

**THE RULES OF KETO**

# NO COOK KETO

**MEAL PLAN** 3 EASY WEEKS  
TO SUCCESS



**The Rules Of Keto**

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**3 EASY WEEKS TO SUCCESS**

**BY**

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## **DISCLAIMER**

We are not licensed Dietitians or Nutritionists. We do not prescribe diets. We only share our personal experiences. Before you decide to begin this plan, or make any major change in your diet, you should seek the advice of your medical or nutrition professional to make sure there is nothing in your current situation that would make trying a Keto Diet unsafe for you. Results vary.

# TABLE OF CONTENTS

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<b>WHAT IS THE PLAN?</b>	<b>1</b>
HOW WILL THIS PLAN HELP ME?	1
WHAT THIS PLAN WON'T DO.	2
<b>THE BIG PICTURE</b>	<b>3</b>
WHAT IS A KETOGENIC OR KETO DIET?	4
WHAT IS KETOSIS?	4
WHY DOES IT WORK?	4
<b>HOW DO I PREPARE FOR THE PLAN?</b>	<b>5</b>
WHAT SHOULD I EXPECT?	7
WHAT IS KETO FLU?	8
ONLY THREE WEEKS	8
<b>WHAT DO I NEED?</b>	<b>10</b>
YOU DON'T HAVE TO TRACK ANYTHING	10
WHAT IF I'M STILL HUNGRY?	11
WHAT IF I'M NOT HUNGRY?	11
WHAT CAN I DRINK?	12
DO I HAVE TO EXERCISE?	12
WEEK ONE MENU	13
WEEK TWO MENU	14
WEEK THREE MENU	15
<b>THE RECIPES</b>	<b>16</b>
BREAKFAST RECIPES	16
LUNCH & DINNER RECIPES	20
DESSERT RECIPES	31
SNACKS	36
<b>THE SHOPPING LIST</b>	<b>37</b>
<b>THE SUBSTITUTIONS</b>	<b>41</b>
A FEW SPECIFIC NOTES ON SUBSTITUTIONS	41
<b>THE THREE WEEK KETO EVALUATION</b>	<b>43</b>

# NO COOK KETO

## MEAL PLAN & KETO 101 COURSE

### **WHAT'S THE GOAL OF THIS PLAN?**

The goal of this plan is to empower you, in just three weeks, to know once and for all if the Keto Diet is the solution you have been looking for to improve your health.

You'll start by learning the very basics of keto by reading The Big Picture section of this meal plan and then you'll actually start and follow a keto diet for three weeks.

During those three weeks, you'll be receiving short daily emails to grow your knowledge about the keto diet with bite-sized information delivered when you need to know it as you experience becoming a fat-burner for the first time.

At the end of those three weeks, we'll help you evaluate how the keto diet actually worked for you so you can decide what life looks like after No Cook Keto.

This book was designed to be respectful of your time and money. It's not long, and it's really not even a book; it's just a simple plan. It's all designed so you can read it quickly and easily. There are also lots of hyperlinks within the book to allow you to find what you need when you need it.

Below you will find everything you need to successfully test a Keto Diet for three full weeks with the least amount of investment, time, and stress possible.

Now it's time for you to get started.

# WHAT IS THE PLAN?



## HOW WILL THIS PLAN HELP ME?

1. You will have everything you need to try Keto and see if it is right for you.
2. By the end of 3 weeks, if you follow this plan, we expect that you will be losing weight without feeling overly hungry or deprived.
3. You won't have to cook. Just mix, blend or microwave! Prep for each meal takes about 5 minutes. If you make the fat bomb desserts ahead of time once a week, it will take you about 15 minutes.
4. In case you're the only person in your household who wants to try Keto, the plan's single serving, no cook recipes will make that hassle free.
5. All meals are convenient and budget-friendly.

## WHAT THIS PLAN WON'T DO

1. This plan will not include exotic or fancy recipes. Instead, these have been designed to be simple, fast and affordable while testing the keto diet for just three weeks.
2. This plan will not offer you a different meal every time you sit down to eat. There is repetition built into the plan on purpose, to aid in budgeting and ease of preparation. After the three week test, if you then know that Keto is right for you, we can help you expand your repertoire and learn to enjoy every meal for the rest of your life while effortlessly reaching and maintaining your weight goals.
3. This plan will not include many seasonal and fresh ingredients. While there are a few fresh vegetables in this meal plan, there is no cooking involved. Instead, we have by necessity included pre-cooked, canned and frozen foods. Once you know that Keto is right for you, we can help you expand your knowledge and upgrade your experience with your Keto life.

## Life After No Cook Keto

We want to be clear that this is a three week plan, not a meal plan for the rest of your life.

It's our hope that No Cook Keto will allow you to know that eating a keto diet helps you effortlessly lose weight, but once you know that, it will be time for you to upgrade your keto diet with higher quality and tastier foods.

When the time comes, we'll help there too.

In time, you'll probably cycle in and out of a ketogenic way of eating to maintain your ideal weight.

# THE BIG PICTURE



## THE BIG PICTURE

Our goal here is to give you the basic information you need to test a Keto Diet. Our goal is not to make you a Keto Diet expert. At the end of this three week test, you'll know once and for all if a Keto Diet works for you. In the meantime, you just need to know the basics and we've included those below.

We would also like to offer you a series of Support Emails throughout your three-week keto test. The No Cook Keto Support Emails have been designed to be timely, short, and regular; giving you bite sized information when you need that specific information.

You should sign up for them when you're actually ready to start your 3 weeks.

There is no charge for the Support Emails, you just need to [signup when you're ready to start.](#)

[\*Click Here to Signup for the Daily No Cook Keto Support Emails.\*](#)

## WHAT IS A KETOGENIC OR KETO DIET?

A ketogenic (Keto for short) diet is a way of eating that is very low in carbohydrates and high in fats. When carbs are strictly limited, your body enters a state called ketosis. (This is NOT the same as ketoacidosis, which is a complication of diabetes.) Keto is not a high protein diet. Protein is a big part of Keto because it is very satiating, and if you are losing weight, you want to make sure you are not losing muscle mass. Protein should be kept at moderate levels because extra protein can sometimes be converted into carbohydrate inside our bodies.

## WHAT IS KETOSIS?

Ketosis is a natural, biological state that the human body enters into when carbohydrate intake is very low. When there are no carbs to burn, your body switches to using fat as its primary fuel source for all your muscles and organs. Ketones are a by-product of burning fat. Your brain can run on glucose (from carbs) or ketones (from fat). During ketosis, ketones provided by fat become your brain's primary fuel source.

## WHY DOES IT WORK?

When you eat any kind of carbohydrate, your body produces insulin. One of insulin's jobs is to tell your cells to store fat. Without carbs as quick fuel or insulin to tell you to store fat, your body begins to burn fat - both from the food you eat AND that you have stored on your body! By eating plenty of fats during these first three weeks, you will ease the transition into ketosis by showing your body that there is plenty of this new fuel source. Plus, protein and fat are very satisfying, so you don't feel hungry or deprived!

Once you've been in ketosis for a bit, you'll be so good at burning fat that your appetite will decrease. Then you can ease off the dietary fat, so your body can really start burning off your fat stores and you lose weight.

# HOW DO I PREPARE FOR THE PLAN?

Even before your first day of the three week Keto test, there are some things that you need to take care of. Some of these are going to be a little uncomfortable, but remember, it's only for three weeks, and at the end of these three weeks you might have finally proven to yourself that you've found the weight control solution you've been searching for.

**Complete The Self-Evaluation.** On the last pages of this plan there is a self-evaluation form to help you really understand how keto worked for you. Go fill out the day 1 information so you can really measure the changes at the end.

**Commitment.** You have already taken the first big step in purchasing this plan and reading this far. You obviously want to know for sure whether a Keto Diet is right for you, and the way to do that is to really test it so you'll know once and for all. That means no "cheat days" for the whole 3 weeks. A cheat day would not only be cheating yourself, but you would never really know if Keto works for you because an increase in carbs will knock you out of ketosis and undo your efforts. This is not a lifetime commitment; it's three weeks. If, after three weeks, you find that Keto is your weight loss solution, in time cheat days are not a big deal. But they are a very big deal during the test. Commit to just three weeks. You can do this!

**Clean out the cupboards.** The beauty of ketosis is that it uses your body's natural systems to help you lose weight, and once you are in ketosis, you aren't at the mercy of the carb / insulin roller coaster that makes you feel like you are starving. Keto uses biology, not willpower. However, it does take a few days to get into ketosis and the full transition can take 4 to 10 days. Those days can be tough for some people. Why test your willpower by leaving yourself surrounded by the foods that you don't want for the next three weeks? Clean out your house of all the chips, bread, crackers, candy, soda, beer, juice, and anything else with carbs that won't be part of this three week once-and-for-all test.

**Stock up with Keto food.** Stock your kitchen with all the Keto-friendly foods on the three week shopping list. Being prepared makes things much easier as you transition to a new fuel source for your body! One of the major problems we all have changing our eating habits is that good food is seldom simple, but that is not the case with this simple plan. You just need to do your shopping ahead of time so you have the right food available at the right time. Consider even mixing some of the frozen fat bomb desserts (recipes in the plan) ahead of time. These dessert recipes are designed to be made in bulk and they will keep for the entire 3 week trial. Having them done already will be a great convenience as you progress through your trial.

**Signup for the daily emails.** When you are ready to start your fasting days (see below) it's time to [signup for the support emails on AdvantageMeals.com](https://www.advantagemeals.com).

**Get into ketosis - Fast.** Humans evolved with the ability to thrive while in ketosis to deal with inevitable seasonal lack of fruits and vegetables or, in extreme cases, even the actual scarcity of any kind of food. So the fastest way to get into ketosis is to make food scarce for a short period of time. When you are ready to start your three week trial, eat your normal dinner the night before, then fast (eat nothing but do drink lots of water and optional black coffee) for 24 hours. Watch for our support emails where we'll send you some tips for that fasting day and how to most easily get through this most difficult day of the three week test.

**Drink lots of water.** This is very important both during your fasting day and throughout the Keto trial. A ketogenic diet is diuretic (flushes the water out of your body) by its nature and you need to replenish that water. Along with the water, you flush out electrolytes and those too need to be replenished. The support emails will have suggestions for easy ways to replace your electrolytes.

**Focus on all the great foods you get to eat.** Have you ever started a diet before and been told that mayonnaise and heavy cream are not only “OK” but they are essential? Well, today you did. Fats are a cornerstone of your new way of eating. They are good for you, they help support ketosis, they help you become a fat burning machine, and they taste great while keeping you feeling full. Enjoy eating like royalty!

## WHAT SHOULD I EXPECT?

Here are the things that you should be looking for during your three week trial. In the [support emails](#), we'll keep you posted on the specifics of what you might be experiencing in the coming days. In general, here is what you can expect good and bad.

- 1 Less bloating and digestive issues
- 2 Weight loss
- 3 Less hunger
- 4 Better sleep
- 5 Clearer thinking
- 6 Better mood, less anxiety
- 7 More energy
- 8 Stabilized, lower insulin levels
- 9 Less headaches
- 10 Reduced inflammation - less aches and pains
- 11 Keto flu (the bad side of getting into Keto)
- 12 Keto breath (another unpleasant but temporary side effect)

## WHAT IS KETO FLU?

Keto “flu” is the term given to the short-term side effects of transitioning your body from using carbs as fuel to using fat and ketones, along with changes in electrolyte balance due to the diet change.

Switching your fuel source is a big change that your body doesn’t have much practice at, so it can lead to flu-like symptoms of fatigue, aches, headache, nausea, dizziness and irritability. Not everyone experiences keto flu, and it is different for each person. It will usually appear somewhere between Day 3 and Day 7, and last about a week. Once your body has made it through the fuel source transition, the symptoms will be gone and you’ll feel much better!

There are some things you can do to help lessen the symptoms and duration, and including foods that balance the electrolytes of magnesium, potassium and sodium is among them. Spinach, avocado, cacao and salt are a few of the ingredients in numerous recipes in this meal plan that we have included on purpose to help with this. Other tips for battling the Keto flu are included in the helpful support email series.

We have found that supplementing magnesium, along with salting your food, is very helpful for many people on Keto. Supplements are not necessary but may make things easier for you.

## ONLY THREE WEEKS

The plan is designed to be simple and easy. Just follow the meal plan, using the shopping list and easy no-cook recipes provided. Remember, this is only for three weeks and at the end you’ll know whether Keto can give you your food advantage.

**It’s just three weeks.**

## **SIGN-UP FOR THE DAILY SUPPORT EMAILS**

<https://www.advantagemeals.com/support-email/>

Email me with questions, comments, and suggestions!

[Angela@AdvantageMeals.com](mailto:Angela@AdvantageMeals.com)

Join my [Keto Group on Facebook](#)

# WHAT DO I NEED?



We've kept it as simple as possible which means your tool list is simple too.

- Microwave
- Bowl to mix in
- Blender or small food processor. We use a Magic Bullet ([information here](#)) and love that the mixing cup is also a serving cup.
- The food from the plan's shopping list.

## **YOU DON'T HAVE TO TRACK ANYTHING!**

We've done all the planning for you. If you follow the plan as outlined, each day's food is approximately 1500 calories, 25 grams of net carb or less, at least 75 grams of protein, and at least 115 grams of fat. We have supplied the macronutrient breakdown for each recipe so if you want to keep track yourself or make any substitutions it will be easier. After you transition into ketosis (day 3 to 7) you are probably going to be shocked at how little hunger you experience. If you are not hungry, you don't have to eat all the meals in a day. Your body is burning your stored fat for fuel!

## WHAT IF I'M STILL HUNGRY?

If you are still hungry, that's ok. Everyone is different, and 1500 calories may not be enough for you. Before you eat more, though, make sure that you are truly hungry. Emotional triggers and habitual eating might be the cause, rather than real hunger. If you decide you do need more to eat, there are a few things to keep in mind.

Even if you're not keeping track of your macros, it's important to understand the basic ketogenic macronutrient plan and why the target numbers were set for each macronutrient:

The Carb total is a maximum amount

- The Protein total is a target
- The Fat total is a lever
- 

For this three-week test, if you eat what we have included in the plan and you still feel hungry, then eat something that is high in fat, such as cheese, olives, avocado, coconut butter, nut butter, pepperoni, sausage, mayonnaise or heavy cream. Wait 20 minutes. If you're still hungry, have a small amount of protein, such as pork rinds, chicken, tuna, hamburger patty or egg.

Do not eat carbs.

## WHAT IF I'M NOT HUNGRY?

You will probably find that as you transition into ketosis, your appetite will decrease. This is good! Your body is telling you that it does not need food; it is using your fat stores for fuel. This is the beauty of ketosis. When you do eat, make sure to include protein. Remember, protein is a target, and you want to eat enough to maintain your muscle mass. Eat some fat if you like, but keep in mind your body will burn your dietary fat first before it burns your fat stores.

## WHAT CAN I DRINK?

Water is ideal. Herbal tea and coffee (black or with heavy cream, no sugar of course!) is great. Yet, any zero carb drink is fine on the Keto diet. This can include diet soda, sparkling water, or flavor packets added to water (like Crystal Light). Just look at the ingredients and make sure there is no sugar added and the nutrition label says zero carbs. It's just three weeks.

## DO I HAVE TO EXERCISE?

No! The ketogenic diet works by switching your body to fat-burning mode, and there is no need to “burn off” calories in order to lose weight. Exercise is still very healthy for you, of course, and if you wish to exercise there is no reason not to while on the Keto diet. (With approval from your medical professional, of course!)

### SIGN-UP FOR THE DAILY SUPPORT EMAILS

[https:// www.advantagemeals.com/support-email/](https://www.advantagemeals.com/support-email/)

Email me with questions, comments, and suggestions!

[Angela@AdvantageMeals.com](mailto:Angela@AdvantageMeals.com)

# WEEK ONE MENU

<b>DAY 1</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Hard Boiled Eggs &amp; Sausage</a> <a href="#">Tuna Salad with Celery</a> 2 Cheese Sticks (0.75 Oz Each) <a href="#">Taco Bowl</a> <a href="#">Avocado Mousse</a>
<b>DAY 2</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Overnight Porridge</a> <a href="#">Roast Beef &amp; Cheddar Roll-up</a> 1/2 oz. Pork Rinds <a href="#">BBQ Chicken with Broccoli</a> <a href="#">Chocolate Coconut Butter Fat Bomb (2)</a>
<b>DAY 3</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Peppermint Green Smoothie</a> <a href="#">Keto Pizza Bites</a> 1 oz. Macadamia Nuts <a href="#">Turkey &amp; Cheddar Roll-up</a> <a href="#">Mixed Berries with Cream</a>
<b>DAY 4</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Hard Boiled Eggs &amp; Sausage</a> <a href="#">Chicken, Bacon, Avocado Wrap with Cucumber</a> 2 Cheese Sticks (0.75 Oz Each) <a href="#">Salmon with Curry Mayo and Asparagus</a> <a href="#">Chocolate Coconut Butter Fat Bomb (2)</a>
<b>DAY 5</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Chocolate / Peanut Butter Smoothie</a> <a href="#">Tuna Salad with Celery</a> 10 Black Olives <a href="#">Hamburger Wrap</a> <a href="#">Avocado Mousse</a>
<b>DAY 6</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Fatty Coffee</a> <a href="#">Roast Beef &amp; Cheddar Roll-up</a> 1/2 oz. Pork Rinds <a href="#">Chicken &amp; Broccoli Alfredo</a> <a href="#">Mixed Berries with Cream</a>
<b>DAY 7</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Overnight Porridge</a> <a href="#">Keto Pizza Bites</a> 1 oz. Macadamia Nuts <a href="#">Dirty Cauliflower Rice w/ Sausage</a> <a href="#">Chocolate Coconut Butter Fat Bomb (2)</a>

## WEEK TWO MENU

<b>DAY 8</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Hard Boiled Eggs &amp; Sausage</a> <a href="#">Lemon Pepper Salmon Rice</a> 1/2 Cucumber w/ 2 tbsp Mayo Dip <a href="#">Hamburger Wrap</a> <a href="#">Berry Ginger Fat Bomb (2)</a>
<b>DAY 9</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Cinnamon Shake</a> <a href="#">Chicken, Bacon, Avocado Wrap with Cucumber</a> <a href="#">Chai Tea with Cream</a> <a href="#">Andouille Pizza Dogs</a> <a href="#">Peanut Butter Cup Fat Bomb (2)</a>
<b>DAY 10</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Hard Boiled Egg &amp; Andouille</a> <a href="#">Beef Marinara</a> 2 celery sticks with 1/4 cup Alfredo Dip <a href="#">Turkey &amp; Cheddar Roll-up</a> <a href="#">Overnight Chocolate Chia Pudding</a>
<b>DAY 11</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Fatty Coffee</a> <a href="#">Keto Pizza Bites</a> 1 oz. Macadamia Nuts <a href="#">Taco Bowl</a> <a href="#">Peanut Butter Cup Fat Bomb (2)</a>
<b>DAY 12</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Peppermint Green Smoothie</a> <a href="#">Andouille &amp; Cheddar Marinara</a> 1/2 oz. Pork Rinds <a href="#">Chicken Fried Rice</a> <a href="#">Berry Ginger Fat Bomb (2)</a>
<b>DAY 13</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Overnight Porridge</a> <a href="#">Chicken Salad w/ Cucumber</a> 10 Black Olives <a href="#">Tuna Alfredo with Asparagus</a> <a href="#">Chocolate Coconut Butter Cup Fat Bomb (2)</a>
<b>DAY 14</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Cinnamon Shake</a> <a href="#">Turkey &amp; Cheddar Roll-up</a> 2 Cheese Sticks (0.75 Oz Each) <a href="#">BBQ Chicken with Broccoli</a> <a href="#">Overnight Chocolate Chia Pudding</a>

# WEEK THREE MENU

<b>DAY 15</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Ginger Berry Smoothie</a> <a href="#">Chicken Salad w/ Cucumber</a> 1/2 oz. Pork Rind <a href="#">Beef Marinara</a> <a href="#">Chocolate Coconut Butter Fat Bomb (2)</a>
<b>DAY 16</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Chocolate / Peanut Butter Smoothie</a> <a href="#">Andouille &amp; Cheddar Marinara</a> 2 Celery sticks w/ 2 tbsp Spicy Mayo Dip <a href="#">Tuna Melt</a> <a href="#">Berry Ginger Fat Bomb (2)</a>
<b>DAY 17</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Fatty Coffee</a> <a href="#">Tuna Salad with Celery</a> 2 Cheese Sticks (0.75 Oz Each) <a href="#">Chicken Fried Rice</a> <a href="#">Avocado Mousse</a>
<b>DAY 18</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Hard Boiled Eggs &amp; Sausage</a> <a href="#">Turkey &amp; Cheddar Roll-up</a> 1 oz. Macadamia Nuts <a href="#">Salmon with Curry Mayo and Asparagus</a> <a href="#">Chocolate Coconut Butter Fat Bomb (2)</a>
<b>DAY 19</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Ginger Berry Smoothie</a> <a href="#">Lemon Pepper Salmon Rice</a> <a href="#">Chai Tea with Cream</a> <a href="#">Taco Bowl</a> <a href="#">Chocolate Coconut Butter Fat Bomb (2)</a>
<b>DAY 20</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Hard Boiled Eggs &amp; Sausage</a> <a href="#">Hamburger Wrap</a> 10 Black Olives <a href="#">Dirty Cauliflower Rice w/ Sausage</a> <a href="#">Avocado Mousse</a>
<b>DAY 21</b>	<b>BREAKFAST</b> <b>LUNCH</b> <b>SNACK</b> <b>DINNER</b> <b>DESSERT</b>	<a href="#">Peppermint Green Smoothie</a> <a href="#">Keto Pizza Bites</a> 2 Cheese Sticks (0.75 Oz Each) <a href="#">Chicken, Bacon, Avocado Wrap with Cucumber</a> <a href="#">Berry Ginger Fat Bomb (2)</a>

# BREAKFAST — RECIPES

## HARD BOILED EGGS AND SAUSAGE

345 cal, 3g net carbs, 27.5g fat, 22.5g protein

2 hardboiled eggs

2 fully cooked sausage links

Heat sausage in microwave according to package instructions.

### *Variations.*

Boil your own eggs.

Cook your own sausage.

Add Salsa If you need a little more fat, add cheese.

## OVERNIGHT PORRIDGE

1/4 cup full-fat coconut milk

1/4 cup water

2 tbsp heavy whipping cream

2 tbsp hemp hearts

1 tbsp chia seeds

1/2 tsp cinnamon

1/2 tsp vanilla extract

1 dash salt

1-2 packets Truvia sweetener, to taste

Mix all ingredients, cover and chill overnight in refrigerator. Eat cold or warm in microwave at 30 second intervals, stirring and checking each time.

### *Variations.*

Add peppermint extract

Dress it up with some [Keto Whipped Cream](#)

## PEPPERMINT GREEN SMOOTHIE

347 cal, 10.5g net carbs, 31g fat, 5g protein

- ½ cup full-fat coconut milk
- ½ cup water
- ½ cup frozen spinach
- 1 mini cup avocado
- ¼ tsp vanilla extract
- ½ tsp peppermint extract
- 1 dash salt
- 1-2 packets Truvia sweetener, to taste

Place all ingredients in Magic Bullet or small food processor. Blend well, scraping down the sides, until smooth.

### *Variations.*

Add Ice to make a nice cold smoothie.  
Dress it up with some [Keto Whipped Cream](#)

## CHOCOLATE PEANUT BUTTER SMOOTHIE

490 cal, 7.5g net carbs, 38g fat, 21g protein

- ¼ cup heavy whipping cream
- ½ cup water
- 2 tbsp natural no sugar peanut butter
- 1 tbsp cocoa powder
- ½ tsp vanilla extract
- 1 dash salt
- 1-2 packets Truvia sweetener, to taste
- 2 tbsp collagen hydrolysate

Place all ingredients in a Magic Bullet or small food processor. Blend well, scraping down the sides, until smooth.

### *Variations..*

Add Ice to make a nice cold smoothie.  
Dress it up with some [Keto Whipped Cream](#)

## FATTY COFFEE

175 cal, 0g net carbs, 15g fat, 12g protein

- 1.5 cups brewed coffee
- 3 tbsp heavy whipping cream
- 1 tbsp collagen hydrolysate

Place collagen in coffee mug and pour hot coffee on top. Stir to dissolve. Add cream.

### *Variations.*

- Add peppermint extract
- Add vanilla extract
- Add some spices; cinnamon, pumpkin pie, nutmeg or ginger
- Add a pinch of salt

## CINNAMON SHAKE

454 cal, 11.5g net carbs, 36g fat, 15g protein

- ½ cup full-fat coconut milk
- ½ cup water
- 2 tbsp natural no sugar peanut butter
- ½ tsp vanilla extract
- 1 dash salt
- ½ tsp cinnamon
- 1 tbsp collagen hydrolysate
- 1-2 packets Truvia sweetener, to taste

Place all ingredients in Magic Bullet or small food processor. Blend well, scraping down the sides, until smooth.

### *Variations.*

- Add Ice to make a nice cold smoothie.
- Dress it up with some [Keto Whipped Cream](#)

## HARD BOILED EGGS & ANDOUILLE

390 cal, 2g net carbs, 32g fat, 23g protein

2 hardboiled eggs

1 fully cooked andouille sausage link

Microwave sausage according to package directions.

### *Variations.*

Hard Boil your own eggs

Add Hot Sauce or Salsa

If you need more fat, add cheese

## GINGER BERRY SMOOTHIE

350 cal, 13g net carb, 32g fat, 3g protein

¼ cup full-fat coconut milk

¼ cup heavy whipping cream

½ cup water

½ cup frozen mixed berries

½ tsp vanilla extract

1 dash salt

½ tsp ginger

1-2 packets Truvia sweetener, to taste

Place all ingredients in Magic Bullet or small food processor. Blend well, scraping down the sides, until smooth.

### *Variations.*

Add a little cinnamon

Dress it up with some [Keto Whipped Cream](#)

# LUNCH & DINNER

# RECIPES

## TUNA SALAD WITH CELERY

392 cal, 1g net carbs, 26g fat, 40g protein

1 can tuna in water, drained  
2 tbsp no sugar mayonnaise  
1 tsp dijon mustard  
2 medium stalks celery

Mix tuna, mayo and mustard. Serve with celery.

### *Variations.*

Sweeten it up with some Truvia  
Add [sugar free pickle relish](#)  
Spice it up with garlic powder  
Add Hot Sauce

## ROAST BEEF & CHEDDAR ROLL UP

297 cal, 1.5g net carbs, 21g fat, 25g protein

4 slices deli roast beef  
2 slices deli cheddar cheese  
2 tbsp no sugar mayonnaise  
2 large leaves romaine lettuce

Spread mayonnaise in center of lettuce. Top each with 2 slices beef and 1 slice cheese.

### *Variations.*

Choose a different low carb cheese  
If you need more fat, add avocado or guacamole  
Add some [Everything Bagel Seasoning](#)

## KETO PIZZA BITES

420 cal, 4g net carbs, 33g fat, 30g protein

9 parmesan crisps  
1 ½ tbsp tomato paste  
1 tsp Italian seasoning  
18 slices pepperoni

Place a dot of tomato paste and a sprinkle of Italian seasoning on each crisp. Top with 2 pepperoni slices. Eat cold or warm briefly in microwave at 10 second intervals, checking in between each.

### *Variations.*

Dress it up using zero carb marinara sauce instead of the tomato paste  
Use sausage instead of pepperoni Add a jalapeno slice

## CHICKEN, BACON, AVOCADO WRAP WITH CUCUMBER

332 cal, 5g net carb, 17g fat, 33g protein

½ can chicken breast in water, drained  
1 mini cup avocado  
2 tbsp real bacon bits  
1 large leaf romaine lettuce  
½ medium cucumber, sliced

Spread avocado in center of lettuce. Top with bacon and chicken. Serve with cucumber.

### *Variations.*

If you need more fat, add cheese or [mayo](#)  
Add some [Everything Bagel Seasoning](#)  
Add Hot Sauce  
Add Garlic Powder  
Cook your own Bacon

## LEMON-PEPPER SALMON RICE

435 cal, 3g net carbs, 25g fat, 44g protein

1 cup steamable riced cauliflower, frozen

½ can salmon

2 tbsp no sugar mayonnaise

1 tsp lemon-pepper seasoning

Steam riced cauliflower in microwave according to package directions or use cauliflower left from a previous batch. Measure out 1 cup, reserve the remaining for later. Stir with salmon, mayo and lemon-pepper. Heat more if desired.

### *Variations.*

Replace Salmon with Tuna

Replace Salmon with Chicken, but add fat

Add Hot Sauce

Add Garlic Powder

## BEEF MARINARA

438 cal, 6g net carbs, 36g fat, 22g protein

1 fully cooked hamburger patty

½ cup marinara

½ cup steamable riced cauliflower, frozen

1 slice provolone cheese

Steam riced cauliflower in microwave according to package directions or use cauliflower left from a previous batch. Measure out ½ cup, reserve the remaining for later. Crumble hamburger patty and mix with cauliflower and marinara sauce. Top with provolone slice. Heat in microwave for 1-minute intervals, stirring and checking between each.

### *Variations.*

Cook your own beef

Make your own Marinara Sauce

## ANDOUILLE & CHEDDAR MARINARA

510 cal, 5g net carb, 45g fat, 22g protein

1 fully cooked andouille sausage link

2 slices deli cheddar cheese

½ cup marinara

Slice sausage link in half lengthwise and top each half with cheddar cheese. Spoon marinara on top of each. Microwave for 30 second intervals, checking between each.

### *Variations.*

Replace Andouille with Fresh Cooked Sausage

Up with flavour with Italian Seasoning

Eat it on a Green Salad.

## CHICKEN SALAD WITH CUCUMBER

388 cal, 1.5g net carbs, 28g fat, 27g protein

½ can chicken breast in water, drained

2 tbsp no sugar mayonnaise

1 tsp dijon mustard

½ medium cucumber

Mix chicken, mayo and mustard. Serve with cucumber.

### *Variations.*

Sweeten it up with some Truvia

Add [sugar free pickle relish](#)

Spice it up with garlic powder

Add Hot Sauce

## TURKEY & CHEDDAR ROLL UP

517 cal, 3g net carbs, 44g fat, 29g protein

4 slices deli turkey  
2 slices deli cheddar cheese  
2 tbsp no sugar mayonnaise  
2 large leaves romaine lettuce

Spread mayonnaise in center of lettuce. Top each with 2 slices turkey and 1 slice cheese.

### *Variations.*

Replace Cheddar with a different low carb cheese slice  
Add Italian Seasoning to give it some zing  
If you need fat add avocado  
Sprinkling with Soy Sauce

## TACO BOWL

382 cal, 6g net carbs, 28g fat, 25g protein

1 fully cooked hamburger patty  
1 tsp taco seasoning  
1 mini cup avocado  
2 tbsp full-fat sour cream  
1 tbsp chopped black olives

Crumble beef patty, sprinkle with taco seasoning. Heat in microwave for 1-minute intervals, stirring and checking between each. Top with avocado, sour cream and black olives.

### *Variations.*

Add Jalapeno Slices  
Use Guacamole Mini Cups instead of Plain Avocado  
Spice it up with garlic powder  
Add Hot Sauce

## BBQ CHICKEN

145 cal, 2g net carbs, 3g fat, 27g protein

½ can chicken breast in water, drained

2 tbsp sugar free bbq sauce

Mix chicken with bbq sauce and microwave for 30 second intervals, stirring in between each.

### *Variations.*

Sweet the BBQ Sauce more with Truvia

Cook your own Chicken

[Cook Pulled Pork](#) to replace Chicken

## BROCCOLI WITH BUTTER

155 cal, 2g net carbs, 15g fat, 1g protein

1 cup broccoli florets, frozen

1 tbsp ghee

Steam broccoli in microwave according to package directions or use remaining from previous batch. Measure out 1 cup, reserve remaining for future use. Top with ghee. Heat again for 30 seconds, if desired.

### *Variations.*

If you need more fat, add cheese

Add Italian Seasoning

Add Garlic Powder

## SALMON WITH CURRY MAYO

387 cal, 0g net carbs, 34g fat, 24g protein

½ can salmon

2 tbsp no sugar mayonnaise

1 tsp curry powder

Mix salmon with mayo and curry powder and microwave for 30 second intervals, stirring in between each.

### *Variations.*

Replace Salmon with Tuna or Chicken

Add Cauliflower Rice

Add a splash of Hot Sauce

## ASPARAGUS WITH BUTTER

155 cal, 2g net carbs, 15g fat, 2g protein

6 asparagus spears, frozen

1 tbsp ghee

Steam asparagus in microwave according to package directions or use remaining from previous batch. Measure out 6 spears, reserve remaining for future use. Top with ghee. Heat again for 30 seconds, if desired.

### *Variations.*

Cook your own fresh asparagus

Add Italian Seasoning

If you need more fat, add cheese

## HAMBURGER WRAP

481 cal, 1 g net carb, 42 g fat, 25 g protein

- 1 fully cooked hamburger patty
- 1 slice cheddar cheese
- 1 tbsp no sugar mayonnaise
- 1 tbsp real bacon bits
- 1 slice tomato
- 1 large leaf romaine lettuce

Heat patty in microwave according to package directions. Top with cheese and microwave at 30 second intervals to melt cheese, checking between each. Spread mayo in center of lettuce leaf, top with bacon bits, tomato and hamburger patty.

### *Variations.*

- Cook your own hamburger
- Replace Cheddar Cheese with another low carb cheese slice
- If you need more fat, add avocado

## CHICKEN AND BROCCOLI ALFREDO

540 cal, 8g net carbs, 34g fat, 36g protein

- ½ can chicken breast, drained
- 1 cup broccoli floret, frozen
- ¼ cup Alfredo sauce

Steam broccoli in microwave according to package directions or use remaining from previous batch. Measure out 1 cup, reserve remaining for future use. Mix with chicken and Alfredo sauce. Microwave at 30 second intervals, checking between each.

### *Variations.*

- Add more flavour with Italian Seasoning or Garlic Powder
- Cook your own chicken
- Replace Chicken with Shrimp

## DIRTY RICE WITH SAUSAGE

434 cal, 7g net carbs, 39g fat, 13g protein

1 cup steamable riced cauliflower, frozen

1 link fully cooked andouille sausage, chopped into bite sized pieces

1 tbsp ghee

1 tsp Tony Chachere's creole seasoning

Steam riced cauliflower in microwave according to package directions or use cauliflower left from a previous batch. Measure out 1 cup, reserve the remaining for later. Stir with ghee, sausage and creole seasoning. Microwave at 1 minute intervals, checking between each.

### *Variations.*

Add heat with Hot Sauce or Cayenne Powder

Cook your own Sausage

Add Shrimp and / or Chicken to make it more authentic

## ANDOUILLE PIZZA DOGS

477 cal, 4.5g net carbs, 39g fat, 26g protein

1 link fully cooked andouille sausage

2 tsp tomato paste

1 tsp Italian seasoning

2 slices provolone cheese

Cut sausage link in half lengthwise. Spread each half with tomato paste, sprinkle with Italian seasoning and top with a slice of cheese. Microwave at 30 second intervals, checking between each.

### *Variations.*

Add a few slices of Pepperoni

Add Mozzarella Cheese for more pizza flavor

## CHICKEN FRIED RICE

469 cal, 4g net carbs, 27g fat, 41g protein

1 cup steamable riced cauliflower, frozen

½ can chicken breast, drained

2 hard boiled eggs, chopped

1 tbsp soy sauce

1 tbsp ghee

½ tsp onion powder

½ tsp ground ginger

Steam riced cauliflower in microwave according to package directions or use cauliflower left from a previous batch. Measure out 1 cup, reserve the remaining for later. Stir with ghee, chicken, soy sauce, onion powder and ginger. Microwave at 1-minute intervals, checking between each.

### *Variations.*

Hard boil your own eggs

Cook your own chicken

Add Hot Sauce

Replace Chicken with Shrimp or Beef

## TUNA ALFREDO

320 cal, 4 g net carb, 22 g fat, 24 g protein

1 can tuna, drained

½ cup alfredo sauce

Mix tuna and alfredo. Microwave at 1 minutes intervals, checking between each.

### *Variations.*

Add Italian Seasoning to up the flavour

Add parmesan cheese

## TUNA MELT

423 cal, 2.5g net carb, 30g fat, 36g protein

1 can tuna, drained

1 tbsp no sugar mayonnaise

1 mini cup avocado

1 slice provolone cheese

Mix tuna, mayo and avocado. Top with provolone. Microwave at 30 second intervals, checking between each.

### *Variations.*

Use a different low carb cheese

Add garlic powder

# DESSERT

# RECIPES

## AVOCADO MOUSSE

2 servings, 236 cal, 10.6 g net carb, 22 g fat, 3 g protein

1 ripe avocado  
¼ cup heavy whipping cream  
2 tbsp cocoa powder  
4-6 packets Truvia sweetener, to taste  
½ tsp vanilla extract  
1 dash salt

Place all ingredients in Magic Bullet or small food processor. Blend well, scraping down the sides, until smooth. Can also be mixed in a bowl, using a fork to mash the avocado and incorporate other ingredients. Second serving will keep in refrigerator for several days.

### *Variations.*

Add Mint Extract  
Top with [Keto Whipped Cream](#)

## MIXED BERRIES WITH CREAM

½ cup mixed berries, frozen  
2 tbsp heavy whipping cream

Place berries in bowl and set out to soften for 20 minutes. Top with cream.

### *Variations.*

Go with a single kind of berry  
Add a little Truvia to sweeten it up  
Add a splash of Balsamic Vinegar to zing

## CHOCOLATE COCONUT BUTTER FAT BOMBS

22 servings, 140 cal, 1.5g net carbs, 12g fat, 1.5g protein

1 14 oz. jar coconut butter

3 tbsp cocoa powder

1 tsp vanilla extract

½ tsp salt (optional)

Truvia, to sweeten (optional)

If coconut butter is solid, you'll need to warm it up to make it easier to stir. It will scorch easily if microwaved, so it is better to place in a pan of hot water, in front of the vent of your oven while it is on, wrap in a hot pad or place in a very low (200 degrees or less) oven for 5 minutes at a time. Whatever method you use, check it often. Once you can easily stir it, pour half the contents into a pourable measuring cup or bowl. Add cocoa powder, vanilla and salt, stir. Add remaining coconut butter and stir until well combined.

To portion into 22 small fat bombs, use a truffle mold or ice cube tray and each will be about 1 tbsp of mixture. If you don't have a small mold, pour the contents into a 9"x9" pan lined with parchment or waxed paper. Place in freezer. If using a pan, after 20 minutes, score the fat bombs with a sharp knife, cutting about half-way through. Return to freezer. Once completely set, remove from pan and break into servings along the score lines. Store in freezer.

To serve, remove from freezer and set on counter for 15 minutes to soften before eating.

### *Variations.*

Get yourself some [pretty silicon molds](#)

Up the salt for salted chocolate

Crush up almonds and add

## Buy Your Fat Bombs Instead Of Making Them!

Slimfast makes Keto Fat Bombs in single packaged 'snake cups'. They are becoming pretty common, and you'll find them at your local grocery store in the health food area or [on Amazon](#).

## BERRY GINGER FAT BOMB

20 servings, 53 cal, 1 g net carb, 5 g fat, 1 g protein

¾ cup mixed berries, frozen

8 oz. full-fat cream cheese

4 tbsp heavy whipping cream

½ tsp vanilla extract

¾ tsp ground ginger

1 dash salt

2 packets Truvia

Place berries in a microwave-safe bowl and heat for 20 seconds intervals, checking between each, until softened. Place cream cheese in second microwave-safe bowl and heat for 30 second intervals, checking between each, until softened. Combine and add cream, vanilla, ginger, salt and sweetener. Mash with fork until well combined.

To portion into 20 small fat bombs, use a truffle mold or ice cube tray and each will be about 1 tbsp of mixture. If you don't have a small mold, pour the contents into a 9"x9" pan lined with parchment or waxed paper. Place in freezer. If using a pan, after 20 minutes, score the fat bombs with a sharp knife, cutting about half-way through. Return to freezer. Once completely set, remove from pan and break into servings along the score lines. Store in freezer.

### *Variations.*

Get yourself some [pretty silicon molds](#)

Go with a single type of berry

## Buy Your Fat Bombs Instead Of Making Them!

Slimfast makes Keto Fat Bombs in single packaged 'snake cups'. They are becoming pretty common, and you'll find them at your local grocery store in the health food area or [on Amazon](#).

## PEANUT BUTTER CUP FAT BOMBS

12 servings, 109 cal, 2g net carbs, 9g fat, 3g protein

½ cup natural peanut butter

½ cup coconut butter

3 tbsp cocoa powder

4 packets Truvia

½ tsp vanilla extract

1 dash salt

If coconut butter is solid, you'll need to warm it up to make it easier to stir. It will scorch easily if microwaved, so it is better to place in a pan of hot water, in front of the vent of your oven while it is on, wrap in a hot pad or place in a very low (200 degrees or less) oven for 5 minutes at a time. Whatever method you use, check it often. Once you can easily stir it, measure out ½ cup into a microwave-safe bowl. Add peanut butter and microwave for 20 second intervals, checking between each, until peanut butter is soft and will combine with coconut butter.

Add cocoa powder, truvia, vanilla and salt. Distribute into lined muffin tin and freeze until set. If you don't have a muffin tin, pour the contents into a 9"x9" pan lined with parchment or waxed paper. Place in freezer. If using a pan, after 20 minutes, score the fat bombs with a sharp knife, cutting about half-way through. Return to freezer. Once completely set, remove from pan and break into servings along the score lines. Store in freezer.

### *Variations.*

Get yourself some [pretty silicon molds](#) that look like Peanut Butter Cups

## Buy Your Fat Bombs Instead Of Making Them!

Slimfast makes Keto Fat Bombs in single packaged 'snake cups'. They are becoming pretty common, and you'll find them at your local grocery store in the health food area or [on Amazon](#).

## OVERNIGHT CHOCOLATE CHIA SEED PUDDING

2 servings, 264 cal, 8g net carb, 22g fat, 7g protein

½ can full-fat coconut milk

½ cup water

2 tbsp chia seeds

3 tbsp cocoa powder

½ tsp vanilla

1 dash salt

1 dash cinnamon

2-3 packets Truvia, to taste

Combine all ingredients, cover and refrigerate overnight. Second serving will keep in refrigerator for several days.

### *Variations.*

Freeze it in an Ice Cream Freezer for a colder treat

# SNACKS

## CHAI TEA WITH 2 TBSP HEAVY CREAM

104 cal, .5g net carbs, 11g fat, .5g protein

Make Tea as directed on the package, then stir in the heavy cream

### *Variations.*

Any tea flavour can be used with heavy cream.

## 2 STALK CELERY WITH 2 TBSP SPICY MAYO

206 cal, 1g net carbs, 24g fat, 0g protein

2 celery stalks

2 tbsp no sugar mayonnaise

Mix Frank's Red Hot, to taste (substitute taco seasoning, creole seasoning or lemon pepper, if you prefer)

### *Variations.*

Substitute for Franks Red Hot:

Taco seasoning

Creole Seasoning

Lemon Pepper

# THE SHOPPING LIST

Online Shopping Option: This list is designed for primarily Wal-Mart shopping. If you prefer to purchase much of this online, [The online shopping list can be found here.](#)

Item Name	Category / Area of The Grocery Store	How many per package	Packages needed for 3-week menu
Ghee, 16 oz.	Asian		1
Imperial Dragon Canned Coconut Milk, 13.5 oz.	Asian		3
San-J Tamari Gluten Free Soy Sauce, 10 oz.	Asian		1
Hershey's Unsweetened Cocoa Powder, 8 oz.	Baking		1
Truvia Sweetener Packets, 80 count	Baking - Near Sugar		1
Manitoba Harbest Raw Hemp Hearts, 8 oz.	Baking or Natural Food Section		1
Nutiva Chia Seeds, 12 oz.	Baking or Natural Food Section		1
Smucker's Natural Creamy Peanut Butter, 26 oz.	Bread Aisle		1
Deming's Wild Caught Canned Salmon, 7.5 oz.	Canned Meat		2
Great Value Chunk Chicken Breast, 12.5 oz., 2 pack	Canned Meat		3
Great Value Chunk Light Tuna in Water, 5 oz., 4 pack	Canned Meat		2
Cento Tomato Paste Tube, 4.56 oz.	Canned Tomatoes - Top Shelf		1
G Hughes Smokehouse Sugar Free Hickory BBQ Sauce, 18 oz.	Condiments		1
Great Value Dijon Mustard, 12 oz.	Condiments		1

Item Name	Category / Area of The Grocery Store	How many per package	Packages needed for 3-week menu
Great Value Deli Style Cheddar Cheese slices, 8 oz.	Dairy	12 slices	1
Great Value Deli Style Provolone Cheese slices, 8 oz.	Dairy	12 slices	1
Great Value Full-Fat Sour Cream, 8 oz.	Dairy	14 tbsp	1
Great Value Heavy Whipping Cream, 1 pt	Dairy	32 tbsp	One on week 1 and week 3 for 2 total.
Great Value Colby / Monterey Jack Cheese Sticks. 0.75 Oz Each.	Dairy	36 sticks	3
Philadelphia Original Cream Cheese, 8 oz	Dairy	8 oz.	1
Great Value Hard Boiled Eggs	Eggs	6 eggs	3
Great Value Chopped Spinach, frozen, 12 oz.	Frozen	4 cups	1
Great Value Mixed Berries, frozen, 16 oz.	Frozen	3 cup	1
Great Value Steamable Broccoli Floret, 12 oz.	Frozen	4 cups	1
Green Giant Cauliflower Riced Veggies, 12 oz.	Frozen	4 cups	2
Pictsweet Steamable Asparagus Spears, 8 oz.	Frozen	15 spears	1
Ball Park Grilled Hamburger Patties, frozen, 16.2 oz	Frozen	6 patties	2
Hormel Natural Choice Deli Roast Beef, 8 oz.	Meat - Prepared	12 slices	1
Hormel Natural Choice Deli Turkey, 8 oz.	Meat - Prepared	12 slices	2
Johnsonville Fully Cooked Pork Sausage Links, Original Flavor	Meat - Prepared	12 links	1
Johnsonville Naturals Andouille Smoked Sausage, 12 oz.	Meat - Prepared	4 links	2
Taco seasoning mix	Near Mexican Food	4 pack	1
Hormel Original Pepperoni, 6 oz.	Near Pizza Supplies or Meat - Prepared		2

Item Name	Category / Area of The Grocery Store	How many per package	Packages needed for 3-week menu
Great Value Medium Black Pitted Olives, 6 oz.	Pickles Area	50 olives	1
Celery bunch	Produce	10 stalks	3
Medium cucumber	Produce		One each week for 3 total
Ripe avocado	Produce		One on week one and week 3 for 2 total.
Romaine lettuce head	Produce	10 leaves	One on week one and week 3 for 2 total.
Small tomato	Produce		One on week one and week 3 for 2 total.
Wholly Guacamole Avocado Mini Cups, 12 oz.	Produce - Near Salad	6 cups	2
Great Value Real Bacon Bits, 2.5 oz.	Salad Dressing		1
Bertolli Alfredo Sauce, 15 oz.	Sauce near Pasta		1
Rao's Homemade Marinara Sauce, 24 oz.	Sauce near Pasta		1
Dry Roasted Macadamia Nuts, 8 oz.	Snacks		1
Kitchen Table Bakers Parmesan Mini Crisps, 1.75 oz.	Snacks / Chips		2
Original Mac's Fried Pork Skins, 5 oz.	Snacks / Chips		1
Curry powder, 1 oz.	Spice		1
Ground cinnamon	Spice		1
Ground ginger, 1 oz.	Spice		1
Italian seasoning, .75 oz.	Spice		1

Item Name	Category / Area of The Grocery Store	How many per package	Packages needed for 3-week menu
Lemon-pepper seasoning	Spice		1
Onion powder, 1 oz.	Spice		1
Peppermint extract, 1 oz.	Spice		1
Tony Chachere's Original Creole Seasoning, 17 oz.	Spice		1
Vanilla extract, 2 oz	Spice		1
Chai Tea (Or other herbal tea)	Tea		1
Coconut Butter, 14 oz.v	** Amazon		2
Great Lakes Collagen Hydrolysate, 16 oz.	** Amazon		1
Primal Kitchen Avocado Oil Mayonnaise, 12 oz.	** Amazon		2

# THE SUBSTITUTIONS

The items in the No Cook Keto Meal Plan have been chosen with ease of preparation and accessibility in mind. All items can be purchased through a combination of your neighbourhood Wal-Mart and ordering on Amazon.com ([page with links available here](#)); no special health food store required. We have taken cost into account, and part of the effort to keep this as budget-friendly as possible includes buying store brand (“Great Value” at Wal-Mart) whenever possible.

When we have named specific brands on the shopping list, it is usually because that particular brand is lower in carbohydrates than most. If it is not available, make sure to look at the Nutrition Information Label on the package and find an alternative that is as low in net carbohydrates (total carbs minus fiber = net carbs) as you can.

## A FEW SPECIFIC NOTES ON SUBSTITUTIONS:

**Truvia** - A sweetener that is made from a combination of erythritol and stevia. It is available in packets and easy to measure. You can use other sweeteners, as long as they do not raise insulin levels. Plain stevia, plain erythritol or monk fruit extract are the best options. Do not use maltitol or xylitol, as they raise insulin levels and/or cause stomach upset.

**Upgrade to organic** - Strictly speaking, the ketogenic diet is not concerned about the quality of the foods you consume, merely the macronutrient content (carbs, fat and protein.) However, we at Advantage Meals feel that the quality of your food is important, and we believe that better quality will make any diet or experience more positive. If budget allows, it is especially good to upgrade your meats to grass-fed and wild-caught and your dairy to organic. Organic produce is of course good, too! Your 3-week trial will work just fine with conventional items, and if that is what is easiest and makes this possible for you, then don't upgrade anything you don't want to.

**Cook your own eggs, beef, chicken** - We have created the No Cook Keto Meal Plan in such a way that you do not have to cook at all. We made this as easy as possible so you can find out if a Keto diet will help you right now. If you want to save a little money by taking a little time to hard boil your own eggs, bake chicken breast and fry hamburger patties, by all means, please do! You'll help your budget and upgrade your food quality by avoiding a few processed options at the same time.

**Primal Kitchen Avocado Oil Mayonnaise** - We chose this particular mayonnaise because it contains no sugar and it is made with avocado oil instead of the standard soybean, corn and/or canola oil in most mayonnaise. We believe this is a healthier option, but if it is not available to you, choose any real mayonnaise (not light or miracle whip) that you like.

**Vegetables** - If you don't like broccoli or asparagus, you can substitute any dark, leafy green, zucchini, green beans or mushrooms. Make sure they are plain and steamable or that you don't mind cooking them. You can also substitute with fresh mixed greens or spinach salad. The easiest salad dressing is plenty of olive oil and a little red wine vinegar, with salt and pepper. Primal Kitchen also has several no sugar salad dressings you can order on Amazon.com.

**Ghee** - We've included ghee because it is shelf stable and easy to measure. If you prefer to use butter, go right ahead! Make sure it is real butter, not margarine.

**Frank's Red Hot and seasoning mixes** - Feel free to use as much of these seasonings as you like and incorporate them in other dishes if you want to.

**Ginger** - If you don't like ginger, trade cinnamon for ginger in smoothies and fat bombs.

**Coconut milk** - You can substitute unsweetened nut milks like almond milk for the coconut milk in smoothie recipes, but not too much. Nuts have less fat and more carbs, so be careful. A combination of half heavy cream and half water makes a good substitute for coconut milk, also.

# 3 WEEK KETO SELF-EVALUATION

Before Day One, record the following information and do the same on Day 21.

	Starting Point - Day 1	Final - Day 21
Date		
Pictures - Take 2 pictures of yourself in the mirror. Side & front view.	Done? Yes / No	Done? Yes / No
Measure Waist		
Measure Hips		
Measure Right Thigh		
Measure Right Bicep		
Measure Neck		
Weight		
Blood Pressure		
Cholesterol Level		

*Self-Evaluation continued on the next page...*

The following are subjective items. Record your current thoughts so you can compare at the end of your three week keto test.

	Day 1	Day 21
How often are you hungry and what does it feel like?		
Do you feel food deprived?		
Food cravings? If so, what?		
In general, are you and optimist or pessimist?		
Do you feel anxiety?		
Aches and pains?		
Measure Neck		
Weight		
Sleeping well?		
Suffer from bloating?		
Skin issues such as eczema?		