

FUEL YOUR FIT: A SIMPLE PROTEIN-RICH KETO *Meal Plan for Lasting Results*



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SVELTE

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The logo for SVELTE, featuring the word "SVELTE" in a bold, sans-serif font. The letter "S" is significantly larger and more prominent than the other letters, which are of uniform size and spaced out.

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INTRODUCTION

Hey there! I'm so glad you're here. Whether you're just starting or looking to fine-tune your routine, this ebook is designed to help you make the most of your ***One & Done program*** with easy, protein-packed keto meals that fit seamlessly into your life. Inside, you'll find a full week meal plan including recipes, a shopping list, and tips to help you stay on track—without the stress. My goal? To empower you with the tools and know-how to make these healthy habits stick and feel good while doing it!

This ebook isn't just about following a strict plan but finding what works best for you. I'll guide you on how to adapt these meal plans and tips to your lifestyle, making the process as simple and enjoyable as possible. Whether juggling work, family or just looking for ways to eat better and stay fueled, there's something here for everyone. Let's dive in and get you feeling your best!

— MERCE

HEALTH BENEFITS OF A HIGH-PROTEIN DIET

Picture this: You're eating better, you've got a plan, and your meals are working for you, not against you. That's exactly what a high-protein keto diet is designed to do. With every protein-packed bite, you're setting your body up for success—keeping your metabolism revved up, your energy levels steady, and your muscles strong.

Now, here's the kicker: when it comes to **weight loss**, protein is your secret weapon. Why? It takes longer to digest, which means you feel fuller for longer. Say goodbye to those pesky cravings! Plus, your body burns more calories just by breaking down protein compared to fats or carbs. So, by focusing on high-protein meals, you're not only building muscle (hello, toned arms!) but also encouraging fat loss.

But it doesn't stop there. Protein helps regulate your **blood sugar levels**, so you're not experiencing those energy crashes in the afternoon. Instead, you'll feel steady, focused, and ready to tackle whatever's on your to-do list. And let's not forget your **brain**—yep, those high-protein, keto-friendly meals can boost brain function and mental clarity. Talk about a win-win!

Let's break it down with some delicious protein sources you can enjoy:

- **Lean meats** like chicken, turkey, and beef are great staples.
- **Fish and seafood** like salmon, shrimp, and tuna are packed with omega-3s, supporting heart and brain health.
- **Eggs** are a versatile and affordable protein source, perfect for any meal of the day.
- **Dairy** options like Greek yogurt and cottage cheese are protein powerhouses.
- **Plant-based options** like tofu, tempeh, and nuts are also excellent if you're looking to mix things up or need a break from meat.
- **Alternative** sources like protein powders are a great way to get added protein in your diet if you have dietary or allergy restrictions. Whey or vegan protein powders can be added to smoothies, or you can get creative and make delicious foods with them!

Whether you're aiming to lose weight, gain energy, or simply feel better in your day-to-day life, a high-protein keto diet has you covered. You're fueling your body with the best, and it'll thank you by looking and feeling its best too!

TIPS FOR GETTING THE MOST OUT OF A MEAL PLAN

I've got a ready-to-go meal plan all set for you, so that you can jump into a hand-curated meal plan that is designed to take the stress of planning meals away - but don't be afraid to adopt a meal planning structure to your lifestyle! What makes meal planning so great is that you can easily customize it to fit your lifestyle to create your own weekly or monthly meal plans. Whether you follow this guide or tailor it to your needs, these tips will help make meal planning a breeze for you (and your family)!

1. **Love What You Eat:** The last thing you want is a meal plan filled with foods you don't enjoy. Boring food? No, thank you! Choose recipes that make you excited for each meal. Mix up your proteins, veggies, and flavors, and don't hesitate to try something new. A little variety goes a long way in keeping things fun and sustainable.
2. **Plan for Your Life:** Let's be real—life can get busy. When your schedule is packed, plan for easy, no-fuss meals you can whip up in a pinch. Save the more creative recipes for days when you have the time to enjoy the process. And remember, it's fine to mix and match meals as needed!
3. **Stay Prepared:** This is your secret weapon. Have all your ingredients prepped and portioned ahead of time. That way, when hunger strikes, you don't even have to think about it—just grab, heat, and eat! Keeping your pantry stocked with essentials is another way to avoid last-minute scrambles.

The proof is in the pudding (or should I say, in the meal plan): sticking with a plan gives you control over what you eat, saves time, and helps you reach your goals faster. Trust me, once you start planning your meals, you'll wonder how you ever did without it!



THE BENEFITS OF MEAL PREPPING

Look, I get it—meal prepping can sound like one more thing on your endless to-do list. But here's the kicker: it's one of the best things you can do for yourself. Here's why:

- **Saves Time:** Once you've got your meals planned and prepped, there's no more scrambling during the week. You'll be surprised at how much time you save by spending just a little bit of it upfront.
- **Keeps You on Track:** Having your meals ready means no temptation to grab something that doesn't support your goals. You're in control, and your progress stays steady.
- **Budget-Friendly:** By planning ahead, you're not only eating better but also saving money. No more impulse takeout or buying things you don't need. Everything has a purpose.
- **Stress-Free:** Knowing what you're eating each day takes a huge weight off your shoulders. You'll feel prepared and ready for the week, making life a little bit easier.

TIPS FOR MEAL PREPPING (WITHOUT THE STRESS)

So, picture this: a fridge full of healthy, delicious meals, a week of stress-free eating, and more time for YOU. That's the beauty of meal prepping

- **Cook Protein in Batches:** I'm talking chicken, beef, even fish—make it all at once and use it throughout the week. Toss it in a salad, serve it with veggies, or snack on it when you're in a pinch.
- **Prep Your Veggies:** Chop, dice, and store your veggies ahead of time. Trust me, you'll be thanking yourself when it's time to throw together a quick dinner or snack.
- **Freeze What You Can:** There's nothing better than pulling a delicious, homemade meal from the freezer and knowing dinner is done. Casseroles, soups, and even some keto desserts can be prepped and frozen in portions.
- **Get the Right Containers:** Invest in quality storage containers that make reheating and organizing easy. And here's the bonus: they'll make your fridge look oh-so-pretty!

MEAL PLAN OPTION 1:

SUN

Almond Flour Pancakes

Keto Cobb Salad

Lemon Herb Salmon

MON

Keto Egg Muffins

Zucchini Noodles with Pesto
and Shrimp

Lemon Herb Salmon (leftovers)

TUE

Chia Seed Pudding

Keto Chicken Salad with
Avocado and Bacon

Keto Beef Stir-Fry

WED

Keto Egg Muffins (leftovers)

Zucchini Noodles with Pesto
and Shrimp (leftovers)

Keto Beef Stir-Fry (leftovers)

THU

Chia Seed Pudding (leftovers)

Keto Chicken Salad with
Avocado and Bacon (leftovers)

Grilled Shrimp Skewers

FRI

Chia Seed Pudding (leftovers)

Keto Chicken Salad with
Avocado and Bacon (leftovers)

Keto Meatloaf

SAT

Keto Scrambled Eggs with
Spinach

Grilled Shrimp Skewers
(leftovers)

Keto Meatloaf (leftovers)

Note: You can choose from either of the meal plans

- Meal Plan V1 has more diverse meals
- Meal Plan V2 is less cooking, more repeated meals

MEAL PLAN OPTION 2:

SUN

Keto Egg Muffins

Keto Chicken Salad with
Avocado and Bacon

Keto Beef Stir-Fry

MON

Chia Seed Pudding

Keto Chicken Salad with
Avocado and Bacon (leftovers)

Keto Beef Stir-Fry (leftovers)

TUE

Keto Egg Muffins (leftover)

Keto Chicken Salad with
Avocado and Bacon (leftovers)

Grilled Shrimp Skewers

WED

Chia Seed Pudding (leftovers)

Keto Cobb Salad

Keto Shepherd's Pie

THU

Keto Egg Muffins (leftover)

Zucchini Noodles with Pesto
and Shrimp

Keto Shepherd's Pie (leftovers)

FRI

Chia Seed Pudding (leftovers)

Zucchini Noodles with Pesto
and Shrimp (leftovers)

Keto Shepherd's Pie (leftovers)

SAT

Keto Egg Muffins (leftover)

Keto Shepherd's Pie (leftovers)

Grilled Shrimp Skewers
(leftovers)

Note: You can choose from either of the meal plans

- Meal Plan V1 has more diverse meals
- Meal Plan V2 is less cooking, more repeated meals

BREAKFAST

KETO EGG MUFFINS

SERVINGS: 4 MUFFINS

Ingredients:

- 2 large organic eggs
- 1/3 cup fresh spinach, chopped
- 1/8 cup crumbled feta cheese
- 2 slices cooked bacon, chopped
- 4 tsp heavy cream
- Salt and pepper to taste
- Non-stick cooking spray



Instructions:

1. Preheat your oven to 350°F (175°C). Spray 4 cups in a muffin tin with non-stick cooking spray.
2. In a large bowl, whisk together the eggs, heavy cream, salt, and pepper.
3. Stir in the chopped spinach, feta cheese, and bacon.
4. Pour the egg mixture evenly into the muffin tin cups.
5. Bake for 18-20 minutes, or until the egg muffins are set and slightly golden on top.
6. Let cool before removing from the muffin tin.
7. enjoy 2 muffins as one serving and save the other 2 for later in the week!

Tip: if you want to meal prep this recipe for the week, you can double/triple the recipe to make more servings!

For Meal Plan Option 2 - double the recipe!

BREAKFAST

ALMOND FLOUR PANCAKES

SERVINGS: 1

Ingredients:

- 1 cup almond flour
- 1 tsp baking powder
- 2 large organic eggs
- 1/4 cup unsweetened almond milk
- 1 tsp vanilla extract
- 2 tbsp melted grass-fed butter or coconut oil
- 1/2 cup fresh mixed berries
- Pinch of sea salt

Instructions:

1. In a medium bowl, whisk together almond flour, baking powder, and a pinch of salt.
2. In a separate bowl, whisk together eggs, almond milk, vanilla, and melted butter or coconut oil.
3. Pour the wet ingredients into the dry ingredients and stir until combined.
4. Heat a non-stick skillet over medium heat and add a little grass-fed butter or coconut oil. Scoop 1/4 cup batter per pancake into the skillet.
5. Cook for 2-3 minutes on each side, until golden brown.
6. Serve the pancakes topped with fresh berries.

BREAKFAST

CHIA SEED PUDDING

SERVINGS: 3

Ingredients:

- 1 ½ cups unsweetened almond milk
- ½ cup chia seeds
- 1 scoop vanilla protein powder
- 1 tbsp honey
- 1 cup mixed berries (for topping)

Instructions:

1. In a medium bowl, whisk together almond milk, protein powder, and honey.
2. Stir in the chia seeds and mix well.
3. Cover and refrigerate for at least 4 hours or overnight, until the mixture thickens to a pudding-like consistency.
4. Divide the pudding into 3 servings and top each with mixed berries.
5. Store in the fridge and enjoy for up to 3 days.



BREAKFAST

KETO SCRAMBLED EGGS WITH SPINACH

SERVINGS: 1

Ingredients:

- 2 large organic eggs
- 1/2 cup fresh spinach, chopped
- 1/8 cup shredded cheese (cheddar, mozzarella, or your choice)
- 1/2 tbsp grass-fed butter
- Salt and pepper to taste

Instructions:

1. In a small bowl, whisk together the eggs, salt, and pepper.
2. Heat the butter in a non-stick skillet over medium heat.
3. Add the spinach and cook until wilted, about 2 minutes.
4. Pour the eggs into the skillet and scramble, stirring gently as they cook.
5. When the eggs are nearly set, sprinkle the shredded cheese on top and let it melt.
6. Serve immediately and enjoy!

LUNCH

KETO COBB SALAD

SERVINGS: 1

Ingredients:

- 1 hard-boiled organic egg, chopped
- 2 slices cooked bacon, chopped
- 1/2 ripe avocado, diced
- 1/2 grilled chicken breast, chopped
- 1/4 cup crumbled blue cheese
- 2 cups mixed greens (lettuce, spinach, arugula, etc.)
- Red Wine Vinegar for dressing
- Salt and pepper to taste

Instructions:

1. On a plate, arrange 1 cup of mixed greens per serving.
2. Top with chopped eggs, bacon, avocado, chicken, and blue cheese, dividing evenly.
3. Drizzle with dressing and season with salt and pepper.
4. Toss lightly before serving. Enjoy!



LUNCH

ZUCCHINI NOODLES WITH PESTO AND SHRIMP

SERVINGS: 2

Ingredients:

- 2 medium zucchinis, spiralized into noodles
- 1 lb shrimp, peeled and deveined
- ½ cup pesto sauce (store-bought or homemade)
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- Salt and pepper to taste
- Fresh basil leaves for garnish (optional)

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add shrimp and season with salt and pepper. Cook for 2-3 minutes per side, until shrimp are pink and fully cooked. Remove from the skillet and set aside.
2. In the same skillet, add the spiralized zucchini noodles and sauté for 2-3 minutes until just tender.
3. Return shrimp to the skillet and stir in the pesto sauce. Toss to coat evenly.
4. Divide the zucchini noodles and shrimp into two portions, and top with grated Parmesan and basil leaves if desired.
5. Store in airtight containers for meal prep, and refrigerate for up to 2 days.

LUNCH

KETO CHICKEN SALAD WITH AVOCADO AND BACON

SERVINGS: 3

Ingredients:

- 2 cups cooked chicken breast, shredded or chopped
- 2 ripe avocados, diced
- 6 slices cooked bacon, crumbled
- ½ cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine shredded chicken, diced avocado, and crumbled bacon.
2. In a separate small bowl, whisk together the mayonnaise, Dijon mustard, lemon juice, salt, and pepper.
3. Pour the dressing over the chicken mixture and stir until evenly coated.
4. Divide the chicken salad into three portions and store in airtight containers for up to 3 days.



LUNCH

SALMON AND AVOCADO SALAD

SERVINGS: 1

Ingredients:

- 1 cooked salmon fillet (about 6 oz)
- 2 cups mixed greens (lettuce, spinach, or arugula)
- 1/2 ripe avocado, sliced
- 1/8 cup red onion, thinly sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste
- Optional: 1 tbsp capers or fresh dill for garnish

Instructions:

1. Flake the cooked salmon fillets and place on top of the greens.
2. Add avocado slices and red onion.
3. Drizzle with olive oil and lemon juice, and season with salt and pepper.
4. Garnish with capers or dill, if desired. Serve immediately!

DINNER

LEMON HERB SALMON

SERVINGS: 2

Ingredients:

- 2 salmon fillets (about 6 oz each)
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- 1 lemon (zested and juiced)
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Arrange the salmon fillet and asparagus on the baking sheet.
3. Drizzle with olive oil and lemon juice, and sprinkle lemon zest, oregano, garlic powder, salt, and pepper over both the salmon and asparagus.
4. Bake for 12-15 minutes, or until the salmon is flaky and the asparagus is tender.
5. Enjoy 1 portion, and save the other for leftovers!



DINNER

KETO BEEF STIR-FRY

SERVINGS: 2

Ingredients:

- 1 lb beef sirloin, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 zucchini, thinly sliced
- 1 small yellow onion, thinly sliced
- 2 tbsp coconut oil or extra virgin olive oil
- 2 tbsp coconut aminos
- 1 tbsp sesame oil
- 1 tsp garlic powder
- 1 tsp ground ginger
- Salt and pepper to taste
- Optional: sesame seeds for garnish

Instructions:

1. Heat 1 tbsp of oil in a large skillet over medium-high heat. Add the beef and season with salt and pepper. Stir-fry for 4-5 minutes until browned and cooked through. Remove from the skillet and set aside.
2. Add the remaining oil to the skillet and stir-fry the bell peppers, onion, and zucchini for 4-5 minutes, until tender but still crisp.
3. Return the beef to the skillet and add soy sauce, sesame oil, garlic powder, and ground ginger. Toss everything together and cook for another 2 minutes.
4. Garnish with sesame seeds if desired, and serve immediately.
(save 1 serving for another day)

DINNER

KETO SHEPHERD'S PIE

SERVINGS: 4

Ingredients:

- 1 lb ground beef
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 cup beef broth
- 1 tsp coconut aminos
- Salt and pepper to taste
- 1 medium head of cauliflower, cut into florets
- 2 tbsp grass-fed butter
- ¼ cup heavy cream
- ½ cup shredded cheddar cheese

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Steam the cauliflower until tender, about 10 minutes. Drain well and blend in a food processor with butter, heavy cream, salt, and pepper until smooth.
3. In a large skillet, cook the ground beef, onion, and garlic over medium heat until browned. Drain excess fat.
4. Stir in beef broth and Worcestershire sauce. Simmer for 5 minutes.
5. Transfer the beef mixture to a baking dish and top with cauliflower mash. Sprinkle with shredded cheddar cheese.
6. Bake for 20-25 minutes, or until the top is golden brown.



DINNER

GRILLED SHRIMP SKEWERS

SERVINGS: 4

Ingredients:

- 2 lbs large shrimp, peeled and deveined
- 2 medium zucchinis, cut into thick slices
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste

Instructions:

1. Preheat grill to medium heat.
2. In a bowl, toss the shrimp with olive oil, lemon juice, garlic powder, paprika, salt, and pepper.
3. Thread the shrimp, zucchini slices, and bell pepper chunks onto skewers.
4. Grill the skewers for 3-4 minutes per side, or until the shrimp is pink and cooked through.
5. Store extra servings for another day!

DINNER

KETO MEATLOAF

SERVINGS: 4

Ingredients:

- 1 lb ground beef
- ½ cup almond flour
- 1 egg
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 2 tbsp sugar-free ketchup
- 1 tsp dried oregano
- Salt and pepper to taste
- 1 lb fresh green beans, trimmed
- 1 tbsp grass-fed butter or coconut oil

Instructions:

1. Preheat oven to 375°F (190°C). Line a loaf pan with parchment paper.
2. In a large bowl, combine ground beef, almond flour, egg, onion, garlic, oregano, salt, and pepper. Mix well.
3. Press the mixture into the loaf pan and top with sugar-free ketchup.
4. Bake for 45-50 minutes, or until the meatloaf is cooked through.
5. While the meatloaf bakes, steam or sauté the green beans in butter until tender. Season with salt and pepper.
6. Slice the meatloaf and serve with green beans on the side.
7. store extra servings.

SNACKS & DESSERT

AVOCADO DIP WITH VEGGIES

SERVINGS: 2

Ingredients:

- 2 ripe avocados
- 1 tbsp lime juice
- 1 garlic clove, minced
- Salt and pepper to taste
- 1 cup celery sticks
- 1 cup cucumber slices
- 1 cup bell pepper slices

Instructions:

1. In a small bowl, mash the avocados with lime juice, garlic, salt, and pepper until smooth.
2. Serve the avocado dip with celery, cucumber, and bell pepper slices.



SNACKS & DESSERT

TURKEY CUCUMBER ROLL-UPS

SERVINGS: 2

Ingredients:

- 8 slices deli turkey
- 1 cucumber, thinly sliced

Instructions:

1. Lay a turkey slice flat and place a few cucumber slices along the edge.
2. Roll the turkey slice tightly around the cucumber slices.
3. Repeat with the remaining turkey and cucumber.
4. Serve immediately or store in an airtight container for up to 2 days.

PEPPERONI CHIPS

SERVINGS: 2

Ingredients:

- 20 slices pepperoni

Instructions:

1. Preheat oven to 400°F (200°C).
2. Place pepperoni slices in a single layer on a baking sheet lined with parchment paper.
3. Bake for 8-10 minutes, or until crispy.
4. Remove from the oven and let cool on the baking sheet. The chips will crisp up more as they cool.
5. Enjoy immediately or store in an airtight container for up to 2 days.

SNACKS & DESSERT

COCONUT FLOUR BROWNIES

**SERVINGS:
9 BROWNIES**

Ingredients:

- ¼ cup coconut flour
- ¼ cup cacao powder (unsweetened)
- ½ sugar-free maple syrup
- 4 large organic eggs
- ½ cup melted grass-fed butter or coconut oil
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt



Instructions:

1. Preheat the oven to 350°F (175°C). Line an 8x8-inch baking dish with parchment paper.
2. In a bowl, whisk together coconut flour, cacao powder, sugar-free maple syrup, baking powder, and salt.
3. In another bowl, whisk together eggs, melted butter, and vanilla extract.
4. Combine the wet and dry ingredients and stir until smooth.
5. Pour the batter into the prepared baking dish and smooth the top.
6. Bake for 20-25 minutes or until a toothpick inserted comes out clean.
7. Let cool completely before cutting into squares.

SNACKS & DESSERT

KETO CHEESECAKE BITES

SERVINGS:
12 BITES

Ingredients:

Crust:

- 1 cup almond flour
- 2 tbsp melted grass-fed butter
- 1 tbsp honey

Filling:

- 8 oz cream cheese, softened
- ¼ cup sugar-free sweetener
- 1 tsp vanilla extract
- 1 large organic egg

Instructions:

1. Preheat the oven to 350°F (175°C).
Line a muffin tin with paper liners.
2. In a small bowl, mix the almond flour, melted butter, and sweetener. Divide the mixture evenly among the muffin cups and press down to form a crust.
3. Bake for 8 minutes, then remove from the oven to cool slightly.
4. In a medium bowl, beat together the cream cheese, honey, vanilla extract, and egg until smooth.
5. Pour the cream cheese mixture over the crusts, filling each muffin cup.
6. Bake for 15-18 minutes, or until the cheesecake is set.
7. Let cool and then refrigerate for at least 2 hours before serving.

SNACKS & DESSERT

ALMOND BUTTER PROTEIN COOKIES

SERVINGS:
12 COOKIES

Ingredients:

- 1 cup almond butter
- ½ cup vanilla protein powder
- ¼ cup coconut palm sugar
- 1 large organic egg
- 1 tsp vanilla extract
- ½ tsp baking soda

Instructions:

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, mix together almond butter, protein powder, coconut palm sugar, egg, vanilla extract, and baking soda until well combined.
3. Scoop the dough onto the baking sheet to form 12 cookies, flattening slightly with the back of a spoon.
4. Bake for 10-12 minutes, or until the edges are lightly golden.
5. Let cool before serving.



SNACKS & DESSERT

COCONUT KETO MACAROON

**SERVINGS: 12
MACAROONS**

Ingredients:

- 2 cups unsweetened shredded coconut
- 2 large organic egg whites
- ¼ cup coconut palm sugar
- 1 tsp vanilla extract

Instructions:

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, whisk together egg whites, coconut palm sugar, and vanilla extract until frothy.
3. Stir in the shredded coconut until fully coated.
4. Scoop the mixture onto the baking sheet in 12 small mounds.
5. Bake for 12-15 minutes, or until the tops are golden brown.
6. Let cool before serving.



SHOPPING LIST MEAL PLAN OPTION 1

FRESH PRODUCE

- 1 1/2 cups mixed berries
- 2 1/2 ripe avocados
- 2 lemons
- 2 cups mixed greens
- 1 cup fresh spinach
- Fresh basil leaves (optional garnish)
- 1 bunch asparagus
- 1 lb fresh green beans
- 5 medium zucchinis
- 2 red bell peppers
- 1 yellow bell pepper
- 1 green bell pepper
- 2 yellow onions
- 1 garlic clove

MISC

- 1 1/2 cup almond flour
- 1/2 cup basil pesto sauce
- 1/2 cup chia seeds
- 1/2 cup mayo
- sugar free ketchup
- Vanilla extract
- Baking powder
- Red wine vinegar
- Olive oil
- Coconut oil
- Coconut aminos
- Sesame oil
- Non-stick cooking spray
- Honey

DAIRY & SUBSTITUTES

- 1 3/4 cup unsweetened almond milk
- 1/2 cup (half a stick) grass-fed butter or 1 small bottle coconut oil
- 1/8 cup shredded cheese (cheddar, mozzarella, or your keto friendly choice)
- 1/4 cup crumbled blue cheese
- 1/8 cup crumbled feta cheese
- 1 small carton heavy cream
- 1 container grated parmesan cheese

PROTEIN

- 8 organic eggs
- 1 lb bacon
- 2 large chicken breasts
- 2 (6oz) salmon fillets
- 1 lb beef sirloin thinly sliced
- 3 lbs shrimp
- 1 scoop vanilla protein powder
- 1 lb ground beef

SPICES & SEASONINGS

- Salt (fine and sea salt)
- Pepper
- Dried oregano
- Garlic powder
- Ground ginger
- Paprika
- Dijon mustard
- Optional: sesame seeds

SHOPPING LIST MEAL PLAN OPTION 2

FRESH PRODUCE

- 2/3 cups fresh spinach
- 2 cups mixed greens
- Fresh basil for garnish
- 1 medium head cauliflower
- 2 1/2 ripe avocados
- 1 lemon
- 2 red bell peppers
- 1 yellow bell pepper
- 1 green bell pepper
- 5 zucchinis
- 2 small yellow onions
- 1 garlic clove
- 1 cup Mixed berries

MISC

- 1/2 cup Mayonnaise
- 1/2 cup chia seeds
- 1 cup beef broth
- 1/2 cup basil pesto sauce
- Coconut oil
- Olive oil
- Coconut aminos
- Sesame oil
- Honey
- Red wine vinegar
- Non stick cooking spray

PROTEIN

- 5 organic eggs
- 12 slices bacon
- 2 large chicken breasts
- 3 lbs large shrimp
- 1 lb ground beef
- 1 lb beef sirloin thinly sliced
- Vanilla protein powder

DAIRY & SUBSTITUTES

- 1/4 cup crumbled feta cheese
- 1/4 cup crumbled blue cheese
- 1 1/2 cup unsweetened almond milk
- 1 small carton heavy cream
- 2 tbsp grass fed butter
- 1/2 cup shredded cheddar cheese
- grated parmesan cheese

SPICES & SEASONINGS

- Salt
- Pepper
- Dijon mustard
- Garlic powder
- Paprika
- Ground ginger
- Optional: sesame seeds for garnish

SHOPPING LIST - OTHER

SNACKS & DESSERTS

- 20 slices pepperoni
- 2 ripe avocados
- 1 tbsp lime juice
- 1 garlic clove
- 1 cucumber (plus another for roll-ups)
- 1 cup celery sticks
- 1 cup bell pepper slices (plus 1 more red, 1 more yellow for shrimp skewers)
- 8 slices deli turkey
- ¼ cup coconut flour
- ½ cup cacao powder (unsweetened)
- 8 large organic eggs (4 for brownies, 1 for cheesecake, 1 for meatloaf, 2 for macarons)
- ½ cup melted grass-fed butter or coconut oil
- 1 tsp baking powder
- 1 cup almond flour (for cheesecake crust)
- 2 tbsp melted grass-fed butter (for cheesecake crust)
- 8 oz cream cheese
- ¼ cup sugar-free sweetener (for cheesecake filling)
- 1 scoop vanilla protein powder (for almond butter cookies)
- 1 cup almond butter
- ½ tsp baking soda
- ½ cup peanut butter (sugar-free)
- ¼ cup coconut oil
- 2 cups unsweetened shredded coconut
- Vanilla extract
- 1 small pack coconut palm sugar