

WEEK 1

Day 1

Intake: Calories: 1700 | Fat: 131g | Fiber: 24.2g | Carbs: 62.4g | Net Carbs: 38.2g | Protein: 70.5g
Ratio: Carbs: 15% | Fat: 70% | Protein: 15%

Blackberry Parfaits

½ cup full-fat coconut milk
 ¼ teaspoon ground vanilla bean powder
 1 drop alcohol-free stevia
 ½ oz. crushed raw pecans
 1 oz. walnuts
 75 grams fresh blackberries

Add coconut milk, vanilla bean powder and stevia to a medium-sized bowl. Whip. Top with pecans, walnuts and blackberries and enjoy!

Hemp Kale Salad

125 grams kale, chopped and washed under warm water
 6 leaves romaine lettuce
 2 soft-boiled eggs
 35 grams avocado, sliced
 2 tablespoons hemp seeds
 ¼ cup nutritional yeast
 1 tablespoon extra-virgin olive oil
 2 tablespoons balsamic vinegar
 ½ teaspoon spice mixture
 Himalayan rock salt and freshly ground pepper, to taste

Add kale, lettuce, eggs, avocado and hemp seeds to a large bowl. Set aside. Combine nutritional yeast, olive oil, vinegar, spice mixture, salt and pepper to a small bowl. Mix to combine. Drop over salad; it will be a thick paste, mix in and enjoy.

Chicken Curry on Coconut Rice

140 grams raw skin-on chicken thigh, chopped
 1 tablespoon coconut oil
 ¼ cup full-fat coconut milk
 ½ teaspoon [Curry Powder Spice Mix](#)
 Himalayan rock salt and freshly ground pepper, to taste
 250 grams raw cauliflower, shredded
 30 grams raw coconut meat, sliced thin

Add chicken thigh pieces to a medium-sized pan with coconut oil. Cook on medium-heat until no longer pink, about 8 minutes. Add coconut milk, curry powder, salt and pepper. Reduce heat to low and simmer for 5 minutes. Meanwhile, add water to a small pot and bring to a boil. Add shredded cauliflower and boil for 1 minute. Drain completely, add coconut meat and transfer to a plate. Top with curry and serve!

Keto Lemonade and/or Homemade Stock

WEEK 1

Day 2

Intake: Calories: 1766 | Fat: 146.1g | Fiber: 29.7g | Carbs: 50g | Net Carbs: 20.3g | Protein: 63.7g
Ratio: Carbs: 11% | Fat: 75% | Protein: 14%

Blended Coffee

2 cups brewed coffee
 1 tablespoon coconut oil
 ¼ teaspoon ground cinnamon

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Chicken Salad Sandwich

85 grams cooked skin-on chicken thigh meat, chopped
 2 celery sticks, chopped
 1 tablespoon [MCT Mayonnaise](#)
 Himalayan rock salt and freshly ground pepper, to taste
 3 romaine lettuce leaves
 2 slices [Flax Seed Focaccia](#), sliced

Add chopped chicken to a small bowl with celery, mayonnaise, salt and pepper. Stir to combine. Sandwich chicken mixture between sliced bread and top with lettuce leaves.

Coconut Candies

60 grams raw coconut meat, diced small
 28 grams raw pecans, diced small
 1 tablespoon coconut oil, melted

Add ingredients to a small bowl. Stir to combine. Divide mixture into a silicone candy mold and transfer to the freezer to chill for 1-hour.

One-Pan Eggs and Bacon with Avocado Fries

54 grams uncured bacon
 150 grams broccoli florets
 4 asparagus spears
 50 grams avocado, sliced
 2 eggs
 Himalayan rock salt and freshly ground pepper, to taste

Place bacon in a large frying pan and cook on medium-low for 2 minutes, until fats begin to collect in the pan. Place avocado strips into the grease and cook for 2-3 minutes per side, until crisp. Remove the bacon, and cook eggs in the fat that it's rendered. Add asparagus and broccoli florets to the pan, cover and cook until everything is complete. Top with salt and pepper, to taste.

Keto Lemonade and/or Homemade Stock