



# Ketogenic Diet

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## HEAVY METAL FITNESS

### **THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE**

A high-fat, moderate-protein eating plan to help minimize carbohydrates - Our Ketogenic Diet uses a wide range of nutrient-dense ingredients to avoid common nutrient deficiencies associated with a ketogenic diet. The meal plan provides less than 30 grams per day of net carbohydrates, with the majority coming from fiber. Fiber will not prevent ketosis and it helps support a healthy digestive system. This program is designed for the purpose of promoting general health and wellness through ketosis. It is not intended to treat epilepsy or any other type of seizure disorder.

This program was created by a Registered Dietician with the following key considerations:

#### **LOW CARBOHYDRATE**

A low carbohydrate diet is beneficial in improving features of metabolic syndrome, blood glucose management, and cardiovascular risk. This gluten-free, grain-free, low glycemic meal plan provides a net carbohydrate quantity of less than 30 grams per day. High-fiber, complex carbohydrates such as vegetables and nuts are paired with fats and protein to optimize insulin and energy levels. This plan is sugar-free and avoids artificial sweeteners as these can negatively alter gut microbiota.

#### **HEALTHY FATS**

Following a ketogenic diet with good quality fats help maintain normal gut function and improve cholesterol levels. Replacing carbohydrates with good fats such as avocado increases satiety and stabilizes blood sugars. This program incorporates omega-3 fats from walnuts and EPA and DHA from salmon. These types of fats are associated with improved cognitive function, cardiovascular benefits, and reduced inflammation.

#### **BONE BUILDING NUTRIENTS**

Calcium, magnesium, and phosphorus are minerals essential for building and maintaining healthy bones. These minerals are also commonly lacking in the ketogenic diet and result in nutrient deficiencies. This meal plan uses calcium-rich ingredients like cheddar cheese, coconut milk, salmon, and kale. Magnesium and phosphorus are incorporated from food sources like spinach, avocado, eggs, and chicken. Protein is an essential nutrient for bone health and makes up over 20% of the daily calories in this plan.



## **IMMUNE SUPPORT**

Zinc and selenium are critical to support immune function. These minerals are also commonly deficient in the ketogenic diet. You can find zinc sources in this meal plan from chicken and cheese. Selenium is incorporated daily from eggs, turkey, and spinach.

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## **GROCERY LIST TIPS**

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## **SHOPPING TIPS**

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## **RECIPE TIPS**

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## **HOW TO USE**

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

## **LEFTOVERS**

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



## MON



**BREAKFAST**  
Spinach & Sweet Potato Egg Muffins



**SNACK 1**  
Macadamia Nuts



**LUNCH**  
Zucchini Noodles with Salmon



**SNACK 2**  
Turkey & Cheese Snack Box



**DINNER**  
Creamy Spinach & Sun Dried Tomato Chicken

## TUE



**BREAKFAST**  
Spinach & Sweet Potato Egg Muffins



**SNACK 1**  
Turkey & Cheese Snack Box



**LUNCH**  
Creamy Spinach & Sun Dried Tomato Chicken



**SNACK 2**  
Toasted Walnuts



**DINNER**  
Zucchini Noodles with Salmon

## WED



**BREAKFAST**  
Spinach & Sweet Potato Egg Muffins



**SNACK 1**  
Bacon Egglets with Greens



**LUNCH**  
Zucchini Noodles with Salmon



**SNACK 2**  
Turkey & Cheese Snack Box



**DINNER**  
Parmesan Chicken & Kale Skillet

## THU



**BREAKFAST**  
Bacon & Egg Cups



**SNACK 1**  
Macadamia Nuts



**LUNCH**  
Parmesan Chicken & Kale Skillet



**SNACK 2**  
Bacon Egglets with Greens



**DINNER**  
BLT Salad Bowls

## FRI



**BREAKFAST**  
Bacon & Egg Cups



**SNACK 1**  
Keto Snack Plate



**LUNCH**  
BLT Salad Bowls



**SNACK 2**  
Toasted Walnuts



**DINNER**  
Sun Dried Tomato & Olive Chicken with Spinach

## SAT



**BREAKFAST**  
Bacon, Avocado & Cheddar Egg Wrap



**SNACK 1**  
Keto Mini Quick Bread



**LUNCH**  
Sun Dried Tomato & Olive Chicken with Spinach



**SNACK 2**  
Keto Snack Plate



**DINNER**  
Salmon with Herb Sauce

## SUN



**BREAKFAST**  
Bacon, Avocado & Cheddar Egg Wrap



**SNACK 1**  
Keto Snack Plate



**LUNCH**  
Salmon with Herb Sauce



**SNACK 2**  
Keto Mini Quick Bread



**DINNER**  
Sun Dried Tomato & Olive Chicken with Spinach

## MON

**FAT 72%**    **CARBS 7%**    **PROTEIN 21%**

Calories 1875            Cholesterol 642mg  
Fat 153g                Sodium 2401mg  
Carbs 36g               Vitamin A 17611IU  
Fiber 12g               Vitamin C 58mg  
Sugar 12g               Calcium 789mg  
Protein 99g              Iron 11mg

## TUE

**FAT 70%**    **CARBS 8%**    **PROTEIN 22%**

Calories 1789            Cholesterol 642mg  
Fat 142g                Sodium 2400mg  
Carbs 35g               Vitamin A 17611IU  
Fiber 10g               Vitamin C 57mg  
Sugar 11g               Calcium 786mg  
Protein 100g             Iron 10mg

## WED

**FAT 64%**    **CARBS 7%**    **PROTEIN 29%**

Calories 1786            Cholesterol 1061mg  
Fat 128g                Sodium 2798mg  
Carbs 30g               Vitamin A 17205IU  
Fiber 10g               Vitamin C 123mg  
Sugar 8g                Calcium 1120mg  
Protein 131g             Iron 10mg

## THU

**FAT 73%**    **CARBS 5%**    **PROTEIN 22%**

Calories 1819            Cholesterol 1158mg  
Fat 149g                Sodium 1656mg  
Carbs 23g               Vitamin A 7800IU  
Fiber 13g               Vitamin C 107mg  
Sugar 8g                Calcium 661mg  
Protein 103g             Iron 10mg

## FRI

**FAT 74%**    **CARBS 7%**    **PROTEIN 19%**

Calories 1925            Cholesterol 784mg  
Fat 162g                Sodium 2562mg  
Carbs 35g               Vitamin A 9325IU  
Fiber 12g               Vitamin C 46mg  
Sugar 13g               Calcium 769mg  
Protein 91g              Iron 15mg

## SAT

**FAT 71%**    **CARBS 8%**    **PROTEIN 21%**

Calories 2017            Cholesterol 655mg  
Fat 162g                Sodium 3013mg  
Carbs 41g               Vitamin A 12868IU  
Fiber 12g               Vitamin C 130mg  
Sugar 15g               Calcium 1021mg  
Protein 109g             Iron 17mg

## SUN

**FAT 71%**    **CARBS 8%**    **PROTEIN 21%**

Calories 2017            Cholesterol 655mg  
Fat 162g                Sodium 3013mg  
Carbs 41g               Vitamin A 12868IU  
Fiber 12g               Vitamin C 130mg  
Sugar 15g               Calcium 1021mg  
Protein 109g             Iron 17mg



## FRUITS

- 3/4 Avocado
- 2 1/4 tbsps Lemon Juice

## SEEDS, NUTS & SPICES

- 1/3 tsp Black Pepper
- 1 1/2 tsps Dried Rosemary
- 2/3 cup Macadamia Nuts
- 1 1/2 tsps Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 cups Walnuts

## VEGETABLES

- 7 cups Arugula
- 14 1/2 cups Baby Spinach
- 1 1/2 cups Basil Leaves
- 1 cup Cherry Tomatoes
- 3/4 Cucumber
- 3 Garlic
- 8 cups Kale Leaves
- 2 cups Mixed Greens
- 1/2 cup Parsley
- 3 cups Purple Cabbage
- 2 leaves Romaine
- 3/4 Sweet Potato
- 1 1/2 Zucchini

## BOXED & CANNED

- 2 1/2 Anchovy
- 3/4 cup Canned Coconut Milk

## BAKING

- 1/3 cup Almond Flour
- 1 tsp Baking Powder

## BREAD, FISH, MEAT & CHEESE

- 14 slices Bacon
- 13 ozs Cheddar Cheese
- 1 1/2 lbs Chicken Breast
- 8 ozs Chicken Thighs
- 1/4 cup Parmigiano Reggiano
- 2 1/4 ozs Prosciutto
- 1 1/8 lbs Salmon Fillet
- 12 3/4 ozs Sliced Turkey Breast

## CONDIMENTS & OILS

- 2 2/3 tbsps Avocado Oil
- 1 1/3 cups Extra Virgin Olive Oil
- 3/4 cup Green Olives
- 1 1/8 cups Pitted Kalamata Olives
- 1 cup Sun Dried Tomatoes

## COLD

- 20 Egg

## OTHER

- 1/2 cup Water

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 **Easy-to-use online platform paired with personal service**

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 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

**GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY**

# Spinach & Sweet Potato Egg Muffins

3 SERVINGS 35 MINUTES



## INGREDIENTS

1 1/8 tsps Avocado Oil  
3/4 Sweet Potato (medium, peeled and chopped into cubes)  
2 1/4 tsps Extra Virgin Olive Oil  
4 1/2 cups Baby Spinach  
6 Egg  
3 tbsps Water  
1/3 tsp Sea Salt  
1/3 tsp Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	228	Cholesterol	372mg
Fat	15g	Sodium	491mg
Carbs	9g	Vitamin A	9372IU
Fiber	2g	Vitamin C	13mg
Sugar	2g	Calcium	113mg
Protein	14g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
- 02 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 03 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 04 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 05 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 06 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 07 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

## NOTES

### SERVING SIZE

One serving is equal to three egg cups.

### LEFTOVERS

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

### NO BABY SPINACH

Use finely sliced kale or swiss chard instead.

# Bacon & Egg Cups

2 SERVINGS 25 MINUTES



## INGREDIENTS

4 slices Bacon  
1/3 tsp Avocado Oil  
4 Egg  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	370	Cholesterol	409mg
Fat	31g	Sodium	563mg
Carbs	1g	Vitamin A	561IU
Fiber	0g	Vitamin C	0mg
Sugar	1g	Calcium	59mg
Protein	20g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Cook the bacon in a large pan over medium heat for 4 to 6 minutes until cooked through but still bendable. You don't want it to be crispy. Transfer to a paper towel-lined plate and let cool slightly.
- 03 Lightly oil the cups of a muffin pan with the oil.
- 04 Line the muffins cups with a ring of the cooked bacon. Crack an egg into the center of the bacon ring. Season with sea salt and pepper.
- 05 Bake for 11 to 13 minutes or until the egg yolk has set.
- 06 Remove from the muffin tin and let cool slightly on a cooling rack. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is two egg cups.

### ADDITIONAL TOPPINGS

Fresh herbs, shredded cheese, red pepper flakes, hot sauce.

# Bacon, Avocado & Cheddar Egg Wrap

2 SERVINGS 25 MINUTES



## INGREDIENTS

4 slices Bacon  
2 Egg  
1/8 tsp Sea Salt  
1/2 tsp Avocado Oil (divided)  
1 oz Cheddar Cheese (shredded)  
2 leaves Romaine (large, whole)  
1/4 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	403	Cholesterol	237mg
Fat	35g	Sodium	734mg
Carbs	4g	Vitamin A	2940IU
Fiber	2g	Vitamin C	4mg
Sugar	1g	Calcium	143mg
Protein	18g	Iron	2mg

## DIRECTIONS

- 01 Heat a skillet over medium heat. Add the bacon and cook for 5 to 7 minutes each side or until it is cooked through and crispy. Remove and set aside.
- 02 Meanwhile, in a mixing bowl, whisk the eggs and salt together until well combined.
- 03 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 04 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan. Flip the egg and sprinkle 1/4 of the shredded cheese onto the top side of the egg and continue cooking for 60 to 90 seconds until the cheese begins to melt. Remove and repeat with remaining egg and cheese.
- 05 To serve, layer the lettuce, avocado and cooked bacon on top of the melted cheese and roll or fold altogether. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

### PAN SIZE

This recipe was tested in a 8-inch non-stick pan.

### DAIRY-FREE

Omit the cheese.

### MORE FLAVOR

Add garlic powder or dried herbs to the eggs.

### NO CHEDDAR CHEESE

Use another semi-hard cheese instead, like gouda or havarti.

**NO ROMAINE**

Use leaf lettuce, spring mix or baby spinach instead.

**MAKE IT MEAT-FREE**

Use tomato slices instead of bacon.



# Macadamia Nuts

2 SERVINGS 2 MINUTES



## INGREDIENTS

2/3 cup Macadamia Nuts

## DIRECTIONS

01 Divide between bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	34g	Sodium	2mg
Carbs	6g	Vitamin A	0IU
Fiber	4g	Vitamin C	1mg
Sugar	2g	Calcium	38mg
Protein	4g	Iron	2mg

# Bacon Egglets with Greens

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 4 Egg
- 2 slices Bacon (cut into 2-inch strips)
- 2 cups Mixed Greens

## NUTRITION

### AMOUNT PER SERVING

Calories	260	Cholesterol	390mg
Fat	20g	Sodium	369mg
Carbs	2g	Vitamin A	550IU
Fiber	0g	Vitamin C	4mg
Sugar	0g	Calcium	78mg
Protein	17g	Iron	2mg

## DIRECTIONS

- 01 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 02 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 03 Meanwhile, heat a skillet over medium heat. Cook the bacon for 5 minutes each side or until cooked through.
- 04 Peel and halve the eggs. Place the bacon in between the egg halves and transfer to a plate with greens. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the hard-boiled eggs for up to seven days with the shells on. Refrigerate the bacon and mixed greens in separate airtight containers for up to four days.

### SERVING SIZE

One serving equals two eggs, one slice of bacon and one cup of greens.

### MORE FLAVOR

Season with salt and pepper to taste.

### ADDITIONAL TOPPING

Cucumber, tomatoes, avocado, your favorite dip or dressing, mayonnaise, paprika or za'atar.

### EASIER TO PEEL

Add salt to the water when boiling the eggs.

# Keto Snack Plate

3 SERVINGS 5 MINUTES



## INGREDIENTS

2 1/4 ozs Prosciutto  
6 ozs Cheddar Cheese (sliced)  
3/4 Cucumber (sliced)  
3/4 cup Green Olives

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	70mg
Fat	25g	Sodium	1004mg
Carbs	7g	Vitamin A	885IU
Fiber	1g	Vitamin C	2mg
Sugar	2g	Calcium	439mg
Protein	19g	Iron	3mg

## DIRECTIONS

01 Assemble all ingredients onto a plate. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### DAIRY-FREE

Omit the cheese or use nuts and seeds instead.

### NO PROSCIUTTO

Use another type of deli meat.

# Keto Mini Quick Bread

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 tbsps Avocado Oil (plus extra for greasing)  
2 Egg  
1/3 cup Almond Flour  
1 tsp Baking Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Cholesterol	186mg
Fat	29g	Sodium	315mg
Carbs	5g	Vitamin A	270IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	208mg
Protein	11g	Iron	2mg

## DIRECTIONS

- 01 Add a couple drops of oil to a round ramekin to grease the bottom and sides.
- 02 In a small mixing bowl whisk the oil and egg together. Stir in the almond flour and baking powder until well combined.
- 03 Transfer the batter to the prepared ramekin and microwave on high for 90 seconds or until the bread is firm yet spongy to the touch.
- 04 Carefully remove the ramekin from the microwave and then turn the bread out onto a plate. Allow the bread to cool slightly before slicing.
- 05 Bread can be served as is or toasted. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container for up to one day. Freeze for up to two months.

### MORE FLAVOR

For a more savory bread, add salt, garlic powder, onion powder or dried herbs.

### HOW TO SERVE

Use for sandwiches, burgers or as a side for breakfast, soups or salads. Top with your favourite bread or toast toppings.

### THINNER SLICES

Cut into 3 or 4 slices instead.

### RAMEKIN

A 3- to 5-inch ramekin can be used. A smaller ramekin will yield a thicker bread.

### OVEN-BAKED

Grease ramekin well and bake bread at 375°F (190°C) for 13 to 15 minutes or until spongy to the touch. Let the baked bread cool slightly before carefully removing from the ramekin.

**SERVING SIZE**

One serving is equal to one piece of bread.



# Zucchini Noodles with Salmon

3 SERVINGS 20 MINUTES



## INGREDIENTS

9 ozs Salmon Fillet  
1 1/2 cups Basil Leaves  
1/3 cup Extra Virgin Olive Oil  
1 1/2 Garlic (clove, minced)  
1 1/2 Anchovy  
3/4 tsp Lemon Juice  
1/8 tsp Sea Salt  
3 cups Arugula  
1 1/2 Zucchini (large, spiralized into noodles)

## NUTRITION

### AMOUNT PER SERVING

Calories	393	Cholesterol	48mg
Fat	33g	Sodium	273mg
Carbs	5g	Vitamin A	1824IU
Fiber	2g	Vitamin C	25mg
Sugar	3g	Calcium	103mg
Protein	20g	Iron	2mg

## DIRECTIONS

- 01 Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
- 02 In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
- 03 In a pan over medium heat, add the arugula and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

### MORE FLAVOR

Add nutritional yeast or chili flakes.

### ADDITIONAL TOPPINGS

Add extra sliced basil leaves on top.

### NO ANCHOVY

Omit.

# Turkey & Cheese Snack Box

3 SERVINGS 5 MINUTES



## INGREDIENTS

12 3/4 ozs Sliced Turkey Breast  
6 ozs Cheddar Cheese (cubed)  
3/4 cup Walnuts

## NUTRITION

### AMOUNT PER SERVING

Calories	552	Cholesterol	115mg
Fat	43g	Sodium	1453mg
Carbs	9g	Vitamin A	704IU
Fiber	2g	Vitamin C	0mg
Sugar	2g	Calcium	449mg
Protein	35g	Iron	1mg

## DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 3 days.

### DAIRY-FREE

Use a dairy-free cheese.

### NUT-FREE

Use pumpkin seeds instead of walnuts.

# Toasted Walnuts

2 SERVINGS 15 MINUTES



## INGREDIENTS

2/3 cup Walnuts (shelled)

## NUTRITION

### AMOUNT PER SERVING

Calories	235	Cholesterol	0mg
Fat	23g	Sodium	1mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	35mg
Protein	5g	Iron	1mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

## NOTES

### EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

# Creamy Spinach & Sun Dried Tomato Chicken

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
8 ozs Chicken Thighs  
4 cups Baby Spinach (chopped)  
3/4 cup Canned Coconut Milk (full fat)  
2 tbsps Sun Dried Tomatoes (chopped)  
1 1/2 tsps Dried Rosemary  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	381	Cholesterol	107mg
Fat	28g	Sodium	182mg
Carbs	7g	Vitamin A	5711IU
Fiber	2g	Vitamin C	19mg
Sugar	3g	Calcium	86mg
Protein	26g	Iron	3mg

## DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add the chicken thighs and let cook for about 5 minutes per side. Remove from pan and set aside on a small plate.
- 02 Add spinach to the pan along with the coconut milk. Stir for a few minutes until wilted, then add the chicken thighs back to the pan. Sprinkle with sundried tomatoes, dried rosemary, salt and pepper. Cover and let simmer for 5 to 7 minutes, or until chicken is cooked through.
- 03 Divide chicken and creamy spinach between plates and enjoy!

## NOTES

### MORE CARBS

Serve over a bed of whole grains like rice or quinoa, or with bread to scoop up the sauce.

### LEFTOVERS

Store in the fridge for up to three days.

# Parmesan Chicken & Kale Skillet

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 12 ozs Chicken Breast (skinless, boneless, cut into strips)
- Sea Salt & Black Pepper (to taste)
- 8 cups Kale Leaves (stems removed, torn into pieces, packed)
- 1/4 cup Water
- 1 1/2 tsps Lemon Juice
- 1/4 cup Parmigiano Reggiano (finely grated)
- 1 1/2 tsps Red Pepper Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Cholesterol	136mg
Fat	17g	Sodium	212mg
Carbs	5g	Vitamin A	4755IU
Fiber	4g	Vitamin C	81mg
Sugar	1g	Calcium	377mg
Protein	45g	Iron	2mg

## DIRECTIONS

- 01 In a large skillet or pan, heat the oil over medium heat. Cook the chicken and season with salt and pepper to taste, until cooked through, about five to seven minutes. Transfer the chicken to a bowl.
- 02 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice and parmigiano reggiano.
- 03 Divide onto plates and sprinkle the red pepper flakes overtop. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately 1 1/2 cups.

### DAIRY-FREE

Use nutritional yeast instead of parmesan or omit.

### MORE FLAVOR

Add onions and garlic.

### ADDITIONAL TOPPINGS

Add leftover vegetables or serve over rice, pasta, or quinoa.

# BLT Salad Bowls

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Egg  
4 slices Bacon  
4 cups Arugula  
1 cup Cherry Tomatoes (halved)  
1/2 Avocado (sliced)  
2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	515	Cholesterol	223mg
Fat	47g	Sodium	510mg
Carbs	9g	Vitamin A	1934IU
Fiber	5g	Vitamin C	21mg
Sugar	4g	Calcium	109mg
Protein	17g	Iron	2mg

## DIRECTIONS

- 01 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 02 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 03 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

## NOTES

### LEFTOVERS

These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

### VEGAN

Use smokey tempeh slices instead of bacon and omit the egg.

### MORE CARBS

Serve with toast or quinoa.

# Sun Dried Tomato & Olive Chicken with Spinach

3 SERVINGS 35 MINUTES



## INGREDIENTS

1 1/2 Garlic (clove, peeled)  
1 1/8 cups Pitted Kalamata Olives  
3/4 cup Sun Dried Tomatoes (oil packed or rehydrated)  
1/3 cup Extra Virgin Olive Oil  
12 ozs Chicken Breast  
6 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	484	Cholesterol	82mg
Fat	36g	Sodium	484mg
Carbs	13g	Vitamin A	5945IU
Fiber	4g	Vitamin C	23mg
Sugar	5g	Calcium	127mg
Protein	30g	Iron	7mg

## DIRECTIONS

- 01 Preheat your oven to 350°F (177°) and line a baking dish with parchment. Place the chicken in the center of the dish.
- 02 Place the garlic, kalamata olives, sun dried tomatoes, and olive oil into a small blender or food processor. Process until mostly smooth.
- 03 Spoon the sun-dried tomato mixture over the chicken breasts and bake for 30 minutes, or until the chicken is cooked through.
- 04 In the last 10 minutes of cooking, place spinach in a large skillet with 1 to 2 tablespoons of water. Steam over medium heat until wilted.
- 05 To serve, divide the chicken and spinach between places. Enjoy!

## NOTES

### ADD CARBS

Serve with pasta, potatoes, rice, or quinoa.

### LEFTOVERS

Keeps well for 2 to 3 days in the fridge.

# Salmon with Herb Sauce

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 Anchovy  
1/2 cup Parsley (finely chopped)  
1 1/2 tbsps Lemon Juice  
1/4 tsp Sea Salt  
1/4 cup Extra Virgin Olive Oil (divided)  
10 ozs Salmon Fillet  
3 cups Purple Cabbage (sliced into thin wedges)

## NUTRITION

### AMOUNT PER SERVING

Calories	493	Cholesterol	80mg
Fat	37g	Sodium	476mg
Carbs	12g	Vitamin A	2828IU
Fiber	3g	Vitamin C	101mg
Sugar	6g	Calcium	104mg
Protein	31g	Iron	3mg

## DIRECTIONS

- 01 In a small bowl, mash the anchovy with a fork and add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
- 02 Add the remaining oil to a skillet and place the salmon skin side down on a cold skillet. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the salmon.
- 03 Turn the salmon over and cook for one minute more. Remove and set aside. In the same skillet, add the cabbage and cook for about 2 to 3 minutes, until lightly browned.
- 04 Divide the cabbage onto plates, and top with the salmon. Drizzle the herb sauce over top. Enjoy!

## NOTES

### LEFTOVERS

For best results, store the salmon and sauce separately in sealed containers. Refrigerate the fish for up to three days. Refrigerate the sauce for up to five days.

### MORE FLAVOR

Add minced garlic to the herb sauce.

### NO ANCHOVY

Leave it out and add more sea salt if needed.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze half of the salmon fillets and freeze the chicken breasts into two equal portions.	This guide will remind you to thaw them later in the week.
		Make Spinach & Sweet Potato Egg Muffins.	Divide between containers and store them in the fridge for breakfasts.
		Portion out Macadamia Nuts, Toasted Walnuts, and Turkey & Cheese Snack Boxes for the week.	Divide between small containers and store in the fridge for snacks this week.
		Make Zucchini Noodles with Salmon.	Divide between containers and store them in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Spinach & Sweet Potato Egg Muffins, Macadamia Nuts, Zucchini Noodles with Salmon, Turkey & Cheese Snack Box.
		Make Creamy Spinach & Sun Dried Tomato Chicken for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

<b>2</b> <b>Tue</b>		Pack your meals if you are on-the-go.	Spinach & Sweet Potato Egg Muffins, Turkey & Cheese Snack Box, Creamy Spinach & Sun Dried Tomato Chicken, and Toasted Walnuts.
		Enjoy leftover Zucchini Noodles with Salmon for dinner.	Reheat in the microwave or in a pan.
		Take half of the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Make Bacon Egglets with Greens.	Refrigerate the hard-boiled eggs and the bacon and mixed greens in separate airtight containers.
<b>3</b> <b>Wed</b>		Pack your meals if you are on-the-go.	Spinach & Sweet Potato Egg Muffins, Bacon Egglets with Greens, Zucchini Noodles with Salmon, Turkey & Cheese Snack Box.
		Make Parmesan Chicken & Kale Skillet for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Bacon & Egg Cups for breakfasts.	Divide between containers and store them in the fridge.
<b>4</b> <b>Thu</b>		Pack your meals if you are on-the-go.	Bacon & Egg Cups, Macadamia Nuts, Parmesan Chicken & Kale Skillet, Bacon Egglets with Greens.
		Make BLT Salad Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Portion out ingredients for Keto Snack Plate.	Divide between containers and store in the fridge.
		Take the remaining half of the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>5 Fri</b>		Pack your meals if you are on-the-go.	Bacon & Eggs Cups, Keto Snack Plate, BLT Salad Bowl, and Toasted Walnuts.
		Make Sun Dried Tomato & Olive Chicken with Spinach for dinner.	Enjoy and store leftovers in the fridge.
		Make Bacon, Avocado & Cheddar Egg Wraps.	Refrigerate and assemble wraps just before serving.
		Make Keto Mini Quick Bread.	Divide between containers and store in the fridge.
		Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>6 Sat</b>		Pack your meals if you are on-the-go.	Bacon, Avocado & Cheddar Egg Wrap, Keto Mini Quick Bread, Sun Dried Tomato & Olive Chicken with Spinach, and Keto Snack Plate.
		Make Salmon with Herb Sauce for dinner.	Store leftovers in the fridge for lunch tomorrow.

7 Sun		Pack your meals if you are on-the-go.	Bacon, Avocado & Cheddar Egg Wrap, Keto Snack Plate, Salmon with Herb Sauce, and Keto Mini Quick Bread.
		Shop and prep for next week.	
		Enjoy leftover Sun Dried Tomato & Olive Chicken with Spinach for dinner.	Reheat in the microwave or in a pan.

## **WAIVER**

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