunchy, delicious and filling... and totally okay to indulge in while on the ketogenic diet.

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Ingredients:

- 3 Tablespoons natural peanut butter
- 4 celery ribs, washed, with the tough fibers stripped away

To make:

Slice each rib of celery in half or in 3 pieces long ways. Use a knife or spoon to fill the center with natural, additive-free peanut butter. Yummy and filling, too.

Serves: 1

Snack

2 hard-boiled or pickled eggs

Dinner

- Slow Cooker Pork Roast and Cabbage
- Mashed Turnips
- Rice for the non-dieters of the family

Slow Cooker Pork Roast and Cabbage

This is another simple and tasty, low-carb recipe that you can set up in the crock pot to simmer away all day while you work, take care of important matters, or even just enjoy yourself. Add a side of boiled rice for the non- low-carb dieters of the family to have with it.

Ingredients:

- 1 2- or 3-lb. pork tenderloin or small pork roast, end cut
- 1 clove garlic, minced
- 1 small onion, sliced

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- ½ cabbage, sliced into shreds
- 2 Tbs. apple cider vinegar
- Salt and pepper to taste

To make:

Coat the pork roast with salt and pepper and place in the slow cooker, fat side down. Add minced garlic and onion slices, top with cabbage shreds. Add apple cider vinegar. Cook on the low setting for about 6 hours. Serve with mashed turnips, recipe below. It's also easy to boil up some rice for the non-keto eaters of the family.

Serves: 4

Mashed Turnips

You won't even miss mashed potatoes with this savory and buttery, low-carb alternative that features turnips as the main ingredient.

Ingredients:

- 4 medium sized turnips, chopped
- ½ cup beef broth
- 4 Tablespoons butter
- 1 clove garlic, minced
- ½ cup cream

To make:

Place turnips in a medium-sized saucepan and cover with water. Bring to a boil over medium or medium-high heat. Once turnips begin to bubble, lower heat and simmer on medium-low until turnips are soft. Remove from heat and drain. Return to stove top and add beef broth, garlic, salt,

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Meal Plans

pepper and cream and bring up to a boil again, then lower the heat down and continue to simmer, stirring frequently. Remove from heat and use a potato masher to mash turnips. Melt a pat of butter over the top and serve.

Serves: 4.

Chapter 4: WEEK 2

Grocery List

Please note that we've listed all items that will be necessary to make the week's recipes. Before heading out to the store, check your fridge and pantry in case you already have some of these items on hand. Things like vinegar, oil, mustard and mayo tend to last longer than one week.

Produce

- Cucumbers, 2 medium
- Bell peppers, 4 total
- Cabbage, 1 small
- Cilantro, 1 bunch
- Broccoli crowns, 2 total
- Scallions, 2 bunches
- Cherry tomatoes, 1 pint
- Mint or dill, fresh, 1 bunch
- Onions
- Garlic
- Cauliflower, 1 head
- Eggplant, one large

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- Parsley, flat-leaf, one bunch
- Jalapeno peppers, fresh, 12 total
- Celery, 1 bunch
- Limes, 4 to 6
- Avocados, 3 total

Frozen Foods

- Cranberries, frozen, 1 bag
- Kale, frozen, 1 bag
- Jumbo shrimp, uncooked

Meats

- Chicken thighs, 1 package, 2 to 3 lbs.
- Steak, T-bone or porterhouse
- Hard salami, choose one with no sugar, added sweeteners or MSG if possible

Dairy

- Aged cheese such as Provolone
- Heavy cream, 1 quart
- Sour cream, 1 small container
- Ricotta, 1 small container
- Full-fat Greek yogurt, 1 quart
- Butter, 1 lb.
- Eggs - 18 total
- Parmesan or Romano cheese, 1 pint
- Cheddar, shredded, 1 medium package
- Feta cheese, 1 package
- Cream Cheese, 1 package
- Mozzarella Cheese, 1 package

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Canned Goods

- Balsamic vinegar
- Olive oil
- Coconut oil
- Roasted red peppers, 1 jar
- Artichoke hearts, 1 jar
- Peanut butter, natural
- Bone broth, 2 quarts - best if homemade, but store-bought is okay, too

Other

- Calamata olives
- Chick pea flour
- Shredded coconut
- Dill, dried
- Chives, dried
- Dehydrated onion pieces
- Horseradish, 1 jar

Day 8: Monday

Breakfast

Cranberry Smoothie

This filling and refreshing smoothie makes for an energizing, high fiber yet low-carb start to your day. You'll love the tart cranberries which are often craved by people on the ketogenic diet because acidic foods aid in the breakdown of fats.

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Ingredients:

- 1 cup full-fat Greek yogurt
- ½ cup frozen kale
- ½ cup frozen cranberries
- water
- 1 teaspoon vanilla
- 1 Tablespoon Swerve xylitol sweetener

To make:

In a blender, puree all ingredients. If you can handle it, omit the Swerve and take your morning smoothie tart and tangy. Pour into a tall glass and enjoy.

Lunch

Cold Creamy Cucumber Soup

This soup is a refreshing change of pace from the heavy and savory meats you're probably used to eating while on the ketogenic diet. The beef broth adds body and deep flavor, plus considerable nutrition. Heavy cream provides the necessary fat-as-fuel that you'll need to maintain a state of ketosis.

Ingredients:

- 2 Tablespoons olive oil or coconut oil
- 2 small or 1 medium cucumber, sliced, seeds removed if necessary
- 1 small onion, finely chopped
- 1 clove garlic, minced
- ½ teaspoon yellow curry powder
- ½ cup beef broth

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- ½ cup heavy cream - .5 carbs
- ¼ cup fresh mint or dill, chopped
- Salt and pepper to taste

To make:

Start by lightly sautéing onion and garlic with olive or coconut oil. Once the onion is translucent, turn the heat down to very low and add cucumber slices to the pan. Once the cucumber slices wilt (just takes one or two minutes), pour in beef broth and cream. Season with salt and pepper.

Remove from heat and allow to cool. Use either an immersion blender or a traditional blender to blend all ingredients to a smooth puree. Chill for a minimum of 30 minutes.

Serve cold, with a garnish of more mint or dill.

Makes 3 servings.

Snack

Aged salami and hard cheese

Hard-boiled egg

Dinner

- Eggplant and Mozzarella Sandwiches
- Spinach Salad with Calamata Olives and Feta

Eggplant and Mozzarella Sandwiches

If you love eggplant, the good news is that minus the fried coating, this nutritious veggie from the nightshade family is all good for low-carb eaters. Bet you didn't know you could

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go “meatless” while still enjoying a keto-friendly dinner and actually feel full and satiated after. This unique and tasty recipe will be a welcome change from the usual eggs and meat that is typically keto.

Ingredients:

- 1 eggplant
- 1 egg, beaten
- 3 Tbs. olive oil
- Half a mozzarella, sliced
- ½ cup Parmesan cheese
- ½ cup flat-leaf parsley, chopped
- 3 or 4 Tablespoons capers
- ½ cup Balsamic vinaigrette (see recipe from Week 1)
- Salt and pepper to taste

To make:

Preheat oven to 350 degrees. Slice eggplant short ways into rounds. You can remove the skin if you don’t care for it, but keep in mind the skin does add extra fiber which is important if you’re on the ketogenic diet.

Crack eggs into a bowl, sprinkle in salt and pepper, and beat gently with a fork. Cover a baking sheet in aluminum foil and brush with olive oil to prevent sticking. Dip each eggplant slice into the egg mixture before arranging each one on the baking pan. Sprinkle liberally with parmesan cheese, and bake at 350 degrees until firm, with some slight browning here and there.

Remove eggplant slices from the oven and allow to cool slightly. Utilizing a fork and spatula, place mozzarella slices

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in between two eggplant pieces to make sandwiches, and arrange them on the baking sheet once again. You may want to rub a bit more on the tray to prevent these from sticking.

Place the eggplant and mozzarella sandwiches into a 350-degree oven and bake until cheese is melted. Remove from oven. Dress with fresh chopped parsley, capers and balsamic vinaigrette.

Serves: 4

Spinach Salad with Calamata Olives and Feta

This side salad is the perfect, fresh accompaniment to your eggplant and mozzarella sandwiches.

Ingredients:

- 3 cups fresh baby spinach leaves
- 1 cup calamata olives
- ½ cup feta cheese
- 3 Tbs. olive oil
- 2 Tbs. red wine vinegar
- Salt and pepper to taste

To make:

Pour oil and vinegar in the bottom of a salad bowl. Sprinkle in salt and pepper. Add spinach leaves and toss. Add calamata olives and crumbled feta cheese.

Serves: 4

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Meal Plans

Day 9: Tuesday

Breakfast

Peanut Butter and Yogurt

This is a surprisingly filling, low-carb morning meal that will kick-start your day. Only takes a minute to mix, eat and be on your way.

Ingredients:

- 1 cup full-fat Greek yogurt
- 1 Tablespoon natural peanut butter

To make:

In a bowl, add the peanut butter first and use the back of a spoon to stir it around to a spreadable consistency. Add yogurt and mix thoroughly. Enjoy!

Serves: 1

Lunch

Sardines, Hard Boiled Egg and Cucumber Avocado Salad

Avocado is one of the best “good fats” to add to your diet if you’re embarking on a low-carb eating adventure. They’re versatile and delicious, and make a great sub-in if you’re tired of butter.

Ingredients:

- 1 can sardines in olive oil
- 1 hard-boiled egg
- 1 cucumber, sliced

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- 1 avocado, cut into chunks
- 2 Tbs. red wine vinaigrette (see recipe from week 1)
- 1 Tbs. toasted sesame seeds

To make:

On a salad plate, place the cucumber slices and avocado chunks and dress with vinaigrette. Open the can of sardines and arrange on top of the salad. Slice the hard boiled egg and arrange on top. Eat! Enjoy.

Serves: 2

Snack

Coconut Peanut Butter Balls

Here's keto-friendly treat that you can make at home – no baking needed

Ingredients:

- 1 cup chickpea flour
- ½ cup peanut butter
- ½ cup coconut oil - 0 carbs
- Swerve xylitol sweetener to taste
- 1 cup Shredded coconut

To make:

Start by placing the peanut butter, Swerve, and coconut oil in a large bowl. Gradually stir in chick pea flour to thicken. When the consistency seems right to form firm little cookie balls, stop adding flour. Roll into bite-sized balls and place on a cookie sheet. Roll in shredded coconut and chill in the refrigerator for about an hour.

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Makes enough for several days of keto-friendly snacking.

Dinner

Sushi night out!

It's Day 9 of your Ketogenic Eating Experience, and you've earned a night out at a restaurant. Sushi is delicious, and can be low-carb friendly if you stay away from rice and noodles and keep your menu choices simple (avoid sweet sauces and dressings).

Your keto-friendly sushi choices can include ingredients such as...

Sashimi – any kind of fish, including tuna, fatty tuna, white tuna, salmon, mackerel, and many more

Cooked shrimp

Egg

Cucumber – almost always a staple ingredient at sushi restaurants, and very low-carb

Avocado – also a popular ingredient at sushi restaurants

Sesame seeds

Miso soup – a bowl contains about 5g of carbs, but if you're still within the safe limit with your day's carb count, feel free to indulge

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Meal Plans

Day 10: Wednesday

Breakfast

Bone broth, 1 cup

Don't be surprised if you find yourself with unusual cravings while on this diet. One unexpected development is that you'll branch out to new and exciting breakfasts that you probably never thought of before. Just think, there's more to life than cereal and pancakes. If bone broth satisfies you, you can indulge in it any time of day, even first thing in the morning.

Lunch

Egg Salad Over Baby Spinach with Cherry Tomatoes

If you love egg salad, you can happily indulge while on the ketogenic diet. Just be mindful that mayonnaise often does contain a bit of sugar, so check the label for the carb counts in a few spoonfuls of mayo and factor this into your overall day's carb intake.

Ingredients:

- 4 eggs, hard boiled
- 3 Tablespoons mayonnaise
- 1 Tablespoon mustard (optional)
- Salt and pepper to taste
- 1 cup baby spinach leaves
- 4 cherry tomatoes, sliced in half
- 1 Tbs. red wine vinegar

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- 1 Tbs. olive oil

To make:

Peel eggs, place in a large bowl, and crumble with fork until the desired consistency is reached. Mix in mayonnaise and mustard, salt and pepper to taste. Arrange baby spinach leaves on a salad plate, dress with vinegar and oil, and place two scoops of egg salad on top.

Snack

- Beef Bone Broth
- Celery and Cucumbers with Homemade Herbed Cream Cheese

Homemade Herbed Cream Cheese

Have we mentioned how easy it is to ditch the additives and fillers that are present in so many packaged foods? It doesn't take much effort at all to make a delicious, healthy homemade cream cheese using fresh or dried herbs.

Ingredients:

- 1 package cream cheese
- 1 Tablespoon dried dill
- 3 teaspoons dried, chopped chives
- 3 teaspoons dehydrated onion bits
- Salt and pepper to taste

To make:

Let cream cheese soften on the counter for about 15 minutes, until it's easy to work with. Place entire block of cream cheese in mixing bowl. Add herbs, salt and pepper. Mix well. Spread on your favorite healthy, keto-friendly

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veggies such as celery, raw broccoli or cauliflower, cucumbers, cherry tomatoes, or radishes.

Dinner

- Sautéed Leftover Pork and Cabbage
- Side of noodles for the non-low-carb eaters

Sautéed Leftover Pork and Cabbage

Bring leftovers back to life. Today is the last day you can safely use up the remaining pork from Sunday's delicious meal. Take a cue from smart restaurant owners. Leftovers cook up beautifully in a sauté pan with assorted, healthy vegetables. Cook up a pot of noodles for the non-keto eaters to enjoy, and this keto-friendly meal makes a quick and healthy dinner for all.

Ingredients:

- Leftover pork
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- 2 Tablespoons olive oil
- 1 Tablespoon sesame oil
- 2 Tablespoons soy sauce or Bragg's Amino
- 2 cups fresh cabbage, chopped
- 1 rib celery, diced
- ½ medium onion, diced
- ½ a red bell pepper, diced
- 1 scallion, chopped
- Salt and pepper to taste

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To make:

Heat up a large skillet and coat bottom with olive oil. Sautee garlic, ginger, oil, celery and onion. Add cabbage and red pepper, turning frequently. Add soy sauce and pork, continuing to toss frequently. When food is cooked through, remove from pan.

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Meal Plans

Day 11: Thursday

Breakfast

- Farm Eggs Poached in Bone Broth
- Steamed Fresh Broccoli with Garlic

Farm Eggs Poached in Bone Broth

If you've been reading up on the ketogenic diet, then you may have learned that bone broth is one of the best sources of nutrition, not just for low-carb eaters but for anyone who would like to do something fantastic for their health.

Here's an easy, 5-minute breakfast to make that incorporates bone broth, assuming you have it on hand. You could also use store-bought beef stock, but the assumption is that the broth which has been simmering on low for days on your stove top likely contains more beneficial nutrition than the ones subjected to high heat in food processing factories.

Ingredients:

- 4 eggs from free-range, local chickens
- 1 cup bone broth
- Salt and pepper to taste

To make:

Pour a cup of homemade bone broth into a large skillet and heat to medium-high until broth begins to simmer. Crack in 4 eggs. Bring to a swift boil, then cover tightly and let bubble for maybe just a minute longer. Turn off the heat and let eggs continue to cook in the hot liquid, for maybe 3

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minutes. Check periodically until eggs are done to your liking... yolks can be runny or solid, depending on your preference.

Season with salt and pepper. Use a slotted spoon to serve the eggs. You can drink the broth if you like... or, use it as the basis for your steamed broccoli with garlic, recipe below.

Serves: 2

Steamed Broccoli with Garlic

Not just for omelets, a helping of broccoli can be a great and healthy start to your day. This is one of the best, fiber- and vitamin-rich vegetables to promote healthy digestion. Like other cruciferous vegetables, broccoli fights free radicals in the body and is considered a superfood.

Ingredients:

- 2 Tablespoons sesame oil
- ¼ head of fresh broccoli, florets removed and extra stringy fibers discarded
- 2 cloves garlic, minced
- ½ cup bone broth
- ½ teaspoon sesame seeds
- Salt and pepper to taste

To make:

Sauté the minced garlic in the sesame oil. Add broccoli to the pan and cook quickly on medium high heat, tossing frequently to ensure even cooking on all sides. Pour in bone broth and bring the heat up until the broth begins to

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simmer. Remove from heat as soon as broccoli becomes fork-tender, but don't allow broccoli to lose its green color.

Serves: 2

Lunch

Antipasto Plate

Great news for keto dieters: if you love a nice antipasto plate with aged meats and cheeses, this is the ideal, low-carb lunch to satisfy your cravings.

Ingredients:

- ½ cup hard salami
- ½ cup aged cheese
- 2 roasted red peppers
- 2 hard-boiled eggs, sliced
- ½ cup artichoke hearts
- 2 cups spinach leaves
- 2 Tbs. red wine vinaigrette

To make:

Toss spinach leaves with vinaigrette. Arrange on plate. On top, place the hard salami and cheese slices, roasted red peppers, 2 eggs, and artichoke hearts. This is a perfect, keto-friendly meal that will satisfy your cravings and take the edge off that hunger.

Serves: 2

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Snack

Cup of bone broth

Dinner

- Crock Pot Chicken Thighs with Balsamic and Red Wine
- Mashed Cauliflower With Cream and Parsley
- Rice for the rest of the family

Any time you cook chicken thighs, you have a perfect dinner option for both the keto people and the "regular" people who may be eating dinner at your table tonight. Don't forget to cook up a side of rice or pasta for the non-low-carb members of the family.

Ingredients:

- One 2-lb. package of chicken thighs, with or without skins
- 1 Tbs. Balsamic vinegar
- 2 cloves garlic
- 1 cup water
- ½ cup dry red wine
- Salt and pepper to taste

Place all ingredients in crock pot and cover tightly. Set on high heat for 3 to 4 hours. Come home. Dinner is served!

Mashed Cauliflower with Cream and Parsley

If you're craving mashed potatoes, the bad news is they're a definite no-no on the ketogenic diet, with one serving putting you well over the total allotted carbs amount for the

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day. However, mashed cauliflower can be a perfect low-carb substitute, and with a few extra ingredients it will be delicious.

Ingredients:

- ½ a head of fresh cauliflower
- 1 Tablespoon olive oil
- 1 cup heavy cream
- 2 Tablespoons butter
- 2 cloves garlic, minced
- ½ cup fresh parsley, chopped
- Salt and pepper to taste

To make:

Start by roasting the entire head of cauliflower. For this recipe, you'll only be using half of the cauliflower, as a little of this filling yet tasty cruciferous vegetable goes far. Store the unused portion in a Ziploc bag in the refrigerator for use later on in the week.

Next, take half of the roasted cauliflower and place in a sauce pan with some olive oil and minced garlic. While the cauliflower is cooking, you can break it up into small pieces using a pair of sharp kitchen shears. Sauté the cauliflower on medium heat until you get the aroma of the garlic. Next, season with salt and pepper, and pour in the cup of heavy cream. Remove from heat.

Use a potato masher to mash the cauliflower together with butter. You can also add a splash or two more of the cream if you like.

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Meal Plans

Serve with chicken; so healthy and yummy, and totally keto-friendly!

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Meal Plans

Day 12: Friday

Breakfast

Cauliflower, Broccoli and Spinach Omelet

Here's a great use for the remaining veggies in your fridge from this week's grocery shopping trip. You may have some cooked leftovers; or, you can use up what's left of any fresh vegetable that remains.

Ingredients:

- 2 eggs
- Assorted leftover vegetables - broccoli, cauliflower, spinach
- 1 Tablespoon onion, diced
- 2 Tablespoons butter
- 1 Tablespoon cream
- Salt and pepper to taste

To make:

Beat eggs with cream and season with salt and pepper. Heat a skillet on the stove top. Add butter, onion and vegetables to the pan, cooking through or reheating as necessary. Pour eggs over the veggies. Lower the heat and cover tightly. Eggs should be fully cooked within about 5 minutes.

Serves: 1

Lunch

Loaded Chicken Salad Over a Bed of Spinach

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Here's a way to repurpose the chicken thighs you made for dinner last evening... chicken salad! This one has more than just mayo.

Ingredients:

- Leftover chicken, mashed with a fork
- 1 avocado, cut into cubes
- 2 pieces bacon, crumbled
- 2 to 3 Tablespoons mayonnaise
- 1 Tablespoon cream cheese
- 1 rib celery, diced
- 2 chives, diced
- Salt and pepper to taste

To make:

Combine all ingredients in a large bowl. Serve atop a bed of fresh baby spinach.

Servings: 2

Snack

1 cup bone broth

Hard boiled or pickled egg

Dinner

Bacon Jalapeno Cream Cheese Poppers

Who says finger food can only be enjoyed at parties? Bacon jalapeno poppers are incredibly satisfying plus they're low-carb, so you can enjoy a decent portion without a drop of guilt. You may have to hoard these, as others may not be able to resist them!

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Ingredients:

- 1 package bacon
- 12 fresh jalapeno peppers
- 1 package full-fat cream cheese

To make:

TIP: Wear rubber gloves when handling hot peppers, as prolonged contact may cause your fingers to feel as though they're on fire!

Slice jalapenos down the center, long ways. Remove seeds and white pulp, both of which contribute to the heat factor of this notoriously spicy pepper. Preheat oven to 375 degrees.

Spread about 2 teaspoons of cream cheese on each jalapeno pepper. Remove bacon from package. Wrap each jalapeno pepper in a bacon strip and place on a baking tray. Bake in 375-degree oven for about 20 minutes or until crispy on the outside and done to your liking.

Serves: 3

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Meal Plans

Day 13: Saturday

Breakfast

Green Smoothie with Mixed Berries

A green smoothie makes the perfect high-energy breakfast drink to kick start your day. Just remember to start by blending the flax seeds to ensure that they're adequately pulverized into a powder. Add the rest of the ingredients next, then fill about 3/4 of the way with water.

Ingredients:

- ½ cup frozen kale
- ½ cup frozen cranberries
- ½ avocado
- 1 cup of mixed berries such as strawberries, blueberries, blackberries
- 1 cup full-fat Greek yogurt
- ¼ cup flax seeds
- 1 Tablespoon Stevia (optional)
- 1 cup water

To make:

Blend the flax seeds into a powder. Add the frozen kale and cranberries, mixed berries, avocado, and yogurt. Blend on medium then high settings until smooth. Pour into a tall glass and drink up!

Serves: 2.

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Meal Plans

Lunch

Broccoli Cheese Bake

Now here's some hearty comfort food that the whole family can enjoy. Even better, you can take a break from meat which is definitely a good thing to do whether you're eating low-carb or not.

Ingredients:

- 2 Tablespoons butter
- 1 head broccoli
- 4 eggs, beaten
- 2 cups mozzarella
- 1 cup grated Parmesan or Romano cheese
- 2 teaspoons oregano
- ½ cup almond flour
- Salt and pepper to taste

To make:

Use the butter to grease the bottom and sides of a baking pan. In a large bowl, combine all ingredients with the exception of the mozzarella, and mix well. Pour into a Pyrex baking dish and top with mozzarella. Bake at 350 degrees for about 20 minutes or until done to your liking.

Serves: 3

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Meal Plans

Snack

Berries and yogurt

1/2 cup mixed nuts

Dinner

- Pan Fried Steak with Horseradish Mayo
- Sautéed Mushrooms and Onions
- Asparagus Salad with Capers, Parsley and Vinaigrette

Lucky for the low-carb crowd, steak gets the thumbs-up on this diet that restricts sugar and carbohydrates and hikes up fat intake. Your Saturday night dinner will be very French thanks to these sumptuous sides - savory mushrooms and onions, and beautiful fresh asparagus served in a chilled salad. Make the side dishes first, set aside and cover before putting the steak in the pan.

Sautéed Mushrooms and Onions

Ingredients:

- 1 Tablespoon dry rubbed sage
- 4 Tablespoons butter
- 1 medium package of mushrooms, white or baby Portobello, sliced
- 1 medium sweet onion, finely minced
- Splash of dry red wine
- Salt and pepper to taste

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To make:

Add butter and sage to a cold frying pan and heat on medium-high. When butter is fully melted (but before it turns brown), add in the mushrooms. The pan should be hot because mushrooms are watery and we want to brown them if possible. When mushrooms are tender, add in the minced onion, and a bit more butter if necessary. Add a glug of wine and bring to a boil, then reduce heat to a simmer. Season with salt and pepper to taste.

Asparagus Salad with Capers, Parsley and Vinaigrette

Ingredients:

- 1 bunch of asparagus, rinsed, and with the woody ends popped off
- 3 Tablespoons olive oil
- 1-2 Tablespoons Balsamic vinegar
- 2 Tablespoons finely minced onion
- ½ cup flat leaf parsley, chopped
- 2 Tablespoons capers
- Salt and pepper to taste

To make:

Blanch the asparagus by cooking quickly on medium-high in a shallow pan of water until tender (but still a bright green color), then quickly removing from heat and plunging into an ice water bath. While asparagus is cooling, chop your onion and parsley and mix these together along with the capers. Pour the olive oil and Balsamic vinegar into this mixture, and mix well. Drain asparagus and place on a

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serving platter. Top with the parsley, caper and vinegar mix. Season with salt and pepper.

Serves: 2-4.

Pan Fried Steak with Horseradish Mayo

Ingredients:

- T-bone or porterhouse steak (best to purchase and eat same day), one per person
- 3 Tablespoons butter or olive oil

To make:

Start by getting out a big skillet, turn up the burner to medium-high, and make sure your pan is nice and hot before frying the steak. Add the oil or butter, then quickly follow by adding the steak to ensure that the oil or butter does not begin to smoke.

Sear the steak on one side, and continue cooking for about 4-5 minutes, then flip and repeat on other side.

Horseradish mayo

Ingredients:

- 1 cup mayonnaise
- ½ cup prepared horseradish
- 1 Tablespoon dried dill

To make:

Mix all ingredients together and place in a small ramekin to serve alongside of your pan-fried steak. Cover any remaining mayo spread to use with other yummy recipes.

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Kids and roommates who aren't eating keto can try it on sandwiches, too.

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Day 14: Sunday

Breakfast

Peppers and Eggs with Parmesan Cheese and Sliced Tomato

Peppers and eggs is a New York deli breakfast favorite. Skip the roll, and you can enjoy this low-carb version guilt-free, with healthy tomato to boot.

Ingredients:

- 2 Tablespoons butter or coconut oil
- 6 eggs
- 3 Tablespoons heavy cream
- 1 bell pepper, cut into chunks
- 2 Tbs. diced onion
- ½ a tomato, sliced
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste

To make:

Crack eggs into a bowl and pour in the cream. Season with salt and pepper to taste. Heat butter or coconut oil in a large skillet on medium. Add pepper chunks and onion and sauté until tender. Pour eggs over peppers and onions. Sprinkle with parmesan cheese. Cover and cook on very low heat until eggs set and are fully cooked. Serve with a side of fresh raw tomato slices, about 2 per person.

Serves: 2-4

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Lunch

Keto Cheese Steak with Peppers Galore

Who doesn't love a cheese steak? This is what leftovers were born for.

Ingredients:

- 1 Tablespoon butter
- Leftover steak from the prior night's meal
- 1 cup shredded cheddar
- ½ a bell pepper
- 1 cup red roasted peppers with vinaigrette

To make:

Pan-fry the steak in a buttered skillet on medium-high. Top with shredded cheddar and lots of fresh and roasted peppers. See recipe for homemade roasted peppers, below.

Serves: 1-2.

Homemade Roasted Peppers

Ingredients:

- 1 Bell pepper
- 2 Tablespoons olive oil
- 1 Tablespoon red wine vinegar
- 1 clove garlic, smashed
- Salt and pepper to taste

To make:

If you don't have any jarred peppers, you can roast one up if you're feeling inspired. Just place the entire pepper on the stove burner and turn it on medium-high. When the skin

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scorches, turn the pepper and continue to cook on the burner. Keep turning until all sides are scorched and you can easily peel off the skin. Place skinned pepper in a clean jar with lid. Add 1 smashed clove of garlic, vinegar, oil, and salt and pepper.

Snack

Chocolate Peanut Butter Fat Bombs

Pickled egg

Dinner

- Chicken Thighs with Peanut Sauce
- Sautéed Mixed Veggies
- Rice noodles to serve non-keto eaters

Chicken Thighs with Peanut Sauce and Veggies

Ingredients:

- 1 package chicken thighs, about 2 lbs.
- 1 Tablespoon toasted sesame oil
- 2 Tablespoons natural peanut butter
- 2 Tablespoons soy sauce or Bragg's Amino
- 1 Tablespoon vinegar
- 2 cloves garlic
- ¼ cup minced onion
- 1 teaspoon fresh ginger, minced
- 1 teaspoon cayenne pepper
- 2 scallions, chopped
- Juice of 1 lime
- 1 cup fresh cilantro, chopped
- 1 bag mixed veggies (avoid carrots)

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- 2 Tablespoons olive oil

To make:

Heat up a large skillet on the stove top. Add the chicken thighs, garlic, ginger, cayenne pepper, and onion. Brown the meat on all sides, then add the soy sauce and vinegar. Let cook for about 20 minutes, or until chicken is no longer pink in the middle. Sprinkle with scallions and toss well. Remove from heat. Stir in peanut butter and lime. Season with salt and pepper if desired.

Cook mixed veggies in the microwave on high for about 3 minutes. Season with salt and pepper, drizzle with olive oil. Plate along with chicken thighs. Set aside a portion to mix with noodles for the children or roommates who do not eat low carb dinners. Do not eat the noodles.

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Chapter 5: WEEK 3

Grocery List

Once again, this is a complete grocery list that includes everything you'll need to make all the recipes listed. Your best bet is to scour the cabinets and refrigerator to take stock of what's already available. This way, you won't come home with duplicates, and you can make the best use of what you have already.

Produce

- Bell peppers, 4 total
- Turnips, 6 medium
- Kale, 1 head
- Asparagus, 1 bundle
- Cabbage, 1 medium
- Celery, 1 bag
- Broccoli, 1 head
- Salad greens
- Onions
- Garlic
- Fresh ginger
- Plums, 6 total
- Mushrooms, 2 small packages or 1 large
- Eggplant, 1 large
- Strawberries
- Blueberries
- Raspberries or blackberries

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- Parsley, flat-leaf, 1 bunch
- Cilantro, 1 bunch
- Spaghetti squash, 1 total
- Scallions, 2 bunches

Meat

- Ham steak
- Sausage, 1 2-lb. package
- Sausage meat, loose, 1-lb. package
- 1 small pork roast, end cut
- Steak - favorite cut, such as Porterhouse or T-bone
- Beef, top round, about 2 lbs.
- 1 naturally smoked kielbasa
- Lamb chops, 2 small per person, or lamb steak, 1 per person
- Prosciutto, 1 package

Fish

- Frozen shrimp, wild-caught

Dairy

- Eggs, 2 dozen
- Butter, 1 pound
- Full-fat Greek yogurt, 1 quart
- Shredded cheddar cheese
- Full-fat cream cheese, 2 packages
- Light cream, 1 pint
- Goat Brie, 1 package
- Mozzarella, 2 packages
- Sour cream, 1 small container

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- Swiss cheese, 1 small package
- Ricotta, 1 small container

Frozen Food

- Frozen spinach, cut leaf
- Frozen cranberries
- Frozen stir-fry vegetable mix that includes peppers, onions, broccoli

Canned Goods

- Tomato sauce, unsweetened
- Diced tomatoes, 3 medium cans
- Olive oil
- Sesame oil
- Coconut oil
- Red wine vinegar
- Capers
- Garlic or Dill Pickles (no sugar)
- Artichoke hearts, 1 can
- Black olives, 1 can
- Calamata olives, 1 jar
- Beef or chicken broth, 3 large cans total
- Sardines, 1 can
- Coconut milk
- Thai red curry paste

Bulk Goods

- Sesame seeds
- Peanuts
- Coconut pieces

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Other

- Olive oil
- Dry red wine
- Shirataki noodles
- Rosemary, dried
- Natural peanut butter
- Almond flour
- Mustard
- Mayonnaise
- 1 quart grated Parmesan or Romano cheese
- Shredded coconut
- Horseradish, prepared, jarred in vinegar
- Tahini (sesame paste)
- Paprika
- Dill
- Fish sauce
- Soy sauce
- Hot sauce

Day 15: Monday

Breakfast

Scrambled Egg, Sausage and Goat Brie with Salad Greens and Sliced Tomato

Fresh greens with vinaigrette and sliced tomato bring a tangy burst of contrasting flavor to this savory sausage, egg and goat cheese breakfast.

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Ingredients:

- 2 eggs, beaten
- 1 Tablespoon Dijon mustard
- 1 cup sausage meat
- 1 Tablespoon butter or coconut oil
- 4 Tablespoons goat brie
- 2 cups salad greens
- 1 Tablespoon red wine vinegar
- 2 Tablespoons olive oil
- Salt and pepper to taste

To make:

Brown the sausage meat in a skillet on medium-high. Drain the cooked meat and set aside. Into the pan add the butter or coconut oil. Add the mustard, salt and pepper to the eggs. Once the oil or butter is hot, pour in the beaten egg mixture. Scramble the eggs. Add the sausage back in, top with goat brie and cook on low, covered, until the cheese melts.

Prepare the greens by mixing with vinegar and olive oil. Serve the warm scrambled egg medley together with the fresh salad.

Lunch

Warm Spinach and Artichoke Dip with Fresh Veggies and Homemade Keto Crackers

Your favorite party dip isn't just for parties... spinach and artichoke dip only takes about 20 minutes to make at home and enjoy as a healthy and tasty lunch. Serve with "keto

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crackers" below, or set out veggie slices for the whole family to enjoy.

Ingredients:

- ½ cup mayonnaise
- ½ cup full-fat cream cheese
- ½ package frozen cut-leaf spinach
- 1 can artichoke hearts, drained and chopped into bite-size pieces
- ½ cup grated Parmesan cheese
- ½ cup flat-leaf parsley, chopped

To make:

Thaw the spinach in a strainer for about 15 minutes. Preheat the oven to 350 degrees. Combine mayo, cream cheese, artichoke hearts and Parmesan cheese. When spinach is thawed, squeeze the liquid out of it. Use kitchen shears to chop spinach into fine bits and then add, along with the chopped parsley, to your other ingredients. Transfer to a Pyrex baking dish, using a rubber spatula to ensure that all of the delicious dip ends up in the pan and not the sink!

Homemade Keto Crackers

This is a version of the famous high-fat, low-carb cracker recipe that's been making the rounds online with the ketogenic diet being so popular. You will need parchment paper, waxed paper, and a rolling pin to form the dough, and a baking sheet to cook these crackers in the oven.

Ingredients:

- 1 cup shredded mozzarella cheese

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- ¾ cup almond flour
- 2 Tablespoons cream cheese
- 1 egg, beaten
- Salt to taste

To make:

Preheat oven to 425 degrees. Combine the mozzarella, cream cheese and almond flour in a bowl. Microwave for one minute. Stir, then microwave for another 30 seconds. Add beaten egg and a sprinkle of salt. Mix well and form into a ball. Place between two sheets of waxed paper.

Use a rolling pin to roll out cracker dough between the two waxed paper sheets. If mixture begins to harden, microwave for about 20 minutes to regain elasticity.

Cut dough into small, cracker-sized pieces. Place each piece on a parchment-lined baking sheet. Bake at 425 degrees for just 5 minutes. Remove from oven, use a cooking spatula to flip crackers, then bake 5 more minutes on the other side. Cook to desired doneness - can be soft, or slightly golden brown.

Transfer to a wire cooling rack and leave to rest for about 15 minutes. Refrigerate in an air-tight container.

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Snack

2 plums with 2 pieces prosciutto

Dinner

Low Carb Pepper Steak

As a keto version of this traditional recipe that's often served in Chinese restaurants, your pepper sauce will be tasty, but it won't be thick. That's because the corn-starch thickener or flour that's often use to coat meat before browning in this manner is off limits on this diet. With plenty of other flavors mingling in this flavorful and nutritious dish, you'll hardly miss the carbs!

Ingredients:

- One 2-lb. package of top round, pounded out thin using a meat mallet
- 3 bell peppers
- 2 cloves garlic
- 2 Tablespoons coconut or sesame oil
- 2 Tablespoons soy sauce
- 1 Tablespoon fish sauce
- 1 Tablespoon vinegar
- 3-4 scallions, chopped
- 2 Tablespoons paprika
- Salt and pepper to taste

To make:

Heat a large skillet to medium-high. Add coconut oil. When oil sizzles after a few drops of water are spattered on the pan, add the steak filets, which will cook rapidly. Use a

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wooden spoon to keep the meat moving in the pan as it browns. Toss with the soy sauce, fish sauce and vinegar. When meat is cooked to rare, remove from pan and set aside. To the still-hot skillet, add more oil if necessary, plus the garlic, peppers and spices. Stir-fry these quickly, then add the meat back in to complete cooking everything together. All of this will only take about 10 minutes tops. When food is cooked to your liking, turn off the heat and sprinkle in scallion pieces.

Serves: 3-4.

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Day 16: Tuesday

Breakfast

Peanut Butter Smoothie

Ingredients:

- 1 cup full-fat Greek yogurt
- 2 Tablespoons natural peanut butter
- ½ cup cranberries
- Water
- 2 Tablespoons Swerve xylitol sweetener

To make:

Blend all ingredients. Pour into a tall glass and enjoy!

Lunch

Homemade Baba Ganoush with Greek Yogurt, Cucumbers and Olives

Enjoy a bit of Mediterranean flavor with this wonderful baba ganoush recipe that you can easily make at home by popping an eggplant in the oven to roast.

Ingredients:

- 1 eggplant
- ½ cup tahini
- 2 Tablespoons toasted sesame oil
- 1 Tablespoon toasted sesame seeds
- ½ cup fresh parsley
- Juice of 1 lemon
- Salt and pepper to taste

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- 1 cup full-fat Greek yogurt
- 1 cucumber, sliced thin
- ½ cup calamata olives

To make:

Preheat oven to 400 degrees. Place eggplant, whole, on a baking dish or tray and bake until soft. Remove from oven and let cool. Slice open eggplant and remove as many of the seeds as you can. Add to blender along with other ingredients. Puree into a paste. Season with salt and pepper.

Serve with the yogurt, cucumbers and olives.

Snack

4 oz. Goat Brie with 2 Fresh Plums

Dinner

- Cucumber Salad with Sour Cream and Dill
- Roasted Lamb Chops or Lamb Steaks
- Spaghetti Squash with Garlic, Butter and Parmesan

Lamb is considered a bit of a delicacy and is therefore a bit pricier than some other meats you'll find in the grocery store. (Except in Australia and New Zealand, where it's relatively cheap). However, consider all the money you're saving by preparing all of your own, healthy ketogenic meals instead of doing takeout. Every once in a while, a delicious and healthy splurge like lamb is worth it.

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Spaghetti Squash with Garlic, Butter and Parmesan

Ingredients:

- 1 spaghetti squash
- 2 Tablespoons butter
- 2 Tablespoons olive oil
- 2 or 3 cloves garlic, minced
- ½ cup grated Parmesan or Romano cheese
- ½ cup flat-leaf parsley, chopped
- Salt and pepper to taste

To make:

Preheat oven to 350 degrees. Use a cleaver or large knife to cut the spaghetti squash in half short ways. Place the squash halves on a baking pan. Bake for about 30 minutes or until the outer shell part turns tender and you can pierce it easily with a fork.

Remove squash halves from oven and allow to cool. Use a fork to "fluff up" spaghetti-like threads and place in a Pyrex dish along with olive oil, butter, garlic, grated Parmesan or Romano, parsley, salt and pepper. Mix well and return to 350-degree oven to bake for an additional 15 minutes.

If unsure about doneness, use a fork to remove some of the "spaghetti" from the shell and taste-test for doneness. If it seems tough, return to oven for an additional 10 minutes.

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Cucumber Salad with Sour Cream and Dill

Fresh and zingy cucumber salad compliments the lamb nicely in this keto-friendly meal that even your non-dieters will enjoy.

Ingredients:

- 2 medium cucumbers, peeled, seeds removed if necessary
- ⅓ cup onion, diced
- ½ cup sour cream
- ½ cup mayonnaise
- 2 Tablespoons white vinegar
- 1 Tablespoon dried dill
- Salt and pepper to taste

To make:

Slice the cucumbers thin. Combine with all other ingredients and mix well. Cover with lid and allow to marinate for about a half-hour before serving.

Pan Seared Lamb Chops or Lamb Steaks with Rosemary and Red Wine

Lamb is just so good, and amazing for your health, as well as a naturally high-fat choice, making it perfect for low-carb, high-fat dieters. If you've never purchased lamb before, look for it in the meat section of your supermarket possibly near the specialty meats such as veal or organ meats. It's a bit pricier than you may be used to, but with its exceptional flavor and nutrition content, lamb is a treat worth indulging in now and then.

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Ingredients:

- 2 lamb chops or 1 lamb steak per person
- 1 clove garlic, whole, smashed
- 1 Tablespoon olive oil
- ½ cup dry red wine
- Salt and pepper to taste

To make:

Heat up the olive oil in a frying pan on medium to medium-high heat. Add the smashed clove of garlic and the rosemary. Add the lamb chops or lamb steak. Sear on one side, adjusting heat so the lamb cooks quickly but does not burn. After about 4-5 minutes, flip the lamb and cook on the other side for 4 more minutes. Remove from pan and set aside, saving the drippings. To the still-hot pan, add the red wine and bring to a quick boil. Let the wine boil for about 2 minutes to cook off the alcohol and mellow out the flavors. Taste-test for doneness, adding salt and pepper if necessary. Return lamb to the pan with the wine in it, heat quickly, then serve along with your spaghetti squash or other side.

Servings: 2-4.

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Meal Plans

Day 17: Wednesday

Breakfast

Shrimp Omelet with Swiss Cheese and Scallions

Shrimp and Swiss plus delicate green onion make for a delicious and savory egg breakfast.

Ingredients:

- 6 shrimp, can be leftover or frozen and thawed, remove shells
- 2 Tablespoons butter or coconut oil
- ¼ cup Swiss cheese
- 4 eggs, beaten
- 3 scallions, chopped
- Salt and pepper to taste

To make:

If shrimp are frozen, they should thaw in a bowl of cool water for about 20 minutes prior to cooking this meal. Rinse and drain when ready. Heat the butter or oil in a skillet on medium. Sauté the shrimp until they turn pink and curl up. Use kitchen shears to cut the shrimp into bite-sized pieces. Add more butter or oil if necessary, then pour in egg. Carefully move egg around pan to prevent edges from sticking. Cover with Swiss cheese, and sprinkle scallions over all. Place cover on pan and turn off heat. Eggs will continue to cook.

Serves: 3.

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Meal Plans

Lunch

- Greek Soup with Lamb, Mushrooms and Spinach
- Fresh blueberries

Snack

2 pickled eggs

Hard salami

Dinner

- Sausage-Stuffed Mushrooms
- Kale and Cabbage Slaw with Homemade Vinaigrette

Kale and Cabbage Slaw with Homemade Vinaigrette

Here's a fresh and fun new way to ensure your cruciferous veggie intake. Chilled veggies slaw gives nice flavor contrast to any ketogenic meat meal. Plus, these veggies are filling and good for you.

Ingredients:

- 2 cups fresh kale, ribs removed, leaves snipped to bite-size pieces
- 1 cup grated cabbage
- ⅓ cup minced onion
- 2 Tablespoons prepared mustard
- 1 cup mayonnaise
- 1 teaspoon grated fresh ginger
- 2 Tablespoons soy sauce
- ½ cup olive oil
- ⅓ cup apple cider vinegar

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- ½ cup toasted sesame seeds

To make:

Add all ingredients to a large mixing bowl and toss well. Let the kale marinate in this mixture for about 2 hours before serving. The vinegar will help to break down the kale to a more digestible state. Makes a great side dish to serve with burgers.

Sausage-Stuffed Mushrooms

The keto version of this beloved Italian side dish is just as good as the traditional recipe that contains bread crumbs.

Ingredients:

- 1 package of medium-sized mushrooms (make sure they're large enough to stuff)
- One 2-lb. package of loose sausage meat
- 1 cup grated Parmesan or Romano cheese
- 3 cloves garlic, finely minced
- ½ cup flat-leaf parsley, finely chopped
- 4 Tablespoons olive oil
- Black pepper, to taste

To make:

Brown the sausage on medium heat in a large skillet. When fully cooked, remove from stove and drain the meat on paper towels. Remove stems from mushrooms and set mushroom caps in a baking tray. Finely chop mushroom stems and place in a large mixing bowl. Add minced garlic, parsley and grated cheese to the mushroom stems. Add olive oil and mix well. Mix in the sausage meat. Season with

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pepper. Stuff each mushroom with enough of the sausage stuffing to form a small mound for each one. The size of the mushrooms will depend on how much meat you use.

Bake in a 350-degree oven for about 20 minutes, or until mushrooms are tender and slightly browned.

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Day 18: Thursday

Breakfast

Berry Blast Yogurt Smoothie

Give yourself a blast of energy thanks to tangy berries and protein-rich yogurt in this blended morning wake-me-up.

Ingredients:

- 2 fresh strawberries, hulled
- ¼ cup frozen blueberries
- 1/4 cup frozen cranberries
- 1 cup full-fat Greek yogurt
- 1 teaspoon vanilla extract
- Water

To make:

Blend all ingredients in blender. Pour into a glass or to-go container with lid. A perfect, healthy and refreshing take-along breakfast.

Lunch

Let's Have Lunch Out!

You've been working so hard sticking to the ketogenic diet's low-carb, high fat requirements. Treat yourself today with lunch out. Stop by your nearest Panera and enjoy a low-carb green salad topped with chicken and avocado dressing.

Low-Carb Friendly Ingredients Include:

- Lettuce
- Spinach

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- Onion
- Avocado
- Chicken
- Eggs
- Turkey
- Salami
- Cheese
- Vinegar and Oil
- Low-Carb Dressing if Available

Ham Salad Over Mixed Salad Greens with Mustard Vinaigrette

Ingredients:

- 1 ham steak, please check ingredients and try to select no sugar if possible
- 3 Tablespoons mayonnaise
- ½ cup diced garlic or dill pickles (optional - try to find brand with no added sugar)
- 2 cups mixed salad greens
- 2 Tablespoons Mustard Vinaigrette (see recipe, below)

To make:

Chop ham into bite-sized chunks. Mix with mayo and pickle bits (optional). Toss salad greens with mustard vinaigrette. Arrange on a dinner plate. Top with two scoops of the ham salad. Serve and enjoy!

Serves: 1.

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Snack

Fresh Veggies with Quick and Easy Homemade Sour Cream 'n Onion Dip

Once you get into the practice of making homemade dips and dressings, you'll wonder why you bothered with store-bought all those years. This is a great way to eliminate unwanted extra ingredients from your diet, and making it fresh ensures that you can control portion sizes.

Quick and Easy Homemade Sour Cream 'n Onion Dip

Here's a keto-friendly favorite that we've been enjoying at friendly gatherings since the 1970s. It's not so difficult to omit the chips, and just serve with fresh, low-carb veggie selections instead.

Ingredients:

- 1 cup sour cream
- 4 Tablespoons dehydrated onion
- 1 teaspoon yellow curry powder (optional)
- Salt and pepper to taste

To make:

In a small bowl, mix sour cream and onion bits, then sprinkle in curry powder, salt and pepper. Stir completely. Serve with assorted, low-carb veggie slices such as celery, cucumber, broccoli, cauliflower, radishes, green and red peppers, cherry tomatoes.

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Dinner

Sausage and Kale Soup

Sausage and kale soup is an Italian soul food favorite that is traditionally made with potatoes and beans in addition to the below included ingredients. You can substitute turnips for the potatoes if you enjoy them. Otherwise, just skip these. Beans are not keto-friendly, so avoid using them in your low-carb recipes. You can also simmer up a pot of potato pieces, and keep some kidney beans on the side for the non-keto members of the family to add some plant-based bulk and calories to their soup.

Ingredients:

- One, 2-lb. package sausage, sweet or spicy, your choice
- 3 Tablespoons olive oil
- 1 Tablespoon dry rubbed sage
- About half a fresh kale, ribs removed and discarded
- 2 cups canned, diced tomatoes
- 2 medium turnips, cut in bite-sized pieces
- 3 cloves garlic
- 1 cup chopped onion
- 1 cup grated Parmesan cheese
- 5 cups beef or chicken broth
- 1 cup fresh, flat-leaf parsley, chopped
- Salt and pepper to taste

To make:

Slice the sausage into rings and brown in the bottom of a large soup pot. When sausage is completely cooked

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through, add the sage, garlic, onion, turnips if you plan to include them, and sauté until tender. Add the diced tomatoes and the kale. Use kitchen shears to chop the kale into bite-sized pieces to make for easier soup-eating. Pour in the beef or chicken broth. Season with grated parmesan, salt and pepper. Cook on medium-high until the mixture begins to boil, then reduce to a simmer and continue to cook on a lower heat setting, for about 40 minutes.

Serves: 3-5.

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Meal Plans

Day 19: Friday

Breakfast

Ricotta and Raspberries Topped with Toasted Coconut

Some people swear by "intermittent fasting" while doing the ketogenic diet. This means they don't eat between the hours of 8 pm and 12 noon the next day. If you're not into big breakfasts, this may be more your speed... or you can skip the morning meal if you prefer. It's up to you, so go with how you feel.

Ingredients:

- 1 cup full-fat ricotta
- 1 cup fresh raspberries
- 2 Tablespoons shredded coconut, toasted

To make:

Add the ricotta to a bowl. Top with berries and coconut. A quick and filling, keto-friendly breakfast!

Serves: 1.

Lunch

Sardines and Hard-Boiled Eggs with Spicy Mayo over Mixed Greens

Did you know that sardines are one of the healthiest and safest fish that you can buy? They are also extremely economical, and the healthy Omega-3s present in sardines make them ideal if you're doing the ketogenic diet.

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Ingredients:

- 1 can of sardines
- 2 hard boiled eggs
- 2 cups mixed salad greens
- 3 Tablespoons red wine vinaigrette (see recipe from Week 1)
- 1 Tablespoon spicy mayo (recipe below)

To make:

Open the can of sardines. Peel and slice the eggs. Present the salad greens on a dinner plate and dress with the vinaigrette. Place the fish and sliced eggs in the center. Place spicy mayo on the side for dipping.

Serves: 2.

Spicy Mayo Recipe

Ingredients:

- 1 cup mayonnaise
- 3 Tablespoons hot sauce without sugar or sweeteners

To make:

Mix ingredients. Serve as a side condiment for meats, as a veggie dip, or with low-carb crackers.

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Snack

Mixed nuts - best choices are brazil nuts, macadamia nuts or pistachios

Mixed berries

Dinner

Steakhouse Night! Treat Yourself to a Low-Carb Restaurant Experience

You're well into your ketogenic dieting endeavor, and we're guessing you've dropped some pounds already. Kudos for following our tips for making use of all the healthful, low-carb choices on your grocery list. Learning to pack healthy keto-friendly snacks... transforming those leftovers. Tonight, treat yourself to a pat on the back and a keto-friendly dinner out at your favorite steak house!

Tips for eating low-carb when out and about: avoid most white or yellow veggies or sides, such as potatoes, carrots, corn or butternut squash. Avoid beans and legumes. Avoid anything breaded and fried, and of course stay away from pasta, rolls, bread, rice and desserts. Avoid sweet sauces and soups that may contain sugar or MSG. The simpler the fare, the better - grilled steaks and burgers, and sautéed green veggies make great choices.

Below, some low-carb friendly choices that are sure to be on the menu:

Keto-Friendly Main Course

- Steak

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- London broil
- Lamb chops
- Pork chops
- Grilled sausages
- Burger Sans Bun
- Surf and turf
- Grilled shrimp

Keto-Friendly Sides:

- Steamed or sautéed broccoli, plain or with garlic and oil
- Spinach with garlic
- Creamed spinach
- Asparagus
- Cauliflower
- Green salad with vinegar and oil
- Spinach salad
- Broccoli rabe

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Meal Plans

Day 20: Sunday

Breakfast

Spinach, Mushroom and Brie Omelet

Ingredients:

- 4 eggs
- 2 Tablespoons butter
- 1 cup fresh spinach leaves
- 5 mushrooms, sliced
- 2 Tablespoons diced onion
- 1 Tablespoon cream
- 4 ounces brie cheese

To make:

Keto Pancakes

Not your grandma's pancake recipe, but this eggy and savory version of your former favorite breakfast happens to be keto-safe and may actually curb your carb cravings. Maple syrup, honey and sugar are all no-nos if you're eating to stay in ketosis. But you might try topping these with an extra pat of butter, dollop of coconut oil, or a sprinkle of cinnamon and Swerve xylitol sweetener.

Ingredients:

- 2 Tablespoons coconut oil
- 2 more Tablespoons coconut oil (or butter) - for frying
- ½ cup almond flour
- ½ package cream cheese, softened

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- 4 eggs
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- 1 Tablespoon Swerve xylitol sweetener

To make:

Heat a skillet or stovetop pancake griddle that's big enough to hold one large, or two small pancakes. Add butter or coconut oil to your frying surface. Combine all ingredients along with 2 of the 4 Tablespoons of coconut oil and mix well. Reserve the other 2 Tablespoons (or more) for frying the pancakes. Use a small gravy ladle or measuring cup to scoop out pancake-sized servings. Heat for 2 or 3 minutes, then flip and repeat on other side. Serve with butter or your favorite keto-friendly topping such as ricotta or a dollop of whipped cream.

TIP: You may be wondering if you can make your own almond flour at home. You can make almond MEAL using a blender, but this is different than store-bought almond flour. Almond flour has the skins of the nuts removed, and the almonds are blanched before processing into flour. So there is a lower fat content compared with almond meal which you can make at home simply by grinding up some almonds in a blender. Recipes where almond meal is substituted for almond flour may not hold up quite as well.

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Lunch

Tahini and Greek Yogurt with Healthy Veggie Slices

Tahini is a nice change of pace if you're doing a low-carb, high-fat diet and looking to take a break from fatty meats. This Middle-Eastern sesame paste is practically a dietary staple in the fertile crescent corner of the world. With its healthy fat content, it's extremely good for you, and filling, too.

Ingredients:

- 2 Tablespoons prepared tahini
- 1 cup full-fat Greek yogurt
- ½ cucumber
- ½ bell pepper
- 2 celery ribs
- ¼ cup broccoli florets
- 1 Tablespoon hot sauce - look for the kind with no sweeteners (optional)

To make:

Chop up veggie slices for dipping. Scoop some tahini into a bowl along with the Greek yogurt. If you can take the heat, drizzle some hot sauce over your creation and enjoy some tasty dipping for lunch.

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Snack

Prosciutto, Mozzarella and Fresh Berries

Ingredients:

- 3 slices prosciutto
- 4 slices mozzarella
- ½ cup berries - strawberries, blueberries, raspberries, blackberries or a combination of these

To make:

Arrange on serving plate. Enjoy your keto-friendly snack!

Serves: 1-2.

Dinner

Coconut Shrimp Curry Soup with Shirataki Low Carb Noodles

You'll notice that we've incorporated some "faux carbs" at this phase of the ketogenic meal plan. You may be well tired of savory and rich foods at this point, so some keto-friendly, carbohydrate-like meals will be a welcome addition to your low-carb, high-fat diet.

This healthy shrimp and veggie dinner features shirataki noodles which behave like carbs but score 1 gram per 3.5 ounces on the carb scale due to being mainly comprised of water plus 3% glucomannan fiber. These translucent, thread-like noodles are made from the konjac yam.

Ingredients:

- 3 Tablespoons coconut oil
- 24 wild-caught shrimp, thawed

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- 3 packets shirataki noodles
- 3 Tablespoons prepared Thai red curry paste
- 2 cloves garlic, minced
- 1 cup unsweetened coconut milk
- 1 bag frozen "Asian stir-fry" vegetable medley - broccoli, peppers, onions (remove or separate carrots for the non-keto eaters to enjoy)
- Juice of 1 lime
- 2 scallions, chopped
- ½ cup fresh cilantro, chopped
- Salt, black pepper and cayenne to taste

To make:

Tip: About a half-hour before you're ready to prepare dinner, thaw the shrimp by running cool water over them in a colander, then setting the colander into a bowl of cool water. You can also add a Tablespoon of apple cider vinegar to the water for a cleansing rinse, as some packaged shrimp may contain added ingredients during packaging that you may not want.

Prepare noodles as directed on package and set aside.

Clean and chop all vegetables into bite-sized pieces and set aside. Heat the coconut oil and garlic in a skillet. Add red curry paste and shrimp. Cook until shrimp turn pink and curl up, then remove. Add more oil to skillet if necessary. Stir-fry veggies. Return shrimp to the pan and add the coconut milk. Add lime juice and fresh cilantro and scallions. Gently toss with noodles. Remove from heat. Season to your liking.

Serve with extra cayenne pepper if you enjoy spicy food!

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Serves: 4.

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Chapter 6: WEEK 4

Grocery List

Produce

- Salad greens
- Collard greens, 1 bunch
- Celery
- Garlic, 1 bunch
- Fresh basil
- Fresh thyme
- 3 onions
- Flat-leaf parsley, 1 bunch
- 1 spaghetti squash
- Broccoli rabe, 1 bunch
- Scallions, 1 bunch
- 2 cucumbers
- 1 red bell pepper
- Collard greens, 1 bunch
- Beet greens, 1 bunch
- Turnips, about 8
- Avocados, 4 total
- Eggplant, one total
- Mushrooms, 1 small container
- Cabbage, 1 medium
- Swiss Chard, 1 bunch
- Beet greens, 1 bunch
- Plums, 6 small
- Blueberries, 2 pints

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- Raspberries or strawberries, 1 pint
- Tomato, 2 fresh for slicing
- Limes, at least 1, more if you use them in your beverages

Dairy

- Butter, 1 lb.
- Full-fat ricotta, small container
- Eggs - 2 dozen
- Full-fat Greek yogurt, 2 quarts
- 1 lb. shredded cheddar
- Cottage cheese, 1 pint
- Heavy cream, 1 pint
- American cheese, sliced, 1/2 lb.
- Swiss cheese, 1 small package

Meats

- Bacon, 1 package
- 2 to 3 lbs. sweet or hot sausages
- Soup bones for making bone broth
- Whole chicken
- 1 Ham steak (search for no sugar if you can find it)
- 2 to 3 lbs. ground beef
- Turkey legs, 4 to 6 total
- 1 smoked kielbasa, minimal additives
- 4 to 6 turkey legs
- Bacon, 1 package
- Pork roll, 6 slices
- Kielbasa, 1 (best if purchased at a specialty store, with minimal additives)

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Fish

- 5 trout filets or salmon filets

Frozen Foods

- Breakfast sausage, 1 package
- Kale, 1 package
- Frozen blueberries

Canned Goods

- Bone broth, about 2 quarts (best if homemade, but store-bought is okay)
- Natural peanut butter (no additives), 1 medium jar
- Tomato sauce - can be jarred if unsweetened, about 2 quarts total needed
- Canned whole tomatoes, peeled, 1 large can
- Diced tomato, 1 small can
- Sauerkraut, medium jar
- Sardines, 1 can
- Mayonnaise
- Pickles (choose a brand with no sweeteners or additives)
- Mustard
- Black olives
- Baking powder
- Tahini paste

Bulk Goods

- Almonds, about 2 cups
- Flax seeds, about 2 cups
- Mixed nuts, about 4 cups

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Other

- Olive oil
- Coconut oil
- Apple cider vinegar
- Hot sauce
- Parmesan or Romano cheese, 1 quart
- Shredded coconut
- Swerve xylitol sweetener
- Almond flour
- Almond extract
- Vanilla extract
- Fish sauce
- Soy sauce or Bragg's Amino
- Shirataki noodles, 3 packages
- Rosemary
- Cloves
- Beef Jerky, Keto Carne brand

Day 21: Monday

Breakfast

Ham and Ricotta Omelet

Keto Crackers (see recipe from Week 2)

Ingredients:

- 2 Tablespoons butter
- 2 eggs, beaten
- ½ cup full-fat ricotta
- ⅓ cup diced ham

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- ¼ cup diced onion
- Salt and pepper to taste

To make:

Melt butter in a skillet on medium heat. Season beaten eggs with salt and pepper. Add eggs to pan and let cook in butter. Turn pan frequently so that eggs coat the bottom evenly as they solidify. Turn heat down to low and place a cover over the pan while eggs continue to cook. Once eggs are mostly solid and barely runny, use a large spatula to gently flip eggs over to other side. Place ham pieces, diced onion, and a dollop of ricotta cheese in the center of the omelet. Cook for several more minutes, then use spatula to fold omelet in half. Plate and serve with keto crackers.

Serves: 1-2.

Lunch

Shrimp and Vegetable Soup

Here's a healthy and delicious way to use up any leftover shrimp from the prior night's Asian keto-friendly feast. You're basically adding broth to the remains of the meal and heating in a pot.

Ingredients:

- Leftover cooked shrimp
- 2 cups chicken or beef broth
- 1 Tablespoon fish sauce
- 1 Teaspoon soy sauce
- Any remaining vegetables from previous night
- ½ cup shredded cabbage

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- ½ cup bell pepper chunks
- 3 mushrooms, cut into chunks
- 1 scallion, chopped
- ¼ cup cilantro, chopped

To make:

Place shrimp and veggies into a saucepan. Pour broth over. Add fish sauce and soy sauce. Cook until broth bubbles, then simmer on low for about 5 minutes. Turn off heat and add cilantro and scallion.

Serves: 1-2.

Snack

Peanut Butter and Yogurt with Coconut Pieces

Ingredients:

- 1 Tablespoon natural peanut butter
- 1 cup full-fat Greek yogurt
- ¼ cup coconut pieces

To make:

Place peanut butter into bowl. Use the back of a spoon to spread the peanut butter evenly over the bottom of the bowl. Add yogurt and mix together. Sprinkle with coconut.

Serves: 1

Dinner

Spaghetti Squash and Italian Keto Meatballs

Here's a super healthy dinner that the whole family can enjoy. Even pasta lovers can use a break from high carb

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living every now and then. See what your children think of this healthy alternative to spaghetti that picks up the flavor of meat, cheese and rich tomato sauce so very nicely.

Ingredients:

- 6 cups tomato sauce (see recipe below)
- 1 spaghetti squash
- 3 Tablespoons olive oil
- Keto Meatballs
- Parmesan or Romano cheese

To make:

Preheat oven to 350 degrees. Use a cleaver or chef's knife to cut the spaghetti squash in half short ways. Drizzle with olive oil. Place each half on a Pyrex baking pan. Bake for about 30-40 minutes or until the outer shell can be pierced with a fork and the spaghetti-like inner strands are tender and can easily be removed from the shell. Let cool for about 8-10 minutes.

Remove seeds, and fluff up spaghetti squash strands with a fork, then plate about a cup full of the squash per person. Pour tomato sauce over the squash, and add 2-3 meatballs to each plate. Top with grated Parmesan or Romano cheese.

Homemade Keto Friendly Tomato Sauce

Tomato sauce is keto-friendly but you do need to limit your servings of tomatoes because the carbs in these fruits can add up if you aren't careful. Better to make your own homemade tomato sauce than opt for the jarred kind, most of which contain sugar, corn syrup, or both. If you decide to

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opt out of making sauce from scratch, Rao's is a good brand that does not contain added sugar.

Ingredients:

- 3 cloves garlic, minced
- 2 Tablespoons olive oil
- 2 cans tomato sauce, no added sweeteners
- 1 can whole Italian tomatoes, peeled
- Fresh basil, several sprigs
- 3 sprigs of fresh Thyme, to be removed later
- 2 teaspoons salt
- 2 teaspoons black pepper

To make:

Heat the oil in the bottom of a sauce pan on medium. Add garlic and continue to heat, stirring frequently, until the aroma is present. Do not burn the garlic! Add tomato sauce. Use your fingers to smash up the whole canned tomatoes and add to the sauce. Season with fresh herbs (to be removed later). Stir in salt and pepper.

Cook on medium heat until the sauce begins to bubble. Then turn down the heat setting to low or medium-low, and partially cover. Let sauce cook for about 30 to 40 minutes, stirring occasionally. Adjust heat as necessary to keep sauce cooking at a slow simmer.

Keto Meatballs

The hallmark of really good meatballs is that can't tell where one flavor ends and the next begins. To achieve this, you must finely mince all the choppable ingredients such as

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herbs and aromatics. Almond flour subs in for bread crumbs, making these meatballs keto-friendly. To keep the fat-to-protein ratio in the ketone-producing range, always choose ground meat that's 80% protein to 20% fat.

Ingredients:

- 1½ to 2 lbs. ground beef, preferably farm raised free-range
- 1 cup grated Parmesan or Romano cheese
- 1 cup almond flour
- 2 eggs, beaten
- 2 cloves garlic, finely minced
- ½ cup flat-leaf parsley, minced
- Salt and pepper to taste

To make:

Preheat oven to 350 degrees. Combine all ingredients in a large bowl. Form into Tablespoon-sized balls and place on a baking tray or pan. Bake for about 30 to 40 minutes, or until meatballs are cooked through.

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Day 22: Tuesday

Breakfast

Cottage Cheese with Plums

Plums are one of the few fruits permitted on the ketogenic diet due to their low sugar and high acid content. Enjoy them with your morning cottage cheese for a tangy and refreshing change of pace.

Ingredients:

- 1 cup cottage cheese
- 3 plums

To make:

Place cottage cheese in bowl. Rinse plums and place on a plate. Enjoy your breakfast!

Lunch

Quick Keto Friendly Homemade Tomato Soup

This is an easy way to use up leftover tomato sauce if you have some handy. This recipe is keto-friendly, but keep your portion size modest and count those carbs, because tomato can rack up the carb counts a bit higher. Please note that canned tomato soup that you find on your grocery store shelves is generally not low-carb because of the added corn syrup.

Ingredients:

- 1 cup tomato sauce (the jarred kind, but try to find a brand with no sugar or corn syrup, such as Rao's)

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- 3 cups beef or chicken broth
- ½ cup heavy cream
- Salt and pepper to taste

To make:

Combine ingredients and whisk together in a sauce pan. Bring to a boil, then reduce heat and simmer for about 7 minutes. Let cool a bit before stirring in the cream.

Snack

Sardines and Hard-Boiled Eggs

Some people find the strong smell of sardines to be offensive. However, if you rinse your mouth out and bring along some good peppermint sugar-free gum, you should be okay with these as your healthy keto-friendly snack. If you really can't stand sardines, you can substitute some hard salami or healthy jerky.

Ingredients:

- 1 hard-boiled egg
- 1 can of sardines

Dinner

Pepper Pot Soup

You don't hear of this traditional favorite much these days. However, the leftover ground beef from the other evening's keto meatball fest will work perfectly in this quick and easy yet satisfying dinner.

Ingredients:

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- Leftover keto meatballs
- Leftover tomato sauce
- 1 Tablespoon olive oil
- 4 cups beef broth
- 1 onion, chopped
- 1 pepper, chopped
- 1 clove garlic, minced
- Salt and lots of pepper

To make:

Cook the vegetables in oil in the bottom of a quart sauce pan. When onions are translucent and veggies are tender, add in the leftover meatballs and crush with a fork. Add tomato sauce and beef broth. Season liberally with pepper, and add salt to taste.

Serves: 2 to3.

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Day 23: Wednesday

Breakfast

Keto French Toast

Keto French toast is a far cry from the glorious, egg-and-milk-soaked bread fried in butter that you may be used to. However, being on this special diet for as long as you have may have reset your taste buds to be more accepting of "alternate" forms of bread. Try this at least once, and you might be pleasantly surprised. A savory version with lots of butter and your choice of healthy toppings.

Part 1: Microwaved Keto Bread

Ingredients:

- 1 teaspoon butter
- 4 Tablespoons almond flour
- 1½ teaspoons baking powder
- 2 eggs
- 2 Tablespoons heavy cream
- Salt to taste

Part 2: Egg Mixture

Ingredients:

- 2 eggs
- 3 Tablespoons heavy cream

Part 3: Toppings

Ingredients:

- 2 teaspoons cinnamon

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- 1 cup berries
- 2 Tablespoons butter or cream

To make:

Grease the bottom of a microwave-safe bowl with butter. Mix flour, baking powder and salt together and add to the bowl. Combine eggs and cream. Mix with dry ingredients. Microwave on high for 2 to 3 minutes. Remove from microwave.

When microwaved keto bread is fully cooled, prepare your egg and cream mixture for dipping/soaking. Place keto bread into the liquid. Let soak for several minutes. Heat a skillet on medium and melt butter for frying. Add the soaked keto bread to the skillet and fry about 2 minutes on each side.

Top with butter or cream, cinnamon, and berries.

Lunch

Ingredients:

- 2 hard boiled or pickled eggs
- Leftover cabbage and kale slaw

Snack

Ingredients:

- Bone Broth
- 1/2 cup cottage cheese

Chock full of calcium, minerals and other nutrients, bone broth is amazingly good for your health. If you can find a source to simmer up your own bone broth from local, free-

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range farm animals, even better. Even just a small cup of bone broth will help you to feel full and satisfied.

Dinner

Sausage and Broccoli Rabe

Broccoli rabe is a stalky, bitter cousin of broccoli. If you can stomach or maybe even enjoy bitter greens, you should know that they help to break down fat faster, making them an ideal accompaniment for sausage. High fiber count puts broccoli rabe on the low-carb-friendly list as well.

Ingredients:

- 2 to 2½ lbs. of sweet or hot sausage
- 3 cloves garlic, minced
- 1 Tablespoon olive oil
- 1 bunch broccoli rabe
- ½ cup bone broth

To Make:

TIP: to reduce the extreme bitterness of broccoli rabe, blanch it prior to cooking. Blanching involves bringing your vegetables to a boil in water, simmering for a few minutes, then plunging into an ice bath to stop the vegetables from cooking further. After blanching your broccoli rabe, place in a bowl, covered, for use in the recipe again shortly.

Cook the sausages in a large skillet on medium to medium-high heat, turning frequently. The meat will produce water. Continue cooking, and drain if necessary. When the sausage is no longer pink inside, remove the water and brown on the outside. Turn down the heat and drain some, but not

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all, of the fat. Add olive oil and minced garlic to the pan along with the sausages, then quickly add the blanched broccoli rabe and stir everything together. Pour in bone broth and cook on low a few minutes more.

Plate and serve along with some delicious pasta for your kids or roommates to enjoy! Try really hard not to eat the pasta.

Serves: 3-4.

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Day 24: Thursday

Breakfast

Sausage and Poached Eggs with Melted American Cheese and Shirataki Noodles

Bet you didn't know that you don't even need an egg-poaching pan to make poached eggs. You can do it right in a shallow pan of water. This recipe incorporates the sausage drippings to make the eggs extra keto-friendly.

Ingredients:

- 2 eggs
- 4 breakfast sausage links
- 2 slices American cheese
- 1 cup Shirataki noodles
- 2 Tablespoons butter
- Black pepper
- 2 Tablespoons hot sauce

To make:

Prepare the shirataki noodles according to the directions on the package. Set aside, covered, with 2 Tablespoons of butter on top, to melt while you prepare the rest of your breakfast.

Start with about 2 or 3 Tablespoons of water in a frying pan. Add the frozen sausage links and set to medium-high heat. The sausages will thaw quickly and then begin to cook. Once the water evaporates, the sausages will brown. Turn frequently to prevent burning, and adjust the heat as

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necessary. When fully browned to your liking, remove sausages from the pan but save the drippings. Drain sausages on a paper towel.

Continue to heat the pan. Add several more Tablespoons of water along with the drippings. Turn the heat up to high. When the water bubbles, quickly crack the eggs in. Let boil for maybe a minute, then reduce heat to low (or off, depending on how hot your stove gets). Cover the pan with a lid and let the eggs sit in the hot pan. The water will evaporate. The sausage drippings will flavor the eggs.

If there's too much water in the pan, just drain the water into the sink using the lid to prevent the eggs from escaping the pan. Cover the eggs with 2 slices of American cheese. Place the sausage links back into the pan along with the eggs, and give a quick blast of high heat to warm everything up before serving.

Place the noodles and butter on a plate. Add the eggs with cheese, sausage, and a few shots of hot sauce if desired.

Serves: 1-2.

Lunch

Eggcellent Egg Salad Over Salad Greens

Here's a jazzed-up version of egg salad that will give you some extra bang for your keto buck thanks to the addition of healthy and fun veggies. Points for creative use of pickles here.

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Ingredients:

- 3 hard-boiled eggs, peeled
- 3 Tablespoons mayonnaise
- 1 rib of celery, diced
- 3 black olives, chopped
- 1 pickle wedge, diced
- 1 Tablespoon mustard
- Salt and pepper to taste

To make:

Place hard-boiled eggs in a bowl. Use a fork to break up eggs into small bits. Add all other ingredients and mix well.

Add salad greens to a plate. Scoop egg salad over the greens. Enjoy!

Snack

Celery with peanut butter is a very keto-friendly and satisfying snack that contains both fiber and healthy fat. A perfect take-along for when you need to fuel up while out and about.

Celery with peanut butter

Ingredients:

- 3 ribs of celery, cut in half short ways
- 2 Tablespoons peanut butter

To make:

Spread peanut butter on celery strips. If you're taking this snack to go, place in a container and cover with lid.

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Dinner

Baked Trout with Tomato Soup and Cheddar

This recipe uses up the soup that you prepared for your keto lunch. If you don't have access to fresh-caught trout, you can always make this with salmon instead. Quick, easy and makes a hearty and satisfying, low-carb meal. If you have little people to feed, cook up a side of boxed mac and cheese for the non-keto eaters in your family.

Ingredients:

- 3-4 trout fillets
- 2 cups quick keto-friendly homemade tomato soup
- ¼ cup diced onion
- 2 cups shredded cheddar

To make:

Preheat oven to 350 degrees. Place fish filets in a Pyrex baking dish. Bake for 20 minutes or until cheese is fully melted.

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Day 25: Friday

Breakfast

Coconut Almond Keto Bombs

This is an almond version of the "Chocolate Peanut Butter Bombs" recipe from week 2. These are perfect for a quick snack, to satisfy a sweet-tooth craving, or yes, even for breakfast.

Ingredients:

- ½ cup almond meal (to make, blend up almonds to form a paste)
- ⅓ cup coconut oil
- ⅓ cup shredded coconut
- 2 Tablespoons Swerve xylitol sweetener
- 1 teaspoon almond extract

To make:

Combine all ingredients and mix well. The consistency should be right for forming small balls or clumps, about the size of mini peanut butter cups. If yours seem to dry or moist, add more coconut oil or more almond paste as necessary. Place each ball on a tray and chill in the refrigerator or freezer until solid.

Lunch

Trout and Scallion Cream Cheese Spread with Fresh Veggies for Dipping

This versatile dip tastes even more amazing when prepared using smoked trout. However, if you don't have access to a

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meat smoker, you can just cook the trout in a pan on the stove, then cool completely, before making into a tasty, spreadable dip. Feel free to substitute salmon for the trout if it's not something you can easily come by.

Ingredients:

- 1 trout fillet, fully cooked or smoked
- 4 ounces cream cheese, softened
- 3 scallions, diced
- Salt and pepper to taste
- ½ red pepper
- ½ cucumber
- 1 celery rib

To make:

Slice up the red pepper, cucumber, and celery for dipping and set aside. Place trout filets in a mixing bowl. Use a fork to break up the trout and mash. Combine with remaining ingredients in a large bowl. Mix well. Serve with sliced veggies.

Snack

Keto Carne Beef Jerky

This is a brand of beef jerky that can be enjoyed on a high-fat, low-carb diet. The recipe contains only 3 ingredients - beef, water and seasonings including sea salt, spices and garlic. You can find this brand of beef jerky on Amazon.com - or check with your local grocery store.

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Dinner

TIP: If you're in search of a keto-friendly thickening agent to replace cornstarch in some of your favorite recipes, two alternatives that won't take you out of ketosis are glucomannan powder and almond flour. Glucomannan powder is derived from the konjac yam. It is the same ingredient used to make keto-friendly "miracle noodles" otherwise known as mirataki.

Keto Friendly Moussaka Medley

Ingredients:

- 3 Tablespoons olive oil
- ¾ lb. ground beef (use 80/20 for best fat content ratio)
- 1/2 eggplant, sliced, tossed in olive oil and lightly salted
- 1 clove garlic
- ½ cup onion, chopped
- 2 cups tomato sauce (can be store-bought, or use tomato sauce from this week's recipe)
- 3 Tablespoons heavy cream
- 1 red bell pepper, cut into bite-sized pieces
- 3 teaspoons oregano
- Salt and pepper to taste
- 3 cups keto-friendly Bechamel sauce (see recipe, below)

To make:

Cook the ground beef in a skillet and then drain fat and water. Set aside. Prepare béchamel in a sauce pan on the

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stove top (see recipe, below). When sauce is done, set aside to cool.

Preheat oven to 350 degrees. Add olive oil to the bottom of a Pyrex baking dish. Layer the following in the Pyrex dish: eggplant slices on the bottom, sprinkled lightly with oregano; ground beef; tomato sauce; peppers; béchamel sauce. Continue layering in this manner until ingredients reach the top. Top with remaining béchamel. Bake at 350 degrees for about 40 minutes or until edges start to bubble and brown.

A side of pasta would be a welcome addition for the non-keto eaters of your family.

Serves: 4

Keto-Friendly Bechamel Sauce

Ingredients:

- 4 Tablespoons butter
- 4 Tablespoons almond flour
- 4 Tablespoons heavy cream
- 3 cups bone broth
- Half a small onion
- 3 cloves
- Water
- Salt and pepper to taste

To make:

Slice onion in half and remove skin. Insert 3 cloves in onion half. Set aside. Melt butter in a sauce pan on medium heat. Add almond flour, mixing frequently. When flour and butter

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form a paste, add in cream and bone broth along with the onion half with cloves. Bring to a boil, then lower the heat and let simmer, stirring frequently. Sauce should begin to thicken. If sauce becomes too thick, add water in small gradual amounts, and stir constantly until you get the desired consistency. Remove onion before serving. Season with salt and pepper.

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Day 26: Saturday

Breakfast

1 cup bone broth

1 cup Greek yogurt

Lunch

Leftover trout with tomato soup and cheese

Snack

Blueberries and cream

Ingredients:

- 1 Tablespoon cream
- 1 cup fresh blueberries

To make:

Place blueberries in a bowl. Top with cream. Delicious!

Dinner

- Baked Turkey Legs with Turnips
- Collard Greens with Onion and Bacon Crumbles

Baked Turkey Legs with Turnips

Turkey legs are one of the most healthful, economical and fuss-free meals to make. Just pop them in the oven with a bit of seasoning and in about an hour you'll have the most flavorful, juicy and delicious dinner. With a higher fat content, they're perfect for keto dieters. You can add a few baby carrots to the baking pan for your non-keto eaters to enjoy.

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Ingredients:

- 4 to 6 turkey legs (available in poultry section of your grocery's meat department)
- 2 cloves garlic, smashed
- 1 Tablespoon dried rosemary
- 4 turnips, cut into large chunks
- 2 Tablespoons olive oil
- ½ an onion
- Salt and pepper to taste

To make:

Set oven to 350 degrees. Place turkey legs in baking pan. Scatter turnips around the turkey legs. Add baby carrots for your non-keto eaters. Drizzle olive oil over the vegetables. Season all with salt, pepper and rosemary. Bake for about an hour. Use meat thermometer to check for doneness.

Serve with collard greens (recipe below). Sweet potatoes can be baked in the oven along with the turkey legs for the remaining family members who are not on a low-carb diet.

Collard Greens with Onion and Bacon Crumbles

Collard greens are similar to bitter greens in that they taste better if blanched prior to cooking in a recipe. To blanch, simply bring to a boil in a pot of water, let simmer for several minutes, then remove while still-green and plunge into an ice water bath to cease cooking.

Ingredients:

- 2 pieces cooked bacon
- 2 cups collard greens, blanched

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- 1 small onion, diced
- 2 Tablespoons coconut oil
- Red pepper flakes
- Salt and pepper to taste

To make:

Heat coconut oil in a skillet on the stovetop. When oil is hot, add onion, cooked bacon, and blanched collard greens. Cook on medium heat for several minutes. Season with salt, pepper and red pepper flakes.

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Day 27: Sunday

Breakfast

Hard-boiled eggs

Mixed berries

Lunch

Leftover Turkey and Collards Omelet with Swiss Cheese

Most people think of spinach in omelets, but really you can make a delicious egg breakfast out of any leftovers you have that involve meat and vegetables. A great example of this is Chinese egg foo young. Here, we use up leftovers from last night's meal, and add some keto-friendly ingredients.

Ingredients:

- 2 Tablespoons butter
- 2 Tablespoons heavy cream
- 4 eggs 2.4 carbs
- ½ cup of turkey leg meat, cut into bite-sized pieces
- ½ cup cooked collard greens
- ¼ cup minced onion
- ½ cup shredded Swiss cheese
- Salt and pepper to taste

To make:

Beat together the eggs, salt, pepper and heavy cream. Heat the butter in a large skillet on medium heat. Pour in the egg mixture. When the eggs begin to firm up, start to nudge the edges very gently using a spatula, to prevent sticking. When

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most of the egg is solid, very carefully flip the omelet over and turn the heat down to low.

Place the remaining ingredients over half of the omelet, then gently fold in half. Cover with lid and allow to cook for a few more moments. Check for doneness by pressing down on the omelet to see if the cheese oozes out the sides. Turn off the heat. Plate and serve.

Servings: 2-3.

Snack

Raspberries

Swiss Cheese Slices

Dinner

Smoked Kielbasa with Cabbage and Sauerkraut

Did you know that sauerkraut works as a digestive aid to help your body break down fats more readily? It's the perfect accompaniment to kielbasa, hot dogs and other cured meats. Best to find a healthier brand of kielbasa that has been naturally smoked and contains minimal or no additives. A specialty store such as a Polish deli or butcher may be your best option here.

Mashed potatoes or fresh pierogi make an amazing side dish for the non-low-carb eaters in your family.

Ingredients:

- 1 kielbasa
- 1 Tablespoon olive oil

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- 2 cups cabbage, shredded or sliced
- 2 cups sauerkraut
- Mustard
- Horseradish mayo (combine both of these ingredients to make a creamy dip)

To make:

Heat a large skillet on medium-high. Add the kielbasa. Use kitchen shears to slice the kielbasa right in the pan as it cooks. When kielbasa heats through and begins to brown, add the cabbage and olive oil to prevent sticking. Cook until cabbage is tender, then add sauerkraut. Heat through. Serve with a side of mustard and horseradish mayonnaise.

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Meal Plans

Day 28: Monday

Breakfast

Green Avocado Smoothie

Most people enjoy banana in their smoothie, but it's a definite no on the ketogenic diet. Avocado makes a velvety and satisfying alternative in your morning yogurt shake. Some people prefer their smoothies to be a bit sweet. If so, add a small amount of Swerve xylitol sweetener.

Ingredients:

1 avocado

1 cup full-fat Greek yogurt

2 Tablespoons flax seeds

1/2 cup frozen spinach or kale

1/2 cup frozen blueberries

1 Tablespoon Swerve, optional

Water

To make:

Blend the flax seeds first so they're easily absorbed by the digestive system. Add all other ingredients. If using fresh spinach and blueberries instead of frozen, you can add some ice to the blender before mixing this up.

Drink half now, and half later. A delicious, healthy and low-carb breakfast!

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Lunch

Sliced Eggs, Pork Roll and Tomato Slices

Tomatoes provide a nice, acidic contrast to this savory low-carb, high-fat breakfast.

Ingredients:

- 2 hard boiled eggs
- 3 slices pork roll
- 3 slices tomato
- 1 Tablespoon olive oil
- 2 teaspoons red wine vinegar
- Salt and pepper to taste

To make:

Boil, peel and slice the eggs. Cook the pork roll in a skillet on medium heat, turning frequently. Slice the tomato and dress with the oil and vinegar. Arrange all on plate. Sprinkle salt and pepper over all. Bon appétit!

Snack

Option 1: Leftover Kielbasa and Kraut

Option 2: Guacamole with Veggie Slices

Dinner

- Roasted Sage and Rosemary Chicken
- Roasted Turnips with Onions and Butter
- Swiss Chard with Diced Tomato, Garlic and Olive Oil

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Meal Plans

Roasted Sage and Rosemary Chicken

People think that roast chicken is complicated to make but it's actually one of the easiest and most delicious meals that barely needs your attention. If you can, get an organic bird for the best flavor and highest nutrition content. You won't miss baked potatoes with these flavorful and creamy turnips to accompany your chicken.

Ingredients:

- Whole chicken, organic or local free-range farm-raised if you can get it
- 1 Tablespoon dried sage
- 1 Tablespoon dried rosemary
- 3 cloves garlic, sliced long ways
- 3 Tablespoons olive oil
- Salt and pepper to taste

To make:

Set the oven to 350 degrees. Remove gizzards from the chicken's cavity. Rinse the bird, then pat dry with paper towels. Place in baking pan, timer side up if there is one. Cut slits into the meatiest parts of the chicken. Into the slits, stuff slices of fresh garlic. Mix the olive oil together with the sage and rosemary. Coat the bird with this mixture, making sure to get some of it into the slits as well, for best flavor. Sprinkle with salt and pepper.

Place in oven and bake for about an hour and a half, or until the timer pops. The skin should be golden brown and slightly crisped in places. Remove from oven and place on

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stove top to cool. Tent the bird with tin foil to let the meat rest for about 10 minutes before serving.

Roasted Turnips with Onions and Butter

Ingredients:

- 4 turnips, sliced
- ½ cup chicken or beef broth
- ½ cup onion, sliced into rings
- 2 Tablespoons olive oil
- 2 Tablespoons butter
- Salt and pepper to taste

To make:

Preheat oven to 350 degrees. Add all ingredients to a Pyrex baking dish. Bake for 20-30 minutes, or until turnips are tender.

Serves: 3-4.

Swiss Chard with Diced Tomato, Garlic and Olive Oil

Swiss Chard is another healthy green vegetable that has only recently begun to get the attention it deserves. This is a perfect side dish to go with any type of meat or fish meal. Best of all, you can check off your high-fiber, low-carb vegetable requirements for this delicious and hearty dinner.

Ingredients:

- 1 bunch of Swiss Chard, any variety
- 2 cloves garlic, smashed
- 2 Tablespoons olive oil

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- 1 Tablespoon fish sauce
- 1 small can diced tomato
- 2 teaspoons soy sauce
- Splash of red wine vinegar

To make:

Clean and chop the Swiss chard, paying special attention to the stalky ends which should be cut into bite-sized pieces. Heat the oil in a skillet on medium. Add the garlic cloves. Once you get the aroma of the garlic, you can add the stalky pieces of the chard first. Add the fish sauce and soy sauce as well. Cook on medium-low until tender, then add the leaves of the Swiss Chard. Add the tomatoes. Splash in some vinegar. Remove from heat and serve along with your roast chicken or other meat.

Serves: 3-4.

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Meal Plans

Day 29: Tuesday

Breakfast

Cottage Cheese with Fresh Plums and Coconut Flakes

Ingredients:

- 1 cup cottage cheese
- 2 fresh plums
- ½ cup coconut flakes, toasted if you like

To make:

Add cottage cheese to a bowl. Peel the plums and slice in quarters. Arrange beside the cottage cheese. Sprinkle coconut flakes over both.

Serves: 1.

Lunch

Breadless BLT with Cucumber and Avocado Slices

Bacon is so incredibly satisfying that you won't even miss the bread. Extra savory and delicious with the addition of a ripe avocado, plus the fresh cucumber delivers a nice contrast. Crisp iceberg lettuce is a must for this recipe, despite the lack of fiber.

Ingredients:

- 1 package bacon
- 2 Tablespoons mayonnaise
- 1 medium (or half a large) cucumber, sliced
- 1 avocado

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- ½ head of iceberg lettuce

To make:

Fry bacon to your desired crispness in a large skillet. Drain on paper towels. Arrange lettuce and cucumber on a serving plate. Peel and slice avocado and add to serving plate. Place bacon on top. Serve with side of mayo.

Serves: 2.

Snack

Mixed nuts

including almonds, hazelnuts, macadamias. If you eat pistachios, beware the higher carb count, and go easy on these little green yummys.

Dinner

Chicken and Vegetable Soup

Chicken soup is easiest to make when it's created using a roast chicken from the prior evening's meal. If you're going to "commit" to a whole chicken, you may as well make it easy on yourself and toss the bones in a pot of water as soon as possible. This is one of the healthiest and most economical ways to get every last drop of nutrition from your food. Way to utilize keto-friendly leftovers, too!

Ingredients:

- Garlic, 1 clove, chopped
- Celery, 2 ribs, cut in chunks
- Cabbage, about 2 cups, shredded or sliced roughly
- Mushrooms, about 5, cut into chunks

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Meal Plans

- Kale, about a cup fresh or frozen, broken up into bits, ribs discarded
- Leftover chicken from the previous evening's meal
- Leftover Swiss chard and tomatoes
- Leftover turnips

In the bottom of a quart sauce pan, heat the fresh chopped vegetables in a bit of olive oil with the garlic. Sautee everything together until veggies are tender. Add cooked veggies such as Swiss chard with tomatoes. Pour in broth and simmer on medium-low for about 30 minutes. Add in the leftover chicken meat. Serve hot. Non-keto eaters can enjoy their soup with some noodles or rice added in.

Serves: 4.

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Meal Plans

Day 30: Wednesday

Breakfast

Kale and Berry Smoothie with Flaxseeds

Nothing beats a drinkable, healthy, protein, fiber and healthy-fat-rich breakfast. This tart berry smoothie blends up quick for any easy, low-carb breakfast for on-the-go keto dieters. Drink half and save the rest for later if you like!

Ingredients:

- ¼ cup flax seeds
- 2 kale leaves with ribs removed
- 1 cup frozen berries
- 1 cup full-fat Greek yogurt
- 1 teaspoon vanilla extract
- Water

To make:

Start by grinding the flax seeds in a blender. The consistency should be a powder; if left whole, these don't pass through the digestive tract easily. Once the flax seeds are fully blended, add all other ingredients plus about a half cup of water. If you use fresh berries, add ice. Blend thoroughly, adding more water to adjust thickness as desired.

Serves: 1 or 2.

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Meal Plans

Lunch

Jarred Tuna Filets with Sautéed Beet Greens

Beet roots are not keto-friendly; however, beet greens are. These vitamin and mineral-rich, leafy greens cook up quick on the stove top. Beet greens make a great side-dish alternative if you're tired of the same old spinach and broccoli routine.

Ingredients:

- Beet greens cut from one bunch of fresh beets
- 2 cloves garlic, smashed
- 2 Tablespoons olive oil
- 1 teaspoon fish sauce
- 1 Tablespoon soy sauce or Bragg's Amino
- 1 Tablespoon apple cider vinegar

To make:

Make sure that the beet greens are well-scrubbed and rinsed before starting. Chop the stalks into bite-sized pieces, then loosely chop the leaves. Heat the olive oil in a skillet on medium. Add the beet green stalks and garlic cloves. When the stalks become tender, add the leaves plus all other ingredients. Use a wooden spoon to move the vegetables around the pan to ensure even cooking. Cook for about 5 minutes more, then remove from heat.

Serves: 3.

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Meal Plans

Snack

Tahini and Yogurt with Cucumbers

Ingredients:

- 2 Tablespoons tahini paste
- 1 cup full-fat Greek yogurt
- 1 small cucumber, sliced

To make:

Place tahini and yogurt in a bowl. Place cucumber slices on a plate. Enjoy!

Dinner

Chicken with Savory Peanut Sauce and Veggies over Shirataki Noodles

This recipe will utilize the leftover chicken and diced tomatoes from Monday night's dinner. As mentioned earlier in this publication, shirataki noodles or "miracle noodles" from Japan contain a very miniscule amount of carbohydrates. They will mainly serve as something fibrous to soak up the saucy goodness.

Ingredients:

- Leftover chicken pieces
- 2 Tablespoons coconut oil
- 2 Tablespoons peanut butter
- 1 Tablespoon fish sauce
- 1 Tablespoon soy sauce
- 1 Tablespoon red curry paste
- ½ bell pepper, cut into bite-sized pieces

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- ½ an onion, cut into chunks
- 3 teaspoons fresh grated ginger
- 3 mushrooms, sliced
- 1 cup cabbage, sliced into shreds
- ½ cup diced tomatoes
- 2 scallions, chopped
- Juice of 1 lime
- ⅓ cup toasted peanuts, chopped

To make:

Prepare the shirataki noodles according to package directions. Set aside in a covered bowl. Heat up a large skillet on medium-high. Add the coconut oil, red curry paste, and veggies. Stir-fry until tender yet crisp, then remove from pan and set aside in a large bowl covered with a dinner plate. Add chicken to the still-hot skillet. Add garlic, ginger, peanut butter, fish sauce, and soy sauce. Cook to bubbling, just a few minutes. Remove from heat. Add veggies back to the pan and give a brief blast on medium-high to make sure everything is hot. Carefully toss in the shirataki noodles. Squeeze in the fresh lime and toss once more. Top with scallions, cilantro and toasted peanut pieces.

Serves: 2-3.

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Meal Plans

Chapter 7: REFERENCES

Keto Diet Carb Counts

Meats - ZERO CARBS FOR ALL MEATS*

Beef/Veal 0

Chicken 0

Lamb 0

Pork 0

Turkey 0

Organ Meats 0

*Cured Meats/Cold Cuts (check label - many contain sugar and MSG)

Fish

Salmon 0

Sardines 0

Trout 0

Tuna 0

Seafood

Clams 8.7 per 6 oz.

Crab 0

Crawfish 0

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Lobster - 2 g per 6 oz.

Mussels 8.4 g per 6 oz.

Oysters 12.4 g per 6 oz.

Scallops 3.9 g per 6 oz.

Squid 7 g per 6 oz.

Shrimp 0

Dairy/Eggs

egg white .3 g per one egg

egg yolk .3 g per one egg

whole egg .6 g per one

cream, heavy .5 to .7 per Tablespoon

half & half .5 to 1 g per Tablespoon

yogurt, full-fat Greek 9 g per cup

sour cream, full-fat 2 g per 4 Tablespoons

almond milk <1g per cup

bleu 1 gram per one ounce

cheddar .5 g per one ounce

Fontina .4 g per one ounce

Gouda .6 g per one ounce

Gruyere .1 g per one ounce

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Havarti .7 g per one ounce

mozzarella .6 g per one ounce

Monterey jack .1 g per one ounce

muenster .3 g per one ounce

Provolone .6 g per one ounce

Neufchatel .1 to .8 g per one ounce

Ricotta .8 g per one ounce

Nuts and Seeds

almonds 1.4 g per 2 Tablespoons

peanuts 1.8 g per 2 Tablespoons

macadamia nuts .9 grams per 2 Tablespoons

pecans .6 g per 2 Tablespoons

peanut butter 2.4 g per Tablespoon

pine nuts 1.7 g per 2 Tablespoons

pistachio nuts 3.1 g per 2 Tablespoons

pumpkin seeds 5 g per ounce

sunflower seeds 1.5 g per 2 Tablespoons

walnuts, chopped 1.1 g per 2 Tablespoons

Vegetables

alfalfa sprouts 4 g per cup

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arugula .2 g per 1/2 cup

artichoke 4 g per 1/4 steamed

artichoke hearts in a can - 2g per 1 heart

asparagus 2.4 g per 6 spears

bok choy .8 g per cup

bamboo shoots 1/1 g per 1 cup

broccoli 1 g per 1/2 cup

Brussels sprouts 2.4 g per 1/2 cup

cabbage 2 g per 1/2 cup

cauliflower 2 g per 1 cup

celery .8 g per stalk

chard 1.8 g per 1/2 cup

collards 4.2 g per 1/2 cup

cucumber 1 g per 1/2 cup sliced

eggplant 1.8 g per 1/2 cup

endive 1 g per ounce

escarole 1 g per ounce

green onion .1 g per Tablespoon

fennel 3.6g per 1 cup

hearts of palm .7 g per 1 heart

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kale 2.4 g per 1/2 cup

kohlrabi 4.6g per 1/2 cup

leeks 1.7 g per 1/4 cup

lettuce, iceberg 1 g per 1/2 cup

lettuce, romaine .2 g per 1/2 cup

mushrooms 1g per 1/2 cup

okra 2.4 g per 1/2 cup

olives, black 1g per 10 small or 5 large

onions 2.8 g per 1/4 cup

parsley 1 g per ounce

pepper, bell 2.3 g per 1/2 cup

radicchio .7 g per 1/2 cup

radish .9 g per 10 pieces

radish, diakon 1 g per 1/2 cup

sauerkraut 1.2 g per 1/2 cup

spinach .2 g per 1/2 cup

summer squash 2 g per 1/2 cup

tomato 4 g per 1 medium

tomatoes, cherry 4g per cup

turnips 2.2 g per 1/2 cup

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Fruits

avocado 4.8 g each

apricots 5 g per one fruit

blackberries 7 g per cup

lemons 2 g per 1 oz.

limes 2 g per 1 oz.

red grapefruit 9 g per 1/2

rhubarb 1.7 g per 1/2 cup

strawberries 11 g per cup

Herbs and Spices - NO CARBS

basil 0

dill 0

oregano 0

marjoram 0

parsley 0

rosemary 0

sage 0

thyme 0

Dressings, Garnishes

butter, grass-fed 0

coconut flakes - 4 g per oz.

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gelatin, unflavored - 0

hot sauce - 0

Italian dressing 3 g per 2 Tablespoons

mayonnaise depends on ingredients

mustard - 0

oils (avocado, coconut, olive, canola, peanut, grapeseed) 0

ranch dressing 1.4 g per 2 Tablespoons

Thousand Island dressing 4.8 g per 2 Tablespoons

vinegars - Balsamic, red, rice, white 0

soy sauce - 1 g per Tablespoon

Zero Carb Drinks

water

coffee, black, unsweetened

seltzer

tea, black, unsweetened

tea, green, unsweetened

tea, herbal, unsweetened

Soy Products

soybeans (edamame) 6.2 g per 1/2 cup

soymilk, unsweetened 1.2 g per cup

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tofu, firm 2.2 g per 4 oz.

tofu, silken 3.2 g per 4 oz.

tempeh 16 g per cup

soy nuts 2 g per 1/2 oz

Zero and Low Carb Alcoholic Drinks

dry red wine - 4 g per 5 oz.

gin 0

rum 0

vodka 0

whiskey 0

tequila 0

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The Rest of the Books

The Series

This book complements the Fitness Blueprint series:

1. New Year Detox
2. Clean Eating for Weight Loss
3. Beginner's Keto
4. 4-Minute Keto
5. Keto Diet and Intermittent Fasting
6. The Home Workout Bible

Each book can be read stand-alone, but as a series they lead you through a journey, starting with a detox, then learning the Keto diet and proceeding to a home workout.

See the full series at [Fitness Blueprint](#) on Amazon.

Other Books

To see all of this author's books, both published and forthcoming titles and to get some free gifts, please sign up at:

<https://phil-lancaster.com/stay-informed/>

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About the Author



Phil Lancaster is a 76 year old (in 2020) Australian who embraces the Clean Eating and Fitness lifestyle.

He can do 110 pushups without stopping, hold a 5 minute plank, bench press more than his own bodyweight and does 100 km (about 65 miles) bike rides for fun. He weighs the same as he did when he was 18.

He literally never gets a cold or the flu. Not ever. Or hay fever, sniffles, coughing fits or asthma. Or back pain.

And he is a zero contributor to Big Pharma's bottom line.

That's right. He spends nothing on drugs.

No prescribed drugs and no over the counter drugs. He believes that all drugs have undesirable side effects and that most of your medicinal needs can be satisfied by eating the right food and priming your body's natural ability to fight disease and keep you healthy.

He believes that anyone can do the same. You just need to follow the blueprint.

He has 4 children and 5 grandchildren (aged from 11 to 21 years old) and intends to watch them all grow up.