

Meal Plan

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ONE MONTH  
RECIPES INCLUDED

30 DAY IN-DEPTH KETOGENIC MEAL PLAN



# 30 Days on a Ketogenic Diet

Hey everyone! I decided it'd be good for me to write a brief intro about myself so you know a little about who I am. I'm a 22 year old that loves to cook, and loves to research everything about this diet. Oh, and I'm a little bit of a nerd too! I've been on a ketogenic diet for just over 5 years, through thick and thin, bouncing up and down with my weight over the years. At first I lost 100 pounds, quickly put all the weight back on, and then lost 75 pounds to where I am today. I continue to do keto because I find it awesome - the energy, the clarity, and the health benefits it has.

I run the website [www.ruled.me](http://www.ruled.me) that is centered all around the ketogenic diet. From tips to tricks, diet plans to recipes, success stories to product reviews – it's all there. I tried to make a "one stop shop" for everything low carb and I hope it's up to your standards!

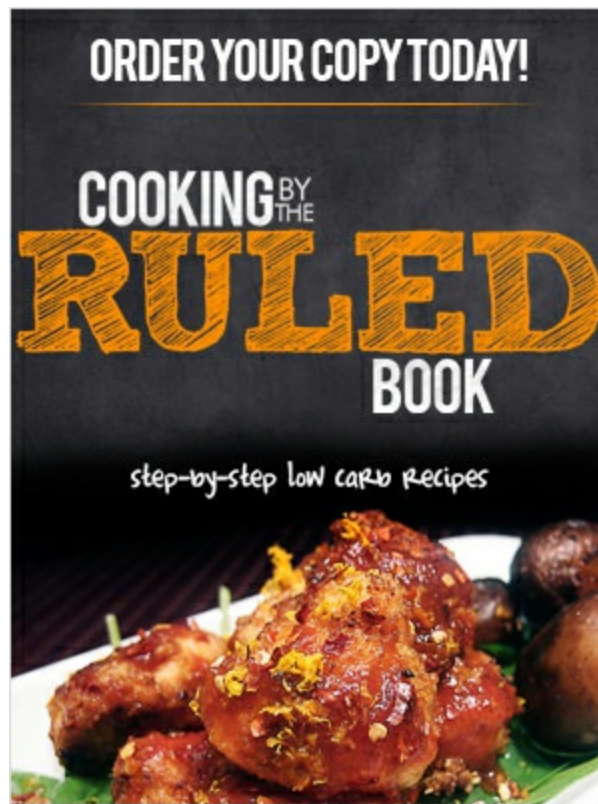
In my free time (which seems to be less and less these days) I do freelance web design, web development, and domain administration. It's a pretty boring job, but it helps pay the bills. I actually used to do that full time, but I have shifted myself over to making the website a full time job. It's stressful for me at times, but I really love helping people out and seeing their goals become reality. It's really not often someone can say they find their job rewarding, but I certainly can in this case.





My main goal right now is to post a recipe a day for 365 days straight - yep one FULL year! Wow, I don't know how I will be able to keep up with it, but I'll try my hardest – that's for sure. I missed a couple of days so far this year (geez, it's only February) but I made up for them on other days by posting double.

Being that I'm 22, all these ingredients can cost quite a pretty penny. As some of you already know, doing low carb can get quite expensive, especially when you're using sweeteners and specialty flours. I try my best to bring everything I can to people free of charge, but sometimes my budget is pretty tight, so I can't always do that. I have written a cookbook, where the sales help supplement the cost of the ingredients for food and general upkeep of the website. I'd seriously be thankful if you could check it out.



The cookbook is called [Cooking by the RULED Book](#) (a delightfully boring pun based off my website name) - really appreciate anyone checking it out!

Hope this meal plan helps everyone out, and as always keep on ketoing on!

My love, best wishes and deep hope that you are ultimately successful,

Craig

# What is a Ketogenic Diet?

A keto diet is well-known for being a low carb diet, in which the body produces ketones in the liver to be used as energy. It's referred to by many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), and so on. Though some of these other “names” have different standards, we'll stick with the standards of keto.

When you eat something high in carbs, your body will produce glucose and insulin. Glucose is the easiest molecule for your body to convert and use as energy, so it will be chosen over any other energy source.

Insulin is produced to process the glucose in your bloodstream, by taking it around the body. Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored. Typically on a normal, higher carbohydrate diet, the body will use glucose as the main form of energy.

By lowering the intake of carbs, the body is induced into a state known as ketosis.

## What is Ketosis?

Ketosis is an everyday process of the body, regardless of the number of carbs you eat. Your body can adapt very well, processing different types of nutrients into the fuels that it needs. Proteins, fats, and carbs can all be processed for use. Eating a low carb, high fat diet just ramps up this process, which is a normal and safe chemical reaction.

When you eat carbohydrate-based foods or excess amounts of protein, your body will break this down into sugar – known as glucose. Why? Glucose is needed in the creation of ATP (an energy molecule), which is a fuel that is needed for the daily activities and maintenance inside our bodies.

If you've ever used a calculator to determine your caloric needs, you will see that your body uses up quite a lot of calories. It's true, our bodies use up much of the nutrients we intake just to maintain itself on a daily basis. If you eat enough food, there will likely be excess glucose your body doesn't need.

There are two main things that happen to glucose if your body doesn't need it:

- Glycogenesis. Excess glucose will be converted to glycogen, and stored in your liver and muscles. Estimates show that only about half of your daily energy can be stored as glycogen.
- Lipogenesis. If there's already enough glycogen in your muscles and liver, any extra glucose will be converted into fats and stored.

So, what happens to you once your body has no more glucose or glycogen? Ketosis happens.

When your body has no access to food, like when you are sleeping, the body will burn fat and create molecules called ketones. This is what happens on a ketogenic diet - we burn fat for energy. We can thank our body's ability to switch metabolic pathways for that.

These ketones (acetoacetate) are created when the body breaks down fats, creating fatty acids, and burned off in the liver in a process called beta-oxidation. The end result of this process is the creation of 2 other ketones (BHB and acetone), which are used as fuel by the muscles and brain.

Although glucose is the main source of fuel for most people, these fatty acids (BHB and acetone) are used by the brain cells when carbohydrate or food intake is low. In simpler terms, since you have no more glucose or glycogen, ketosis kicks in and your body will use your stored/consumed fat as energy.

Ketosis is pretty amazing, and in fact, gets even better. Studies show that the body and brain actually prefer using ketones, being able to run 70% more efficiently than glucose. From an evolutionary standpoint, this makes perfect sense.

## How Does It Work?

When fat is broken down by the liver, glycerol and fatty acid molecules are released. The fatty acid is broken down further, in a process called ketogenesis, and a ketone body called acetoacetate is produced.

Acetoacetate is then converted into 2 other types of ketone bodies:

- Beta-hydroxybutyrate (BHB) – After being keto-adapted for a

while, your muscles will convert the acetoacetate into BHB as it's preferred by the brain for fuel.

- Acetone – Can sometimes be metabolized into glucose, but is mostly excreted as waste. This gives the distinct smelly breath that most ketogenic dieters know.

Over time, your body will expel fewer ketone bodies, and you may think that ketosis is slowing down. That's not the case, as your brain is burning the BHB as fuel, and your body is trying to give your brain as much efficient energy as possible.

## What Should You Eat?

To start a keto diet, you will want to plan ahead. Normally, anywhere between 20-30g of net carbs is recommended for every day dieting.

You might be asking, "What's a net carb?" It's simple, really! The net carbs are your total dietary carbohydrates, minus the total fiber. Let's say for example you want to eat some broccoli (1 cup).

- There are a total of 6g carbohydrates in 1 cup.
- There's also 2g of fiber in 1 cup.
- So, we take the 6g (total carbs) and subtract the 2g (dietary fiber).
- This will give us our net carbs of 4g.

## What Are the Benefits?

- Weight Loss. As your body is burning fat as the main source of energy, you will essentially be using your fat stores as an energy source while in a fasting state.
- Energy. By giving your body a better and more reliable energy source, you will feel more energized during the day. Fats are shown to be the most effective molecule to burn as fuel.
- Cholesterol. A keto diet has shown to improve triglyceride levels

and cholesterol levels most associated with arterial buildup.

- Blood Sugar. Many studies show the decrease of LDL cholesterol over time and have shown to eliminate ailments such as type 2 diabetes.
- Hunger. Fat is naturally more satisfying and ends up leaving us in a satiated (“full”) state for longer.
- Skin. Recent studies have shown a drop in acne lesions and skin inflammation over 12 weeks.



# Tips Before Starting

Anyway, I think that's enough for a brief overview of the ketogenic diet! If you're interested in reading more, or find out more information about it, please feel free to visit my website: [www.ruled.me](http://www.ruled.me)

There are, however, a few other notes I want to hit on.

Some people don't believe in counting calories on a ketogenic diet, but I am one of the few that does. For most normal people, the amounts of fats and protein will be enough to naturally keep you satiated and naturally keep you in a calorie deficit. Though, the average American is not always normal. There's tons of hormone, endocrine, and deficiency problems that we need to take into account. That said, it doesn't always allow you to lose weight when you are consuming more than your own body is expending.

"Macros" is a shortened version of macronutrients. These are the "big 3" – fats, proteins, and carbs. You can use a calculator to find out how much or how little of each you need in order to attain your goals. You can find the calculator on my website: [www.ruled.me](http://www.ruled.me)

A lot of people take their macros as a "set in stone" type of thing. You shouldn't worry about hitting the mark every single day to the dot. If you're a few calories over some days, a few calories under on others – it's fine. Everything will even itself out in the end. It's all about a long term plan that can work for you, and not the other way around.

I wanted to put it out there that I made this meal plan specifically with women in mind. I took an average of about 150 women and what their macros were. The end result was 1600 calories – broken down into 136g of fat, 74g of protein, and 20g net carbs a day. This is all built around a sedentary lifestyle, like most of us live. If you need to increase or decrease calories, you will need to do that on your own terms.

To increase calories, it's quite easy – increase the amounts of fat you eat. Olive oil, coconut oil, macadamia nuts, and butter are great ways to increase fats without getting too much of the other stuff in the way. Drizzle it on salads, slather it on vegetables, snack on it, do what you need to do to make it work in your favor!

To decrease calories, you will have to think about what you need. Most likely, you will need less protein as well. So, keep in mind the portions or sizes of meals. Decrease them as you need to, or see fit.

Last, but certainly not least, is sticking to the diet! Ketosis is a process that happens in your body. You can't just have "that one" cheat meal. If you do, it can hamper progress for up to a week before your body is back in ketosis and normally functioning again.

You want to keep your cheats to none. Be prepared, make sure you're eating what you need to be satiated ("full"), and make sure you're satisfied with what you're eating. If you have to force yourself to eat something, it will never work out in the end. This is just a guideline on how you can eat on a ketogenic diet, so you're very welcome to change up what kind of foods you eat!

# Meal Plan Introduction

I tried to scale the recipes as best as I could in this meal plan, but not every recipe will be scaled, and some recipes will give leftovers. Make sure you look a few days ahead in the meal plan, as some leftovers are used. Freeze things if you have too much leftovers. You can always re-use this food later on!

Some of the food, for example the Not Your Caveman's Chili, is used in the first week and then again in the last week. You could use the same batch you cook in the first, which not only saves you energy and time, but also saves money. Just freeze it and bring it out to defrost as needed.

I initially intended to keep the net carb count around 20 a day, but it ended up working out even better than that. The 28 day average for the net carbs is 11.2g Net Carbs per day. The total carbs, on average, is 19.6g per day. Even if you're not counting net carbs, this would be a great way to quickly get yourself into ketosis.

Although I wanted to get as close to the macros as I could, I was off by a little bit. The 28 day average across all days comes out to 1597 Calories – broken down into 136g Fats, 19.6g Carbs, 8.4g Fiber, 11.2g Net Carbs, and 74.9g Protein.

I get many questions about intermittent fasting, the health benefits, the weight loss benefits, and the like. People normally use intermittent fasting for both the energy and mental clarity it can offer. But it's not just good for that. It can offer breakthroughs of plateaus and even benefits in nutrient uptake in exercise. We go more in depth to intermittent fasting in Week 3 and 4, so keep your eyes peeled!

Now, Week 1's shopping list is going to be long. I have to make the assumption you have nothing in your house. Many of the items are common items that most people will have already. These are all staples in my everyday cooking for keto, and should be considered an investment for your health. Once you have all of the items from week 1, there won't be too much else to buy.

As you move on to Week 2 and beyond, take a look ahead. Some of the items you bought in Week 1 will need to be restocked. Whether it's beef, chicken, or some kind of vegetables. In fact, you'll be going through a lot of spinach on this

meal plan - so make sure you keep your pantry restocked!

The last thing I suggest doing is buying the speciality items prior to needing them. Normally some of these items you can only find online, and by the time you need them, you'll actually have them. There are no speciality items used in Week 1 for that reason. Make sure you order what you need and have it by the time you need it.

Here are some of the order links for the products that I use regularly (and in the meal plan). If you would be so kind to order from these links, I earn a small commission for each sale that happens. I'd really appreciate any support you could offer!

## Speciality Items

Almond Flour ( [Buy on Amazon](#) )

Milled Flaxseed Meal ( [Buy on Amazon](#) )

Coconut Flour ( [Buy on Amazon](#) )

Erythritol ( [Buy on Amazon](#) )

Liquid Stevia ( [Buy on Amazon](#) )

# Week 1

Our main goal here is to stay pretty simple at first. In my eyes, simplicity is key for someone that is just starting out on a low carb diet. You don't want it to be a difficult transition (kitchen-wise), because it will be hard to just get rid of your cravings.

Leftovers will be another thing we will take into consideration. Not only is it easier on you, but why put yourself through the hassle to cook the same food more than once? Breakfast is something I normally do leftover style, where I don't have to worry about it in the morning and I certainly don't have to stress about it. Grab some food out the fridge, pre-made for me, and head out the door. It doesn't get much easier than that, does it?

The first signs of ketosis are known as the "keto flu" where headaches, brain fogginess, fatigue, and the like can really rile your body up. Make sure that you're drinking plenty of water and eating plenty of salt. The ketogenic diet is a natural diuretic and you'll be peeing more than normal. Take into account that you're peeing out electrolytes, and you can guess that you'll be having a thumping headache in no time. Keeping your salt intake and water intake high enough is very important, allowing your body to re-hydrate and re-supply your electrolytes. Doing this will help with the headaches, if not get rid of them completely.

If you need to, drink water with a sprinkling of salt in it. Just keep drinking water (I recommend 4 liters a day), and keep eating salt. It will help, trust me. If you're worried about high blood pressure and salt, don't be! Recent studies show that the sodium intake and blood pressure are not as correlated as we so once believed.

## Breakfast.

For breakfast, you want to do something that's quick, easy, tasty, and of course – gives you leftovers. I suggest starting day 1 on a weekend. This way, you can make something that will last you for the entire week. The first week is all about simplicity. Nobody wants to be making breakfast before work, and we're not going to be doing that either!



## Lunch.

We're also going to keep it simple here. Most of the time, it'll be salad and meat, slathered in high fat dressings and calling it a day. We don't want to get too rowdy here. You can use leftover meat from previous nights or use easy accessible canned chicken/fish. If you do use canned meats, try to read the labels and get the one that uses the least (or no) additives!

## Dinner.

Dinner will be a combination of leafy greens (normally broccoli and spinach) with some meat. Again, we'll be going high on the fat and moderate on the protein.

P.S. No dessert for the first 2 weeks.

# Week 1 Shopping List

## Meat

- Bacon
- Canned Chicken
- Chicken Sausage
- Chicken Thighs
- Eggs
- Ground Beef
- Shrimp
- Stew Meat

## Fats

- Bottle Olive Oil
- Unsalted Butter (Grass fed)
- Coconut Oil
- Half n' Half
- Heavy Cream
- Pecans

## Sauces

- Beef Broth
- Chicken Stock
- Coconut Milk
- Dijon Mustard
- Ranch Dressing (Full Fat)
- Red Wine
- Soy Sauce

- Tomato Paste
- Tomato Sauce
- Worcestershire

## Cheese

- Cheddar Cheese (Full Fat)
- Parmesan Cheese
- Queso Fresco Cheese

## Vegetables

- 1 Green Pepper
- 3 Onions
- 6 Lemons
- Broccoli
- Cauliflower
- Green Beans
- Orange
- Parsley
- Spinach (lots of this)

## Spices

- Allspice
- Bay Leaf
- Black Pepper
- Cardamom
- Cayenne Pepper
- Chili Powder
- Chives

- Coconut Flour
- Coriander
- Cumin
- Ginger
- Minced Garlic
- Onion Powder
- Oregano
- Paprika
- Red Pepper Flakes
- Salt
- Xanthan Gum
- Yellow Curry Powder

# Day 1

## Breakfast

[Frittata Muffins](#) [ 2 Muffins ]

Per Serving: 410 Calories, 32.3g Fats, 2.5g Net Carbs, and 27.3g Protein

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## Lunch

[Canned Chicken & Spinach Salad](#)

[ 2 Cups Spinach, 3 Tbsp. Olive Oil & 1/3 Cup Canned Chicken ]

Per Serving: 450 Calories, 44g Fats, 0.5g Net Carbs, and 13.5g Protein

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## Dinner

[Inside Out Bacon Burger](#) [ 1 1/2 Patties ] [ Refrigerate Leftovers ]

[Red Pepper Salad](#) [ Add 1 Tbsp. Butter ]

Per Serving: 641 Calories, 52.5g Fats, 4.7g Net Carbs, and 37g Protein

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## Day Totals

1601 Calories, 139.8g Fats, 7.7g Net Carbs, and 77.8g Protein



# Day 2

## Breakfast

[Cheesy Scrambled Eggs](#)

Per Serving: 453 Calories, 43g Fats, 1.2g Net Carbs, and 19g Protein

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## Lunch

[Leftover Inside Out Bacon Burger & Spinach Salad](#)

[ 4 Cups Spinach, 4 Tbsp. Olive Oil & 3 Tbsp. Leftover Meat ]

Per Serving: 624 Calories, 63.9g Fats, 1.2g Net Carbs, and 10.8g Protein

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## Dinner

[Cinnamon & Orange Beef Stew](#) [ Eat 80% of Whole Stew ]

Per Serving: 519 Calories, 35.6g Fats, 4.1g Net Carbs, and 42.8g Protein

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## Day Totals

1596 Calories, 142.5g Fats, 6.5g Net Carbs, and 72.6g Protein

# Day 3

## Breakfast

[Frittata Muffins](#) [ 2 Muffins ]

Per Serving: 410 Calories, 32.3g Fats, 2.5g Net Carbs, and 27.3g Protein

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## Lunch

[Simple Spinach Salad](#) (No Meat)

[ 4 Cups Spinach & 4 Tbsp. Olive Oil ]

Per Serving: 537 Calories, 57g Fats, 1g Net Carbs, and

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## Dinner

[Curry Rubbed Chicken Thigh](#) [ 1 Chicken Thigh ]

[Fried Queso Fresco](#) [ 1/4 Pound Fried Queso ]

Per Serving: 657 Calories, 44.7g Fats, 0.6g Net Carbs, and 40.3g Protein

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## Day Totals

1604 Calories, 134g Fats, 4.1g Net Carbs, and 72.6g Protein

# Day 4

## Breakfast

### [Cheesy Scrambled Eggs](#)

Per Serving: 453 Calories, 43g Fats, 1.2g Net Carbs, and 19g Protein

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## Lunch

### [Leftover Curry Rub Chicken & Spinach Salad](#)

[ 4 Cups Spinach, 4 Tbsp. Olive Oil & 1/3 Cup Leftover Chicken ]

Per Serving: 586 Calories, 58g Fats, 1g Net Carbs, and 15g Protein

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## Dinner

[Chicken & Bacon Sausage Stir Fry](#) [ Eat 1/3 of Total Recipe ] [ Freeze Leftovers as 2 Portions ] [ Add 1/4 Cup Shredded Cheddar Cheese ]

Per Serving: 541 Calories, 38.3g Fats, 8.3g Net Carbs, and 42.7g Protein

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## Day Totals

1580 Calories, 140g Fats, 10.5g Net Carbs, and 76.7g Protein

# Day 5

## Breakfast

[Frittata Muffins](#) [ 2 Muffins ]

Per Serving: 410 Calories, 32.3g Fats, 2.5g Net Carbs, and 27.3g Protein

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## Lunch

[Leftover Chicken Sausage & Spinach Salad](#)

[ 4 Cups Spinach, 2 Tbsp. Olive Oil & Leftover Sausage Stir Fry ( 1/2 Portion ) ]

Per Serving: 742 Calories, 70.2g Fats, 4.7g Net Carbs, and 20.8g Protein

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## Dinner

[Shrimp & Cauliflower Curry](#) [ Eat 1/6 of Total Recipe ] [ Freeze Leftovers as 5 Portions ]

[ Add 1 Tbsp. Coconut Oil ]

Per Serving: 451 Calories, 33.5g Fats, 5.6g Net Carbs, and 27.4g Protein

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## Day Totals

1602 Calories, 136g Fats, 12.8g Net Carbs, and 75.5g Protein

# Day 6

## Breakfast

[Cheesy Scrambled Eggs](#)

Per Serving: 453 Calories, 43g Fats, 1.2g Net Carbs, and 19g Protein

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## Lunch

[Canned Chicken & Spinach Salad](#)

[ 2 Cups Spinach, 2 Tbsp. Olive Oil & 1/3 Cup Leftover Chicken ]

Per Serving: 351 Calories, 31g Fats, 0.5g Net Carbs, and 15.5g Protein

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## Dinner

[Chorizo & Cheddar Meatballs](#) [ Eat 5 Meatballs ] [ Freeze Leftovers ]

[Roasted Pecan Green Beans](#) [ Eat 1/6 of Total Recipe ] [ Save Leftovers as 5 Portions ]

Per Serving: 798 Calories, 63g Fats, 7.1g Net Carbs, and 40.2g Protein

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## Day Totals

1602 Calories, 137g Fats, 8.8g Net Carbs, and 74.7g Protein



# Day 7

## Breakfast

[Cheesy Scrambled Eggs](#)

[ Add 1 Tbsp. Extra Butter ]

Per Serving: 553 Calories, 54g Fats, 1.2g Net Carbs, and 19g Protein

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## Lunch

[Cream Cheese & Spinach Salad](#)

[ 4 Cups Spinach, 3 Tbsp. Olive Oil & 1 Oz. Cream Cheese ]

Per Serving: 496 Calories, 51g Fats, 2g Net Carbs, and 5g Protein

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## Dinner

[Not Your Caveman's Chili](#) [ Eat 1/4 of Total Recipe ] [ Freeze Leftovers as 3 Portions ]

[Bacon Infused Sugar Snap Peas](#) [ Eat 1/3 of Total Recipe ] [ Save Leftovers as 2 Portions ]

Per Serving: 545 Calories, 31.1g Fats, 9.6g Net Carbs, and 53.1g Protein

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## Day Totals

1594 Calories, 136.1g Fats, 12.8g Net Carbs, and 77.1g Protein

# Week 2

Wow, week 1 is over. I hope you're still doing well on the diet and have found it pretty easy breezy to keep on track with everything!

This week we're going to be keeping it simple for breakfast again. We're going to introduce bulletproof coffee. It's a mixture of coconut oil, butter, and heavy cream in your coffee. If this repulses you - and I know some of you are saying "WHAT?" - just put some trust in me!

This concoction is not as strange as it sounds. Butter, after all, is made out of cream. So when you blend the oil, butter, and cream together it just adds a decadent richness to your coffee that I am quite sure you'll really like!

## Breakfast.

For breakfast, we are going to change it up a bit. Here's where we introduce bulletproof coffee. Now, don't get me wrong – I know some of you won't like it. If you're not a fan of coffee, then try it with tea. If you're not a fan of the taste (which is very rare), then try making a mixture of the ingredients by themselves and eating it like that.

## So, why bulletproof coffee?

- **Fat Loss.** Plain and simple, the consumption of medium-chain triglycerides (MCT) has been shown to lead to greater losses in adipose tissue (fat tissue), in both animals and humans.
- **Fats!** Do I even need to explain this one? Eating fat has been shown to lead to greater amounts of energy, more efficient energy usage, and more effective weight loss. Not to mention, it's the main component of this diet.
- **More Energy.** Studies have shown that the rapid rate of oxidation in MCFAs (Medium Chain Fatty Acids) leads to an increase in energy expenditure. Primarily, MCFAs are converted into ketones

(our best friends), are absorbed differently in the body compared to regular oils, and give us more overall energy.

Feel free to add sweetener and spices to this if you're not the biggest fan of the taste. Cinnamon, stevia, vanilla extract. Whatever you'd like to make it great tasting. You can even switch up the taste each and every day so you don't get bored!

If this is your first time drinking bulletproof coffee, I suggest taking 1-2 hours or so to drink it down. Normally when people have a large exposure to coconut oil and they're not used to it, it can make them go to the bathroom quite often. Make sure you build a tolerance to coconut oil before drinking it within a 20 minute time frame.

## Lunch.

We're still keeping simple here. We can incorporate more meat from the previous night of cooking into each lunch we do. Green vegetables and high fat dressings (or vinaigrettes) are key. Making sure to balance out the fats with the amounts of protein is very important.

## Dinner.

Dinner, again, will be pretty simplistic. Meats, vegetables, high fat dressings are the center of our life. Maybe even a slathering of butter on our vegetables since we're getting friskier. Don't over think things in the first 2 weeks; simple is success.

P.S. No dessert for this week either, but we'll be delving into that next week!

# Week 2 Shopping List

## Meat

- Chicken Breast
- Chorizo Sausage

## Sauces/Liquids

- Apple Cider Vinegar
- Coffee
- Hot Sauce
- Yellow Mustard

## Crunch

- Almonds
- Pecans
- Pork Rinds

## Cheese

- Blue Cheese Crumbles
- Cream Cheese
- Mozzarella Cheese

## Vegetables

- Green Beans
- Lemons

- Mushrooms
- Spring Onion
- Sugar Snap Peas

## Spices

- Baking Powder
- Baking Soda
- Mrs. Dash Table Blend
- Tone's Southwest Chipotle Seasoning

## Speciality Items

- Almond Flour
- Milled Flax Seed



# Day 8

## Breakfast

[Bulletproof Coffee](#)

Per Serving: 273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

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## Lunch

[Canned Chicken & Spinach Salad](#)

[ 4 Cups Spinach, 2 Tbsp. Olive Oil & 2/3 Cup Leftover or Canned Chicken ]

Per Serving: 416 Calories, 32g Fats, 1g Net Carbs, and 27g Protein

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## Dinner

[Leftover Chorizo Meatballs](#) [ Eat 6 Meatballs ]

[Roasted Pecan Green Beans](#) [ One Portion ] [ Use Leftovers ]

Per Serving: 921 Calories, 72.2g Fats, 7.9g Net Carbs, and 47.5g Protein

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## Day Totals

1610 Calories, 134.2g Fats, 9.9g Net Carbs, and 74.5g Protein

# Day 9

## Breakfast

[Bulletproof Coffee](#)

Per Serving: 273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

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## Lunch

[Cheddar, Chive & Bacon Mug Cake](#)

Per Serving: 573 Calories, 55g Fats, 5g Net Carbs, and 24g Protein

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## Dinner

[Leftover Shrimp & Cauliflower Curry](#) [ Double Serving] [ Use Leftovers ] [ Add 1 Tbsp. Extra Butter ]

Per Serving: 661 Calories, 39g Fats, 11.2g Net Carbs, and 54.8g Protein

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## Day Totals

1607 Calories, 135g Fats, 17.2g Net Carbs, and 78.8g Protein

# Day 10

## Breakfast

[Bulletproof Coffee](#)

Per Serving: 273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

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## Lunch

[Keto Friendly Taco Tartlets](#) [ Eat 2 Tartlets ] [ Freeze/Store Leftovers ]

Per Serving: 481 Calories, 38.8g Fats, 5.47g Net Carbs, and 26.2g Protein

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## Dinner

[Curry Rub Chicken Thighs](#) [ Eat 2 Total Chicken Thighs ] [ You Need to Make 1 Extra Chicken Thigh for Lunch Tomorrow ]

[Red Pepper Spinach Salad](#)

Per Serving: 763 Calories, 57.8g Fats, 4.8g Net Carbs, and 50.3g Protein

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## Day Totals

1577 Calories, 133.5g Fats, 11.2g Net Carbs, and 76.4g Protein

# Day 11

## Breakfast

[Bulletproof Coffee](#)

Per Serving: 273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

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## Lunch

[Leftover Chicken Thigh & Spinach Salad](#)

[ 4 Cups Spinach, 2 Tbsp. Olive Oil & 1 Leftover Chicken Thigh ]

Per Serving: 553 Calories, 47.9g Fats, 1.6g Net Carbs, and 24.1g Protein

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## Dinner

[Buffalo Chicken Strips](#) [ Eat 1/3 of Total Recipe ] [ Refrigerate 2 Strips, Freeze Leftovers ]

[Bacon Infused Sugar Snap Peas](#) [ Eat 1 Portion ]

Per Serving: 750 Calories, 58.7g Fats, 9.1g Net Carbs, and 42.3g Protein

---

## Day Totals

1577 Calories, 136.5g Fats, 11.8g Net Carbs, and 66.5g Protein

# Day 12

## Breakfast

[Bulletproof Coffee](#)

Per Serving: 273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

---

## Lunch

[Chicken Strip Sliders](#) [ Save Almond Buns ]

Per Serving: 625 Calories, 51g Fats, 4.3g Net Carbs, and 34.8g Protein

---

## Dinner

[Omnivore Burger with Creamed Spinach and Almonds](#) [ Eat 1/2 Total Recipe ] [ Refrigerate Leftovers ]

Almond Flax Slider Bun [ Use Leftovers ] [ Add 1 Tbsp. Butter to Almond Flax Slider Bun ]

773 Calories, 59.9g Fats, 5.3g Net Carbs, and 49.1g Protein

---

## Day Totals

1671 Calories, 140.8g Fats, 10.6g Net Carbs, and 83.9g Protein

# Day 13

## Breakfast

[Bulletproof Coffee](#)

Per Serving: 273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

---

## Lunch

[Omnivore Burger & Spinach Salad](#)

[ 4 Cups Spinach, 2 Tbsp. Olive Oil & 1/2 Leftover Omnivore Burger ]

Per Serving: 510 Calories, 42g Fats, 2.4g Net Carbs, and 25.9g Protein

---

## Dinner

[Bacon Mozzarella Meatballs](#) [ 5 Meatballs ] [ Freeze Leftovers ]

[Roasted Pecan Green Beans](#) [ Eat 1 Portion ] [ Use Leftovers ]

Per Serving: 821 Calories, 63.8g Fats, 6.7g Net Carbs, and 54g Protein

---

## Day Totals

1605 Calories, 135.8g Fats, 10.2g Net Carbs, and 79.9g Protein

# Day 14

## Breakfast

[Bulletproof Coffee](#)

Per Serving: 273 Calories, 30g Fats, 1g Net Carbs, and 0g Protein

---

## Lunch

[Leftover Mozzarella Meatballs & Spinach Salad](#)

[ 4 Cups Spinach, 2 Tbsp. Butter ( No Olive Oil ) & 4 Leftover Meatballs ]

Per Serving: 641 Calories, 51.2g Fats, 3g Net Carbs, and 35.2g Protein

---

## Dinner

[Chicken & Bacon Sausage Stir Fry](#) [ Eat 1 Portion ] [Use Leftovers ]

[ Add 1/4 Cup Shredded Cheddar Cheese & 1 Tbsp. Butter ]

Per Serving: 641 Calories, 49.3g Fats, 8.3g Net Carbs, and 42.7g Protein

---

## Day Totals

1555 Calories, 130.5g Fats, 12.4g Net Carbs, and 77.9g Protein

# Week 3

This week we're introducing a slight fast. We're going to get full on fats in the morning and fast all the way until dinner time. Not only are there a myriad of health benefits to this, it's also easier on our eating schedule (and cooking schedule). I suggest eating (rather, drinking) your breakfast at 7am and then eating dinner at 7pm. Keeping 12 hours between your 2 meals. This will help put your body into a fasted state.

In a fasting state, our bodies can break down extra fat that's stored for the energy it needs. When we're in ketosis, our body already mimics a fasting state, being that we have little to no glucose in our bloodstream, so we use the fats in our bodies as energy.

Intermittent fasting is using the same reasoning – instead of using the fats we are eating to gain energy, we are using our stored fat. That being said, you might think it's great – you can just fast and lose more weight. You have to take into account that later on, you will need to eat extra fat in order to keep out of a starvation mode state.

There are a number of benefits shown that come from intermittent fasting. Some of these include blood lipid levels, longevity, and the much needed mental clarity.

If you find that you can't do a fast, then no big deal. Go back to week 1 and experiment as you see fit. You can eat what you want as long as it fits into your macros.

This is where things start to get more fun - less to worry about, more deliciousness to cook!

## Breakfast.

We're going full on fats with breakfast, just like we did last week. This time we'll double the amount of bulletproof coffee (or tea) we drink, meaning we double the amount of coconut oil, butter, and heavy cream. It should come to quite a lot of calories, and should definitely keep us full all the way to dinner. Remember to



continue drinking water like a fiend to make sure you're staying hydrated.

## Lunch.

No lunch, oh no! Don't worry – the fats from the morning should keep you feeling energized and full all the way through lunch. Normally people start hitting a wall at first at around 2pm, so make sure you have plenty of water to drink, drink, and drink.

## Dinner.

Well, dinner is staying the same. Meats, vegetables, and fats are almost always going to be the dinnertime norm. But don't worry – we'll mix in some bread-y type things!

And guess what, we get to eat dessert this week! Woo! We'll be creating some low carb and great tasting treats that will reward you ever so much for doing the fasting. Sweets, treats, and losing weight – lucky us, right?

# Week 3 Shopping List

## Meat

- Boneless, Skinless Chicken Thigh
- Pork Tenderloin

## Sauces

- Liquid Smoke
- Pesto Sauce
- Red Wine Vinegar
- Red Boat Fish Sauce (or Gluten Free Fish Sauce)
- Spicy Brown Mustard

## Cheese

- Halloumi Cheese (Mozzarella can be substituted)

## Vegetables

- Lemons

## Spices

- Dried Rosemary
- Dried Sage
- Ground Clove
- Nutmeg
- Vanilla Extract

# Speciality Items

- Erythritol
- Liquid Stevia

# Day 15

## Breakfast

[Bulletproof Coffee](#) [ Double Serving ]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

---

## Lunch

Fasting through lunch, make sure you drink plenty of water!

---

## Dinner

[Chicken Pesto Roulade](#) [ Eat Whole Recipe ]

[Fried Queso](#) [ 1/4 Pound Queso ]

[ Add 4 Cups Spinach ]

Per Serving: 886 Calories, 55.8g Fats, 3.5g Net Carbs, and 75.5g Protein

---

## Dessert

[Vanilla Latte Cookie](#) [ Eat 1 Cookie ]

Per Serving: 167 Calories, 17.1g Fats, 1.4g Net Carbs, and 3.9g Protein

---

## Day Totals

1599 Calories, 132.9g Fats, 6.4g Net Carbs, and 79.4g Protein



# Day 16

## Breakfast

[Bulletproof Coffee](#) [ Double Serving ]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

---

## Lunch

Fasting through lunch, make sure you drink plenty of water!

---

## Dinner

[Not Your Caveman's Chili](#) [ Eat 1 1/3 Portion ] [ Use Leftovers ]

Per Serving: 531 Calories, 23.7g Fats, 7g Net Carbs, and 69g Protein

---

## Dessert

[Vanilla Latte Cookies](#) [ Eat 3 Cookies ]

Per Serving: 501 Calories, 51.3g Fats, 4.3g Net Carbs, and 11.7g Protein

---

## Day Totals

1578 Calories, 135g Fats, 12.8g Net Carbs, and 80.7g Protein

# Day 17

## Breakfast

[Bulletproof Coffee](#) [ Double Serving ]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

---

## Lunch

Fasting through lunch, make sure you drink plenty of water!

---

## Dinner

[Simple Keto BBQ Pulled Chicken](#) [ Eat 1/4 Recipe ] [ Freeze Leftovers ]

[Red Pepper Spinach Salad](#)

Per Serving: 756 Calories, 50g Fats, 6.3g Net Carbs, and 62.5g Protein

---

## Dessert

[Vanilla Latte Cookies](#) [ Eat 2 Cookies ]

Per Serving: 334 Calories, 34.2g Fats, 2.8g Net Carbs, and 7.8g Protein

---

## Day Totals

1636 Calories, 144.2g Fats, 10.6g Net Carbs, and 70.3g Protein

# Day 18

## Breakfast

[Bulletproof Coffee](#) [ Double Serving ]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

---

## Lunch

Fasting through lunch, make sure you drink plenty of water!

---

## Dinner

[Inside Out Bacon Burger](#) [ 3 Total Patties ] [ Use 290g Beef ]

Per Serving: 866 Calories, 69g Fats, 2.3g Net Carbs, and 58g Protein

---

## Dessert

[Low Carb Spice Cake](#) [ Eat 1 Spice Cake ]

Per Serving: 283 Calories, 27g Fats, 3.3g Net Carbs, and 7.3g Protein

---

## Day Totals

1694 Calories, 156g Fats, 7.1g Net Carbs, and 65.3g Protein



# Day 19

## Breakfast

[Bulletproof Coffee](#) [ Double Serving ]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

---

## Lunch

Fasting through lunch, make sure you drink plenty of water!

---

## Dinner

[Cheddar Bacon Explosion](#) [ Eat 1/3 of Recipe ] [ Refrigerate Leftovers as 2 Portions ]

Per Serving: 720 Calories, 63.7g Fats, 4.9g Net Carbs, and 54.7g Protein

---

## Dessert

[Low Carb Spice Cake](#) [ Eat 1 Spice Cake ]

Per Serving: 283 Calories, 27g Fats, 3.3g Net Carbs, and 7.3g Protein

---

## Day Totals

1549 Calories, 150.7g Fats, 9.7g Net Carbs, and 62g Protein

# Day 20

## Breakfast

[Bulletproof Coffee](#) [ Double Serving ]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

---

## Lunch

Fasting through lunch, make sure you drink plenty of water!

---

## Dinner

[Bacon Wrapped Pork Tenderloin](#) [ Eat 80% of Recipe ]

[Fried Queso Fresco](#) [ 1/3 Pound Fried Queso ]

Per Serving: 841 Calories, 57.3g Fats, 0.2g Net Carbs, and 75.2g Protein

---

## Dessert

[Low Carb Spice Cake](#) [ Eat 1 Spice Cake ]

Per Serving: 283 Calories, 27g Fats, 3.3g Net Carbs, and 7.3g Protein

---

## Day Totals

1670 Calories, 144.3g Fats, 5g Net Carbs, and 82.5g Protein

# Day 21

## Breakfast

[Bulletproof Coffee](#) [ Double Serving ]

Per Serving: 546 Calories, 60g Fats, 1.5g Net Carbs, and 0g Protein

---

## Lunch

Fasting through lunch, make sure you drink plenty of water!

---

## Dinner

[Leftover Bacon Explosion](#) [ Eat 1 Portion ] [ Use Leftovers ] [ Add 4 Cups Spinach ]

Per Serving: 748 Calories, 63.7g Fats, 5.9g Net Carbs, and 57.7g Protein

---

## Dessert

[Low Carb Spice Cake](#) [ Eat 1 Spice Cake ]

Per Serving: 283 Calories, 27g Fats, 3.3g Net Carbs, and 7.3g Protein

---

## Day Totals

1577 Calories, 150.7g Fats, 10.7g Net Carbs, and 65g Protein

# Week 4

This week we're getting stricter with our fasting. We had a full week of intermittent fasting and now we're going to skip breakfast and lunch. Water is our BEST friend here! Don't forget that you can drink coffee, tea, flavored water, and the like to get your liquids in. Keep drinking to make sure you're not thinking about your stomach. It MIGHT start growling, just ignore it – your body will adjust with time.

Now, if you're the kind of person that can't fast then you can go back and follow week 2 again. That's no big deal. Though fasting does take some time for the body to get used to, so I suggest putting your best efforts into it. Not only are the health benefits fantastic, the self-control that you gain from doing so is really a great thing.

This is by far my favorite week because it most closely resembles how I eat on a daily basis. I normally set a window of 6 hours for myself to eat in. From waking up until 5pm, I fast. After that, I am open to eating until 11pm. This is where the real fun begins. Eating copious amounts of food and being full all the way through the next day.

You get to start experimenting more with dessert and dinner. You get to snack as you please inside your window and best of all – you get to eat that protein laden chicken that you've been missing so much of!

## Breakfast.

We're fasting! Black coffee if you're a caffeine addict like me. Tea, if you are not into the coffee so much. Tea can add great health benefits like coffee also. Some of the great benefits of green tea are:

- Polyphenols – These function as antioxidants in your body. The most powerful antioxidant in green tea is Epigallocatechin gallate (EGCG), which has shown to be effective against fatigue.
- Improved Brain Function – Not only does green tea contain

caffeine, it also contains L-theanine, which is an amino acid. L-theanine increases your GABA activity, which improves anxiety, dopamine, and alpha waves.

- Increased Metabolic Rate – Green tea has been shown to improve your metabolic rate. In combination with the caffeine, this can lead up to 15% increased fat oxidization.

## Lunch.

Water, water, and then some more water. You don't get to eat lunch and you don't get to eat breakfast. So make sure you keep yourself VERY hydrated. It's imperative here that you do a good job with your hydration. Remember – I recommend 4 liters a day.

## Dinner.

Lots and lots of food with dessert to cover the bases! Dinner is a fantastic time for me. I suggest breaking your fast with a small snack, then after 30-45 minutes eat to your hearts content. Normally I need 2 meals to get to my macros, and I think you'll need to do the same.

# Week 4 Shopping List

## Meat

- Ground Chicken

## Fats

- Sesame Oil

## Sauces

- 1 Can Coors Light
- Chili Garlic Paste
- Reduced Sugar Ketchup

## Crunch

- Peanuts (or peanut butter)
- Pumpkin Seeds

## Cheese

- Blue Cheese Crumbles
- Cream Cheese
- Mozzarella Cheese

## Spices

- Capers

- Five-Spice
- Red Food Coloring

# Day 22

## Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

---

## Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

---

## Dinner

[Keto Style Szechuan Chicken](#) [ Eat 1/3 Total Recipe ] [ Freeze Leftovers as 2 Portions ]

[Roasted Pecan Green Beans](#) [ Eat 1 Portion ] [ Use Leftovers ]

Per Serving: 697 Calories, 55.2g Fats, 8.5g Net Carbs, and 66.7g Protein

---

## Dessert

[Almond Lemon Sandwich Cakes](#) [ Eat 4 Sandwich Cakes ]

[ Add 1 Tbsp. Butter ]

Per Serving: 819 Calories, 81g Fats, 7.3g Net Carbs, and 11.2g Protein

---



# Day Totals

1517 Calories, 136.2g Fats, 15.9g Net Carbs, and 77.9g Protein

# Day 23

## Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

---

## Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

---

## Dinner

[Leftover Meatballs](#) [ Eat 5 Meatballs ] [ Use Leftovers ]

[Cheesy Creamed Spinach](#) [ Eat 1/2 of Recipe ] [ Freeze Leftovers ]

Per Serving: 1061 Calories, 93.1g Fats, 8.5g Net Carbs, and 60.6g Protein

---

## Dessert

[Chai Spice Mug Cake](#) [ Add 2 Tbsp. Heavy Cream ]

Per Serving: 539 Calories, 52g Fats, 5.2g Net Carbs, and 12g Protein

---

## Day Totals

1600 Calories, 145.1g Fats, 13.7g Net Carbs, and 72.6g Protein

# Day 24

## Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

---

## Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

---

## Dinner

[Curry Rubbed Chicken Thigh](#) [ Make 3 Chicken Thighs ]

[Vegetable Medley](#) [ Eat 1/3 of Recipe ] [ Freeze Leftovers ]

Per Serving: 1069 Calories, 83.7g Fats, 9.3g Net Carbs, and 63g Protein

---

## Dessert

[Almond Lemon Sandwich Cakes](#) [ Eat 3 Sandwich Cakes ]

Per Serving: 539 Calories, 52.5g Fats, 5.5g Net Carbs, and 8.4g Protein

---

## Day Totals

1609 Calories, 136.2g Fats, 14.8g Net Carbs, and 71.4g Protein

# Day 25

## Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

---

## Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

---

## Dinner

[Thai Style Peanut Chicken](#) [ Eat 1/2 of Recipe ] [ Freeze Leftovers ]

[Simple Spinach Salad](#) [ 2 Cups Spinach, 2 Tbsp. Olive Oil ]

Per Serving: 1003 Calories, 81.5g Fats, 9.3g Net Carbs, and 72g Protein

---

## Dessert

[Almond Lemon Sandwich Cakes](#) [ Eat 3 Sandwich Cakes ]

Per Serving: 539 Calories, 52.5g Fats, 5.5g Net Carbs, and 8.4g Protein

---

## Day Totals

1543 Calories, 134g Fats, 14.7g Net Carbs, and 80.4g Protein

# Day 26

## Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

---

## Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

---

## Dinner

[Coffee & Wine Beef Stew](#) [ Eat 1/4 of Recipe ] [ Freeze Leftovers as 3 Portions ]

[Spinach Salad](#) [ 2 Cups Spinach, 2 Tbsp. Olive Oil ]

Per Serving: 1015 Calories, 76.3g Fats, 4.5g Net Carbs, and 65.3g Protein

---

## Dessert

[Chai Spice Mug Cake](#) [ Add 3 Tbsp. Heavy Cream ]

Per Serving: 589 Calories, 57g Fats, 5.8g Net Carbs, and 12g Protein

---

## Day Totals



1605 Calories, 133.3g Fats, 10.3g Net Carbs, and 77.3g Protein

# Day 27

## Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

---

## Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

---

## Dinner

[Drunken Five-Spice Beef](#) [ Eat 1/2 of Recipe ] [ Freeze Leftovers ]

Per Serving: 1030 Calories, 70g Fats, 12g Net Carbs, and 66.5g Protein

---

## Dessert

[Keto Snickerdoodle Cookies](#) [ Eat 4 Cookies ]

Per Serving: 528 Calories, 49.6g Fats, 8g Net Carbs, and 13.7g Protein

---

## Day Totals

1558 Calories, 119.6g Fats, 20g Net Carbs, and 80.2g Protein

# Day 28

## Breakfast

We're fasting for breakfast. You can drink black coffee or tea with no added ingredients. You can also drink water – I highly recommend drinking plenty of water through breakfast.

---

## Lunch

We're fasting for lunch. You can drink black coffee or tea with no added ingredients. Though, try not to go above 3 cups of coffee or tea a day. You can also drink water – I highly recommend drinking plenty of water through lunch.

---

## Dinner

[Lemon & Rosemary Roasted Chicken Thighs](#) [ Eat Whole Recipe ]

[Red Pepper Spinach Salad](#) [ Eat 1/2 Recipe ]

Per Serving: 797 Calories, 58.5g Fats, 7.7g Net Carbs, and 55g Protein

---

## Dessert

[Keto Snickerdoodle Cookies](#) [ Eat 6 Cookies ]

Per Serving: 792 Calories, 74.4g Fats, 12g Net Carbs, and 20.6g Protein

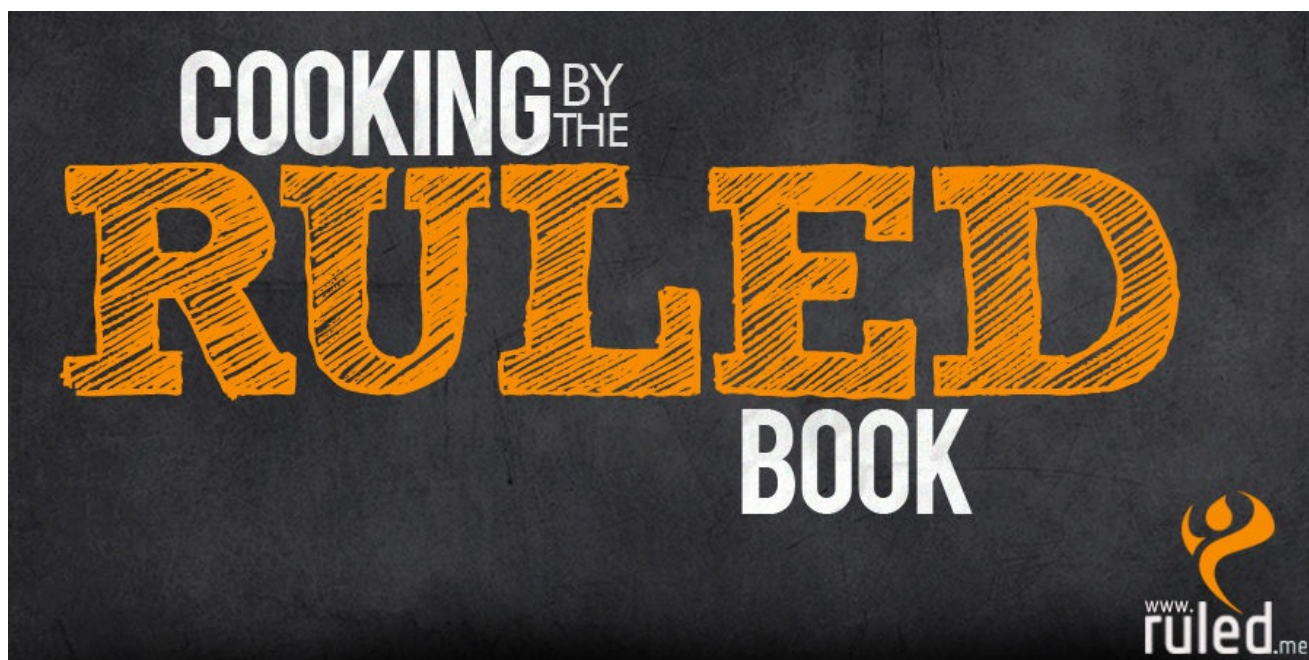
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## Day Totals

1589 Calories, 132.9g Fats, 19.7g Net Carbs, and 75.6g Protein

# Week 5

This is where we have to depart! Sorry to say but you're on your own. You should have plenty of leftovers that are frozen, ready, and waiting! I know a lot of you out there have trouble with timing and are busy people – so making sure that some nights you make extras to freeze is important. All those leftovers you have in the freezer? Use them up! Create your own meal plan, at first using this as a guide, and then completely doing it yourself. Once you get the hang of it, it'll be a sinch - I promise you :)



## Cooking By the RULED Book

[Take an In-Depth Look at the Cookbook](#)

Eating low carb will never be bland or boring again if you follow the RULED book. These incredibly appetizing restaurant quality dishes are just what your low carb or ketogenic kitchen needs to spice things up. Featuring over 30 recipes that cover breakfast, lunch, dinner, and more, Cooking by the RULED Book will be your new kitchen companion as you expand your low carb palate.

Step-by-step instructions with complete nutrition and macronutrient breakdowns for each recipe make the RULED Book an invaluable resource for any low carb dieter with discerning tastes. Travel the world with dishes inspired by Asian, Caribbean, European, and American cuisines to elevate your culinary experience beyond bacon and eggs with these creative recipes that your whole family will enjoy.

With over 450 full color photos, Cooking by the RULED Book is sure to

leave you and your family salivating as you discover the secrets to delicious and healthy low carb menu options for all occasions.

## So, What's Inside?

Every recipe that's inside has a step-by-step picture guide for ease of cooking, or to clear up any confusion you might have. All of the step-by-step instructions are optional, though. They are linked to so you can easily get to them (and easily get back to the main recipe), but they are completely optional and won't get in the way if you don't need them.

- Breakfasts
- Lunches
- Dinners
- Desserts
- Sides
- Snacks
- Easy Recipes
- 450 Full Color Photos
- Step by Step Instructions
- Simple Navigation
- Delicious Food
- Keto Approved Recipes

## Help Support Ruled.Me

As most of you know, I'm 22 years old. It gets quite expensive for me to run the website, buy the ingredients, cook the recipes, photograph everything, and write all the articles out. It would be a HUGE help for

me if you considered buying it, and I would be enormously grateful if you did! If you want to check it out, head over to [Cooking By the RULED Book](#) on Ruled.me!

The book is also sold on Amazon, but they take about 80% of the revenue from each sale. This is because the file has so many pictures inside, and it's quite large. So, if you don't mind, use the below payment processor to purchase the book.

If you have ANY problem whatsoever, feel free to e-mail me at [craig@ruled.me](mailto:craig@ruled.me) and I will help you out as best as possible! If no solution presents itself, I am always willing to give a refund to you.





## Almond Lemon Cake Sandwiches

Makes 10 total cake sandwiches. Per cake (with icing) it will be 180 Calories, 17.5g Fats, 1.8g Net Carbs, and 2.8g Protein.

### Ingredients

#### Almond Lemon Cakes

- 1/4 Cup Honeyville Almond Flour
- 1/4 Cup Coconut Flour
- 1/4 Cup Butter
- 3 Large Eggs
- 1/4 Cup Erythritol
- 1 Tbsp. Lemon Juice
- 1 Tbsp. Coconut Milk
- 1 tsp. Cinnamon
- 1/2 tsp. Almond Extract
- 1/2 tsp. Vanilla Extract

- 1/2 tsp. Baking Soda
- 1/2 tsp. Apple Cider Vinegar
- 1/4 tsp. Liquid Stevia
- 1/4 tsp. Salt

### Sandwich Icing

- 1/4 Cup Powdered Erythritol
- 4 Oz. Cream Cheese
- 4 Tbsp. Butter
- 2 Tbsp. Heavy Cream
- ~1 tsp. Red Food Coloring

## Instructions

1. Preheat your oven to 325F.
2. Sift and mix coconut flour, almond flour, cinnamon salt, and baking soda.
3. Combine eggs, erythritol, vanilla extract, almond extract, lemon juice, melted butter, coconut milk, vinegar, stevia, and food coloring.
4. Mix the wet ingredients into the dry ingredients, using a hand mixer until it is fluffy.
5. Divide your batter between your a muffin top pan and bake for 17-18 minutes.
6. Remove from the oven and let cool on a cooling rack for 10 minutes.
7. Slice cakes in half and fry them in butter until crisped.
8. Let cool on cooling rack again.
9. Mix together butter, cream cheese, heavy cream, and powdered erythritol until fluffy. Add food coloring until color is attained.
10. Divide icing in between middle of the cakes and make a sandwich. Garnish with lemon zest and pistachios.

< [Week 1](#) | [Week 2](#) | [Week 3](#) | [Week 4](#) >



## Inside Out Bacon Burger

Makes 1 Serving (3 patties). Per serving it will be 649 Calories, 51.8g Fats, 1.8g Net Carbs, and 43.5g Protein.

### Ingredients

- 200g Ground Beef
- 2 Slices Bacon
- 2 Tbsp. Cheddar Cheese
- 1 1/2 tsp. Chopped Chives
- 1/2 tsp. Minced Garlic
- 1/2 tsp. Black Pepper
- 3/4 tsp. Soy Sauce
- 1/2 tsp. Salt
- 1/4 tsp. Onion Powder
- 1/4 tsp. Worcestershire

### Instructions

1. In a cast iron skillet, cook all your chopped bacon until crisp. Once cooked, remove and place on paper towel. Drain grease separately and save.
2. In a large mixing bowl, combine ground beef, 2/3 chopped bacon, and the rest of the spices.
3. Mix meat and spices together well, then form into 3 patties.
4. Put 2 Tbsp. bacon fat into cast iron and place patties inside once fat is hot.
5. Cook about 4-5 minutes on each side, depending on the done-ness you want.
6. Remove from pan, let rest for 3-5 minutes, and serve with cheese, extra bacon, and onion if you'd like.

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## Bacon & Mozzarella Meatballs

Yields 24 medium meatballs. Per meatball, you're looking at: 128 Calories, 9.4g Fats, 0.7g Net Carbs, and 10.1g Protein.

### Ingredients

- 1 1/2 lb. Ground Beef
- 4 Slices Bacon
- 1 Cup Mozzarella Cheese
- 3/4 Cup Pesto Sauce
- 1/3 Cup Crushed Pork Rinds
- 2 Large Eggs
- 1 tsp. Pepper
- 2 tsp. Minced Garlic
- 1/2 tsp. Onion Powder
- 1/2 tsp. Kosher Salt

### Instructions

1. Preheat oven to 350F.
2. Slice your bacon into small pieces (almost into small cubes).
3. Add your ground beef, ground pork rinds, spices, cheese, and eggs to the bacon.
4. Mix everything together well until you can form meatballs.
5. Roll your meatballs out into circles and place them in a foiled baking tray.
6. Bake in the oven for 40-45 minutes, or until bacon is cooked.
7. Spoon out 1/2 Tbsp. pesto sauce per meatball and serve.

< [Week 1](#) | [Week 2](#) | [Week 3](#) | [Week 4](#) >





## Bacon Infused Sugar Snap Peas

Yields 3 total servings. Per Serving, you're looking at: 147 Calories, 13.3g Fats, 4.3g Net Carbs, and 1.3g Protein.

### Ingredients

- 3 Cups Sugar Snap Peas (~200g)
- 1/2 Lemon Juice
- 3 Tbsp. Bacon Fat
- 2 tsp. Garlic
- 1/2 tsp. Red Pepper Flakes

### Instructions

1. Add 3 Tbsp. bacon fat to a pan and bring to its smoking point.
2. Add your garlic and reduce heat on the pan, letting the garlic cook for 1-2 minutes.
3. Add sugar snap peas and lemon juice, let cook for 1-2 minutes.



4. Remove and serve. Garnish with red pepper flakes and lemon zest.

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## BBQ Pulled Chicken

Yields 4 Total Servings. Per serving, you are looking at: 510 Calories, 30g Fats, 2.3g Net Carbs, and 51.5g Protein.

### Ingredients

- 6 Boneless, Skinless Chicken Thighs
- 1/3 Cup Salted Butter
- 1/4 Cup Erythritol
- 1/4 Cup Red Wine Vinegar
- 1/4 Cup Chicken Stock
- 1/4 Cup Organic Tomato Paste
- 2 Tbsp. Yellow Mustard
- 2 Tbsp. Spicy Brown Mustard
- 1 Tbsp. Liquid Smoke
- 1 Tbsp. Soy Sauce
- 2 tsp. Chili Powder
- 1 tsp. Cumin

- 1 tsp. Cayenne Pepper
- 1 tsp. Red Boat Fish Sauce

## Instructions

1. Mix together all ingredients except for butter and chicken thighs.
2. Place frozen (or fresh) chicken thighs in slow cooker and pour sauce over them.
3. If you aren't going to be home, add butter, turn to low and leave for 7-10 hours.
4. If you are going to be home, let cook on low for 2 hours. Add your butter, turn to high, and cook for an additional 3 hours.
5. Once your chicken has cooked down, shred the chicken with 2 forks. Mix all the sauce together and let cook on high for 45 minutes without the top. This will reduce the sauce.
6. Optional: Serve with coarse sea salt sprinkled over the top, along with chili paste and a sprinkle of curry powder for color.

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## Buffalo Chicken Strips

Yields 9 total chicken strips, 3 total servings. Per serving, the chicken strips come out to 683 Calories, 54g Fats, 4.8g Net Carbs, and 41g Protein.

### Ingredients

- 5 Chicken Breasts Pounded to 1/2" Thickness
- 3/4 Cup Almond Flour
- 1/2 Cup Hot Sauce
- 1/4 Cup Olive Oil
- 3 Tbsp. Butter
- 3 Tbsp. Blue Cheese Crumbles
- 2 Large Eggs
- 1 Tbsp. Paprika
- 1 Tbsp. Chili powder
- 2 tsp. Salt
- 2 tsp. Pepper
- 1 tsp. Garlic Powder

- 1 tsp. Onion Powder

## Instructions

1. Preheat oven to 400F.
2. In a ramekin, combine paprika, chili powder, salt, pepper, garlic powder, and onion powder.
3. Pound out chicken breasts to 1/2" thickness, then cut the chicken breasts in half.
4. Sprinkle 1/3 of the spice mix over the chicken breast, then flip them over and do the same with 1/3 of the spice mix.
5. In a bowl, combine almond flour and 1/3 of the spice mix.
6. In another container, crack 2 eggs and whisk them.
7. Dip each piece of seasoned chicken into the spice mix and then into the almond flour. Make sure each side is coated well.
8. Lay each piece on a cooling rack on top of a foiled baking sheet.
9. Bake the chicken for 15 minutes.
10. Take the chicken out of the oven and turn your oven to broil. Drizzle 2 Tbsp. olive oil over the chicken.
11. Broil for 5 minutes, flip the breasts, drizzle with remaining olive oil, and broil again for 5 minutes.
12. In a sauce pan, combined 1/2 Cup of hot sauce with 3 Tbsp. butter.
13. Serve chicken with slathering of hot sauce and blue cheese crumbles.

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**Bulletproof  
Coffee!**



## Bulletproof Coffee

Yields 1 total serving. Per serving, it comes out to 273 Calories 30g Fats, 1g Net Carbs, and 0g Protein.

### Ingredients

- 1 Cup Coffee
- 1 Tbsp. Unsalted Butter
- 1 Tbsp. Coconut Oil
- 1 Tbsp. Heavy Cream

### Instructions

1. Brew a cup worth of coffee into a large container. I use a measuring cup.
2. Cut off 1 Tbsp. of butter. Drop your butter into the coffee and watch it ooze.
3. Measure out 1 Tbsp. of coconut oil and plunk that it into your coffee

also.

4. Last but not least, the 1 Tbsp. of heavy cream. This adds a great creaminess to the coffee.

5. Mix it all together very well using a hand blender.

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## Chai Spice Mug Cake

Yields 1 Serving. Per serving this is 439 Calories, 42g Fats, 4g Net Carbs, and 12g Protein.

### Ingredients

#### Base

- 1 Large Egg
- 2 Tbsp. Butter
- 2 Tbsp. Honeyville Almond Flour
- 1 Tbsp. NOW Erythritol
- 7 Drops Liquid Stevia
- 1/2 tsp. Baking Powder

#### Flavor

- 2 Tbsp. Honeyville Almond Flour



- 1/4 tsp. Cinnamon
- 1/4 tsp. Ginger
- 1/4 tsp. Clove
- 1/4 tsp. Cardamom
- 1/4 tsp. Vanilla Extract

## Instructions

1. Mix all room temperature ingredients together in a mug.
2. Microwave on high for 70 seconds.
3. Turn cup upside down and lightly bang it against a plate.
4. Optional: Top with whipped cream and sprinkle of cinnamon.

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## Bacon Cheddar Explosion

Yields 3 Total Servings. Per serving, you are looking at: 720 Calories, 63.7g Fats, 4.9g Net Carbs, and 54.7g Protein.

### Ingredients

- 30 Slices of Bacon
- 2 1/2 Cups Cheddar Cheese
- 4-5 Cups Raw Spinach
- 1-2 Tbsp. Tones Southwest Chipotle Seasoning
- 2 tsp. Mrs. Dash Table Seasoning

### Instructions

1. Preheat your oven to 375F convection bake. (400F regular bake)
2. Weave the bacon. 15 pieces that are vertical, 12 pieces horizontal,

and the extra 3 cut in half to fill in rest, horizontally.

3. Season your bacon with your favorite seasoning mix.

4. Add your cheese to the bacon, leaving about 1 1/2 inch gaps between the edges.

5. Add your spinach and press down on it to compress it some. This will help when you roll it up.

6. Roll your weave slowly, making sure it stays tight and not too much falls through. You may have some cheese fall out, but don't worry about it. Add your seasoning to the outside here, if you'd like.

7. Foil a baking sheet and add plenty of salt to it. This will help catch excess grease from the bacon and not let your oven smoke.

8. Put your bacon on top of a cooling rack and put that on top of your baking sheet.

9. Bake for 60-70 minutes, without opening the oven door. Your bacon should be very crisp on the top when finished.

10. Let cool for 10-15 minutes before trying to take it off the cooling rack. Slice into pieces, and serve!

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## Cheddar Chorizo Meatballs

Yields 24 medium meatballs. Per meatball with sauce, it will have: 115 Calories, 7.8g Fats, 0.8g Net Carbs, and 9.9g Protein.

### Ingredients

- 1 1/2 lb. Ground Beef
- 1 1/2 Chorizo Sausages
- 1 Cup Cheddar Cheese
- 1 Cup Tomato Sauce
- 1/3 Cup Crushed Pork Rinds
- 2 Large Eggs
- 1 tsp. Cumin
- 1 tsp. Chili Powder
- 1 tsp. Kosher Salt

### Instructions

1. Preheat oven to 350F.
2. Break up sausage into small pieces so that it will mix well with the ground beef.
3. Add your ground beef, ground pork rinds, spices, cheese, and eggs to the sausage.
4. Mix everything together well until you can form meatballs.
5. Roll your meatballs out into circles and place them in a foiled baking tray.
6. Bake in the oven for 30-35 minutes, or until meatballs are cooked through.
7. Spoon tomato sauce over meatballs and serve.

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## Cheesy Scrambled Eggs

Yields 1 serving. Per serving, it is: 453 Calories, 43g Fats, 1.2g Net Carbs, and 19g Protein.

### Ingredients

- 2 Large Eggs
- 2 Tbsp. Butter
- 1 Oz. Cheddar Cheese

### Instructions

1. Heat a pan on the stove, adding the butter.
2. Once the butter has melted, add 2 eggs that have been scrambled.
3. Let the eggs cook slowly, only touching them once or twice throughout the whole process.
4. Add cheese and mix everything together.

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## Cheesy Spinach

Yields 2 servings. Per serving, it is: 446 Calories, 47g Fats, 4.8g Net Carbs, and 24g Protein.

### Ingredients

- 7 Cups Spinach
- 1 1/2 Cup Cheddar Cheese
- 3 Tbsp. Butter
- 1/2 tsp. Mrs. Dash
- 1/2 tsp. Salt
- 1/2 tsp. Pepper

### Instructions

1. Heat a pan on the stove, adding the butter.
2. Once the butter has melted, add spinach and spices. Let the spinach begin to wilt.



3. Once the spinach is almost completely wilted, add shredded cheese to the top and let it all melt together.
4. Once melted, serve.

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## Chicken Roulade

Yields 1 servings. Per serving, this is 478 Calories, 31g Fats, 2.5g Net Carbs, and 53.3g Protein.

### Ingredients

- 1 Chicken Breast
- 1/2 Tbsp. Pesto
- 2 1/4 tsp. Olive Oil
- Zest 1/4 Lemon
- 1/4 tsp. Garlic
- 38g Halloumi Cheese

### Instructions

1. Pat your chicken breast dry of any extra moisture. Pound the chicken breast to 1/8".
2. Mix together Pesto and 1 1/4 tsp. olive oil. Spread the mixture out

on all the chicken breast.

3. Add salt, pepper, and lemon zest to each chicken.
4. Add sliced halloumi cheese to chicken breast.
5. Roll the chicken breast up and tie them using butchers string or toothpicks.
6. Preheat oven to 450F.
7. Heat 1 tsp. Olive Oil in a cast iron to high heat.
8. Sear each side of the chicken making sure it gets nice and brown.
9. Bake for 6-7 minutes until juice runs clear.

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## Buffalo Chicken Strip Slider

Yields 8 Buns (only 2 are used in a serving). Per serving, this is 625 Calories, 51g Fats, 4.3g Net Carbs, and 34.8g Protein.

### Ingredients

#### Almond Flour Buns

- 1/3 Cup Almond Flour
- 1/4 Cup Flax Seed
- 3 Tbsp. Parmesan Cheese
- 2 Large Eggs
- 4 Tbsp. Butter
- 1 tsp. Baking Soda
- 1 tsp. Southwest Seasoning
- 1 tsp. Paprika
- 1/2 tsp. Apple Cider Vinegar

## Chicken Filling

- 2 Leftover Buffalo Chicken Strips

## Instructions

1. Preheat oven to 350F.
2. Mix together all dry ingredients in a large mixing bowl.
3. Melt butter in the microwave, then add eggs, vinegar, stevia and butter to mixture.
4. Mix everything well and spread the mixture out between 8 muffin top slots in a pan.
5. Bake for 15-17 minutes. Once baked, let cool for 5 minutes, then cut buns in half.
6. Assemble slider together with bun, and buffalo chicken strips.

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## Bacon, Cheddar & Chive Mug Biscuit

Yields 1 Serving. Per serving this is 573 Calories, 55g Fats, 5g Net Carbs, and 24g Protein.

### Ingredients

#### Base

- 1 Egg
- 2 Tbsp. Butter
- 2 Tbsp. Almond Flour
- 1/2 tsp. Baking Powder

#### Flavor

- 2 Slices Bacon
- 1 Tbsp. Almond Flour
- 1 Tbsp. Packed Shredded Cheddar

- 1 Tbsp. Packed Shredded White Cheddar
- 1 Tbsp. Chopped Chive
- Pinch Salt
- 1/4 tsp. Mrs. Dash

## Instructions

1. Mix all room temperature ingredients together in a mug.
2. Microwave on high for 70 seconds.
3. Turn cup upside down and lightly bang it against a plate.
4. Optional: Let cool for 3-4 minutes.

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## Cinnamon & Orange Beef Stew

Yields 1 serving with leftovers. Per serving, this is 649 Calories, 44.5g Fats, 1.9g Net Carbs, and 53.5g Protein.

### Ingredients

- 1/4 Pound Beef
- 3/4 Cup Beef Broth
- 1 Tbsp. Coconut Oil
- 1/4 Medium Onion
- Zest of 1/4 Orange
- Juice of 1/4 Orange
- 3/4 tsp. Fresh Thyme
- 3/4 tsp. Minced Garlic
- 1/2 tsp. Ground Cinnamon
- 1/2 tsp. Soy Sauce
- 1/2 tsp. Fish Sauce
- 1/4 tsp. Rosemary



- 1/4 tsp. Sage
- 1 Bay Leaf

## Instructions

1. Dice your vegetables, cut your meat into approximate 1" cubes. and zest a whole orange.
2. Heat coconut oil in a cast iron skillet, waiting for it to get to the smoke point.
3. Add your seasoned (salt and pepper) meat to the skillet in batches. Don't overfill the skillet. Brown the beef and remove from the cast iron, then add more beef to brown.
4. Once your beef is finished browning, remove the last batch and add your vegetables. Let these cook for 1-2 minutes.
5. Add your orange juice to de-glaze the pan and then add all other ingredients except for the rosemary, sage, and thyme.
6. Let this cook for a moment, and then transfer all ingredients to your crock pot.
7. Let this cook for 3 hours on high.
8. Open your crock pot and add the rest of your spices. Let this cook down for 1-2 hours on high.

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## Coffee & Red Wine Beef Stew

Yields 4 servings. Per serving, this is 755 Calories, 48.3g Fats, 4g Net Carbs, and 63.8g Protein. [Freeze Leftovers]

### Ingredients

- 2.5 Pounds Stew Meat
- 3 Cups Coffee
- 1 Cup Beef Stock
- 1 1/2 Cup Mushrooms
- 2/3 Cup Red Wine (Merlot)
- 1 Medium Onion
- 3 Tbsp. Coconut Oil
- 2 Tbsp. Capers
- 2 tsp. Garlic

### Instructions

1. Cube all stew meat, then thinly slice onions and mushrooms.
2. Bring 3 Tbsp. coconut oil to its smoking point in a pan on the stove.
3. Season beef with salt and pepper, then brown all of it in small batches, making sure that the pan isn't overcrowded.
4. Once all meat is browned, cook onions, mushrooms, and garlic in the remaining fat in the pan. Do this until onions are translucent.
5. Add coffee, beef stock, red wine, and capers to the vegetables and stir this mixture.
6. Add beef into the mixture, bring to a boil then reduce heat to low.
7. Cover and cook for 3 hours.

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## Crispy Curry Rubbed Chicken Thigh

Yields 1 serving. Per serving, this is 555 Calories, 39.8g Fats, 1.3g Net Carbs, and 42.3g Protein.

If you are on week 4, you will need to make 1 extra chicken thigh.

### Ingredients

- 2 Chicken Thighs
- 1 Tbsp. Olive Oil
- 1/2 tsp. Yellow Curry
- 1/2 tsp. Salt
- 1/4 tsp. Cumin
- 1/4 tsp. Paprika
- 1/4 tsp. Garlic Powder
- 1/8 tsp. Cayenne Pepper
- 1/8 tsp. Allspice
- 1/8 tsp. Chili Powder
- 1/8 tsp. Coriander

- Pinch Cardamom
- Pinch Cinnamon
- Pinch Ginger

## Instructions

1. Preheat oven to 425F.
2. Mix together all spices into a bowl.
3. Wrap a baking sheet in foil and lay chicken thighs on to the foil.
4. Rub olive oil evenly into all chicken thighs.
5. Rub spice mixture on both sides of the chicken, coating liberally.
6. Bake for 40-50 minutes.
7. Let cool for 5 minutes before serving.

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## Drunken Five Spice Beef

This makes 4 Total Servings, each coming out to 515 Calories, 35g Fats, 6g Net Carbs, and 33.3g Protein. [Freeze Leftovers]

### Ingredients

- 1 1/2 lbs. Ground Beef
- 1 Can Coors Light (Or 1/2 Cup Red Wine)
- 150g Sliced Mushrooms
- 135g Chopped Broccoli
- 75g Raw Spinach
- 3 Tbsp. Reduced Sugar Ketchup
- 2 Tbsp. Soy Sauce
- 2 tsp. Garlic
- 2 tsp. Minced ginger
- 1 Tbsp. Five Spice
- 1 Tbsp. Pepper
- 2 tsp. Salt



- 2 tsp. Cumin
- 1 tsp. Cayenne Pepper
- 1/2 tsp. Onion Powder

## Instructions

1. Chop up broccoli florets, ginger, and garlic.
2. Bring cast iron to high heat and add ground beef.
3. Brown all ground beef then add ginger and garlic to the pan.
4. Mix everything well, add broccoli and spices and stir everything together.
5. Pour 1 can of Coors Light (or other low carb beer, or 1/2 Cup Red Wine) into the pan. Add mushrooms and spinach and mix everything in together.
6. Once spinach has wilted, add ketchup, mix, and serve!

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## Cheesy Frittata Muffins

Yields 8 servings, each having 205 Calories, 16.1g Fats, 1.3g Net Carbs, and 13.6g Protein.

### Ingredients

- 8 Large Eggs
- 1/2 Cup Half n' Half
- 4 Oz. Bacon (pre-cooked and chopped)
- 1/2 Cup Cheddar Cheese
- 1 Tbsp. Butter
- 2 tsp. Dried Parsley
- 1/2 tsp. Pepper
- 1/4 tsp. Salt

### Instructions

1. Preheat oven to 375 degrees



2. Mix eggs and half n' half in a bowl until almost scrambled, leaving streaks of egg white
3. Fold in the bacon, cheese, and spices. Add any other additional ingredients now
4. Grease a muffin tin with butter. This recipe makes about 8 frittata muffins.
5. Pour the mixture, filling each cup about 3/4 way.
6. Stick them in the oven for 15-18 minutes, or until puffy and golden on the edges.
7. Remove from the oven and let cool for 1 minute. These freeze well and can be heated individually.

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## Fried Queso Fresco

Yields 5 servings. Per serving, it is 243 Calories, 19.5g Fats, 0g Net Carbs, and 16g Protein. [Save Leftovers]

### Ingredients

- 1 lb. Queso Fresco
- 1 Tbsp. Coconut Oil
- 1/2 Tbsp. Olive Oil

### Instructions

1. Cut cheese into cubes, or thin rectangles.
2. Bring 1 Tbsp. coconut oil and 1/2 Tbsp. olive oil to high heat in a pan.
3. Once the smoke point hits, add your cheese. Let it cook until browned on one side and then flip over and do the same on the other side.

4. Remove from pan and drain excess grease on a paper towel.

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## Lemon Rosemary Chicken

Yields 1 serving. Per serving, it is 589 Calories, 40.5g Fats, 4.2g Net Carbs, and 47g Protein.

### Ingredients

- 3 1/2 Skinless, Boneless Chicken Thigh [ For 1/2, Cut 1 Thigh In Half ]
- 1 1/2 tsp. Minced Garlic
- 1 1/2 tsp. Olive Oil
- 1 Lemon
- 1 1/2 tsp. Fresh Thyme
- 3/4 tsp. Dried Rosemary
- 1/2 tsp. Dried Ground Sage

### Instructions

1. In a mortar, add your garlic and 1 tsp. kosher salt

2. Grind the garlic and salt together with a pestle, creating a paste.
3. Slowly add your oil, grinding and mixing the paste into an aioli.
4. Once the aioli is finished, dry your chicken off and put it into a bag with the aioli. Coat the chicken well.
5. Marinate the chicken for anywhere from 2-10 hours.
6. Preheat your oven to 425F.
7. Slice 1 lemon thin and arrange the slices on the bottom of a baking pan.
8. Lay your chicken on top of the lemons.
9. Remove the thyme leaves from the stem and add your thyme, rosemary, sage, pepper, and remaining salt to the chicken.
10. Bake for 25-30 minutes, or until the juices run clear.
11. Remove the chicken from the pan and add all the pan drippings to a saucepan.
12. Bring the sauce to a boil while stirring well.
13. Turn the heat down to medium-low while continuing to stir the sauce. Let it reduce.
14. Spoon the sauce over the chicken, enjoy!

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## Keto Szechuan Chicken

This makes 3 Total Servings, each coming out to 515 Calories, 38.3g Fats, 5.2g Net Carbs, and 63g Protein. [Freeze Leftovers]

### Ingredients

- 1 1/2 lbs. Ground Chicken
- 6 Cups Spinach
- 1/2 Cup Chicken Stock
- 4 Tbsp. Organic Tomato Paste
- 3 Tbsp. Coconut Oil
- 2 Tbsp. Chili Garlic Paste
- 2 Tbsp. Soy Sauce
- 1 Tbsp. + 1 tsp. Erythritol
- 1 Tbsp. Red Wine Vinegar
- 2 tsp. Spicy Brown Mustard
- 2 tsp. Salt
- 2 tsp. Pepper



- 1 tsp. Red Pepper Flakes
- 1/2 tsp. Mrs. Dash Table Blend
- 1/2 tsp. Minced Ginger

## Instructions

1. Mix together tomato paste, soy sauce, chili garlic paste, brown mustard, and ginger in a ramekin.
2. On the stove, bring 3 Tbsp. coconut oil to medium-high temperature.
3. Cook the ground chicken with salt and pepper in the oil until it is cooked through. Break it up into small pieces.
4. Add 2/3 of your sauce to the mixture and mix it well.
5. Add your spinach to the chicken and let it wilt. Add salt, pepper, Mrs. Dash seasoning, red pepper flakes.
6. Add the last 1/3 of your sauce, chicken stock, red wine vinegar, and erythritol. Mix the spinach and spices in well.
7. Turn the heat to low and cover the pan. Let this cook for about 10-15 minutes.

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## Not Your Caveman's Chili

This makes 4 Total Servings, each coming out to 398 Calories, 17.8g Fats, 5.3g Net Carbs, and 51.8g Protein. [Freeze Leftovers]

### Ingredients

- 2 lbs. Stew Meat
- 1 Medium Onion
- 1 Medium Green Pepper
- 1 Cup Beef Broth
- 1/3 Cup Tomato Paste
- 2 Tbsp. Soy Sauce
- 2 Tbsp. Olive Oil
- 2 Tbsp. + 1 tsp. Chili Powder
- 1 1/2 tsp. Cumin
- 2 tsp. Red Boat Fish Sauce
- 2 tsp. Minced Garlic
- 2 tsp. Paprika



- 1 tsp. Oregano
- 1 tsp. Cayenne Pepper
- 1 tsp. Worcestershire

## Instructions

1. Cube half stew meat into small cubes, and process the other half in a food processor into ground beef.
2. Chop pepper and onion into small pieces.
3. Combine all spices together to make sauce.
4. Saute cubed beef in a pan until browned, transfer to a slow cooker. Do the same with the ground beef.
5. Saute vegetables in the remaining fat in the pan until onions are translucent.
6. Add everything to the slow cooker and mix together.
7. Simmer for 2 1/2 hours on high, then simmer for 20-30 minutes without the top.

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## Omnivore Burger with Creamed Spinach & Roasted Almonds

This makes 2 total Servings, each coming out to 562 Calories, 38.5g Fats, 4.8g Net Carbs, and 45.3g Protein.

### Ingredients

- 1 Pound Ground Beef
- 100g ( ~1 Cup ) Sliced Mushrooms
- 1/4 Onion
- 1/4 Bell Pepper
- 2 1/2 Cups Raw Spinach
- 2 1/2 Tbsp. Roasted Almonds
- 1 Tbsp. Cream Cheese
- 1/2 Tbsp. Heavy Cream
- 1/2 Tbsp. Butter
- 1/2 Tbsp. Tone's Southwest Chipotle Seasoning
- 1 tsp. Cumin

- 1 tsp. Red Pepper Flakes

## Instructions

1. Preheat oven to 450 convection or 475 normal. (Convection preferred)
2. Measure out 100g mushrooms, 1/4 onion, and 1/4 bell pepper. Put the in the food processor and pulse until you have diced vegetables.
3. Add your meat, diced vegetables, and seasonings into a mixing bowl and mix well.
4. Portion out 3 burger patties from the meat mix.
5. Rest the 3 patties on a cooling rack that sits over a baking sheet. The baking sheet should be covered in foil and salt added to it (to catch drippings).
6. Put small amount of remaining meat into pan and bring to sizzle.
7. Add spinach and let it wilt down with some salt, pepper, and red pepper flakes.
8. Add almonds, cream cheese, butter, and heavy cream and stir it well. Let this continue to cook down and stay warm.
9. Remove the burgers from the oven after 19-24 minutes. Keep your eye on these as once they start getting past rare temperature, they cook quickly.

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## Bacon Wrapped Pork Tenderloin

This makes 1 total servings with leftovers. In total this comes out to 418 Calories, 20g Fats, 0.3g Net Carbs, and 54g Protein.

### Ingredients

- 1/2 lb. Pork Tenderloin
- 2 1/2 Slices Bacon
- 1 1/2 tsp. Dijon Mustard
- 1 1/2 tsp. Sugar Free Maple Syrup
- 3/4 tsp. Soy Sauce
- 1/4 tsp. Minced Garlic
- 1/4 tsp. Liquid Smoke
- 1/4 tsp. Dried Rosemary
- Pinch Black Pepper
- Pinch Cayenne
- Pinch Dried Sage

## Instructions

1. Mix together all of the wet and dry ingredients to make the marinade.
2. Pat the pork tenderloins dry and add them to a ziploc bag.
3. Pour marinade into bag and rub onto the tenderloins. Put this in the fridge for 3-5 hours.
4. Preheat oven to 350F.
5. Put pork tenderloins on a foiled baking sheet, and wrap in bacon. About 5 slices per tenderloin.
6. Bake for 1 hour, then broil the bacon for 5-10 minutes.
7. Cover the tenderloins with foil for 10-15 minutes to rest. Cut and serve.

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## Red Pepper Spinach Salad

Yields 1 total serving. This comes out to 208 Calories, 18g Fats, 3.5g Net Carbs, and 8g Protein.

### Ingredients

- 3 Cups Spinach
- 2 Tbsp. Ranch Dressing
- 1 1/2 Tbsp. Parmesan Cheese
- 1/2 tsp. Red Pepper Flakes

### Instructions

1. Add spinach to a mixing bowl, then drench in ranch.
2. Mix everything together and add your parmesan and red pepper flakes.
3. Mix everything together again and serve.

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## Roasted Pecan Green Beans

Yields 3 total servings. Each serving comes out to 182 Calories, 16.8g Fats, 3.3g Net Carbs, and 3.7g Protein. [Freeze Leftovers]

### Ingredients

- 1/2 Pound Green Beans
- 2 Tbsp. Olive Oil
- 1/4 Cup Chopped Pecans
- 2 Tbsp. Parmesan Cheese
- 1/2 Lemon's Zest
- 1 tsp. Minced Garlic
- 1/2 tsp. Red Pepper Flakes

### Instructions

1. Preheat oven to 450F, then add pecans to your food processor.
2. Grind the pecans in the food processor until they are chopped



nicely. Some pieces should be large, some small.

3. In a large mixing bowl, mix together green beans, pecans, olive oil, parmesan cheese, the zest of 1/2 lemon, minced garlic, and red pepper flakes.

4. Spread out the green beans on a foiled baking sheet.

5. Roast the green beans in the oven for 20-25 minutes.

6. Let cool for 4-5 minutes, then serve!

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## Shrimp & Cauliflower Curry

Yields 6 total servings. Each serving comes out to 331 Calories, 19.5g Fats, 5.6g Net Carbs, and 27.4g Protein. [Freeze Leftovers]

If you're on week 2, double the serving size.

### Ingredients

- 24 Oz. Shrimp
- 5 Cups Raw Spinach
- 4 Cups Chicken Stock
- 1 Medium Onion
- 1/2 Head Medium Cauliflower
- 1 Cup Coconut Milk
- 1/4 Cup Butter
- 1/4 Cup Heavy Cream
- 3 Tbsp. Olive Oil
- 2 Tbsp. Curry Powder
- 1 Tbsp. Coconut Flour

- 1 Tbsp. Cumin
- 2 tsp. Garlic Powder
- 1 tsp. Chili Powder
- 1 tsp. Onion powder
- 1 tsp. Cayenne
- 1 tsp. Paprika
- 1/2 tsp. Ground Ginger
- 1/2 tsp. Coriander
- 1/2 tsp. Turmeric
- 1/4 tsp. Cardamom
- 1/4 tsp. Cinnamon
- 1/4 tsp. Xanthan Gum

## Instructions

1. Mix all spices (except xanthan and coconut flour), set aside.
2. Cut 1 medium onion into slices.
3. Bring 3 tbsp. olive oil to hot heat in a pan. Add onion, cook onion till soft.
4. Add butter, heavy cream 1/8 tsp. xanthan and spices, stir it in so it's all mixed well.
5. After about 1-2 mins of the spices sweating, add 4 cups chicken broth, and 1 cup coconut milk. Stir well and cover.
6. Cook for 30 mins, with the lid on. Chop cauliflower into small florets then add to curry. Cook for another 15 minutes, covered.
7. Detail and devein shrimp, then add them to the curry. Cook for an additional 20 minutes with the lid off.
8. Measure out coconut flour and 1/8 tsp. xanthan gum and stir well into curry. Let cook for 5 minutes.
9. After 5 minutes, add spinach and mix it in well. Cook for an addition 5-10 minutes with the lid off.

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## Simple Lunch Salad

Yields 1 total serving. Macros depend on what type of meat you put in (macros broken day by day meal plan).

### Ingredients

- 2 Tbsp. - 4 Tbsp. Olive Oil
- 2 Cups Spinach
- 1 Tbsp. - 2 Tbsp. Parmesan Cheese
- 1 1/2 tsp. Dijon Mustard
- 3/4 tsp. Curry Powder (optional)
- Zest 1/4 Lemon
- Meat Specified in Day-by-Day

### Instructions

1. Combine all wet ingredients in a small bowl.
2. Combine meat and spinach in a bowl.

3. Pour wet ingredients over meat and spinach when ready to eat.

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## Keto Snickerdoodle Cookies

Yields 14 total cookies. Per cookie, they are: 132 Calories, 12.4g Fats, 2g Net Carbs, and 3.4g Protein.

### Ingredients

- 2 Cups Almond Flour
- 1/4 Cup Coconut Oil
- 1/4 Cup Maple Syrup [ You can find the recipe on my website! ]
- 1 Tbsp. Vanilla
- 1/4 tsp. Baking Soda
- 2 Tbsp. Cinnamon

### Instructions

1. Preheat oven to 350F.
2. Mix together your almond flour, baking soda, and salt.

3. In a separate bowl, mix together coconut oil, homemade maple syrup, vanilla, and stevia.
4. Mix dry ingredients into wet ingredients until a dough is formed.
5. Mix together cinnamon and erythritol until a powder is formed.
6. Roll dough into balls, roll into cinnamon mixture, then set them on a silpat.
7. Use the underside of a mason jar to flatten the balls, greasing the bottom as needed.
8. Bake for 9-10 minutes, remove, and let cool.

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## Low Carb Spice Cakes

Yields 12 total frosted cakes. Per frosted cake, they are: 283 Calories, 27g Fats, 3.3g Carbs, and 7.3g Protein.

### Ingredients

#### Spice Cakes

- 2 Cups Honeyville Almond Flour
- 3/4 Cup Erythritol
- 1/2 Cup Salted Butter
- 5 Tbsp. Water
- 4 Large Eggs
- 2 tsp. Baking Powder
- 1 tsp. Vanilla Extract
- 1/2 tsp. Cinnamon
- 1/2 tsp. Nutmeg
- 1/2 tsp. Allspice

- 1/2 tsp. Ginger
- 1/4 tsp. Ground Clove

### Cream Cheese Frosting

- 8 Oz. Cream Cheese
- 2 Tbsp. Butter
- 3 Tbsp. Erythritol
- 1 tsp. Vanilla Extract
- 1/2 of Lemon's Zest

## Instructions

1. Preheat your oven to 350F.
2. In a mixing bowl, add your butter and sweetener. Cream it together until smooth.
3. Add 2 of your eggs and continue mixing it until combined, then add and mix in your last 2 eggs.
4. Grind up your spices, then add all the dry ingredients to the batter. Mix until smooth.
5. Add your water to the batter and mix well, until it is creamy.
6. Spray your cupcake tray, fill it about 3/4 of the way up, and put them in the oven for 15 minutes.
7. While they're cooking, cream together your cream cheese, butter, sweetener, vanilla, and lemon zest for the frosting.
8. Remove your cupcakes from the oven, let them cool for 15 minutes, and then frost them.

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## Chicken and Bacon Sausage Stir Fry

Yields 3 total servings. Per serving, it is: 451 Calories, 28.3g Fats, 7.3g Net Carbs, and 35.7g Protein. [Freeze Leftovers]

### Ingredients

- 4 Chicken Sausages
- 3 Cups Broccoli Florets
- 3 Cups Spinach
- 1/2 Cup Parmesan Cheese
- 1/2 Cup Rao's Tomato Sauce
- 1/4 Cup Red Wine
- 2 Tbsp. Salted Butter
- 2 tsp. Minced Garlic
- 1/2 tsp. Red Pepper Flakes

### Instructions

1. Slice the 4 bacon & cheddar chicken sausages.
2. Start to boil water on the stove. While that is happening, add your sausage to a pan on high heat.
3. Add your broccoli to the boiling water and cook for 3-5 minutes depending on how you like it done.
4. Stir your sausages until they brown on both sides.
5. Move your sausages to one side of the pan, then add the butter. Put your garlic in the butter and let it saute for 1 minute.
6. Mix everything together and then add your broccoli.
7. Pour in the tomato sauce, red wine, and add red pepper flakes.
8. Mix together, add your spinach with salt and pepper and let it cook down. Simmer this for 5-10 minutes.

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## Taco Tartlets

Yields 11 total tartlets. Per tartlet, they are: 241 Calories, 19.4g Fats, 1.7g Net Carbs, and 13.1g Protein. [Freeze All Leftovers, We Do Not Use Them Anymore - Use as Snacks ]

### Ingredients

#### The Pastry

- 1 Cup Blanched Almond Flour
- 3 Tbsp. Coconut Flour
- 5 Tbsp. Butter
- 1/4 tsp. Salt
- 1 tsp. Xanthan Gum
- 1 tsp. Oregano
- 1/4 tsp. Paprika
- 1/4 tsp. Cayenne
- 2 Tbsp. Ice Water

## The Filling

- 1/3 Cup Cheese
- 400g Ground Beef
- 80g Mushroom
- 3 Stalks Spring Onion
- 2 Tbsp. Tomato Paste
- 1 Tbsp. Olive Oil
- 2 tsp. Yellow Mustard
- 2 tsp. Garlic
- 1 tsp. Cumin
- 1/2 tsp. Pepper
- 1 tsp. Salt
- 1 tsp. Worcestershire
- 1/4 tsp. Cinnamon

## Instructions

1. Combine all the dry ingredients of the pastry and put them into a food processor.
2. Chop cold butter into small squares and add it to your food processor also. Pulse the dough together until crumbly, adding 1 Tbsp. ice water until pliable.
3. Chill your dough in the freezer for 10 minutes.
4. Roll the dough out between 2 silpats using a rolling pin. Cut out circles using a cookie cutter or a glass.
5. Put the dough into your whoopie pan and preheat your oven to 325F.
6. Prep all the filling ingredients – chop spring onions, mince garlic, and slice mushrooms.
7. Saute onions and garlic in olive oil. Add ground beef to the mixture and sear it well – adding dry spices and Worcestershire.
8. Add mushrooms and mix together. Then add tomato paste and

mustard right before finishing.

9. Spoon ground beef mixture evenly into the pastry tartlets. Cover with cheese and bake for 20-25 minutes. Optional: Broil for 3-5 minutes before taking out the oven.

11. Let cool completely and remove the pastries.

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## Thai Peanut Chicken

Yields 2 total servings. Per serving, it is: 743 Calories, 53.5g Fats, 8.8g Net Carbs, and 70.5g Protein. [Freeze Leftovers]

### Ingredients

- 6 Boneless, Skinless Chicken Thighs
- 1 Cup Peanuts (1/2 Cup Peanut Butter if you aren't making your own)
- 1/4 Cup Chicken Stock
- 2 Tbsp. Soy Sauce
- 1 Tbsp. Orange Juice
- 1 Tbsp. Lemon Juice
- 1 Tbsp. Rice Vinegar
- 1/2 Tbsp. Coconut Oil
- 1/2 Tbsp. Erythritol
- 1/2 tsp. Sesame Oil
- 2 tsp. Chili Garlic Paste



- 1/4 tsp. Coriander
- 1/4 tsp. Cayenne Pepper
- Salt + Pepper to taste

## Instructions

1. Rinse peanuts off and spin them in a salad spinner to get rid of extra moisture. Pat dry with paper towels.
2. Put the nuts in your food processor and blend until creamy. Add coconut oil and erythritol and blend further.
3. Mix together all of the ingredients except for salt and pepper to make the sauce.
4. Cube your chicken thighs and season with salt and pepper.
5. Heat 1 Tbsp. olive oil to high heat in a pan. Add your chicken once hot.
6. Pat the extra moisture out of the pan with a paper towel. Continue cooking until chicken is browned on both sides.
7. Stir in your peanut butter sauce and add 1/4 tsp. cayenne pepper and more salt and pepper if you wish.
8. Turn to low and let simmer for 10 minutes.

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## Vanilla Latte Cookies

Yields 10 total cookies. Per cookie, they are: 167 Calories, 17.1g Fats, 1.4g Net Carbs, and 3.9g Protein.

### Ingredients

- 1 1/2 Cups Honeyville Blanched Almond Flour
- 1/2 Cup Unsalted Butter
- 1/3 Cup NOW Erythritol
- 2 Large Eggs
- 1 Tbsp. + 1 tsp. Instant Coffee Grounds
- 1 1/2 tsp. Vanilla Extract
- 1/2 tsp. Baking Soda
- 1/2 tsp. Kosher Salt
- 1/4 tsp. Cinnamon
- 17 Drops Liquid Stevia

### Instructions

1. Preheat your oven to 350F.
2. In a mixing bowl, combine your almond flour, coffee grounds, baking soda, salt, and cinnamon.
3. In separate containers or bowls, separate your egg whites and egg yolks.
4. In another mixing bowl, add your butter and beat it well. Add your erythritol to the butter and continue beating it until almost white in color.
5. Add your egg yolks to the butter and mix until smooth.
6. Add half of the mixed almond flour to the butter and mix it in. Add your vanilla extract and liquid stevia, then add the rest of your almond flour and mix well.
7. Beat your egg whites until stiff peaks form. Fold the egg whites into the cookie dough.
8. Divide your cookies on a cookie sheet, I made 10 large cookies. Bake them for 12-15 minutes.
9. Once finished, remove the cookies to a cooling rack for 10-15 minutes.

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## Vegetable Medley

Yields 3 servings. Per serving, it is: 330 Calories, 30.7g Fats, 7.7g Net Carbs, and 6.7g Protein.

### Ingredients

- 6 Tbsp. Olive Oil
- 240g Baby Bella Mushrooms
- 115g Broccoli
- 100g Sugar Snap Peas
- 90g Bell Pepper
- 90g Spinach
- 2 Tbsp. Pumpkin Seeds
- 2 tsp. Minced Garlic
- 1 tsp. Salt
- 1 tsp. Pepper
- 1/2 tsp. Red Pepper Flakes

## Instructions

1. Prep all vegetables by chopping them into small, bite size pieces.
2. Heat oil in a pan to high heat. Once hot, add garlic and let saute for 1 minute.
3. Add mushrooms and let them soak up some of the oil. Once they do, add broccoli and mix together well.
4. Let broccoli cook for a few minutes, then add sugar snap peas. Mix this together well.
5. Add bell pepper, spices, and pumpkin seeds then mix together well.
6. Once everything is cooked, lay spinach on top of the vegetables and let the steam wilt it.
7. Once the spinach wilts, mix it all together and serve.

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