Keto Meal Plans for Weight Loss
Introduction

The Keto* 28-Day Meal Plan is an easy starting point to help you learn about foods that our ketogenic-friendly program recommends to keep you satiated all day long, as well as proper portions and meal scheduling to maintain a steady flow of energy while right-sizing your weight.

The ratio of major nutrients is about 65-75% of energy from fat, 15-20% from protein, and 10-15% from carbohydrates, with a ratio of between 1:1 to 1.5:1 fat: protein+carbohydrates.

While some might choose to start the program exactly according to this plan, others might find it easier to begin by adding only several meals from the list to their daily routine.

Start with whatever you feel most comfortable. If these food choices are new to you, then you do not have to follow everything exactly from day one. Try adding a few meals out of this list and slowly add more foods then whole meals while you learn what is working best for you.

Meals can be swapped with one another within the same day, or even between days. Days can also be repeated during the week, but we do encourage variety in protein and produce foods, to ensure your nutritional needs can be met. Try to make nutritious, minimally processed selections.

Because this type of dietary plan tends to limit certain food groups, daily intake of nutritional supplements may be helpful. These include a vitamin/mineral multiple, calcium/vitamin D formula, and omega-3 fatty acid product. A sugar-free fiber beverage may be supportive of normal digestive function. Be sure to discuss any such decisions with your healthcare provider.

It is also recommended to drink plenty of water, approximately 12 glasses per day. If your healthcare provider approves, it is best to avoid low-salt versions of foods, as a keto diet may increase the need for electrolytes such as sodium. Don’t overdo, though!

If something is not working as well as you expected or even if you just want to try other alternatives, you can combine foods with this list from the online Menu Planner. Due to the nature of the diet, we recommend discussing use with your healthcare provider before embarking on this journal. Do be prepared for some flu-like symptoms as you begin.

Please note! These menus are based on set amounts of proteins, carbohydrates, and fats that may or may not match your specific nutritional needs. If you find that the amounts are not ideal, consider building menus through the Menu Planner, which utilizes your measurements.

Disclaimers:
*These menus are intended for weight management, and may not be suitable for medical purposes.

This guide is published by Kendago Ltd. trading as Trim Down Club (“we” and/or “us”) as part of the Trim Down Club Program as published at www.trimdownclub.com, and is subject to the Terms & Conditions and Disclaimer therein.

Nothing contained in this e-book is intended for the purposes of providing medical advice of any kind. Neither this e-book nor any of the diet or exercise information contained in the e-book (the “Content”) is a substitute for medical advice from your physician or any health advice from qualified health professional. You should discuss your particular issue with your own physician. The statements contained in this e-book have not been evaluated by the U.S. Food and Drug Administration. The information contained in this e-book and/or otherwise received from us is not intended to diagnose, treat, cure, or prevent any disease. Neither we nor the Content providers shall be held liable or responsible for any loss, damage, injury, or illness suffered by you and/or caused or allegedly caused directly or indirectly by any treatment, action, or use of any of the Content or for any misunderstanding or misuse of the information contained in this e-book.
### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1 cup Chia Coconut Porridge: ½ cup warm water, blended in food processor with 2 Tbsp Shredded Coconut (unsweetened) ½ cup Light Coconut Milk (canned) 2 tsp Chia Seeds 1 Tbsp Inulin Sweetener or Stevia/Erythritol, or more to taste Pinch of Nutmeg ½ cup fresh or ¼ cup frozen/unsweetened Raspberries 1 Egg, omega-3 or free-range/grass-fed cooked in ½ Tbsp Olive Oil</td>
<td></td>
</tr>
<tr>
<td><strong>Snack #1</strong></td>
<td>2 Simple Almond-Flaxseed Crackers 2 Tbsp Avocado</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Low-Carb Macaroni &amp; Cheese: 2 cups Shirataki (Konjac) Noodles, cooked 2 ounces Cheddar Cheese 2 cups of Mixed Green Salad Salad Dressing: 2 Tbsp Olive Oil + 1 Tbsp Plain or Wine Vinegar</td>
<td></td>
</tr>
<tr>
<td><strong>Snack #2</strong></td>
<td>¼ cup Nuts and/or Seeds</td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>4 ounces Beef Ribeye sautéed in 2 tsp Olive Oil + Spices Low-Carb Asian-Style “Rice”: 2 cups Shirataki (Konjac) “Rice,” cooked 1 tsp Sesame Oil 1 tsp Soy Sauce + Ginger and Garlic, to taste Olive Slaw: 1 cup Cabbage, raw, shredded 5 Green Olives, extra-large, sliced or chopped 2 tsp Mayonnaise Herbs and Spices, to taste</td>
<td></td>
</tr>
<tr>
<td><strong>Snack #3</strong></td>
<td>2 Tbsp Tahini 1 small Cucumber, sliced</td>
<td></td>
</tr>
<tr>
<td>Meal</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Breakfast</td>
<td>Creamy Nut Yogurt: ½ cup Greek Yogurt, full-fat, plain ¼ cup Sour Cream 1 tsp Nut Oil 1 tsp Nuts or Seeds, chopped No-Carb Sweetener, e.g. Stevia/Erythritol, to taste ½ cup Strawberries, fresh or frozen, unsweetened</td>
<td></td>
</tr>
<tr>
<td>Snack #1</td>
<td>1 Egg, omega-3 or free-range/grass-fed, “deviled” with 1 tsp Mayonnaise + spices 1 cup Red or Yellow Pepper Strips</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>3 ounces Turkey (with skin) roasted in 1 Tbsp Olive Oil + herbs and spices 1 cup Zucchini, roasted with ½ cup Cherry Tomatoes in 1 Tbsp Olive Oil</td>
<td></td>
</tr>
<tr>
<td>Snack #2</td>
<td>¼ cup Avocado, mashed 1 ounce Goat Cheese, semi-soft 2 medium Celery Stalks, cut into sticks for dipping</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>4 ounces Salmon with lemon juice, dill weed, and garlic roasted with 1 Tbsp Olive Oil 1 cup Mixed Vegetables (non-starchy), steamed seasoned with 2 tsp Butter or Olive Oil and herbs plus 3 Tbsp Parmesan Cheese, grated</td>
<td></td>
</tr>
<tr>
<td>Snack #3</td>
<td>6 Dark Chocolate-Covered Walnuts</td>
<td></td>
</tr>
</tbody>
</table>
## Day 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Ingredients</th>
</tr>
</thead>
</table>
| **Breakfast** | Coconut Porridge (cook the following together until thick): | 2 Tbsp Shredded Coconut, unsweetened  
1 Tbsp Flax Seeds, freshly ground  
2 tsp Coconut Flour  
1½ tsp Nut Oil  
⅔ cup Light Coconut Milk, for cooking (not beverage)  
2 Tbsp Dried Goji Berries  
Natural No-Carb Sweetener, such as Stevia and/or Erythritol |
|        | Snack #1                          | 2 Tbsp Pumpkin Seeds  
1 Kiwi Fruit  
1 cup Chai Tea with 3 Tbsp Light Cream + 1 tsp Nut Oil and Natural No-Carb Sweetener, to taste |
| **Lunch** | Tuna-Egg Salad:                   | 2 ounces Tuna Canned in Olive Oil, not drained  
1 Egg, hardboiled  
2 tsp Mayonnaise, preferable omega-3 or olive oil type  
Herbs and Spices  
2 cups Mixed Green Salad, with Dressing:  
1 Tbsp Olive Oil  
1 tsp Plain or Wine Vinegar + Herbs and Spices |
|        | Snack #2                          | 4 ounces Greek Yogurt, full-fat, plain with ¾ tsp Olive Oil + Herbs and Spices, to taste  
1 medium Carrot, cut into sticks for dipping |
| **Dinner** | 3 ounces Chicken (with skin)      | coated with 1 Tbsp Tahini + 1 clove Garlic baked in 1 tsp Olive Oil  
1 cup Cauliflower, cooked mashed with 1 Tbsp Light Cream and 2 tsp Butter  
1 cup Watercress sprinkled with Red Wine Vinegar |
|        | Snack #3                          | 1 ounce Cheddar Cheese  
Coco-Nut Cocoa:  
1 cup Coconut Milk Beverage, fortified  
2 tsp Cocoa Powder, unsweetened  
1 tsp Nut Oil  
Natural No-Carb Sweetener, to taste |
## Day 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Ingredients/Preparation</th>
</tr>
</thead>
</table>
| **Breakfast** | Omelette or Scramble: 1 Egg, omega-3 or free-range/grass-fed  
2 Tbsp Light Cream  
1 Tbsp Fresh Herbs, chopped  
1 Tbsp Olive Oil  
1½ ounces Breakfast Steak (thinly cut and pounded beef) cooked in 1½ tsp Olive Oil  
1 cup Sweet Red Pepper, sliced |                                                                                       |
| **Snack #1** | 1 ounce Almonds  
½ cup fresh or ¼ cup frozen/unsweetened Raspberries |                                                                                       |
| **Lunch** | Cream of Broccoli Soup (cook together the following):  ¾ cup Broccoli, chopped  
2 Tbsp Fresh Chives, chopped  
¼ cup Light Cream  
1 tsp Butter  
1 cup Vegetable Broth  
Green Sardine Wraps:  3 ounces Sardines, canned  
1 Tbsp Cream Cheese  
4 large Green Olives, sliced  
2 leaves Lettuce |                                                                                       |
| **Snack #2** | 2 Simple Almond-Flaxseed Crackers  
2 Tbsp Ricotta Cheese, whole milk |                                                                                       |
| **Dinner** | 2 cups Shirataki (Konjac) Noodles, cooked  
3 ounces Ground Beef sautéed in 1 Tbsp Olive Oil  
seasoned with 1 cup Tomato Sauce + Herbs and Spices  
½ cup Spinach, cooked seasoned with 1½ tsp Butter |                                                                                       |
| **Snack #3** | 3 Tbsp Pumpkin Seeds  
2 Tbsp Goji Berries, dried |                                                                                       |
### Day 5

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
</table>
| **Breakfast** | 1 Egg, omega-3 or free-range/grass-fed cooked in 1 tsp Olive Oil  
1 ounce Uncured Turkey Bacon cooked in 1 tsp Olive Oil  
1 medium Tangerine  
Tea/Coffee with 1 Tbsp Light Cream + Natural No-Carb Sweetener |
| **Snack #1**  | ¼ cup Pecans  
1 Fresh or 2 Dried Figs |
| **Lunch**     | Cheesy Vegetable Bake:  
1 cup Zucchini (raw), sliced  
1 cup fresh or ½ cup frozen Spinach (thawed)  
¼ cup Mushrooms (raw), sliced steamed until tender, then sautéed together with 1 clove Garlic, mashed + 4 tsp Basil, chopped, in 2 tsp Olive Oil; placed in baking pan and covered with ½ cup Cheddar Cheese then baked at 350°F/180°C until cheese has melted |
| **Snack #2**  | 2 Tbsp Tahini  
2 medium Celery Stalks, cut into sticks for dipping |
| **Dinner**    | 3 ounces Fresh/Frozen Tuna cooked in 2 tsp Olive Oil with Lemon Zest + Garlic  
1 cup Green Beans, steamed then sautéed with ¼ cup Onions and 2 Tbsp Toasted Pine Nuts in 2 tsp Olive Oil |
| **Snack #3**  | Chocolate Avocado Mousse:  
¼ medium Avocado, soft pureed with 1 Tbsp Pure Cocoa Powder, unsweetened folded into 2 Tbsp Whipping Cream, whipped to firm peaks with No-Carb Sweetener, to taste |
Day 6

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>⅓ cup Almond Meal cooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins Natural No-Carb Sweetener, such as Stevia/Erythritol</td>
</tr>
<tr>
<td><strong>Snack #1</strong></td>
<td>1 ounce Brie Cheese, full fat ¼ cup Avocado, sliced ⅓ cup fresh or ¼ cup frozen/unsweetened Blueberries</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>2 ounces Turkey (with skin) coated with 1 Egg, 2 Tbsp Ground Hazelnuts, 2 Tbsp Parmesan sautéed in 2 tsp Olive Oil 2 cups Mixed Green Salad with Dressing: 1 tsp Olive Oil + 1 Tbsp Wine Vinegar + Spices</td>
</tr>
<tr>
<td><strong>Snack #2</strong></td>
<td>6 Walnuts 1 medium Tangerine</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>3 ounces Chicken (with skin), sliced sautéed in 2 tsp Olive Oil + 1 tsp Sesame Oil with 1 Tbsp Soy Sauce + 2 cloves Garlic 2 cups Shirataki (Konjac) “Rice” ½ cup Chinese Greens (steamed from 1 cup raw) with 2 Brazil nuts, chopped and lightly toasted seasoned with 1 tsp Sesame Oil</td>
</tr>
<tr>
<td><strong>Snack #3</strong></td>
<td>Coco-Nut Cocoa: 1 cup Coconut Milk Beverage, fortified 1 tsp Nut Oil 2 tsp Pure Cocoa Powder Whipped Cream, unsweetened Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste</td>
</tr>
</tbody>
</table>
| Breakfast                                      | ¾ cup Greek Yogurt, full fat, plain  
|                                               | 1 tsp Nut Oil  
|                                               | 2 Tbsp Flax Seeds, freshly ground  
|                                               | 1 fresh or 2 dried/unsweetened halves Apricot  
|                                               | Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste |
| Snack #1                                      | ¾ cup Strawberries  
|                                               | with 2 Brazil Nuts, chopped  
|                                               | topped with 2 Tbsp Mascarpone Cheese  
|                                               | + Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste |
| Lunch                                         | Creamy Mushroom Soup:  
|                                               | ½ cup Light Cream  
|                                               | 1 cup Vegetable Broth  
|                                               | 1 cup Mushrooms, sliced  
|                                               | 1 clove Garlic, roasted and mashed  
|                                               | ¼ tsp Ground Black Pepper  
|                                               | 1 Tbsp Parmesan Cheese  
|                                               | 1 slice Coconut Bread  
|                                               | 2 Tbsp Avocado  
|                                               | 1 Egg, hardboiled |
| Snack #2                                      | Vegetable Rolls:  
|                                               | 2 large Lettuce Leaves  
|                                               | 1½ Tbsp Tahini  
|                                               | ½ cup White Mung Bean Sprouts  
|                                               | ½ cup Cabbage, shredded  
|                                               | ½ medium Carrot, julienned |
| Dinner                                        | 3 ounces Trout  
|                                               | Zest and juice from one small Lemon  
|                                               | 1 Tbsp Butter  
|                                               | Cauliflower Patties:  
|                                               | 1 cup Cauliflower, steamed and mashed  
|                                               | ¼ cup Chickpeas, cooked or canned, mashed  
|                                               | 2 Tbsp Flaxseeds, freshly ground  
|                                               | Herbs and Spices to taste  
|                                               | combined and formed into patties  
|                                               | baked in 1 Tbsp Olive Oil at 375°F/190°C for 40 minutes |
| Snack #3                                      | 5 Dark Chocolate-Covered Walnuts |
## Day 8

| Breakfast | Almond-Flax-Coconut Porridge:  
|           | ¼ cup warm water, blended in food processor with  
|           | 1 Tbsp Shredded Coconut (unsweetened)  
|           | 1 Tbsp Ground Almond  
|           | 1 Tbsp Light Cream  
|           | 1 tsp Almond Oil  
|           | 2 tsp Flaxseeds, freshly ground  
|           | 1 Tbsp Inulin Sweetener or Stevia/Erythritol, or more to taste  
|           | Pinch of Cinnamon  
|           | ½ cup fresh or ¼ cup frozen/unsweetened Raspberries  
|           | 1 Egg, omega-3 or free-range/grass-fed  
|           | cooked in ½ Tbsp Olive Oil |
| Snack #1 | 1 cup Tea or Coffee  
|          | with 3 Tbsp Light Cream + 1 tsp Nut Oil  
|          | and Natural No-Carb Sweetener, to taste  
|          | 2 Simple Almond-Flaxseed Crackers  
|          | 2 tsp Cream Cheese |
| Lunch | 1 cup Cream of Watercress Soup:  
|       | ½ cup Vegetable Broth  
|       | 5 Tbsp Light Cream  
|       | 1 cup Watercress, chopped  
|       | Ground Black Pepper and Garlic, to taste  
|       | *Cook together until watercress is tender, then puree.*  
|       | 1 Slice Coconut Bread  
|       | 3 ounces Smoked Salmon  
|       | ¼ medium Avocado, sliced  
|       | 1 small Cucumber  
|       | 1 Tbsp Lemon Juice |
| Snack #2 | ¼ cup Pumpkin Seeds  
|          | 2 Kumquats |
| Dinner | 4 ounces Loin Steak  
|        | coated with Spice Rub  
|        | cooked in 1 Tbsp Olive Oil  
|        | 2 cups Shirataki (Konjac) “Rice”, cooked  
|        | 1 cup Chinese Greens (steamed)  
|        | 1 tsp Soy Sauce |
| Snack #3 | ½ cup Lactose-Free No-Sugar-Added Ice Cream, full fat  
|          | topped with 1 tsp Nut Oil  
<p>|          | and 3 Tbsp Whipped Cream, sweetened with Stevia/Erythritol |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 9</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>Omelette or Scramble:</td>
<td>1 Egg, omega-3 or free-range/grass-fed 2 Tbsp Light Cream 1 stalk Green Spring Onion (Scallion), chopped 1½ tsp Olive Oil 1 Simple Almond-Flaxseed Cracker 1 tsp Goat Cheese, soft 1 Kiwi Fruit</td>
</tr>
<tr>
<td><strong>Snack #1</strong></td>
<td></td>
<td>¼ cup Mixed Nuts 1 fresh or 2 halves dried Apricot</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>3 ounces Natural Turkey Sausage, uncured</td>
<td>sautéed in 2 tsp Olive Oil served with ½ cup Sauerkraut 1 cup Zucchini, steamed topped with 1 tsp Butter and 1 ounce Cheddar cheese</td>
</tr>
<tr>
<td><strong>Snack #2</strong></td>
<td>2 medium-large Celery Stalks</td>
<td>1 filled with 3 Tbsp Ricotta Cheese, full fat 1 filled with 3 Tbsp Sour Cream</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>3 ounces Tuna, fresh</td>
<td>baked in 2 tsp Olive Oil + Herbs and Spices 1 cup Cauliflower, cooked mashed with 2 Tbsp Light Cream and 1 tsp Butter 1 cup Mixed Baby Greens dressed with 1½ tsp Olive Oil + 1 Tbsp Wine Vinegar</td>
</tr>
<tr>
<td><strong>Snack #3</strong></td>
<td>6 ounces Greek Yogurt, full fat, plain</td>
<td>Natural No-Carb Sweetener, such as Stevia/Erythritol ½ cup fresh or ¼ cup frozen/unsweetened Blueberries</td>
</tr>
</tbody>
</table>
## Day 10

| Breakfast                          | 1 Egg  
|                                   | cooked in 2 tsp Olive Oil  
|                                   | 1½ ounces Breakfast Steak (thinly cut and pounded beef) cooked in 2 tsp Olive Oil  
|                                   | 1 medium Tomato, roasted  
| Snack #1                           | ¼ cup Pecans  
|                                   | ¼ cup Melon  
| Lunch                              | 1 ounce Kale Chips topped with 2 ounces Cheddar Cheese, melted  
|                                   | 2 cups Mixed Green Salad with dressing: 1½ tsp Olive Oil + 1 Tbsp Vinegar + Spices, to taste  
| Snack #2                           | 2 tsp Goat Cheese, soft  
|                                   | 2 Almond Flax Crackers  
| Dinner                             | 3 ounces Chicken (dark meat, with skin) coated with 1 Tbsp Parmesan Cheese baked in 2 tsp Olive oil  
|                                   | ½ cup Spinach, steamed topped with 1 tsp Butter  
| Snack #3                           | 6 Walnuts  
|                                   | 2 fresh or 4 dried halves Apricots  

1. Almond Flax Crackers are optional.
<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>2 slices Coconut Bread</td>
</tr>
<tr>
<td></td>
<td>2 medium Sardines</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp Ricotta Cheese, full fat</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp Sour Cream, full fat</td>
</tr>
<tr>
<td></td>
<td>1 cup Sweet Red Bell Pepper</td>
</tr>
<tr>
<td></td>
<td>drizzled with 1 tsp Olive Oil</td>
</tr>
<tr>
<td>Snack #1</td>
<td>1 Egg, omega-3 or free-range/grass-fed,</td>
</tr>
<tr>
<td></td>
<td>hardboiled with Herbs and Spices, to taste</td>
</tr>
<tr>
<td>Lunch</td>
<td>Cream of Avocado Soup:</td>
</tr>
<tr>
<td></td>
<td>¼ cup Avocado, pureed</td>
</tr>
<tr>
<td></td>
<td>¼ cup Greek Yogurt, full fat</td>
</tr>
<tr>
<td></td>
<td>whisked into 1 cup Vegetable Broth</td>
</tr>
<tr>
<td></td>
<td>1 Tbsp Cilantro or Parsley, chopped</td>
</tr>
<tr>
<td></td>
<td>with 1 clove Garlic + chili pepper or sauce to taste</td>
</tr>
<tr>
<td></td>
<td>3 ounces Poultry Offal (heart, gizzard, giblet)</td>
</tr>
<tr>
<td></td>
<td>sautéed with 1 cup Beet or other Greens</td>
</tr>
<tr>
<td></td>
<td>in 1 Tbsp Olive Oil + spices</td>
</tr>
<tr>
<td>Snack #2</td>
<td>1 ounce String Cheese, full fat</td>
</tr>
<tr>
<td></td>
<td>½ cup Blueberries</td>
</tr>
<tr>
<td></td>
<td>topped with 2 Tbsp Shredded Coconut, unsweetened</td>
</tr>
<tr>
<td>Dinner</td>
<td>3 ounces Ground Beef</td>
</tr>
<tr>
<td></td>
<td>cooked in 1 Tbsp Olive Oil</td>
</tr>
<tr>
<td></td>
<td>2 cups Shirataki (Konjac) Noodles</td>
</tr>
<tr>
<td></td>
<td>topped with ½ cup Tomato Sauce</td>
</tr>
<tr>
<td></td>
<td>and 2 Tbsp Parmesan Cheese</td>
</tr>
<tr>
<td></td>
<td>½ cup Broccoli, cooked</td>
</tr>
<tr>
<td></td>
<td>seasoned with 1 tsp Coconut Oil</td>
</tr>
<tr>
<td>Snack #3</td>
<td>2 Almond-Flax Crackers¹</td>
</tr>
<tr>
<td></td>
<td>2 tsp Brie Cheese, full fat</td>
</tr>
</tbody>
</table>
# Day 12

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Almond-Coconut Porridge:</td>
<td>¼ cup Almond Meal, 3 Tbsp Shredded Coconut, unsweetened, Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste, 1 Tbsp Raisins, 1 cup Coconut Milk Beverage, fortified, 1 small Tangerine</td>
</tr>
<tr>
<td><strong>Snack #1</strong></td>
<td></td>
<td>2 tsp Goat Cheese, soft, 2 Almond-Flax Crackers¹</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td>3 ounces Salmon, cut into bite-sized pieces sautéed in 1 Tbsp Olive Oil with 1 clove Garlic and ¼ cup Light Cream, 2 cups Shirataki (Konjac) “Rice”, 1 cup Zucchini, cooked dressed with 1 tsp Butter</td>
</tr>
<tr>
<td><strong>Snack #2</strong></td>
<td></td>
<td>2 Tbsp Tahini, 2 large stalks Celery</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
<td>3 ounces Turkey (dark meat, with skin) coated with 1 Egg, 2 Tbsp Almond Meal oven-fried in 1 Tbsp Olive Oil, 2 cups Mixed Green Salad dressed in 1 Tbsp Olive Oil and 2 Tbsp Wine Vinegar</td>
</tr>
<tr>
<td><strong>Snack #3</strong></td>
<td></td>
<td>½ cup fresh or ½ cup frozen Raspberries, unsweetened in 3 Tbsp Greek Yogurt, full fat mixed with 1 Tbsp Whipping Cream, unsweetened and Natural No-Carb Sweetener, to taste</td>
</tr>
</tbody>
</table>
### Day 13

<table>
<thead>
<tr>
<th>Meal</th>
<th>Meal Description</th>
</tr>
</thead>
</table>
| **Breakfast** | Omelette/Scramble:  
1 Egg  
3 Tbsp Light Cream  
¼ cup Mushrooms, sliced cooked in 1½ tsp Olive Oil  
1 slice Coconut Bread with 1 tsp Butter |
| **Snack #1** | 8 ounces Greek Yogurt, full fat  
1 Tbsp Flax Seeds, freshly ground  
5 Tbsp fresh or 3 Tbsp frozen/unsweetened Strawberries Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste |
| **Lunch**  | ⅝ Keto Pizza²  
2 cups Mixed Green Salad dressed with 1 tsp Olive Oil and 1 Tbsp Wine Vinegar |
| **Snack #2** | ½ slice Coconut Bread  
1 Tbsp Tahini  
2 fresh or 4 halves dried/unsweetened Apricots |
| **Dinner** | 3 ounces Tuna, fresh pan-seared with ¼ Avocado, sliced and 1 Tbsp Soy Sauce + 1 clove Garlic + ½ tsp fresh Ginger in 4 tsp Olive Oil  
2 cups Shirataki (Konjac) “Rice”  
1 cup Kale, steamed with 1 tsp Butter |
| **Snack #3** | 1 cup Chai Tea with 2 Tbsp Light Cream + 1 tsp Nut Oil and Natural No-Carb Sweetener, to taste  
2 small fresh or dried/unsweetened Figs |
## Day 14

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
</tr>
</thead>
</table>
| **Breakfast** | 1 Keto Pancake\(^2\)  
                  topped with Stevia or Monkfruit-Based Sugar-Free Syrup  
                  and ½ cup Greek Yogurt, full fat + ¼ Tbsp fresh Berries |
| **Snack #1** | 2 Almond-Flax Crackers\(^1\)  
                        2 Tbsp Ricotta Cheese, full fat |
| **Lunch**   | 2 Keto Tacos:  
                  ½ cup Soy Granules  
                  moistened in 1 cup Vegetable Broth  
                  seasoned with 1 tsp Taco Seasoning, no-sugar-added  
                  sautéed together in 1 Tbsp Olive Oil  
                  then placed over 2 large leaves Lettuce  
                  each topped with 1 Tbsp each Mozzarella and Cheddar Cheeses  
                  plus each with 1 Tbsp each Sour Cream and Avocado |
| **Snack #2** | 3 Tbsp Mixed Nuts  
                        2 tsp Raisins, unsweetened |
| **Dinner**  | 3 ounces Chicken, dark meat, with skin coated with 1½ tsp Tahini  
                  and 1 Tbsp Parmesan Cheese + Herbs and Spices  
                  baked in 1 Tbsp Olive Oil  
                  ½ cup Collard Greens, steamed  
                  topped with 1 tsp Butter |
| **Snack #3** | 4 Dark Chocolate-Covered Walnuts  
                     Herbal Tea  
                      with Natural No-Carb Sweetener, such as Stevia/Erythritol |
Day 15

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Snack #1</th>
<th>Lunch</th>
<th>Snack #2</th>
<th>Dinner</th>
<th>Snack #3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1 serving Cheddar Vegetable Crustless Quiche(^4)</td>
<td>7 tsp Almond Butter</td>
<td>2 cups Mixed Green Salad topped with 3 Tbsp chopped Pork Cracklings and 3 ounces Shrimp</td>
<td>¼ cup</td>
<td>2 ounces Pork Ribs roasted in 2 tsp Olive Oil + Spices</td>
<td>¾ cup Coconut-Based Non-Dairy Frozen</td>
</tr>
<tr>
<td></td>
<td>Topped with 2 Tbsp Sour Cream</td>
<td>2 medium stalks Celery</td>
<td>sautéed in ½ Tbsp butter + 1 clove Garlic</td>
<td>Nuts and/or Seeds</td>
<td>1 cup Cauliflower (steamed) Mashed with 1 tsp Butter and 1 Tbsp Heavy Cream</td>
<td>Dessert, Sugar-Free</td>
</tr>
<tr>
<td><strong>Snack #1</strong></td>
<td></td>
<td></td>
<td>Salad Dressing: 1½ Tbsp Flaxseed Oil + 1 Tbsp Lemon Juice + Herbs &amp; Spices</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Snack #2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Snack #3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

\(^4\) For best results, make the crustless quiche the night before in a ceramic baking dish.
### Day 16

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td>1 Slice Coconut Bread French Toast topped with 1 tsp Butter and 2 Tbsp Stevia or Monkfruit-Based Sugar-Free Syrup, ½ cup Strawberries</td>
</tr>
<tr>
<td><strong>Snack #1</strong></td>
<td></td>
<td>Stacked Caprese Salad: 2 ounce Whole Milk Mozzarella Cheese, sliced Fresh Basil Leaves, 1 small Tomato, sliced 2 tsp Balsamic Vinegar 1 tsp Olive Oil</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td>3 ounces Slow-Roasted Salmon Cauliflower Risotto: 2 cups grated Cauliflower, gently steamed and sautéed in 1 Tbsp Butter then blended with 2 Tbsp Heavy Cream and 2 Tbsp Parmesan Cheese + Herbs and Spices</td>
</tr>
<tr>
<td><strong>Snack #2</strong></td>
<td></td>
<td>½ cup Walnuts</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
<td>2 servings Basic Simple Stuffed Bells ¼ Avocado, sliced and sautéed in 1 tsp Coconut Oil with Herbs and Spices</td>
</tr>
<tr>
<td><strong>Snack #3</strong></td>
<td></td>
<td>2 Tbsp Coconut, fresh or dried unsweetened 1 tsp Cacao Nibs</td>
</tr>
<tr>
<td>Time</td>
<td>Meal Description</td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>½ cup Almond Meal cooked in 1 cup Coconut Milk Beverage, fortified with 1 Tbsp Raisins Natural No-Carb Sweetener, such as Stevia/Erythritol</td>
<td></td>
</tr>
<tr>
<td><strong>Snack #1</strong></td>
<td>1 Egg, omega-3 or free-range/grass-fed, “deviled” with 1 tsp Mayonnaise + spices 1 cup Raw Vegetables, cut Vegetable Dip: 2 Tbsp Sour Cream, seasoned with Herbs and Spices</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Tuna-Pasta Salad: 2 ounces Tuna Canned in Olive Oil, not drained 1 cup Shirataki (Konjac) Macaroni, cooked and cooled 5 olives, chopped Herbs and Spices 2 cups Mixed Green Salad, with Dressing: 1 Tbsp Flaxseed Oil 1 tsp Plain or Wine Vinegar + Herbs and Spices and 1 Tbsp Pumpkin Seeds</td>
<td></td>
</tr>
<tr>
<td><strong>Snack #2</strong></td>
<td>½ cup Avocado Cubes wrapped in 2 ounces Prosciutto (with no added nitrites)</td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>3 ounces Turkey (with skin) coated with 2 Tbsp Coconut Flour + 1 clove Garlic baked in 2 tsp Olive Oil 1 cup Cabbage, shredded and steamed and sautéed in 2 tsp Butter</td>
<td></td>
</tr>
<tr>
<td><strong>Snack #3</strong></td>
<td>½ cup sugar-free, full-fat Ice Cream, sweetened with Stevia topped with 1 Brazil Nut, chopped</td>
<td></td>
</tr>
</tbody>
</table>
### Day 18

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td>1 Egg, omega-3 or free-range/grass-fed cooked in 1 tsp Olive Oil&lt;br&gt;2 strips Bacon, organic uncured&lt;br&gt;1 slice Almond-Flaxseed Bread&lt;br&gt;1 tsp Butter&lt;br&gt;½ cup Currants or Berries, fresh</td>
</tr>
<tr>
<td><strong>Snack #1</strong></td>
<td></td>
<td>Keto Cocoa:&lt;br&gt;1 cup Half and Half&lt;br&gt;1 tsp Pure Cocoa Powder (Cacao)&lt;br&gt;Natural No-Carb Sweetener (such as Stevia, erythritol)</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td>Cream of Mushroom Soup (cook together the following):&lt;br&gt;1 cup Mushrooms, chopped&lt;br&gt;1 clove Garlic, chopped&lt;br&gt;¼ cup Heavy Cream&lt;br&gt;2 tsp Butter&lt;br&gt;1 cup Vegetable Broth&lt;br&gt;Smoked Salmon Wraps:&lt;br&gt;3 ounces Smoked Salmon&lt;br&gt;1 Tbsp Sour Cream&lt;br&gt;¼ medium Red Onion, thinly sliced&lt;br&gt;2 leaves Lettuce</td>
</tr>
<tr>
<td><strong>Snack #2</strong></td>
<td></td>
<td>1 ounce Parmesan Crisps&lt;br&gt;1 cup Arugula</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
<td>3 ounces Lamb Shoulder, roasted in 1 Tbsp Olive Oil with Herbs and Spices&lt;br&gt;1 cup Summer Squash/Marrow (such as Zucchini/Courgette) with 1 tsp Butter</td>
</tr>
<tr>
<td><strong>Snack #3</strong></td>
<td></td>
<td>3 Tbsp Pine Nuts&lt;br&gt;3 Tbsp Hemp Hearts</td>
</tr>
<tr>
<td>Time</td>
<td>Meal Description</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| **Breakfast** | Chia Coconut Porridge:  
½ cup warm water, blended in food processor with  
2 Tbsp Shredded Coconut (unsweetened)  
½ cup Light Coconut Milk (canned)  
2 tsp Chia Seeds  
1 Tbsp Inulin Sweetener or Stevia/Erythritol, or more to taste  
Pinch of Nutmeg  
½ cup fresh or ¼ cup frozen/unsweetened Raspberries  
1 Egg, omega-3 or free-range/grass-fed cooked in ½ Tbsp Olive Oil |
| **Snack #1** | 1 Tbsp Almond Butter  
2 Simple Almond-Flaxseed Crackers |
| **Lunch**   | Cheesy Greens Toss:  
1 cup each of 3 different types of leafy cooking greens steamed until tender, then sautéed together with 1 clove Garlic, mashed + 4 tsp Fresh Herbs, chopped, in 2 tsp Olive Oil;  
and covered with ½ cup Hard Cheese then tossed until cheese has melted |
| **Snack #2** | 2 Tbsp Tahini  
¼ medium Eggplant, roasted |
| **Dinner**  | 4 ounces Chipotle-Lime Salmon  
1 serving Steamed Asparagus with a Mustard Chive Sauce |
| **Snack #3** | Chocolate Avocado Mousse:  
¼ medium Avocado, soft pureed with 1 Tbsp Pure Cocoa Powder, unsweetened folded into 2 Tbsp Whipping Cream, whipped to firm peaks with No-Carb Sweetener, to taste |
<table>
<thead>
<tr>
<th>Meal</th>
<th>Ingredients</th>
</tr>
</thead>
</table>
| Breakfast | **Omelette or Scramble:**  
1 Egg, omega-3 or free-range/grass-fed  
2 Tbsp Light Cream  
1 Tbsp Fresh Herbs, chopped  
2 tsp Olive Oil  
1 ounce Breakfast Steak ( thinly cut and pounded beef) cooked in 1 tsp Olive Oil  
1 cup Sweet Red Pepper, sliced |
| Snack #1  | 1 ounce Brie Cheese, full fat  
¼ cup Avocado, sliced  
½ cup fresh or ¼ cup frozen/unsweetened Blueberries |
| Lunch     | 3 ounces traditional Prosciutto (no added nitrites)  
2 slices Coconut Bread  
2 tsp Basil Pesto  
2 cups Mixed Green Salad with Dressing: 1 Tbsp Olive Oil + 1 Tbsp Wine Vinegar + Spices |
| Snack #2  | 6 Walnuts  
1 medium Tangerine |
| Dinner    | 3 ounces Turkey (with skin), sliced  
lightly sautéed in 2 tsp Coconut Oil  
then braised in ¼ cup coconut milk (canned, not beverage) with 1 tsp Peanut Butter + 1 tsp Curry Spice  
and fresh Mint Leaves  
2 cups Shirataki (Konjac) “Rice”  
½ cup Chinese Greens, steamed seasoned with 1 tsp Coconut Oil |
| Snack #3  | **Hot Buttered Milk:**  
½ cup Whole Milk (fortified), boiled  
2 Tbsp Light Cream  
1 tsp Butter, melted  
1 tsp Vanilla Extract  
Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste |
<table>
<thead>
<tr>
<th>Day 21</th>
</tr>
</thead>
</table>
| **Breakfast** | ¾ cup Greek Yogurt, full fat, plain  
1 tsp Nut Oil  
2 Tbsp Flax Seeds, freshly ground  
1 fresh or 2 dried/unsweetened halves Apricot  
Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste |
| **Snack #1** | ¼ cup Pumpkin Seeds  
1 Kiwifruit |
| **Lunch** | ⅛ Classic Keto Pizza²  
2 cups Mixed Green Salad  
with Dressing: 1 tsp Olive Oil + 1 Tbsp Wine Vinegar + Spices |
| **Snack #2** | Vegetable Rolls:  
2 large Lettuce Leaves  
1½ Tbsp Tahini  
½ cup White Mung Bean Sprouts  
½ cup Cabbage, shredded  
½ medium Carrot, julienned |
| **Dinner** | 3 ounces Beef Ribeye  
Cauliflower Patties:  
1 cup Cauliflower, steamed and mashed  
¾ cup Chickpeas, cooked or canned, mashed  
2 Tbsp Flaxseed, freshly ground  
Herbs and Spices to taste  
combined and formed into patties  
baked in 1 Tbsp Olive Oil at 375°F/190°C for 40 minutes |
| **Snack #3** | ¾ cup Strawberries  
topped with 2 Tbsp Mascarpone Cheese  
+ Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste |
<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
</table>
|       | **Breakfast**                             | 1 cup Almond-Flax-Coconut Porridge:  
\(\frac{1}{4}\) cup warm water, blended in food processor with  
1 Tbsp Shredded Coconut (unsweetened)  
1 Tbsp Ground Almond  
1 Tbsp Light Cream  
1 tsp Almond Oil  
2 tsp Flaxseeds, freshly ground  
1 Tbsp Inulin Sweetener or Stevia/Erythritol, or more to taste  
Pinch of Cinnamon  
\(\frac{1}{2}\) cup fresh or \(\frac{1}{4}\) cup frozen/unsweetened Raspberries  
1 Egg, omega-3 or free-range/grass-fed  
cooked in \(\frac{1}{2}\) Tbsp Olive Oil |
|       | **Snack #1**                              | 1 cup Tea or Coffee  
with 3 Tbsp Light Cream + 1 tsp Nut Oil  
and Natural No-Carb Sweetener, to taste  
2 Simple Almond-Flaxseed Crackers  
2 tsp Cream Cheese |
|       | **Lunch**                                 | 1 cup Norwegian Cauliflower Soup (Blomkålsuppe)  
1 Slice Coconut Bread  
3 Sardines, canned in tomato sauce  
\(\frac{1}{2}\) medium Avocado, sliced  
1 small Cucumber  
1 Tbsp Lemon Juice |
|       | **Snack #2**                              | \(\frac{1}{4}\) cup Sunflower Seeds  
2 Kumquats |
|       | **Dinner**                                | 4 ounces Pork Shoulder Steak  
coated with Spice Rub  
cooked in 1 Tbsp Olive Oil  
2 cups Shirataki (Konjac) “Rice”, cooked  
1 cup Chinese Greens, steamed  
1 tsp Soy Sauce |
|       | **Snack #3**                              | \(\frac{1}{2}\) cup Lactose-Free No-Sugar-Added Ice Cream, full fat  
topped with 1 tsp Nut Oil  
and 3 Tbsp Whipped Cream, sweetened with Stevia/Erythritol |
<table>
<thead>
<tr>
<th>Day 23</th>
</tr>
</thead>
</table>
| **Breakfast** | Omelette or Scramble:  
 1 Egg, omega-3 or free-range/grass-fed  
2 Tbsp Light Cream  
1 stalk Green Spring Onion (Scallion), chopped  
1½ tsp Olive Oil  
1 Simple Almond-Flaxseed Cracker  
1 tsp Goat Cheese, soft  
1 Fresh or 2 Dried Figs |
| **Snack #1** | ¼ cup Mixed Nuts  
1 Tangerine |
| **Lunch** | Keto BLT:  
2 slices Coconut Bread  
3 slices Natural Bacon, uncured  
2 tsp Mayonnaise, omega-3 or olive oil type  
1 leaf Green Lettuce  
1 small Tomato, sliced  
Cream of Watercress Soup:  
½ cup Vegetable Broth  
5 Tbsp Light Cream  
1 cup Watercress, chopped  
Ground Black Pepper and Garlic, to taste  
Cook together until watercress is tender, then puree. |
| **Snack #2** | 2 medium-large Celery Stalks  
1 filled with 3 Tbsp Ricotta Cheese, full fat  
1 filled with 3 Tbsp Sour Cream |
| **Dinner** | 3 ounces Trout, fresh  
baked in 2 tsp Olive Oil + Herbs and Spices  
1 cup Cauliflower, cooked  
mashed with 2 Tbsp Light Cream and 1 tsp Butter  
1 cup Mixed Baby Greens  
dressed with 1½ tsp Olive Oil + 1 Tbsp Wine Vinegar |
| **Snack #3** | 6 ounces Greek Yogurt, full fat, plain  
Natural No-Carb Sweetener, such as Stevia/Erythritol  
½ cup fresh or ¼ cup frozen/unsweetened Blueberries |
## Day 24

| Breakfast | 1 Egg  
| cooked in 2 tsp Olive Oil  
| 1½ ounces Breakfast Steak (thinly cut and pounded beef)  
| cooked in 2 tsp Olive Oil  
| 4 Kumquats |
| Snack #1 | ⅛ cup Pecans  
| ⅛ cup Melon |
| Lunch | 1 cup Zucchini Chips, plain  
| topped with ¼ cup Monterey Jack Cheese  
| ⅛ cup Tomato Salsa  
| ⅛ cup Avocado  
| 2 Tbsp Sour Cream  
| 1 cup Lettuce, shredded  
| dressed with 1 tsp Olive Oil + 1 Tbsp Vinegar and Spices, to taste |
| Snack #2 | 2 small Mozzarella Balls  
| 2 Almond Flax Crackers¹ |
| Dinner | 3 ounces Chicken (dark meat, with skin)  
| coated with 1 Tbsp Parmesan Cheese  
| baked in 1 Tbsp Olive oil  
| ½ cup Brussels sprouts, steamed  
| topped with 1 tsp Butter |
| Snack #3 | 6 Dark Chocolate-Covered Walnuts |
### Day 25

<table>
<thead>
<tr>
<th>Meal</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Breakfast** | 2 slices Coconut Bread  
1 ounce Smoked Salmon  
2 Tbsp Cream Cheese, full fat  
1 cup Sweet Red Bell Pepper  
drizzled with 2 tsp Olive Oil |
| **Snack #1** | 1 Egg, omega-3 or free-range/grass-fed, hardboiled  
with Herbs and Spices, to taste  
1 small Cucumber, sliced  
in ½ cup Sour Cream  
with 1 tsp Dill Weed, chopped |
| **Lunch** | Cream of Avocado Soup:  
¼ cup Avocado, pureed  
¼ cup Greek Yogurt, full fat  
whisked into 1 cup Vegetable Broth  
1 Tbsp Cilantro or Parsley, chopped  
with 1 clove Garlic + chili pepper or sauce to taste  
3 ounces Poultry Offal (heart, gizzard, giblet)  
sautéed with 1 cup Beet or other Greens  
in 1 Tbsp Olive Oil + spices |
| **Snack #2** | 1 ounce Gouda Cheese, full fat  
½ cup Raspberries  
topped with 2 Tbsp Shredded Coconut, unsweetened |
| **Dinner** | 3 ounces Ground Beef  
cooked in 1 Tbsp Olive Oil  
2 cups Shirataki (Konjac) Noodles  
topped with ½ cup Tomato Sauce  
and 2 Tbsp Parmesan Cheese  
½ cup Broccoli, cooked  
seasoned with 1 tsp Coconut Oil |
| **Snack #3** | 2 Almond-Flax Crackers¹  
2 tsp Brie Cheese, full fat |
<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
</table>
| Breakfast   |  | Almond-Coconut Porridge:  
3 Tbsp Shredded Coconut, unsweetened  
1 Tbsp Raisins  
1 cup Coconut Milk Beverage, fortified  
| Snack #1 |  | 2 tsp Goat Cheese, soft  
2 Almond-Flax Crackers¹ |
| Lunch       |  | 3 ounces Salmon, cut into bite-sized pieces sautéed in 2 tsp Olive Oil with 1 clove Garlic and 2 Tbsp Light Cream  
2 cups Shirataki (Konjac) “Rice” Topped with 1½ Tbsp Parmesan Cheese  
1 cup Zucchini, cooked dressed with 1 tsp Butter |
| Snack #2 |  | 2 Tbsp Tahini  
2 large stalks Celery |
| Dinner      |  | 3 ounces Turkey (dark meat, with skin) coated with 1 Egg  
2 Tbsp Almond Meal oven-fried in 1 Tbsp Olive Oil  
2 cups Mixed Green Salad dressed in 1 Tbsp Olive Oil and 2 Tbsp Wine Vinegar |
| Snack #3 |  | ⅔ cup fresh or ¼ cup frozen Blueberries, unsweetened in 3 Tbsp Greek Yogurt, full fat mixed with 1 Tbsp Whipping Cream, unsweetened and Natural No-Carb Sweetener, to taste |
## Day 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Protein</th>
</tr>
</thead>
</table>
| Breakfast     | Omelette/Scramble:  
1 Egg  
2 Tbsp Light Cream  
1 medium stalk Spring Green Onion (Scallion), sliced cooked in 1 tsp Olive Oil  
2 slices Coconut Bread  
with 2 tsp Butter | 428 | 13  | 3  | 31  |
| Snack #1     | 8 ounces Greek Yogurt, full fat  
1 Tbsp Chia Seeds, freshly ground  
5 Tbsp fresh or 3 Tbsp frozen/unsweetened Raspberries Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste | 250 | 13  | 7  | 15  |
| Lunch       | ⅙ Keto Pizza²  
2 cups Mixed Green Salad  
dressed with 1 tsp Olive Oil  
and 1 Tbsp Wine Vinegar | 320 | 18  | 7  | 18  |
| Snack #2     | 1 slice Coconut Bread  
2 tsp Tahini  
2 fresh or 4 halves dried/unsweetened Apricots | 200 | 13  | 9  | 12  |
| Dinner       | 3 ounces Tuna, fresh  
sautéed in 1 tsp Coconut oil  
topped with 1 Tbsp Curry Sauce  
+ 1 Tbsp Peanut Butter  
2 cups Shirataki (Konjac) “Rice”  
1 cup Bok Choy, steamed  
with 1 tsp Butter | 360 | 19  | 8  | 27  |
| Snack #3     | 1 cup Chai Tea  
with 2 Tbsp Light Cream + 1 tsp Nut Oil  
and Natural No-Carb Sweetener, to taste  
2 small fresh or dried/unsweetened Figs | 200 | 13  | 7  | 15  |
**Day 28**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>2 Keto Pancakes&lt;sup&gt;3&lt;/sup&gt; &lt;br&gt; with 3 Tbsp Berry Topping</td>
<td></td>
</tr>
<tr>
<td>Snack #1</td>
<td>2 Almond-Flax Crackers&lt;sup&gt;1&lt;/sup&gt; &lt;br&gt; 2 Tbsp Ricotta Cheese, full fat</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>2 Keto Tacos: &lt;br&gt; ½ cup Soy Granules &lt;br&gt; moistened in 1 cup Vegetable Broth &lt;br&gt; seasoned with 1 tsp Taco Seasoning, no-sugar-added &lt;br&gt; sautéed together in 1 Tbsp Olive Oil &lt;br&gt; then placed over 2 large leaves Lettuce &lt;br&gt; each topped with 1 Tbsp each Mozzarella and Cheddar Cheeses &lt;br&gt; plus each with 1 Tbsp each Sour Cream and Avocado</td>
<td></td>
</tr>
<tr>
<td>Snack #2</td>
<td>3 Tbsp Mixed Nuts &lt;br&gt; 1 Kiwifruit</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>3 ounces Chicken, dark meat, with skin &lt;br&gt; coated with 2 tsp Tahini &lt;br&gt; + Herbs and Spices &lt;br&gt; baked in 1 Tbsp Olive Oil &lt;br&gt; ½ cup Brussels Sprouts, steamed &lt;br&gt; topped with 1 tsp Butter</td>
<td></td>
</tr>
<tr>
<td>Snack #3</td>
<td>4 Dark Chocolate-Covered Walnuts &lt;br&gt; Herbal Tea &lt;br&gt; with Natural No-Carb Sweetener, such as Stevia/Erythritol</td>
<td></td>
</tr>
</tbody>
</table>