



Week 2 Meal Plan

LifeFamilyFood.com

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 8	16:8 FASTING UNTIL NOON	2 EGG CUPS W/1 OZ NUTS	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	JALAPEÑO POPPER CHICKEN W/ BROCCOLI
DAY 9	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 W/ BUTTER
DAY 10	16:8 FASTING UNTIL NOON	JAMBALAYA W/ RICED CAULIFLOWER & SIDE SALAD	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	JALAPEÑO POPPER CHICKEN W/ GREEN BEANS
DAY 11	16:8 FASTING UNTIL NOON	2 EGG CUPS W/1 OZ NUTS	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	SALMON W/ GARLIC LEMON SAUCE & BROCCOLI
DAY 12	16:8 FASTING UNTIL NOON	EGG SANDWICH W/ WONDER BREAD CHAFFLE, & CANADIAN BACON	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	PORK LOIN OR CHOPS & ASPARAGUS
DAY 13	16:8 FASTING UNTIL NOON	2 EGG CUPS W/1 OZ NUTS	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	CREAMY TUSCAN GARLIC CHICKEN W/ ZUCCHINI NOODLES
DAY 14	16:8 FASTING UNTIL NOON	EGG LOAF FRENCH TOAST W/ BACON	KETO COFFEE (W/HWC) & COLLAGEN (OPTIONAL)	ONE PAN SAUSAGE AND VEGGIE BAKE

Week 2 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. chops 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.

Jalapeño Popper Chicken

1 cup cream cheese
6 Jalapeno peppers (3-4 tablespoons diced or chopped peppers to taste)
2 cups mixed mozzarella & cheddar
¾ cup heavy whipping cream
4 chicken breasts
Sliced cheddar cheese
Thinly cut bacon, cooked until crisp

Instructions:

1. Pre-heat oven at 375 degrees
2. In a large bowl mix together the cream cheese, Jalapenos, two cheeses and whipping cream. Set aside.
3. Cut parallel slices down the length of each chicken breast then lay them in a greased skillet and insert alternate slices of cheese and bacon into each
4. Spoon dollops of the cheesy popper mixture over all 4 chicken breasts.
5. Bake for 40-50 minutes until the sauce is bubbling and the chicken is cooked through.

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 Dressing 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

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)

Creamy Lemon Garlic Salmon

2 4 Ounce Salmon filets (skin on or skinless)

[Pink Salt](#) and pepper

1 Tablespoons [olive oil](#) or [avocado oil](#)

3/4 Cup Heavy cream

1 Tablespoons Lemon juice

1 1/2 Cloves garlic, minced

1 Tablespoons parsley

Instructions:

1. Pre-heat the oven to 450°F for fillets
2. Sprinkle with pink salt and pepper
3. Bake salmon, uncovered, 4 to 6 minutes per 1/2-inch thickness.
4. Insert a fork and gently twist to determine doneness. Salmon is done when it turns from translucent (red or raw) to opaque (pink) and begins to flake.
5. Remove the salmon from the oven and set aside.
6. Using a medium sauce pan on medium heat, whisk the heavy cream, garlic, parsley and lemon juice. Simmer for a few minutes until sauce thickens.
7. Season with salt and pepper to taste.
8. Spoon sauce onto salmon and serve.

**Alternative Cooking Instructions for Salmon:

1. Heat the oil pan over medium/high heat.
2. Add salmon filets skin side up to start and cook until the salmon is browned and the fish easily releases from the pan.
3. Flip salmon to the other side (skin side if your salmon has skin) and cook until the skin is crispy. Using a meat thermometer make sure salmon is 140-145 degrees.

CREAMY TUSCAN GARLIC CHICKEN

1½ pounds boneless skinless chicken breasts, thinly sliced
2 Tablespoons olive oil
1 cup heavy cream
½ cup chicken broth
1 teaspoon garlic powder
1 teaspoon Italian seasoning
½ cup Parmesan cheese
1 cup spinach, chopped
½ cup sun dried tomatoes

INSTRUCTIONS:

1. In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center.
2. Remove chicken and set aside on a plate
3. Add the heavy cream, chicken broth, garlic powder, Italian seasoning, and parmesan cheese.
4. Whisk over medium high heat until it starts to thicken.
5. Add the spinach and sun-dried tomatoes and let it simmer until the spinach starts to wilt.
6. Add the chicken back to the pan and serve over spiraled zucchini noodles if desired.

One Pan Sausage and Veggie Bake

2 bell peppers, chopped
1 large head of broccoli, chopped
optional: 1/2 chopped onion, 1 cup green beans, 1 cup cherry tomatoes
[Olive Oil](#) or [avocado oil](#)
2-5 links smoked sausage (any smoked kind will work)
1 tsp garlic powder
1 tsp Cajun (optional)
[Pink salt](#) and pepper to taste

Instructions:

1. Heat oven to 375
2. Spread veggies on pan
3. Drizzle olive oil
4. Add seasoning
5. Top with sausage
6. Bake for 15-25 min, until veggies are soft

Roasted Pecans

2lb bag of Pecans (other nuts can be used)

4 tablespoons butter

[Pink](#) Himalayan Salt.

Instruction:

1. Pre-heat oven to 300 degrees.
2. Line cookie sheet with parchment paper.
3. Place pecans in a pile on cookie sheet
4. Melt butter in microwave and pour over nuts.
5. Add pink salt and mix with spatula a few times until evenly coated.
6. Smooth pecans on cookie sheet to form a single layer
7. Bake for 10 mins.
8. Remove from oven and flip the nuts so they are evenly cooked on both sides.
9. Taste one and assess if additional salt is needed (add more salt to taste).
10. Return to oven for another 8-10 mins.
11. Remove from oven and allow to cool.
12. Store in an air tight container and enjoy. (1 oz/30g)

Wonder Bread Chaffle

1 Egg

3 tbsp Almond Flour

1 tbsp Mayonnaise

1/4 tsp Baking Powder

1 tsp Water

Instructions:

1. Pre-head waffle maker
2. Beat the egg with fork or whisk.
3. Stir in rest of ingredients: almond flour, mayonnaise, baking powder, and water.
4. Once your waffle maker is heated, pour 1/2 of the batter onto the waffle maker and close the lid.
5. Cook for 3-5 minutes. Don't peek let the waffle maker do its thing.
6. Once golden brown remove from the waffle maker and set aside for at least 2-3 minutes.
7. This will allow Chaffle to get crisp.
8. Repeat to make second chaffle.