

## Chef Keto Keith's Meal Plan

My meal plan is very vegetable forward and I encourage you all to buy organic. The meats I use are grass finished or 100% grass fed. Grass fed is a different product and it contains some chemicals and preservatives. Poultry is organic and free range. Attached is a copy of my approved Keto Food List.

This meal plan ensures that you get your nutrients. Nutrients are a large part of keto. It prevents you from getting the keto flu. Keto flu is a medical condition where the body does not have the correct nutrients and the immune system becomes weak. I also only recommend 3 meals per day. Each time we consume food even if it's a snack or a large meal, the body loses energy trying to digest food and your insulin goes up and down. When there is movement with your insulin you gain weight. I also recommend intermittent fasting.

After week one you can start introducing some snacks (a keto bar, cheese and lettuce roll ups)

### Day 1

#### Breakfast

Watercress salad- 1 cup watercress, 2 Roma tomatoes diced, 1 avocado, 2 tablespoon chopped bacon, 3 hard boiled eggs chopped, 1/3 cup blueberries, ranch dressing(zero sugar)

#### Lunch

Cucumber and Tomatoes salad-1 large cucumber peeled and chopped, 1 medium sized heirloom tomato chopped, 1 tablespoon chopped dill, 1/2 cup full fat feta cheese crumbled, 6oz chicken breast

## Dinner

1 cup of each (swiss chard, spinach, kale) lightly sautéed in olive oil with fresh garlic, add 4 strawberries chopped, 2 tablespoon chopped walnuts, 6oz grilled salmon, apple cider vinegar dressing

## Day 2

### Breakfast

Vegetable omelet using 4 large eggs and 1 cup of low glycemic vegetables, served with tomato basil salad

### Lunch

#### A large Salad

Chopped romaine 1 cup, shaved fennel 1/2 cup, chopped bok choy 1/2 cup, alfalfa sprouts 1/2 cup, shaved Brussels sprout 1/2 cup, 6oz grilled Halibut with blue cheese dressing

## Dinner

1/2 roasted chicken served with sautéed zucchini, yellow squash, 1 cup each

Small dinner salad- lettuce, tomato, cucumber dressing

## Day 3

### Breakfast

1 large Hass avocado stuffed with scrambled eggs and cheese (4 eggs) served with mixed baby greens, 1/3 cup of raspberries.

## Lunch

Ratatouille 2 cups (eggplant, tomato, bell pepper) lightly sautéed with olive oil, turmeric, fresh thyme served with 6oz grilled hamburger patty (grass finished)

## Dinner

BBQ chicken served with sautéed collard with bacon and garlic 2 cups, side salad

BBQ sauce, 3 table spoon no sugar added ketchup, 2 pinch of each (dry mustard, onion powder, garlic powder, cumin ) 1 tablespoon lemon juice, 2 packages of stevia.

## Day 4

### Breakfast

Grilled broccoli, cauliflower, tomato, bell pepper, yellow squash served with 1 cup ham cubed 1 tablespoon parmesan.

## Lunch

Cobb salad- eggs, bacon, tomato, avocado, blue cheese, romaine lettuce Apple cider vinegar dressing

## Dinner

Whole roasted Branzino, 1 1/2 cauliflower rice, topped with tomatoes, capers, lemon and olive oil.

## Day 5

### Breakfast

Quesadillas, cauliflower tortillas (1 large tortilla trader joes) thinly sliced sirloin, pepper jack cheese, with 1 cup guacamole, 1/2 cup pico de gallo, 1 cup shaved romaine.

## Lunch

Shrimp salad-8 jumbo shrimp boiled and chilled, 2 table spoon mayo, 1 teaspoon fresh tarragon, served in a large salad tomato on a bed of arugula.

## Dinner

Lasagna with zucchini slices, eggplant slices as the noodles with mozzarella

1 1/2 cups ground beef, with spices and tomato sauce (no sugar added) sautéed, in a one serving size lasagna pot put 4 slices of zucchini, 4 tablespoon beef mixture, 4 slices eggplant 3 tablespoon cheese and repeat 3 times and bake for 30 minutes, top with cheese and bake 10 minutes.

## Day 6

### Breakfast

Keto egg bites, in a non-stick muffin pan with six spaces add chopped mushrooms, spinach, bell pepper parmesan, and whipped egg. Bake for 20 minutes and cool

3 egg bites, bowl of mixed berries

## Lunch

Tuna salad on a bed of greens, cucumber, olives, tomatoes, dressing of your choice just no sugar added read label.

## Dinner

Turkey Meatloaf, broccoli au gratin

In a bowl add ground turkey 1 1/2 cup, 1 tablespoon chopped garlic, 1 teaspoon Italian seasoning, mixed and place in a loaf pan top with tomato sauce (no sugar added) bake for 30 minutes.

Au gratin- in bowl mix 1/2 cup parmesan, mozzarella, 1/2 unsweetened almond milk pour over broccoli florets and bake 20 minutes.

## Day 7

### Breakfast

Muesli-in a bowl add 1/2 cup blueberries, 4 strawberries chopped, 1 tablespoon chia seeds, 1 teaspoon sliced almond, 2 tablespoon chopped bacon, 1 cup chilled Brazil nut milk.

### Lunch

Beef vegetables soup, garden salad, use bone broth sirloin grilled and cut into small cubes, veggie (tomato, yellow squash, celery,)

### Dinner

Curried Lamb with cauliflower rice, 8oz lamb loin cut into cubes, in a sauté pan add 1/2 teaspoon chopped onions, 1 tablespoon chopped bell pepper, 1 tablespoon chopped celery, sauté veggies add curry powder 1 teaspoon, olive oil add lamb and simmer until lamb is tender serve with cauliflower rice.

### Notes

If you are doing intermittent fasting omit breakfast and just do lunch and dinner within your eating hours.

Apple cider vinegar dressing-1/2 cup apple cider vinegar, 1 teaspoon Dijon mustard, 1 cup olive oil, salt and pepper.

