



**30-Day**  
***ACCELERATED***  
WEIGHT LOSS MEAL PLAN



KONSCIOUS

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## DISCLAIMER

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# Congratulations on Receiving Your 30-day Accelerated Meal Plan.

What you have in your hands is a bite-by-bite guide to getting into the best shape of your life in the fastest amount of time possible.

In this incredible, 30-day meal plan, you'll get our very best fat-burning recipes, and learn how to make your body double, or even triple your weight loss results.

Use it for 14 days, 30 days, 60 days or even 90 days to totally transform your body. The more you use the more you lose. It's really that simple.

You'll also be guided on *when* to eat. This is incredibly important as fasting has been shown to accelerate weight loss, without the need for you to eat less. Just eat your recommended meals within the recommended time to see significant changes to your weight.

In this plan, we recommend following the 16:8 intermittent fasting protocol. Intermittent fasting is just a fancy name to describe being picky about the times you eat.

While taking Keto Activate is recommended (more on that in one moment), we do feel that anyone considering this plan absolutely should incorporate intermittent fasting. There are too many benefits to speak of, and we think it's the kick-starter for the best results on the keto diet.

## Some of the benefits of include:

- Increased muscle tone (without going to the gym)
- Reduced sugar cravings and insulin response
- Feeling euphoric and energized



You can adjust the times to suit your schedule, but we recommend eating from around 11am to 7pm, to help you fit in your breakfast, lunch and dinner.

You'll be provided with a delicious, fat-burning breakfast option that won't break a fast and will energize your day. You are also encouraged to drink coffee, which increased your ketones slightly, as well.

When you combine Keto Activate, intermittent fasting and your coffee regimen, you and your family will be surprised by your results!

# Your 30-Day Accelerated Meal Plan Will Help You:

- **Melt Fat:** Simply put, this is a super-charged fat loss program that melts fat and gets you into a deep state of ketosis.
- **Elevated Weight Loss:** Almost without exception, low-carb diets lead to more weight loss than the diets they are compared to.
- **End Cravings:** Learn how the pros stop eating and never feel hunger. Stop cravings and meal prep in its tracks.
- **Kill It at the Gym:** Working out during ketosis sucks... until now. We'll show you what we use before working out to make every workout feel incredible.
- **Lose More Belly Fat.** Belly fat, or visceral fat, doesn't only feel awful but is known to cause serious metabolic problems and is a precursor for diabetes.
- **Get More Mental Energy & Focus:** Coffee just makes you jittery, and unproductive and is the stuff of *carbavors*. Laser in with a mind-hack that shows why keto is amazing, and get your morning fix with Keto Activate.



That's not all. You'll also get:

## **A foolproof way to avoid binging or gaining back weight.**

Who wants to eat bland, tasteless, boring food when you can eat decadent foods and actually get the results you've always dreamed of, not us!

When you miss out on foods you love, you end up making up for lost time. Binge-eating leads to yo-yo'ing and gaining back all that weight.

When you make food delicious again, you prefer to cheat with our meals versus carby food, and your family agrees.

This 30-Day Konscious Keto Meal Plan is a rock-solid way to make that lifestyle change you've always wanted, finally.

If you see keto recipes that make your mouth-water, make those first.



You don't have to do this meal plan to see results; it's all been calibrated to make this as simple and effective as possible.

You can also choose to use this for 30, 60 or even 90 days to get to where you want to be.

### Instant-access to an advanced state of ketosis.



Fact. The keto diet works because of ketones.

The more ketones you produce, the more fired up and ready you'll be.

You'll see that we recommend using Keto Activate as a meal replacement, and we'll show you how to implement this tool strategically within your 60-day plan to get the best possible fat loss results.

You're going to see for yourself why this is becoming regarded as necessary for anyone who wants that triumphant "before and after" photo.

Keto Activate contains patented chocolate ketones that give you more energy and help energize your day. It won't break a fast, and it stops sugar cravings dead in their tracks.

Wave goodbye to hunger cravings, sugar-cravings, and keto-flu.

You can choose the recipes that make you drool today or do them in sequential order; it's up to you. You can also use Keto Activate once, twice, or three times a day to take it to that next level.

Keto Activate is designed to enhance your ketogenic experience and only contains 5 calories per scoop making it the most incredible meal replacement on the market.

Wave goodbye to hunger cravings, sugar-cravings, and keto-flu. Keto Activate is like wearing an invisible shield against carbs.

## ORDER KETO ACTIVATE TODAY

Order Keto Activate at [konsciousketo.com](https://www.konsciousketo.com) and select 2-day shipping to start.



Use **BURN20** to get up to 30% off your 3-pack of Keto Activate!



You should also join our Konscious Facebook Group where you can get advice, support, and guidance on how to make the next 60 days your best days ever.

If you're the kind of person who sometimes makes bad food choices or has down days, this is a significant step to breaking the cycle and getting results.

**[So come join us in our Facebook Group.](#)**

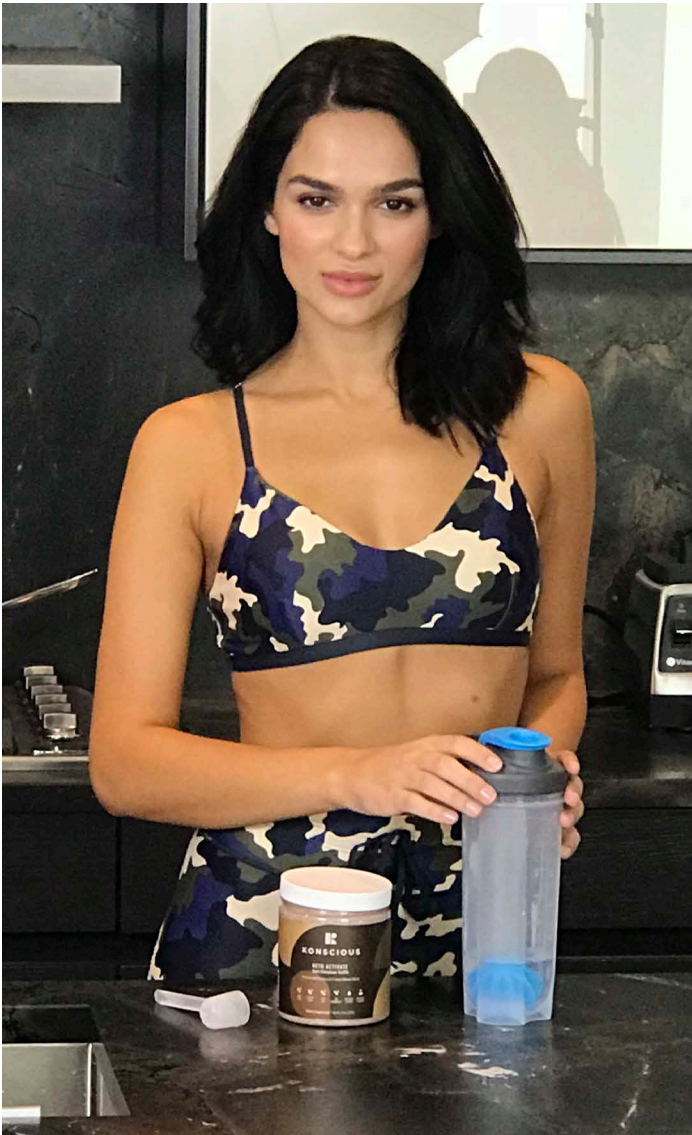
**And pick out the first recipe below that you will use to get into ketosis.**

P.S. We, and other members, love to chat with you and can help answer any questions you have; see other members success following this plan, and share your photos and successes with us too.

Life is better when you keep calm and keto on!

**From the Konscious Team**

# How to Make Keto Activate



## KETO ACTIVATE

### INSTRUCTIONS

Add 1 scoop of Keto Activate to 8-10 oz of cold water and stir or blend with or without ice. Use once, twice or three times a day to enhance ketosis.

### SERVING SUGGESTION

Add 1 scoop of Keto Activate to 8-10 oz of black, cold brew coffee with a small handful of ice and blend.

Less than 5 calories per serving and 0 carbs.





## BREAKFAST IF & KA WITH WATER

Enjoy the ease and convenience of breezing through the morning kitchen dash. Simply add one scoop of Keto Activate to an 8-10 oz glass of cold water and shake or blend, then drink. [Keto Activate](#) will wake up your metabolism, give you energy, and will not break a fast.

[Keto Activate](#) contains less than 5 calories and 0 carbs per serving.



## LUNCH ITALIAN KETO PLATE

- 7 oz fresh mozzarella cheese
- 7 oz prosciutto, sliced
- 2 organic tomatoes
- 1/3 cup extra virgin olive oil
- 10 green olives
- Pink Himalayan salt and cracked black pepper

### INSTRUCTIONS

Put tomatoes, prosciutto, cheese, and olives on a plate. Serve with olive oil and season with Pink Himalayan salt and cracked black pepper to taste.

Calories: 722 | Net Carbs: 5g | Fat: 54g



## DINNER SHEET PAN BURGERS WITH BACON & JALAPEÑO

### FOR THE BURGER PATTIES

- 24 oz ground beef
- 1 teaspoon kosher Pink Himalayan salt
- Pink Himalayan salt and cracked black pepper
- 1/2 teaspoon garlic powder

### FOR THE TOPPINGS

- 6 slices raw bacon, cut in half
- 4 slices of onion
- 2 jalapeños, seeded and sliced into rings
- 4 slices cracked black pepper jack cheese

### FOR THE SAUCE

- 1/4 cup real mayonnaise
- 1 tbsp Sriracha hot sauce
- 1/2 teaspoon Worcestershire sauce

### INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Combine the ground beef, Pink Himalayan salt, cracked black pepper, and garlic powder in a medium bowl and mix well with your hands.
3. Form into four patties of about equal size on a large baking sheet. Place the bacon, onion rings, and jalapeño slices on the same baking sheet. Bake for 18 minutes.
4. Meanwhile, combine the mayonnaise, Sriracha, Worcestershire sauce, and stir well until smooth. Store in refrigerator until ready to serve.
5. Remove sheet pan from the oven after 18 minutes and place one slice of cheese on each burger patty. Set oven to broil on high.
6. Return pan to the oven and broil for 2 minutes, or until the cheese is melted and slightly browned. Remove from the oven.
7. Build each burger with one patty, three pieces of bacon, one slice onion, the desired amount of jalapeños and a generous drizzle of sauce.

Calories: 608 | Net Carbs: 4g | Fat: 46g



## SNACK KETO SALAMI AND BRIE CHEESE PLATE

- 7 oz Brie cheese
- 4 oz salami
- 2 oz lettuce
- 1 avocado
- 1/2 cup macadamia nuts
- 1/4 cup extra virgin olive oil

### INSTRUCTIONS

Put cheese, salami, lettuce, avocado and nuts on a plate. Drizzle oil over the salad and serve.

Calories: 722 | Net Carbs: 5g | Fat: 54g

**BREAKFAST  
IF & KA WITH WATER**

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[Keto Activate](#) contains less than 5 calories and 0 carbs per serving.

6. Once the onions have softened, add the chicken stock and let simmer for five minutes.
7. Add the cream and mustard, then adjust seasoning as necessary. Serve the chicken with the sauce poured over each thigh.

Calories: 902 | Net Carbs: 2g | Fat: 64g

**LUNCH  
ROAST BEEF & CHEDDAR PLATE**

- 7 oz deli roast beef
- 5 oz cheddar cheese
- 1 organic avocado
- 6 radishes
- 1 scallion
- ½ cup olive oil mayonnaise
- 1 tbsp Dijon mustard
- 2 oz lettuce
- 2 tbsp extra virgin olive oil
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

Serve roast beef, cheese, avocado and radishes on a plate garnished with onion, mustard and a hearty dollop of mayonnaise, lettuce and drizzled with olive oil.

Calories: 722 | Net Carbs: 5g | Fat: 54g

**SNACK STRAWBERRY SHORTCAKE  
FAT BOMBS**

- ¾ cup almond flour
- ¼ cup coconut flour
- ¼ cup shredded coconut, unsweetened
- ½ cup strawberries
- 1 tsp organic vanilla extract
- 1 tbsp coconut oil
- 1 tsp stevia

**INSTRUCTIONS**

1. Add all ingredients to a food processor and process until well combined.
2. Roll into 25 individual bites. If desired, roll in shredded coconut.
3. Chill in the fridge for at least one hour for the best flavor.

Calories: 53 | Net Carbs: 2g | Fat: 7g

**DINNER  
DIJON CHICKEN THIGHS**

- 1 tbsp extra virgin olive oil
- 4 chicken thighs, skin on and bone-in
- ¼ cup chopped onion
- 1 tsp garlic
- 1 tsp fresh thyme leaves
- ½ cup chicken stock
- ¼ cup heavy cream
- 2 tbsp Dijon mustard
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Heat the oil in a cast iron skillet.
2. Season the chicken thighs with Pink Himalayan salt and cracked black pepper, and place skin-side down in the skillet.
3. Cook the chicken until the skin is brown, then turn the thighs over.
4. Continue to cook over medium heat until they have reached an internal temperature of 165°F. Set the chicken aside and keep warm.
5. Remove any excess fat from the skillet, then add the onions, garlic, and thyme.



**BREAKFAST**  
**IF & KA WITH WATER**

Enjoy the ease and convenience of breezing through the morning kitchen dash. Simply add one scoop of Keto Activate to an 8-10 oz glass of cold water and shake or blend, then drink. [Keto Activate](#) will wake up your metabolism, give you energy, and will not break a fast.

[Keto Activate](#) contains less than 5 calories and 0 carbs per serving.



**LUNCH**  
**KETO SALAMI AND BRIE CHEESE PLATE**

- 7 oz Brie cheese
- 4 oz salami
- 2 oz lettuce
- 1 organic avocado
- ½ cup macadamia nuts
- ¼ cup extra virgin olive oil

**INSTRUCTIONS**

Put cheese, salami, lettuce, avocado and nuts on a plate. Drizzle oil over the salad and serve.

Calories: 722 | Net Carbs: 5g | Fat: 54g



**DINNER**  
**GREEN SALMON SALAD**

**FOR THE SALAD**

- 2 tbsp grass-fed ghee
- 2 cups sliced shiitake mushrooms
- 16 oz fresh asparagus, diced
- 6 scallions, chopped
- 1 cup frozen peas
- 2 cups broccoli florets, chopped
- Pink Himalayan salt and cracked black pepper
- 1 cup parsley, chopped

**FOR THE DRESSING**

- 1 cup avocado-oil based mayo
- 1 tbsp MCT oil
- 2 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 3 cloves garlic, minced
- ½ teaspoon turmeric
- Pink Himalayan salt and cracked black pepper

**FOR THE SALMON**

- 4 ounce fillet of wild salmon
- 1 large carrot, roughly chopped
- 1 yellow onion, roughly chopped
- 1 teaspoon pink Himalayan salt
- 1 teaspoon apple cider vinegar
- 1 lemon, quartered

**INSTRUCTIONS**

1. Heat ghee in a large skillet on medium heat. Saute mushrooms for 2 to 3 minutes until slightly softened. Add in asparagus and scallion and a little water. Cook for another 3-4 minutes.
2. Reduce heat to medium-low and then stir in the peas, broccoli, and tomatoes. Season, cook for another 3-4 minutes. Fold in the parsley. Place in a large mixing bowl.
3. To make the dressing blend all ingredients in a food processor until smooth. Pour the dressing over the veggie mixture and stir to combine. Season.
4. To cold poach salmon, place the salmon fillets, carrot, onion, Pink Himalayan salt, and vinegar in a large pot and top with cold water. Simmer over medium heat for about 10 minutes or until salmon is just cooked. Keep an eye on the salmon in order to catch it at the right time.
5. Discard poaching water and set salmon on a large plate. Divide the salad among eight plates and top each with a salmon fillet. Squeeze fresh lemon juice over each piece of fish and season with additional pink Himalayan salt.

Calories: 579 | Net Carbs: 15g | Fat: 36g



**SNACK VANILLA ICE CREAM COFFEE SMOOTHIE**

- 5 cubes coffee frozen in ice cube tray
- 1.5 cups unsweetened vanilla almond milk
- 1 tbsp MCT Oil
- ½ scoop of [Keto Activate](#)
- 1 tbsp chia seeds
- 2 tbsp heavy whipping cream
- 1 tsp organic vanilla extract
- ⅛ tsp stevia

**INSTRUCTIONS**

Add all ingredients to a blender and blend until smooth. Let sit 5 minutes before serving to allow chia seeds to expand.

Calories: 344 | Net Carbs: 7g | Fat: 32g



**BREAKFAST**  
**IF & KA WITH WATER**

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**SNACK**  
**MACADAMIA NUT BUTTER CUPS**

- 1 ½ cups Lily’s chocolate chips
- ¾ cup macadamia nut butter
- ¼ cup coconut oil, melted
- Pinch of pink Himalayan salt
- Pinch of monk fruit, granulated
- ¼ teaspoon real vanilla powder

**INSTRUCTIONS**

1. Line muffin tin with 12 parchment paper or silicone muffin liners and set aside.
2. Melt chocolate chips in a double boiler. Spoon a generous tablespoon of the melted chocolate into the bottom of each muffin liner.
3. Spread evenly and freeze for 30 minutes.
4. Put macadamia nut butter, melted coconut oil, pink Himalayan salt, monk fruit and vanilla in a food processor and process until smooth.
5. Remove the muffin tin from freezer when the chocolate has hardened. Spoon 1 tablespoon of the macadamia nut butter mixture into the center of each chocolate cup. Return to freezer for 20 minutes.
6. Remove the muffin tin from freezer when ingredients have hardened. Heat the remaining chocolate in the double boiler again and spoon over the macadamia nut butter mixture. Return to freezer for 30 minutes.
7. When the final layer has hardened, remove from freezer. Store leftovers in a covered glass container in the fridge.



**LUNCH**  
**SMOKED SALMON AND AVOCADO PLATE**

- 7 oz smoked salmon
- 2 organic avocados
- ½ cup olive oil mayonnaise
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Split the avocado in half, remove the pit, and scoop out avocado pieces with a spoon.
2. Place on a plate. Add salmon and a hearty dollop of mayonnaise to the plate.
3. Top with freshly ground black cracked black pepper and a sprinkle of pink Himalayan salt.

Calories: 1604 | Net Carbs: 5g | Fat: 159g



**DINNER BACON WRAPPED**  
**JALEPEÑO POPPERS**

- 6 oz cream cheese
- ¾ cup shredded pepper jack cheese
- 6 slices nitrate-free bacon
- 6 large jalapenos
- 1-2 tsp BBQ seasoning

**INSTRUCTIONS**

1. Place cream cheese in bowl and warm in microwave for 30-45 seconds until softened
2. Mix with ½ cup shredded pepper jack and BBQ seasoning.
3. Cut jalapenos in half and remove seeds. Fill each jalapeno half with spoonfuls of the cream cheese mixture until filled.
4. Sprinkle remaining ¼ cup cheese on each jalapeno. Tightly wrap half slice of bacon around each jalapeno.
5. Bake at 400°F for 20 minutes and broil for 5 minutes until cheese browns and bacon is crisp.

Calories: 667 | Net Carbs: 20g | Fat: 32g



**BREAKFAST**  
**IF & KA WITH WATER**

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[Keto Activate](#) contains less than 5 calories and 0 carbs per serving.

6. Once the onions have softened, add the chicken stock and let simmer for five minutes.
7. Add the cream and mustard, then adjust seasoning as necessary. Serve the chicken with the sauce poured over each thigh.

Calories: 902 | Net Carbs: 2g | Fat: 64g



**LUNCH**  
**GREEN SMOOTHIE**

- 1 cup filtered water
- ½ organic avocado
- 1 tbsp MCT oil
- ½ organic cucumber
- 1 large handful dark leafy greens
- 1 – 2 leaves mint
- 2 tbsp parsley
- 2 tbsp hemp seeds
- Juice from 1 lemon
- ¼ teaspoon turmeric powder

**INSTRUCTIONS**

Blend all ingredients in a high-speed blender until smooth, about 1 minute. Best enjoyed cold.

Calories: 283 | Net Carbs: 5g | Fat: 25g



**SNACK KETO ACTIVATE & COCONUT PORRIDGE**

- 2 tbsp grass-fed butter or coconut oil
- 1 organic egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 4 tbsp coconut cream
- 1 pinch Himalayan salt

**INSTRUCTIONS**

1. Add all ingredients to a non-stick saucepan. Mix well and place over low heat. Stir constantly until you achieve your desired texture.
2. Serve with coconut milk or cream. Top your porridge with a few fresh or frozen berries and enjoy!

Calories: 350 | Net Carbs: 5g | Fat: 39g



**DINNER**  
**DIJON CHICKEN THIGHS**

- 1 tbsp extra virgin olive oil
- 4 chicken thighs, skin on and bone-in
- ¼ cup chopped onion
- 1 tsp garlic
- 1 tsp fresh thyme leaves
- ½ cup chicken stock
- ¼ cup heavy cream
- 2 tbsp Dijon mustard
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Heat the oil in a cast iron skillet.
2. Season the chicken thighs with Pink Himalayan salt and cracked black pepper, and place skin-side down in the skillet.
3. Cook the chicken until the skin is brown, then turn the thighs over.
4. Continue to cook over medium heat until they have reached an internal temperature of 165°F. Set the chicken aside and keep warm.
5. Remove any excess fat from the skillet, then add the onions, garlic, and thyme.



**BREAKFAST**  
**IF & KA WITH WATER**

Enjoy the ease and convenience of breezing through the morning kitchen dash. Simply add one scoop of Keto Activate to an 8-10 oz glass of cold water and shake or blend, then drink. [Keto Activate](#) will wake up your metabolism, give you energy, and will not break a fast.

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**SNACK**  
**CREAMY CHOCOLATE FAT BOMBS**

- 8 oz block cream cheese, softened
- 8 oz grass-fed butter, softened
- ½ cup almond flour
- ½ cup unsweetened cocoa powder
- ¼ tsp Himalayan salt
- ¼ tsp organic vanilla
- 10-20 drops liquid stevia to taste
- ⅔ cup sugar-free dark chocolate chips
- ½ scoop of [Keto Activate](#)

**INSTRUCTIONS**

1. Combine the butter and cream cheese into a large bowl using a hand mixer.
2. Add in the almond flour, cocoa powder, vanilla extract, salt and combine. Use [Keto Activate](#) if you prefer a more rich and chocolatey taste.
3. Store in refrigerator up to 2 weeks.

Calories: 78 | Net Carbs: 2g | Fat: 6g

**LUNCH**  
**CINNAMON ALMOND SHAKE**

- 1½ cups unsweetened nut milk
- 1 scoop collagen peptides
- 2 tbsp almond butter
- 2 tbsp golden flax meal
- ½ tsp cinnamon
- 15 drops liquid stevia
- ⅛ tsp almond extract
- ⅛ tsp Himalayan salt
- 6-8 ice cubes

**INSTRUCTIONS**

Add all the ingredients to a blender and combine for 30 seconds or until you get a smooth consistency.

Calories: 326 | Net Carbs: 6g | Fat: 27g

**DINNER**  
**BBQ PULLED PORK STUFFED AVOCADOS**

- 2 Hass avocados, halved and pitted
- 1½ cups pulled pork or chicken
- ¼ cup sugar-free BBQ sauce
- 2 tbsp ranch dressing
- 1 tbsp snipped chives

**INSTRUCTIONS**

1. Cut avocados in half, remove the pit. Scoop the avocado out to make room for the filling.
2. Warm the pulled pork in the microwave or frying pan, then mix with ¼ cup of your favorite BBQ sauce. Evenly distribute between the avocado halves.
3. Drizzle each half with remaining BBQ sauce and ranch dressing. Garnish with chives or green onion.
4. Eat as is or pop into the microwave to warm. Alternately, place into an oven preheated to 350°F and bake covered for about 20 minutes.

Calories: 423 | Net Carbs: 9g | Fat: 34g

**BREAKFAST**  
**IF & KA WITH WATER**

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[Keto Activate](#) contains less than 5 calories and 0 carbs per serving.

Calories: 902 | Net Carbs: 2g | Fat: 64g

**LUNCH**  
**CHOCOLATE MACADAMIA SMOOTHIE**

- 1 cup unsweetened vanilla almond milk
- 2 tbsp macadamia nuts
- 1 teaspoon MCT oil
- 1 tbsp coconut butter
- 2 tbsp chia seed
- 1 tbsp cacao
- 1 scoop of [Keto Activate](#)

**INSTRUCTIONS**

Blend all ingredients in a high-speed blender until smooth, about 1 minute. Best enjoyed cold.

Calories: 460 | Net Carbs: 22g | Fat: 41 g

**SNACK**  
**TIRAMISU FAT BOMBS**

- 1 cup + ¼ tsp mascarpone cheese
- 2 ¼ teaspoon coffee extract
- 1 ¼ teaspoon rum extract
- 1 ¼ teaspoon cocoa powder
- 1 scoop of [Keto Activate](#)
- 20 drops liquid stevia

**INSTRUCTIONS**

Combine everything together and chill for 1 hour before serving.

Calories: 85 | Net Carbs: 2g | Fat: 7g

**DINNER**  
**DIJON CHICKEN THIGHS**

- 1 tbsp extra virgin olive oil
- 4 chicken thighs, skin on and bone-in
- ¼ cup chopped onion
- 1 tsp garlic
- 1 tsp fresh thyme leaves
- ½ cup chicken stock
- ¼ cup heavy cream
- 2 tbsp Dijon mustard
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Heat the oil in a cast iron skillet.
2. Season the chicken thighs with Pink Himalayan salt and cracked black pepper, and place skin-side down in the skillet.
3. Cook the chicken until the skin is brown, then turn the thighs over.
4. Continue to cook over medium heat until they have reached an internal temperature of 165°F. Set the chicken aside and keep warm.
5. Remove any excess fat from the skillet, then add the onions, garlic, and thyme.
6. Once the onions have softened, add the chicken stock and let simmer for five minutes.
7. Add the cream and mustard, then adjust seasoning as necessary. Serve the chicken with the sauce poured over each thigh.



**BREAKFAST  
IF & KA WITH WATER**

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**LUNCH  
CINNAMON ALMOND SHAKE**

- 1 1/2 cups unsweetened nut milk
- 1 scoop collagen peptides
- 2 tbsp almond butter
- 2 tbsp golden flax meal
- 1/2 tsp cinnamon
- 15 drops liquid stevia
- 1/8 tsp almond extract
- 1/8 tsp Himalayan salt
- 6-8 ice cubes

**INSTRUCTIONS**

Add all the ingredients to a blender and combine for 30 seconds or until you get a smooth consistency.

Calories: 326 | Net Carbs: 6g | Fat: 27g



**DINNER  
CHEESEBURGER CASSEROLE**

**FOR THE BASE**

- 1 tbsp avocado oil
- 1 large head cauliflower, riced
- 1/2 tsp pink Himalayan salt
- 1 cup cheddar cheese, shredded
- 1/4 cup heavy cream

**FOR THE BEEF**

- 2 lb ground beef
- 2 tsp pink Himalayan salt
- 1/2 tsp cracked black pepper

**FOR THE TOPPING**

- 1/2 cup sugar-free ketchup
- 2 tbsp mustard
- 1 cup cheddar cheese, shredded

**INSTRUCTIONS**

1. Heat the oil in a large saute pan over medium-high heat. Add the cauliflower rice and salt/pepper. Stir fry until the cauliflower is cooked and a little browned, about 7-10 minutes.

2. Remove from heat. Stir in the cheddar cheese and heavy cream. Transfer the mixture evenly to a casserole dish. Set aside.
3. Preheat the oven to 400°F.
4. Lightly wipe down the saute pan to remove any cauliflower pieces, and add the ground beef. Season with salt and black pepper. Cook the ground beef until browned, about 10 minutes. Drain if needed.
5. Sprinkle the ground beef evenly over the cauliflower in the casserole dish.
6. Drizzle the casserole with ketchup and mustard. Sprinkle with shredded cheese.
7. Bake for about 10 minutes, until casserole is hot and cheese melts.

Calories: 613 | Net Carbs: 3g | Fat: 51g



**SNACK STRAWBERRY SHORTCAKE  
FAT BOMBS**

- 3/4 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup shredded coconut, unsweetened
- 1/2 cup strawberries
- 1 tsp organic vanilla extract
- 1 tbsp coconut oil
- 1 tsp stevia

**INSTRUCTIONS**

1. Add all ingredients to a food processor and process until well combined.
2. Roll into 25 individual bites. If desired, roll in shredded coconut.
3. Chill in the fridge for at least one hour for the best flavor.

Calories: 53 | Net Carbs: 2g | Fat: 7g



**BREAKFAST  
IF & KA WITH WATER**

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**LUNCH  
TACO SALAD**

- 1 lb ground beef
- 1 tsp avocado oil
- 2 tbsp taco seasoning
- 8 oz romaine lettuce, chopped
- 1 1/3 cup grape tomatoes, halved
- 3/4 cup cheddar cheese, shredded
- 1 organic avocado, cubed
- 1/2 cup scallions, chopped
- 1/3 cup salsa
- 1/3 cup sour cream

**INSTRUCTIONS**

1. Heat oil in a skillet over high heat. Add ground beef. Stir fry, breaking up the pieces with a spatula, for about 7-10 minutes, until the beef is browned and moisture has evaporated.
2. Stir taco seasoning into the ground beef until well combined.
3. Meanwhile, combine all remaining ingredients in a large bowl. Add the ground beef. Toss everything together.

Calories: 530 | Net Carbs: 9g | Fat: 42g



**DINNER PAN-FRIED PORK TENDERLOIN  
& ROASTED BROCCOLI**

**FOR THE PORK**

- 1 lb pork tenderloin, halved
- Pink Himalayan salt and cracked black pepper, to taste
- 1 tbsp coconut oil

**INSTRUCTIONS**

1. Place the 1 tablespoon of coconut oil into a frying pan on a medium heat.
2. After the coconut oil melts, place the tenderloin pieces into the pan.
3. Leave the pork to cook on its side. Once that side is cooked, turn using tongs to cook the other sides. Keep turning and cooking until the pork looks cooked on all sides.
4. Cook all sides of the pork until the meat thermometer shows an internal temperature of just below 145°F.
5. The pork will keep on cooking a bit after you take it out of the pan.

6. Let the pork rest for a few minutes and then slice into 1-inch thick slices with a sharp knife.

**FOR THE BROCCOLI**

- 2 cups broccoli florets
- 1 tbsp extra virgin olive oil
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Preheat oven to 400°F.
2. Pour oil on baking sheet and add salt and pepper.
3. Add broccoli to pan and saturate florets in the olive oil.
4. Place florets on their head to ensure they char slightly.
5. Bake about 10-15 minutes until you can pierce with a fork, watch carefully as to not char too much.

Calories: 1244 | Net Carbs: 12g | Fat: 66g



**SNACK  
MACADAMIA NUT BUTTER CUPS**

- 1 1/2 cups Lily's chocolate chips
- 3/4 cup macadamia nut butter
- 1/4 cup coconut oil, melted
- Pinch of pink Himalayan salt
- Pinch of monk fruit, granulated
- 1/4 teaspoon real vanilla powder

**INSTRUCTIONS**

1. Line muffin tin with 12 parchment paper or silicone muffin liners and set aside.
2. Melt chocolate chips in a double boiler. Spoon a generous tablespoon of the melted chocolate into the bottom of each muffin liner.
3. Spread evenly and freeze for 30 minutes.
4. Put macadamia nut butter, melted coconut oil, pink Himalayan salt, monk fruit and vanilla in a food processor and process until smooth.
5. Remove the muffin tin from freezer when the chocolate has hardened. Spoon 1 tablespoon of the macadamia nut butter mixture into the center of each chocolate cup. Return to freezer for 20 minutes.
6. Remove the muffin tin from freezer when ingredients have hardened. Heat the remaining chocolate in the double boiler again and spoon over the macadamia nut butter mixture. Return to freezer for 30 minutes.
7. When the final layer has hardened, remove from freezer. Store leftovers in a covered glass container in the fridge.

Calories: 120 | Net Carbs: 4g | Fat: 26g

**BREAKFAST**  
**IF & KA WITH WATER**

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**SNACK**  
**BONE BROTH WITH CREAMY BRIE CHEESE****LUNCH**  
**LOADED KETO LATTE**

- 6 oz brewed hot coffee
- 6 oz unsweetened almond or coconut milk
- ¼ teaspoon ground Ceylon cinnamon
- Pinch monk fruit, granulated
- 1 scoop [Keto Activate](#)

**INSTRUCTIONS**

Add all the ingredients and blend together until frothy.

Calories: 25 | Net Carbs: 1g | Fat: 1g

**DINNER**  
**BBQ PULLED PORK STUFFED AVOCADOS****FOR THE PORK**

- 2 Hass avocados, halved and pitted
- 1 ½ cups pulled pork or chicken
- ¼ cup sugar-free BBQ sauce
- 2 tbsp ranch dressing
- 1 tbsp snipped chives

**INSTRUCTIONS**

1. Cut avocados in half, remove the pit. Scoop the avocado out to make room for the filling.
2. Warm the pulled pork in the microwave or frying pan, then mix with ¼ cup of your favorite BBQ sauce. Evenly distribute between the avocado halves.
3. Drizzle each half with remaining BBQ sauce and ranch dressing. Garnish with chives or green onion.
4. Eat as is or pop into the microwave to warm. Alternately, place into an oven preheated to 350°F and bake covered for about 20 minutes.

Calories: 423 | Net Carbs: 9g | Fat: 34g



## BREAKFAST IF & KA WITH WATER

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## LUNCH CHIPOTLE STEAK BOWL

### FOR THE SKIRT STEAK

- 16 oz skirt steak
- Pink Himalayan salt, cracked black pepper
- 4 oz pepper jack cheese, grated
- 1 cup sour cream
- 1 handful fresh cilantro
- 1 splash Chipotle Tabasco Sauce

### FOR THE GUACAMOLE

- 2 organic avocados
- ¼ cup red onion, diced
- 6 grape tomatoes
- 1 clove garlic
- 1 tbsp extra virgin olive oil
- Fresh cilantro
- 1 lime
- ¼ tsp pink Himalayan salt
- ⅛ tsp cracked black pepper

### INSTRUCTIONS

1. Season the skirt steak with salt and pepper to taste and heat up a cast iron skillet on high heat. When it's very hot, cook the skirt steak for 3-4 minutes on each side. Finish in the oven until your preferred internal temperature. Let it rest for 15 minutes.
2. Mix guacamole ingredients together separately.
3. Slice the skirt steak against the grain into thin, bite-sized strips and divide into 4 portions.
4. Garnish with guacamole, sour cream, cheese, cilantro and Tabasco. Enjoy!

Calories: 620 | Net Carbs: 6g | Fat: 50g



## DINNER VEGGIE BURGERS & ASPARAGUS SAUTE

### FOR THE PATTIES

- 1 lb ground beef
- 1 cup leek or onion, chopped
- 2 tbsp parsley, chopped
- 1 organic egg
- Pink Himalayan Pink Himalayan salt and cracked black cracked black pepper

### INSTRUCTIONS

Mix all the burger ingredients together and form into four patties and then saute in olive oil or on the grill

### FOR THE ASPARAGUS SAUTE

- 2 tbsp olive oil
- 4 green olives, diced
- 1 clove garlic, minced
- Pinch of crushed red pepper
- 1 cup asparagus, chopped
- 2 teaspoons lime juice
- 3 tbsp parsley, chopped
- Pink Himalayan Pink Himalayan salt and cracked black cracked black pepper to taste

### INSTRUCTIONS

1. Heat olive oil in a pan on medium heat. Add asparagus and cook 5-7 minutes until it starts to soften.
2. Add green olives, pepper and garlic for 1 minute until fragrant. Turn off heat and toss to coat the asparagus with the remaining ingredients.

Calories: 1404 Net Carbs: 18g Fat: 85g



## SNACK VANILLA ICE CREAM COFFEE SMOOTHIE

- 5 cubes coffee frozen in ice cube tray
- 1.5 cups unsweetened vanilla almond milk
- 1 tbsp MCT Oil
- ½ scoop of [Keto Activate](#)
- 1 tbsp chia seeds
- 2 tbsp heavy whipping cream
- 1 tsp organic vanilla extract
- ⅛ tsp stevia

### INSTRUCTIONS

Add all ingredients to a blender and blend until smooth. Let sit 5 minutes before serving to allow chia seeds to expand.

Calories: 344 | Net Carbs: 7g | Fat: 32g



**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**TACO SALAD**

- 1 lb ground beef
- 1 tsp avocado oil
- 2 tbsp taco seasoning
- 8 oz romaine lettuce, chopped
- 1 1/3 cup grape tomatoes, halved
- 3/4 cup cheddar cheese, shredded
- 1 organic avocado, cubed
- 1/2 cup scallions, chopped
- 1/3 cup salsa
- 1/3 cup sour cream

**INSTRUCTIONS**

1. Heat oil in a skillet over high heat. Add ground beef. Stir fry, breaking up the pieces with a spatula, for about 7-10 minutes, until the beef is browned and moisture has evaporated.
2. Stir taco seasoning into the ground beef until well combined.
3. Meanwhile, combine all remaining ingredients in a large bowl. Add the ground beef. Toss everything together.

Calories: 530 | Net Carbs: 9g | Fat: 42g



**DINNER**  
**GREEN SALMON SALAD**

**FOR THE SALAD**

- 2 tbsp grass-fed ghee
- 2 cups sliced shiitake mushrooms
- 16 oz fresh asparagus, diced
- 6 scallions, chopped
- 1 cup frozen peas
- 2 cups broccoli florets, chopped
- Pink Himalayan salt and cracked black pepper
- 1 cup parsley, chopped

**FOR THE DRESSING**

- 1 cup avocado-oil based mayo
- 1 tbsp MCT oil
- 2 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 3 cloves garlic, minced
- 1/2 teaspoon turmeric
- Pink Himalayan salt and cracked black pepper

**FOR THE SALMON**

- 4 ounce fillet of wild salmon
- 1 large carrot, roughly chopped
- 1 yellow onion, roughly chopped
- 1 teaspoon pink Himalayan salt
- 1 teaspoon apple cider vinegar
- 1 lemon, quartered

**INSTRUCTIONS**

1. Heat ghee in a large skillet on medium heat. Saute mushrooms for 2 to 3 minutes until slightly softened. Add in asparagus and scallion and a little water. Cook for another 3-4 minutes.
2. Reduce heat to medium-low and then stir in the peas, broccoli, and tomatoes. Season, cook for another 3-4 minutes. Fold in the parsley. Place in a large mixing bowl.
3. To make the dressing blend all ingredients in a food processor until smooth. Pour the dressing over the veggie mixture and stir to combine. Season.
4. To cold poach salmon, place the salmon fillets, carrot, onion, Pink Himalayan salt, and vinegar in a large pot and top with cold water. Simmer over medium heat for about 10 minutes or until salmon is just cooked. Keep an eye on the salmon in order to catch it at the right time.
5. Discard poaching water and set salmon on a large plate. Divide the salad among eight plates and top each with a salmon fillet. Squeeze fresh lemon juice over each piece of fish and season with additional pink Himalayan salt.

Calories: 579 | Net Carbs: 15g | Fat: 36g



**SNACK**  
**BONE BROTH WITH CREAMY BRIE CHEESE**



**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**CHIPOTLE STEAK BOWL**

**FOR THE SKIRT STEAK**

- 16 oz skirt steak
- Pink Himalayan salt, cracked black pepper
- 4 oz pepper jack cheese, grated
- 1 cup sour cream
- 1 handful fresh cilantro
- 1 splash Chipotle Tabasco Sauce

**FOR THE GUACAMOLE**

- 2 organic avocados
- ¼ cup red onion, diced
- 6 grape tomatoes
- 1 clove garlic
- 1 tbsp extra virgin olive oil
- Fresh cilantro
- 1 lime
- ¼ tsp pink Himalayan salt
- ⅛ tsp cracked black pepper

**INSTRUCTIONS**

1. Season the skirt steak with salt and pepper to taste and heat up a cast iron skillet on high heat. When it's very hot, cook the skirt steak for 3-4 minutes on each side. Finish in the oven until your preferred internal temperature. Let it rest for 15 minutes.
2. Mix guacamole ingredients together separately.
3. Slice the skirt steak against the grain into thin, bite-sized strips and divide into 4 portions.
4. Garnish with guacamole, sour cream, cheese, cilantro and Tabasco. Enjoy!

Calories: 620 | Net Carbs: 6g | Fat: 50g



**DINNER**  
**GREEK-STYLE BURGERS**

- 1 lb. ground beef
- 1 cup baby spinach leaves, chopped
- ¼ cup sun-dried tomatoes, chopped
- ½ small red onion, diced
- ¼ cup feta cheese, crumbled
- 1 egg, beaten
- 2 tbsp. coconut oil
- Sea salt and freshly ground black pepper
- Tomato slices, to serve
- Lettuce, to serve
- Onion slices, to serve

**INSTRUCTIONS**

1. In a bowl combine the ground beef, spinach, sun dried tomatoes, red onion, feta, egg, and season to taste.
2. Mix everything until well combined and form four large patties with the mixture.
3. Melt coconut oil in a skillet over medium-high heat.
4. Cook the patties 5 to 6 minutes per side, or until desired doneness.
5. Serve the patties topped with tomato, lettuce, and onion, or any toppings of your choice.

Calories: 620 | Net Carbs: 9g | Fat: 30g



**SNACK**  
**DAIRY-FREE HOT CHOCOLATE MOUSSE**

- 1 can full-fat coconut milk, divided
- 5-10 drops alcohol-free Stevia
- ½ tablespoon grass-fed gelatin
- 3 tablespoons MCT oil
- 1 scoop of [Keto Activate](#)
- 3 tablespoons grass-fed collagen
- 2 egg pastured yolks, optional
- ⅓ cup cacao powder
- ½ teaspoon ground vanilla beans

**INSTRUCTIONS**

1. Heat ½ of the coconut milk on medium-low heat in a small saucepan with gelatin. Stir frequently, until dissolved.
2. Blend remaining ingredients separately, until combined.
3. Change to low speed and add gelatin mix to blender.
4. Pour mix into three mugs and allow to cool in the fridge for an hour.

Calories: 466 | Net Carbs: 10g | Fat: 45g





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**LUNCH**  
**PUMPKIN SOUP**

- 15 oz pumpkin puree
- 4 cups chicken broth
- ½ tsp pink Himalayan salt
- ½ tsp cracked black pepper
- ½ tsp garlic powder
- 1 tsp fresh thyme
- ½ cup heavy cream
- ¼ cup sour cream
- 2 tbsp chopped parsley
- 2 tbsp roasted, salted, pepitas

**INSTRUCTIONS**

1. Combine pumpkin puree, chicken broth, salt, black pepper, garlic, and thyme to a medium saucepan and bring to boil.
2. Reduce heat and simmer for about 10 minutes, to give the flavors time to meld.
3. Remove from the heat, and add the heavy cream. If desired, garnish with sour cream, parsley, and pepitas.

Calories: 120 | Net Carbs: 7g | Fat: 9g



**DINNER**  
**GREEK-STYLE BURGERS**

- 1 lb. ground beef
- 1 cup baby spinach leaves, chopped
- ¼ cup sun-dried tomatoes, chopped
- ½ small red onion, diced
- ¼ cup feta cheese, crumbled
- 1 egg, beaten
- 2 tbsp. coconut oil
- Sea salt and freshly ground black pepper
- Tomato slices, to serve
- Lettuce, to serve
- Onion slices, to serve

**INSTRUCTIONS**

1. In a bowl combine the ground beef, spinach, sun dried tomatoes, red onion, feta, egg, and season to taste.
2. Mix everything until well combined and form four large patties with the mixture.
3. Melt coconut oil in a skillet over medium-high heat.
4. Cook the patties 5 to 6 minutes per side, or until desired doneness.
5. Serve the patties topped with tomato, lettuce, and onion, or any toppings of your choice.

Calories: 620 | Net Carbs: 9g | Fat: 30g



**SNACK VANILLA ICE CREAM COFFEE SMOOTHIE**

- 5 cubes coffee frozen in ice cube tray
- 1.5 cups unsweetened vanilla almond milk
- 1 tbsp MCT Oil
- ½ scoop of [Keto Activate](#)
- 1 tbsp chia seeds
- 2 tbsp heavy whipping cream
- 1 tsp organic vanilla extract
- ⅛ tsp stevia

**INSTRUCTIONS**

Add all ingredients to a blender and blend until smooth. Let sit 5 minutes before serving to allow chia seeds to expand.

Calories: 344 | Net Carbs: 7g | Fat: 32g



**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**INSTANT POT BROCCOLI CHEESE SOUP**

- 3 tbsp grass-fed butter
- 1 medium onion, diced
- 2 cups diced carrots
- 2 cloves garlic minced
- ¼ cup almond flour
- 3 cups bone broth
- 6 cups broccoli florets
- 1 tsp paprika
- 1 tsp dijon mustard
- 1 ½ cups monterey jack cheese, shredded
- 1 ½ cups sharp cheddar cheese, shredded
- ½ cup coconut milk
- ½ cup heavy cream
- Pink Himalayan salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Press the saute button on the Instant Pot and add the butter. When the butter is melted stir in the onion and carrots and cook about 2-3 minutes.
2. Stir in the garlic and flour. Cook for 1 minute and then stir in the broth. Continue stirring until no lumps remain.
3. Add the broccoli to the pot, pop on the lid, and set to cook at high pressure for 8 minutes. At the end of 8 minutes, do a quick release of pressure, open the lid and turn the pot off. Add in the paprika, and dijon and stir until incorporated.
4. Stir in the cheeses, mixing well until fully melted. Once melted add in the milk and cream, season to taste.

Calories: 530 | Net Carbs: 5g | Fat: 43g



**DINNER SHEET PAN BURGERS**  
**WITH BACON & JALAPEÑO**

**FOR THE BURGER PATTIES**

- 24 oz ground beef
- 1 teaspoon kosher Pink Himalayan salt
- Pink Himalayan salt and cracked black pepper
- ½ teaspoon garlic powder

**FOR THE TOPPINGS**

- 6 slices raw bacon, cut in half
- 4 slices of onion
- 2 jalapeños, seeded and sliced into rings
- 4 slices cracked black pepper jack cheese

**FOR THE SAUCE**

- ¼ cup real mayonnaise
- 1 tbsp Sriracha hot sauce
- ½ teaspoon Worcestershire sauce

**INSTRUCTIONS**

1. Preheat the oven to 425°F.
2. Combine the ground beef, Pink Himalayan salt, cracked black pepper, and garlic powder in a medium bowl and mix well with your hands.
3. Form into four patties of about equal size on a large baking sheet. Place the bacon, onion rings, and jalapeño slices on the same baking sheet. Bake for 18 minutes.
4. Meanwhile, combine the mayonnaise, Sriracha, Worcestershire sauce, and stir well until smooth. Store in refrigerator until ready to serve.
5. Remove sheet pan from the oven after 18 minutes and place one slice of cheese on each burger patty. Set oven to broil on high.
6. Return pan to the oven and broil for 2 minutes, or until the cheese is melted and slightly browned. Remove from the oven.
7. Build each burger with one patty, three pieces of bacon, one slice onion, the desired amount of jalapeños and a generous drizzle of sauce.

Calories: 608 | Net Carbs: 4g | Fat: 46g



**SNACK SMOKED SALMON AND**  
**AVOCADO PLATE**

- 7 oz smoked salmon
- 2 organic avocados
- ½ cup olive oil mayonnaise
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Split the avocado in half, remove the pit, and scoop out avocado pieces with a spoon.
2. Place on a plate. Add salmon and a hearty dollop of mayonnaise to the plate.
3. Top with freshly ground black cracked black pepper and a sprinkle of pink Himalayan salt.

Calories: 1604 | Net Carbs: 5g | Fat: 159g



**BREAKFAST**  
**IF & KA WITH WATER**

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6. Once the onions have softened, add the chicken stock and let simmer for five minutes.
7. Add the cream and mustard, then adjust seasoning as necessary. Serve the chicken with the sauce poured over each thigh.

Calories: 902 | Net Carbs: 2g | Fat: 64g



**LUNCH**  
**INSTANT POT CHICKEN SOUP**

- 1 whole chicken, with skin
- 5 ribs celery, diced
- 2 medium carrots, diced
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 tbsp Italian seasoning
- 8 cups water
- 2 tbsp pink Himalayan salt
- 1 teaspoon cracked black pepper
- ¼ cup parsley

**INSTRUCTIONS**

1. Place everything (except for the parsley) into the Instant Pot.
2. Set Instant Pot on manual, high pressure for 25 minutes.
3. Carefully release the pressure and enjoy.

Calories: 437 | Net Carbs: 4g | Fat: 21g



**SNACK**  
**SHRIMP DEVILED EGGS**

- 4 organic eggs
- 1 tsp Tabasco
- ¼ cup olive oil mayonnaise
- 1 pinch pink Himalayan salt
- Cracked black pepper
- 8 cooked and peeled shrimp
- Fresh dill

**INSTRUCTIONS**

1. Hard boil eggs for 8-10 minutes
2. Remove the eggs from the pot and place in an ice bath for a few minutes before peeling.
3. Split the eggs in half and scoop out the yolks. Place the egg whites on a plate.
4. Mash the yolks with a fork and add Tabasco, salt, pepper and mayonnaise.
5. Add the mixture, using two spoons, to the egg whites and top with a shrimp on each. Decorate with dill.

Calories: 696 | Net Carbs: 5g | Fat: 59g



**DINNER**  
**DIJON CHICKEN THIGHS**

- 1 tbsp extra virgin olive oil
- 4 chicken thighs, skin on and bone-in
- ¼ cup chopped onion
- 1 tsp garlic
- 1 tsp fresh thyme leaves
- ½ cup chicken stock
- ¼ cup heavy cream
- 2 tbsp Dijon mustard
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Heat the oil in a cast iron skillet.
2. Season the chicken thighs with Pink Himalayan salt and cracked black pepper, and place skin-side down in the skillet.
3. Cook the chicken until the skin is brown, then turn the thighs over.
4. Continue to cook over medium heat until they have reached an internal temperature of 165°F. Set the chicken aside and keep warm.
5. Remove any excess fat from the skillet, then add the onions, garlic, and thyme.



**BREAKFAST**  
**IF & KA WITH WATER**

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[Keto Activate](#) contains less than 5 calories and 0 carbs per serving.



**SNACK STRAWBERRY SHORTCAKE**  
**FAT BOMBS**

- ¾ cup almond flour
- ¼ cup coconut flour
- ¼ cup shredded coconut, unsweetened
- ½ cup strawberries
- 1 tsp organic vanilla extract
- 1 tbsp coconut oil
- 1 tsp stevia

**INSTRUCTIONS**

1. Add all ingredients to a food processor and process until well combined.
2. Roll into 25 individual bites. If desired, roll in shredded coconut.
3. Chill in the fridge for at least one hour for the best flavor.

Calories: 53 | Net Carbs: 2g | Fat: 7g



**LUNCH**  
**PECAN BUTTER FAT BOMBS**

- 1 cup pecans, chopped
- 2 tbsp melted coconut oil
- 1 tbsp grass-fed butter, melted
- 1 tbsp sugar free peanut butter
- 1 tbsp cocoa powder
- a pinch of stevia, granulated

**INSTRUCTIONS**

Mix all the ingredients together and spoon it into a mold. Place in the freezer for 5 minutes and store them in your freezer or fridge.

Calories: 145 | Net Carbs: 2g | Fat: 16g



**DINNER**  
**SESAME BEEF SALAD**

- ½ lb skirt steak, cut into slices
- ¼ cup tamari sauce
- 1 tbsp extra virgin olive oil
- 1 cup iceberg lettuce, chopped
- 2 tbsp chives
- 2 tbsp cilantro
- ¼ cup zucchini, shredded
- ¼ cup carrot, shredded
- 2 tbsp almonds
- 1 tbsp toasted sesame seeds
- 1 ½ tbsp peanut or sesame oil
- ½ tbsp white vinegar
- Pink Himalayan salt to taste

**INSTRUCTIONS**

1. Marinate the steak in the tamari sauce for 10 minutes.
2. Saute the steak on medium-high heat, with the olive oil until cooked to temperature.
3. Add remaining ingredients and stir through. Serve hot.

Calories: 811 | Net Carbs: 8g | Fat: 65g



**BREAKFAST**  
**IF & KA WITH WATER**

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**INSTRUCTIONS**

1. Preheat the oven to 350°F. Mix all the ingredients for the pie dough in a food processor (or by hand) for a few minutes until the dough forms a ball.
2. Grease and form parchment paper on to a springform pan, no larger than 12 inches diameter. Spread dough into the pan using wet fingers and pre-bake for 10–15 minutes.
3. Place the avocado and the chili in a bowl and mix with the filling ingredients.
4. Pour mix into the pie crust and bake for 35 minutes or until golden. Let cool for a few minutes and serve with salad.

Calories: 872 | Net Carbs: 9g | Fat: 109g



**LUNCH**  
**ROAST BEEF & CHEDDAR PLATE**

- 7 oz deli roast beef
- 5 oz cheddar cheese
- 1 organic avocado
- 6 radishes
- 1 scallion
- ½ cup olive oil mayonnaise
- 1 tbsp Dijon mustard
- 2 oz lettuce
- 2 tbsp extra virgin olive oil
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

Serve roast beef, cheese, avocado and radishes on a plate garnished with onion, mustard and a hearty dollop of mayonnaise, lettuce and drizzled with olive oil.

Calories: 722 | Net Carbs: 5g | Fat: 54g



**SNACK**  
**TIRAMISU FAT BOMBS**

- 1 cup + ¼ tbsp mascarpone cheese
- 2 ¼ teaspoon coffee extract
- 1 ¼ teaspoon rum extract
- 1 ¼ teaspoon cocoa powder
- 1 scoop of [Keto Activate](#)
- 20 drops liquid stevia

**INSTRUCTIONS**

Combine everything together and chill for 1 hour before serving.

Calories: 85 | Net Carbs: 2g | Fat: 7g



**DINNER**  
**AVOCADO PIE & GREEN SALAD**

**FOR THE PIE CRUST**

- ¾ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp gluten-free baking powder
- 1 pinch pink Himalayan salt
- 3 tbsp extra virgin olive oil or coconut oil
- 1 pastured egg
- 4 tbsp water

**FOR THE FILLING**

- 2 ripe avocados, diced
- 1 cup olive oil mayonnaise
- 3 organic eggs
- 2 tbsp fresh cilantro, finely chopped
- 1 red chili pepper, finely chopped
- ½ tsp onion powder
- ¼ tsp pink Himalayan salt
- ½ cup cream cheese
- 1¼ cups shredded cheese



**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**ROAST BEEF & CHEDDAR PLATE**

- 1 can full-fat coconut milk, divided
- 5-10 drops alcohol-free Stevia
- ½ tablespoon grass-fed gelatin
- 3 tablespoons MCT oil
- 1 scoop of [Keto Activate](#)
- 3 tablespoons grass-fed collagen
- 2 egg pastured yolks, optional
- ⅓ cup cacao powder
- ½ teaspoon ground vanilla beans

**INSTRUCTIONS**

1. Heat ½ of the coconut milk on medium-low heat in a small saucepan with gelatin. Stir frequently, until dissolved.
2. Blend remaining ingredients separately, until combined.
3. Change to low speed and add gelatin mix to blender.
4. Pour mix into three mugs and allow to cool in the fridge for an hour.

Calories: 722 | Net Carbs: 5g | Fat: 54g



**DINNER**  
**CHICKEN GARAM MASALA**

**FOR THE CHICKEN**

- 2 chicken breasts
- 3 tbsp butter or ghee
- Pink Himalayan salt
- 1 red bell pepper, finely diced
- 1¼ cups coconut cream
- 1 tbsp fresh parsley, finely chopped

**FOR THE GARAM MASALA**

- 1 tsp ground cumin
- 1 - 2 tsp coriander seed, ground
- 1 tsp ground cardamom (green)
- 1 tsp turmeric, ground
- 1 tsp ground ginger
- 1 tsp paprika powder
- 1 tsp chili powder
- 1 pinch ground nutmeg

**INSTRUCTIONS**

1. Preheat the oven to 400°F and mix the spices for garam masala.
2. Cut the chicken breasts lengthwise. Place a large skillet over medium high heat and fry the chicken in butter until golden brown.
3. Add half the garam masala mix to the pan and stir thoroughly.
4. Season with salt, and place the chicken, including the juices, in a baking dish.
5. Finely chop the bell pepper and add to a separate bowl along with coconut cream and remaining garam masala mix.
6. Pour over the chicken, bake 20 minutes and then garnish with parsley and serve.

Calories: 872 | Net Carbs: 6g | Fat: 51g



**SNACK**  
**BROWNED BUTTER PUMPKIN SPICE LATTE**

- 1 tbsp grass-fed butter
- 1 shot espresso
- 2 tbsp pumpkin puree
- 2 tbsp heavy cream
- ¼ tsp pumpkin pie spice
- ½ tsp cinnamon
- 1 pinch pink Himalayan salt
- ½ cup hot almond milk

**INSTRUCTIONS**

1. Brown butter in a pan, be careful not to burn.
2. Add the coffee to a cup, then, add the pumpkin puree, browned butter, heavy cream, pumpkin pie spice, cinnamon and salt. Add almond milk to taste.
3. Blend on high for about 10 seconds and open blender carefully.
4. Pour into a serving cup, top with whipped cream and a sprinkle of cinnamon. Enjoy!

Calories: 235 | Net Carbs: 5g | Fat: 23g



**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**CHOCOLATE MACADAMIA SMOOTHIE**

- 1 cup unsweetened vanilla almond milk
- 2 tbsp macadamia nuts
- 1 teaspoon MCT oil
- 1 tbsp coconut butter
- 2 tbsp chia seed
- 1 tbsp cacao
- 1 scoop of [Keto Activate](#)

**INSTRUCTIONS**

Blend all ingredients in a high-speed blender until smooth, about 1 minute. Best enjoyed cold.

Calories: 460 | Net Carbs: 22g | Fat: 41 g



**DINNER**  
**AVOCADO PIE & GREEN SALAD**

**FOR THE PIE CRUST**

- ¾ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp gluten-free baking powder
- 1 pinch pink Himalayan salt
- 3 tbsp extra virgin olive oil or coconut oil
- 1 pastured egg
- 4 tbsp water

**FOR THE FILLING**

- 2 ripe avocados, diced
- 1 cup olive oil mayonnaise
- 3 organic eggs
- 2 tbsp fresh cilantro, finely chopped
- 1 red chili pepper, finely chopped
- ½ tsp onion powder
- ¼ tsp pink Himalayan salt
- ½ cup cream cheese
- ¼ cups shredded cheese

**INSTRUCTIONS**

1. Preheat the oven to 350°F. Mix all the ingredients for the pie dough in a food processor (or by hand) for a few minutes until the dough forms a ball.
2. Grease and form parchment paper on to a springform pan, no larger than 12 inches diameter. Spread dough into the pan using wet fingers and pre-bake for 10–15 minutes.
3. Place the avocado and the chili in a bowl and mix with the filling ingredients.
4. Pour mix into the pie crust and bake for 35 minutes or until golden. Let cool for a few minutes and serve with salad.

Calories: 872 | Net Carbs: 9g | Fat: 109g



**SNACK**  
**CHOCOLATE COCONUT CUPS**

- ½ cup coconut butter, melted
- ½ cup cocoa powder
- ½ cup coconut oil
- 1 serving sweetener of choice

**INSTRUCTIONS**

1. Melt your coconut oil in a double-boiler, then add cocoa powder and sweetener and mix until no clumps remain.
2. Moving quickly, coat the bottom and sides of the muffin liners with melted chocolate. Ensure a little is leftover to top with later. Place the chocolate coated muffin tins in the freezer to firm up.
3. Once firm, divide the coconut butter between 18 lined mini muffin cups. Top with the remaining chocolate and freeze until firm.

Calories: 120 | Net Carbs: 4g | Fat: 26g



**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**PUMPKIN SOUP**

- 15 oz pumpkin puree
- 4 cups chicken broth
- ½ tsp pink Himalayan salt
- ½ tsp cracked black pepper
- ½ tsp garlic powder
- 1 tsp fresh thyme
- ½ cup heavy cream
- ¼ cup sour cream
- 2 tbsp chopped parsley
- 2 tbsp roasted, salted, pepitas

**INSTRUCTIONS**

1. Combine pumpkin puree, chicken broth, salt, black pepper, garlic, and thyme to a medium saucepan and bring to boil.
2. Reduce heat and simmer for about 10 minutes, to give the flavors time to meld.
3. Remove from the heat, and add the heavy cream. If desired, garnish with sour cream, parsley, and pepitas.

Calories: 120 | Net Carbs: 7g | Fat: 9g



**DINNER**  
**GREEN SALMON SALAD**

**FOR THE SALAD**

- 2 tbsp grass-fed ghee
- 2 cups sliced shiitake mushrooms
- 16 oz fresh asparagus, diced
- 6 scallions, chopped
- 1 cup frozen peas
- 2 cups broccoli florets, chopped
- Pink Himalayan salt and cracked black pepper
- 1 cup parsley, chopped

**FOR THE DRESSING**

- 1 cup avocado-oil based mayo
- 1 tbsp MCT oil
- 2 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 3 cloves garlic, minced
- ½ teaspoon turmeric
- Pink Himalayan salt and cracked black pepper

**FOR THE SALMON**

- 4 ounce fillet of wild salmon
- 1 large carrot, roughly chopped
- 1 yellow onion, roughly chopped
- 1 teaspoon pink Himalayan salt
- 1 teaspoon apple cider vinegar
- 1 lemon, quartered

**INSTRUCTIONS**

1. Heat ghee in a large skillet on medium heat. Saute mushrooms for 2 to 3 minutes until slightly softened. Add in asparagus and scallion and a little water. Cook for another 3-4 minutes.
2. Reduce heat to medium-low and then stir in the peas, broccoli, and tomatoes. Season, cook for another 3-4 minutes. Fold in the parsley. Place in a large mixing bowl.
3. To make the dressing blend all ingredients in a food processor until smooth. Pour the dressing over the veggie mixture and stir to combine. Season.
4. To cold poach salmon, place the salmon fillets, carrot, onion, Pink Himalayan salt, and vinegar in a large pot and top with cold water. Simmer over medium heat for about 10 minutes or until salmon is just cooked. Keep an eye on the salmon in order to catch it at the right time.
5. Discard poaching water and set salmon on a large plate. Divide the salad among eight plates and top each with a salmon fillet. Squeeze fresh lemon juice over each piece of fish and season with additional pink Himalayan salt.

Calories: 579 | Net Carbs: 15g | Fat: 36g



**SNACK**  
**HAZELNUT TRUFFLES**

- 2 bars Sukrin Milk Chocolate, chopped
- ½ cup heavy cream
- ¼ tsp hazelnut extract
- 2-3 drops vanilla extract
- ¼ cup toasted hazelnuts, crushed

**INSTRUCTIONS**

1. Toast hazelnuts at 350°F in the oven about 10 minutes and then remove, cover with a towel and cool down. Vigorously rub the hazelnuts together in the towel to remove the bitter skins. Chop once cool.
2. Put chocolate and heavy cream into a microwavable dish and microwave for 50-70 seconds. Let the chocolate sit for 3 minutes, then gently whisk until combined. Add the vanilla and hazelnut flavoring and refrigerate overnight.
3. With a spoon, scoop 12 even portions onto a plate. Place the truffle portions into the freezer for 10 minutes and then roll into balls, cover with chopped hazelnuts and serve.

Calories: 70 | Net Carbs: 3g | Fat: 7g





**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**CINNAMON ALMOND SHAKE**

- 1 1/2 cups unsweetened nut milk
- 1 scoop collagen peptides
- 2 tbsp almond butter
- 2 tbsp golden flax meal
- 1/2 tsp cinnamon
- 15 drops liquid stevia
- 1/8 tsp almond extract
- 1/8 tsp Himalayan salt
- 6-8 ice cubes

**INSTRUCTIONS**

Add all the ingredients to a blender and combine for 30 seconds or until you get a smooth consistency.

Calories: 326 | Net Carbs: 6g | Fat: 27g



**DINNER**  
**CHICKEN GARAM MASALA**

**FOR THE CHICKEN**

- 2 chicken breasts
- 3 tbsp butter or ghee
- Pink Himalayan salt
- 1 red bell pepper, finely diced
- 1 1/4 cups coconut cream
- 1 tbsp fresh parsley, finely chopped

**FOR THE DRESSING**

- 1 tsp ground cumin
- 1 - 2 tsp coriander seed, ground
- 1 tsp ground cardamom (green)
- 1 tsp turmeric, ground
- 1 tsp ground ginger
- 1 tsp paprika powder
- 1 tsp chili powder
- 1 pinch ground nutmeg

**INSTRUCTIONS**

1. Preheat the oven to 400°F and mix the spices for garam masala.
2. Cut the chicken breasts lengthwise. Place a large skillet over medium high heat and fry the chicken in butter until golden brown.
3. Add half the garam masala mix to the pan and stir thoroughly.
4. Season with salt, and place the chicken, including the juices, in a baking dish.
5. Finely chop the bell pepper and add to a separate bowl along with coconut cream and remaining garam masala mix.
6. Pour over the chicken, bake 20 minutes and then garnish with parsley and serve.

Calories: 872 | Net Carbs: 6g | Fat: 51g



**SNACK**  
**BLUEBERRY CREAM PIE FAT BOMBS**

- 4 oz soft goat cheese
- 1/2 cup fresh blueberries
- 1 cup almond flour
- 1 tsp vanilla extract
- 1/2 cup pecans
- 1/2 tsp stevia
- 1/4 cup unsweetened shredded coconut

**INSTRUCTIONS**

Process all ingredients in a food processor, form into 30 small fat bombs and roll in coconut flakes.

Calories: 48 | Net Carbs: 1g | Fat: 4g



**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**CHIPOTLE STEAK BOWL**

**FOR THE SKIRT STEAK**

- 16 oz skirt steak
- Pink Himalayan salt, cracked black pepper
- 4 oz pepper jack cheese, grated
- 1 cup sour cream
- 1 handful fresh cilantro
- 1 splash Chipotle Tabasco Sauce

**FOR THE GUACAMOLE**

- 2 organic avocados
- ¼ cup red onion, diced
- 6 grape tomatoes
- 1 clove garlic
- 1 tbsp extra virgin olive oil
- Fresh cilantro
- 1 lime
- ¼ tsp pink Himalayan salt
- ⅛ tsp cracked black pepper

**INSTRUCTIONS**

1. Season the skirt steak with salt and pepper to taste and heat up a cast iron skillet on high heat. When it's very hot, cook the skirt steak for 3-4 minutes on each side. Finish in the oven until your preferred internal temperature. Let it rest for 15 minutes.
2. Mix guacamole ingredients together separately.
3. Slice the skirt steak against the grain into thin, bite-sized strips and divide into 4 portions.
4. Garnish with guacamole, sour cream, cheese, cilantro and Tabasco. Enjoy!

Calories: 620 | Net Carbs: 6g | Fat: 50g



**DINNER**  
**AVOCADO PIE & GREEN SALAD**

**FOR THE PIE CRUST**

- ¾ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp gluten-free baking powder
- 1 pinch pink Himalayan salt
- 3 tbsp extra virgin olive oil or coconut oil
- 1 pastured egg
- 4 tbsp water

**FOR THE FILLING**

- 2 ripe avocados, diced
- 1 cup olive oil mayonnaise
- 3 organic eggs
- 2 tbsp fresh cilantro, finely chopped
- 1 red chili pepper, finely chopped
- ½ tsp onion powder
- ¼ tsp pink Himalayan salt
- ½ cup cream cheese
- 1¼ cups shredded cheese

**INSTRUCTIONS**

1. Preheat the oven to 350°F. Mix all the ingredients for the pie dough in a food processor (or by hand) for a few minutes until the dough forms a ball.
2. Grease and form parchment paper on to a springform pan, no larger than 12 inches diameter. Spread dough into the pan using wet fingers and pre-bake for 10–15 minutes.
3. Place the avocado and the chili in a bowl and mix with the filling ingredients.
4. Pour mix into the pie crust and bake for 35 minutes or until golden. Let cool for a few minutes and serve with salad.

Calories: 872 | Net Carbs: 9g | Fat: 109g



**SNACK STRAWBERRY SHORTCAKE**  
**FAT BOMBS**

- ¾ cup almond flour
- ¼ cup coconut flour
- ¼ cup shredded coconut, unsweetened
- ½ cup strawberries
- 1 tsp organic vanilla extract
- 1 tbsp coconut oil
- 1 tsp stevia

**INSTRUCTIONS**

1. Add all ingredients to a food processor and process until well combined.
2. Roll into 25 individual bites. If desired, roll in shredded coconut.
3. Chill in the fridge for at least one hour for the best flavor.

Calories: 53 | Net Carbs: 2g | Fat: 7g

**BREAKFAST**  
**IF & KA WITH WATER**

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Calories: 438 | Net Carbs: 4g | Fat: 25g

**LUNCH**  
**ROAST BEEF & CHEDDAR PLATE**

- 7 oz deli roast beef
- 5 oz cheddar cheese
- 1 organic avocado
- 6 radishes
- 1 scallion
- ½ cup olive oil mayonnaise
- 1 tbsp Dijon mustard
- 2 oz lettuce
- 2 tbsp extra virgin olive oil
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

Serve roast beef, cheese, avocado and radishes on a plate garnished with onion, mustard and a hearty dollop of mayonnaise, lettuce and drizzled with olive oil.

Calories: 722 | Net Carbs: 5g | Fat: 54g

**DINNER**  
**CHICKEN CASSEROLE**

- 1 cup heavy cream or sour cream
- 2 tbsp basil pesto
- 2 tsp lemon juice
- 4 chicken thighs
- 3 tbsp grass-fed butter
- 1 lb cauliflower, chopped
- 1 leek, diced
- ½ cup cherry tomatoes, diced
- 7 oz shredded cheese
- Pink Himalayan salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Preheat the oven to 400°F.
2. Mix cream with pesto and lemon juice, salt and pepper.
3. Season the chicken thighs with salt and pepper, and fry in butter until they turn a nice golden brown.
4. Place the chicken in a greased 9 x 13 inch baking dish, and pour in the cream mixture. Top chicken with leek, tomatoes and cauliflower.
5. Sprinkle cheese on top and bake for at least 30 minutes or until the chicken is fully cooked.

**SNACK**  
**PEANUT BUTTER FAT BOMBS**

- 7 tbsp coconut manna, melted
- 3 tbsp unsweetened macaroon coconut
- 2 tbsp peanut butter powder
- ⅛ tsp vanilla extract
- ⅛ tsp stevia
- 1 tbsp Lakanto maple-flavored syrup

**INSTRUCTIONS**

Mix all ingredients except syrup and stir to combine. Stir in syrup last and then form into silicone molds. Chill in fridge for 60 minutes or freezer for 30 minutes.

Calories: 457 | Net Carbs: 10g | Fat: 44g

**BREAKFAST**  
**IF & KA WITH WATER**

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Calories: 585 | Net Carbs: 2g | Fat: 41g

**LUNCH**  
**TACO SALAD**

- 1 lb ground beef
- 1 tsp avocado oil
- 2 tbsp taco seasoning
- 8 oz romaine lettuce, chopped
- 1 ½ cup grape tomatoes, halved
- ¾ cup cheddar cheese, shredded
- 1 organic avocado, cubed
- ½ cup scallions, chopped
- ½ cup salsa
- ½ cup sour cream

**INSTRUCTIONS**

1. Heat oil in a skillet over high heat. Add ground beef. Stir fry, breaking up the pieces with a spatula, for about 7-10 minutes, until the beef is browned and moisture has evaporated.
2. Stir taco seasoning into the ground beef until well combined.
3. Meanwhile, combine all remaining ingredients in a large bowl. Add the ground beef. Toss everything together.

Calories: 530 | Net Carbs: 9g | Fat: 42g

**SNACK**  
**ITALIAN KETO PLATE**

- 7 oz fresh mozzarella cheese
- 7 oz prosciutto, sliced
- 2 organic tomatoes
- ½ cup extra virgin olive oil
- 10 green olives
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

Put tomatoes, prosciutto, cheese, and olives on a plate. Serve with olive oil and season with salt and pepper to taste.

Calories: 722 | Net Carbs: 5g | Fat: 54g

**DINNER**  
**CORDON BLEU**

- 1 rotisserie chicken
- 7 oz smoked deli ham
- 7 oz cream cheese
- 1 tbsp Dijon mustard
- 1 tbsp white vinegar
- 10 oz shredded cheddar cheese
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

1. Preheat oven to 400°F and chop the chicken and ham into bite-sized pieces.
2. Spoon cream cheese, mustard, vinegar, and 2/3 of the shredded cheese into a greased baking dish. Add chicken and ham, seasonings and cheese on top.
3. Bake for 15-20 minutes or until golden and then serve with lettuce and drizzled olive oil.



**BREAKFAST**  
**IF & KA WITH WATER**

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**SNACK**  
**MACADAMIA NUT COFFEE**

- 8 oz hot coffee
- ¼ cup macadamia nuts
- 3 tbsp heavy whipping cream
- ⅛ tsp stevia
- 1 tbsp MCT oil
- 1 scoop of [Keto Activate](#)

**INSTRUCTIONS**

Blend all ingredients for 60 seconds, then on high for 30 seconds.

Calories: 180 | Net Carbs: 1g | Fat: 19g



**LUNCH**  
**GREEN SMOOTHIE**

- 1 cup filtered water
- ½ organic avocado
- 1 tbsp MCT oil
- ½ organic cucumber
- 1 large handful dark leafy greens
- 1 – 2 leaves mint
- 2 tbsp parsley
- 2 tbsp hemp seeds
- Juice from 1 lemon
- ¼ teaspoon turmeric powder

**INSTRUCTIONS**

Blend all ingredients in a high-speed blender until smooth, about 1 minute. Best enjoyed cold.

Calories: 283 | Net Carbs: 5g | Fat: 25g



**DINNER**  
**GARLIC GHEE PAN-FRIED COD**

- 1 cod filet
- 1 tbsp ghee
- 2 cloves of garlic, minced
- 1 tbsp garlic powder
- Pink Himalayan salt to taste

**INSTRUCTIONS**

1. Melt the ghee in a frying pan and add in half the minced garlic to the pan.
2. Place the cod filets into the pan and cook on medium to high heat. Sprinkle with salt and garlic powder.
3. Flip the fish when color changes halfway up he filet and then add the rest of the garlic.
4. Cook until the whole filet turns a solid white color and serve with sauces from the pan.

Calories: 160 | Net Carbs: 1g | Fat: 7g

**BREAKFAST**  
**IF & KA WITH WATER**

Enjoy the ease and convenience of breezing through the morning kitchen dash. Simply add one scoop of Keto Activate to an 8-10 oz glass of cold water and shake or blend, then drink. [Keto Activate](#) will wake up your metabolism, give you energy, and will not break a fast.

[Keto Activate](#) contains less than 5 calories and 0 carbs per serving.

**LUNCH**  
**CHOCOLATE MACADAMIA SMOOTHIE**

- 1 cup unsweetened vanilla almond milk
- 2 tbsp macadamia nuts
- 1 teaspoon MCT oil
- 1 tbsp coconut butter
- 2 tbsp chia seed
- 1 tbsp cacao
- 1 scoop of [Keto Activate](#)

**INSTRUCTIONS**

Blend all ingredients in a high-speed blender until smooth, about 1 minute. Best enjoyed cold.

Calories: 460 | Net Carbs: 22g | Fat: 41 g

**DINNER**  
**AVOCADO PIE & GREEN SALAD****FOR THE PIE CRUST**

- ¾ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp gluten-free baking powder
- 1 pinch pink Himalayan salt
- 3 tbsp extra virgin olive oil or coconut oil
- 1 pastured egg
- 4 tbsp water

**FOR THE FILLING**

- 2 ripe avocados, diced
- 1 cup olive oil mayonnaise
- 3 organic eggs
- 2 tbsp fresh cilantro, finely chopped
- 1 red chili pepper, finely chopped
- ½ tsp onion powder
- ¼ tsp pink Himalayan salt
- ½ cup cream cheese
- ¼ cups shredded cheese

**INSTRUCTIONS**

1. Preheat the oven to 350°F. Mix all the ingredients for the pie dough in a food processor (or by hand) for a few minutes until the dough forms a ball.
2. Grease and form parchment paper on to a springform pan, no larger than 12 inches diameter. Spread dough into the pan using wet fingers and pre-bake for 10–15 minutes.
3. Place the avocado and the chili in a bowl and mix with the filling ingredients.
4. Pour mix into the pie crust and bake for 35 minutes or until golden. Let cool for a few minutes and serve with salad.

Calories: 872 | Net Carbs: 9g | Fat: 109g

**SNACK**  
**CRACK COFFEE**

- 4-6 oz coffee chilled
- 1 cup unsweetened vanilla almond milk
- 2 tbsp heavy whipping cream
- 1 tsp vanilla extract
- 10 drops liquid stevia
- 2-3 tsp MCT oil
- 1 scoop of [Keto Activate](#)
- keto whipped cream

**INSTRUCTIONS**

Add all ingredients to a coffee cup or glass. Using a small whisk or coffee frother, blend until well-combined and top with keto whipped cream.

Calories: 229 | Net Carbs: 2g | Fat: 23g

**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**KETO SALAMI AND BRIE CHEESE PLATE**

- 7 oz Brie cheese
- 4 oz salami
- 2 oz lettuce
- 1 organic avocado
- ½ cup macadamia nuts
- ¼ cup extra virgin olive oil

**INSTRUCTIONS**

Put cheese, salami, lettuce, avocado and nuts on a plate. Drizzle oil over the salad and serve.

Calories: 722 | Net Carbs: 5g | Fat: 54g

**DINNER**  
**AVOCADO PIE & GREEN SALAD****FOR THE PIE CRUST**

- ¾ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp gluten-free baking powder
- 1 pinch pink Himalayan salt
- 3 tbsp extra virgin olive oil or coconut oil
- 1 pastured egg
- 4 tbsp water

**FOR THE FILLING**

- 2 ripe avocados, diced
- 1 cup olive oil mayonnaise
- 3 organic eggs
- 2 tbsp fresh cilantro, finely chopped
- 1 red chili pepper, finely chopped
- ½ tsp onion powder
- ¼ tsp pink Himalayan salt
- ½ cup cream cheese
- 1¼ cups shredded cheese

**INSTRUCTIONS**

1. Preheat the oven to 350°F. Mix all the ingredients for the pie dough in a food processor (or by hand) for a few minutes until the dough forms a ball.
2. Grease and form parchment paper on to a springform pan, no larger than 12 inches diameter. Spread dough into the pan using wet fingers and pre-bake for 10–15 minutes.
3. Place the avocado and the chili in a bowl and mix with the filling ingredients.
4. Pour mix into the pie crust and bake for 35 minutes or until golden. Let cool for a few minutes and serve with salad.

Calories: 872 | Net Carbs: 9g | Fat: 109g

**SNACK**  
**VANILLA CINNAMON ICED COFFEE****FOR THE ICE CUBES**

- 1 cup chilled coffee
- 7 tbsp whipping cream
- ⅛ tsp stevia
- ½ tsp vanilla extract

**FOR THE LIQUID**

- 2 cups unsweetened vanilla almond milk
- 1 cup hot coffee
- ⅛ tsp stevia
- 2 tbsp MCT oil
- 1 scoop [Keto Activate](#)

**INSTRUCTIONS FOR THE ICE CUBES**

Do a quick blend in the blender of the ice cube ingredients so the mix doesn't froth. Pour mix into tray, sprinkle ground cinnamon on top, then freeze for at least 1 ½ hours.

**Assemble:** Blend all liquid ingredients and then pour over ice cubes. Let sit 2 minutes and sip joyfully!

Calories: 25 | Net Carbs: 1g | Fat: 1g



**BREAKFAST**  
**IF & KA WITH WATER**

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**LUNCH**  
**PIÑA T KETO FAT BOMBS**

- 8 tbsp coconut manna melted
- 4 tbsp unsweetened macaroon coconut
- 1/8 tsp stevia
- 8 drops Capella Piña Colada flavoring drops

**INSTRUCTIONS**

Mix all ingredients together and pour into silicone molds. Chill in the freezer for 30 minutes and enjoy!

Calories: 62 | Net Carbs: 1g | Fat: 5g



**DINNER**  
**GREEN SALMON SALAD**

**FOR THE SALAD**

- 2 tbsp grass-fed ghee
- 2 cups sliced shiitake mushrooms
- 16 oz fresh asparagus, diced
- 6 scallions, chopped
- 1 cup frozen peas
- 2 cups broccoli florets, chopped
- Pink Himalayan salt and cracked black pepper
- 1 cup parsley, chopped

**FOR THE DRESSING**

- 1 cup avocado-oil based mayo
- 1 tbsp MCT oil
- 2 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 3 cloves garlic, minced
- 1/2 teaspoon turmeric
- Pink Himalayan salt and cracked black pepper

**FOR THE SALMON**

- 4 ounce fillet of wild salmon
- 1 large carrot, roughly chopped
- 1 yellow onion, roughly chopped
- 1 teaspoon pink Himalayan salt
- 1 teaspoon apple cider vinegar
- 1 lemon, quartered

**INSTRUCTIONS**

1. Heat ghee in a large skillet on medium heat. Saute mushrooms for 2 to 3 minutes until slightly softened. Add in asparagus and scallion and a little water. Cook for another 3-4 minutes.
2. Reduce heat to medium-low and then stir in the peas, broccoli, and tomatoes. Season, cook for another 3-4 minutes. Fold in the parsley. Place in a large mixing bowl.
3. To make the dressing blend all ingredients in a food processor until smooth. Pour the dressing over the veggie mixture and stir to combine. Season.
4. To cold poach salmon, place the salmon fillets, carrot, onion, Pink Himalayan salt, and vinegar in a large pot and top with cold water. Simmer over medium heat for about 10 minutes or until salmon is just cooked. Keep an eye on the salmon in order to catch it at the right time.
5. Discard poaching water and set salmon on a large plate. Divide the salad among eight plates and top each with a salmon fillet. Squeeze fresh lemon juice over each piece of fish and season with additional pink Himalayan salt.

Calories: 579 | Net Carbs: 15g | Fat: 36g



**SNACK**  
**ITALIAN KETO PLATE**

- 7 oz fresh mozzarella cheese
- 7 oz prosciutto, sliced
- 2 organic tomatoes
- 1/3 cup extra virgin olive oil
- 10 green olives
- Pink Himalayan salt and cracked black pepper

**INSTRUCTIONS**

Put tomatoes, prosciutto, cheese, and olives on a plate. Serve with olive oil and season with Pink Himalayan salt and cracked black pepper to taste.

Calories: 722 | Net Carbs: 5g | Fat: 54g





**BREAKFAST**  
**IF & KA WITH WATER**

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**SNACK**  
**MOCHA FAT BOMBS**

- 2 ½ cups pecans
- 2 tbsp instant coffee granules
- 2 ½ tbsp Dutch-process cocoa powder
- ¾ tsp stevia
- 1 tbsp coconut oil

**INSTRUCTIONS**

1. Add all ingredients except coconut oil into the food processor and pulse ten times to incorporate everything.
2. Add coconut oil and pulse for 1 ½ to 2 minutes, scraping down the sides every 30 seconds, until the mixture starts to stick together.
3. Roll into 20 fat bombs and refrigerate for at least 45 minutes.
4. Store them in the fridge.

Calories: 94 | Net Carbs: 2g | Fat: 9g



**LUNCH PINK HIMALAYAN SALTED**  
**CARAMEL SMOOTHIE**

- 1 tea bag, steeped in 6 oz water
- 1 cup unsweetened almond milk
- 2 tbsp whipping cream
- 1 tbsp MCT oil
- 1 tbsp caramel extract
- ½ tsp stevia
- ¾ tsp xanthan gum
- 8 ice cubes

**INSTRUCTIONS**

Blend all ingredients until smooth.

Calories: 275 | Net Carbs: 3g | Fat: 28g



**DINNER**  
**CREAMY BASIL CHICKEN ZOODLES**

- 2 organic chicken breasts, sliced in 1" pieces
- 2 tbsp ghee or extra virgin olive oil
- 1 can diced tomatoes
- ½ cup fresh basil
- ¼ heavy cream
- 6 cloves garlic, minced
- Pink Himalayan salt and cracked black pepper, to taste
- 1 zucchini, shredded or spiralized

**INSTRUCTIONS**

1. Saute the diced chicken in the oil until lightly browned and internal temperature is 165°F.
2. Add in the can of diced tomatoes, salt and pepper to taste.
3. Simmer on low heat until the liquid cooks down, about 10 minutes.
4. Add basil, garlic and heavy cream to the chicken for about 2 minutes more.
5. Serve warm over zucchini noodles.

Calories: 745 | Net Carbs: 14g | Fat: 38g