

WEEK ONE MEAL PLAN

MONDAY

B - Simply Bacon and Eggs

L - Easy Wedge Salad with Homemade Blue Cheese Dressing

D - Easy Weeknight Keto Pepperoni Pizza

TUESDAY

B - Blueberry Smoothie

L - Dill Tuna Salad sandwich

D - Bacon, Blue Cheese, and Mushroom Sliders

WEDNESDAY

B - Hot Coconut Oatmeal

L - Bacon, Goat Cheese & Basil Stuffed Chicken Breasts

D - Stir Fry Shirataki Shrimp Noodles

THURSDAY

B - Egg, Spinach And Bacon Muffins

L - Lemon-Pepper Baked Chicken Wings

D - Zucchini Lasagna

FRIDAY

B - Fluffy Cream Cheese Pancakes

L - Homemade Chicken Broth

D - Garlic-Herb Whole Roasted Chicken With Easy Spicy Roasted Cauliflower

SATURDAY

B - Spinach Mozzarella Omelette

L - Sausage Soup with Peppers and Spinach

D - Ranch-Rubbed Roasted Pork Chops & Pan-Roasted Brussels Sprouts & Bacon

SUNDAY

B - BLTA Salad

L - Pan Fried Medium Steak with Rocket and Tomato Salad

D - Creamed Spinach Stuffed Pork Chops

SNACKS

Cheese

Beef sticks or Jerky(sugar-free)

Pork rinds

Nuts and seeds

Hard-boiled egg

Pickles

Veggies

Berries (small serving)

SHOPPING LIST

- EGGS 2 DOZEN
- BACON 2-3 PKG
- NUTS OR SEEDS 1 BAG
- PORK RINDS 1 BAG
- BEEF STICKS OR JERKY sugar free 1 PKG
- SEA SALT
- KOSHER SALT
- PEPPER
- WHOLE PEPPERCORNS OR GRINDER HANDFUL
- GARLIC POWDER 6 TSP
- ONION POWDER 2 TSP
- DRIED BASIL 3 TSP
- DRIED DILL 4 TSP
- DRIED OREGANO 4 TSP
- DRIED ROSEMARY 1 TSP
- CHILI POWDER 1 1/2 TSP
- GINGER 2 TSP
- RED PEPPER FLAKES 2 TSP

- GROUND CUMIN 1 TSP
- GROUND CINNAMON 1 TSP
- HERBS BASIL, PARSLEY OR CILANTRO 2 TBSP
- BUTTER 8 TSP
- GHEE OR COCONUT OIL 1 TSP
- ALMOND MILK OR COCONUT MILK unsweetened 3 CUP
- HEAVY WHIPPING CREAM 1 TBSP
- SOUR CREAM 4 TBSP
- STRING CHEESE 1 PKG
- MOZZARELLA SHREDDED 3 1/2 CUP
- PARMESAN CHEESE-GRATED 2 CUP
- CHEDDAR JACK SHREDDED 1 1/2 CUP
- CREAM CHEESE 14 OZ
- GOAT CHEESE 4OZ
- BLUE CHEESE CRUMBLES 8 OZ
- GREEK YOGURT 2 TBSP
- LEMON JUICE 3 TBSP
- VANILLA EXTRACT 1/2 TSP
- COCONUT FLOUR 2 TBSP
- COCONUT FLAKES-unsweetened 1/2 CUP
- CHIA SEED 2 TBSP OR FLAXSEED MEAL 2 TBSP
- ERYTHRITOL OR FAVORITE SWEETENER 4 TBS
- STEVIA DROPS-VANILLA 15 DROPS
- MONK FRUIT LIQUID EXTRACT 10 DROPS
- SOY SAUCE 4 TBS
- SESAME OIL 2 TBS
- OLIVE OIL 2 CUPS
- RED WINE VINEGAR 1 TSP
- BALSAMIC VINEGAR 1 CUP
- MAYO 5 TBSP
- DIJON MUSTARD 2 TSP
- SHIRATAKI NOODLES 1 PKG
- BONELESS PORK CHOPS 4
- BONE-IN PORK CHOPS 4

- CHICKEN WINGS 4 LBS
- 1 (5-6 lbs) WHOLE CHICKEN
- BONELESS CHICKEN BREAST 4
- PORK SAUSAGE 1 LB
- GROUND BEEF 2 LB
- SIRLION STEAK 1
- SHRIMP 1 LB
- PEPPERONI 4 OZ
- CAN OF SOLID WHITE TUNA 1
- DILL PICKLE CHIPS OR STACKERS 1 JAR
- CHICKEN BROTH 7 CUP
- TOMATO PASTE 1 1/2 TBSP
- TOMATO SAUCE-sugar free 26 OZ
- BASIL LEAVES 6
- FRESH THYME 8 SPRIGS
- FRESH ROSEMARY 4 SPRIGS
- BAY LEAVES 2
- FRESH PARSLEY HANDFUL
- WHITE MUSHROOM 4 OZ
- ICEBERG LETTUCE 1 HEAD
- RED PEPPER I MEDIUM
- POBLANO PEPPER 1/2 MEDIUM
- CELERY 7 STALKS
- ZUCHINI 4 MEDIUM
- ONION 4 LG
- BRUSSEL SPROUTS 1 1/2 LB
- CAULIFLOWER 1 LG HEAD
- CHERRY TOMATOES 2 CUPS
- SHREDDED KALE OR LETTUCE 3 CUPS
- AVOCADO 4 LG
- GARLIC fresh 11 CLOVES or minced SM JAR
- SPINACH 4 CUPS 14 OZ
- BLUEBERRIES 1/2 CUP
- RASBERRIES 1 CONTAINER

- ORGANIC LEMONS 4-5
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BREAKFAST RECIPES

Simply Bacon and Eggs

Ingredients

- 3 eggs
- 2-4 bacon, in slices
- cherry tomatoes (optional)
- salt and pepper

Instructions

1. Fry the bacon in a pan until crispy. Put aside on a plate.
 2. Fry the eggs in the bacon grease any way you like them. Cut the cherry tomatoes in half and fry them at the same time.
 3. Season with salt and pepper to taste.
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Blueberry Smoothie

Ingredients

- 2 SERVINGS
- 14 oz. coconut milk
- ½ cup fresh blueberries, you can use fresh or frozen
- 1 tablespoon lemon juice
- ½ teaspoon vanilla extract

Instructions

1. Put all ingredients in the blender and mix well until smooth.
I recommend using the canned coconut milk (drain off the liquid) it makes a creamier, more satisfying smoothie.
This would be a good time to add your MCT oil as well and you can add more lemon juice if desired.

Hot Coconut Oatmeal

Ingredients

- 1 1/3 cup unsweetened almond milk or coconut milk
- 2 tablespoons coconut flour
- 1/2 cup unsweetened coconut flakes
- 2 tablespoons flaxseed meal or chia seed
- 1 1/3 cup water
- 15 drops vanilla stevia drops
- 10 drops monk fruit liquid extract or 5 drops stevia

Instructions

1. Toast coconut flakes in medium pot over medium high heat until golden being careful not to burn.
2. Stir in the almond milk (or coconut milk) and water.
3. Cover and bring mixture to a boil.
4. After the boiling point is reached, remove from heat and add the remaining ingredients.

Recipe Notes

- For a thinner cereal, reduce or eliminate the flax meal or chia seeds.
- You can also add a few blueberries to taste

Egg, Spinach And Bacon Muffins

Ingredients

- 10 eggs
- 1/2 tsp unrefined salt
- several grinds of fresh black pepper
- 1/2 tsp garlic powder
- 1 tsp ghee, butter or coconut oil
- 2 cups spinach, chopped
- 6 strips of cooked bacon, chopped into small pieces
- 2 tbsp fresh herbs, finely chopped (basil, cilantro, or parsley)
- ghee or coconut oil for oiling muffin liners

Instructions

1. Preheat oven to **350°F**. Line a muffin pan with silicone or cupcake liners or lightly grease the muffin pan.
 2. In a skillet, melt fat of choice over medium heat. Saute spinach for about a minute until it begins to wilt. Turn off heat. Add chopped bacon pieces and fresh herbs. Mix to combine.
 3. In a large bowl, whisk together 10 eggs, salt, pepper, and garlic powder. Set aside.
 4. Spoon spinach/bacon mixture into your prepared muffin cups. Pour the whisked eggs evenly over the mixture.
 5. Bake for 20 minutes, or until toothpick inserted into the center comes out clean. Enjoy!
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Cream Cheese Pancakes

Ingredients

- 2 eggs
- 2 ounces cream cheese, softened
- 1 packet stevia or sweetener of choice
- 1/2 teaspoon ground cinnamon

Instructions

1. Combine eggs, cream cheese, sweetener, and cinnamon in a blender; blend until smooth. Let batter sit until bubbles settle, about 2 minutes.
 2. Heat a large skillet over medium heat. Pour 1/4 of the batter onto the skillet; cook until golden brown, about 2 minutes.
 3. Flip and continue cooking until second side is golden brown, about 1 minute more. Repeat with remaining batter.
 4. Serve with sugar free syrup and fresh berries.
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Spinach Mozzarella Omelette

Ingredients (1 serving)

- 3 Large Eggs
- 2 oz Frozen Chopped Spinach

- 1/2 Cup Shredded Mozzarella Cheese 1 tsp Olive Oil
- 1 Tbsp Heavy Cream
- 2 Tbsp Grated Parmesan Cheese

Instructions

1. Crack eggs in a small bowl and add heavy cream. Mix well.
 2. Heat oil in a pan over low and add eggs.
 3. While eggs are cooking heat spinach in the microwave (cook through).
 4. When eggs are cooked to your liking add spinach and mozzarella and close your omlette.
 5. Remove from pan and plate.
 6. Top with parmesan cheese.
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BLTA Salad

Ingredients

- 3 cups shredded kale or lettuce (no stems)
- 1 teaspoon red wine vinegar
- 2 teaspoons extra virgin olive oil
- kosher salt
- black pepper, to taste
- 2 large eggs
- 4 strips cooked center cut bacon, chopped
- 2 ounces sliced avocado
- 10 grape tomatoes, halved

Instructions

1. In a bowl combine the kale, olive oil, vinegar and 1/4 teaspoon salt. Massage with your hands for about 3 minutes, until the kale softens.
 2. Cook eggs to desired likeness and slice.
 3. Divide the kale between two bowls, top with bacon, tomatoes, avocado and egg.
 4. Finish with pinch of salt and pepper.
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LUNCH RECIPES

Easy Wedge Salad with Homemade Blue Cheese Dressing

Prep time: 20 minutes

Serves: 6

Dressing Ingredients

Tip: For best results, prepare the homemade blue cheese dressing the night before to give the flavors a chance to blend.

- 2 T. avocado mayonnaise
- 2 oz. blue cheese, crumbles
- 2 T. Greek yogurt
- 2 T. full fat sour cream
- 1 t. garlic salt
- Sea salt and black pepper, to taste
- 2-3 T. half & half (optional)

Ingredients

- 1 large head iceberg lettuce, cut into 6 wedges
- 2 large avocados, diced
- 3 strips sugar-free bacon, cooked crispy and crumbled
- 3 hard-boiled eggs, peeled and chopped
- 1 large stalk celery, chopped
- Sea salt and black pepper, to taste

Instructions

1. To make the blue cheese dressing, combine the avocado mayonnaise, blue cheese, Greek yogurt, sour cream, and garlic salt in a medium glass or other non-reactive bowl.
2. Stir enough half & half into the blue cheese mixture to reach the desired consistency.
3. Season with salt and black pepper, to taste, and stir to combine.
4. Cover and refrigerate until ready to use.
5. When ready to serve, place each wedge of iceberg lettuce onto individual chilled serving plates.
6. Drizzle each wedge with some homemade blue cheese dressing.
7. Top each with an equal amount of avocado, crumbled bacon, chopped hard-boiled eggs, and chopped celery.
8. Season with salt and black pepper, to taste, and serve immediately. Enjoy!

Dill Tuna Salad Sandwich

Ingredients

- 1 can tuna (your preference – I like the solid white)
- 3 tbsp mayo
- 1 pinch of dried dill (fresh dill would be nice too – you may need more)
- salt and pepper to taste
- hamburger dills, or any dill that's sliced the long way

Instructions

1. Combine all of these ingredients (except pickles) to taste, then let the tuna salad sit in the fridge for about 15-30 minutes (or overnight).
 2. Get yourself some long-sliced dills. I could only find the hamburger chips this time around, so I went with those, but I prefer the refrigerated dills from the deli.
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Bacon, Goat Cheese & Basil Stuffed Chicken Breasts

Prep Time: 15 minutes

Cook Time: 25-30 minutes

Serves 4

Ingredients

- 2 T. extra virgin olive oil
- 4 6-oz. boneless, skinless chicken breasts
- 4 oz. goat cheese, divided
- 6 strips of cooked bacon, crispy and crumbled
- 6 basil leaves, rolled and sliced thin
- Salt and pepper, to taste
- 1 c. balsamic vinegar

Instructions

1. Preheat oven to 375 degrees.
 2. Butterfly the chicken by running a sharp knife horizontally through the thickest part of each breast. Place one hand on top of the breast to stabilize while holding the knife parallel to the work surface while cutting. Do not cut all the way through. Open the breast so both halves can lie flat.
 3. Season the exposed surface with salt and pepper, then add 1/4 of the goat cheese, crumbled bacon, and sliced basil leaves to each breast.
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4. Fold the breasts in half so the cheese mixture is surrounded by chicken breast on the bottom, back and top.
5. Secure with long wooden toothpicks, if desired.
6. Heat olive oil over medium-high heat in a large oven-safe skillet.
7. Once hot, add the stuffed chicken breasts to the pan to sear.
8. Once browned on the bottom, carefully turn each breast over and repeat on the other side.
9. Season top and bottom with salt and pepper, if desired, during this process.
10. Place skillet in preheated oven and cook until an instant read thermometer reads 165 degrees when inserted, approximately 25-30 minutes.
11. Remove from the oven and cover until ready to serve.
12. A few minutes before removing the chicken from the oven, start making the balsamic glaze.
13. Heat balsamic vinegar in a small sauce pan over medium-high heat.
14. Stir while heating until the vinegar is reduced to about 1/3 of its original volume.
15. It will form a thick, syrupy consistency when it is ready.
16. To serve, place a stuffed chicken breast on each plate and drizzle with balsamic glaze.

Pairs well with a mixed green salad or roasted vegetables.

Lemon-Pepper Baked Chicken Wings

Prep time: 50 minutes (includes drying time for zest which can be done in advance)

Cook time: 50 minutes

Serves 4

Ingredients

Lemon-Pepper Seasoning:

- 4-5 large organic lemons, zested
- 1 T. kosher salt
- 1 t. black peppercorns, crushed

Chicken Wings:

- 4 lbs. chicken wings, tips removed and patted dry
- 3 T. extra virgin olive oil

Instructions

1. Position oven rack to center position and preheat oven to warm (lowest setting).
 2. Line a large rimmed baking sheet with parchment paper and set aside.
 3. To prepare the lemon-pepper seasoning, wash the lemons and pat dry. Remove zest from each lemon with a microplane. While doing so, collect as much of the flavorful yellow outer layer as possible, while avoiding the more bitter white layer below.
 4. Spread the zest in a thin layer on the parchment paper and place in the oven.
 5. After 20 minutes, remove pan from oven and shake to make sure zest is drying evenly.
 6. Return to oven until thoroughly dried, approximately 25-30 minutes.
 7. Remove dried lemon zest from the oven and increase oven temperature to 425°F.
 8. Add dried lemon zest to spice grinder or food processor along with salt and black peppercorns. Grind ingredients until desired consistency is reached.
 9. Taste and adjust ratio of salt and pepper as desired.
 10. In a large bowl, combine chicken wings with olive oil and 1 - 2 tablespoons of lemon-pepper seasoning and toss until evenly coated.
 11. Arrange seasoned chicken wings in a single layer on rimmed baking sheet lined with parchment paper. Do not overcrowd.
 12. Place baking sheet on center rack of preheated oven and bake for 20-25 minutes.
 13. Remove baking sheet from oven and turn each wing to ensure they cook evenly on all sides.
 14. Return to oven and bake for another 20-25 minutes, or until wings are browned and crispy.
 15. Remove from oven and serve immediately with sliced celery and blue cheese or ranch dressing, if desired.
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Homemade Chicken Broth

Tip: As you cook throughout the week, freeze leftover edible vegetable and herb stems and scraps in a freezer-safe bag. Use these scraps whenever you make a new batch of stock.

Prep time: 15 minutes

Cook time: 1 hour (or more)

Serves: 6

Ingredients

- 2 T. extra virgin olive oil
- 2 large onions, roughly chopped
- 4 cloves garlic, peeled and smashed
- 3 stalks celery, roughly chopped
- 1 (5-6 lbs) leftover roasted chicken carcass
- Water to cover
- 8 sprigs fresh thyme
- 4 sprigs fresh rosemary
- 2 bay leaves
- 1 handful whole fresh parsley
- Small handful whole peppercorns
- Sea salt, to taste

Instructions

1. Add olive oil to a large stockpot or Dutch oven and heat over medium-high heat.
2. Add onions, garlic, and celery to heated olive oil and sauté for 5 or 6 minutes, or until the flavor is released.
3. Place the roasted chicken carcass in the pot and fill with enough water to cover.
4. Add thyme, rosemary, bay leaves, parsley and whole peppercorns.
5. Season with salt, to taste.
6. Heat over medium-high heat until it just about boils, and then reduce heat to medium-low.
7. Stir and simmer, uncovered, for at least an hour. (The exact amount of time can vary – the longer it simmers, the better the flavor will be).
8. Place a stainless-steel strainer over a large heat-proof bowl or container in the sink. Carefully pour contents of stockpot into the colander to separate out the solids from the liquid.
9. When cool enough to handle, remove edible chicken meat from the strainer and set aside to make chicken soup or for another recipe.
10. Discard chicken bones, skin, and fat, along with the vegetables and herbs.

11. Taste reserved broth and season with salt and black pepper, to taste.
 12. Use immediately or allow broth to cool completely before transferring to freezer safe-storage containers.
 13. Freeze until ready to use.
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Sausage Soup with Peppers and Spinach

This soup is great as a hearty appetizer or as a satisfying light meal when paired with a green salad. As an added bonus, it tastes even better as leftovers for lunch the next day!

Prep time: 10 minutes

Cook time: 35-40 minutes

Serves 6

Ingredients

- 2 T. extra virgin olive oil
- 1 lb. pork sausage
- 1 medium red pepper, diced
- ½ medium Poblano pepper, diced
- 3 celery stalks, diced
- 1 t. dried basil
- 1 t. dried oregano
- 1 t. dried rosemary
- 1½ t. chili powder
- 1 t. ground cumin
- ½ t. ground cinnamon
- Sea salt and black pepper, to taste
- 6 c. organic sugar-free chicken stock
- 2 c. baby spinach
- 1 c. Cheddar Jack cheese, shredded

Instructions

1. Heat olive oil in a large soup pot or Dutch oven over medium-high heat.
2. Add sausage and cook, stirring occasionally, until the sausage is no longer pink inside, approximately 5 minutes. As the sausage cooks, break it into small pieces with a wooden spoon.

3. Add the red and Poblano pepper, celery, basil, oregano, rosemary, chili powder, cumin, and cinnamon to the pot.
 4. Generously season with salt and black pepper, to taste, and stir to combine.
 5. Cook, stirring occasionally, until the veggies have softened, around 5-6 minutes.
 6. Add the chicken stock and simmer for 20 minutes, stirring occasionally.
 7. Add the spinach and cook for another 4-5 minutes, or just until the spinach wilts.
 8. Remove from heat and serve immediately, topped with shredded Cheddar Jack cheese and some additional diced Poblano pepper, if desired. Enjoy!
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Pan Fried Medium Steak and Tomato Salad

Serves 1

Steak Ingredients

- 1 Sirloin steak, about 1 inch thick
- Salt, to taste
- Coarse ground black pepper, to taste
- 1 teaspoon garlic granules or powder
- Unsalted butter

Instructions

1. Bring the steak to room temperature.
2. Season steak liberally on both sides with salt, pepper and garlic.
3. Heat a large skillet over high heat.
4. When skillet is hot, add about 1 tablespoon of butter into the nonstick pan.
5. Immediately place strip steak on top of the butter (the butter helps to create a nice crust on the exterior).
6. Allow to sear for about 3 minutes undisturbed.
7. Turn over and cook for 3-4 more minutes for a medium rare steak.
8. Remove from skillet.
9. Allow to rest (resting helps retain juices).
10. While the steak is resting gather your ingredients for the salad which are:

Salad Ingredients

- 1 cup cherry tomatoes
- 1 cup romaine

- 2 tablespoons olive oil
- 1 ½ tablespoons lemon juice
- Salt, to taste
- Pepper, to taste

11. Halve cherry tomatoes.

12. In a large bowl combine tomatoes and romaine.

13. Make a quick dressing by whisking olive oil, lemon juice, salt and pepper.

14. Add to salad and toss to coat. Season with a bit more salt and pepper if desired.

15. Now that your steak is rested, and the salad is ready, slice and serve on top of salad.

DINNER RECIPES

Easy Weeknight Keto Pepperoni Pizza

Ingredients

- 8 oz. cream cheese, room temperature
- 2 large eggs
- 1/3 c. Parmesan cheese, freshly grated
- 1½ t. dried basil, divided
- 1½ t. dried oregano, divided
- 1 t. garlic powder, divided
- Sea salt and black pepper, to taste
- 1½ T. tomato paste
- 3 T. sugar-free tomato sauce
- 4 oz. pepperoni, thinly sliced
- 1 c. Mozzarella cheese, shredded

Optional garnish: Fresh basil leaves, cut into thin slices

Instructions

1. Preheat oven to 375° F and line a large rimmed baking sheet with parchment paper. Set aside.

2. Combine cream cheese, eggs, Parmesan cheese, 1 teaspoon basil and oregano, and ½ teaspoon garlic powder in a medium-sized bowl. Season with salt and black pepper, to taste, and whisk until mixture is completely blended and smooth.
 3. Spread the cream cheese mixture onto the prepared baking sheet into the desired shape and thickness. (For thicker crusts, reduce oven temperature to 350° F and increase baking times for best results).
 4. Place the crust in the pre-heated oven for 8-10 minutes, or until slightly puffed and golden brown. Check halfway through cooking time to ensure the crust bakes evenly and does not become too brown.
 5. In the meantime, whisk the tomato paste, tomato sauce, the remaining dried herbs, and the garlic powder in a small bowl. Lightly season with salt and black pepper, to taste, and stir to combine. Set aside.
 6. Remove the pizza base from the oven and let cool for 5-10 minutes before topping with tomato sauce, sliced pepperoni, and shredded Mozzarella cheese.
 7. Return pizza to oven and bake for another 10 minutes, or just until the cheese is melted and bubbly. Remove from oven and garnish with fresh basil, if desired, and serve immediately. Enjoy!
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Bacon, Blue Cheese, and Mushroom Sliders

Prep time: 10 minutes

Cook time: 35-40 minutes

Serves 4 (8 sliders)

Ingredients

- 1 lb. ground beef
- 2 t. Dijon mustard
- 3 cloves garlic, finely minced
- 2 T. white onion, finely minced
- Sea salt and black pepper, to taste
- 2 T. extra virgin olive oil, divided
- 4 oz. white mushrooms, sliced
- 3 oz. crumbled blue cheese
- 3 strips bacon, cut into thirds and cooked

Optional Side Dish: 1 12-oz. package frozen broccoli, steamed

Instructions

1. Preheat oven broiler to high and set top oven rack to the second highest setting.
 2. Add ground beef, mustard, garlic, and onion to a medium bowl. Season with salt and black pepper, to taste, and mix with a fork or your fingers until all ingredients are thoroughly combined.
 3. Divide beef mixture into 8 portions and shape each into small patties. Set patties on a plate and gently press each with your thumb in the center to keep them from puffing up while cooking. Set aside.
 4. Heat olive oil over medium-high heat in a large, oven-safe skillet. Add mushrooms and cook, stirring occasionally, until mushrooms are nicely browned, approximately 5-6 minutes. Remove from heat and transfer mushrooms to a small bowl and set aside.
 5. Add remaining tablespoon of olive oil to pan and swirl to coat the bottom. Add slider patties to the skillet and cook until brown on each side, approximately 2-3 minutes per side.
 6. Remove from heat and top each slider with sautéed mushrooms and crumbled blue cheese. Place skillet in oven under broiler for 2-3 minutes, or until blue cheese starts to melt.
 7. Remove skillet from oven and top each slider with a piece of bacon and serve immediately on a bed of lettuce and with a side of steamed broccoli, if desired. Enjoy!
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Stir Fry Shirataki Shrimp Noodles

Serves 4

Ingredients

- 4 tablespoons dark soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon Chinese cooking wine or sherry (optional)
- 1 thumb size piece of fresh ginger, peeled and minced
- 1-2 teaspoons ground white pepper
- 1 teaspoon erythritol (optional)
- ¼ cup olive oil
- 1 lb. shrimp, peeled and deveined
- 4 celery ribs, thinly sliced diagonally
- 4 scallions/spring onions/green onions, thinly sliced diagonally
- 1 head of garlic, peeled and minced
- 1 package Shirataki noodles

Instructions

1. Prepare the sauce for the stir fry by combining the soy sauce, sesame oil, cooking wine, ginger, white pepper, sweetener and mix well.
 2. Once the sauce is done, add half of the oil to a deep saucepan or wok and heat over medium high.
 3. Add the shrimp to the hot oil and cook for 4-5 minutes or until pink and opaque. Remove the shrimp and set those aside.
 4. In the same pan or wok add the remaining oil along with the celery, green onions and garlic.
 5. Stir fry for about 10 minutes or until the vegetables are warmed through but still have crispness and bite. When they are done set them aside.
 6. As for the Shirataki noodles, they are packaged in water so just take them out of the packaging and run them under hot water.
 7. Once this is done add the noodles to the hot pan or wok and stir fry for 3 minutes before adding in the sauce, shrimp and vegetables.
 8. When all the components come together stir fry until everything is warmed through and coated with sauce. Now that the dish is ready, serve and enjoy every bite.
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Zucchini Lasagna

Serves 4-6

Ingredients

- Olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 lb. ground beef or turkey
- 24 oz. tomato sauce
- 1 teaspoon oregano
- 2 sprigs fresh basil, chopped
- 16 oz. shredded mozzarella plus more for topping
- ½ cup freshly grated parmesan plus more for serving
- 2 eggs
- 4 medium zucchini (courgettes), cut in 1/8 inch thick slices
- Salt & pepper to taste

Instructions

1. Preheat oven to 350°F/180°C/Gas Mark 4 and heat a large skillet over medium. Add some olive oil into the skillet along with the onion and garlic. Cook until softened and fragrant. Add the ground meat into the skillet and brown. Season generously with salt and pepper.
 2. Pour the tomato sauce into the pan with the browned meat, add in the oregano, basil and simmer for 10-12 minutes.
 3. As the meat sauce is simmering, combine the mozzarella, parmesan cheese and egg in a bowl to make the mixture for the cheese layer. Mix until the egg is evenly distributed into the cheese.
 4. Direct your attention to the sauce. Taste and adjust seasonings as needed. When the sauce and cheese mix is done, lightly coat a 9 by 13 inch baking dish with oil and arrange the slices of zucchini in an even layer on the bottom. Top this layer with half of the meat sauce and a layer of the cheese mixture. Repeat the layers and finish with zucchini.
 5. Top with mozzarella cheese and cover the lasagna with foil. Bake in the oven for 45 minutes before removing the foil and returning it to the oven for an additional 15 minutes.
 6. Remove from the oven, cool for about 5 minutes, plate and serve with a little parmesan cheese if desired.
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Garlic-Herb Whole Roasted Chicken

Ingredients

- 1 large white onion, cut into thick slices
- 1 5-6 lb. whole chicken
- Sea salt and black pepper, to taste
- 1 small container fresh poultry herbs (thyme, rosemary, & sage), rinsed and divided
- ¼ c. unsalted butter, room temperature
- 6-8 cloves garlic, finely minced, divided
- 1 c. sugar-free organic chicken broth

Instructions

1. Preheat oven to 425° F and arrange onion slices in bottom of a large, heavy-duty 12" skillet with high sides.

2. Remove and discard neck and giblets from chicken and place bird breast-side up on top of onion slices in skillet. Pat chicken dry with paper towels and generously season the outside with salt and black pepper.
 3. Separate out approximately 1/3 of the fresh thyme, rosemary, and sage from the bundle. Remove and discard the tough stems from the thyme and rosemary leaves. Combine the leaves with the sage before roughly chopping.
 4. Add the softened butter, half the minced garlic, and the chopped fresh poultry herbs in a small bowl and stir to combine. Divide the herb butter into small chunks before tucking evenly under the chicken skin covering the breast meat.
 5. Massage the remaining minced garlic inside the cavity of the bird before stuffing with the remaining fresh poultry herbs. Secure legs together with kitchen string, and then add the chicken broth to the skillet.
 6. Place skillet in pre-heated oven and roast for 1 hour and 30 minutes or until a meat thermometer inserted into the thickest part of the thigh reads 165° F. Check every 30 minutes while cooking to make sure the skin isn't becoming too brown. If it is, cover with aluminum foil after 1 hour and check for doneness after another 15-20 minutes.
 7. Remove skillet from oven and carefully transfer chicken to a serving platter. Cover loosely with aluminum foil to keep warm and let rest for 15-20 minutes.
 8. While the chicken rests, discard the onion slices in the skillet and heat the remaining liquid over medium-high heat. Scrape the bottom of the skillet with a spatula or wooden spoon to remove the browned bits. Continue cooking until the liquid is reduced by one half. Once reduced, taste and season with salt and black pepper, if desired.
 9. To serve, carve the chicken and top each serving with a spoonful of the warm pan sauce. Enjoy!
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Spicy Roasted Cauliflower With Parmesan

Prep time: 5 minutes

Cook time: 25-27 minutes

Serves 4

Ingredients

- 1 large head cauliflower, rinsed, dried, and separated into florets
- 3 T. extra virgin olive oil
- 2 - 3 cloves garlic, peeled and finely minced
- 2 t. crushed red pepper flakes
- Salt and freshly ground black pepper, to taste
- ½ c. Parmesan cheese, freshly grated, divided

Instructions

1. Preheat oven to 450°F and line a large, rimmed baking sheet with parchment paper.
 2. Add cauliflower florets, olive oil, minced garlic, and crushed red pepper flakes to a large bowl and toss to coat. Season with salt and pepper, to taste.
 3. Spread seasoned cauliflower on prepared baking sheet in a single layer. Roast for 20-25 minutes at 450°F, stirring once to ensure cauliflower cooks evenly.
 4. Remove from oven and set the broiler to high. Evenly sprinkle cauliflower with ¼ cup freshly grated Parmesan cheese and place under the broiler until golden brown (approximately 2 minutes).
 5. Remove from oven and sprinkle with remaining Parmesan cheese and serve immediately.
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Ranch-Rubbed Roasted Pork Chops

Prep time: 10 minutes

Cook time: 16-18 minutes

Serves 4

Ranch Seasoning Ingredients

- 2 T. dried dill weed
- 3 T. dried parsley
- 2 t. onion powder
- 2 t. garlic powder
- 2 t. kosher salt
- ½ t. freshly ground black pepper

Pork Chops Ingredients

- 2 T. ranch seasoning (recipe above)
- 1 T. extra virgin olive oil
- 4 bone-in thick-cut pork chops, approximately 1" thick
- Salt and freshly ground black pepper, to taste

Instructions

1. Preheat oven to 400°F and line a large rimmed baking sheet with aluminum foil or parchment paper. Set aside.

2. To make the ranch seasoning, combine all ingredients in a small bowl and stir to combine.
 3. Rub pork chops with 1-2 tablespoons dry ranch seasoning (divided evenly among all 4 chops), until coated. (Store remaining ranch seasoning in an airtight container for later use).
 4. Heat extra virgin olive oil in a large skillet over medium-high heat before adding seasoned pork chops to skillet. Sear pork chops on each side until browned, approximately 2 minutes per side.
 5. Once browned, transfer pork chops to the lined baking sheet, leaving room between each pork chop so they are not over-crowded. Place baking sheet in the pre-heated oven and roast for 8 minutes before turning each chop. Continue roasting another 8-10 minutes, or until an instant-read thermometer inserted into the thickest portion of the chop reads 145°F (medium-rare) to 160°F (medium).
 6. Remove chops from oven and let rest for 3-5 minutes before serving.
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Pan-Roasted Brussels Sprouts & Bacon

This delicious side dish is full of caramelized flavor punctuated by tasty bits of bacon and crispy goodness. Pair this dish with pork chops or roasted chicken for a wonderful, low-carb meal.

Prep time: 10 minutes

Cook time: 25-30 minutes

Serves 4-6

Ingredients

- 4 thick-cut bacon slices
- 1½ lbs. fresh Brussels sprouts, trimmed and cut in half
- 2 T. extra virgin olive oil.
- Sea salt and freshly ground black pepper, to taste.

Instructions

1. Preheat oven to 400°F.
2. Cook bacon in a large cast iron skillet over medium-high heat, turning once to ensure it is cooked evenly on both sides. Cover pan with a splatter guard while cooking, if desired.
3. Remove skillet from heat and place cooked bacon on a wire rack set over paper towels to drain. Once cool, blot bacon with paper towels to remove excess fat before crumbling.

4. After skillet has cooled slightly, carefully drain the excess bacon fat into an empty can or another heat-safe container. If any fat drips down the side of the skillet, be sure to wipe it off with a damp dish cloth before putting it back on the burner.
5. In a large bowl, combine Brussels sprouts and olive oil and toss to coat. Season with salt and freshly ground black pepper, to taste.
6. Heat skillet over medium-high heat and add Brussels sprouts and cook for several minutes until they begin to turn brown. Add the crumbled bacon to the skillet and place in the pre-heated oven. Roast for 20-25 minutes, stirring halfway through, until the sprouts turn a rich, caramelized color.
7. Remove skillet from oven and serve immediately.