

-||this is why im fit||-

7-Day Keto Diet Meal Plan



Bacon and Egg Cups

These little egg cups are perfect for on-the-go mornings. Just pop them in the oven for a few minutes and enjoy!

Makes 12 egg cups

Ingredients

- 6 slices bacon, diced
- 4 eggs
- 1/2 cup shredded cheddar cheese Salt and pepper to taste
- 100g baby spinach

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin with cooking spray.
2. Cook bacon in a skillet over medium heat until crisp.
3. Remove bacon from skillet with a slotted spoon, and drain on paper towels.
4. Break eggs into a bowl, and whisk until smooth. Stir in bacon, cheese, salt, and pepper, and baby spinach.
5. Pour egg mixture into muffin cups.
6. Bake in the preheated oven for 15 minutes, or until firm.

Protein



4g

Carbs



2g

Fat



9g

Calories



99



Oven Roasted Caprese Salad

Keto Caprese salad is a salad that typically consists of mozzarella cheese, tomatoes, and basil. The salad can be served either cold or warm, and it's a popular dish for those following the ketogenic diet.

Makes 4 servings

Ingredients

- 1 pound mozzarella cheese, sliced
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil
- 1 teaspoon dried basil leaves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 large tomato, sliced
- 4 fresh basil leaves

Instructions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Arrange mozzarella cheese slices, tomato slices, and fresh basil leaves on a baking sheet.
3. Drizzle balsamic vinegar and olive oil over vegetables. Sprinkle with dried basil leaves, salt, and black pepper.
4. Bake in preheated oven for 15 minutes, or until cheese is melted and bubbling.

Protein



22g

Carbs



7g

Fat



36g

Calories



490



Sheet Pan Garlic Shrimp and Broccoli With Lemon Garlic Sauce

This Sheet Pan Garlic Shrimp and Broccoli is a highly sought after dish by seafood lovers. It's made with shrimp, broccoli, and a lemon garlic sauce, to give it that tangy and savory flavor.

Makes 4 servings

Ingredients

- 1 pound shrimp, peeled and deveined
- 1 head broccoli, cut into florets
- 1/4 cup olive oil
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- For the lemon garlic sauce:
- 1/4 cup olive oil
- 3 cloves garlic, minced
- 1/4 cup lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 thin slices of lemon

Instructions

1. Preheat oven to 400 degrees F.
2. In a large bowl, mix together shrimp, broccoli, olive oil, garlic, salt, pepper, lemon slices.
3. Transfer to a baking sheet and bake for 12-15 minutes, or until shrimp are cooked through.
4. Meanwhile, prepare the lemon garlic sauce by whisking together olive oil, garlic, lemon juice, salt, and pepper.
5. Once shrimp and broccoli are cooked, drizzle with lemon garlic sauce and serve immediately.

Protein



27g

Carbs



7g

Fat



28g

Calories



430



Ham and Cheese Frittata

This frittata is packed with protein and makes a great breakfast or brunch option when entertaining guests. Cut it into small pieces and serve with a side salad for a stronger meal.

Makes 6-8 servings

Ingredients

- 1/4 cup olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 8 eggs
- 1/4 cup milk
- 1 tablespoon Dijon mustard
- salt and black pepper to taste
- 1/2 pound ham, diced
- 1 cup shredded Swiss cheese
- 1/8 cup chopped parsley

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Heat olive oil in a large oven-proof skillet over medium heat. Add onion and garlic, and cook until softened, about 5 minutes.
3. In a bowl, whisk together eggs, milk, Dijon mustard, salt, and black pepper. Pour into the skillet over the onion mixture.
4. Add ham and cheese, and stir gently to combine. Place skillet in the oven, and bake until frittata is firm and golden brown, about 25 minutes.
5. Garnish with chopped parsley.

Protein



15g

Carbs



3g

Fat



21g

Calories



297



Chicken Chapli Kebabs

These kebabs are a delicious and easy way to enjoy chicken for lunch. They are made with ground chicken, spices, and herbs, and they can be served with a side of salad. It is noteworthy that even though these are called kebabs, they more closely resemble patties when prepared.

Makes 4 servings

Ingredients

- 1 pound ground chicken
- 1 onion, diced
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 teaspoon garam masala
- 1/4 cup chopped cilantro
- Salt and pepper to taste

Instructions

1. In a large bowl, mix together ground chicken, onion, cumin powder, coriander powder, garam masala, cilantro, salt, and pepper.
2. Shape the mixture into small patties.
3. Heat a grill or pan over medium heat and cook kebabs for 5-7 minutes per side, or until cooked through.

Protein



22g

Carbs



2g

Fat



15g

Calories



210



Keto Spaghetti and Meatballs

If you miss spaghetti, all hope is not lost! Keto-friendly versions of pasta exist as well. Palmini (Heart of palm) and seaweed are some options for keto-friendly spaghetti - with the former being our choice for this specific recipe. The meatballs are made with ground beef, pork, and spices. This meal can also be made for lunch too!

Makes 4 servings

Ingredients

- 1 pound ground beef
- 1/2 pound ground pork
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped parsley
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 egg, beaten
- 1/4 cup olive oil
- 1 head broccoli, cut into florets
- 1/2 cup tomato sauce
- For the spaghetti:
- 1 package of Palmini noodles

Instructions

1. Preheat oven to 400 degrees F.
2. In a large bowl, mix together ground beef, pork, Parmesan cheese, parsley, garlic, salt, pepper, and egg.
3. Shape into small meatballs and set aside.
4. In a large skillet over medium-high heat, heat olive oil.
5. Once hot, add broccoli florets and cook for 3-5 minutes, or until slightly softened.
6. Add meatballs to the skillet and cook for 5-7 minutes, or until browned.
7. Add tomato sauce and bring to a simmer.
8. Meanwhile, prepare Palmini noodles according to package instructions.
9. Once the noodles are cooked, drain and add to the skillet with the sauce and meatballs.
10. Toss to combine and serve immediately.

Protein



28g

Carbs



7g

Fat



45g

Calories



630



Hardboiled Egg Bites

These hardboiled egg bites make a great healthy snack or breakfast. You can make them ahead of time and store them in the fridge for up to a week. These are basically "sandwiches" of ham and cheese between two halves of a hardboiled egg.

Makes 8 servings

Ingredients

- 6 hard-boiled eggs
- 1/4 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup diced ham
- 1/4 cup shredded cheddar cheese

Instructions

1. Cut eggs in half lengthwise, and remove yolks.
2. In a bowl, mash egg yolks with milk, salt, and pepper.
3. Mix in ham and cheese.
4. Spoon mixture back into egg whites.
5. Serve immediately, or store in the fridge in an airtight container for up to a week. Alternatively, you can leave the yolk intact and simply add cheese and cooked ham between the two halves.

Protein



8g

Carbs



1g

Fat



12g

Calories



153



Salmon and Avocado Keto Sushi Rolls

These sushi rolls are a fun and easy way to enjoy salmon and avocado. They are made with nori sheets, salmon, avocado, and cucumber, and they can be served with a side of soy sauce.

Makes 4 servings

Ingredients

- 4 nori sheets
- 1/2 pound sashimi grade salmon, sliced
- 1 avocado, sliced
- 1 cucumber, sliced

Instructions

1. Place a nori sheet on a sushi mat or a piece of parchment paper.
2. Arrange salmon, avocado, and cucumber slices in the center of the nori sheet.
3. Roll up the nori sheet tightly, using the mat or parchment paper to help you.
4. Slice the sushi roll into 8 pieces and serve with soy sauce.

Protein



7g

Carbs



3g

Fat



9g

Calories



130



Grilled Steak With Asparagus And Roasted Tomatoes

This grilled steak with asparagus and roasted tomatoes is a hearty and filling meal that's perfect for a summer (or any!) night. The steak is seasoned with rosemary and garlic, and the vegetables are roasted in the oven until they're tender.

Makes 4 servings

Ingredients

- 1 pound flank steak
- 1 bunch asparagus, trimmed
- 1 pint cherry tomatoes
- 1/4 cup olive oil
- 1 tablespoon chopped rosemary
- 2 cloves garlic, minced
- Salt and black pepper, to taste

Instructions

1. Preheat oven to 400 degrees F.
2. Season steak with rosemary, garlic, salt, and pepper. Heat a grill pan over medium-high heat and grill steak for 4-5 minutes per side, or until the desired doneness is reached.
3. In a large bowl, toss asparagus and cherry tomatoes with olive oil. Season with salt and pepper, then transfer to a baking sheet. Roast in the oven for 10-12 minutes, or until tender.
4. Slice steak against the grain, then serve with roasted asparagus and cherry tomatoes.

Protein



28g

Carbs



7g

Fat



36g

Calories



490



Crustless Ham and Cheese Quiche

This quiche is a classic favorite and can easily be made keto-friendly by using a low-carb crust or no crust at all. For this variety, we will be going crustless.

Makes 6 servings

Ingredients

- 1/2 cup shredded cheddar cheese
- 6 eggs
- 1/4 cup heavy cream
- 3/4 cup diced ham
- Salt and pepper to taste

Instructions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, whisk together eggs and cream. Stir in cheese, ham, salt, and pepper.
3. Pour mixture into a 9-inch pie dish.
4. Bake in the preheated oven for 25 minutes, or until firm.

Protein



12g

Carbs



1g

Fat



17g

Calories



260



Philly Cheesesteak Skillet

This Philly Cheesesteak Skillet is a quick and easy way to enjoy a classic sandwich. It's made with ground beef, peppers, onions, and cheese, and it can be served with a side of keto ranch dressing

Makes 4 servings

Ingredients

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 onion, diced
- 2 bell peppers, sliced lengthwise
- 1/2 cup shredded cheese

Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add ground beef and onions, and cook until the beef is browned.
3. Add green pepper and cook for an additional 3-5 minutes.
4. Stir in cheese until melted.
5. Serve with a side of ranch dressing (be sure to use keto or low-carb variety).

Protein



25g

Carbs



5g

Fat



32g

Calories



430



Turkey Burger With Cheese, Avocado, and Bacon

This turkey burger with cheese, avocado, and bacon is a delicious and easy meal that's perfect for any night of the week. The burgers are seasoned with rosemary and garlic, then topped with cheese, avocado, and bacon. Serve with a side of roasted vegetables or a salad for a complete meal.

Makes 4 servings

Ingredients

- 1 pound ground turkey
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chopped rosemary
- 2 cloves garlic, minced
- Salt and black pepper, to taste
- 4 slices cheddar cheese
- 1 avocado, sliced
- 1 tomato sliced
- 8 strips bacon, cooked
- 8 leaves lettuce

Instructions

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix together ground turkey, Parmesan cheese, rosemary, garlic, salt, and pepper.
3. Shape into 4 burger patties and place on a greased baking sheet. Bake for 15-20 minutes, or until cooked through.
4. Use the lettuce leaves and tomato as a base.
5. Add the burger on top.
6. Top each burger with a slice of cheese, then avocado and bacon. Serve immediately.

Protein



36g

Carbs



7g

Fat



48g

Calories



650



Crustless Quiche Lorraine

Another breakfast favorite quiche, the quiche Lorraine differs from the ham and cheese variety in that it contains bacon, leek and onions. This recipe is also made crustless to keep the carb count low.

Makes 6 servings

Ingredients

- 1/2 cup shredded Swiss cheese
- 1/4 cup diced onion
- 6 eggs
- 1/4 cup heavy cream
- 3/4 cup diced bacon
- 1/4 cup diced leek
- Salt and pepper to taste

Instructions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, whisk together eggs and cream. Stir in cheese, bacon, onion, leek, salt, and pepper.
3. Pour mixture into a 9-inch pie dish.
4. Bake in the preheated oven for 25 minutes, or until firm.

Protein



13g

Carbs



1g

Fat



20g

Calories



276



Keto Club Sandwich

This Keto Club Sandwich is a delicious and easy way to enjoy a classic sandwich, except that it uses lettuce instead of bread. It's made with chicken, bacon, avocado, tomato, and mayo, and it can be served with a side of keto ranch dressing.

Makes 4 servings

Ingredients

- 8 slices bacon, cooked
- 1/2 pound cooked chicken, sliced
- 1 avocado, sliced
- 1 tomato, sliced
- 4 leaves lettuce
- 1/4 cup mayonnaise

Instructions

1. Arrange bacon, chicken, avocado, tomato, and lettuce on a plate.
2. Spread mayonnaise on top of chicken and avocado slices.
3. Top with another leaf of lettuce and wrap if necessary to prevent spillage.
4. Serve with a side of ranch dressing if desired.

Protein



32g

Carbs



7g

Fat



38g

Calories



510



Keto Chicken Enchiladas

These keto chicken enchiladas are a delicious and easy meal that's perfect for any night of the week. The enchiladas are filled with shredded chicken, cheese, and green chiles, then topped with a homemade enchilada sauce. Serve with a side of sour cream or guacamole for a complete meal. No tortillas are used for the keto version, but instead, chicken is used as the "tortilla".

Makes 4 servings

Ingredients

- 1 pound boneless, skinless chicken breasts, shredded
- 1 (4-ounce can diced green chillies)
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream
- 1/2 cup salsa
- 1/4 cup chopped cilantro
- Salt and black pepper, to taste

For the enchilada sauce:

- 1 tablespoon olive oil
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 (10-ounce can red enchilada sauce)
- 1 cup chicken broth
- 1 teaspoon chili powder
- 1 teaspoon cumin

Instructions

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix together chicken, green chiles, cheddar cheese, sour cream, salsa, and cilantro. Season with salt and black pepper then set aside.
3. To make the enchilada sauce, heat olive oil in a large saucepan over medium heat. Add onion and garlic, and cook until softened. Stir in enchilada sauce, chicken broth, chili powder, and cumin. Season with salt and black pepper, then bring to a simmer.
4. To assemble the enchiladas, divide the chicken mixture evenly among the chicken breasts, then roll them up.
5. Pour the enchilada sauce into a 9x13-inch baking dish, then place the chicken enchiladas in the sauce. Bake for 25-30 minutes, or until heated through.

Protein



38g

Carbs



10g

Fat



26g

Calories



430



Keto Pancakes

Yes, pancakes can be part of a healthy breakfast! However, there is no wheat-based flour used in this recipe. Instead, we use a low-carb flour alternative and coconut milk to make these delicious pancakes.

Makes 4 pancakes (2 each)

Ingredients

- 1/2 cup almond flour
- 1/4 cup coconut flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3 eggs
- 1/4 cup coconut milk
- 1 tablespoon olive oil or melted butter

Instructions

1. In a large bowl, whisk together almond flour, coconut flour, baking powder, and salt.
2. In another bowl, whisk together eggs, coconut milk, and oil.
3. Add wet ingredients to dry ingredients, and mix until well combined.
4. Heat a large skillet over medium heat, and coat with oil. Scoop 1/4 cup batter per pancake onto the skillet. Cook until bubbles form and edges are golden brown, about 2 minutes per side.

Protein



5g

Carbs



3g

Fat



15g

Calories



190



BLT Low Carb Melted Cheese Wraps

While a classic BLT uses bread, this wrap makes use of cheese. We know that eating lettuce day after day might get boring, so feel free to wrap them in actual cheese!

Makes 4 servings

Ingredients

- 4 slices bacon, cooked
- 1 tomato, sliced
- 4 leaves lettuce
- 4 slices cheese

Instructions

1. Preheat oven to 350 degrees F.
2. Line a baking tray with parchment paper.
3. Arrange the slices of cheese in tiles so that they form a big square.
4. Place baking tray into the oven and bake until cheese has melted and lightly brown on the edges.
5. Remove cheese from oven and cool for 5 mins.
6. Top with a slice of bacon, tomato slice, and lettuce leaf.
7. Roll up the cheese around the fillings, slice into 4 pieces, and serve immediately.

Protein



11g

Carbs



1g

Fat



9g

Calories



140



Keto Crockpot Lasagne

This keto crockpot lasagne is a delicious and easy meal that's perfect for savory food lovers. The lasagne is made with layers of cheese, ground beef, and spiralized zucchini, then topped with a homemade tomato sauce. The finished product is hearty and filling to quash hunger in its tracks.

Makes 4 servings

Ingredients

- 1 pound ground beef
- 1/2 onion, diced
- 3 cloves garlic, minced
- Salt and black pepper, to taste
- 1 (24-ounce jar tomato sauce)
- 1 (6-ounce can tomato paste)
- 1 teaspoon Italian seasoning
- 1/4 cup chopped parsley
- 2 cups shredded mozzarella cheese
- 1 cup ricotta cheese
- 3 zucchini, thinly sliced lengthwise

Instructions

1. In a large skillet over medium heat, cook ground beef, onion, and garlic until the beef is browned. Season with salt and black pepper, then drain any excess fat.
2. Stir in tomato sauce, tomato paste, Italian seasoning, and parsley. Bring to a simmer and cook for 5 minutes.
3. In a 6-quart crockpot, spread 1/2 cup of the tomato sauce mixture on the bottom. Top with 1/3 of the mozzarella cheese, then 1/2 of the zucchini slices. Repeat the layers.
4. Cook on low for 4 hours, or until the lasagne is cooked through.

Protein



26g

Carbs



10g

Fat



22g

Calories



360



Keto Breakfast Burrito

This recipe is a twist on the classic breakfast burrito that uses low-carb tortilla. It is packed with all of the flavors you love, including eggs, bacon, cheese, and avocado. You can buy low-carb tortillas at your local supermarket.

Makes 4 servings

Ingredients

- 4 low-carb tortillas
- 6 eggs
- 1/4 cup non-dairy milk
- 1 tablespoon butter
- 8 strips bacon, diced
- 1/2 cup shredded cheddar cheese
- 1 avocado, diced
- Salt and pepper to taste

Instructions

1. In a large bowl, whisk together eggs and milk.
2. In a large skillet over medium heat, melt butter. Add eggs and scramble until cooked through.
3. Lay out low-carb tortilla flat on a plate.
4. Add the scrambled eggs, bacon, cheese, avocado, salt, and pepper.
5. Wrap in foil, and serve immediately, or store in the fridge for up to a week.

Protein



20g

Carbs



7g

Fat

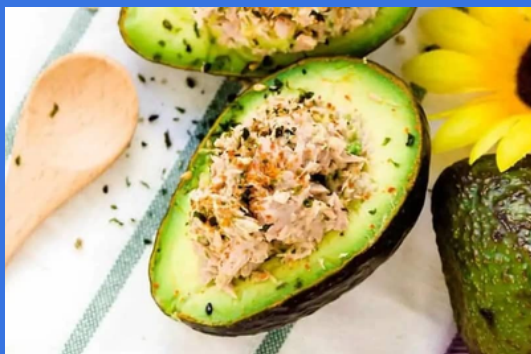


32g

Calories



432



Avocado Tuna Bowls

These Avocado Tuna Bowls are a delicious and easy way to get your seafood fix. They're made with canned tuna, avocado, and mayo, and provide important Omega-3 fats.

Makes 4 servings

Ingredients

- 1 can tuna, drained
- 4 avocados, cut into half
- 2 tablespoons mayonnaise
- Furikake

Instructions

1. Cut the avocados into half and remove the pit.
2. Scoop out some of the avocado flesh to make a bigger hole, and then spoon in the tuna, mixed with cucumber and mayonnaise.
3. Sprinkle with furikake.
4. Enjoy as is, or with a side of keto ranch dressing.

Protein



28g

Carbs



7g

Fat



42g

Calories



520



Keto Slow Cooker Chicken Curry

Curry lovers, rejoice! This keto slow cooker chicken curry is a delicious and easy meal that really hits the spot when craving Indian cuisine. The curry is made with chicken, coconut milk, and a variety of spices, then simmered in the crockpot until it's fall-apart tender. Serve over cauliflower rice or zucchini noodles for a complete meal.

Makes 4 servings

Ingredients

- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Salt and black pepper, to taste
- 1 (14-ounce can coconut milk)
- 1/2 cup chicken broth
- 1 tablespoon chopped cilantro

Instructions

1. In a large bowl, mix together chicken, onion, garlic, ginger, curry powder, turmeric, cumin, salt and black pepper.
2. Pour the mixture into a 6-quart crockpot. Add coconut milk and chicken broth, then stir to combine.
3. Cook on low for 6-8 hours, or until the chicken is cooked through.
4. Stir in cilantro before serving. Serve over cauliflower rice or zucchini noodles.

Protein



29g

Carbs



7g

Fat



25g

Calories



400

Bonus Recipes



Makes 4 servings

Ingredients

- 1/2 cup almond flour
- 1/4 cup mozzarella cheese, shredded
- 1 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- Salt and black pepper, to taste
- 1 tablespoon butter, melted

Instructions

1. Preheat oven to 350 degrees F.
2. In a small bowl, mix together almond flour, mozzarella cheese, Italian seasoning, garlic powder, salt and black pepper.
3. Place the mixture on a piece of parchment paper and flatten into a rectangle.
4. Spread the butter over the top.
5. Cut into 1-inch pieces and place on a baking sheet.
6. Bake for 10-12 minutes, or until the bread is golden brown and crispy.

Protein



5g

Carbs



3g

Fat



16g

Calories



190



Keto Chicken Parm

This keto chicken parmesan is a delicious and easy way to enjoy a classic dish, without all the carbs. It's made with chicken breast, mozzarella cheese, and tomato sauce, and it can be served with a side of zucchini noodles or cauliflower rice.

Makes 4 servings

Ingredients

- 1 pound chicken breast, pounded thin
- Salt and black pepper, to taste
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 1/2 cup tomato sauce
- 1 tablespoon chopped parsley

Instructions

1. Preheat oven to 400 degrees F.
2. Season chicken breasts with salt and black pepper, then top with mozzarella cheese and Parmesan cheese.
3. Spread the tomato sauce over the top, then sprinkle with parsley.
4. Bake for 20-25 minutes, or until the chicken is cooked through.
5. Serve with zucchini noodles or cauliflower rice.

Protein



36g

Carbs



7g

Fat



13g

Calories



330



Keto Zuppa Toscana

This keto Zuppa Toscana is a delicious and easy way to enjoy a classic soup, without all the carbs. It's made with sausage, kale, and cauliflower, and it can be served with a side of keto bread for dipping.

Makes 6-8 servings

Ingredients

- 1 pound Italian sausage
- 1 tablespoon olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 4 cups chicken broth
- 1 head cauliflower, chopped into florets
- 1 bunch kale, chopped
- Salt and black pepper, to taste
- 1/4 cup heavy cream

Instructions

1. In a large pot or Dutch oven, cook the sausage over medium heat until browned.
2. Remove the sausage from the pot with a slotted spoon and set aside.
3. Add the olive oil to the pot, then add the onion and garlic and cook until softened.
4. Add the chicken broth, cauliflower, kale, salt and black pepper, and cooked sausage, and bring to a boil.
5. Reduce heat and simmer for 10-15 minutes, or until the vegetables are tender.
6. Stir in the heavy cream and serve.

Protein



12g

Carbs



7g

Fat



17g

Calories



290



Keto Cobb Salad

This keto Cobb salad is a delicious and easy way to enjoy a classic dish, without all the carbs. It's made with chicken, bacon, avocado, and hard-boiled eggs, and it can be served with a side of ranch dressing or vinaigrette.

Makes 4 servings

Ingredients

- 1 pound chicken breast, cooked and shredded
- 8 slices bacon, cooked and crumbled
- 2 avocados, diced
- 4 hard-boiled eggs, diced
- 1/2 cup blue cheese, crumbled
- 1/4 cup chopped chives
- Salt and black pepper, to taste
- 1/2 cup ranch dressing or vinaigrette
- 10 cherry tomatoes chopped in quarters

Instructions

1. In a large bowl, mix together chicken, bacon, avocados, eggs, blue cheese, chives, cherry tomatoes, salt and black pepper.
2. Drizzle with ranch dressing or vinaigrette and serve.

Protein



36g

Carbs



7g

Fat



36g

Calories



500



Grilled Cheese Chaffles

Never heard about chaffles before? You're not alone. Chaffles are a low-carb and keto-friendly waffle made with cheese and egg. They can be used in place of bread for a variety of dishes, including this delicious grilled cheese variety.

Makes 2 chaffles

Ingredients

- 2 chaffles (see recipe below)
- 2 slices American cheese
- 1 tablespoon butter

Chaffle Recipe:

- 1 egg
- 1/2 cup shredded mozzarella cheese
- 1/4 cup almond flour
- Dash of salt

Instructions

1. Preheat a waffle iron.
2. Place the cheese between the two chaffles and spread the butter on the outside.
3. Grill in the waffle iron for 2-3 minutes, or until the cheese is melted and the chaffles are golden brown.
4. Serve immediately.

Protein



12g

Carbs



7g

Fat



17g

Calories



290



Keto Slow Cooker Honey Sriracha Pork Loin

This keto slow cooker honey sriracha pork loin is a delicious and easy way to enjoy a flavorful dish made with pork, honey, sriracha sauce, and can be served with a side of steamed broccoli.

Makes 4-6 servings

Ingredients

- 1 pound pork loin
- 3 tablespoons honey
- 2 tablespoons sriracha sauce
- 1 tablespoon olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- Salt and black pepper, to taste

Instructions

1. In a small bowl, whisk together honey, sriracha sauce, and olive oil.
2. Rub the mixture all over the pork loin.
3. In the bottom of a slow cooker, add the onion and garlic.
4. Place the pork loin on top and season with salt and black pepper.
5. Cook on low for 6-8 hours, or until the pork is cooked through.
6. Cut into slices and serve with steamed broccoli.

Protein



36g

Carbs



6g

Fat



17g

Calories



410



Grilled Salmon With Pesto

This grilled salmon with pesto is a delicious and easy way to enjoy a healthy and flavorful meal. It's made with salmon, pesto, lemon, and can be served with a side of steamed broccoli.

Makes 4 servings

Ingredients

- 1 pound salmon
- 1/4 cup pesto
- 1 lemon, juiced
- Salt and black pepper, to taste

Instructions

1. Preheat a grill or grill pan over medium-high heat.
2. Season the salmon with salt and black pepper.
3. Grill for 4-5 minutes per side, or until the salmon is cooked through.
4. Remove from the grill and top with pesto and lemon juice.
5. Serve with steamed broccoli.

Protein



36g

Carbs



3g

Fat



22g

Calories



360

Snacks



Chocolate Fat Bombs

Craving something sweet that is also keto? This is a common occurrence when you first start the keto diet, but there are plenty of sweet snacks that you can enjoy without derailing your progress. These chocolate fat bombs are a perfect example. Made with coconut oil, cocoa powder, and stevia, they are a delicious and nutritious way to satisfy your sweet tooth.

Makes 12-15 fat bombs

Ingredients

- 1/2 cup coconut oil
- 1/4 cup cocoa powder
- 1/4 cup stevia

Instructions

1. In a small bowl, whisk together coconut oil, cocoa powder, and stevia.
2. Place the mixture in the freezer for 30 minutes, or until solidified.
3. Once solidified, remove from the freezer and use a spoon to scoop out small balls of the mixture.
4. Enjoy as is, or store in the fridge for later.

Protein



0g

Carbs



1g

Fat



11g

Calories



100



Keto Trail Mix

This keto trail mix is a delicious and healthy snack that also contains some protein. It's made with roasted almonds, peanuts, pumpkin seeds, and can be enjoyed as is or with some additional dried fruit.

Makes 4 servings

Ingredients

- 1/2 cup roasted almonds
- 1/2 cup unsalted peanuts
- 1/2 cup walnuts
- 1/2 hazelnuts

Instructions

1. In a medium bowl, mix together almonds, peanuts, walnuts, and hazelnuts.
2. Enjoy as is, or with some additional dried fruit.

Protein



5g

Carbs



3g

Fat



13g

Calories



160



Keto Yogurt

This keto yogurt is perfect for those on the go (and it's light years better than ice cream). It's made with plain yogurt, stevia, and can be enjoyed as is or with some fresh berries.

Makes 1 serving

Ingredients

- 1 cup plain yogurt
- 1/4 cup stevia

Instructions

1. In a small bowl, mix together yogurt and stevia.
2. Pour into a container and enjoy as is, or with some fresh berries. Keep extra chilled.

Protein



11g

Carbs



7g

Fat



4g

Calories



140



Breakfast Smoothie

A great option if you're short on time or just not that hungry in the morning. This breakfast smoothie is a delicious and easy way to start your day. It's made with almond milk, protein powder, spinach, and a flaxseed meal, and it can be enjoyed on the go.

Makes 1 serving

Ingredients

- 1 cup plain yogurt
- 1 cup unsweetened almond milk
- 1/2 scoop vanilla protein powder
- 1 handful spinach
- 1 tablespoon flaxseed meal
- 1/2 teaspoon vanilla extract

Instructions

1. Add all ingredients to a blender and blend until smooth.
2. Enjoy as is or pour into a bowl and top with your favorite toppings.

Protein



21g

Carbs



8g

Fat



5g

Calories



190