

#### 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.

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Breakfast	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
Snack #1	2 Simple Almond-Flaxseed Crackers <sup>1</sup> 2 Tbsp Avocado
Lunch	Low-Carb Macaroni & 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
Snack #2	¼ cup Nuts and/or Seeds
Dinner	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
Snack #3	2 Tbsp Tahini 1 small Cucumber, sliced

Breakfast	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
Snack #1	<ul> <li>½ cup Strawberries, fresh or frozen, unsweetened</li> <li>1 Egg, omega-3 or free-range/grass-fed, "deviled" with 1 tsp Mayonnaise + spices</li> <li>1 cup Red or Yellow Pepper Strips</li> </ul>
Lunch	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
Snack #2	<ul><li>¼ cup Avocado, mashed</li><li>1 ounce Goat Cheese, semi-soft</li><li>2 medium Celery Stalks, cut into sticks for dipping</li></ul>
Dinner	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
Snack #3	6 Dark Chocolate-Covered Walnuts

	Coconut Parridge (cook the following tagether until thick):
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  ¾ 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

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  ¾ 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 <sup>1</sup> 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 34 cup Spinach, cooked seasoned with 11/2 tsp Butter
Snack #3	3 Tbsp Pumpkin Seeds 2 Tbsp Goji Berries, dried

Breakfast	<ul> <li>1 Egg, omega-3 or free-range/grass-fed cooked in 1 tsp Olive Oil</li> <li>1 ounce Uncured Turkey Bacon cooked in 1 tsp Olive Oil</li> <li>1 medium Tangerine</li> <li>Tea/Coffee with 1 Tbsp Light Cream + Natural No-Carb Sweetener</li> </ul>
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	Tbsp Tahini     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

Breakfast	½ cup Almond Meal cooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  Natural No-Carb Sweetener, such as Stevia/Erythritol  2. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  3. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  4. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  5. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  6. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  7. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins  8. **Tooked in 1 cup Coconut Milk Beverage, fortified with 1½ Tbsp Raisins
Snack #1	1 ounce Brie Cheese, full fat ¼ cup Avocado, sliced ½ cup fresh or ¼ cup frozen/unsweetened Blueberries
Lunch	<ul> <li>2 ounces Turkey (with skin)</li> <li>coated with 1 Egg, 2 Tbsp Ground Hazelnuts, 2 Tbsp Parmesan sautéed in 2 tsp Olive Oil</li> <li>2 cups Mixed Green Salad with Dressing: 1 tsp Olive Oil + 1 Tbsp Wine Vinegar + Spices</li> </ul>
Snack #2	6 Walnuts 1 medium Tangerine
Dinner	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
Snack #3	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

<ul> <li>34 cup Greek Yogurt, full fat, plain</li> <li>1 tsp Nut Oil</li> <li>Breakfast</li> <li>2 Tbsp Flax Seeds, freshly ground</li> </ul>	
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Breakfast 2 Tbsp Flax Seeds, freshly ground	
1 fresh or 2 dried/unsweetened halves Apricot	
Natural No-Carb Sweetener, such as Stevia/Erythritol, to tag	te
¾ cup Strawberries	
Snack #1 with 2 Brazil Nuts, chopped	
topped with 2 Tbsp Mascarpone Cheese	
+ Natural No-Carb Sweetener, such as Stevia/Erythritol, to tas	te
Creamy Mushroom Soup:	
½ cup Light Cream	
1 cup Vegetable Broth	
1 cup Mushrooms, sliced	
1 clove Garlic, roasted and mashed	
Lunch  4 tsp Ground Black Pepper	
1 Tbsp Parmesan Cheese	
1 slice Coconut Bread	
2 Tbsp Avocado	
1 Egg, hardboiled	
Vegetable Rolls:	
2 large Lettuce Leaves	
Spack #2 1½ Tbsp Tahini	
Snack #2 ½ cup White Mung Bean Sprouts	
½ cup Cabbage, shredded	
½ medium Carrot, julienned	
3 ounces Trout	
Zest and juice from one small Lemon	
1 Tbsp Butter	
Cauliflower Patties:	
Dinner 1 cup Cauliflower, steamed and mashed	
1/4 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	
Shark chocolate-covered Walnuts	

	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
Breakfast	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
	1 cup Tea or Coffee
	with 3 Tbsp Light Cream + 1 tsp Nut Oil
Snack #1	and Natural No-Carb Sweetener, to taste
	2 Simple Almond-Flaxseed Crackers <sup>1</sup>
	2 tsp Cream Cheese
	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
Lunch	Cook together until watercress is tender, then puree.
	1 Slice Coconut Bread
	3 ounces Smoked Salmon
	1/2 medium Avocado, sliced
	1 small Cucumber
	1 Tbsp Lemon Juice
	¼ cup Pumpkin Seeds
Snack #2	2 Kumquats
	'
	4 ounces Loin Steak
	coated with Spice Rub
Dinner	cooked in 1 Tbsp Olive Oil
	2 cups Shirataki (Konjac) "Rice", cooked
	1 cup Chinese Greens (steamed)
	1 tsp Soy Sauce
	½ cup Lactose-Free No-Sugar-Added Ice Cream, full fat
Snack #3	topped with 1 tsp Nut Oil
	and 3 Tbsp Whipped Cream, sweetened with Stevia/Erythritol

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 <sup>1</sup> 1 tsp Goat Cheese, soft  1 Kiwi Fruit
Snack #1	¼ cup Mixed Nuts 1 fresh or 2 halves dried Apricot
Lunch	3 ounces Natural Turkey Sausage, uncured 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
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 Tuna, 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  1/3 cup fresh or 1/4 cup frozen/unsweetened Blueberries

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 ¾ cup Melon
Lunch	<ul> <li>1 ounce Kale Chips</li> <li>topped with 2 ounces Cheddar Cheese, melted</li> <li>2 cups Mixed Green Salad</li> <li>with dressing: 1½ tsp Olive Oil + 1 Tbsp Vinegar + Spices, to taste</li> </ul>
Snack #2	2 tsp Goat Cheese, soft 2 Almond Flax Crackers <sup>1</sup>
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

Breakfast	<ul> <li>2 slices Coconut Bread</li> <li>2 medium Sardines</li> <li>2 Tbsp Ricotta Cheese, full fat</li> <li>2 Tbsp Sour Cream, full fat</li> <li>1 cup Sweet Red Bell Pepper drizzled with 1 tsp Olive Oil</li> </ul>
Snack #1	<ul> <li>1 Egg, omega-3 or free-range/grass-fed, hardboiled with Herbs and Spices, to taste</li> <li>1 small Cucumber, sliced in ¼ cup Sour Cream with 1 tsp Dill Weed, chopped</li> </ul>
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 String Cheese, full fat ½ cup Blueberries 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 Crackers <sup>1</sup> 2 tsp Brie Cheese, full fat

	Almond Consult Parridge
Breakfast	Almond-Coconut Porridge:  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
Snack #1	2 tsp Goat Cheese, soft
SHACK #1	2 Almond-Flax Crackers <sup>1</sup>
	3 ounces Salmon, cut into bite-sized pieces
	sautéed in 1 Tbsp Olive Oil with 1 clove Garlic
Lunch	and ¼ cup Light Cream
	2 cups Shirataki (Konjac) "Rice"
	1 cup Zucchini, cooked dressed with 1 tsp Butter
Snack #2	2 Tbsp Tahini
	2 large stalks Celery
	3 ounces Turkey (dark meat, with skin)
	coated with 1 Egg
Dinner	2 Tbsp Almond Meal oven-fried in 1 Tbsp Olive Oil
Dinner	2 cups Mixed Green Salad
	dressed in 1 Tbsp Olive Oil
	and 2 Tbsp Wine Vinegar
	⅔ cup fresh or ⅓ cup frozen Raspberries, unsweetened
Snack #3	in 3 Tbsp Greek Yogurt, full fat
	mixed with 1 Tbsp Whipping Cream, unsweetened
	and Natural No-Carb Sweetener, to taste

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	<ul> <li>1/6 Keto Pizza<sup>2</sup></li> <li>2 cups Mixed Green Salad dressed with 1 tsp Olive Oil and 1 Tbsp Wine Vinegar</li> </ul>
Snack #2	<ul><li>½ slice Coconut Bread</li><li>1 Tbsp Tahini</li><li>2 fresh or 4 halves dried/unsweetened Apricots</li></ul>
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

Breakfast	1 Keto Pancake <sup>3</sup> 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 <sup>1</sup> 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

Breakfast	1 serving Cheddar Vegetable Crustless Quiche <sup>4</sup> Topped with 2 Tbsp Sour Cream
Snack #1	7 tsp Almond Butter 2 medium stalks Celery
Lunch	2 cups Mixed Green Salad topped with 3 Tbsp chopped Pork Cracklings and 3 ounces Shrimp sautéed in ½ Tbsp butter + 1 clove Garlic Salad Dressing: 1½ Tbsp Flaxseed Oil + 1 Tbsp Lemon Juice + Herbs & Spices
Snack #2	¼ cup Nuts and/or Seeds
Dinner	2 ounces Pork Ribs roasted in 2 tsp Olive Oil + Spices 1 cup Cauliflower (steamed) Mashed with 1 tsp Butter and 1 Tbsp Heavy Cream
Snack #3	⅔ cup Coconut-Based Non-Dairy Frozen Dessert, Sugar-Free

Breakfast	1 Slice Coconut Bread French Toast <sup>5</sup>
	topped with 1 tsp Butter
	and 2 Tbsp Stevia or Monkfruit-Based Sugar-Free Syrup
	½ cup Strawberries
	Stacked Caprese Salad:
	2 ounce Whole Milk Mozzarella Cheese, sliced
Snack #1	Fresh Basil Leaves
SHACK #1	1 small Tomato, sliced
	2 tsp Balsamic Vinegar
	1 tsp Olive Oil
	3 ounces Slow-Roasted Salmon
	Cauliflower Risotto:
	2 cups grated Cauliflower, gently steamed
Lunch	and sautéed in 1 Tbsp Butter
	then blended with 2 Tbsp Heavy Cream
	and 2 Tbsp Parmesan Cheese
	+ Herbs and Spices
Snack #2	⅓ cup Walnuts
SildCk #Z	73 cup walliuts
Dinner	2 servings Basic Simple Stuffed Bells
	¼ Avocado, sliced and sautéed
	in 1 tsp Coconut Oil with Herbs and Spices
Const. II2	2 Tbsp Coconut, fresh or dried unsweetened
Snack #3	1 tsp Cacao Nibs

Breakfast	½ cup Almond Meal cooked in 1 cup Coconut Milk Beverage, fortified with 1 Tbsp Raisins Natural No-Carb Sweetener, such as Stevia/Erythritol
Snack #1	<ul> <li>1 Egg, omega-3 or free-range/grass-fed, "deviled" with 1 tsp Mayonnaise + spices</li> <li>1 cup Raw Vegetables, cut</li> <li>Vegetable Dip:</li> <li>2 Tbsp Sour Cream, seasoned with Herbs and Spices</li> </ul>
Lunch	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
Snack #2	½ cup Avocado Cubes wrapped in 2 ounces Prosciutto (with no added nitrites)
Dinner	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
Snack #3	½ cup sugar-free, full-fat Ice Cream, sweetened with Stevia topped with 1 Brazil Nut, chopped

Breakfast	<ul> <li>1 Egg, omega-3 or free-range/grass-fed cooked in 1 tsp Olive Oil</li> <li>2 strips Bacon, organic uncured</li> <li>1 slice Almond-Flaxseed Bread</li> <li>1 tsp Butter</li> <li>½ cup Currants or Berries, fresh</li> </ul>
Snack #1	Keto Cocoa: 1 cup Half and Half 1 tsp Pure Cocoa Powder (Cacao) Natural No-Carb Sweetener (such as Stevia, erythritol)
Lunch	Cream of Mushroom Soup (cook together the following):  1 cup Mushrooms, chopped  1 clove Garlic, chopped  ¼ cup Heavy Cream  2 tsp Butter  1 cup Vegetable Broth  Smoked Salmon Wraps:  3 ounces Smoked Salmon  1 Tbsp Sour Cream  ¼ medium Red Onion, thinly sliced  2 leaves Lettuce
Snack #2	1 ounce Parmesan Crisps 1 cup Arugula
Dinner	3 ounces Lamb Shoulder, roasted in 1 Tbsp Olive Oil with Herbs and Spices 1 cup Summer Squash/Marrow (such as Zucchini/Courgette) with 1 tsp Butter
Snack #3	3 Tbsp Pine Nuts 3 Tbsp Hemp Hearts

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

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

Breakfast	<ul> <li>34 cup Greek Yogurt, full fat, plain</li> <li>1 tsp Nut Oil</li> <li>2 Tbsp Flax Seeds, freshly ground</li> <li>1 fresh or 2 dried/unsweetened halves Apricot</li> <li>Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste</li> </ul>
Snack #1	¼ cup Pumpkin Seeds 1 Kiwifruit
Lunch	<ul> <li>% Classic Keto Pizza<sup>2</sup></li> <li>2 cups Mixed Green Salad</li> <li>with Dressing: 1 tsp Olive Oil + 1 Tbsp Wine Vinegar + Spices</li> </ul>
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 ¼ 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	% cup Strawberries topped with 2 Tbsp Mascarpone Cheese + Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste

	1 cup Almond-Flax-Coconut Porridge:
	½ 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
Breakfast	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
	1 cup Tea or Coffee
	with 3 Tbsp Light Cream + 1 tsp Nut Oil
Snack #1	and Natural No-Carb Sweetener, to taste
	2 Simple Almond-Flaxseed Crackers <sup>1</sup>
	2 tsp Cream Cheese
	1 cup Norwegian Cauliflower Soup (Blomkålsuppe)
	1 Slice Coconut Bread
	3 Sardines, canned in tomato sauce
Lunch	1/2 medium Avocado, sliced
	1 small Cucumber
	1 Tbsp Lemon Juice
	¼ cup Sunflower Seeds
Snack #2	2 Kumquats
	4 ounces Pork Shoulder Steak
	coated with Spice Rub
	cooked in 1 Tbsp Olive Oil
Dinner	2 cups Shirataki (Konjac) "Rice", cooked
	1 cup Chinese Greens, steamed
	1 tsp Soy Sauce
	½ cup Lactose-Free No-Sugar-Added Ice Cream, full fat
Snack #3	topped with 1 tsp Nut Oil
SHack #5	
	and 3 Tbsp Whipped Cream, sweetened with Stevia/Erythritol

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 <sup>1</sup> 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  1/3 cup fresh or 1/4 cup frozen/unsweetened Blueberries

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	¼ cup Pecans ¾ cup Melon
Lunch	1 cup Zucchini Chips, plain topped with ¼ cup Monterey Jack Cheese ¼ cup Tomato Salsa ¼ 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 Crackers <sup>1</sup>
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

	2 client Connect Broad
	2 slices Coconut Bread
Breakfast	1 ounce Smoked Salmon
	2 Tbsp Cream Cheese, full fat
	1 cup Sweet Red Bell Pepper
	drizzled with 2 tsp Olive Oil
	1 Egg, omega-3 or free-range/grass-fed, hardboiled
Snack #1  Lunch	with Herbs and Spices, to taste
	1 small Cucumber, sliced
	in ¼ cup Sour Cream
	with 1 tsp Dill Weed, chopped
	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
	1 ounce Gouda Cheese, full fat
Snack #2	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
	2 Almond-Flax Crackers <sup>1</sup>
Snack #3	2 tsp Brie Cheese, full fat

Breakfast	Almond-Coconut Porridge:  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
Snack #1	2 tsp Goat Cheese, soft 2 Almond-Flax Crackers <sup>1</sup>
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	¾ cup fresh or ⅓ 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

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
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
Lunch	<ul> <li>1/4 Keto Pizza<sup>2</sup></li> <li>2 cups Mixed Green Salad</li> <li>dressed with 1 tsp Olive Oil</li> <li>and 1 Tbsp Wine Vinegar</li> </ul>
Snack #2	1 slice Coconut Bread 2 tsp Tahini 2 fresh or 4 halves dried/unsweetened Apricots
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
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

Breakfast	2 Keto Pancakes <sup>3</sup> with 3 Tbsp Berry Topping
Snack #1	2 Almond-Flax Crackers <sup>1</sup> 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 1 Kiwifruit
Dinner	3 ounces Chicken, dark meat, with skin coated with 2 tsp Tahini + Herbs and Spices baked in 1 Tbsp Olive Oil ½ cup Brussels Sprouts, steamed topped with 1 tsp Butter
Snack #3	4 Dark Chocolate-Covered Walnuts Herbal Tea with Natural No-Carb Sweetener, such as Stevia/Erythritol