

28-DAY KETOGENIC MEAL PLAN



SHAPIOX
FITNESS

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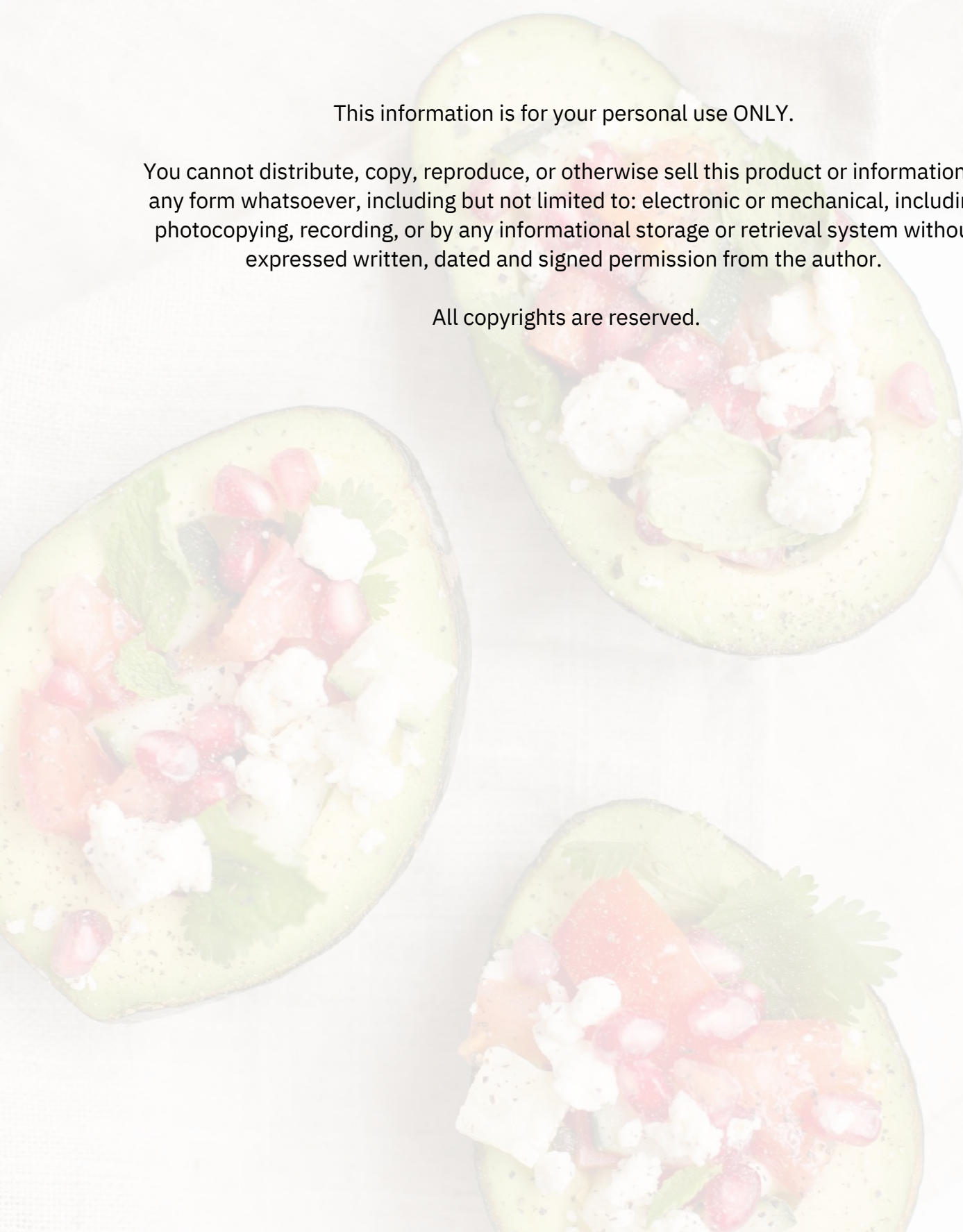


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The Ketogenic Guide

What is the Ketogenic Diet?

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

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

How Does the Ketogenic Diet Work?

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

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

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

Numerous benefits come with being on Ketogenic Diet: from weight loss and increased energy levels to therapeutic medical applications. Most anyone can safely benefit from eating a low-carb, high-fat diet.

FOODS TO EAT

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

FOODS TO AVOID

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

What is the Keto Flu?

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

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

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

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

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

Symptoms of the Keto Flu

HEADACHES

DIZZINESS

SUGAR CRAVINGS

DIFFICULTY FALLING ASLEEP

NAUSEA

STOMACH UPSET

BRAIN FOG

CRAMPING

FATIGUE

How to Manage Keto Flu Symptoms

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



The Ketogenic Recipes



COCOA SMOOTHIE

INGREDIENTS

1/2 avocado
1 cup of unsweetened almond milk
1 serving chocolate protein powder
2 tbsp of raw cacao powder
1 tbsp of chia seeds
1 tbsp of coconut oil

NUTRITIONAL VALUE

Fat: 32 g
Carbs: 21 g
Net Carbs: 7 g
Protein: 33 g
Total Calories: 485 Calories

DIRECTIONS

1. Pour the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next, throw in the avocado, cacao powder, chia seeds, coconut oil, and protein powder.
3. Turn the blender on, starting at a low speed, and increase as needed.
4. Once the liquid is smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



BLUEBERRY SMOOTHIE

INGREDIENTS

1/2 cup of canned coconut milk
1/2 cup of water
1 serving of vanilla protein powder
1/4 avocado
1/4 cup of blueberries
1/2 cup of frozen cauliflower

NUTRITIONAL VALUE

Fat: 23 g
Carbs: 16 g
Net Carbs: 11 g
Protein: 27 g
Total Calories: 374 Calories

DIRECTIONS

1. Pour the coconut milk and the water into the blender first to avoid the ingredients sticking at the bottom of the blender.
2. Next, add in the protein powder, avocado, blueberries, and frozen cauliflower.
3. Turn the blender on, starting at a low speed, and increase as needed.
4. Once the liquid is smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



GRAIN FREE OATMEAL

INGREDIENTS

1/3 cup of cnsweetened shredded coconut
1/4 cup of hemp seeds
1 Tbsp of Coconut Flour
1/2 cup of water
1/4 cup of canned coconut milk
2 Tbsp of Ccocoa powder
1 tsp of monk fruit sweetener

DIRECTIONS

- 1 Place all the ingredients in a pot over high heat.
 - . Bring to a boil and then reduce to a simmer until all the
- 2 liquid has been absorbed.
 - . Transfer to a bowl and serve with toppings if desired.
- 3
- .

NUTRITIONAL VALUE

Fat: 44 g
Carbs: 18 g
Net Carbs 7 g
Protein: 18 g
Total Calories: 513 Calories



PANCAKES

INGREDIENTS

2 eggs
1/4 cup of cream cheese
2 Tbsp of coconut flour
1 Tbsp of coconut oil
1 Tbsp of grass-fed butter
1/8 tsp of vanilla extract
1/2 tsp of baking powder
1 tsp of monk fruit sweetener

DIRECTIONS

1. Place the cream cheese in a bowl and microwave for 30 seconds to allow it to soften.
2. In a large bowl, combine all the ingredients and mix until the mixture is smooth.
3. Place a frying pan on medium heat with coconut oil.
4. Once the oil has melted make 2-3 pancakes at a time depending on the size of your pan.
5. Serve with grass-fed butter.

NUTRITIONAL VALUE

Fat: 56 g
Carbs: 12 g
Net Carbs: 7 g
Protein: 18 g
Total Calories: 627 Calories



CAULIFLOWER HASH BROWN

INGREDIENTS

Cauliflower Hash Brown (3 Portions):

3 cups of cauliflower, shredded

1 egg

3/4 cup of cheddar cheese, shredded

1/4 tsp of garlic powder

Per serving

2 eggs

2 slices of bacon

1 tsp of coconut oil

Salt & pepper to taste

DIRECTIONS

1. Preheat the oven to 400F/200C.

2. Shred the cauliflower with a cheese grater or with a food processor with the shredding attachment.

3. Combine the cauliflower, egg, cheddar cheese, and garlic powder in a bowl and mix well.

4. Line a square baking sheet with parchment paper and pat down the cauliflower mixture and bake for 15 minutes.

5. While the cauliflower hash browns are cooking, prepare your eggs and bacon on the stove top with your desired method.

NUTRITIONAL VALUE

Fat: 43 g

Carbs: 7 g

Net Carbs: 3 g

Protein: 27 g

Total Calories: 490 Calories



AVOCADO EGG CUPS

INGREDIENTS

1 avocado
2 eggs
2 slices of bacon
Salt & Pepper to taste

NUTRITIONAL VALUE

Fat: 38 g
Carbs: 14 g
Net Carbs: 4 g
Protein: 21 g
Total Calories: 457 Calories

DIRECTIONS

1. Preheat the oven to 425F/220C.
2. Slice an avocado in half and scoop out part of the avocado to make room for the egg.
3. Crack the eggs open into the avocado.
4. Sprinkle with salt and pepper and bake for 18 minutes or until the egg white is completely cooked through.
5. While the avocado egg cups are baking, prepare the bacon on the stove top.
6. Serve immediately once the avocado egg cups are done.



CRUSTLESS MINI QUICHE

INGREDIENTS

(3 Servings)

6 eggs
3/4 cup of unsweetened Almond milk
255 g of ham steak
1 1/2 cup of cheddar cheese, shredded
1 Tbsp of coconut oil
Salt & pepper to taste

DIRECTIONS

1. Preheat the oven to 375F/190C.
2. Coat a 12-cup muffin tin with coconut oil.
3. Divide the cubed ham and cheese into the 12 muffin cups.
4. Crack the eggs into a bowl and whisk until smooth.
5. Add the salt and pepper into the eggs and then distribute evenly throughout the muffin cups.
6. Place the muffin tin in the oven and bake for 22 minutes.

NUTRITIONAL VALUE

(per serving)

Fat: 36 g
Carbs: 5 g
Net Carbs: 5 g
Protein: 43 g
Total Calories: 505 Calories



PERFECT KETO BREAKFAST

INGREDIENTS

2 eggs
2 slices of bacon
1/2 avocado

NUTRITIONAL VALUE

Fat: 28 g
Carbs: 7 g
Net Carbs: 2 g
Protein: 19 g
Total Calories: 343 Calories

DIRECTIONS

1. Cook the bacon on the stove top.
2. Once the bacon is done transfer it to a paper towel to soak up excess fat.
3. Use the fat left in the frying pan to cook your eggs.
4. Slice an avocado down the middle and scoop half of it out.
5. Plate the eggs, bacon, and avocado together and enjoy your perfect keto breakfast.



BREAKFAST SANDWICH

INGREDIENTS

1/4 cup of almond flour
1 Tbsp of coconut flour
1/4 tsp of baking soda
2 tbsp of water
2 eggs
1 slice of bacon
1 tbsp of grass-fed butter
Salt and pepper to taste

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 7 g
Net Carbs: 4
Protein: 18 g
Total Calories: 355 Calories

DIRECTIONS

1. Combine the almond flour, coconut flour, baking soda, and salt in a bowl.
2. Add the eggs and the water to the bowl and combine.
3. Place the mixture in a round microwave-safe dish and microwave for 2 minutes.
4. Once the English muffin is done, pop it in the toaster.
5. Meanwhile, cook the bacon and egg with your preferred method.
6. Spread the butter on the English muffin and top with the eggs and bacon.



TURKEY BLT WRAPS

INGREDIENTS

(2 Servings)

113 g of deli turkey
6 slices of bacon
1/4 cup of spinach
1 small Tomato
1 avocado
2 tbsp of avocado oil mayo

DIRECTIONS

1. Place the turkey slices flat on a plate and use them as a tortilla.
2. Cook the bacon either on the stove top or in the oven.
3. While the bacon is cooking slice a tomato in thin slices.
4. Spread the mayo on the turkey slices then add the rest of the ingredients.
5. Fold like a taco to consume.

NUTRITIONAL VALUE

(per serving)

Fat: 34 g
Carbs: 12 g
Net Carbs: 6 g
Protein: 18 g
Total Calories: 401 Calories



CHICKEN BACON RANCH LETTUCE WRAPS

INGREDIENTS

(2 servings)

226 g of chicken thighs
1 small tomato
1/2 avocado
2 slices of bacon
2 tbsp of ranch dressing
4-6 romaine leaves

DIRECTIONS

1. Preheat the oven to 375F/190C.
2. Place the chicken in a dish and bake in the oven for 35 minutes.
3. While the chicken is cooking prepare the romaine lettuce by washing and patting the leaves dry.
4. Dice the tomato and avocado into small pieces.
5. Prepare the bacon on the stove top.
6. Once the chicken is done, assemble the lettuce wraps by adding the chicken, tomatoes, avocado, and bacon to the wraps.
7. Drizzle the ranch dressing on top and enjoy!

NUTRITIONAL VALUE

(per serving)

Fat: 24 g
Carbs: 12 g
Net Carbs: 5 g
Protein: 27 g
Total Calories: 349 Calories



ZUCCHINI TUNA MELTS

INGREDIENTS

(2 servings)

3 zucchinis

2 cans of tuna

2 tbsp of avocado oil mayo

2 stalks of celery, diced

1/2 cup of cheddar cheese, shredded

Salt & pepper to taste

DIRECTIONS

1. Preheat the oven to 400F/200C.
2. Slice the zucchinis down the middle and scoop the flesh from the inside of the zucchini.
3. Combine the tuna, mayo, celery, salt, and pepper.
4. Fill each zucchini half with the tuna mixture.
5. Top each zucchini half with shredded cheese.
6. Bake on a baking sheet for 18-20 minutes or until the cheese is golden brown.

NUTRITIONAL VALUE

(per serving)

Fat: 24 g

Carbs: 14 g

Net Carbs: 9 g

Protein: 54 g

Total Calories: 454 Calories



CHEESEBURGER SALAD

INGREDIENTS

(2 Servings)

226 g of ground beef
4 cups of lettuce, chopped
2 tbsp of avocado oil mayo
1 medium tomato
1/2 cup of cheddar cheese, shredded
2 tbsp of sesame seeds

NUTRITIONAL VALUE

(per serving)

Fat: 43 g
Carbs: 7 g
Net Carbs: 4 g
Protein: 31 g
Total Calories: 516 Calories

DIRECTIONS

1. Place a pan on medium heat with the coconut oil.
2. Once the oil has melted add in the ground beef.
3. While the beef is cooking dice the tomato into small pieces.
4. Once the ground beef is done assemble the salad.
5. Start with the shredded lettuce, then add the ground beef, diced tomatoes, shredded cheese, and the avocado oil mayo.
6. Give everything a good stir to allow the mayo to coat the entire salad and then top with sesame seeds.



CAULIFLOWER MAC & CHEESE

INGREDIENTS

(2 Servings)

1 head of cauliflower
1 cup of heavy cream
1 cup of cheddar cheese, shredded
1/4 cup of cream cheese
1/4 cup of green onions, diced
Salt & pepper to taste

NUTRITIONAL VALUE

(per serving)

Fat: 42 g
Carbs: 19 g
Net Carbs: 12 g
Protein: 16 g
Total Calories: 484 Calories

DIRECTIONS

1. Preheat the oven to 375F/190C.
2. Wash and chop the cauliflower. Steam or boil the floret until they are tender.
3. Place a pot on medium heat and add the heavy cream and cream cheese.
4. Stir until the cream cheese has completely melted then add in the shredded cheese.
5. Place the cauliflower floret in a square pan once they are done, then pour the cheese mixture on top.
6. Sprinkle the remaining cheddar cheese on top and bake for 15 minutes.
7. Garnish with the fresh green onions before serving.



CAPRESE STUFFED AVOCADOS

INGREDIENTS

(2 Servings)

2 avocados
1/2 cup of cherry tomatoes
1/2 cup of mini mozzarella balls
1 tbsp of balsamic vinegar
2 tbsp of extra virgin olive oil
Salt & Pepper to taste

DIRECTIONS

1. Scoop out a little bit of an avocado to create a deeper pit.
2. Combine the cherry tomatoes and mozzarella balls in a bowl, then transfer them into the avocado.
3. Drizzle with balsamic vinegar and olive oil.
4. Sprinkle with salt and pepper to finish

NUTRITIONAL VALUE

(per serving)

Fat: 45 g
Carbs: 20 g
Net Carbs: 9 g
Protein: 8 g
Total Calories: 515 Calories



CHICKEN SALAD

INGREDIENTS

(2 Servings)

226 g of chicken thighs
1 cup of celery, diced
1/4 cup of red onion, diced
2 Tbsp of avocado oil mayo
4 cups of mixed greens
1 avocado
Salt and pepper to taste

NUTRITIONAL VALUE

(per serving)

Fat: 27 g
Carbs: 16 g
Net Carbs: 8 g
Protein: 34 g
Total Calories: 486 Calories

DIRECTIONS

1. Prepare the chicken either on the stove top or baked in the oven.
2. Finely chop the celery, red onions, and avocado.
3. Once the chicken is ready chop it into small cubes, then combine with the vegetables, in a large bowl
4. Add in the avocado oil mayo and mix to coat all the ingredients.
5. Add the salt and pepper and give the mixture one last good stir.
6. Place the mixed greens at the bottom of a salad bowl and place the chicken salad mixture on top.



SPICY SALMON SALAD

INGREDIENTS

(2 Servings)

2 cans of salmon
1 avocado
2 tbsp of avocado oil mayo
2 tsp of sugar free hot sauce
Salt & pepper to taste
1 English cucumber

DIRECTIONS

1. Drain a can of salmon and pour it into a mixing bowl.
2. Scoop out half of an avocado and mix it in with the salmon.
3. Next, add in the mayo, hot sauce, salt, and pepper.
4. Slice half of a cucumber and use the cucumber slices to scoop the spicy salmon salad.

NUTRITIONAL VALUE

(per serving)

Fat: 33 g
Carbs: 11 g
Net Carbs: 6 g
Protein: 53 g
Total Calories: 514 Calories



BEEF CHILI

INGREDIENTS

(2 Servings)

226 g medium ground beef
2 slices of bacon
1 red bell pepper
1 stalk of celery
2 cups of beef broth
1 can of diced tomatoes
1/4 cup of tomato paste
1/4 cup of yellow onions, diced
1 tbsp of chili powder
1/2 tbsp of cumin
1/2 tbsp of oregano
Salt and pepper to taste

DIRECTIONS

1. Cook the bacon in a frying pan on medium heat until crispy and then set aside.
2. Leave a thin layer of bacon fat in the pan and add the onions, celery, and bell pepper to the pan and cook until translucent.
3. Add the ground beef to the vegetables and cook until completely browned.
4. Add the chili powder, cumin, and oregano. Stir to combine and cook for an additional 30 seconds.
5. Chop the bacon and toss it in the pan. Reduce the heat to low and add tomato paste, diced tomatoes, salt, and pepper.
6. Stir in bone broth and then simmer uncovered for 20 minutes. Serve topped with shredded cheese. Enjoy!

NUTRITIONAL VALUE

Fat: 21 g
Carbs: 16 g
Net Carbs: 12 g
Protein: 28 g
Total Calories: 392 Calories



MINI MEATLOAF & CAULIFLOWER MASH

INGREDIENTS

(2 Servings)

226 g of medium ground beef
2 eggs
1 cup of green peppers, diced
1 tsp of onion powder
1 tsp of garlic powder
1/2 tsp of salt
1 tbsp of coconut oil
1 head of cauliflower
2 tbsp of grass-fed butter

DIRECTIONS

1. Preheat the oven to 350F/175C.
2. Start by chopping the green pepper into very small cubes.
3. Combine the meat, eggs, green pepper, and spices into a bowl and mix well. Divide the meat mixture into a greased muffin tin. Bake in the oven for 18 minutes.
4. Meanwhile, steam the cauliflower until soft and then add to a blender with butter, salt, and pepper to create the cauliflower mash.

NUTRITIONAL VALUE

(per serving)

Fat: 32 g
Carbs: 14 g
Net Carbs: 8 g
Protein: 34 g
Total Calories: 468 Calories



BUTTER CHICKEN

INGREDIENTS

(2 Servings)

226 g of chicken thighs
4 cups of cauliflower rice
1 cup of canned coconut milk
1/4 cup of tomato paste
2 tbsp of coconut flour
1/4 cup of yellow onions
2 garlic cloves
1 tbsp of garam masala
1 tbsp of ground turmeric
1 tbsp of coconut oil
Salt & pepper to taste

NUTRITIONAL VALUE

(per serving)

Fat: 39 g
Carbs: 17 g
Net Carbs: 13 g
Protein: 28 g
Total Calories: 502 Calories

DIRECTIONS

1. Place a frying pan on medium heat with the coconut oil.
2. Once the oil has melted add in the onions, garlic, and spices and cook until the onions are translucent.
3. Combine the coconut milk, tomato paste, and coconut flour in a bowl, mix and add to the pan.
4. Next slice the chicken into small cubes, add to the pan, cover and cook for 12-15 minutes.
5. While the butter chicken is finishing up, shred the cauliflower to create cauliflower rice.
6. Place a second pan on medium heat with olive oil, the cauliflower rice and a pinch of salt and pepper.
7. Cook until the cauliflower resembles rice texture. Once the butter chicken is done combine both on a plate and enjoy.



STUFFED PORTOBELLO MUSHROOMS

INGREDIENTS

(2 Servings)

4 portobello mushrooms
4 mild Italian sausages
1/2 cup of tomato sauce
1 cup of mozzarella cheese

NUTRITIONAL VALUE

(per serving)

Fat: 31 g
Carbs: 17 g
Net Carbs: 12 g
Protein: 37 g
Total Calories: 500 Calories

DIRECTIONS

1. Preheat the oven to 375F/190C.
2. Clean the portobello mushrooms with a dry paper towel to eliminate any excess dirt and remove the stems.
3. Spread 2 tablespoons of Tomato Sauce per Mushroom cap.
4. Remove the sausage from the casing and press into the mushroom cap.
5. Top the stuffed mushrooms with the shredded mozzarella cheese
6. Bake for 40 minutes.



CHICKEN TENDERS

INGREDIENTS

(2 Servings)

226 g of chicken thighs
2 eggs
1/2 cup of shredded coconut
1/4 cup of coconut flour
1/2 tbsp of paprika
1/2 tbsp of garlic powder
1/2 tsp of salt
1/4 tsp of pepper

Side Salad per serving:

2 cups of mixed greens
1/2 avocado
Drizzle of avocado oil

NUTRITIONAL VALUE

(per serving)

Fat: 29 g
Carbs: 23 g
Net Carbs: 10 g
Protein: 38 g
Total Calories: 492 Calories

DIRECTIONS

1. Preheat the oven to 375F/190C.
2. Crack and whisk the eggs in one bowl
3. In a separate bowl, combine the shredded coconut, coconut flour, and all the spices.
4. Slice the chicken breast in strips.
5. Dip the chicken strips into the egg mixture and then into the coconut mixture. Set aside on a plate and repeat until all the chicken strips are covered.
6. Place a frying pan on medium heat with 2 tablespoons of coconut oil, fry the chicken tenders on each side for 2-3 minutes.
7. Once all the chicken tenders have been fried, bake them in the oven for 15 minutes.
8. Serve with a side salad.



GARLIC BUTTER SALMON & MASHED CAULIFLOWER

INGREDIENTS

(2 Servings)

226 g of salmon fillet
1 head of cauliflower
2 garlic cloves
3 tbsp of grass-fed butter
1/2 tsp of dried oregano
1/2 tsp of dried rosemary
1/2 tsp of dried thyme
Salt & pepper to taste

NUTRITIONAL VALUE

(per serving)

Fat: 26 g
Carbs: 23 g
Net Carbs: 12 g
Protein: 37 g
Total Calories: 479 Calories

DIRECTIONS

1. Preheat the oven to 400F/200C.
2. Place the salmon in a dish and coat with 1 tablespoon of melted butter, 2 cloves of garlic, and the herbs.
3. Wash and roughly chop the cauliflower head, then steam until the cauliflower is easily pierced with a fork.
4. Place the salmon in the oven and bake for 12 minutes.
5. Once the cauliflower is ready, transfer it to a food processor with 2 tablespoons of butter, salt, and pepper. Blend until it has a smooth consistency. Note that this could also be done with a potato masher.
6. Once the salmon is done, serve immediately.



BLUEBERRY CHEESECAKE FAT BOMB

INGREDIENTS

(4 servings)

1/2 cup of blueberries
1/3 cup of cream cheese
2 Tbsp of coconut oil
1/2 tsp of vanilla extract

DIRECTIONS

- 1 Soften the cream cheese in the microwave
. Place all the ingredients in a blender and mix well.
- 2 Place the mixture in 4 silicon muffin cups and freeze for an
. hour.
- 3
.

NUTRITIONAL VALUE

(per serving)

Fat: 20 g
Carbs: 4 g
Net Carbs: 4 g
Protein: 3 g
Total Calories: 199 Calories



PEANUT BUTTER CHOCOLATE CHIP BITES

INGREDIENTS

(4 servings)

1/4 cup of peanut butter
2 tbsp of cocoa butter
1 Tbsp of cacao nibs
1/4 tsp of monk fruit sweetener
1/8 tsp of vanilla extract
Pinch of Salt

DIRECTIONS

1. Place all the ingredients in a pot over low heat.
2. Once the cocoa butter is fully melted, mix everything well.
3. Pour into silicone molds and freeze for 30 minutes.
4. Store in the freezer.

NUTRITIONAL VALUE

(per serving)

Fat: 17 g
Carbs: 5 g
Net Carbs: 3 g
Protein: 4 g
Total Calories: 178 Calories



CHEESY ZUCCHINI CHIPS

INGREDIENTS

- 1 small zucchini
- 2 tbsp of grated parmesan cheese

NUTRITIONAL VALUE

- Fat: 4 g
- Carbs: 7 g
- Net Carbs: 5 g
- Protein: 7 g
- Total Calories: 87 Calories

DIRECTIONS

- 1 Preheat the oven to 425F/220C.
 - . Slice the zucchini 1/4 inch thick.
- 2 Place them on a baking sheet with parchment paper.
 - . Top the zucchini chips with the grated parmesan cheese.
- 3 Bake for 10-15 minutes, checking them frequently.
 - .
 - 4
 - .
 - 5
 - .



ANTIPASTO SKEWERS

INGREDIENTS

4 Olives
4 Slices of Pepperoni
4 Cheddar Cheese Cubes

DIRECTIONS

1. Assemble the olives, pepperoni, and cheese cubes on a toothpick or skewer.

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 1 g
Net Carbs: 1 g
Protein: 11 g
Total Calories: 207 Calories



CHEESE & CRACKERS

INGREDIENTS

(4 Servings)

Crackers:

1 cup of almond flour
1 tbsp of ground flaxseeds
1 tbsp + 1 tsp of water
Pinch of salt

Per serving:

30 g of cheddar cheese

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 7 g
Net Carbs: 3 g
Protein: 9 g
Total Calories: 206 Calories

DIRECTIONS

- 1 Preheat the oven to 350F/175C.
- 1 In a bowl, combine the almond flour, ground flaxseed, salt, and water.
- 1 Place the dough on parchment paper and cover with a second piece of parchment paper. Use a hand roller or your hands to roll out the dough.
- 3 Cut the dough into small square and bake in the oven for 10-15 minutes or until the crackers turn golden brown.
- 5 Enjoy with sliced cheese.



EVERYTHING BAGEL CELERY

INGREDIENTS

(4 Servings)

6 stalks of celery

1/4 cup + 2 tbsp of cream cheese

Everything bagel Seasoning:

1/2 tsp of sesame seeds

1/2 tsp of poppy seeds

1/4 tsp of black sesame seeds

1/4 tsp of minced onions

1/4 tsp of minced garlic

1/4 tsp of salt

DIRECTIONS

1. Combine all the everything bagel seasoning ingredients together and mix well.

2. Wash and slice 2 stalks of celery per serving, add the cream cheese and then sprinkle the everything bagel seasoning on top.

NUTRITIONAL VALUE

(per serving)

Fat: 8 g

Carbs: 3 g

Net Carbs: 2 g

Protein: 2 g

Total Calories: 91 Calories



The 28-Day Ketogenic Meal Plan

Week 1

Breakfast	Cocoa Smoothie	Cauliflower Hash browns	Cocoa Smoothie	Cauliflower Hash browns	Cocoa Smoothie	Cauliflower Hash browns	Pancakes
Lunch	Turkey BLT	Garlic Butter Salmon & Mashed Cauliflower (leftovers)	Chicken Salad (leftovers)	Zucchini Tuna Melts (leftovers)	Cheese Burger Salad (leftovers)	Caprese Stuffed Avocados (leftovers)	Butter Chicken (leftovers)
Dinner	Garlic Butter Salmon & Mashed Cauliflower	Chicken Salad	Zucchini Tuna Melts	Cheese Burger Salad	Caprese Stuffed Avocados	Butter Chicken	Beef Chilli
Snack	Peanut Butter Chocolate Chip Bites	Everything Bagel Celery	Peanut Butter Chocolate Chip Bites	Everything Bagel Celery	Peanut Butter Chocolate Chip Bites	Everything Bagel Celery	Peanut Butter Chocolate Chip Bites

Week 2

Breakfast	Perfect Keto Breakfast	Grain Free Oatmeal	Perfect Keto Breakfast	Grain Free Oatmeal	Perfect Keto Breakfast	Grain Free Oatmeal	Pancakes
Lunch	Beef Chilli (leftovers)	Stuffed Portobello Mushrooms (leftovers)	Chicken Bacon Ranch Lettuce Wraps (leftovers)	Chicken Tenders (leftovers)	Salmon Salad (leftovers)	Cauliflower Mac & Cheese (leftovers)	Mini Meatloaves & Cauliflower Mash (leftovers)
Dinner	Stuffed Portobello Mushrooms	Chicken Bacon Ranch Lettuce Wraps	Chicken Tenders	Salmon Salad	Cauliflower Mac & Cheese	Mini Meatloaves & Cauliflower Mash	Turkey BLT
Snack	Blueberry Cheesecake Fat Bombs	Antipasto Skewers	Blueberry Cheesecake Fat Bombs	Antipasto Skewers	Blueberry Cheesecake Fat Bombs	Antipasto Skewers	Blueberry Cheesecake Fat Bombs

Week 3

Breakfast	Crustless Mini Quiches	Blueberry Smoothie	Crustless Mini Quiches	Blueberry Smoothie	Crustless Mini Quiches	Blueberry Smoothie	Pancakes
Lunch	Turkey BLT (leftovers)	Garlic Butter Salmon & Mashed Cauliflower (leftovers)	Chicken Salad (leftovers)	Zucchini Tuna Melts (leftovers)	Cheese Burger Salad (leftovers)	Caprese Stuffed Avocados (leftovers)	Butter Chicken (leftovers)
Dinner	Garlic Butter Salmon & Mashed Cauliflower	Chicken Salad	Zucchini Tuna Melts	Cheese Burger Salad	Caprese Stuffed Avocados	Butter Chicken	Beef Chilli
Snack	Peanut Butter Chocolate Chip Bites	Cheesy Zucchini Chips	Peanut Butter Chocolate Chip Bites	Cheesy Zucchini Chips	Peanut Butter Chocolate Chip Bites	Cheesy Zucchini Chips	Peanut Butter Chocolate Chip Bites

Week 4

Breakfast	Breakfast Sandwich	Avocado Egg Cups	Breakfast Sandwich	Avocado Egg Cups	Breakfast Sandwich	Avocado Egg Cups	Pancakes
Lunch	Beef Chilli (leftovers)	Stuffed Portobello Mushrooms (leftovers)	Chicken Bacon Ranch Lettuce Wraps (leftovers)	Chicken Tenders (leftovers)	Salmon Salad (leftovers)	Cauliflower Mac & Cheese (leftovers)	Mini Meatloaves & Cauliflower Mash (leftovers)
Dinner	Stuffed Portobello Mushrooms	Chicken Bacon Ranch Lettuce Wraps	Chicken Tenders	Salmon Salad	Cauliflower Mac & Cheese	Mini Meatloaves & Cauliflower Mash	Turkey BLT
Snack	Blueberry Cheesecake Fat Bombs	Cheese & Crackers	Blueberry Cheesecake Fat Bombs	Cheese & Crackers	Blueberry Cheesecake Fat Bombs	Cheese & Crackers	Blueberry Cheesecake Fat Bombs



The Ketogenic Grocery Lists

GROCERY SHOPPING TIPS

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

1. Ingredients like coconut oil, olive oil, and grass-fed butter are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.

2. Ingredients like almond butter, coconut aminos, almond flour, chia seeds, and baking ingredients are listed in the grocery lists usually as a few tablespoons, but I highly recommend buying these in bulk and checking if you already have them in your pantry before heading to the store.

3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case, I encourage you to use the extra vegetables in other meals or for snacking.

4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28-day meal plan. If not, then finding single servings may be best.

5. Many of these recipes call for fresh herbs like cilantro and basil. To save on cost, you can purchase these as small plants. They are very easy to maintain and don't cost much.

6. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no leftovers.

GROCERY LIST - WEEK 1

Fruits & Vegetables

6 Avocados
4 Cups of Mixed Greens
4 Cups of Shredded Lettuce 1
Cup of Spinach
2 Heads of Cauliflower
3 Zucchini
1 Red Bell Pepper
11 Stalks of Celery
1 Medium + 1 Small Tomato
1/2 Cup of Cherry Tomatoes
1 Red Onion
1 Yellow Onion
4 Cloves of Garlic

Meats, Eggs & Seafood

454 g of Chicken Thighs
9 Eggs
4 oz of Deli Turkey
454 g of Ground Beef
14 Slices of Bacon
226 g of Salmon Fillet
2 Cans of Tuna

Dairy

1 3/4 Cup of Shredded Cheese
1/2 Cup of Mini Mozzarella Balls
1/2 Cup + 2 Tbsp of Cream Cheese
1/4 Cup of Grass Fed Butter

Nuts & Seeds

3 Tbsp of Chia Seeds
2 Tbsp + 1/2 tsp of Sesame Seeds
1/2 tsp of Poppy Seeds
1/4 tsp of Black Sesame Seeds

Baking Supplies

1/4 Cup + 2 Tbsp of Raw Cacao Powder
1/4 Cup of Coconut Flour
2 Tbsp of Cocoa Butter
1 Tbsp of Cacao Nibs
1/2 tsp of Baking Powder
1 1/4 tsp of Monk Fruit Sweetener
1/4 tsp of Vanilla Extract

Condiments

Bottle of Extra Virgin Olive Oil
Jar of Coconut Oil
3 Cups of Unsweetened Almond Milk
2 Cups of Beef Bone Broth
1 Cup of Coconut Milk
1 Can of Diced Tomatoes
1/2 Cup of Tomato Paste
1/2 Cup of Avocado Oil Mayo
1/4 Cup of Peanut Butter
1 Tbsp of Balsamic Vinegar

Herbs & Spices

Salt & Pepper
Dried Oregano
Dried Rosemary
Dried Thyme
Chilli Powder
Ground Cumin
Garam Masala
Ground Turmeric
Minced Onions
Minced Garlic

Extras

3 Servings Chocolate Protein Powder

GROCERY LIST - WEEK 2

Fruits & Vegetables

1/2 Cup of Blueberries
5 Avocados
4 Cups of Mixed Greens
1 Cup of Spinach
1 Small Head of Romaine Lettuce
2 Heads of Cauliflower
1 Green Bell Pepper
4 Portobello Mushrooms
1 English Cucumber
2 Small Tomatoes
1/4 Cup of Green Onions

Meats, Eggs & Seafood

226 g of Chicken Thighs
113 g of Sliced Deli Turkey
12 Eggs
226 g of Ground Beef
14 Slices of Bacon
4 Mild Italian Sausages
12 Slices of Pepperoni
2 Cans of Salmon

Dairy

1 1/4 Cup of Cream Cheese
1 Cup of Mozzarella Cheese
1 Cup of Heavy Cream
1 Cup of Shredded Cheddar Cheese
12 Cheddar Cheese Cubes
3 Tbsp of Grass Fed Butter

Nuts & Seeds

3/4 Cup of Hemp Seeds

Baking Supplies

1 1/2 Cup of Unsweetened Shredded Coconut
1/2 Cup + 1 Tbsp of Coconut Flour
1/4 Cup + 2 Tbsp of Cocoa Powder
4 tsp of Monk Fruit Sweetener
1 tsp of Vanilla Extract
1/2 tsp of Baking Powder

Condiments

3/4 Cup of Coconut Milk
1/2 Cup of Tomato Sauce
12 Olives
2 Tbsp of Ranch Dressing
1/4 Cup of Avocado Oil Mayo
2 tsp of Sugar Free Hot sauce

Herbs & Spices

Ground Paprika
Garlic Powder
Onion Powder

GROCERY LIST - WEEK 3

Fruits & Vegetables

3/4 Cup of Blueberries
4 Avocados
4 Cups of Mixed Greens
4 Cups of Shredded Lettuce
1 Head of Cauliflower
1 1/2 Cup of Frozen Cauliflower
2 Cups of Cauliflower Rice
6 Small Zucchini
1 Red Bell Pepper
5 Stalks of Celery
1 Medium Tomato
1/2 Cup of Cherry Tomatoes
1 Red Onion
1 Yellow Onion
4 Cloves of Garlic

Meats, Eggs & Seafood

454 g of Chicken Thighs
8 Eggs
226 g of Ground Beef
255 g of Ham Steak
5 Slices of Bacon
226 g of Salmon Fillet
2 Cans of Tuna

Dairy

2 1/2 Cups of Shredded Cheese
1/2 Cup of Mini Mozzarella Balls
1/4 Cup + 2 Tbsp of Grated
Parmesan Cheese
1/4 Cup of Grass Fed Butter
1/4 Cup of Cream Cheese

Nuts & Seeds

2 Tbsp of Sesame Seeds

Baking Supplies

1/4 Cup of Coconut Flour
2 Tbsp of Cocoa Butter
1 Tbsp of Cacao Nibs
1 1/4 tsp of Monk Fruit Sweetener
1/2 tsp of Baking Powder
1/2 tsp of Vanilla Extract

Condiments

2 Cups of Beef Bone Broth
1 Can + 1 Cup of Coconut Milk
3/4 Cup of Unsweetened Almond Milk
1 Can of Diced Tomatoes
1/2 Cup of Tomato Paste
1/4 Cup + 2 Tbsp of Avocado Oil Mayo
1 Tbsp of Balsamic Vinegar
1/4 cup of Peanut Butter

Extras

3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 4

Fruits & Vegetables

7 Avocados
1/2 Cup of Blueberries
4 Cups of Mixed Greens
1 Cup of Spinach
1 Small Head of Romaine Lettuce
2 Heads of Cauliflower
1 Green Bell Pepper
4 Portobello Mushrooms
1 English Cucumber
2 Small Tomatoes
1/4 Cup of Green Onions

Meats, Eggs & Seafood

226 g of Chicken Thighs
113 g of Deli Turkey
18 Eggs
226 g of Ground Beef
14 Slices of Bacon
4 Mild Italian Sausages
2 Cans of Salmon

Dairy

3 oz of Cheddar Cheese
1 Cup of Mozzarella Cheese
1 Cup of Heavy Cream
1 Cup of Shredded Cheddar Cheese
1 Cup of Cream Cheese
1/4 Cup + 2 Tbsp of Grass Fed Butter

Nuts & Seeds

1 Tbsp of Ground Flaxseeds

Baking Supplies

1 3/4 Cup of Almond Flour
1/2 Cup of Shredded Coconut
1/2 Cup + 1 Tbsp of Coconut Flour
1 1/4 tsp of Monk Fruit Sweetener
3/4 tsp of Baking Soda
1/2 tsp of Baking Powder
3/4 tsp of Vanilla Extract

Condiments

1/2 Cup of Tomato Sauce
2 Tbsp of Ranch Dressing
1/4 Cup of Avocado Oil Mayo
2 tsp of Sugar Free Hot sauce