

## WEEK TWO MEAL PLAN

### MONDAY

- B - Sausage, Spinach, & Feta Cheese Omelette
- L - BLT Salad
- D - Baked Salmon

### TUESDAY

- B - Sausage, Egg, and Spinach Frittata
- L - Egg Salad
- D - Cheese Stuffed Bacon Burgers

### WEDNESDAY

- B - Sunny Side Up Eggs
- L - Avocado Tuna Salad
- D - Egg Roll in a Bowl

### THURSDAY

- B - Cream Cheese Pancakes
- L - Cauliflower Au Gratin
- D - Spaghetti Squash Chili Casserole

### FRIDAY

- B - Western Style Omelette
- L - Cauliflower Soup
- D - Keto Quesadillas

### SATURDAY

- B - Eggs and Bacon
- L - Prosciutto Wrapped Asparagus
- D - Cuban Pot Roast

### SUNDAY

- B - Avocado Baked Eggs
- L - Spam "Fries" with Dipping Sauce
- D - Philly Cheesesteak Casserole

## SNACKS

Almonds, Macadamia nuts

Beef sticks (sugar-free)

Hard-boiled egg

Cheese

Pickles

Veggies

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## SHOPPING LIST

- EGGS 4-5 dozen
- BREAKFAST SAUSAGES 1 pkg
- LEAF SPINACH 1 cup
- HALF & HALF
- FETA CHEESE 1 cup
- OLIVE OIL 4 1/2 tbsp
- KOSHER SALT
- GROUND BLACK PEPPER
- MAYONNAISE
- LEMON JUICE 1/2 cup
- APPLE CIDER VINEGAR 3 tbsp
- PURE LIQUID STEVIA SWEETENER 4 drops
- ROMAINE LETTUCE (WHOLE LEAF) 2 cup chopped
- BACON 1-2 pkg
- PANCETTA (or bacon)
- TOMATOES 2
- SALMON STEAKS 2 (about 1 inch thick)
- BUTTER 2 1/2 cups
- WORCHESTERSHIRE SAUCE
- FROZEN CHOPPED SPINACH 10oz pkg
- HEAVY CREAM 1 cup
- ALMOND MILK UNSWEETENED 1/2 cup
- GROUND NUTMEG 1/4 tsp
- DIJON MUSTARD 5 tsp
- GROUND BEEF 1-2 lbs

- MOZZARELLA CHEESE 1oz
- CHEDDAR CHEESE 16 oz,
- CAJUN SEASONING MIX 1 tsp
- CANNED TUNA (2) 5 oz cans
- AVOCADOS 4
- CELERY 1 rib
- GARLIC CLOVES 4,
- SPICY BROWN MUSTARD 2 tsp
- LEAF PARSLEY 1-2 tsp
- CABBAGE 1 head
- ONIONS 2 yellow, 2 tbsp red
- SOY SAUCE or COCONUT AMINOS
- COCONUT OIL
- GROUND GINGER 1 tsp
- CHICKEN BROTH 4 1/2 cups
- GREEN ONIONS 2 stalks
- GROUND PORK 1lb
- CREAM CHEESE 15 oz
- GRANULATED SUGAR SUBSTITUTE (E.G. SPLENDA OR STEVIA) 1 tsp
- GROUND CINNAMON 1 tsp
- RAW CAULIFLOWER 2 large heads
- PEPPER JACK CHEESE 6 deli slices
- GROUND CUMIN 7 tsp
- GROUND CORIANDER 3 tsp
- CHIPOTLE PEPPERS 1 tbsp
- GARLIC POWDER 1 1/2 tsp
- OREGANO 2 tsp
- CILANTRO
- SOUR CREAM 3/4 cup
- JARRED SALSA (low carb & sugar free)
- GREEN BELL PEPPERS 2-3
- SMOKED DELI HAM 5 oz
- PROSCIUTTO 2 oz
- PAPRIKA 1 1/2 tsp
- PECANS 3 oz
- GROUND PSYLLIUM HUSK POWDER 1 1/2 tsp
- COCONUT FLOUR 1 tbsp

- MIXED LEAFY GREENS 1 oz
  - CHERRY TOMATOES 1pkg (optional)
  - ASPARAGUS 12 pieces
  - BONELESS CHUCK ROAST 2.5 - 3lb
  - SALSA VERDE 1/2 cup
  - GREEN CHILIS (CANNED) 1/2 cup
  - ONION FLAKES 2 tbsp
  - FRESH CHIVES 2tbsp
  - FRESH MUSHROOMS 2/3 lb
  - RIBEYE STEAKS 1lb
  - ITALIAN SEASONING MIX 1 tbsp
  - CHILI FLAKES 1 tsp
  - PROVOLONE CHEESE 7 oz
  - UNSWEETENED JARRED MARINARA SAUCE 4 tbsp
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## BREAKFAST RECIPES

### Sausage, Spinach, & Feta Cheese Omelette

#### Ingredients

- 3 large eggs
- 2 small breakfast sausage
- 1 cup spinach leaves
- ¼ cup half n' half
- 1 tablespoon feta cheese
- ½ tablespoon olive oil
- Pinch salt
- Pinch freshly ground black pepper

#### Instructions

1. Heat both pans to medium heat on the stove – put your olive oil in one of them.
2. Crack your eggs into a bowl and start scrambling them with the half n' half.
3. Add salt and pepper to your eggs – seasonings are king here!
4. Start by adding your sausage to the clean pan. Let it cook while you are doing the rest. Remove the sausage from the pan, place on paper towel to let some grease ease out.

5. In the pan with olive oil, sauté the spinach with salt and pepper.
  6. Once sausage and spinach are cooked down, put them in a bowl together.
  7. Transfer all the olive oil to the same pan as your sausage fat. Heck yes we are going to re-use that delicious fat!
  8. Pour your eggs into the pan with drippings. You should hear a sizzle, leave it alone! We need the bottom of the omelette to set.
  9. Once you see the edges curling a bit and is starting to get cooked through, add your sausage, spinach and feta cheese.
  10. Wait! You don't want the omelette to break open while we're trying to flip it – this ain't scrambled eggs.
  11. About 1 minute after adding your fillings, you can flip half of the omelette over.
  12. Let it cook for about 2-3 minutes more, and flip it over. It shouldn't be completely cooked inside, but it should have enough structure to hold together for the flip.
  13. Cover the first pan with the second pan you have handy, letting the omelette cook by steaming. This makes it perfectly done and not overcooked on the inside.
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## Sausage, Egg, & Spinach Frittata

### Ingredients

- 12 oz. raw breakfast sausage
- 10 oz pkg of frozen chopped spinach, thawed and drained
- 1/2 cup crumbled feta cheese
- 12 eggs
- 1/2 cup heavy cream
- 1/2 cup unsweetened plain almond milk
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp ground nutmeg

### Instructions

1. Break up the raw sausage into small pieces and place it in a medium bowl.
2. Squeeze any remaining liquid out of the spinach, and break it up into the same bowl as the sausage.
3. Sprinkle the feta cheese over the mixture and toss lightly until combined.
4. Lightly spread the mixture onto the bottom of a greased 13×9 casserole dish or 18 greased muffin cups.

5. Meanwhile, in a large bowl beat the eggs, cream, almond milk, salt, pepper, and nutmeg together until fully combined.
  6. Gently pour into the pan or muffin cups until about 3/4 the way full.
  7. Bake at 375 degrees (F) for 50 minutes (for the casserole) or (30 minutes) for the muffin cups – or until fully set.
  8. Serve warm or at room temperature.
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## Sunny Side Up Eggs

### Ingredients

- 2 tablespoons Land O Lakes® Butter
- 4 large Land O Lakes® Eggs
- Salt, if desired
- Pepper, if desired

### Instructions

1. Melt butter in 8-inch nonstick skillet until sizzling; carefully break eggs into skillet, leaving yolks intact.
  2. Cook over low heat until egg whites are completely set. Spoon melted butter over egg yolks; continue cooking until yolks begin to thicken but are not hard. Sprinkle with salt and pepper, if desired.
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## Cream Cheese Pancakes

### Ingredients

- 2 oz cream cheese
- 2 eggs
- 1 tsp granulated sugar substitute (IBIH recommends)
- 1/2 tsp cinnamon

### Instructions

1. Put all ingredients in a blender or magic bullet. Blend until smooth.
  2. Let rest for 2 minutes so the bubbles can settle.
  3. Pour 1/4 of the batter into a hot pan greased with butter or pam spray.
  4. Cook for 2 minutes until golden, flip and cook 1 minute on the other side.
  5. Repeat with the rest of the batter.
  6. Serve with sugar free syrup (or any syrup of your choice) and fresh berries.
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## Western Style Omelette

### Ingredients

- 6 eggs
- 2 tablespoons heavy whipping cream or sour cream
- salt and pepper
- 3 oz. shredded cheese
- 2 oz. butter
- ½ yellow onion, finely chopped
- ½ green bell pepper, finely chopped
- 5 oz. smoked deli ham, diced

### Instructions

1. In a mixing bowl, whisk eggs and cream/sour cream until fluffy. Add salt and pepper.
  2. Add half of the shredded cheese and mix well.
  3. Melt the butter in a frying pan on medium heat; sauté the diced ham, onion and peppers for a few minutes. Add the egg mixture and fry until the omelet is almost firm. Be extra mindful not to burn the edges.
  4. Reduce the heat after a little while. Sprinkle the rest of the cheese on top and fold the omelet.
  5. Serve immediately... and enjoy!
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## Eggs and Bacon

### Ingredients

- 8 eggs
- 5 1/3 oz. bacon, in slices
- cherry tomatoes (optional)
- fresh parsley (optional)

### 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.

## Avocado Baked Eggs

### Ingredients

- 3 avocados, halved and seeded
- 6 large eggs
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh chives

### Instructions

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
  2. Using a spoon, scoop out about two tablespoons of avocado flesh, or more, as needed, creating a small well in the center of each avocado.
  3. Gently crack 1 egg, and slide it into the well, keeping the yolk intact. Repeat with remaining eggs; season with salt and pepper, to taste.
  4. Place into oven and bake until the egg whites have set but the yolks are still runny, about 15-18 minutes.
  5. Serve immediately, garnished with chives, if desired.
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## LUNCH RECIPES

### BLT Salad

#### Ingredients

- DRESSING INGREDIENTS
- 1/4 cup mayonnaise
- 2 tsp. lemon juice
- 2 tsp. apple cider vinegar (or water)
- 4 drops pure liquid stevia (or to taste)
- SALAD INGREDIENTS
- 2 cup chopped romaine lettuce
- 1/4 lb. good quality, cooked bacon, no sugar added (I use Wellshire No Sugar Bacon)
- 1/2 medium tomato, chopped



## Instructions

1. Whisk together all dressing ingredients in a small to medium mixing bowl
  2. In a larger bowl, combine all your salad ingredients.
  3. Mix together and enjoy!
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## Low Carb Egg Salad Over Romaine Lettuce

### Ingredients

- 6 eggs
- 2 Tbsp mayonnaise
- 1 tsp dijon mustard
- 1 tsp lemon juice
- 1/4 tsp lite salt (for potassium)
- Kosher salt and pepper to taste

### Instructions

1. Place the eggs gently in a medium saucepan. Add cold water until the eggs are covered by about an inch. Bring to a boil for ten minutes.
  2. Remove from heat and cool.
  3. Peel the eggs under cold running water. Add the eggs to a food processor or magic bullet and pulse until chopped.
  4. Stir in the mayonnaise, mustard, lemon juice and salt and pepper. Taste and adjust as necessary.
  5. Serve with lettuce leaves and bacon for wrapping if desired. (optional)
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## Avocado Tuna Salad

### Ingredients

- 2 - 5 oz. Cans of Tuna - Drained
  - 1 Large Avocado - Peeled, Pitted and Cubed
  - 1 Rib Celery - Finely Chopped
  - 2 Cloves Garlic - Minced
  - 3 Tbs. Mayonnaise
  - 2 Tbs. Red Onion - Minced
  - 2 tsp. Spicy Brown Mustard
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- 1 tsp. Italian Flat Leaf Parsley - Chopped
- Salt and Pepper - To Taste

### Instructions

1. In a large mixing bowl, combine tuna, avocado, celery, garlic, mayonnaise, red onion, mustard, parsley, salt and pepper.
  2. Mix until all ingredients are well combined.
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## Cauliflower Gratin

### Ingredients

- 4 cups raw cauliflower florets
- 4 Tbsp butter
- 1/3 cup heavy whipping cream
- salt and pepper to taste
- 6 deli slices pepper jack cheese

### Instructions

1. In a microwave safe dish, combine the cauliflower, butter, cream, salt and pepper and mix thoroughly. Microwave on high for about 25 minutes, or until tender.
  2. Remove from the microwave and mash with a fork or potato masher.
  3. Taste and season with more salt or pepper if necessary.
  4. Lay the slices of cheese across the top of the cauliflower.
  5. Microwave for another 2- 3 minutes or until the cheese has melted. Serve hot!
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## Cauliflower Soup With Crumbled Pancetta

### Ingredients

- 4 cups chicken broth or vegetable stock
  - 1 lb cauliflower
  - 7 oz. cream cheese
  - 1 tablespoon Dijon mustard
  - 4 oz. butter
  - salt and pepper
  - 7 oz. pancetta or bacon, diced
  - 1 tablespoon butter, for frying
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- 1 teaspoon paprika powder or smoked chili powder
- 3 oz. pecans

### Instructions

1. Trim the cauliflower and cut into smaller florets. The smaller you cut them, the quicker the soup will be ready.
  2. Save a handful of fresh cauliflower and chop into tiny 1/4 inch bits.
  3. Sauté the finely chopped cauliflower and pancetta in butter until crispy. Add nuts and paprika powder towards the end. Set aside the mixture and save the fat.
  4. Meanwhile, boil the cauliflower florets in the stock until soft. Add cream cheese, mustard and butter.
  5. Mix with a hand blender to desired consistency. The longer you blend, the creamier the soup. Salt and pepper to taste.
  6. Serve the soup in bowls, and top with the pancetta and cauliflower crumbles.
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## Prosciutto Wrapped Asparagus with Goat Cheese

### Ingredients

- 12 pieces of green asparagus
- 2 oz. prosciutto, in thin slices
- 5 oz. goat cheese
- ¼ teaspoon ground black pepper
- 2 tablespoons olive oil

### Instructions

1. Preheat your oven to 450°F (225°C), preferably with the broiler function on.
  2. Wash and trim the asparagus.
  3. Slice the cheese into 12 pieces, and then divide each slice in two.
  4. Cut the slices of prosciutto in two pieces lengthwise, and wrap each piece around one asparagus and two pieces of cheese.
  5. Place in a baking dish lined with parchment paper. Add pepper and drizzle with olive oil.
  6. Broil in the oven for about 15 minutes until golden brown.
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## Cobb Salad (with keto-friendly dressing)

### Ingredients

For the dressing:

- 1 tablespoons of olive oil
- 1 tablespoon of organic apple cider vinegar
- 1 teaspoon of lemon juice
- 1 teaspoon of Dijon Mustard
- A little bit of garlic (optional)
- Salt and pepper to taste

For the salad:

- Extra Virgin Olive Oil cooking spray; (put your own oil in an oil sprayer)
- 100 grams of Ham
- 4 cherry tomatoes
- 30 grams of blue cheese
- 2 hard-boiled eggs
- 2 cups of romaine lettuce coarsely chopped
- ½ avocado diced
- 2 slices of turkey bacon

### Instructions

1. Hard boil the eggs. (use a pre-programmed steamer or the regular method)
  2. Slice the ham in cubes and heat them in a non-stick skillet sprayed with olive oil for 3-5 minutes;
  3. Slice the hard-boiled eggs;
  4. Put the lettuce in the bottom of the bowl;
  5. Put the halved cherry tomatoes, avocados, blue cheese, ham, eggs and turkey bacon in rows next to each other like shown in the picture;
  6. Evenly spread the dressing over.
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# DINNER RECIPES

## Baked Salmon with Asparagus

### Ingredients

- 2 salmon steaks (about 1-inch thick)
- 1/3 cup lemon juice (fresh or bottled)
- 1/4 cup melted butter (no subs!)
- 1 teaspoon Worcestershire sauce
- 2 teaspoons seasoning salt (can use more to taste)
- black pepper

### Instructions

1. Rinse the salmon steaks and pat dry.
  2. In a small bowl whisk together the lemon juice, melted butter, Worcestershire sauce, seasoned salt and black pepper to taste; pour into a shallow glass 8-inch baking dish.
  3. Add in salmon steaks; turn to coat.
  4. Cover and chill for 30 minutes.
  5. Heat oven to 400 degrees F.
  6. Bake for 10 minutes; remove from oven and spoon the sauce over the steaks.
  7. Return to oven and continue to bake for another 10 minutes longer or until the fish flakes and is opaque.
  8. Remove the fish to plates and drizzle with sauce if desired.
  9. Sprinkle with fresh chopped parsley.
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## Cheese Stuffed Bacon Burgers

### Ingredients

- 8 oz. Ground Beef
- 2 slices Bacon, pre-cooked
- 1 oz. Mozzarella Cheese
- 2 oz. Cheddar Cheese
- 1 tsp. Salt
- 1/2 tsp. Pepper
- 1 tsp. Cajun Seasoning
- 1 tbsp. Butter

## Instructions

1. Season ground beef with all of the spices and mix together lightly.
  2. Prepare the cheese by cubing 1 oz. Mozzarella, and slicing 2 oz. of Cheddar.
  3. Form rough patties with the ground beef and place mozzarella inside, enclosing the cheese with the beef
  4. Heat 1 tbsp. butter (per burger) in a pan, and wait until bubbling and hot. Add burger to the pan.
  5. Cover with a cloche and let cook for 2-3 minutes.
  6. Flip the burger and place cheddar cheese on top. Place cloche over the top again and let cook until desired temperature is reached, about 1-2 minutes more.
  7. Chop bacon slice in half and place over the top of the burger. Enjoy!
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## “Egg Roll in a Bowl”

### Ingredients

- 1 head cabbage
- ½ onion
- 1 clove garlic
- Coconut aminos or soy sauce
- Ginger
- Chicken broth
- Green onions
- 1 lb ground pork

### Instructions

1. Brown ground pork.
  2. While it's browning, chop up cabbage and onions. For best results, cut into long, thin strands.
  3. Add the onions.
  4. Allow ingredients to cook together for a while.
  5. Mix ground ginger with coconut oil or soy sauce.
  6. Add mixture to the pan once the onions have caramelized.
  7. Add the cabbage in.
  8. Mix ingredients gently together, while drizzling chicken broth into the pan.
  9. Once finished, garnish with green onion.
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## Spaghetti Squash Chili Casserole

### Ingredients

For chili:

- 1 lb lean ground beef (or turkey)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 Tbsp chopped chipotles in adobo (optional)
- 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1/2 cup prepared salsa
- salt and pepper to taste

For casserole:

- 4 cups cooked spaghetti squash
- 2 tbsp butter, melted
- 3/4 cup sour cream
- 1 3/4 cup shredded cheddar cheese
- chopped cilantro (optional)
- sour cream, salsa, avocado to serve (optional)

### Instructions

For chili:

1. In a medium saucepan brown the ground meat seasoned with salt and pepper.
2. Pour off any extra fat and discard.
3. Add the rest of the chili ingredients and simmer for about 10 minutes.

For casserole:

1. In a medium bowl combine the cooked spaghetti squash and melted butter, tossing to coat.
2. Season generously with salt and pepper to taste.
3. Spread the squash out in a 12 – 14 inch casserole dish.
4. Sprinkle with 3/4 cup of shredded cheese.
5. Spread the sour cream over the cheese layer.
6. Spoon on the chili and spread it out, leaving a 1 inch border of spaghetti squash around the edge.
7. Top with the remaining 1 cup of shredded cheese.
8. Bake in a 350 degree oven for 30 minutes or until heated through.

9. Sprinkle with cilantro and serve with sour cream, salsa, and guacamole or avocado slices as desired.
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## Keto Quesadillas With Psyllium Husk Flour “Tortillas”

### Ingredients

For “Tortillas”:

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- 1½ teaspoons ground psyllium husk powder
- 1 tablespoon coconut flour
- ½ teaspoon salt

For Quesadillas:

- 5 oz. shredded cheese
- 1 oz. leafy greens
- 1 tablespoon olive oil, for frying

### Instructions

Tortillas:

1. Preheat the oven to 400°F (200°C).
2. Beat the eggs and egg whites together until fluffy. (2-3 minutes with a mixer should do the trick.) Add the cream cheese and continue to beat until the batter is smooth.
3. Combine the salt, psyllium husk powder, and coconut flour in a small bowl and mix well. Add this flour mixture one spoonful at a time into the batter while beating. When combined, let the batter sit for a few minutes. It should be thick like pancake batter. Your brand of psyllium husk powder affects this step — be patient... If it does not thicken enough, add more powder next time.
4. Place parchment paper on two baking sheets. Pour three circles on each sheet, for a total of six tortillas. Use a spatula to spread the batter into thin, ¼ inch thick rounds. Each tortilla should be about 5” across.
5. Bake on the upper rack for about 5 minutes. The tortillas turn a little brown around the edges when done. Keep your eye on the oven—don’t let these tasty creations burn on the bottom!

Quesadillas:

1. Place three tortillas on a large cutting board. Spoon half the grated cheese on the tortillas.



2. Add a handful of leafy greens, sprinkle with remaining cheese, and top with another tortilla.
  3. Heat a small, non-stick skillet. Add oil (or butter) if desired. Fry each quesadilla for about a minute on each side. You'll know it's done when the cheese melts.
  4. Cut quesadillas into wedges and serve.
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## Cuban Pot Roast

### Ingredients

- 2.5 – 3 lb boneless chuck roast
- 1/2 cup salsa verde
- 1/2 cup canned chopped green chilis
- 1 cup diced tomatoes
- 2 Tbsp dried onion flakes
- 1 tsp garlic powder
- 1/2 cup red and yellow peppers cut into strips
- 1 tsp salt
- 2 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 tsp dried oregano
- 1 Tbsp chili powder
- 1/2 tsp black pepper
- 2 Tbsp apple cider vinegar

### Instructions

1. Generously season the roast with salt and pepper.
  2. Sear in a hot pan until browned on all sides.
  3. Place the meat in the bottom of a 5qt crock pot (slow cooker).
  4. Add the salsa verde, chilis, and tomatoes to the pan you seared the meat in.
  5. Deglaze and bring to a boil.
  6. Pour over the meat in the crock pot.
  7. Add the onion flakes, garlic, peppers, salt, cumin, coriander, oregano, chili powder, black pepper, and apple cider vinegar and stir.
  8. Cook for 4hrs on high, or 6hrs on low (or until the meat is tender).
  9. Shred the meat and serve with your choice of toppings.
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## Philly Cheesesteak Casserole

### Ingredients

- 4 oz. butter
- 2/3 lb mushrooms
- 1 yellow onion
- 2 green bell peppers
- 1 lb ribeye steaks, thinly sliced
- 1 garlic clove, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon chili flakes (optional)
- 7 oz. shredded provolone cheese
- salt and pepper
- 4 tablespoons unsweetened marinara sauce

### Instructions

1. Preheat the oven to 450°F (225°C).
  2. Slice or chop the mushrooms. Chop the onion and bell pepper finely.
  3. Fry the vegetables in butter until slightly soft. Put aside.
  4. Slice the meat and fry in the same frying pan. Add the garlic and spices. Season with salt and pepper.
  5. Return the veggies to the pan and stir.
  6. Place everything in a greased baking dish and sprinkle the cheese on top.
  7. Bake in the oven for 15-20 minutes or until the casserole turns golden brown.
  8. Drizzle marinara sauce on top and serve with leafy greens and olive oil.
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