



KONSCIOUS



# SLIM21

## MEAL PLAN



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## 21-Day Konscious Keto Weight Loss Meal Plan

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Snack: Baked Kale Chips	
Daily Total: Calories 875   Net Carbs: 19g	

Breakfast: IF & Keto Activate

Lunch: Taco Salad

Dinner: Crispy Tender Turmeric Chicken Thighs

Dessert: Vanilla Bean Coconut Milk Ice Cream

Daily Total: Calories 1151 | Net Carbs: 29g



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# Getting into Ketosis the Easy Way



## CONGRATULATIONS ON RECEIVING YOUR SLIM21 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, 21-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 21-days and beyond 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.

During the Slim21 challenge, 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 feel that anyone considering this plan absolutely should incorporate intermittent fasting. No questions.

There are too many benefits to speak of when it comes to intermittent fasting, and we think it's one of the best ways to lay the foundations for the best results on the Slim21 challenge.



# Some of the benefits intermittent fasting includes:

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



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. And yes, sleeping counts in your total fasting time (so long as you're not snacking between those sheets).

In a few pages, 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 also increases your ketones slightly.

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

Be sure to start with a half scoop of Keto Activate and work up to your personal tolerance. Like MCT oil, Keto Activate is super potent and it helps to ease into it over the first 7 to 10 days.

If you love it right away, awesome! You can also gradually build up to 1 or 2 scoops per day, as needed for energy and weight loss. You can also use Keto Activate before working out, if you're incorporating that into your Slim21 challenge (but it's totally not necessary).



# Your Slim21 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 21Slim 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.

Here's what else you stand to gain:

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

Fact. The keto diet works because of ketones.

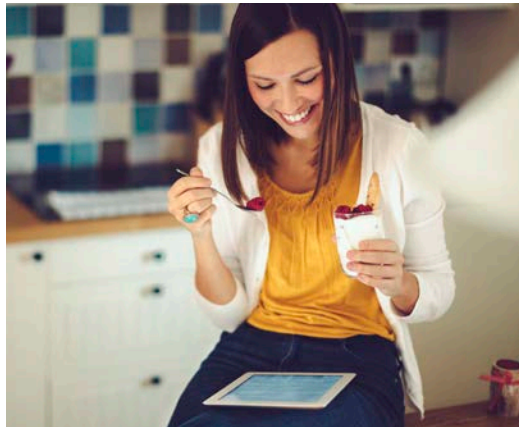
The more ketones you produce, the more fired up and ready you'll be.

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



# MAKE YOUR RESULTS LAST LONG-TERM.

The way to succeed is by sustaining that same passion, fire, and drive that you have on day 1 at day 100 or 1,000 or 1 million.

You've got to know why keto works and live it. You really do need to be able to make delicious keto food that the people around you prefer.

It's helpful to make friends who share your passion either in person or online. It's important you never get too hungry and don't feel like you are missing out.

After a while, those foods will make you feel sick, so you won't want to eat them... you'll crave the delicious, family-friendly meals provided to you in this meal plan.

You don't even need to figure out how to do keto in a personalized way that works really well for you. We've done all the work for you!

[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!

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.

Life is better when you keep calm and keto on!

From the **Konscious Keto Team**

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.



## BREAKFAST IF & KETO ACTIVATE

### FOR THE FASTING

- The 16/8 intermittent fasting approach means you fast for 16 hours and eat only in an 8 hour window.
- Fasting triggers autophagy, which is needed for a healthy metabolism.
- Fasting also has plenty of research-backed health benefits including better brain function, lower blood sugar levels, and lower inflammation.

### FOR THE KETO ACTIVATE

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.

### 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. Use in conjunction with intermittent fasting for best results.

### 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.

### NUTRITION

Less than 5 calories per serving and 0 carbs. You can also drink black coffee, black tea, or herbal tea with no calories, when fasting.



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**CRISPY SESAME BEEF**

**SERVES: 4**

- 1 lb sirloin steak, sliced thin
- ½ cup green beans
- ½ cup bean sprouts
- ½ cup broccoli florets
- ½ cup water chestnut
- 1 tbsp sesame seeds, toasted

**FOR THE BEEF SEASONING**

- ½ teaspoon salt and cracked black pepper to taste
- 1 teaspoon garlic minced
- 1 teaspoon onion powder
- 2 teaspoon xanthan gum

**FOR THE BEEF SEASONING**

- ½ teaspoon salt and cracked black pepper to taste
- 1 teaspoon garlic minced
- 1 teaspoon onion powder
- 2 teaspoon xanthan gum

**INSTRUCTIONS**

1. Toss steak in a zip bag with sea salt, black pepper, garlic, onion powder and half of xanthan gum. Store in the fridge while preparing sauce.
2. In a medium saucepan, combine sauce ingredients over low heat. Stir frequently until the sauce is a glossy texture (about 4-5 mins) and reduced to ½ cup. Set aside.
3. In a large skillet, heat 2 tbsp avocado oil over medium heat. Coat/toss beef strips with 2 more tbsp of xanthan gum. Make sure pan is hot by testing with one strip of steak first to see if it starts bubbling/sizzling right away.
4. When the beef strips are golden brown and crispy, add sauce. Serve immediately with blanched vegetables and garnish with sesame seeds.

Per Serving:  
Calories: 345 Fat: 16g Net Carbs: 10g



**DINNER**  
**SAVORY SPICY SALMON STEW**

**SERVES: 4**

- 16 oz bone broth
- 2 wild salmon fillets
- 2 cups organic spinach, roughly chopped
- 1 teaspoon chili powder, to taste
- 1 teaspoon ginger powder
- 1 teaspoon chipotle peppers with adobo
- 1 zucchini, chopped
- 1 clove garlic, minced
- 1 teaspoon lemon juice
- Pink Himalayan salt and cracked black pepper, to taste
- 2 free-range eggs

**INSTRUCTIONS**

1. Heat up the broth in a pan.
2. Add chopped vegetables, pepper and spices and garlic to the broth.
3. Add salmon and lemon and cook 5 minutes or until salmon is flaky.
4. Once salmon is flaky, drop eggs into the water and let cook on simmer for at least 4 minutes.

Per Serving:  
Calories: 437 Fat: 26g Net Carbs: 2g



**SNACK**  
**CHINESE TEA EGGS**

**SERVES: 3**

- 6 large organic eggs
- 2 cups water
- 1 teaspoon sea salt
- 2 star anise
- 1 stick cinnamon
- 3 cups black tea
- 1 cup Oolong tea
- ½ cup coconut aminos
- 2 bay leaves
- 1½ teaspoon cumin powder
- 5 drops stevia

**INSTRUCTIONS**

1. Boil the eggs for 8 minutes in boiling water.
2. Once the eggs are cool, crack the eggs with a back of spoon. Make sure you crack the eggs all the way through the membrane.
3. In a separate pot, add the eggs with water and the star anise, teas, cinnamon, aminos, bay leaves, cumin, and salt.
4. Bring it to boil. Turn it off. Open the lid to let it cool down.
5. Repeat the boil and cool down step 5 times.
6. Let the eggs sit in the tea broth overnight and discard the seasoning to enjoy.

Per Serving:  
Calories: 144 Fat: 8g Net Carbs: 6g

Daily Total: Calories: 926 | Carbs: 18g



## BREAKFAST IF & KETO ACTIVATE (See page 12 for instructions)



## LUNCH COCONUT PORRIDGE

### SERVES: 1

- 1 tbsp butter or coconut oil
- 1 organic egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 2 tbsp coconut cream
- 1 pinch pink 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!

Per Serving:  
Calories: 311 Fat: 28g Net Carbs: 3g



## SNACK PEPPERONI SLICES & OLIVES

### SERVES: 1

- ¼ cup pepperoni slices
- 5 black olives

Per Serving:  
Calories: 323 Fat: 30g Net Carbs: 2g

Daily Total: Calories 1090 | Carbs 15g



## DINNER MEDITERRANEAN CHICKEN AND ZOODLES NOODLES

### SERVES: 2

- 2 chicken breasts, sliced into 1" pieces
- 2 pastured eggs
- ¼ teaspoon salt
- cracked black pepper
- 2 teaspoons garlic powder
- 2 teaspoons Italian seasoning
- 2 tbsp extra virgin olive oil
- 1 cup cherry tomatoes, quartered
- 1 cup fresh basil
- 1 zucchini, shredded or spiralized

### INSTRUCTIONS

1. Whisk egg, salt, pepper, garlic powder, and seasoning.
2. Saturate chicken with egg mixture.
3. Heat up saute pan with olive oil.
4. Add chicken and cook through until internal temperature is 165°F.
5. Add tomatoes and basil and cook a few more minutes.
6. Serve warm on top of zucchini noodles.

Per Serving:  
Calories: 451 Fat: 25g Net Carbs: 10g





**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**BONE BROTH WITH CREAMY BRIE CHEESE**

**SERVES: 1**

- 1 cup bone or chicken broth
- ½ cup of brie, dice
- 1 tbsp fresh chives

Per Serving:  
Calories: 462 Fat: 37g Net Carbs: 1g



**DINNER**  
**CARNE ASADA & CHIMICHURRI SAUCE**

**SERVES: 4**

- 1 lb flank or skirt steak
- 1 tbsp lime juice
- 1 tbsp avocado oil
- 1 tbsp apple cider vinegar
- 1 teaspoon minced garlic
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano leaves
- 2 tbsp chopped cilantro fresh?
- ½ teaspoon cayenne pepper
- ½ teaspoon cracked black pepper
- 1 teaspoon pink Himalayan salt

**FOR THE CHIMICHURRI SAUCE**

- ½ cup chopped parsley
- 4 cloves garlic, chopped
- ¼ cup extra virgin olive oil
- 1 teaspoon lemon zest
- 1 teaspoon dried oregano
- 1 teaspoon red pepper flakes
- ¼ cup red wine vinegar
- ½ teaspoon pink Himalayan salt, to taste

**FOR THE CHIMICHURRI SAUCE**

1. Preheat grill to 450°F.
2. Combine the lime juice, avocado oil, cider vinegar, garlic, cumin, oregano, cilantro, cayenne, black pepper, and salt in a bowl or gallon-sized plastic bag.
3. Mix well and add the steak to the marinade, turning to coat thoroughly.
4. Seal the bag or bowl and marinate in the refrigerator for at least 2 hours, preferably overnight for the best flavor. Remove from the fridge 30 minutes prior to cooking.
5. Grill the steaks on the heated grill for 2-3 minutes per side, or until done to your satisfaction.
6. Remove the meat from heat and let it rest 10 minutes before slicing.
7. For the Chimichurri sauce, blend all ingredients in a food processor or blender. Serve chilled or at room temperature.

Per Serving:  
Calories: 398 Fat: 27g Net Carbs: 3g



**DESSERT COCONUT MILK**  
**VIETNAMESE ICED COFFEE**

**SERVES: 1**

- 1 tbsp Vietnamese ground coffee to 1 cup of water
- 1 cup ice cubes
- 1/2 tbsp coconut cream
- 1 tbsp MCT oil
- Star anise

**INSTRUCTIONS**

1. Brew coffee with 1 star anise in the grounds.
2. Mix the hot coffee with MCT and coconut milk, then pour it over a cup of ice cubes

Per Serving:  
Calories: 68 Fat: 7g Net Carbs: 1g

Daily Total: Calories 933 | Carbs 5g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**CHICKEN AND CILANTRO NOODLE SOUP**

**SERVES: 2**

- 3 cups organic chicken broth
- 1 cup organic chicken breast, diced
- 2 tbsp avocado oil
- 1 cup celery, chopped
- ½ cup green onion, chopped
- ¼ cup cilantro, finely chopped
- 1 serving Shirataki noodles
- Pink Himalayan salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Heat up the avocado oil in a pan and saute the chicken until cooked.
2. Add broth, celery and green onion to the same saucepan and simmer for 5-7 minutes.
3. Create zucchini noodles – use a potato peeler to create long strands or spiralizer.
4. Add Shirataki noodles and cilantro to the pot.
5. Simmer for a few more minutes, add salt to taste, and serve immediately.

Per Serving:  
Calories: 435 Fat: 24g Net Carbs: 4g



**DESSERT**  
**STRAWBERRY CHIA PUDDING**

**SERVES: 2**

- ¼ cup chia seeds
- 1 cup coconut milk
- ¼ teaspoon vanilla extract
- 1 scoop of Keto Shake

**INSTRUCTIONS**

1. Soak chia seeds with coconut milk. Add vanilla and Keto Shake.
2. Stir-well and store in the fridge for at least 6 hours or best overnight.

Per Serving:  
Calories: 250 Fat: 16g Net Carbs: 7g

Daily Total: Calories 1031 | Carbs 18g



**DINNER**  
**BEEF CURRY**

**SERVES: 4**

- 1 lb beef round, cut into 1-inch cubes
- 1 cup onion, sliced
- 1 tbsp curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon cardamom
- 1 teaspoon xanthan gum
- ¾ cup of coconut milk
- 1 tbsp fish sauce
- 1 teaspoon freshly grated ginger
- 2 cloves garlic, minced
- ¼ cup fresh basil leaves, chopped
- Pink Himalayan salt and pepper, to taste
- 1 tbsp coconut oil

**INSTRUCTIONS**

1. In a saucepan, saute the beef and onions in coconut oil on medium heat for 5-6 minutes until the beef is browned.
2. Add the spices, coconut milk, carrots, bell peppers, mushrooms, xanthan gum and fish sauce. Bring to the boil, then cover and simmer for 1 hour until the beef is tender.
3. Add the chopped basil, garlic, ginger, and salt to taste and simmer for 10 more minutes.

Per Serving:  
Calories: 337 Fat: 18g Net Carbs: 7g

**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)**LUNCH**  
**CREAMY BROCCOLI CHEDDAR SOUP****SERVES: 4**

- 1 tbsp grass-fed butter
- 1 tbsp onion, chopped
- ½ teaspoon garlic, minced
- 2 cups chicken broth
- Pink Himalayan salt and cracked black pepper, to taste
- 1 cup broccoli, chopped
- 1 tbsp cream cheese
- ¼ cup heavy whipping cream
- ½ cup cheddar cheese; shredded
- 2 slices bacon; cooked and crumbled
- ½ teaspoon xanthan gum

**INSTRUCTIONS**

1. In a large pot, saute onion and garlic with butter over medium heat until onions are softened and translucent.
2. Add broth and broccoli to pot. Cook broccoli until tender. Add salt, pepper, and chili powder.
3. Place cream cheese in small bowl and heat in microwave for 30 seconds until soft and easily stirred.
4. Stir heavy whipping cream and cream cheese into soup; bring to a boil.
5. Turn off heat and quickly stir in cheddar cheese and xanthan gum.
6. Allow to thicken for 2 more minutes and turn off heat.
7. Once slightly cooled you can blend half or all of the soup for a creamier consistency.
8. Serve warm with bacon crumbles.

Per Serving:  
Calories: 281 Fat: 23g Net Carbs: 4g

**DINNER SPICY THAI CHICKEN AND CAULIFLOWER RICE****SERVES: 4**

- 1 head of cauliflower
- 1 tbsp freshly grated ginger
- 3 pastured eggs
- 3 chilies
- 3 cloves of garlic, crushed
- Meat from a whole chicken, shredded
- Salt to taste
- 1 tbsp coconut oil, for cooking
- 1 tbsp coconut aminos
- ½ cup cilantro, chopped for garnish

**INSTRUCTIONS**

1. Break the cauliflower into florets and food process until it forms a rice-like texture (may need to be done in batches).
2. Place the cauliflower into a large pan with coconut oil and cook the cauliflower rice (may need to be done in 2 pans or in batches). Keep the heat on medium and stir regularly.
3. In a separate pan, scramble the eggs in some coconut oil. Add the scrambled eggs to the cauliflower rice.
4. Add in the ginger, garlic, and the chopped chilies.
5. When the cauliflower rice is soft, add in the shredded chicken meat.
6. Add in the coconut aminos/tamari soy sauce and salt to taste. Mix well.
7. Garnish with cilantro.

Per Serving:  
Calories: 359 Fat: 17g Net Carbs: 6g

**DESSERT COCONUT CREAM CACAO POPS WITH BLACK CHERRY****SERVES: 8**

- 1 ½ cup coconut cream
- 3 tbsp unsweetened cacao powder
- 1 ½ teaspoon vanilla extract
- 2 teaspoons gelatin powder
- 1 cup cherries, chopped and pitted
- ½ teaspoon of salt

**INSTRUCTIONS**

1. In a medium-sized saucepan, whisk coconut cream, cacao powder, salt, and vanilla extract. Bring to a gentle simmer, over medium-low heat just 2 minutes.
2. Slowly whisk in gelatin powder until smooth and cool slightly.
3. Add a couple of pieces of cherries into each mold of a 16-space ice cube tray. Add mix up to 70% full. Add in more cherry until the mixture tops each mold.
4. Freeze until solid (about 6 hours or overnight)

Per Serving:  
Calories: 179 Fat: 16g Net Carbs: 6g

Daily Total: Calories 824 | Net Carbs: 16g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**TAMARI MARINATED STEAK SALAD**

**SERVES: 2**

- 1 cup diced romaine lettuce
- ½ red bell pepper, chopped
- 1 cup tomatoes, chopped
- 2 radishes, diced
- 1 tbsp olive oil
- ½ tbsp fresh lemon juice
- Pink Himalayan salt to taste and cracked black pepper
- 8 oz skirt steak
- ¼ cup tamari soy sauce

**INSTRUCTIONS**

1. Marinate the steak in tamari soy sauce and preheat the oven to 375°F.
2. Toss the pepper, tomatoes, radishes, and lettuce with 1 tbsp olive oil, lemon juice, salt and pepper
3. Place olive oil into a frying pan on high heat to sear 2 minutes on each side and then place in preheated oven.
4. Remove from oven and let rest for 1 minute. Cut the steak and place on top of salad.

Per Serving:  
Calories: 391 Fat: 24g Net Carbs: 5g



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

**SERVES: 1**

- 1 cod filet
- ½ tbsp ghee
- 2 cloves of garlic, minced
- Salt to taste
- 2 teaspoons lemon juice

**INSTRUCTIONS**

1. Melt the ghee in a frying pan.
2. Place the cod filets into the pan and cook on medium to high heat. Sprinkle with salt.
3. Wait for the white color to creep halfway up the side of the fish and then flip the fish and add the minced garlic. Cook 2 minutes more and add lemon juice.
4. Cook until the whole filet turns a solid white color.
5. Serve with some of the garlic and ghee from the pan.

Per Serving:  
Calories: 358 Net Carbs: 12g Fat: 3g



**DESSERT**  
**MINI VELVET CHEESECAKES**

**SERVES: 12**

- 1 ¼ cup almond flour
- 1 tbsp brown sugar erythritol
- ¼ cup salted butter, melted
- 16 oz cream cheese, room temperature
- ½ cup sour cream, room temperature
- 2 large pastured eggs
- 1 tbsp lemon juice
- 1 teaspoon vanilla extract
- ½ cup powdered erythritol

**INSTRUCTIONS**

1. Preheat oven to 350°F.
2. Use a standard size silicone muffin pan or line a regular muffin pan with muffin liners.
3. In a medium mixing bowl combine the almond flour and erythritol. Add the melted butter to the bowl and mix until the almond flour is coated and is the texture of wet sand. Divide the mixture evenly amongst the 12 wells in the muffin pan. Use a spoon to evenly press the mixture down into the bottom of each muffin liner.
4. Bake the crusts for 5 minutes.
5. In a large mixing bowl, using a hand mixer, beat eggs and erythritol together.
6. Add cream cheese a little at a time. Beat thoroughly until all is added.
7. Add vanilla, lemon juice, and sour cream. Beat again.
8. Divide the cheesecake mixture evenly between all 12 wells in the muffin pan. If using a silicone muffin pan, place it on top of a baking sheet.
9. Bake for 25-30 minutes at 350°F or until the cheesecakes are set. They will still be a little jiggly in the center.
10. Allow to cool on the counter for 20 minutes.

Per Serving:  
Calories: 272 Fat: 25g Net Carbs: 5g

Daily Total: Calories 1026 | Net Carbs: 13g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH EASY ZUCCHINI BEEF SAUTE WITH GARLIC AND CILANTRO**

**SERVES: 2**

- 10 oz beef, sliced into 1-2 inch strips
- 1 zucchini cut into 1-2 inch long thin strips
- ¼ cup cilantro, chopped
- 3 cloves of garlic, diced or minced
- 2 tbsp gluten-free tamari sauce
- 1 tbsp extra virgin olive oil

**INSTRUCTIONS**

1. Place 1 tbsp of olive oil into a frying pan on high heat.
2. Add the strips of beef into the frying pan and saute for a few minutes on high heat.
3. When the beef is browned, add in the zucchini strips and keep sauteing. When the zucchini is soft, add in the tamari sauce, garlic, and cilantro.
4. Saute for a few minutes more and serve immediately.

Per Serving:  
Calories: 437 Fat: 28g Net Carbs: 4g



**DINNER**  
**WARM ME UP SLOW COOKER CHILI**

**SERVES: 4**

- ½ lb ground beef
- ½ lb ground sausage, spicy or mild
- ½ cup green bell pepper, diced
- ½ onion, diced
- 3 cloves of garlic, minced
- 8 oz diced tomatoes with juices
- 1 tbsp tomato paste
- 1 tbsp chili powder
- 1 ½ teaspoon cumin
- Salt and pepper to taste
- ½ cup bone broth or water

**INSTRUCTIONS**

1. In a large pot or frying pan, heat oil and brown beef and sausage. Drain the meat, leaving a small amount of juices. Transfer meat and juices to slow cooker.
2. Add a little more oil to the pan, if needed, and sauté onion, pepper, and garlic for 2-3 minutes. Transfer veggies to slow cooker with meats.
3. Add the tomatoes with their juices, tomato paste, chili, cumin, salt and pepper, and water or broth. Mix well.
4. Place lid on slow cooker and cook on low for 6-8 hours or on high for 4 hours.
5. Serve with desired toppings.

Per Serving:  
Calories: 391 Fat: 26g Net Carbs: 7g



**SNACK**  
**BAKED AND KRISPY KALE CHIPS**

**SERVES: 2**

- 3 cups curly green and/or purple kale, stems removed
- 2 tbsp avocado oil
- 1 teaspoon pink Himalayan salt and cracked black pepper to taste
- ½ teaspoon garlic powder, onion powder or smoked paprika

**INSTRUCTIONS**

1. Preheat oven to 320°F and spread the kale over 2 large baking sheet pans with parchment paper. Lightly brush each leave both front and back with avocado oil. Sprinkle with seasonings, using hands to distribute and gently rub the seasonings in both front and back.
2. Try to make the leaves as flat and not folded over as possible and leave some space between each leave. Bake at 320°F for 10-15 minutes or until kale is crispy and slightly golden. Watch closely as it can burn easily.
3. Let cool slightly - the leaves will crisp up even more once out of the oven. Use scissors to cut along the stem. Enjoy immediately. Best when fresh.

Per Serving:  
Calories: 135 Fat: 14g Net Carbs: 2g

Daily Total: Calories 968 | Net Carbs: 13g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH GOAT CHEESE BACON EGGS AND SPINACH**

**SERVES: 2**

- 2 slices of no added sugar bacon
- 2 organic eggs
- 1 handful spinach
- 1 cup mushrooms sliced
- 1 oz goat cheese
- 1 tbsp coconut oil
- Pink Himalayan salt and cracked black pepper to taste

**INSTRUCTIONS**

1. Fry the bacon. Set to one side.
2. In the same skillet, fry the eggs without removing the bacon fat. Add to a plate.
3. Fry off the spinach and mushrooms in the same bacon fat and season.
4. Garnish with goat cheese before serving.

Per Serving:  
Calories: 268 Fat: 20g Net Carbs: 2g



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

**SERVES: 1**

- 1 cod filet
- ½ tbsp ghee
- 2 cloves of garlic, minced
- Salt to taste
- 2 teaspoons lemon juice

**INSTRUCTIONS**

1. Melt the ghee in a frying pan.
2. Place the cod filets into the pan and cook on medium to high heat. Sprinkle with salt.
3. Wait for the white color to creep halfway up the side of the fish and then flip the fish and add the minced garlic. Cook 2 minutes more and add lemon juice.
4. Cook until the whole filet turns a solid white color.
5. Serve with some of the garlic and ghee from the pan.

Per Serving:  
Calories: 358 Net Carbs: 12g Fat: 3g



**SNACK**  
**CHINESE TEA EGGS**

**SERVES: 3**

- 6 large organic eggs
- 2 cups water
- 1 teaspoon sea salt
- 2 star anise
- 1 stick cinnamon
- 3 cups black tea
- 1 cup Oolong tea
- ½ cup coconut aminos
- 2 bay leaves
- 1 ½ teaspoon cumin powder
- 5 drops stevia

**INSTRUCTIONS**

1. Boil the eggs for 8 minutes in boiling water.
2. Once the eggs are cool, crack the eggs with a back of spoon. Make sure you crack the eggs all the way through the membrane.
3. In a separate pot, add the eggs with water and the star anise, teas, cinnamon, aminos, bay leaves, cumin, and salt.
4. Bring it to boil. Turn it off. Open the lid to let it cool down.
5. Repeat the boil and cool down step 5 times.
6. Let the eggs sit in the tea broth overnight and discard the seasoning to enjoy.

Per Serving:  
Calories: 144 Fat: 8g Net Carbs: 6g

Daily Total: Calories 775 | Net Carbs: 11g





**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH GARLIC BACON WRAPPED CHICKEN BITES**

**SERVES: 1**

- 1 large chicken breast, cut into strips
- 3 thin slices of bacon, cut into thirds
- 1 teaspoon minced garlic
- 1 tbsp olive oil

**INSTRUCTIONS**

1. Preheat oven to 400°F and line a baking tray with aluminum foil.
2. Baste chicken with olive oil and garlic mix.
3. Wrap each short bacon piece around each garlic chicken bite. Place the bacon wrapped chicken bites on the baking tray. Try to space them out so they're not touching.
4. Bake for 25-30 minutes until the bacon turns crispy. Turn the pieces after 15 minutes if you can remember.

Per Serving:  
Calories: 324 Net Carbs: 1g Fat: 14g



**SNACK**  
**PEPPERONI SLICES & OLIVES**

**SERVES: 1**

- ¼ cup pepperoni slices
- 5 black olives

Per Serving:  
Calories: 323 Fat: 30g Net Carbs: 2g

Daily Total: Calories 1043 | Net Carbs: 23g



**DINNER**  
**WARM ME UP SLOW COOKER CHILI**

**SERVES: 4**

- ½ lb ground beef
- ½ lb ground sausage, spicy or mild
- ½ cup green bell pepper, diced
- ½ onion, diced
- 3 cloves of garlic, minced
- 8 oz diced tomatoes with juices
- 1 tbsp tomato paste
- 1 tbsp chili powder
- 1 ½ teaspoon cumin
- Pink Himalayan salt and cracked black pepper, to taste
- ½ cup bone broth or water

**INSTRUCTIONS**

1. In a large pot or frying pan, heat oil and brown beef and sausage. Drain the meat, leaving a small amount of juices. Transfer meat and juices to slow cooker.
2. Add a little more oil to the pan, if needed, and sauté onion, pepper, and garlic for 2-3 minutes. Transfer veggies to slow cooker with meats.
3. Add the tomatoes with their juices, tomato paste, chili, cumin, salt and pepper, and water or broth. Mix well.
4. Place lid on slow cooker and cook on low for 6-8 hours or on high for 4 hours.
5. Serve with desired toppings.

Per Serving:  
Calories: 391 Fat: 26g Net Carbs: 7g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH PROVOLONE ZUCCHINI**  
**AVOCADO BURGERS**

**SERVES: 2**

- 1 large zucchini, sliced 1" for a "bun"
- ½ lb ground beef
- ¼ avocado, sliced
- 2-3 slices provolone
- 2 tbsp extra virgin olive oil
- 2 teaspoons pink Himalayan salt
- Cracked black pepper
- ½ tsp olive oil mayo
- ½ tsp mustard

**INSTRUCTIONS**

1. Preheat oven to 400°F.
2. Place zucchini slices on a greased baking sheet and then sprinkle oil, salt, and pepper on top.
3. Create 6-7 mini patties with the beef and add to the tray.
4. Bake until patties internal temp reaches 165°F.
5. Slice avocado thinly and arrange cheese on burgers using the zucchini as the bun. Garnish with mayo and mustard.

Per Serving:  
Calories: 536 Fat: 39g Net Carbs: 4g



**DINNER**  
**CALIFORNIA SPINACH BACON AVO OMELETTE**

**SERVES: 2**

- 1 tbsp grass-fed ghee
- 2 pastured eggs
- 1 teaspoon salt
- 1 teaspoon heavy cream
- ½ cup shredded Monterey jack cheese
- 1 cup spinach, fresh
- ½ an avocado
- 1 tbsp cooked bacon, crumbled

**INSTRUCTIONS**

1. Whisk eggs, cream, and salt together.
2. Heat pan with ghee until melted.
3. Add egg mixture to pan with cheese on top and let cook 30 seconds on medium heat
4. Add spinach, bacon, and avocado to the pan and when eggs are no longer liquid, fold into an omelet.

Per Serving:  
Calories: 337 Fat: 29g Net Carbs: 2g



**DESSERT**  
**STRAWBERRY CHIA PUDDING**

**SERVES: 2**

- ¼ cup chia seeds
- 1 cup coconut milk
- ¼ teaspoon vanilla extract
- 1 scoop of Keto Shake

**INSTRUCTIONS**

1. Soak chia seeds with coconut milk. Add vanilla and Keto Shake.
2. Stir-well and store in the fridge for at least 6 hours or best overnight.

Per Serving:  
Calories: 341 Fat: 31g Net Carbs: 7g

Daily Total: Calories 1214 | Net Carbs: 13g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**HUEVOS RANCHEROS**

**SERVES: 2**

- 1 tbsp coconut oil
- 2 garlic cloves, minced
- ¼ cup orange bell pepper, chopped
- ¼ cup yellow onion, chopped
- 1 fresh jalapeño, minced
- 1 small tomato, diced
- 2 organic eggs
- ½ avocado
- fresh cilantro

**INSTRUCTIONS**

1. Heat half of the coconut oil in a skillet over medium heat.
2. Sauté garlic, bell pepper, onion and jalapeño for 3 minutes, or until the onion is translucent and the peppers have softened slightly.
3. Add in diced tomatoes and sauté for 5 minutes; set aside.
4. Place a separate nonstick skillet over medium-low heat and add remaining coconut oil.
5. Slow-cook the eggs for approximately 6 minutes, until the whites cook through.
6. Plate the eggs topped with the salsa, and garnish with cilantro and avocado slices.

Per Serving:  
Calories: 287 Fat: 20g Net Carbs: 11g



**DINNER**  
**FAJITAS WITH GUACAMOLE**

**SERVES: 4**

**FOR THE FAJITAS**

- ½ tbsp avocado oil or olive oil
- ½ cup onion, sliced
- ½ green and ½ red bell pepper, sliced
- 1 lb skirt steak, sliced
- 1 teaspoon cumin powder
- 1 teaspoon garlic powder
- Pink Himalayan salt and cracked black pepper, to taste
- Romaine lettuce leaves
- Garnish: sour cream and crumbled cotija cheese

**FOR THE GUACAMOLE**

- 1 ripe avocado
- ½ teaspoon garlic salt
- 1 teaspoon lime juice
- Pink Himalayan salt and cracked black pepper, to taste
- 1 tbsp chopped cilantro, chopped

**INSTRUCTIONS**

1. Saute olive oil, onion and bell pepper slices until just starting to soften. Set aside.
2. Saute the steak strips and add cumin, garlic powder, chili powder, salt, and pepper.
3. Mix guacamole ingredients in a separate bowl.
4. Serve steak over guacamole or wrap in romaine lettuce leaves and garnish with sour cream and cotija cheese.

Per Serving:  
Calories: 378 Fat: 24g Net Carbs: 4g



**SNACK**  
**SAVORY ROASTED NUTS**

**SERVES: 2**

- ½ cup almonds
- ½ teaspoon salt
- ½ tbsp olive oil
- ½ teaspoon cumin
- ½ teaspoon paprika

**INSTRUCTIONS**

1. Combine spices with almonds. Heat oil over medium high heat and add almonds until cooked through and toasty.

Per Serving:  
Calories: 240 Fat: 21g Net Carbs: 3g

Daily Total: Calories 910 | Net Carbs: 18g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**FANCY FRIED EGG SALAD**

**SERVES: 4**

- 4 oz deli ham, diced
- 2 romaine lettuce heads, chopped
- 1 avocado
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Pink Himalayan salt and cracked black pepper, to taste
- 2 pastured eggs
- 2 tbsp grass-fed butter

**INSTRUCTIONS**

1. Toss together the ham, chopped lettuce, and avocado with olive oil and lemon juice.
2. Melt 2 tbsp butter to a saute pan on medium heat.
3. Add both cracked eggs to the heated oil.
4. Cook for 2 minutes with a lid.
5. When the egg is almost completely solid, flip it and remove the lid.
6. Cook 10 more seconds for over easy, 30-45 more seconds for well cooked.
7. Serve eggs warm on top of the salad.

Per Serving:  
Calories: 321 Fat: 24g Net Carbs: 5g



**SNACK**  
**POWER MATCHA PUDDING**

**SERVES: 2**

- ½ cup coconut milk (refrigerated overnight, cream only)
- 1 cup almond milk + 2 tbsp
- 1 teaspoon matcha powder
- 4 tbsp chia seeds
- ½ tbsp MCT oil
- 1 scoop collagen powder
- 10 drops stevia, divided
- 1 tbsp lemon juice

**INSTRUCTIONS**

1. Make the matcha layer: Whisk 1 cup almond milk, matcha powder, MCT oil and stevia. Add chia seeds and let them soak at least 20 minutes or overnight and then stir once fully hydrated.
2. Make the lemon layer: Mix coconut cream, 2 tbsp almond milk, lemon juice, and 5 drops stevia and add on top of matcha layer.
3. Serve chilled.

Per Serving:  
Calories: 264 Fat: 22g Net Carbs: 5g

Daily Total: Calories 1001 | Net Carbs: 16g



**DINNER**  
**WHIP IT UP WHITE LASAGNA**

**SERVES: 4**

- 1 lb ground beef
- 1 cups heavy cream
- 1 cups full fat cottage cheese
- 1 free-range egg
- ½ teaspoon salt
- ¼ teaspoon garlic salt
- ¼ cup onion, diced
- 1 cup mushrooms
- 12 oz frozen spinach, thawed
- 1 cup shredded mozzarella

**INSTRUCTIONS**

1. Preheat oven to 350°F.
2. Brown the ground beef until fully cooked.
3. Add alfredo sauce and garlic salt. Set aside.
4. Whisk together drained cottage cheese, egg, salts, and onion.
5. Start layering in a casserole dish with meat first, cottage cheese second and spinach third and then half of the mozzarella.
6. Layer one more time, meat, cottage cheese, spinach, and mozzarella.
7. Bake 40 minutes uncovered until cheese is golden.

Per Serving:  
Calories: 411 Fat: 28g Net Carbs: 6g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH ROASTED BRUSSELS SPROUTS WITH PECANS**

**SERVES: 2**

- 2 cups of Brussels sprouts, halved
- ½ cup pecans
- 2 tbsp coconut oil, melted
- 1 tbsp balsamic vinegar
- 1 oz goat cheese
- 2 slices bacon, crumbled

**INSTRUCTIONS**

1. Preheat oven to 400°F.
2. Place pecans on a baking sheet and roast for about 5 minutes - be careful they don't burn! Remove from oven and set aside to cool.
3. Saute Brussels sprouts in coconut oil for 8-10 minutes until caramelized.
4. Season with salt and pepper and toss with vinegar.
5. Garnish with pecans, cheese and bacon. Serve immediately.

Per Serving:  
Calories: 213 Fat: 19g Net Carbs: 4g



**DINNER**  
**TACO BOWL**

**SERVES: 4**

- 1 lb ground beef
- 1 cup onion, diced
- 1 cup tomato, diced
- 1 cup bell pepper, diced
- 1 jalapeño pepper, deseeded and diced
- 2 cloves of garlic, minced
- 1 tbsp cumin powder
- 1 tbsp paprika
- 1 tbsp dried oregano
- ¼ teaspoon chili powder
- Salt and pepper to taste
- ¼ cup cilantro, finely chopped for garnish
- 1 tbsp coconut oil
- Lettuce leaves

**INSTRUCTIONS**

1. Sauté the onions in the coconut oil until the onions turn translucent.
2. Add in the ground beef and sauté until the beef is pretty much cooked (*turns light brown*).
3. Use a spatula to stir the beef to ensure it doesn't clump together. Pour out any excess water/oil produced during cooking.
4. When the beef is pretty much cooked, add in the tomatoes, bell pepper, jalapeño pepper, minced garlic, cumin powder, paprika, oregano, chili powder, salt, and pepper.
5. Cook until the tomatoes and peppers are soft.
6. Garnish with cilantro and serve with lettuce wraps or by themselves.

Per Serving:  
Calories: 295 Fat: 13g Net Carbs: 7g



**SNACK**  
**COCONUT MILK VIETNAMESE ICED COFFEE**

**SERVES: 1**

- 1 tbsp Vietnamese ground coffee to 1 cup of water
- 1 cup ice cubes
- 1/2 tbsp coconut cream
- 1 tbsp MCT oil
- Star anise

**INSTRUCTIONS**

1. Brew coffee with 1 star anise in the grounds.
2. Mix the hot coffee with MCT and coconut milk, then pour it over a cup of ice cubes.

Per Serving:  
Calories: 68 Fat: 7g Net Carbs: 1g

Daily Total: Calories 581 | Net Carbs: 12g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH MINT CHOCOLATE CHIP KETO PUDDING**

**SERVES: 4**

**FOR THE CHIPS**

- ½ cup coconut oil, melted
- 1 tbsp cacao powder, unsweetened
- 3 drops stevia

**FOR THE PUDDING**

- 13 oz coconut milk canned, full fat
- 1 teaspoon peppermint oil
- 1 avocado large and pitted
- 5 drops stevia, to taste

**INSTRUCTIONS**

1. To make the chips, please the ingredients in a small mixing bowl and blend with a whisk or fork until smooth.
2. Pour onto a small flat container with parchment paper and place in the fridge until set, roughly 1 hour.
3. Remove from the freezer and with a knife, chop into rough chips.
4. To make the pudding, place all the ingredients in your blender and pulse until smooth.
5. Fold in the chips and then place in your fridge to chill for an hour.

Per Serving:  
Calories: 489 Fat: 52g Net Carbs: 5g



**SNACK**  
**BAKED KALE CHIPS**

**SERVES: 2**

- 3 cups curly green and/or purple kale, stems removed
- 2 tbsp avocado oil
- 1 teaspoon pink Himalayan salt and cracked black pepper to taste
- ½ teaspoon garlic powder, onion powder or smoked paprika

**INSTRUCTIONS**

1. Preheat oven to 320°F and spread the kale over 2 large baking sheet pans with parchment paper. Lightly brush each leave both front and back with avocado oil. Sprinkle with seasonings, using hands to distribute and gently rub the seasonings in both front and back.
2. Try to make the leaves as flat and not folded over as possible and leave some space between each leave. Bake at 320°F for 10-15 minutes or until kale is crispy and slightly golden. Watch closely as it can burn easily.
3. Let cool slightly - the leaves will crisp up even more once out of the oven. Use scissors to cut along the stem. Enjoy immediately. Best when fresh.

Per Serving:  
Calories: 135 Fat: 14g Net Carbs: 2g

Daily Total: Calories 1004 | Net Carbs: 14g



**DINNER**  
**TURKEY AND EGG BREAKFAST SKILLET**

**SERVES: 2**

- 1 tbsp extra virgin olive oil
- ½ cup onion, finely chopped
- ½ lb ground wild turkey
- 1 cup organic tomato sauce (no sugar added)
- 2 organic eggs
- Pink Himalayan salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Heat the olive oil in the skillet over medium heat. Add the chopped onion and sauté until translucent.
2. Turn up the heat and cook the ground turkey until fully browned.
3. Add in the tomato sauce and continue to cook for 2-3 minutes.
4. Season with salt and pepper.
5. Make 2 small wells in the turkey mixture and crack the eggs into each.
6. Cover the skillet and cook for 5 minutes or until the egg whites are opaque.

Per Serving:  
Calories: 375 Fat: 20g Net Carbs: 7g





**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**KUNG PAO CHICKEN**

**SERVES: 2**

- 2 organic chicken breasts, sliced into 1" pieces
- ½ cup scallions
- ¼ cup almonds
- 4 cloves of garlic, minced
- 2 tbsp tamari sauce
- 1 teaspoon vinegar
- 1 teaspoon fresh ginger

**INSTRUCTIONS**

1. Cook chicken breast in oil on medium heat until internal temperature reaches 165°F. Set aside.
2. Saute almonds, scallions, ginger, chilis, and garlic for 2 minutes
3. Add chicken, tamari sauce and vinegar and cook another 5 minutes and serve.

Per Serving:  
Calories: 333 Fat: 14g Net Carbs: 6g



**DINNER SUPER SAVORY OLIVE TAPENADE AND MEATBALLS**

**SERVES: 3**

**FOR THE MEATBALLS**

- 1lb ground beef
- 2 tbsp fresh oregano
- 1 pastured egg
- 2 teaspoons salt
- 1 teaspoon cracked black pepper
- 1 tbsp extra virgin olive oil

**FOR THE TAPENADE**

- 1 cup green olives
- 1 tbsp fresh oregano
- 2 cloves garlic

**INSTRUCTIONS**

1. Mix together beef, oregano, egg, salt, pepper together and form 12 meatballs
2. Saute the meatballs in olive oil until internal temperature is 165°F.
3. Soak green olives in warm water for 5 minutes and drain.
4. Add tapenade ingredients to a food processor and pulse several times.
5. Serve meatballs on top of tapenade and add zoodles for an optional twist.

Per Serving:  
Calories: 477 Fat: 31g Net Carbs: 2g



**SNACK**  
**CHINESE TEA EGGS**

**SERVES: 3**

- 6 large organic eggs
- 2 cups water
- 1 teaspoon sea salt
- 2 star anise
- 1 stick cinnamon
- 3 cups black tea
- 1 cup Oolong tea
- ½ cup coconut aminos
- 2 bay leaves
- 1 ½ teaspoon cumin powder
- 5 drops stevia

**INSTRUCTIONS**

1. Boil the eggs for 8 minutes in boiling water.
2. Once the eggs are cool, crack the eggs with a back of spoon. Make sure you crack the eggs all the way through the membrane.
3. In a separate pot, add the eggs with water and the star anise, teas, cinnamon, aminos, bay leaves, cumin, and salt.
4. Bring it to boil. Turn it off. Open the lid to let it cool down.
5. Repeat the boil and cool down step 5 times.
6. Let the eggs sit in the tea broth overnight and discard the seasoning to enjoy.

Per Serving:  
144 Fat: 8g Net Carbs: 6g

Daily Total: Calories 959 | Net Carbs: 14g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH SMASHED CUCUMBER AND GOAT CHEESE SALAD**

**SERVES: 2**

- 14 oz Persian mini cucumbers
- 1 teaspoon pink Himalayan sea salt
- ½ tbsp garlic, minced
- 3 teaspoons organic apple cider vinegar
- 2 teaspoons sesame oil
- 1 oz aged goat cheese
- ½ cup hemp seeds

**INSTRUCTIONS**

1. Cut each cucumber in half lengthwise, scoop out the seeds and roughly chop the cucumbers in 1" pieces. You want to create some uneven angles. They don't need to be in uniform shape. Place the cucumbers in a large ziplock bag and lightly smash the cucumbers with a meat pounder until the skin begins to crack.
2. Sprinkle with salt and use your hands to gently rub the salt into each cucumber pieces. Let sit in the fridge for 15 minutes and drain (do not rinse).
3. Toss the cucumbers with grated garlic, apple cider vinegar, and sesame oil. Taste and make seasoning adjustments to taste. Serve chilled with goat cheese garnish.

Per Serving:  
Calories: 327 Fat: 27g Net Carbs: 5g



**DINNER**  
**FILIPINO SKIRT STEAK WITH FRIED RICE**

**SERVES: 4**

**FOR THE STEAK AND MARINADE**

- 1 lb skirt steak, seared in ½ tbsp ghee
- 3 tbsp coconut aminos
- ½ teaspoon pink Himalayan salt
- 1 teaspoon lime juice
- 2 garlic cloves, crushed
- Cracked black pepper, to taste

**FOR THE CAULIFLOWER RICE**

- 2 cups cauliflower, riced
- ½ tbsp ghee
- 2 garlic cloves, minced
- ¼ teaspoon ginger grated
- 2 teaspoon coconut aminos
- 1 teaspoon sesame oil
- Pink Himalayan salt, to taste

**FOR THE TOMATO SAUCE**

- ½ cup tomato, chopped
- 1½ tbsp shallots, chopped
- 2 tbsp flat parsley, chopped
- Lime juice to taste

**INSTRUCTIONS**

1. Marinate sliced steak pieces overnight with seasoning ingredients at least 1-2 hours in the fridge. Tip: scoring the steak in a small criss-cross cut pattern will enable better marinating.
2. Add ghee to a well heated cast-iron pan, and spread around with a brush to avoid spattering. Dry off excess marinade from skirt steak and make sure the pan is hot enough to sizzle before adding steaks.
3. Cook each side for 2-3 minutes per side for medium to medium-rare, basting the steak with ghee and steak juices. Set aside to rest.
4. Cauliflower rice: Add ghee to a medium-hot skillet, lower heat slightly and add garlic. Season with a small pinch of salt and saute until fragrant (about 10 seconds). Add cauliflower, ginger, coconut aminos and stir fry quickly until soft, but not mushy. Turn off the heat and stir-in green parts of scallion and sesame oil.
5. Tomato Sauce: Quickly pulse tomato sauce ingredients in a food processor, only 10-12 seconds pulsing.
6. Slice steak against the grain and plate with cauliflower rice, topped with tomato sauce.

Per Serving:  
Calories: 362 Fat: 22g Net Carbs: 6g



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

**SERVES: 2**

- 6 oz fresh mozzarella cheese
- 6 oz prosciutto, sliced
- ½ cup tomatoes
- ½ tbsp extra virgin olive oil
- 6 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.

Per Serving:  
Calories: 472 Fat: 33g Net Carbs: 3g

Daily Total: Calories 1166 | Net Carbs: 14g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH KALE & MUSHROOM**  
**SAUSAGE PATTIES**

**SERVES: 5**

- 1 lb ground pork
- 1 organic egg
- 1 cup mushrooms, chopped
- 1 cup kale, chopped
- 2 tbsp coconut oil
- 2 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon fennel seed
- Pinch of ground ginger
- Pinch of nutmeg
- 1 teaspoon sour cream

**INSTRUCTIONS**

1. Mix egg, kale, mushrooms and garlic.
2. In a large skillet, melt 1 tbsp of coconut oil and saute egg mix until scrambled well.
3. Place the ground pork in a mixing bowl and add the veggies and spices. Mix well and form into 10 patties.
4. Melt last tbsp of coconut oil over medium heat and cook the sausage patties in batches until golden brown on each side and cooked in the middle.
5. Serve with a dollop of sour cream.

Per Serving:  
Calories: 344 Fat: 26g Net Carbs: 1g



**DINNER KOREAN BEEF LETTUCE WRAPS**  
**BY KONSCIOUS KETO**

**SERVES: 4**

**FOR THE SEASONING**

- 1 lb ground beef
- 2 tbsp coconut aminos
- 3 teaspoon toasted sesame oil
- 3 cloves garlic, minced
- ½ teaspoon pink Himalayan salt
- 3 tbsp apple juice
- 1 shallot, thin sliced
- ½ teaspoon onion powder

**FOR THE GARNISH**

- 1 head butter lettuce
- 1 cup carrots, julienned
- 1 cup cucumber, julienned

**FOR THE DIP**

- ¼ cup natural almond butter
- ½ teaspoon red curry paste
- ¼ cup coconut cream
- 1 oz tamarind paste
- ⅛ teaspoon coarse salt
- 1 tbsp coconut water

**INSTRUCTIONS**

1. Mix beef and seasonings well and let sit overnight in the fridge.
2. Mix sauce ingredients and set aside to chill.
3. In a well-heated skillet, cook beef until browned.
4. Wrap beef in lettuce leaf, with garnish of carrots and cucumber and serve with dipping sauce.

Per Serving:  
Calories: 464 Fat: 30g Net Carbs: 10g



**SNACK**  
**STRAWBERRY CHIA PUDDING**

**SERVES: 2**

- ¼ cup chia seeds
- 1 cup coconut milk
- ¼ teaspoon vanilla extract
- 1 scoop of Keto Shake

**INSTRUCTIONS**

1. Soak chia seeds with coconut milk. Add vanilla and Keto Shake.
2. Stir-well and store in the fridge for at least 6 hours or best overnight.

Per Serving:  
Calories: 341 Fat: 31g Net Carbs: 7g

Daily Total: Calories 1154 | Net Carbs: 18g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**SALMON STUFFED AVOCADO**

**SERVES: 2**

- 1 large organic avocado
- 1 wild salmon fillet (7 oz)
- ¼ cup white onion, finely chopped
- 2 tbsp fresh lemon juice
- Pink Himalayan salt to taste
- Freshly ground black pepper to taste
- ½ tsp ghee
- ½ tsp sour cream
- 2 tbsp fresh dill, chopped

**INSTRUCTIONS**

1. Preheat the oven to 400°F. Place the salmon filets on a baking tray lined with parchment paper. Drizzle with melted ghee, season with salt and pepper and 1 tbsp of lemon juice. Bake for 4-6 minutes and let cool 20 minutes.
2. Using a fork, shred the salmon fillets and discard the skin. Mix with onion, sour cream and dill.
3. Squeeze in last tbsp of lemon juice and season with salt and pepper to taste. Scoop the middle of the avocado out and dice into small pieces. This should leave about 1/2" of the avocado flesh on the skin still.
4. Mix the chopped avocado with flaked salmon until well combined.
5. Fill each avocado skin with the salmon mixture, add lemon and enjoy!

Per Serving:  
Calories: 365 Fat: 27g Net Carbs: 4g



**DINNER CREAMY CAULIFLOWER AND GROUND BEEF SKILLET**

**SERVES: 6**

- 1 tbsp ghee
- ½ small onion, chopped
- 2 cloves garlic, minced
- 4 jalapeño peppers, sliced (seeds removed for non-spicy)
- 1 lb ground beef
- 1 teaspoon pink Himalayan salt
- ½ teaspoon freshly cracked black pepper
- 2 cups cauliflower, grated
- ½ cup keto-friendly mayo
- ½ cup water
- ¼ cup olive oil
- 1 tbsp coconut aminos
- 1 teaspoon fish sauce
- 1 teaspoon ground cumin
- 6 organic eggs
- ½ ripe avocado, diced
- 2 tbsp keto-friendly mayo
- 1 tbsp apple cider vinegar
- 1 tbsp fresh parsley, chopped

**INSTRUCTIONS**

1. Melt ghee in a heavy skillet over medium heat. Add onion, garlic and jalapeños and cook until fragrant and soft, about 2-3 minutes.
2. Add ground beef, salt and pepper and continue cooking until the beef is completely brown. Lower the heat and stir-in cauliflower; continue cooking for 2-3 minutes.
3. Whisk mayo, water, olive oil, coconut aminos, fish sauce and cumin separately.
4. Pour over ground beef and cauliflower mixture and stir. Cook until liquid is absorbed (3-5 mins).
5. Remove from heat, spread the mixture evenly to the edges of the pan, and make 4 shallow dimples on top. Crack one egg in each of the dimples then sprinkle with salt and pepper and cooked jalapeño peppers.
6. Broil 8-10 minutes or until the eggs are cooked to your liking.
7. In the meantime, mix 2 tbsp mayo with the apple cider vinegar and then garnish skillet with cider, avocado and parsley.

Per Serving:  
Calories: 461 Fat: 36g Net Carbs: 5g



**DESSERT COCONUT CREAM CACAO POPS WITH BLACK CHERRY**

**SERVES: 8**

- 1 ½ cup coconut cream
- 3 tbsp unsweetened cacao powder
- 1 teaspoon vanilla bean paste
- 2 teaspoons gelatin powder
- 1 cup cherries, chopped and pitted
- ½ teaspoon of salt

**INSTRUCTIONS**

1. Whisk coconut cream and gelatin together and let sit for 3 minutes.
2. In a medium-sized saucepan add gelatin mix, cacao powder, salt, and vanilla bean paste. Bring to a gentle simmer, over medium-low heat just 2 minutes and then remove from heat to cool.
3. Add a couple of pieces of cherries into each mold of a 16-space ice cube tray. Add gelatin up to 70% full. Add in more cherry until the mixture tops each mold.
4. Freeze until solid (about 6 hours or overnight)

Per Serving:  
Calories: 179 Fat: 16g Net Carbs: 6g

Daily Total: Calories 1010 | Net Carbs: 15g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH PROSCIUTTO-WRAPPED**  
**ASPARAGUS AND SOFT BOILED EGGS**

**SERVES: 2**

- 10 asparagus spears, end trimmed
- 5 slices of prosciutto, halved lengthwise
- 4 free-range eggs
- 1 tbsp olive oil
- Pink Himalayan sea salt and cracked black pepper, to taste

**INSTRUCTIONS**

1. Bring 1" water in a saucepan to a low boil, add eggs and cover with lid. Simmer 6 minutes.
2. Wrap pieces of prosciutto around each asparagus spear. Set aside.
3. Once eggs are finished, drain water and immediately place in an ice bath for 5 minutes.
4. While eggs are cooling down, heat olive oil in a large pan over medium heat and cook asparagus 3 minutes on each side.
5. Peel the top of each egg and slice open with a spoon to expose soft yolk. Season with salt and pepper.
6. Dip asparagus spears in soft boiled eggs and enjoy!

Per Serving:  
Calories: 228 Fat: 17g Net Carbs: 2g



**DINNER ITALIAN CHICKEN WITH PESTO**  
**AND PROVOLONE**

**SERVES: 2**

- 1 organic chicken breast, halved and sliced thin
- 2 slices prosciutto, chopped
- ½ cup bone broth
- 1 teaspoon olive oil
- ½ teaspoon Italian seasoning
- 1 pastured egg, whisked
- ¼ teaspoon garlic powder
- Pink Himalayan salt to taste
- 2 slices provolone cheese
- 1 tbsp pesto

**INSTRUCTIONS**

- Mix egg, garlic powder, italian seasoning, salt & pepper in a small bowl.
- Dredge chicken in egg mixture and heat skillet to medium heat with olive oil.
- Saute chicken on medium heat until first side is golden and then flip and add garlic, prosciutto and bone broth. Cook 2 minutes more and then add provolone to melt and cook chicken through.
- Garnish with pesto and serve.

Per Serving:  
Calories: 377 Fat: 25g Net Carbs: 2g

**INSTRUCTIONS**

1. Heat up the broth in a pan.
2. Add chopped vegetables, pepper and spices and garlic to the broth.
3. Add salmon and lemon and cook 5 minutes or until salmon is flaky.
4. Once salmon is flaky, drop eggs into the water and let cook on simmer for at least 4 minutes.

Per Serving:  
Calories: 437 Fat: 26g Net Carbs: 2g



**SNACK**  
**POWER MATCHA PUDDING**

**SERVES: 2**

- ½ cup coconut milk (refrigerated overnight, cream only)
- 1 cup almond milk + 2 tbsp
- 1 teaspoon matcha powder
- 4 tbsp chia seeds
- ½ tbsp MCT oil
- 1 scoop collagen powder
- 10 drops stevia, divided
- 1 tbsp lemon juice

**INSTRUCTIONS**

1. Make the matcha layer: Whisk 1 cup almond milk, matcha powder, MCT oil and stevia. Add chia seeds and let them soak at least 20 minutes or overnight and then stir once fully hydrated.
2. Make the lemon layer: Mix coconut cream, 2 tbsp almond milk, lemon juice, and 5 drops stevia and add on top of matcha layer.
3. Serve chilled.

Per Serving:  
Calories: 264 Fat: 22g Net Carbs: 5g

Daily Total: Calories 874 | Net Carbs: 9g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**AMAZING ACAI BOWL**

**SERVES: 1**

- 1 Trader Joe's Acai packet
- ½ cup coconut yogurt
- 5-10 drops of liquid stevia, to taste
- ¼ cup blueberries
- 1 tbsp chia seeds
- ¼ cup macadamia nuts, sliced

**INSTRUCTIONS**

1. Place the can of coconut milk in the refrigerator overnight before making your bowl. Do not shake the can. You want the solids to separate from the liquid.
2. When you are ready to make your bowl, place frozen acai packet in a bowl of hot water to thaw enough to remove it from the package.
3. Empty the acai into a blender. Remove coconut milk from the fridge and open the can. Notice that the top is solid and yogurt-like. Scoop the solidified coconut milk into the blender, discard liquid remaining in the bottom of the can.
4. Blend acai, coconut yogurt, and stevia until combined. Do not over mix; it will become too thin.
5. Pour the mixture into a bowl, and top with blueberries, macadamia and chia toppings.

Per Serving:  
Calories: 387 Fat: 31g Net Carbs: 14g



**DINNER**  
**VEGGIE BURGERS & ASPARAGUS SAUTE**

**SERVES: 4**

- 1 lb ground beef
- ½ cup leeks, chopped
- 2 tbsp parsley, chopped
- 1 organic egg
- Pink Himalayan salt and cracked black pepper

**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 salt and cracked black pepper to taste

**INSTRUCTIONS**

**FOR THE PATTIES**

1. Mix all the burger ingredients together and form into 4 patties with an indentation in the middle of the patty.
2. Saute in olive oil to your preferred temperature.

**FOR THE ASPARAGUS SAUTE**

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, red peppers and garlic for 1 minute until fragrant. Turn off heat and toss to coat the asparagus with the remaining ingredients.

Per Serving:  
Calories: 348 Fat: 21g Net Carbs: 3g



**SNACK**  
**BAKED KALE CHIPS**

**SERVES: 2**

- 3 cups curly green and/or purple kale, stems removed
- 2 tbsp avocado oil
- 1 teaspoon pink Himalayan salt and cracked black pepper to taste
- ½ teaspoon garlic powder, onion powder or smoked paprika

**INSTRUCTIONS**

1. Preheat oven to 320°F and spread the kale over 2 large baking sheet pans with parchment paper. Lightly brush each leave both front and back with avocado oil. Sprinkle with seasonings, using hands to distribute and gently rub the seasonings in both front and back.
2. Try to make the leaves as flat and not folded over as possible and leave some space between each leave. Bake at 320°F for 10-15 minutes or until kale is crispy and slightly golden. Watch closely as it can burn easily.
3. Let cool slightly - the leaves will crisp up even more once out of the oven. Use scissors to cut along the stem. Enjoy immediately. Best when fresh.

Per Serving:  
Calories: 135 Fat: 14g Net Carbs: 2g

Daily Total: Calories 875 | Net Carbs: 19g



**BREAKFAST**  
**IF & KETO ACTIVATE** (See page 12 for instructions)



**LUNCH**  
**TACO SALAD**

**SERVES: 3**

- ½ lb ground beef
- 1 tbsp taco seasoning
- 8 oz romaine lettuce, chopped
- ½ cup grape tomatoes, halved
- ½ cup cheddar cheese, shredded
- 1 organic avocado, cubed
- ½ cup scallions, chopped
- ½ cup salsa
- ¼ 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.

Per Serving:  
Calories: 384 Fat: 26g Net Carbs: 7g



**DINNER**  
**CRISPY TENDER TURMERIC CHICKEN THIGHS**

**SERVES: 4**

- 1 lb chicken thighs (skin-on bone-in)
- 1 large leek
- 1 tbsp ghee
- 1 cup wild arugula and romaine mix
- 1 serrano chili pepper, sliced thin to strips (optional)

**FOR THE SEASONING**

- 1 teaspoon turmeric powder
- ½ teaspoon garlic powder
- Pink Himalayan salt and cracked black pepper, to taste

**FOR THE SAUCE**

- 1 cup full fat coconut milk
- 1 teaspoon turmeric powder
- 2 tbsp coconut aminos

**INSTRUCTIONS**

1. Preheat oven to 375°F. Rub chicken thighs with spices and marinate overnight.
2. Heat a large skillet over medium heat and add ghee, place the chicken skin side down. Crisp up the skins without moving them for about 7-8 mins.
3. In the meantime, slice the dark green part of the leek into very thin slices and the white part thicker about ¼ inch. Separate colors.
4. Mix coconut milk, turmeric, and coconut aminos in a separate bowl.
5. In a casserole dish, place ingredients in order: Leeks on the bottom, coconut milk, seared chicken thighs (skin side up), extra chicken juice from the skillet, white leeks scattered around, and chilis on top of chicken.
6. Bake for 40 minutes then raise the temperature to 400°F for the last 10 minutes. Let cool for 10-15 minutes to allow sauce to thicken further. Serve with salad.

Per Serving:  
Calories: 445 Fat: 31g Net Carbs: 7g



**DESSERT**  
**VANILLA BEAN COCONUT MILK ICE CREAM**

**SERVES: 3**

- 14 oz full fat coconut milk, chilled
- 1 ½ teaspoons vanilla bean paste
- ⅛ teaspoon coarse salt
- ⅛ teaspoon Keto Shake

**INSTRUCTIONS**

1. Blend all ingredients in a high speed blender for about 1 minute or until creamy smooth.
2. Pour into a metal bowl or freezer safe container. Distribute the batter evenly and smooth the surface. Cover the bowl and store in the freezer. Stir with a silicone spatula every 15-20 minutes to prevent ice crystals from forming. The ice cream will become more firm after about 2 hours. For best texture, eat within the same day.

Per Serving:  
Calories: 307 Fat: 28g Net Carbs: 15g

Daily Total: Calories 1151 | Net Carbs: 29g