



Week 1 Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 1	16:8 FASTING UNTIL NOON	2 EGGS, 1 OZ SHREDDED CHEESE, 2 SAUSAGE LINKS	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	1 CHEESEBURGER PATTY W/3 SLICES BACON & 1 CUP BROCCOLI WITH BUTTER
DAY 2	16:8 FASTING UNTIL NOON	CHEESEBURGER PATTY SALAD W/CUCUMBER, SHREDD CHEESE AND DRESSING OF CHOICE	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	CAPRESE CHICKEN W/ASPARAGUS AND 1 OZ NUTS
DAY 3	16:8 FASTING UNTIL NOON	2 EGG CUPS W/1 OZ NUTS	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	STEAK W/ SAUTEED MUSHROOMS AND GARLIC GREEN BEANS
DAY 4	16:8 FASTING UNTIL NOON	2 EGG CUPS W/1 OZ NUTS	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	ZUCCHINI BOATS
DAY 5	16:8 FASTING UNTIL NOON	STEAK SALAD WITH ½ AVOCADO AND DRESSING OF CHOICE	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	CAPRESE CHICKEN WITH GREEN BEANS AND 1 OZ NUTS
DAY 6	16:8 FASTING UNTIL NOON	BROCCOLI CHEESE SOUP	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	CHICKEN WINGS & PIZZA
DAY 7	16:8 FASTING UNTIL NOON	2 EGG CUPS W/1 OZ NUTS	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	JAMBALYA W/RICED CAULIFLOWER

Week 1 Recipes

**Unless specified in a recipe below all meat is seasoned with pink salt and pepper & prepared on the grill . Not all meals have a recipe if considered "normal" i.e. steak and burgers. This guide may contain affiliate links and we may earn compensation when you click on the links at no additional cost to you.

Caprese chicken

2 Chicken Breasts
2 oz fresh mozzarella
1 medium tomato sliced
1 tbsp vinegar ([white](#) or [cider](#))
1 tbsp [olive oil](#) or [avocado oil](#)
1/8 cup fresh basil
[pink salt](#) and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F
2. Line a baking sheet with parchment paper awhile preheating the oven to 400°F.
3. Slice chicken breast with 4-5 deep cuts but do not cut all the way through the chicken. Cuts should be deep enough to get the tomato, basil, and mozzarella in each slit.
4. Salt and pepper chicken to taste and lay on lined baking sheet.
5. Slice the tomatoes and mozzarella into thin portions. Next place a slice of tomato, mozzarella, and a basil leaf in the slits of the chicken breast.
6. Lightly pour the vinegar and olive oil onto the chicken.
7. Place in the oven for 20-25 minutes or until the chicken is cooked through depending on thickness of chicken breast.

Egg Cups

12 Eggs
1 cup colby jack cheese (or cheese of choice)
6 slices of bacon
1 lb (16 oz) bulk sausage
6 Tbsp Heavy Whipping cream
6 Tbsp [MCT oil](#) (optional—if not using [MCT](#) add 6 more Tbsp HWC)

Instructions:

1. Cook bacon and sausage then set aside.
2. Crack 12 eggs into a large bowl, add HWC and MCT oil & whisk together.
3. Spray 12-muffin pan with avocado oil, coconut oil or cooking spray to prevent from sticking
4. Add sausage, bacon and cheese to each muffin cup container (save some cheese for top).
5. Pour the egg mixture equally into each muffin cup.
6. Top each muffin cup with small amount of cheese
7. Cook at 350 °F for about 20 minutes.
8. Serve right away and/or place in air-tight container and store in refrigerator for up to 5 days.

Ranch Recipe

1/2 cup real mayo
1/3 cup sour cream
1 tsp white vinegar (or lemon juice)
1/2 tsp [pink salt](#)
1/4 tsp black pepper
1/2 tsp onion powder
1/2 tsp garlic powder
1 tsp chives
1 tsp dill
1-2 tbs heavy whipping cream (or half & half) to thin it (optional for thickness)

Instructions:

1. Add all ingredients except HWC and mix
2. Add HWC as needed to obtain desired thickness

Zucchini Boats

4 medium size zucchini
[Olive oil](#) or [avocado oil](#) (to drizzle)
[Pink Salt](#) & Pepper
1 lb. ground beef (80/20)
Half of a medium white onion
Half of a green bell pepper
2 tsp cumin powder
2 tsp chili powder
2 tsp garlic powder
Half cup shredded Colby Jack cheese
Salsa to taste (we use Pace)

Instructions:

Preparing zucchini

1. Pre-heat oven to 350 °F
2. Wash zucchini
3. Cut off stem end of zucchini
4. Cut zucchini in half-length wise
5. Remove seeds and center portion of zucchini leaving about ¼ to 3/8 inch of zucchini with skin
6. Drizzle olive oil on each zucchini half and salt and pepper
7. Bake at 350 °F for 15 minutes with skin up

Zucchini Boats Cont.

Preparing meat filling:

1. Dice half white onion
2. Dice half green bell pepper
3. Saute onion and green pepper in [olive oil](#) or [avocado oil](#)
4. Add hamburger to onions and green pepper
5. Add cumin, chili powder and garlic powder
6. Add cheese after hamburger is fully cooked
7. Add salsa to taste
8. Fill zucchini boats with meat mixture
9. Serve with sour cream and salsa

Fat Head Pizza Dough

1 ½ cup shredded mozzarella cheese

¾ cup [almond flour](#)

2 tablespoons cream cheese cubed

½ teaspoon garlic powder

1 egg

1 teaspoon basil

1 teaspoon oregano

Instructions:

1. Pre-heat oven to 425 °F
2. Add basil, oregano and garlic powder to almond flour and mix together. Set aside
3. Put mozzarella and cream cheese in a medium bowl
4. Microwave for 1 min, stir and then microwave for another 30 seconds and stir
5. Stir in egg and almond flour
6. Wet hands and mix dough together (knead the dough) to completely mix all ingredients together (may need to wet hands a few times during this process)
7. Wet hands again and spread dough thin on parchment paper. It should spread evenly with dough-like consistency.
8. Poke rows of holes with a fork to avoid bubbles
9. Put in 425 °F oven for 8 minutes
10. After 8 minutes check the crust and poke holes if there are any bubbles.
11. Add desired pizza toppings
12. Continue cooking for approximately 10 minutes and then broil for about 2 minutes to brown cheese.

Marinara Pizza Sauce

- 1 15 oz can of tomato sauce (Hunts has no sugar added)
- 1 small can of tomato Hunts tomato paste
- 1 and a half teaspoons of dried basil
- 1 and a half teaspoons of dried oregano
- Garlic salt to taste

Instructions:

1. Mix ingredients and simmer

Broccoli Cheese Soup

- 2 tablespoons Butter
- 1/ 8 Cup White Onion
- 1/2 teaspoon Garlic, finely minced
- 2 Cups Chicken Broth
- Pink Salt** and Pepper, to taste
- 1 Cup Broccoli, chopped into bite size pieces
- 1 Tablespoon Cream Cheese
- 1/4 Cup Heavy Whipping Cream
- 1 Cup Cheddar Cheese; shredded
- 2 Slices Bacon; Cooked and Crumbled (Optional)
- 1/2 teaspoon **xanthan gum** (optional, for thickening)

Instructions:

1. In large pot, saute onion and garlic with butter over medium heat until onions are softened and translucent.
2. Add broth and broccoli to pot. Cook broccoli until tender. Add salt, pepper and desired seasoning.
3. Place cream cheese in small bowl and heat in microwave for ~30 seconds until soft and easily stirred.
4. Stir heavy whipping cream and cream cheese into soup; bring to a boil.
5. Turn off heat and quickly stir in cheddar cheese.
6. Stir in xanthan gum, if desired. Allow to thicken.
7. Place in container and store in refrigerator up to 5 days
8. Serve hot with bacon crumbles (optional)

Jambalaya with riced cauliflower

2 chicken breasts
1 lb. shrimp
1 package Cajun sausage
1-quart stewed tomatoes
1 can (6oz) tomato paste
1 medium onion
4 Tbsp [olive oil](#) or [avocado oil](#) (used to saute)
1 Tbsp Cajun or Creole
1 tsp minced garlic
2 Jalapenos optional (diced)

Instructions:

1. Dice chicken and sauté with 2 Tbsp olive oil. Set aside
2. In a large pan saute green pepper, onion and jalapeno (optional) with 2 Tbsp olive oil.
3. Add chicken back in after veggies are cooked.
4. Add stewed tomatoes, paste, garlic and spices. Bring all mixed ingredients to a slow boil.
5. Add sliced sausage. Once sausage is heated through add shrimp.
6. Allow shrimp to cook (turns white) and serve.
7. Serve over riced cauliflower (I used a 10 oz steamer bag)

Chicken Wings

3 lbs of chicken wings (~20-24 wings)

Cooking spray

[Pink salt](#) & pepper

SF BBQ sauce of choice (I use [G Hughes Sugar Free](#) Sweet & Spicy or Hickory)

Instructions:

1. Pre-heat oven at 400 °F
2. Line cooking sheet with foil
3. Place raw chicken wings evenly on foil
4. Spray with cooking oil
5. Coat chicken wings with pink salt & pepper or spice of choice.
6. Bake at 400 °F for 50-60 minutes or until skin becomes crispy.
7. Let cool for about 5 minutes and coat with SF BBQ sauce of choice.