



QS 30-Day Reset Ketogenic Meal Plan - Week 1

Created by Lindsay Christensen, M.S., CNS



QS 30-Day Reset Ketogenic Meal Plan - Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	2 Spinach & Sausage Egg Muffins	2 Spinach & Sausage Egg Muffins	2 Chicken & Onion Sausage Patties	2 Chicken & Onion Sausage Patties	Keto Green Smoothie with Collagen	Bacon, Avocado & Cheddar Egg Wrap	Bacon, Avocado & Cheddar Egg Wrap
	0.5 Blueberries	0.5 Blueberries	Keto Sautéed Swiss Chard	Keto Sautéed Swiss Chard			
Lunch	Beef Burrito Bowl with Cauliflower Rice	Beef Burrito Bowl with Cauliflower Rice	Chicken Salad with Lemon Garlic Tahini Dressing	One Pan Chicken & Radishes	Chicken Salad with Lemon Garlic Tahini Dressing	Salmon Salad Lettuce Wraps	Salmon Salad Lettuce Wraps
			Macadamia Nuts	Rutabaga Fries	Macadamia Nuts	Lemon Coconut Fat Bombs	Lemon Coconut Fat Bombs
Dinner	Massaged Kale Salad with Salmon	Massaged Kale Salad with Salmon	One Pan Chicken & Radishes	Steak with Garlic Butter	Steak with Garlic Butter	2 Baked Spaghetti Squash, Turkey & Broccoli	2 Baked Spaghetti Squash, Turkey & Broccoli
	Jicama Fries with Guacamole	Jicama Fries with Guacamole	Rutabaga Fries	Mashed Rutabaga	Mashed Rutabaga		

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69 items

Fruits

- 5 Avocado
- 1 cup Blueberries
- 3 Lemon
- 3 tbsps Lemon Juice
- 1 1/2 Lime

Seeds, Nuts & Spices

- 1 tbsp Chia Seeds
- 1 tbsp Coriander
- 1 tbsp Cumin
- 1/2 tsp Fennel Seed
- 1 tsp Garlic Powder
- 1 tsp Ground Sage
- 1/4 tsp Ground Sumac
- 2 tbsps Hemp Seeds
- 1 1/3 cups Macadamia Nuts
- 1 tbsp Oregano
- 2 3/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

Frozen

- 2/3 cup Frozen Spinach

Vegetables

- 6 cups Baby Spinach
- 4 cups Broccoli
- 4 cups Cauliflower Rice
- 1/2 Cucumber
- 1/4 cup Fresh Dill
- 2 tbsps Fresh Oregano
- 10 Garlic
- 1/2 head Green Lettuce
- 1 stalk Green Onion
- 4 cups Jicama
- 6 cups Kale Leaves
- 1 tsp Parsley
- 2 cups Radishes
- 4 leaves Romaine
- 1 head Romaine Hearts
- 5 cups Rutabaga
- 1 Spaghetti Squash
- 1/2 Sweet Onion
- 10 cups Swiss Chard
- 1 Yellow Onion

Boxed & Canned

- 15 ozs Canned Wild Salmon

Baking

- 1/4 cup Nutritional Yeast
- 1/8 tsp Stevia Powder
- 1 1/2 tbsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 ozs Cheddar Cheese
- 8 ozs Chicken Breast
- 10 ozs Chicken Leg, Bone In
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Chicken
- 1 lb Extra Lean Ground Turkey
- 1 lb Flat Iron Steak
- 8 slices Organic Bacon
- 8 3/4 ozs Pork Sausage
- 8 ozs Salmon Fillet

Condiments & Oils

- 1/4 cup Avocado Oil
- 1/2 cup Coconut Oil
- 1 1/8 cups Extra Virgin Olive Oil
- 1 Mct Oil
- 2 tbsps Tahini

Cold

- 2 tbsps Butter
- 1/2 cup Coconut Butter
- 14 Egg
- 1/2 cup Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1/2 oz Collagen Powder
- 1 tbsp Golden Monk Fruit Sweetener
- 5 Ice Cubes
- 1/2 tsp Matcha Powder
- 0 Sea Salt And Pepper
- 3 1/16 cups Water

Spinach & Sausage Egg Muffins

7 ingredients · 30 minutes · 6 servings



Directions

1. Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
2. In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
3. In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
4. Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two egg muffins.

More Flavor

Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian

Omit the sausage.

No Sausage

Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach

Use kale or chard instead.

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 8 3/4 ozs Pork Sausage (casing removed)
- 6 cups Baby Spinach (chopped)
- 8 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1 stalk Green Onion (chopped)

Blueberries

1 ingredient · 2 minutes · 1 serving



Directions

-
1. Wash the berries and enjoy!

Ingredients

1 cup Blueberries

Chicken & Onion Sausage Patties

6 ingredients · 30 minutes · 8 servings



Directions

1. In a mixing bowl, combine the ground chicken, onion, sage, and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
3. Heat avocado oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
4. Set aside to cool slightly. Drizzle olive oil on top for added fat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

Each serving equals approximately one sausage patty.

More Flavor

Add garlic powder and/or onion powder.

Additional Toppings

Top with an egg, sauerkraut and/or mustard.

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/2 Sweet Onion (finely chopped)
- 1 tsp Ground Sage
- 1/2 tsp Sea Salt
- 2 tbsps Avocado Oil
- 1 tbsp Extra Virgin Olive Oil

Keto Sautéed Swiss Chard

3 ingredients · 10 minutes · 4 servings



Directions

1. Prepare the Swiss chard by trimming off the leaves, and chopping the stems.
2. Heat the olive oil in a large skillet over medium-high heat. Stir in the stems and cook until they begin to soften, about 5 minutes.
3. Stir in the remaining leaves, and cook until wilted. Season with salt. Divide onto plates and enjoy!

Notes

No Olive Oil

Use coconut oil, avocado oil, butter or ghee.

Oil-Free

Steam or gently simmer the stems and leaves in water or broth.

Storage

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

10 cups Swiss Chard

1/4 cup Extra Virgin Olive Oil

1/4 tsp Sea Salt

Keto Green Smoothie with Collagen

12 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to blender and blend until well-combined.
2. Serve and enjoy!

Ingredients

- 2/3 cup** Frozen Spinach
- 1/2 Avocado** (~135g)
- 1 Mct Oil**
- 1 tsp** Vanilla Extract
- 1/2 tsp** Matcha Powder
- 1 tbsp** Golden Monk Fruit Sweetener
- 1/2 cup** Unsweetened Almond Milk (from a carton)
- 2/3 cup** Water
- 5** Ice Cubes
- 1 tbsp** Chia Seeds
- 1/2 oz** Collagen Powder
- 1/2 tsp** Turmeric

Bacon, Avocado & Cheddar Egg Wrap

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat a skillet over medium heat. Add the bacon and cook for 5 to 7 minutes each side or until it is cooked through and crispy. Remove and set aside.
2. Meanwhile, in a mixing bowl, whisk the eggs and salt together until well combined.
3. Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
4. Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan. Flip the egg and sprinkle 1/4 of the shredded cheese onto the top side of the egg and continue cooking for 60 to 90 seconds until the cheese begins to melt. Remove and repeat with remaining egg and cheese.
5. To serve, layer the lettuce, avocado and cooked bacon on top of the melted cheese and roll or fold altogether. Enjoy!

Notes

Leftovers

Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size

This recipe was tested in a 8-inch non-stick pan.

Dairy-Free

Omit the cheese.

More Flavor

Add garlic powder or dried herbs to the eggs.

No Cheddar Cheese

Use another semi-hard cheese instead, like gouda or havarti.

No Romaine

Use leaf lettuce, spring mix or baby spinach instead.

Ingredients

- 8 slices Organic Bacon
- 4 Egg
- 1/4 tsp Sea Salt
- 1 tsp Avocado Oil (divided)
- 2 ozs Cheddar Cheese (shredded)
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)

Make it Meat-Free

Use tomato slices instead of bacon.

Beef Burrito Bowl with Cauliflower Rice

11 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

Notes

Optional Toppings

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

Leftovers

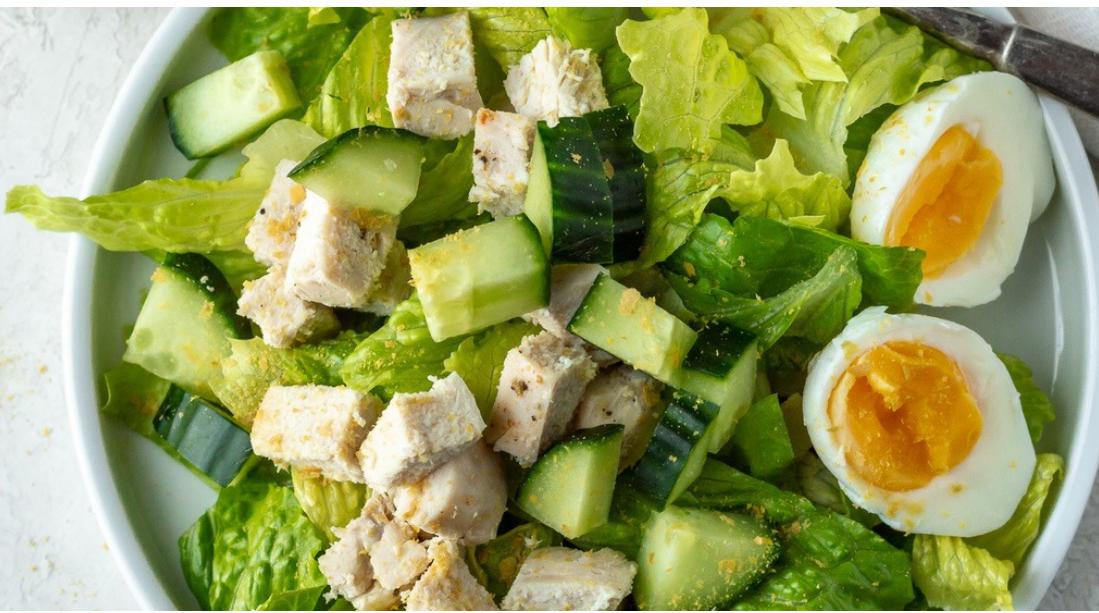
Store in an airtight container in the fridge up to 3 days.

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 4 Garlic (cloves, minced)
- 1 Yellow Onion (small, finely diced)
- 1 lb Extra Lean Ground Beef
- 1 tbsp Cumin (ground)
- 1 tbsp Coriander (ground)
- 1 tbsp Oregano (dried)
- 1 1/2 tsps Sea Salt (divided)
- 1 Lime (juiced)
- 4 cups Cauliflower Rice
- 2 Avocado (diced)

Chicken Salad with Lemon Garlic Tahini Dressing

11 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool.
2. Meanwhile, bring a pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool.
3. Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
4. To assemble the salad, chop the cooked chicken breast into cubes and cut the hard-boiled egg in half. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing overtop and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top with nutritional yeast, nuts, seeds or other chopped veggies.

Meal Prep Option

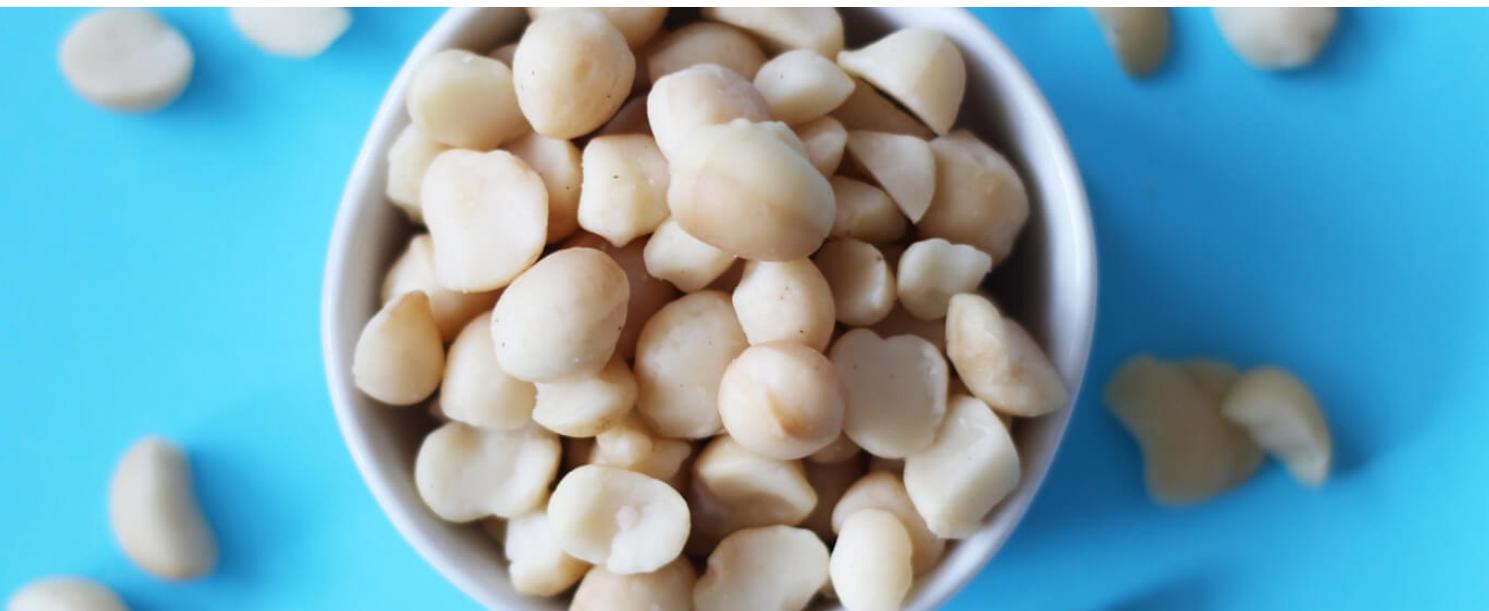
Cook the chicken breast and hard-boil the egg ahead of time.

Ingredients

- 8 ozs Chicken Breast
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (divided)
- 2 Egg
- 2 tbsps Tahini
- 2 tbsps Water (warm)
- 2 tbsps Lemon Juice
- 1 Garlic (clove, small, minced)
- 1 1/2 tsps Nutritional Yeast
- 1 head Romaine Hearts (chopped)
- 1/2 Cucumber (chopped)

Macadamia Nuts

1 ingredient · 2 minutes · 4 servings



Directions

-
1. Divide between bowls and enjoy!

Ingredients

1 1/3 cups Macadamia Nuts

Salmon Salad Lettuce Wraps

6 ingredients · 5 minutes · 3 servings



Directions

1. In a bowl, combine the salmon, coconut yogurt, dill, lemon juice and salt. Adjust flavours as desired.
2. Scoop the mixture onto the lettuce leaves and enjoy!

Notes

Leftovers

Refrigerate the salmon mixture and lettuce leaves in separate airtight containers for up to three days.

Serving Size

One serving equals approximately three salmon stuffed lettuce leaves.

Additional Toppings

Add cucumber, celery, red onion or tomato.

No Coconut Yogurt

Use Greek yogurt or mayonnaise and adjust lemon juice and salt as needed.

Ingredients

15 ozs Canned Wild Salmon (drained)

1 cup Unsweetened Coconut Yogurt

1/4 cup Fresh Dill (minced)

1 tbsp Lemon Juice

1/2 tsp Sea Salt

1/2 head Green Lettuce (separated into leaves and washed)

Lemon Coconut Fat Bombs

5 ingredients · 50 minutes · 8 servings



Directions

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
3. Add the coconut oil and coconut butter to the smaller pot and allow them to melt.
4. In a small bowl combine the lemon juice, vanilla and stevia powder and stir until the stevia has fully dissolved. Add the lemon juice mixture to the coconut butter mixture and stir well to combine. Stir in a touch of lemon zest to taste.
5. Divide the lemon coconut mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers

Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.

Serving Size

One serving is one fat bomb.

No Stevia Powder

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

No Paper Baking Cups

Use a silicone mold instead.

Ingredients

- 1/2 cup Coconut Oil
- 1/2 cup Coconut Butter
- 1 Lemon (juiced, zested)
- 1/2 tsp Vanilla Extract
- 1/8 tsp Stevia Powder

Massaged Kale Salad with Salmon

6 ingredients · 20 minutes · 2 servings



Directions

1. Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
2. Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
3. Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!

Ingredients

- 6 cups** Kale Leaves (chopped)
1 Lemon (juiced)
2 tbsps Hemp Seeds
Sea Salt & Black Pepper (to taste)
1/4 cup Extra Virgin Olive Oil (divided)
8 ozs Salmon Fillet

Jicama Fries with Guacamole

5 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with foil or a silicone baking mat.
2. Par-boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Drain and dry with a towel.
3. In a mixing bowl, toss the jicama strips in the oil and season with 3/4 of the salt. Transfer to the baking sheet and bake for 30 to 40 minutes, or until browned and tender-crisp.
4. Meanwhile, mash the avocado and stir in the lime juice. Season with the remaining salt.
5. Serve the jicama fries alongside the guacamole and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. For best results, store the jicama fries and guacamole separately, and re-crisp the fries in the oven before serving.

Jicama

One medium jicama equals approximately 5 cups.

Serving Size

One serving equals approximately one cup of jicama fries with 1/4 cup of guacamole.

More Flavor

Add your choice of spices to the jicama fries before baking.

Additional Toppings

Add tomatoes, cilantro, feta, onion and garlic to the guacamole.

Ingredients

- 4 cups** Jicama (peeled, sliced into 1/4-inch strips)
2 tbsps Avocado Oil
1 1/2 tsps Sea Salt (divided)
2 Avocado (peeled, pit removed)
1/2 Lime (juiced)

One Pan Chicken & Radishes

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
3. Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
4. Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
5. Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Sumac

Omit or replace with another herb.

No Fresh Oregano

Use dried and reduce the amount or use another fresh herb such as rosemary.

Radish Tops

If using fresh radishes, the tops should be nice and green. Simply cut them from the radishes, wash and dry them. If they don't look fresh or they aren't attached, omit or use another green such as kale, spinach or arugula.

Ingredients

- 10 ozs Chicken Leg, Bone-in (skin on)
- 1/4 tsp Ground Sumac (divided)
- 1/2 tsp Fennel Seed (ground)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- 1 Lemon (sliced, zest from half the lemon reserved)
- 2 cups Radishes (trimmed, halved, tops removed and washed/dried)
- 4 Garlic (cloves, skin on)
- 2 tbsps Fresh Oregano (divided)

Rutabaga Fries

4 ingredients · 35 minutes · 4 servings



Directions

1. Pre-heat oven to 425°F. Line a baking sheet with parchment paper.
2. Combine rutabaga spears with oil and spices, and toss until evenly coated.
3. Lay rutabaga spears onto a baking sheet, leaving space between
4. Bake for 30 minutes, flipping the rutabaga spears halfway through; they should be cooked through and crisped on the outside

Ingredients

- 1 cup** Rutabaga (cut into spears)
2 tbsps Extra Virgin Olive Oil
1 tsp Garlic Powder
Sea Salt And Pepper (to taste)

Steak with Garlic Butter

5 ingredients · 20 minutes · 2 servings



Directions

1. Mix half of the butter with the garlic, parsley and half of the sea salt. Set aside.
2. Heat a cast-iron pan over medium-high heat. Once hot, add the remaining butter. Once the butter is melted, add the steak. Cook for at least 4 minutes before flipping. Cook for at least 4 minutes per side, but up to 10 depending on preference. In the final few minutes, tilt the pan towards you and carefully spoon the butter over top of the steak.
3. Remove the steak from the pan and let it rest for 5 minutes. Serve with the garlic butter and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add pepper or red pepper flakes to the butter mixture.

Additional Toppings

Caramelized onions and mushrooms.

Serve it With

Add to a bed of greens, roasted potatoes or alongside roasted vegetables.

Ingredients

- 2 tbsps Butter (room temperature, divided)
- 1 Garlic (clove, minced)
- 1 tsp Parsley
- 2 tsps Sea Salt (divided)
- 1 lb Flat Iron Steak

Mashed Rutabaga

3 ingredients · 40 minutes · 6 servings



Directions

1. Add rutabaga to a large saucepan and cover with water. Place over high heat and bring to a boil. Lower the heat and let simmer for about 30 minutes or until tender.
2. Drain the water from the saucepan and return to the heat until the cubes are dry, about 2 to 3 minutes. Once dry, turn the heat off.
3. Use a potato masher or the back of a fork to mash the chunks. Combine with olive oil and salt to taste. Enjoy!

Notes

No Olive Oil

Use ghee, butter, coconut oil or avocado oil instead.

Leftovers

Keeps well in the fridge up to 4 days.

Ingredients

4 cups Rutabaga (peeled and cubed)

2 tbsps Extra Virgin Olive Oil

1/4 tsp Sea Salt

Baked Spaghetti Squash, Turkey & Broccoli

7 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
2. While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
3. In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
4. Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Top with olive oil. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 cup of each ingredient.

More Flavor

Season the turkey with minced onion or garlic while it cooks.

Additional Toppings

Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan

Use chickpeas or lentils instead of ground turkey.

Ingredients

- 1 Spaghetti Squash (medium)
- 1 lb Extra Lean Ground Turkey
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 1/4 cup Nutritional Yeast
- 1 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil



QS 30-Day Reset Ketogenic Meal Plan - Week 2

Created by Lindsay Christensen, M.S., CNS



QS 30-Day Reset Ketogenic Meal Plan - Week 2

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	2 Arugula & Tomato Egg Muffins	2 Arugula & Tomato Egg Muffins	One Pan Sausage & Peppers	One Pan Sausage & Peppers	Keto Chocolate Smoothie	Savory Breakfast Biscuits	Savory Breakfast Biscuits
	Full-Fat Yogurt & Berries	Full-Fat Yogurt & Berries	Cheddar Cheese Cubes	Cheddar Cheese Cubes		Fried Eggs & Sauteed Spinach	Fried Eggs & Sauteed Spinach
Lunch	Sardine & Avocado Endive Wraps	Sardine & Avocado Endive Wraps	Brussels Sprouts Slaw with Chicken	Seared Cod with Bacon & Kale	Brussels Sprouts Slaw with Chicken	Smoked Salmon, Bacon & Pesto Salad	Smoked Salmon, Bacon & Pesto Salad
	Dill Pickles with Cheese & Almonds	Dill Pickles with Cheese & Almonds	Macadamia Nuts		Macadamia Nuts		
Dinner	Chicken & Broccoli Casserole	Chicken & Broccoli Casserole	Seared Cod with Bacon & Kale	Greek Meatballs	Greek Meatballs	Walnut Crusted Salmon with Asparagus	Walnut Crusted Salmon with Asparagus
				Keto Lemony Kale & Cauliflower Salad	Keto Lemony Kale & Cauliflower Salad	Rutabaga Fries	Rutabaga Fries

QS 30-Day Reset Ketogenic Meal Plan - Week 2

77 items

Fruits

- 1 1/2 Avocado
- 1 Lemon
- 3/4 cup Lemon Juice

Seeds, Nuts & Spices

- 1/4 cup Almonds
- 0 Chia Seeds)
- 2 1/8 tsps Garlic Powder
- 0 tsp Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1 1/3 cups Macadamia Nuts
- 1 3/4 tsps Oregano
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Walnuts

Frozen

- 1 cup Frozen Berries

Vegetables

- 4 cups Arugula
- 2 cups Asparagus
- 4 cups Baby Spinach
- 1/2 cup Basil Leaves
- 5 cups Broccoli
- 3 cups Brussels Sprouts
- 1/2 head Cauliflower
- 1 tbsp Chives
- 1 head Endive
- 1 Garlic
- 1 stalk Green Onion
- 5 cups Kale Leaves
- 1/4 cup Mint Leaves
- 1 cup Parsley
- 2 cups Purple Cabbage
- 1/4 cup Radishes
- 3 Red Bell Pepper
- 1 cup Red Onion
- 8 leaves Romaine
- 1 cup Rutabaga
- 1 tsp Thyme
- 1 Tomato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion

Boxed & Canned

- 3/4 cup Organic Chicken Broth
- 1 3/4 cups Organic Coconut Milk
- 6 ozs Sardines

Baking

- 3/4 cup Almond Flour
- 1 tsp Baking Powder
- 1 tbsp Cacao Powder
- 1/4 tsp Monk Fruit Sweetener
- 3 tbsps Nutritional Yeast
- 1 tbsp Tapioca Flour

Bread, Fish, Meat & Cheese

- 8 ozs Cheddar Cheese
- 8 ozs Chicken Breast
- 1 lb Chicken Thighs
- 1 Cod Fillet
- 1 1/16 lbs Ground Lamb
- 1 oz Mozzarella Cheese
- 2 slices Organic Bacon
- 4 slices Organic Bacon, Cooked
- 2/3 oz Pecorino Romano Cheese
- 1 1/4 lbs Pork Sausage
- 8 ozs Salmon Fillet
- 3 1/2 ozs Smoked Salmon

Condiments & Oils

- 1 3/4 tbsps Avocado Oil
- 1 oz Baby Pickles
- 1 tsp Coconut Aminos
- 3/4 cup Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 0 Mct Oil

Cold

- 16 Egg
- 1 1/2 tbsps Ghee
- 2 cups Plain Greek Yogurt
- 1/3 cup Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

Other

- 0 oz Collagen Powder
- 1/2 Ice Cubes
- 0 Mint Extract
- 0 Sea Salt And Pepper
- 2 tbsps Water
- 0 Water

1/2 tsp Vanilla Extract

Arugula & Tomato Egg Muffins

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
3. In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
4. Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
5. Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two egg cups.

No Arugula

Use spinach instead.

Dairy-Free

Omit the cheese or use nutritional yeast instead.

Nut-Free

Use whole milk, coconut milk or oat milk instead of almond milk.

More Flavor

Use sun dried tomatoes instead of regular tomato.

Ingredients

- 1 1/2 tsps Avocado Oil
- 4 cups Arugula
- 8 Egg
- 1 Tomato (chopped)
- 2/3 oz Pecorino Romano Cheese (shredded)
- 1/4 cup Parsley (chopped)
- 1/3 cup Unsweetened Almond Milk
- 1/4 tsp Sea Salt

Full-Fat Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

2 cups Plain Greek Yogurt (Or full-fat organic/grass-fed yogurt)

1 cup Frozen Berries (thawed)

One Pan Sausage & Peppers

7 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the sliced peppers and onion on the baking sheet and season with avocado oil, Italian seasoning and sea salt. Place the sausages in the center of the pan. Transfer the pan to the oven and roast for 30 to 35 minutes or until sausages are cooked through.
3. Divide between plates and enjoy!

Notes

Meal Prep

Divide between storage containers and store in the fridge for up to 3 days.

Gluten-Free and Paleo

Ensure the pork sausages are gluten-free and do not contain wheat crumbs or other grain products.

More Flavor

Use a spicy Italian or honey garlic flavored sausage.

No Pork

Use chicken, turkey, lamb or veggie sausages instead.

No Avocado Oil

Use olive oil or coconut oil instead.

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 cup Red Onion (sliced)
- 1 tbsp Avocado Oil
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 lb Pork Sausage

Cheddar Cheese Cubes

1 ingredient · 2 minutes · 1 serving



Directions

1. Serve cheese on a plate or in a bowl and enjoy!

Ingredients

2 ozs Cheddar Cheese (cubed)

Notes

Leftovers

Refrigerate in an airtight container or food wrap for up to two weeks.

Dairy-Free

Use a dairy-free cheese instead.

Serve it With

Crackers, vegetables, nuts or cooked meat slices.

No Cheddar

Use swiss or gouda cheese instead.

Keto Chocolate Smoothie

13 ingredients · 5 minutes · 1 serving



Directions

1. Add coconut milk, avocado, cacao powder, vanilla extract, salt, sweetener and add-ins of choice to a blender (bullets work amazing here!). Blend until creamy smooth, using a little water as needed.
2. Add in ice and blend until thick and creamy. Do not over-blend, or you'll lose thickness and coldness. Enjoy right away!

Ingredients

1/2 cup Organic Coconut Milk (or heavy cream)
1/2 Avocado
1 tbsp Cacao Powder (to taste)
1/2 tsp Vanilla Extract
Sea Salt (or salt of choice)
1/4 tsp Monk Fruit Sweetener (to taste)
1/2 Ice Cubes (as needed)
Water (as needed)
Chia Seeds) (ground you'll need to add more water)
Mct Oil
Hemp Seeds
Collagen Powder
Mint Extract (or extract of choice)

Savory Breakfast Biscuits

8 ingredients · 20 minutes · 10 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a cast-iron skillet over medium heat, add the sausage and peppers. Cook until the sausage is browned and the peppers are softened. Turn off the heat and set aside to cool.
3. In a large bowl, add the almond flour, baking powder, thyme and salt. Whisk to combine.
4. In a small bowl, add the eggs and whisk. Then add half of the cheese and stir to combine. Add the wet ingredients into the dry and then add the cooled sausage and peppers. Stir to combine until a sticky dough has formed.
5. Place roughly 3 tbsp of the mix onto the parchment-lined paper and press down gently to flatten. The mixture will be a little sticky. Repeat until the dough is used up. Top each biscuit with the remaining cheese.
6. Bake for 9 to 10 minutes or until the biscuits are cooked through and slightly browned on the bottom. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is one biscuit.

Nut-Free

Use gluten-free flour or brown rice flour instead of almond flour.

More Flavor

Add chili flakes, onion and/or minced garlic.

Ingredients

- 4 ozs Pork Sausage (casings removed)
- 1/2 Red Bell Pepper (chopped)
- 3/4 cup Almond Flour
- 1 tsp Baking Powder
- 1 tsp Thyme
- 1/2 tsp Sea Salt
- 2 Egg
- 6 ozs Cheddar Cheese (shredded, divided)

Fried Eggs & Sauteed Spinach

5 ingredients · 10 minutes · 2 servings



Directions

1. Heat a pan over medium heat and add spinach and half a tbsp of ghee. Sauté gently, then remove from heat. Season with sea salt and pepper. Transfer to a plate.
2. In the same pan, cook your eggs. Season with sea salt and pepper.
3. Plate the spinach with eggs. Enjoy!

Notes

No Ghee

Use butter or oil instead.

More Flavour

Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.

Ingredients

4 cups Baby Spinach

2 tbsps Water

Sea Salt & Black Pepper (to taste)

1 1/2 tbsps Ghee

6 Egg

Sardine & Avocado Endive Wraps

3 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
2. Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three endive-filled leaves.

Additional Toppings

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Ingredients

6 ozs Sardines (packed in oil, drained)

1 Avocado (cubed)

1 head Endive (leaves separated)

Dill Pickles with Cheese & Almonds

3 ingredients · 5 minutes · 1 serving



Directions

-
1. Serve and enjoy!

Notes

Leftovers

Refrigerate the cheese and pickles in an airtight container for up to five days.

Dairy-Free

Use hummus or a vegan cheese instead.

Nut-Free

Use seeds or another vegetable instead of almonds.

Ingredients

1 oz Mozzarella Cheese (sliced)

1 oz Baby Pickles

1/4 cup Almonds

Brussels Sprouts Slaw with Chicken

9 ingredients · 20 minutes · 2 servings



Directions

1. Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
2. Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
3. Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
4. Divide the slaw evenly between plates. Top with chicken and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add additional spices and/or herbs to the dressing or chicken.

Additional Toppings

Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

Make it Vegan

Omit the chicken and use grilled tofu.

No Coconut Aminos

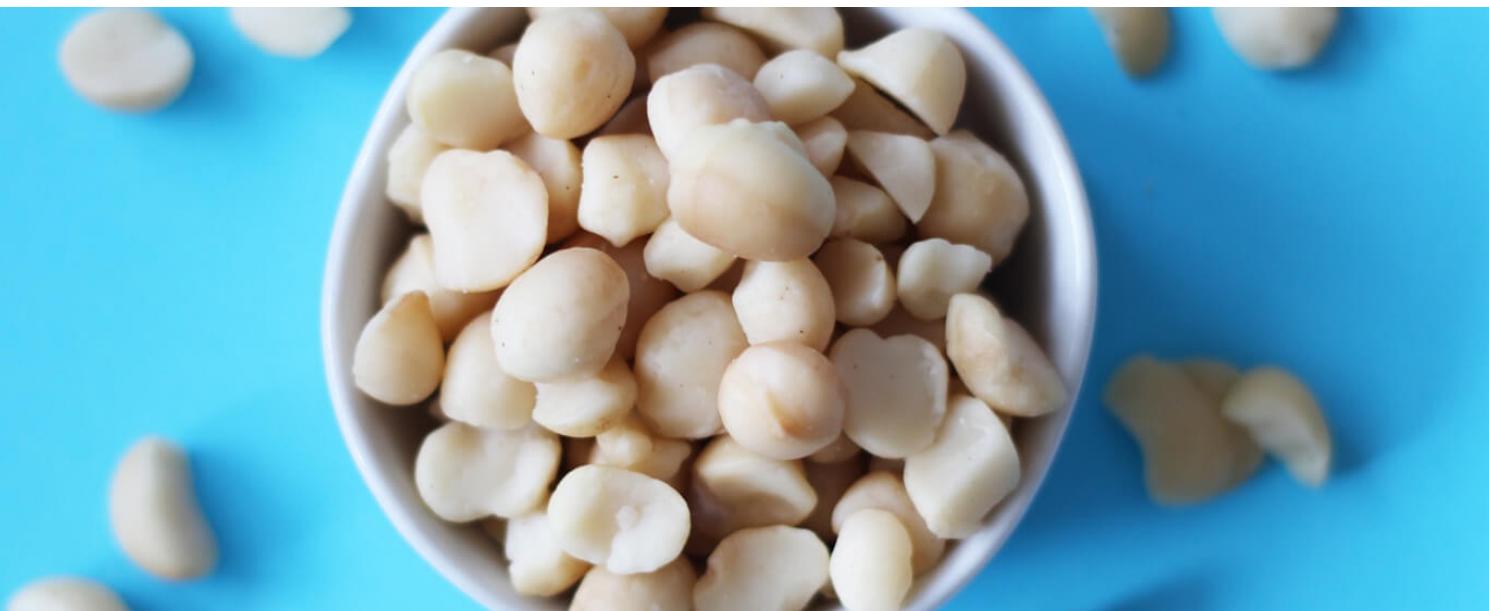
Use tamari instead.

Ingredients

- 8 ozs** Chicken Breast (cut into cubes)
- 1/4 tsp** Oregano (dried)
- 1/8 tsp** Garlic Powder
- 1/4 tsp** Sea Salt (divided)
- 1 1/2 tbsps** Extra Virgin Olive Oil (divided)
- 3 cups** Brussels Sprouts (shredded)
- 2 cups** Purple Cabbage (sliced thin)
- 1 1/2 tbsps** Lemon Juice
- 1 tsp** Coconut Aminos

Macadamia Nuts

1 ingredient · 2 minutes · 4 servings



Directions

-
1. Divide between bowls and enjoy!

Ingredients

1 1/3 cups Macadamia Nuts

Smoked Salmon, Bacon & Pesto Salad

11 ingredients · 15 minutes · 2 servings



Directions

1. In a blender or food processor, add the garlic, basil, nutritional yeast, olive oil, lemon juice and sea salt. Process until smooth. Set aside.
2. In a bowl, add the chopped romaine. Top with radishes, bacon, smoked salmon and chives. Drizzle the pesto on top and enjoy!

Notes

Leftovers

Refrigerate the salad and pesto in separate airtight containers for up to three days.

More Flavor

Add chili flakes on top for spice.

Additional Toppings

Top with sliced avocado.

No Pork

Use turkey bacon instead.

No Chives

Omit completely or use another fresh herb on top such as dill or parsley.

Ingredients

- 1 Garlic (clove)
- 1/2 cup Basil Leaves (packed)
- 2 tbsps Nutritional Yeast
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 8 leaves Romaine (roughly chopped)
- 1/4 cup Radishes (sliced)
- 4 slices Organic Bacon, Cooked (chopped)
- 3 1/2 ozs Smoked Salmon
- 1 tbsp Chives (chopped)

Chicken & Broccoli Casserole

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
3. In the same skillet, using the fat from the chicken, add the broccoli and yellow onion and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
4. Meanwhile, in a saucepan over medium-low heat, add the coconut milk, nutritional yeast, tapioca flour, garlic powder and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
5. Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/4 tsp Sea Salt (divided)
- 1 tsp Avocado Oil
- 5 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (thinly sliced)
- 1 1/4 cups Organic Coconut Milk (full fat, from the can)
- 1 tbsp Nutritional Yeast
- 1 tbsp Tapioca Flour
- 1/2 tsp Garlic Powder
- 3/4 cup Organic Chicken Broth

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

Additional Toppings

Serve with rice or cauliflower rice.

No Tapioca Flour

Use arrowroot flour or corn starch.

Seared Cod with Bacon & Kale

6 ingredients · 20 minutes · 1 serving



Directions

1. In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove and set aside, leaving the rendered fat in the pan.
2. Add the cod fillet to the pan and cook for 4 minutes, and then remove and set aside. It won't be fully cooked at this point. Add the red pepper to the pan and cook for 2 to 3 minutes, then add the kale. Add the cod back to the pan and cover with a lid. Cook for 6 to 8 minutes, until the cod is cooked through and flaky.
3. Add the fillet to a plate along with the kale, peppers and bacon. Squeeze the lemon juice on top and season with sea salt. Enjoy!

Ingredients

- 2 slices Organic Bacon (chopped)
- 1 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (roughly chopped)
- 1 tsp Lemon Juice
- 1/8 tsp Sea Salt

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add minced garlic to the veggies.

No Pork

Use turkey bacon instead.

Fillet Size

One fillet is equal to 231 grams or 8 ounces.

Greek Meatballs

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a large bowl, add the ground lamb, parsley, mint, oregano, sea salt and lemon zest. Mix well using your hands. Roll into balls roughly the size of a golf ball and place on the baking sheet. Cook for 15 to 20 minutes. Remove and serve with coconut yogurt as a dip. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 4 meatballs and 2 tbsp of coconut yogurt.

No Lamb

Use lean ground beef instead.

Additional Toppings

Add grated cucumber, garlic and lemon to the coconut yogurt to make your own tzatziki dip.

Ingredients

- 1 1/16 lbs Ground Lamb (lean)
- 1/4 cup Parsley (chopped)
- 1/4 cup Mint Leaves (chopped)
- 1 1/2 tsps Oregano (dried)
- 1/4 tsp Sea Salt
- 1 Lemon (zested)
- 1/2 cup Unsweetened Coconut Yogurt

Keto Lemony Kale & Cauliflower Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
2. Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
3. Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 cup of salad.

More Flavor

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

Meal Prep

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.

Ingredients

- 1/2 cup Lemon Juice
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 3 cups Kale Leaves (finely chopped)
- 1/2 cup Parsley (chopped)
- 1/2 cup Green Olives (pitted, chopped)
- 1/2 head Cauliflower (small, chopped into florets)
- 1/4 cup Extra Virgin Olive Oil

Walnut Crusted Salmon with Asparagus

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
3. Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
4. Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
5. Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion

Use yellow or red onion instead.

Salmon

Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus

Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- 2 cups Asparagus (trimmed)

Rutabaga Fries

4 ingredients · 35 minutes · 4 servings



Directions

1. Pre-heat oven to 425°F. Line a baking sheet with parchment paper.
2. Combine rutabaga spears with oil and spices, and toss until evenly coated.
3. Lay rutabaga spears onto a baking sheet, leaving space between
4. Bake for 30 minutes, flipping the rutabaga spears halfway through; they should be cooked through and crisped on the outside

Ingredients

- 1 cup** Rutabaga (cut into spears)
2 tbsps Extra Virgin Olive Oil
1 tsp Garlic Powder
Sea Salt And Pepper (to taste)



QS 30-Day Reset Ketogenic Meal Plan - Week 3

Created by Lindsay Christensen, M.S., CNS



QS 30-Day Reset Ketogenic Meal Plan - Week 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Smoked Salmon Egg Cups	Smoked Salmon Egg Cups	2 Blueberry Turkey Breakfast Sausages	2 Blueberry Turkey Breakfast Sausages	Kale & Eggs	2 Spicy Tomato Scramble	2 Spicy Tomato Scramble
	Blackberries	Blackberries	Sauteed Watercress	Sauteed Watercress	Homemade Coconut Yogurt	0.5 Blueberries	0.5 Blueberries
Lunch	Chicken Thigh Shredded Salad	Chicken Thigh Shredded Salad	Mason Jar Salad with Canned Wild Salmon	Quarter Chicken with Mushrooms & Kale	Mason Jar Salad with Canned Wild Salmon	Mushroom & Cauliflower Rice Bowl	Mushroom & Cauliflower Rice Bowl
	Coconut Almond Cups	Coconut Almond Cups	Jicama Fries with Guacamole		Jicama Fries with Guacamole	2 Hard Boiled Eggs	2 Hard Boiled Eggs
Snack 2			Peach with Cottage Cheese		Peach with Cottage Cheese		
Dinner	Almond Crusted Trout & Kale	Almond Crusted Trout & Kale	Quarter Chicken with Mushrooms & Kale	Keto Pork Fried Cauliflower Rice	Keto Pork Fried Cauliflower Rice	Meatballs with Sriracha Cream Sauce & Curried Cabbage	Meatballs with Sriracha Cream Sauce & Curried Cabbage

QS 30-Day Reset Ketogenic Meal Plan - Week 3

63 items

Fruits

- 3 Avocado
- 1 cup Blackberries
- 1 1/2 cups Blueberries
- 1/4 cup Lemon Juice
- 1/2 Lime
- 3 tbsps Lime Juice
- 1 Peach

Breakfast

- 1/4 cup Almond Butter

Seeds, Nuts & Spices

- 1 1/2 tsps Cinnamon
- 1 1/2 tbsps Curry Powder
- 1/8 tsp Ground Ginger
- 1 tbsp Italian Seasoning
- 1/4 tsp Oregano
- 2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 11 cups Baby Spinach
- 3 Carrot
- 6 cups Cauliflower Rice
- 1 1/2 cups Cherry Tomatoes
- 1 tbsp Chives
- 1 cup Cilantro
- 1 Cucumber
- 6 Garlic
- 1 2/3 tbsps Ginger
- 3 Jalapeno Pepper
- 4 cups Jicama
- 11 cups Kale Leaves
- 1/4 cup Mint Leaves
- 8 cups Napa Cabbage
- 1 cup Radishes
- 1/2 cup Red Onion
- 4 leaves Romaine
- 1/2 tsp Thyme
- 4 cups Watercress
- 18 White Button Mushrooms
- 1 Yellow Onion

Boxed & Canned

- 5 ozs Canned Wild Salmon
- 1 1/2 cups Organic Coconut Milk

Baking

- 2 tbsps Almond Flour
- 1 tbsp Nutritional Yeast
- 1 1/2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Leg, Bone In
- 1 lb Chicken Thighs With Skin
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 lb Lean Ground Pork
- 2 Rainbow Trout Fillet
- 4 ozs Smoked Salmon

Condiments & Oils

- 1/2 cup Avocado Oil
- 1/2 cup Coconut Aminos
- 3 tbsps Coconut Oil
- 2 tsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Pitted Kalamata Olives
- 1 tbsp Sesame Oil
- 3 tbsps Sriracha

Cold

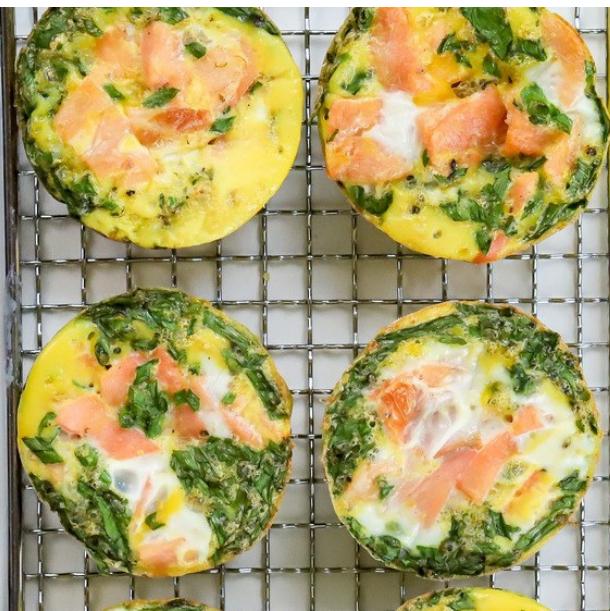
- 1/4 cup Coconut Butter
- 1/4 cup Cottage Cheese
- 28 Egg
- 1/2 tsp Ghee

Other

- 1 1/16 lbs Coconut Meat
- 2 Probiotic Capsules
- 3/4 cup Water

Smoked Salmon Egg Cups

6 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two egg cups.

More Flavor

Add fresh dill or capers to the muffin tins.

Ingredients

- 1 1/2 tsps** Avocado Oil
- 6** Egg
- 1 tbsp** Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Baby Spinach (chopped)
- 4 ozs** Smoked Salmon (roughly chopped)

Blackberries

1 ingredient · 5 minutes · 1 serving



Directions

-
1. Wash and enjoy!

Ingredients

-
- 1 cup** Blackberries

Blueberry Turkey Breakfast Sausages

7 ingredients · 25 minutes · 4 servings



Directions

1. In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
2. Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

Notes

Leftovers

Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to approximately two sausage patties.

More Flavor

Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Ginger (peeled and minced)
- 3/4 tsp Sea Salt
- 1/2 cup Blueberries
- 1 tbsp Coconut Oil

Sauteed Watercress

5 ingredients · 5 minutes · 2 servings



Directions

1. Heat the sesame oil in skillet or wok over medium heat. Add ginger and cook for 1 to 2 minutes, or until fragrant.
2. Add watercress, water and salt, then stir for a few seconds. Cover with lid and cook for another minute or until wilted. Divide onto plates and enjoy!

Notes

No Ginger

Omit, or use minced garlic or shallots instead.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

- 1 tbsp Sesame Oil
- 1 tsp Ginger (peeled and grated)
- 4 cups Watercress (chopped in half)
- 1 tbsp Water
- 1/4 tsp Sea Salt

Kale & Eggs

6 ingredients · 10 minutes · 1 serving



Directions

1. Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
2. Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
3. Add the kale, olives and eggs to a plate. Serve and enjoy!

Notes

No Kale

Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

No Ghee

Use organic butter, avocado oil or olive oil.

More Flavor

Add extra seasonings such as garlic.

Ingredients

- 1/2 tsp Ghee
- 3 cups Kale Leaves (roughly chopped)
- 2 Egg
- 2 tbsps Pitted Kalamata Olives
- 1 tbsp Nutritional Yeast
- 1/8 tsp Sea Salt

Homemade Coconut Yogurt

4 ingredients · 24 hours · 4 servings



Directions

1. In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
2. Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
3. Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Probiotic Sensitivity

Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

More Flavor

Use coconut water instead of water.

Ingredients

- 1 1/16 lbs** Coconut Meat (thawed)
1/2 cup Water
2 tbsps Lemon Juice
2 Probiotic Capsules

Spicy Tomato Scramble

6 ingredients · 10 minutes · 4 servings



Directions

1. Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
2. While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
3. Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup.

More Flavor

Add onions and garlic to the tomato mixture.

Additional Toppings

Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 cup Cherry Tomatoes (cut in half)
- 2 Jalapeno Pepper (small, finely chopped)
- 1/4 cup Cilantro (optional)
- 8 Egg
- 1/2 tsp Sea Salt

Blueberries

1 ingredient · 2 minutes · 1 serving



Directions

-
1. Wash the berries and enjoy!

Ingredients

1 cup Blueberries

Chicken Thigh Shredded Salad

12 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (191°C). Season the chicken with sea salt and thyme.
2. In a large cast-iron skillet over medium-high heat, add the chicken thighs and cook skin side down for 6 to 8 minutes. Flip the chicken over and transfer to the oven to cook for 16 to 18 minutes or until cooked through. Remove, let cool and then shred. Set aside.
3. In a large bowl, add the red onion, carrots, cucumber, radishes and mint. Add the avocado oil, lime juice, ginger and coconut aminos and toss to combine.
4. Serve the salad with the shredded chicken on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the dressing separately.

More Flavor

Add additional herbs such as cilantro or seasoning such as chili flakes. Top with sesame seeds.

Make it Vegan

Omit the chicken and use tofu or roasted chickpeas instead.

No Avocado Oil

Use extra virgin olive oil instead.

Meal Prep

Save time by slicing the veggies ahead of time and cooking the chicken.

No Coconut Aminos

Use tamari or soy sauce instead.

Ingredients

- 1 lb Chicken Thighs with Skin
- 1/4 tsp Sea Salt
- 1/4 tsp Thyme (dried)
- 1/2 cup Red Onion (thinly sliced)
- 3 Carrot (shredded)
- 1/2 Cucumber (large, julienned)
- 1 cup Radishes (thinly sliced)
- 1/4 cup Mint Leaves (finely chopped)
- 2 tbsps Avocado Oil
- 1 tbsp Lime Juice
- 1/8 tsp Ground Ginger
- 2 tbsps Coconut Aminos

Coconut Almond Cups

6 ingredients · 1 hour 15 minutes · 6 servings



Directions

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. In a mixing bowl, stir the almond butter with half of the melted coconut oil together until smooth. Stir in the vanilla, cinnamon and salt. The mixture will stiffen.
3. In a second small mixing bowl, combine the remaining melted coconut oil and coconut butter together and stir until runny.
4. Fold the coconut butter mixture into the almond butter mixture until just combined.
5. Divide into the prepared baking cups. Freeze for at least one hour or until solid. Enjoy!

Notes

Leftovers

Keep in an airtight container or zipper-lock bag in the freezer for up to one month. Best to eat from frozen.

Serving Size

One serving is one piece.

Likes it Sweet

Add liquid stevia drops to taste.

Ingredients

- 1/4 cup** Almond Butter (not runny)
2 tbsps Coconut Oil (melted, divided)
1 1/2 tsps Vanilla Extract
1 1/2 tsps Cinnamon
1/16 tsp Sea Salt
1/4 cup Coconut Butter

Mason Jar Salad with Canned Wild Salmon

7 ingredients · 20 minutes · 1 serving



Directions

1. In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, canned wild salmon and the romaine. Seal with a lid.
2. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers

Refrigerate in the mason jar or an airtight container for up to two days.

More Flavor

Add additional herbs or spices to the salmon.

Additional Toppings

Add additional veggies to the salad such as carrots, peppers or cabbage.

Ingredients

- 1/4 tsp Sea Salt (divided)
- 5 ozs Canned Wild Salmon
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/2 tsp Dijon Mustard
- 1/2 Cucumber (sliced)
- 4 leaves Romaine (chopped)

Jicama Fries with Guacamole

5 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with foil or a silicone baking mat.
2. Par-boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Drain and dry with a towel.
3. In a mixing bowl, toss the jicama strips in the oil and season with 3/4 of the salt. Transfer to the baking sheet and bake for 30 to 40 minutes, or until browned and tender-crisp.
4. Meanwhile, mash the avocado and stir in the lime juice. Season with the remaining salt.
5. Serve the jicama fries alongside the guacamole and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. For best results, store the jicama fries and guacamole separately, and re-crisp the fries in the oven before serving.

Jicama

One medium jicama equals approximately 5 cups.

Serving Size

One serving equals approximately one cup of jicama fries with 1/4 cup of guacamole.

More Flavor

Add your choice of spices to the jicama fries before baking.

Additional Toppings

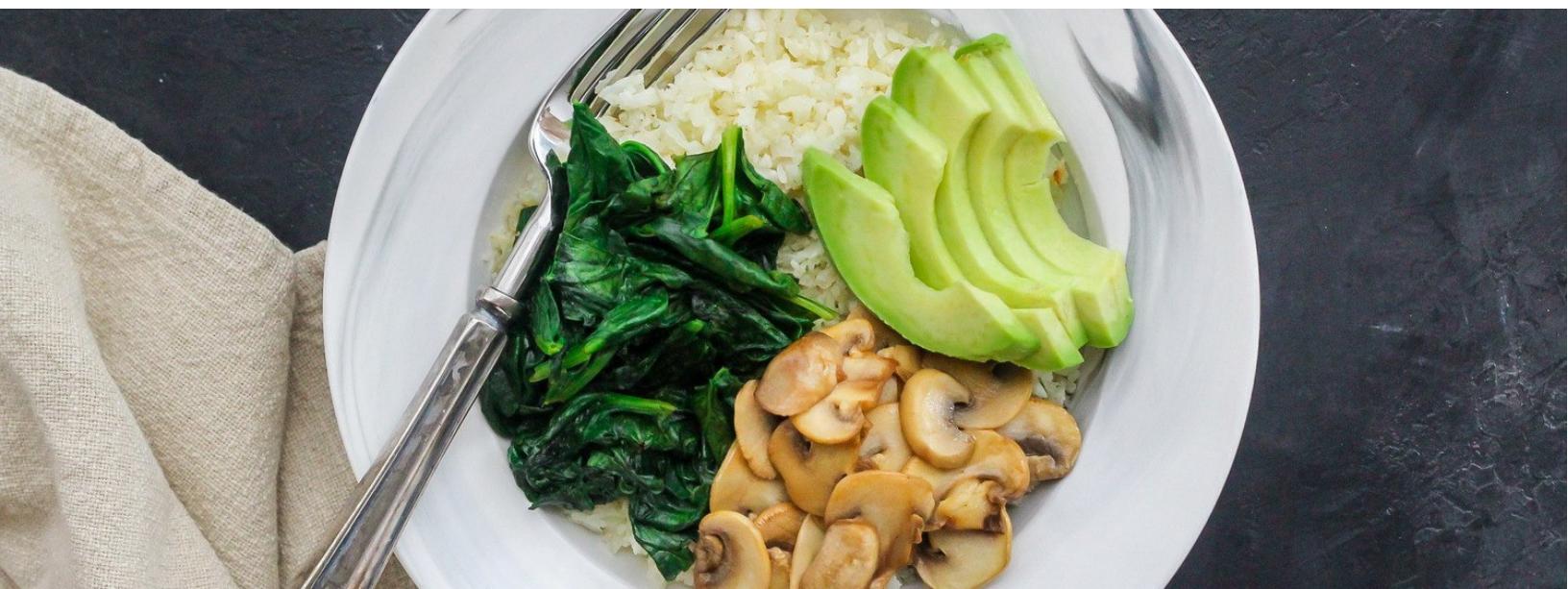
Add tomatoes, cilantro, feta, onion and garlic to the guacamole.

Ingredients

- 4 cups** Jicama (peeled, sliced into 1/4-inch strips)
2 tbsps Avocado Oil
1 1/2 tsps Sea Salt (divided)
2 Avocado (peeled, pit removed)
1/2 Lime (juiced)

Mushroom & Cauliflower Rice Bowl

6 ingredients · 15 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
2. In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
3. Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Coconut Aminos

Use tamari or soy sauce instead.

No Avocado Oil

Use olive oil or coconut oil instead.

More Flavor

Season with chili flakes and/or garlic.

Additional Toppings

Add sliced nori and/or sesame seeds on top.

Ingredients

- 1 tsp Avocado Oil
- 3 cups Cauliflower Rice
- 8 White Button Mushrooms (sliced)
- 4 cups Baby Spinach
- 1 tbsp Coconut Aminos
- 1 Avocado (sliced)

Hard Boiled Eggs

1 ingredient · 15 minutes · 4 servings



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel

Add salt to the water while boiling.

Ingredients

- 8 Egg

Peach with Cottage Cheese

2 ingredients · 5 minutes · 1 serving



Directions

1. Combine the cottage cheese and peach in a bowl or container if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Dairy-Free

Use coconut yogurt instead of cottage cheese.

Additional Toppings

Top with hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.

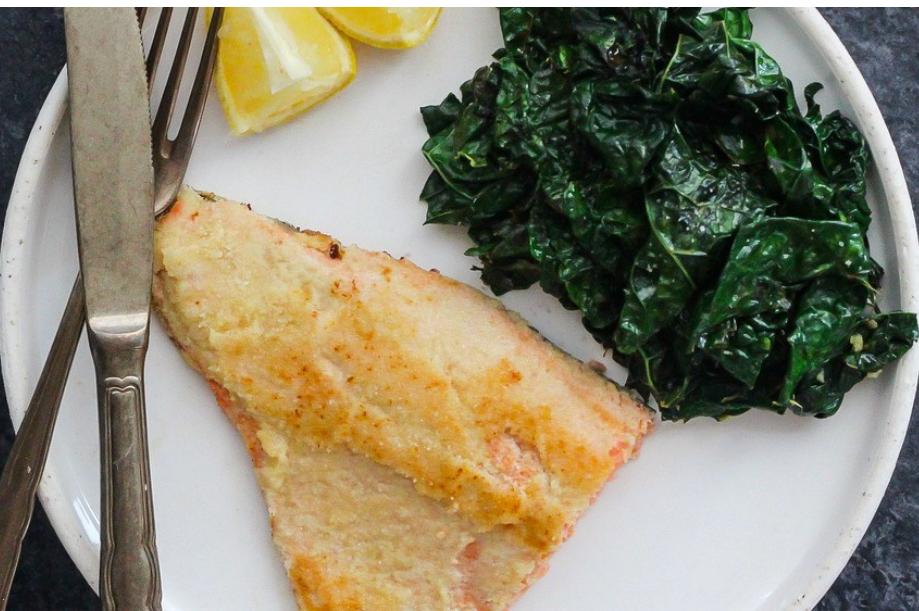
Ingredients

1/4 cup Cottage Cheese

1 Peach (medium, sliced)

Almond Crusted Trout & Kale

8 ingredients · 15 minutes · 2 servings



Directions

1. Brush the flesh side of the trout filet with mustard, and then dip the flesh side into the almond flour.
2. Heat a pan over medium heat and add the avocado oil. Once it is heated, place the trout flesh side down and cook for 3 minutes, then flip and cook for 3 to 4 minutes until cooked through. Remove and set aside.
3. In the same pan, add the kale leaves and garlic and cook until just wilted. Season with lemon juice. Serve alongside the trout and season with sea salt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Fillet Size

One fillet is equal to 159g or 5.6oz.

Nut-Free

Use a gluten-free flour blend, coconut flour or cassava flour instead of almond flour.

More Flavor

Add additional spices or herbs, such as chives, parsley, dill, nutritional yeast or chili flakes.

More Fiber

Serve with your favorite roasted vegetables.

No Avocado Oil

Use extra virgin olive oil or coconut oil.

No Kale

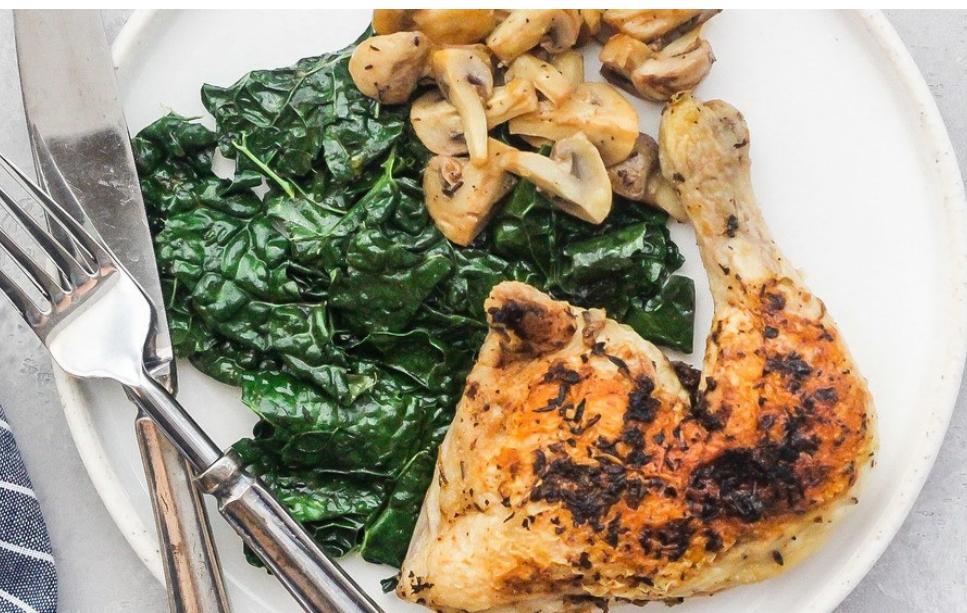
Use swiss chard instead.

Ingredients

- 2 Rainbow Trout Fillet
- 1 1/2 tsps Dijon Mustard
- 2 tbsps Almond Flour
- 1/2 tsp Avocado Oil
- 4 cups Kale Leaves (stem removed, thinly sliced)
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1/8 tsp Sea Salt

Quarter Chicken with Mushrooms & Kale

6 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken with thyme, oregano and sea salt on all sides. Heat a cast iron skillet over medium heat. Once the skillet is hot, add the chicken skin side down. Cook for 12 to 15 minutes without moving the chicken.
3. Flip the chicken over and add the mushrooms. Place in the oven for 18 to 20 minutes or until the chicken is cooked through.
4. Remove the chicken and mushrooms from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and sauté over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, mushrooms and kale onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to three days.

No Kale

Use another green such as Swiss chard or spinach.

More Flavor

Add additional seasonings such as paprika or garlic.

Ingredients

- 1 1/4 lbs Chicken Leg, Bone-in (skin on)
- 1/4 tsp Thyme (dried)
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 10 White Button Mushrooms (quartered)
- 4 cups Kale Leaves (roughly chopped)

Keto Pork Fried Cauliflower Rice

12 ingredients · 30 minutes · 4 servings



Directions

1. In a small mixing bowl combine the coconut aminos, lime juice, water, garlic and ginger. Set aside.
2. Heat a large skillet over medium-high heat and brown the pork, breaking it up into small pieces as it cooks. Once it's cooked through, remove excess drippings from the pan and season the pork with the salt.
3. Add the onion in with the pork and sauté until the onion just starts to soften, about 5 minutes. Stir in the spinach until it is wilted.
4. Add your previously mixed sauce into the skillet and let it simmer for 3 to 5 minutes.
5. Add the cauliflower rice to the skillet and stir to combine. Cook for 1 minute for crunchier cauliflower and up to 5 minutes for a softer texture.
6. Stir in the cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/4 cups.

More Flavor

Add sesame oil and red pepper flakes to the sauce.

Additional Toppings

Top with green onion, sesame seeds, hot sauce or extra cilantro.

No Pork

Use ground turkey or ground chicken instead.

No Coconut Aminos

Use tamari instead.

Ingredients

- 1/4 cup Coconut Aminos
- 2 tbsps Lime Juice
- 2 tbsps Water
- 4 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated)
- 1 lb Lean Ground Pork
- 1/4 tsp Sea Salt
- 1 Yellow Onion (chopped)
- 6 cups Baby Spinach (chopped)
- 3 cups Cauliflower Rice
- 1/2 cup Cilantro (chopped)
- 3 tbsps Avocado Oil

Meatballs with Sriracha Cream Sauce & Curried Cabbage

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with foil.
2. In a mixing bowl, use your hands to combine the ground beef and 1/3 of the salt. Divide and form into meatballs about 1 1/2 inches in diameter. Transfer to the baking sheet.
3. In a separate baking dish, combine the cabbage, olive oil, curry powder and 1/3 of the salt. Add the meatballs and cabbage to the baking sheet and cook in the oven until the beef reaches an internal temperature of 160°F (71°C), about 15 to 20 minutes.
4. Meanwhile, combine the coconut milk, sriracha and remaining salt in a small pot over medium-low heat. Cook until just warmed through and there are no clumps of coconut milk left. If needed, add water one tablespoon at a time if the sauce is too thick.
5. Divide the meatballs and cabbage onto plates or into containers if on-the-go. Top the meatballs with the sriracha cream sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

Each serving equals approximately 3 to 4 meatballs, 1/3 cup of sriracha cream sauce, and 1.5 cups of roasted cabbage.

More Flavor

Add breadcrumbs, egg, spices or herbs to your meatballs.

Additional Toppings

Top with sliced green onions or sesame seeds.

No Sriracha Sauce

Use tomato paste or curry powder with the coconut milk instead of sriracha.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 1/2 tsps Sea Salt (divided)
- 8 cups Napa Cabbage (chopped)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Curry Powder
- 1 1/2 cups Organic Coconut Milk (from the can)
- 3 tbsps Sriracha
- 2 tbsps Water (optional)



QS 30-Day Reset Ketogenic Meal Plan - Week 4

Created by Lindsay Christensen, M.S., CNS



QS 30-Day Reset Ketogenic Meal Plan - Week 4

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Taco Breakfast Skillet	Taco Breakfast Skillet	One Pan Breakfast Hash	One Pan Breakfast Hash	Keto Chocolate Tahini Smoothie	2 Zucchini & Goat Cheese Egg Muffins	2 Zucchini & Goat Cheese Egg Muffins
						Blackberries	Blackberries
Lunch	Spinach Salad with Tuna & Egg	Spinach Salad with Tuna & Egg	Deconstructed Burger Bowl	Pressure Cooker Chicken Breast	Deconstructed Burger Bowl	Chicken Shawarma Salad Bowls	Chicken Shawarma Salad Bowls
			Classic Guacamole	Sautéed Spinach with Toasted Pecans	Classic Guacamole	Macadamia Nuts	Macadamia Nuts
Dinner	Keto One Pan Lamb Meatballs & Veggies	Keto One Pan Lamb Meatballs & Veggies	Pressure Cooker Chicken Breast	Steak with Creamy Chimichurri Sauce	Steak with Creamy Chimichurri Sauce	Sausage & Creamed Cabbage	Sausage & Creamed Cabbage
			Sautéed Spinach with Toasted Pecans	Coconut Zucchini Fries	Coconut Zucchini Fries		

QS 30-Day Reset Ketogenic Meal Plan - Week 4

66 items

Fruits

- 5 Avocado
- 1 cup Blackberries
- 1/2 Lemon
- 3 tbsps Lemon Juice
- 1 Lime

Seeds, Nuts & Spices

- 2 1/2 tbsps Black Pepper
- 1 tbsp Chia Seeds
- 2 1/3 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 2 1/3 tbsps Cumin
- 1 1/2 tbsps Dried Chives
- 1/4 tsp Dried Thyme
- 1/8 tsp Garlic Powder
- 1 tbsp Italian Seasoning
- 1 1/3 cups Macadamia Nuts
- 1/3 tsp Onion Powder
- 1/4 tsp Oregano
- 1/4 tsp Paprika
- 1/2 cup Pecans
- 1 3/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

Frozen

- 1/2 cup Frozen Cauliflower

Vegetables

- 11 cups Baby Spinach
- 7 cups Brussels Sprouts
- 1/2 head Cauliflower
- 1 cup Cherry Tomatoes
- 2/3 cup Cilantro
- 1 Cucumber
- 5 Garlic
- 6 cups Green Cabbage
- 8 stalks Green Onion
- 2 Jalapeno Pepper
- 3/4 cup Parsley
- 1 1/4 cups Red Onion
- 12 leaves Romaine
- 1 1/2 heads Romaine Hearts
- 1 tsp Thyme
- 1 2/3 ozs Thyme Sprigs
- 4 1/2 Tomato
- 3 Zucchini

Boxed & Canned

- 3/4 cup Organic Chicken Broth
- 2 1/4 cups Organic Coconut Milk
- 1 can Tuna

Baking

- 1 tbsp Cacao Powder
- 1/4 cup Coconut Flour
- 3/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1 2/3 lbs Chicken Breast
- 2 lbs Extra Lean Ground Beef
- 1/2 cup Goat Cheese
- 1 1/16 lbs Ground Lamb
- 8 ozs Ny Striploin Steak
- 5 slices Organic Bacon
- 1 lb Pork Sausage

Condiments & Oils

- 2 3/4 tbsps Avocado Oil
- 1/4 cup Black Olives
- 1 tbsp Coconut Oil
- 2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1/2 cup Pitted Kalamata Olives
- 1/3 cup Tahini

Cold

- 16 Egg
- 3/4 cup Macadamia Nut Milk

Other

- 1 oz Collagen Powder
- 1/3 cup Water

Taco Breakfast Skillet

14 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
2. Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
3. Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
4. Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

Serving Size

One serving is approximately one egg with one cup of beef and veggie mixture.

More Flavor

Add some grated cheese on top.

Make it Vegetarian

Use black beans and/or quinoa instead of ground beef.

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Red Onion (chopped)
- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/4 tsp Onion Powder
- 1/4 tsp Black Pepper
- 1/4 cup Nutritional Yeast
- 4 Egg
- 1/2 Tomato (chopped)
- 1/4 cup Black Olives
- 1/2 Avocado (cubed)
- 1 Jalapeno Pepper (sliced)
- 1/4 cup Cilantro

One Pan Breakfast Hash

6 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
3. Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon

Use prosciutto, ham or turkey bacon.

More Vegetables

Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor

Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers

Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.

Ingredients

4 cups Brussels Sprouts (halved)

1/2 cup Red Onion (chopped)

1 tsp Avocado Oil

Sea Salt & Black Pepper (to taste)

5 slices Organic Bacon (chopped)

4 Egg

Keto Chocolate Tahini Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. In a blender, add the macadamia nut milk, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
2. In the same blender, add cacao powder and blend until smooth and creamy.
3. Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

Notes

No Oat Milk

Use another milk or milk alternative instead.

More Veggies

Add frozen cauliflower to the vanilla layer.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 3/4 cup** Macadamia Nut Milk
- 4 leaves** Romaine (roughly chopped)
- 1 tbsp** Chia Seeds
- 1 1/2 tbsps** Tahini
- 1 oz** Collagen Powder
- 1/2 cup** Frozen Cauliflower
- 1 tbsp** Cacao Powder

Zucchini & Goat Cheese Egg Muffins

5 ingredients · 20 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (177°C). Line your muffin tin with parchment liners, or use a silicone muffin tin without liners.
2. Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
3. In a mixing bowl, whisk together the eggs, water, salt and chopped zucchini. Divide the mixture into the muffin pan.
4. Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
5. Let cool slightly before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to three days. Freeze for up to two months.

Serving Size

One serving equals one egg muffin.

More Flavor

Add chopped onion, garlic, smoked paprika, mushrooms and/or spinach.

Additional Toppings

Top with green onions or sliced tomatoes.

Ingredients

- 1 Zucchini (divided)
- 6 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)

Blackberries

1 ingredient · 5 minutes · 1 serving



Directions

-
1. Wash and enjoy!

Ingredients

-
- 1 cup** Blackberries

Spinach Salad with Tuna & Egg

7 ingredients · 10 minutes · 2 servings



Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
2. In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
3. Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!

Notes

Leftovers

Refrigerate the salad and dressing in separate airtight containers for up to two days. If you're using the egg later, you may wish to cook it hard-boiled.

No Baby Spinach

Use arugula or mixed greens instead.

More Flavor

Mix mayonnaise with the tuna.

Additional Toppings

Add sliced avocado, cherry tomatoes or cucumber to the salad.

No Olives

Omit or use sun-dried tomatoes instead.

Ingredients

- 2 Egg
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 5 cups Baby Spinach
- 1 can Tuna (flaked and drained)
- 1/2 cup Pitted Kalamata Olives
- 1/8 tsp Sea Salt

Deconstructed Burger Bowl

11 ingredients · 15 minutes · 4 servings



Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
3. In a small bowl combine the mayonnaise and Dijon mustard.
4. Divide the lettuce, tomatoes and onion between bowls and top with cooked beef and the Dijon mayo. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

More Flavor

Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

Additional Toppings

Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Italian Seasoning
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 cup Mayonnaise
- 2 tsps Dijon Mustard
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Cherry Tomatoes (chopped)
- 8 stalks Green Onion (chopped, green tops only)

Classic Guacamole

9 ingredients · 15 minutes · 5 servings



Directions

1. Scoop the avocado flesh into a medium-sized bowl. Mash the avocado with a fork until you've reached your desired texture.
2. Add the remaining ingredients and fold in everything until well combined. Serve and enjoy!

Notes

Leftovers

Refrigerate leftovers in an airtight container for up to three days.

Serving Size

One serving is roughly 1/4 cup of guacamole.

Additional Toppings

Chilli flakes or cayenne pepper for some heat.

Serve it With

Tortilla chips, on top of tacos, crackers, with vegetables or on top of salad.

Ingredients

- 4 Avocado (pit removed)
- 3 tbsps Cilantro (finely chopped)
- 2 Garlic (cloves, minced)
- 1 Jalapeno Pepper (seeds removed, finely chopped)
- 1/4 cup Red Onion (chopped)
- 2 Tomato (diced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Chicken Shawarma Salad Bowls

14 ingredients · 30 minutes · 4 servings



Directions

1. Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
2. Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
3. Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
4. Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

Notes

Garlic Lover

Serve with hummus or add minced garlic to the tahini dressing.

Leftovers

Store in the fridge for up to three days.

Vegan & Vegetarian

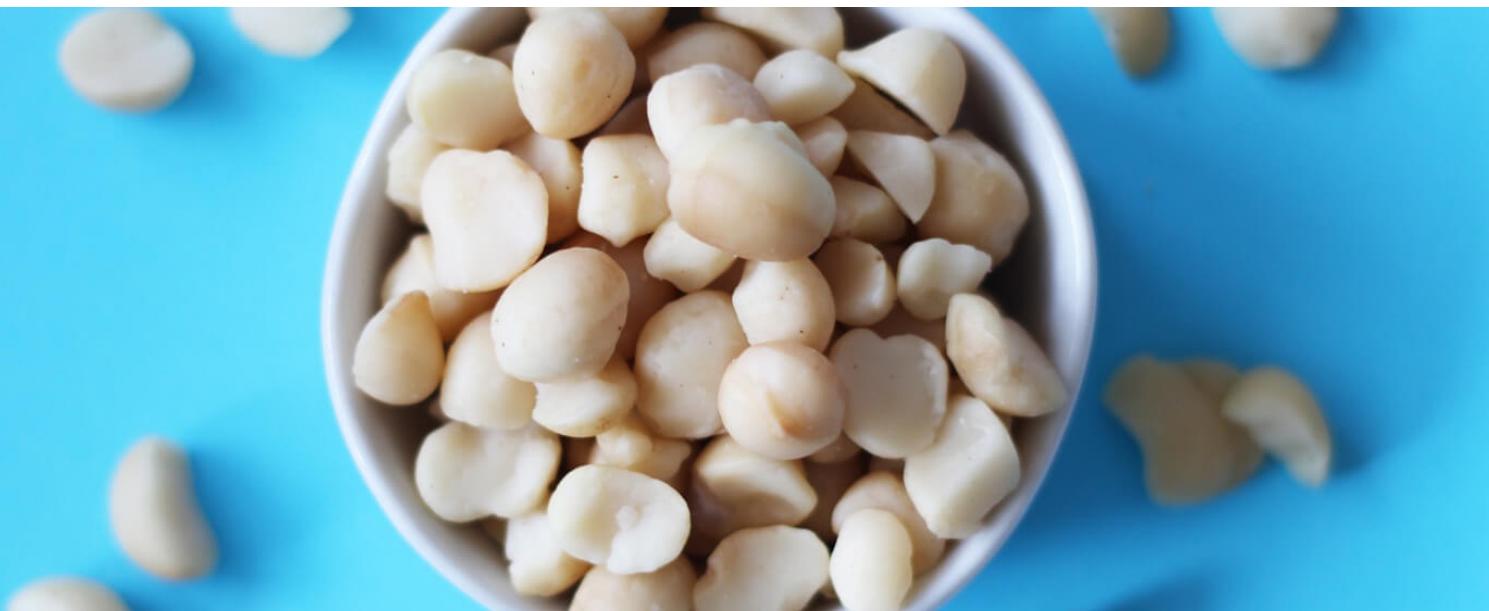
Omit the chicken and used cooked chickpeas instead.

Ingredients

- 1 1/4 lbs Chicken Breast (diced into cubes)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1/2 tsp Turmeric
- 1 tbsp Cumin
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Tahini
- 2 tbsps Water
- 1/2 Lemon (juiced)
- 8 leaves Romaine (chopped)
- 2 Tomato (diced)
- 1 Cucumber (diced)
- 1/4 cup Parsley (chopped)

Macadamia Nuts

1 ingredient · 2 minutes · 4 servings



Directions

-
1. Divide between bowls and enjoy!

Ingredients

1 1/3 cups Macadamia Nuts

Keto One Pan Lamb Meatballs & Veggies

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a medium-sized bowl, add the lamb, thyme, garlic and half the sea salt. Mix well with your hands to combine everything. Roll the mixture into golf ball-sized balls and set aside.
3. Add the brussels sprouts and cauliflower to the pan along with the avocado oil and sea salt. Toss to combine. Place the meatballs on the pan in between the veggies. Bake for 30 minutes. Remove, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three meatballs.

More Flavor

Add lemon zest or oregano to the meatballs. Add additional fresh herbs to the veggies.

Ingredients

- 1 1/16 lbs Ground Lamb
- 1 tsp Thyme (chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 3 cups Brussels Sprouts (trimmed, halved)
- 1/2 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil

Pressure Cooker Chicken Breast

10 ingredients · 20 minutes · 1 serving



Directions

1. Place the chicken in a shallow bowl and add oregano, thyme, paprika, garlic, onion and sea salt. Coat the chicken, ensuring it is fully covered.
2. Using the sauté function on your pressure cooker, cook the chicken for 2 minutes per side and then remove. Add the chicken broth to the pressure cooker and place the metal rack inside.
3. Place the chicken on top of the metal rack and cook on high pressure for 5 minutes. Let the steam release naturally for 8 minutes and then do a quick release. Remove the chicken and top with thyme sprigs. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Make it a Meal

Serve alongside your favorite sides, like roasted vegetables, potatoes and/or rice.

Ingredients

- 6 ozs Chicken Breast (skinless and boneless)
- 1/4 tsp Oregano
- 1/4 tsp Dried Thyme
- 1/4 tsp Paprika
- 1/8 tsp Garlic Powder
- 1/8 tsp Onion Powder
- 1/8 tsp Sea Salt
- 1 tsp Avocado Oil
- 3/4 cup Organic Chicken Broth
- 1 2/3 ozs Thyme Sprigs (for garnish)

Sautéed Spinach with Toasted Pecans

6 ingredients · 10 minutes · 4 servings



Directions

1. Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
2. Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use sunflower seeds or pumpkin seeds instead of pecans.

More Flavor

Add minced garlic or garlic powder.

Additional Toppings

Top with hemp seeds or flaxseeds.

No Spinach

Use arugula, Swiss chard, or collard greens instead.

No Nutritional Yeast

Use parmesan cheese or a dairy-free cheese.

Ingredients

1 tbsp Extra Virgin Olive Oil

6 cups Baby Spinach

1/2 cup Nutritional Yeast

1/2 cup Pecans

1 tsp Sea Salt

1 tsp Black Pepper

Steak with Creamy Chimichurri Sauce

9 ingredients · 20 minutes · 2 servings



Directions

1. In a blender, add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt. Blend together while slowly adding the extra virgin olive oil. Blend until smooth and creamy. Set aside.
2. Heat a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.
3. Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side.
4. Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top. Enjoy!

Notes

Cook Time

Time will vary depending on the temperature of your cast iron pan and the thickness of the steak. In our tests, three minutes per side created a medium-rare steak.

Leftovers

Store the sauce and steak separately. Refrigerate in an airtight container for up to three days.

More Flavor

Season the steak ahead of time with tamari, coconut aminos or red wine vinegar.

Grill Lover

Grill the steak over medium heat for approximately three to five minutes per side for medium-rare.

Ingredients

- 1/2 Avocado
- 1/2 cup Parsley
- 1/4 cup Cilantro
- 2 tbsps Lemon Juice
- 1 Garlic (clove)
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Avocado Oil
- 8 ozs NY Striploin Steak

Coconut Zucchini Fries

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
2. Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
3. Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
4. Remove from oven and enjoy!

Notes

No Coconut Milk

Use eggs instead.

Leftovers

Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

Additional Toppings

Add paprika, chili powder or spices of your choice to the coconut flour.

Extra Crispy

Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.

Ingredients

- 1 tbsp Coconut Oil
- 1/4 cup Organic Coconut Milk (canned, full fat)
- 1/4 cup Coconut Flour
- 1/2 tsp Sea Salt
- 2 Zucchini (medium, sliced into strips)

Sausage & Creamed Cabbage

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Add the sausages to the baking sheet. Cook for 30 minutes or until cooked through.
3. Meanwhile, add the cabbage, coconut milk and salt to a large saucepan and bring to a simmer. Cook for 25 to 30 minutes or until cabbage is tender.
4. Divide the sausage and cabbage onto plates or into containers if on-the-go. Garnish with chives and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

Serving Size

Each serving equals approximately one sausage and 1.5 cups of cabbage.

Make it Vegan

Use vegan sausage instead.

Ingredients

- 1 lb** Pork Sausage
6 cups Green Cabbage (shredded or finely sliced)
2 cups Organic Coconut Milk
1 tsp Sea Salt
1 1/2 tbsps Dried Chives