



Keto

The Easiest and Fastest Way to Lose Weight



Dr. Harlan Kilstein

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Disclaimer

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Chapter 1: Introduction

Greeting

Over the years the team at Completely Keto has helped millions of people lose weight with the Keto diet. One of the dirty little secrets of the Keto diet is that for every person who we help, ten others gave up saying, “it’s too complicated.”

For years I’ve been trying to make Keto more simple. The first step was creating Speed Keto™ which eliminated counting macros as well as inflammatory foods. It was (and is) incredibly successful.

It was followed by a series of programs and menus catering to every single taste from Mexican to Chinese, and pasta to Instant pot recipes.

But Four is entirely different. It’s entire premise is simplicity redefined.

If you follow the Keto 4 program, you will get great results without making yourself crazy in the process.

Trust the process.

Give me just 4 weeks and I’ll give you blow away results.

But ... I’ll repeat – if you follow the plan.



Follow the substitutions outlined in the book exactly. Don't cheat. It's just 4 weeks. You can do this. Once upon a time the CIA needed to check the US Embassy in China for listening devices. They walked around with scanners checking for electrical current.

As they entered the Ambassador's office on the second floor, they detected an electrical source in the middle of the room buried under the carpet.

They took off their shoes and slowly and carefully rolled up the rug and there it was. In the center of the room was a thin metal box level with the floor. It was giving off electrical signals. There were 4 screws shutting the box. Using a rubber coated screwdriver they unscrewed and lifted off the cover.

Inside were 4 large bolts. They used a rubber coated wrench and removed bolt one. No change. The electrical signal was still strong.

They removed bolt number two. The electrical current continued. Bolt number three was removed and the current continued. They had no idea what it could be.

When they removed bolt number four, there was a large crashing sound. The chandelier hanging in the grand ballroom below came crashing to the floor.

Don't start making changes in the program. Everything can come crashing to the ground.



4 minute Keto

The Keto 4 Program

In this easy to follow, ketogenic program four is the magic number. My team and I have developed 28 days (four weeks) of menu plans. Complete with recipes, each meal will consist of only four main ingredients, four portions per recipe and four oz of protein per portion.

Every day the menu plan will highlight a minimum of four different vegetables and you will be drinking four “special” drinks along with four large bottles of water. Only four minutes of exercise are required, four times each week, but the benefits of this requirement are worth this minimal effort. As well, I am asking participants in this program to dedicate four minutes each day to repeating positive affirmations.

A more in depth description of the Four Minute Program follows but first, here’s a brief description of how a ketogenic eating program works ...

How a Ketogenic Diet Works

Carbohydrates are a macronutrient (macro) your body uses to create energy. Once ingested all carbohydrates are broken down during the digestion process into smaller sugar units which are then absorbed through the intestinal wall into the bloodstream. When they reach the liver they are converted into glucose and carried to all parts of the body by insulin. Glucose can be used by every cell of the body for energy and this is where insulin becomes necessary.

In order for glucose to be transferred into a body cell, insulin has to connect to a special receptor on the wall of the cell. Here it acts like a key fitting into a lock, to open up the cell so the glucose molecule can enter and be used as energy.

Glucose is then used for basic bodily functions like breathing and muscle power during physical activity. If glucose isn’t used right away, the liver will then convert the excess glucose into glycogen which can be stored in the liver and large skeletal muscles. But there’s a limit to how much glycogen can be stored at one time and that’s about 2,000 calories worth. If a large amount of carbohydrate has been consumed, the extra glucose produced will be stored as body fat!

Carbohydrates come in two forms:

- Simple carbohydrates: contain less than three molecules and take less time to digest so they are absorbed quickly and lead to a quick burst of energy (a sugar “high”).
- Complex carbohydrates: contain three or more molecules and take longer to digest. Vegetables, whole grains and foods we sometimes call starches, like potatoes all contain complex carbohydrates.

It's easy to over-consume carbs even if you abstain from sugar. What may seem like healthy choices, whole grains, breads (even when made using whole wheat and other whole grains), rice and fruits are all full of carbohydrates. Once you eat them they are broken down during the digestion process and made into glucose ready for use or storage. If not burned off they are converted and stored as body fat for later use. Complex carbs are just longer chains of glucose molecules ... once ingested and digested, they become sugar in the blood.

A ketogenic eating plan, like the 4 Minute Program you are about to begin, purposefully limits the amount of carbohydrates consumed while allowing for the consumption of moderate amounts of protein and a higher consumption of fats. This allows the liver to break down stored body fat into a source of energy the body can easily use, called ketone bodies. When the amount of carbohydrates consumed daily is limited, the body is forced to use this alternative metabolic process, called ketosis, to create energy.

4 Special Drinks Each Day

Each day the Four Minute Keto program includes 4 “special” drinks. I have included recipes for one Anti-inflammatory drink first thing in the morning and three other Bullet Proof Coffee or Bullet Proof Tea drinks that can be enjoyed throughout the day. Read on for descriptions of these drinks and their many benefits.

Anti-inflammatory Drink

Inflammation inside your body can affect your weight loss program and, as a 2019 study shows, can even lead to weight gain¹. I think it's important to address this problem on a daily basis; hence I include an anti-inflammatory drink each morning of this 28 day program. This recipe employs turmeric, ginger and lemon juice; all ingredients that have been shown to decrease inflammation.

Bullet Proof Drinks

Coffee and tea are healthy drinks that boost metabolism, so don't shy away from including them in your diet, but we do urge you to select certified organic coffee or tea when making a purchase. Two teaspoons of heavy cream are allowed in each bullet proof drink. However, watch the number of cups consumed; calories add up quickly with the heavy cream addition; only 3 bullet proof drinks are allowed per day.

You will be adding medium chain triglycerides to your tea or coffee in the form of MCT oil or powder with the addition of heavy cream being optional. You may be wondering, “Why add MCT oil?” Well, there are plenty of good reasons:

- It tastes great!
- The added fat means added fuel.
- The energy boost from bullet proof drinks helps curb the appetite.
- Medium Chain Triglyceride (MCT) oil can be used by the brain almost immediately.
- Less processing by the liver means needed energy for clear thinking is available quickly and easily.
- Helps support ketosis.

¹ k.tuomisto, p.joushilati, A.S. Havulinna, k. Borodulin, s. Mannisto, V. Salomaa. “Role of inflammation markers in the prediction of weight gain and development of obesity in adults – A prospective study”. Retrieved from <https://www.sciencedirect.com/science/article/pii/S2589936819300167#!> on 2021-10-29.

All of the ketogenic eating programs I have developed over the years include Bullet Proof drinks. It's the addition of medium chain triglycerides in the form of MCT oil or MCT powder that makes them so powerful for weight-loss.

When ingested, this form of fat is immediately accessible as an energy source for your body and supports ketosis, which is just what you want on a keto diet. The oil doesn't need a lot of processing in the liver, plus your brain loves medium chain triglycerides and gobbles them up! Adding this oil to coffee or tea in the morning helps clear up a foggy brain and gives you immediate energy for tackling a busy day. It also provides added fuel on those week days when you are choosing to fast. The energy boost from MCT oil really helps curb the appetite. It also tastes great!

You will find quite a few different brands of MCT oils out there but they are not all equal. It really matters what the MCT oil is made from. Most MCT oil comes from coconut oil. Cheaper varieties are often manufactured using too much caproic acid which has a throat burning sensation. Others use lauric acid which does not convert to ketones.

MCT can be purchased in oil or powder form. These are the two products I use: [Brain Octane Oil](#) or [Completely Keto MCT Oil Powder](#). Currently I am particularly fond of the powder because it dissolves easily into the hot drinks and gives them a nice creamy texture.

The majority of fat contained in most people's diets comes in the form of something scientists call long chain triglycerides (LCT). These metabolize much slower than the medium chain triglycerides in MCT oil and powder which are comprised of smaller molecules that metabolize quickly. Because long chain triglycerides take longer to metabolize they are often stored for future use in fat cells. On the 4 Minute program, we want to avoid this outcome.

The medium chain triglycerides you will be consuming in drinks during this month will break down quickly. Since they are absorbed into the blood stream immediately, they are being burned up right away and will never get stored as body fat.

4 Minutes of Affirmations Each Day

What Are Affirmations?

An affirmation is simply a repeated positive statement that helps to overcome the effects of negative thinking. The problem with negative thoughts is that they lead to self-sabotage. We talk ourselves into believing that we're weak, not good enough and destined to be overweight. These thoughts impact our personal lives, our relationships, sustainable weight-loss and our efforts at developing a healthy life-style.

But if we deliberately do the opposite to our negative self-talk and change the negatives into positives, the effect can be just as powerful. I'm asking everyone on this program to dedicate only 4 minutes a day to repeating affirmations that will reprogram their thinking. Over time, you will be amazed to see how your self-talk changes. You will begin to think and act differently.

Practice Saying Affirmations for 4 Minutes Each Day

An affirmation practice is a learned skill-set. Making it part of a daily routine will really take only 4 minutes of your time. You don't have to say your affirmations at exactly the same time each day, but conditioning yourself to the practice first thing in the morning before breakfast or before you go to sleep in the evening can make it much easier to establish a habit. It will only take a few minutes each day and very quickly you will feel your mindset changing as your negative thoughts are changed into positive affirmations.



Some of my clients prefer to do a shorter 2 minute session in the morning and another 2 minute session later in the day. However you do it, 4 minutes each day is enough!

How to Begin ...

I ask my clients who are new to the routine of using daily affirmations to start by spending one day just tuning into their internal dialogue; simply spend the day noticing the thoughts running through your head and try to do this without any self judgment. Your job is simply to pay attention. There's no right or wrong, there is only noticing. If you notice repeated negative thoughts, jot them down. You can use this information when you write your own affirmations. More about that in a bit, for now it's your job to simply take note of any negative self-talk.

Most are surprised to find out how much negative self-talk is going on unnoticed. But it's no surprise to me. We live in a world full of negative messages about obesity. Being overweight is seen as a personal failure. It is understandable that the weight-loss journey for most is hampered by low self-esteem and negative self-talk.

Turning Negative Self Talk Into Positive Affirmations

Affirmations help us to act “as if” we are already successful in making the desired changes. They are written and stated in the first person as if they are already happening and actually true right now. I know it may seem like engaging in wishful thinking but trust me; affirmations are more useful than you may think. They help us to turn negative self-talk into positive messaging. As affirmations are practiced, new groups of neurons form in the brain as we reprogram our thinking. In this way affirmations are actually working to rewire the brain.²

So now you have a list of the negative thoughts you want to work on changing and it's time to write a few affirmations designed to do just that. This isn't a huge task and can be done quickly. Here's an example: Say you've noticed some negative thoughts about your daily exercise efforts like, “I'm too tired to exercise,” or “I hate to exercise.” A positive affirmation would be to simply say the opposite: “I exercise regularly.”

That's a good beginning but you can make both of these affirmations even more effective by enlisting your emotions. When you say your affirmations, try saying them with feeling. For example, if you are worried about sticking to your exercise program instead of affirming “I exercise regularly” you might say, “I am excited to take on the new challenge of daily exercise” or “I feel invigorated by regular exercise!”

2 C.N Cascio, M.B. O'Donnell, F. J. Tinney, M.D. Lieberman, S. E Taylor, V. J. Strecher, E. B. Falk. “Self-affirmation activates brain systems associated with self-related processing and reward and is reinforced by future orientation”, *Social Cognitive and Affective Neuroscience*, Volume 11, Issue 4, April 2016, Pages 621–629. Retrieved from Self-affirmation activates brain systems associated with self-related processing and reward and is reinforced by future orientation (nih.gov) on 2021-10-25



Affirmations for Weight Loss

Here's a list of affirmations that my clients have found helpful. You may find some of these resonate with the changes in thinking that you are working towards.

1. I lose weight easily and naturally.
2. I am filled with joy as I reach my weight loss goals.
3. Every day I am excited to be losing weight.
4. I feel invigorated to be exercising regularly.
5. I eat only when I feel hungry.
6. I am attracted to and enjoy healthy food.
7. Every day I eat delicious vegetables.
8. I easily control the amount I eat.
9. I feel fantastic when I exercise.
10. I become healthier and stronger every day.
11. I can easily reach and maintain my ideal weight.
12. I deserve to have a healthy, attractive, strong body.
13. I am constantly developing healthier eating habits.
14. It is easy for me to lose weight.
15. I am naturally slim.
16. I believe in my ability to stick to my weight-loss program.
17. It is easy for me to keep off the weight I lose.
18. I deserve to be beautiful.
19. I deserve to be slim.
20. I have a naturally slim and healthy body.
21. I think positive thoughts as I lose weight.
22. Being fit is easy for me.
23. I easily choose healthy snacks every day.
24. I eat lots of lovely, tasty veggies.
25. I eat balanced meals every day.



4 Weeks of Meal Plans, Recipes & Shopping Lists

The Four Minute Program consists of 28 days (4 weeks) of ketogenic meal plans complete with all the necessary recipes and the shopping lists that go with them. The menu plan and recipes include:

- 4 ingredients per recipe: I don't include seasonings, herbs and spices when counting the 4 main ingredients per recipe.
- 4 portions per recipe: Each recipe is structured to provide 4 portions.
- 4 oz. of protein per portion in each recipe.
- 4 different vegetables (& some days even more) will be highlighted in the menu plan daily.
- 4 minutes of preparation: The recipes are all simple by design and will not take long to prepare. Cooking times will vary, but your meal will be in the oven or on the BBQ quickly!

You can customize each recipe by adding extra seasonings, herbs and spices of your choice as long as they are on the provided list of "Yes" foods.

Drink 4 (16-24 oz) Bottles of Water Daily

Staying well hydrated is always important. On 4 Minute Keto, I'm recommending that you drink 4 (16-24 oz) bottles of water each day. One of the main reasons for slow or stalled weight-loss and carbohydrate craving is dehydration. In fact this is the first thing I wonder about when a client has these problems.

Keeping hydrated should be one of your daily priorities. Keep that water bottle full and at your side. Flavoring water with cucumber slices or lemon and lime juice can make it more appealing. Enjoying mugs of broth between meals and unlimited herbal teas, throughout the day, is also encouraged.

For success on this program it is important to:

- figure out your hydration preferences and ...
- resolve to drink the recommended daily amounts.



Snacking is Allowed!

You never need to go hungry on this program. To that end I have allowed for two snacks each day; one in the morning and one in the afternoon. While snacking is allowed, it is entirely optional. If you are not hungry, don't eat.

I have included recipes for snacks that are low in calories and are, of course, keto approved. Each snack option provides between 150 and 200 calories.

If you weight more than 250 pounds I WANT YOU TO SNACK. If you weight less than 200 pounds try for just one snack per day.

4 Fasting Days (One Designated Day Each Week)

Fasting is Optional

Fasting is optional but highly recommended! In the printable, month long calendar of menu plans you will see that I have designated Wednesday as the fasting day for those who wish to give it a try. If this doesn't suit your schedule you can switch this to any other weekday that works better for you.

I know that the thought of fasting is daunting but if you are looking for dramatic results then I heartily recommend you give it a try. Having said this, I know you will also benefit from this four week program without following the fasting protocols. If you want to fast on some of the designated days and not others, that's okay too. I've included meal suggestions and the recipes that go along with these meals for those that decide not to fast.

Intermittent Fasting (IF)

My team and I believe a ketogenic approach to eating, integrated with a program of intermittent fasting, will not only kick start weight-loss for those just getting started but will also help break through a stubborn plateau. We've also seen how the keto lifestyle when combined with intermittent fasting (IF) has successfully reversed pre-diabetes, insulin resistance and even full-blown Type 2 diabetes for many of our clients.

Having said this I also have to stress the importance of consulting your physician before embarking on any new eating plan, including the one we are outlining in this book. Careful monitoring by your doctor will be necessary for anyone with diagnosed medical conditions.

Simply defined, intermittent fasting describes periods of fasting interspersed with periods of eating normally. The length of the fasting periods and eating periods can vary. IF is exactly as it sounds; periods of eating nothing in between periods of consuming food.

Fasting speeds up weight loss, provides rest for stressed body organs and promotes healing. Those that choose to fast will abstain from eating some or all meals on one day each of the four weeks during the Four Minute program. You will always be allowed to drink water. As well as bulletproof tea or coffee is allowed first thing in the morning and will provide an energy boost at the beginning of each fasting day.

There is no limit on the amount of Homemade Chicken Broth, and Beef Bone Broth that can be consumed, and clients are encouraged to drink them as desired throughout the day.

Fasting Options

12 Hour Fast: The time between finishing dinner in the evening and eating breakfast next morning is usually 12 hours. This short fasting period gives the body time to digest the evening meal then move into the overnight period of rest and repair while asleep. Your body needs this time to fine-tune and heal undisturbed by the digestion process so ... no snacking after dinner. This form of short term fasting is a must for everyone.

16 Hour Fast: This short term fast is easy to follow; you just skip breakfast on this day. You can start the day with a cup of Bullet Proof Coffee or tea and have as many mugs of broth, tea or coffee as you wish on this morning. Of course, water is always on the menu as well as your electrolyte drinks!

One Meal A Day (OMAD): A short term 24 hour fast is also referred to as one meal a day or OMAD. Most people find eating one meal a day to be fairly easy once they get used to it. They skip breakfast and usually work through lunch. For those at home, finding activities away from the house on OMAD days helps too. The one meal a day you do eat will be especially delicious as anticipation, and ultimately appreciation, intensifies along with hunger. I also encourage drinking bullet proof coffee or tea every morning which will satisfy the appetite and help curb cravings throughout the morning and into the afternoon.

4 Minute Tabata, 4 Times Each Week

High Intensity Interval Training (HIIT)

HIIT combines short periods of intense exercise with short periods of rest. The exercise is intense and slightly longer than the resting periods. The cycle of intense exercise, then rest, is repeated for 20 to 30 minutes when doing most HIIT routines.

On this keto program, we will be doing a form of high intensity interval training that is much shorter, known as a tabata.

Tabatas

Tabatas are a type of HIIT developed by their namesake, Dr. Izumi Tabata in the late 1990's. Each of the tabatas I am recommending last only 4 minutes and are made up of 8 rounds.





Each round is comprised of:

- 20 seconds of all-out intense exercise followed by
- 10 seconds of rest

Repeating the round described above 8 times equals 4 minutes.

Of course, you will have to add four minutes of warming up before starting the tabata and four more to cool down afterwards. In all, it will take about 12 minutes of your time, and I will be asking you to do this 4 times each week.

Staying hydrated is a must, so keep a water bottle at your side to sip on during the 10 second rest periods while performing the tabata.

Intensity Levels

Twenty seconds of intense exercise followed by a ten second rest may not sound like much, but the benefits are in fact, measurable. Numerous studies show, “substantial performance and physiological gains” for trained athletes, such as this study that compared traditional training with high intensity interval training (HIIT) in a group of experienced rowers.³

You will be interested to know that most of us regular folk, in the early stages of developing an exercise program, will benefit too. A 2011 study⁴ shows constant-load low-volume HIIT (the tabatas we will be doing fall into this category) induced “metabolic adaptations that reduce the risk for inactivity-related disorders in previously sedentary middle-aged adults”. Insulin sensitivity increased in this group of middle aged people even though the tabatas were performed at a lower level of intensity and for less time than would be the norm for elite athletes. Seems like a good outcome for a time investment of just 12 minutes per exercise session!

3 Driller, MW and Fell, JW and Gregory, JR and Shing, CM and Williams, AD, The effects of high-intensity interval training in well-trained rowers, *International Journal of Sports Physiology and Performance*, 4, (1) pp. 110-121. ISSN 1555-0265 (2009) [Refereed Article]. Retrieved from <http://ecite.utas.edu.au/52259> on 2021-11-03.

4 Hood MS, Little JP, Tarnopolsky MA, Myslik F, Gibala MJ. Low-volume interval training improves muscle oxidative capacity in sedentary adults. *Med Sci Sports Exerc.* 2011 Oct;43(10):1849-56. doi: 10.1249/MSS.0b013e3182199834. PMID: 21448086. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/21448086/> on 2021-11-03.

I do NOT advocate taking your body to its limits during the 20 second active part of each tabata round when you are just getting started on this exercise program. In fact I tell all of my clients to check in with their doctor before starting any new exercise regime.

The intensity level of “all-out” effort will differ from person to person. I recommend you each start slowly to establish a safe level of intensity and build up to a more aggressive level, slowly. It may take a while to actually learn how to do the tabatas. Once you’ve practiced them for a while and your fitness level increases, you will become comfortable enough with the routines to slowly up your intensity level.

4 Tabatas to Get You Started ...

Walking Tabata

I recommend the walking tabata most often for my clients that are new to exercise. The more vigorous tabata forms are harder on the joints and not right for folks who are just beginning to establish a regular exercise routine. First and foremost listen to your doctor’s advice about the exercise level that’s most appropriate for you. When you are ready to begin, start by simply walking at a slow and easy pace. Eventually you will be able to do the following walking tabata:

- Begin by walking slowly for 4 minutes to warm up.
- Speed up your pace as much as you can until your body is working hard; keep this up for 20 seconds.
- Rest for ten seconds (have a sip of water).
- Repeat for 7 more rounds.
- Cool down by walking at a slow and steady pace for 4 minutes while sipping on water.
- You’re done!

Jogging Tabata

More experienced athletes do sprinting tabatas, running full out, as hard as they can, for 20 seconds during the active part of the rounds. I suggest a less taxing version for my clients that have been doing the walking tabata and are ready for something a bit more challenging.

Begin by walking at an easy pace for 2 minutes and then pick up into a more vigorous pace for 2 minutes more. (4 minutes of warm up altogether).

- Start to jog at a pace that gets your pulse up and your legs working hard; keep this pace up as vigorously as you can for 20 seconds.
- Slow down and rest for ten seconds (have a sip of water).
- Repeat for 7 more rounds.
- Cool down by walking at a slow and steady pace for 4 minutes while sipping on water.

Stair Tabata

This tabata is a toned down version of the Stair Sprint which works exactly as it sounds; running up flights of stairs full-bore for 20 seconds then resting for 10! My version is ideally suited for clients that live (or work) in a high rise with ample stairs. Beginners should start by simply walking upstairs at an even and steady pace. If this gets your heart pumping and legs working hard, then good enough; do this for 20 seconds before resting for ten and repeating.



As always, warm up for 4 minutes. You could walk up and down the hallway for this amount of time before entering the stairwell and beginning the tabata.

Head up the stairs at the pace (slow or brisk) that gets your heart pumping and legs working as hard as they can; do this for 20 seconds.

- Stop for a 10 second rest while you have a sip of water.
- Repeat for 7 more rounds
- Cool down by walking at a slow and steady pace for 4 minutes while sipping on water.

Swimming Tabata

If you have access to a pool and are a swimmer, this swimming tabata may be perfect for you. It is probably the safest for your joints which will be well-cushioned by the supporting water.

- An ideal warm-up in the pool is to simply walk back and forth width-wise across the pool in the shallow end for 4 minutes. You could also mix this up with some jumping jacks keeping your head just above the surface of the water, so your legs and arms are working under the water.
- Swim lengths of the pool as fast as you can, employing a stroke that gets your arms and legs moving quickly (like the crawl, breast stroke or butterfly stroke). The goal is to get your heart rate up quickly and your body moving at maximum (whatever that is for you). Do this for 20 seconds.
- Rest while treading water slowly and easily for 10 seconds.
- Repeat for 7 more rounds.
- Repeat the warm up exercises as your cool-down, for 4 minutes. Don't forget to have a good drink of water!



Chapter 2: Supplementation

Support For Your Body...

If you've been following one of my other ketogenic food plans, you will already be familiar with my recommended list of supplements. It's important to take the list of supplements that follows, seriously. If you do and you add these supplements to your daily regimen, you will greatly enhance the weight loss success you achieve during this month.

Electrolytes

An electrolyte is a substance that produces an electrically conducting solution when mixed with water. Electrolytes necessary for normal bodily functions include:

- Sodium
- Potassium
- Calcium
- Bicarbonate
- Magnesium
- Chloride
- Phosphate



Here's an example ... muscles use calcium, sodium, and potassium when they contract. Each time your heart beats it's actually contracting in a specific rhythm. If electrolytes become too imbalanced, it can lead to weakness in muscles. Excessive contraction (as in muscle cramps) can also occur. It's easy to deduce that where the heart is concerned, we need electrolytes to survive and we need them in the proper proportions.

Leg cramps are common during or after a work-out and athletes often replenish electrolytes lost through sweat by having an electrolyte drink after exertion. While it's good to take in electrolytes when depletion is suspected, it's important to read labels as electrolyte drinks are often full of hidden sugars. Sports drinks are NOT electrolytes. "Electrolyte water" does not contain enough minerals to even list on the label. Having said this, you will be able to find tasty sugar-free alternatives just about everywhere groceries are sold and at the corner store too.

We recommend Completely Keto Electrolytes that come in fruit punch, pina colada, strawberry margarita, watermelon and peach cobbler.

I also provide a recipe for a Homemade Electrolyte Drink which is easy to make.

One of the reasons we include chicken broth on the 4 Minute Keto Menu plan is to naturally supplement the body with certain electrolytes. The long, slow simmering process involved in making bone stocks of all kinds, leeches electrolytes like calcium, phosphate and sodium from nutrient dense bones that often go to waste. You are encouraged to take a cup of bone broth whenever you feel the need during the time you are following the 4 Minute Keto program.

Sodium

Drinking water at regular intervals during the day is extremely important. In fact you will probably need to find ways of reminding yourself to take in another sip of H₂O. Keeping a water container close by will quickly become a habit.

But along with drinking more water and following a ketogenic diet, comes a need to urinate more often and with that there may be a need for more sodium. This may be especially true since you will have eliminated all that excess salt from packaged foods and much of your daily intake will come from the sodium you add to your meals in the form of salt.

When selecting a salt look for either sea salt or rock salt. We are particularly fond of the pink Himalayan salt that can be found in most supermarkets today. Both sea salt and rock salt will add other important minerals to your daily diet.

Potassium can also be depleted just like sodium due to the diuretic effect that is part of any diet low in carbohydrate content. Your tasty bone broth will help add the much needed sodium and potassium to your daily intake.

This brings us to magnesium because it's needed in order for your body to be able to absorb potassium properly. Often potassium levels are low in the body because there is an insufficient level of magnesium present.

Magnesium

While there will be magnesium present in your chicken broth it may not be in a high enough quantity to give you what you need each day. Most people are deficient in magnesium from the get go. This is true for a number of reasons:

- For city dwellers the available drinking water goes through a filtering process which ends up removing most of its magnesium content; the same is true for bottled waters
- The process of “softening” water removes magnesium
- While magnesium is present in some foods it is not there in sufficient quantities, making it hard to take in adequate magnesium through diet alone

While on the 4 Minute Keto program it is recommended that you take 400 – 800 milligrams of magnesium daily. There are different types of magnesium available on drugstore and health food shop shelves but we recommend taking magnesium glycinate because it is easier for the body to absorb in this form.

Magnesium can cause loose stools for some people. If this is the case, then split your daily dose up, taking 400 milligrams in the morning with food and another 400 at lunchtime, again with food. If this dosage still proves to be too much, then switch to taking a smaller dose each time.

Cramping muscles can also be soothed by a good soak in a warm tub with a few cups of Epsom salts added in as the bath water is running.

If you have any concerns at all, be sure to consult with your family doctor.

Vitamin D

Exposure to the sun is by far the best (and most economical) way to raise vitamin D levels in the body. Many North Americans are deficient in Vitamin D. Those living the farthest distance from the equator are the ones most likely to be afflicted. Today we all wear brimmed hats and protective clothes in an effort to protect our eyes and skin from UV rays; this, along with sunscreens that are slathered on liberally further complicate the problem.

According to a WebMD article: “Exposure of the hands, face, arms, and legs to sunlight two to three times a week for about one-fourth of the time it would take to develop a mild sunburn will cause the skin to produce enough vitamin D.”¹

If you don’t get enough time in the sun then it may be prudent to take a vitamin D supplement. Correct dosages vary according to body weight and current vitamin D levels in the body.

Digestive Enzymes

Digestive Enzymes work to speed up chemical reactions and many chemical reactions in your body are regulated by enzymes. They work to catalyze the pathways of cell metabolism, including the digestion of large molecules like carbohydrates, proteins and fats. Enzymes assist with breaking them down into smaller, more easily absorbed molecules:

- Simple sugars (glucose) from carbohydrates
- Amino acids from protein
- Cholesterol from fats

¹ WebMD website. Article title: Vitamin D. Retrieved from <https://www.webmd.com/vitamins/ai/ingredientmono-929/vitamin-d> on 20/05/2018.



Many of these digestive enzymes are produced by the pancreas and intestines as well as in the salivary glands and stomach. It's possible to have a healthy diet, yet be deficient in nutrients if digestive enzymes are not present in high enough quantity.

Enzyme deficiency can be caused by certain diseases as well as inflammation in the digestive tract. Food allergies and sensitivities, IBS, diverticulitis, leaky gut, aging, low stomach acid and stress are only a few of the things that could contribute to insufficient digestive enzymes with chronic stress being a major contributor.

Finding ways to reduce stress and eating a healthy balanced diet can help restore normal digestion but sometimes supplementation with digestive enzymes is beneficial.

If you choose to supplement with digestive enzymes choose a product that includes a variety of enzymes. Read the label and look for a product that includes:

- proteases for breaking down proteins
- lipases for breaking down fats
- carbohydrases (amylase) for breaking down carbohydrates

Probiotics

Inside the digestive tract we have trillions (yes, trillions!) of bacteria. We call this “gut flora”. A healthy and functioning gut flora:

- helps in the digestion of food
- assists in detoxifying harmful compounds
- plays a role in the production of some vitamins as well as other nutrients
- balances the immune system

These good bacteria can be decimated when antibiotics are introduced. They are wiped out along with the bad bacteria that the antibiotic is actually targeting. This, along with chronic stress, is one of the biggest culprits for disrupting a healthy gut flora population.

Probiotics can be taken to restore gut flora and come in powdered form, usually in a capsule. The last 10 years have seen an uptick on understanding gut health and its importance for over-all health but there are still many questions that need answering. Research is ongoing.

If you decide to take probiotics look for a reputable brand that includes both Lactobacillus and Bifidobacterium.



Triphala

Triphala is an Ayurvedic herbal powder made from three fruits:

- Amalaki (or Indian Gooseberry): Full of antioxidants, Indian gooseberry helps to remove toxins from the body. It will help bolster the health of the pancreas, aids in the regulation of cholesterol levels and works to keep your bones strong.
- Bibhitaki (also known as black myrobalan): Bibhitaki also helps regulate cholesterol levels and works on keeping muscle as well as bones, healthy and strong.
- Haritaki: This fruit, which has a nut-like appearance, is an excellent anti-inflammatory as well as an antioxidant.

Used for thousands of years in Ayurvedic medicine practice, Triphala is beneficial for digestion and elimination. It acts as a mild laxative and digestive tonic, stabilizes blood sugar and provides a good source of antioxidants and vitamin C.

I recommend taking the powdered form of triphala in a bedtime drink, every night. The powder has a somewhat bitter flavor so my drink recipe includes stevia and a bit of lime or lemon juice to mask the astringent taste.

- Stir 1 tsp of triphala into $\frac{1}{2}$ C of either warm or hot water
- Add 1 T of lemon or lime juice
- Sweeten with liquid or powdered stevia, to taste.

Take every night before bed. Doesn't taste terrific but works like magic. Heck if Elvis took it he'd probably still be alive.



Fish Oil

As discussed earlier the typical western diet with poor meat quality, fast foods, processed foods and vegetable oils lack Omega-3 fatty acids (EPA and DHA) and is overly rich in pro-inflammatory omega-6 fatty acids. For many people the resulting systemic inflammation causes a wide range of negative health consequences.

Your body cannot make EPA or DHA and you must get them from the foods you eat or from supplementation. Fish oil is a potent source of these anti-inflammatory fatty acids and is also readily available in liquid or capsule form.

Fish oil will affect the “stickiness” of platelets so you should consult your physician if you have any bleeding issues, are taking blood thinners or have a surgery scheduled in the near future.

Krill Oil

Krill oil is an extract prepared from a tiny crustacean, Euphausia Superb, which is a species of Antarctic krill. It contains similar omega-3 fatty acids to fish oil but usually has higher levels of EPA.

Krill oil omega-3s are attached to phospholipids, which make them more easily absorbed by the body than the triglyceride form of omega-3s found in fish oil.

Since the source for krill oil is a crustacean anyone with an allergy to shell-fish should exercise caution if considering taking this supplement.

**As always we recommend that everyone consult with their physician or primary health care provider before starting any new diet or program of supplementation.*



Chapter 3: The 4 Minute Keto List of Yes Foods

Choose Local & Organic as Often as Possible

Because we recommend consuming only 15-20 carbs a day on 4 Minute Keto, we want those carbohydrates to be as nutritious as possible. The majority of carbs on your diet will be coming from the vegetables on our YES list and we urge you to choose organic and fresh produce whenever possible ...

We love Saturday morning at the local Farmer's Market. A great selection of freshly picked, in-season organic veggies always awaits; at least during the growing season. We know the nutrients are better-preserved in these foods because they were just picked!

Our local supermarket also has an ever-growing selection of organic produce and this is our second choice during winter months. In a pinch we also use organic frozen vegetables but always stay away from canned versions of our YES list veggies.

Look for Pastured, Raised-Without-Antibiotics Meats

When we say "pastured" we mean meat from animals, like beef cattle, that have been allowed a more natural diet. They eat grass from a pasture instead of grains and are considered a much healthier meat source.

Grass-fed, raised-without-antibiotics meats are starting to appear on main-stream supermarket shelves in North America. As well, local farmers markets can be a good source of quality meats. Direct purchase from local farmers is also an option for many.

We do recognize that these meats are usually more expensive and may be out of reach for those on low or fixed incomes. If this is the case we urge you; “don’t give up!” Just do the best you can with the dollars available and continue on. You will still benefit from our 4 Minute Keto Program.

Read Labels

When purchasing pre-packaged products always read labels and be on the look-out for hidden sugars. It is possible to find commercially prepared foods like mayonnaise, ketchup, boxed broth, tomato paste and sauces that are sugar free, starch free and without inflammatory, processed oils.

There are also specialty on-line, low carb grocery stores that offer products that may interest you. Again, be wary of hidden sugars. As well, there are online websites where you can purchase grass-fed meats and they will be delivered right to your door. These options tend to be pricey but if it’s in your budget, go ahead and place an order.

Most bacon has added sugar but there are some brands that are naturally smoked and contain no sugar. The same is true for deli-meats. In general choose the baked roast beef, ham, chicken or turkey when shopping for deli lunch meats.

Meat

- Bear
- Beef
- Buffalo
- Elk
- Goat
- Lamb
- Pork
- Rabbit
- Venison

Fish

- Ahi
- Cod
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi Mahi

Fish (continued)

- Salmon (wild caught, not farmed)
- Sardines
- Snapper
- Swordfish
- Tilapia
- Trout
- Tuna
- Walleye
- White fish

Seafood

- Clams
- Crab
- Lobster
- Mussels
- Oyster
- Prawn
- Scallop
- Scampi
- Shrimp



Poultry

- Chicken
- Duck
- Goose
- Game Hen
- Ostrich
- Partridge
- Pheasant
- Quail
- Squab
- Turkey

Eggs

We understand that some of you may be sensitive to eggs and will need to employ an egg replacer. The only egg replacer that can be used on the 4 Minute Keto eating plan is made with grass-fed gelatin. Make a keto-friendly egg replacer by dissolving 1 T of grass-fed gelatin in 2 T room temperature water. Add 2 T hot water and stir.

- Chicken eggs
- Duck eggs
- Goose eggs
- Ostrich eggs
- Quail eggs

Dairy

- Only minimal dairy is allowed: 2 tsp heavy cream in coffee (no more than 3 times per day)
- Very occasional 1 or 2 T of cream will be used in a recipe, but not very often!
- Ghee ([link to recipe](#)) is allowed. Since the whey has been removed and only the butterfat remains, ghee can be used in place of other cooking oils when cooking at higher temperatures. Make sure to use grass-fed butter when making your own ghee. Ghee is also commercially available at the grocery store but may not be made from grass-fed butter

We suggest that people following the 28 day program limit their consumption of dairy products. Sensitivity to dairy is a common issue and often people aren't aware that their body isn't tolerating this food group. We find that limiting dairy intake yields a better result when embarking on 4 Minute Keto. If this is the case, taking the month away from eating dairy daily allows inflammation to lessen throughout the body and gives the gut a chance to heal.



Here's how to test for dairy intolerance once the first round of 4 Minute Keto is over:

- Weigh first thing in the morning
- Eat a small amount of dairy
- Weigh again in the evening

If you see a weight gain (which will be water retention), it's highly likely that dairy products are problematic for you. When a dieter's weight loss stalls, often dairy foods are the culprit. Eliminating dairy is one of the diet tweaks we suggest when a plateau lasts for too long.

You can try this test once again after another month of dairy-free eating. If you get the same result then it's best for you to avoid dairy altogether.

Fats

On the 4 Minute Keto program it is important to eat the right (healthy) kind of fats. We burn healthy fats as fuel. Look for and use fats that contain a high amount of saturated fatty acids, also called SFAs. Avoid those higher in polyunsaturated fat (PUFA) content whenever you can.

The essential fatty-acids contained in PUFA's are important in a healthy diet but it's also important that these "essentials" be eaten in the correct proportions, one part omega-6 to 4 parts omega-3 (1:4). Most seed and vegetable oils are higher in Omega -6 and so we recommend avoiding them.

Our recommended list of fats, high in saturated fatty acids and lower in polyunsaturated fats, follows:

- MCT oil (97% SFA, less than 1% PUFA) Can be heated - use at low to moderate temperature, no higher than 320 F
- Coconut oil (92% SFA, 1.9% PUFA) Can be heated - use for cooking at higher temperatures
- Cocoa butter (60% SFA, 3% PUFA) Can be heated - use for cooking at higher temperatures
- Beef Tallow (49.8% SFA, 1.3% PUFA) Can be heated - use for cooking at higher temperatures
- Lard (41% SFA, 12% PUFA) Can be heated - use for cooking at higher temperatures
- Duck Fat (25% SFA, 13% PUFA) Can be heated -use for cooking at higher temperatures
- Extra-virgin olive oil (14% SFA, 9.9% PUFA) Use only at low heat temperatures or at room temperature as in salad dressings
- Palm Kernel Oil (82% SFA, 2% PUFA) Can be heated - use for cooking at higher temperatures
- Grass-fed ghee (48% SFA, 4% PUFA) Can be heated - use for cooking at higher temperatures (I use this one for cooking most often)



Fruit

In truth, the majority of fruit is very high in natural sugars so their carbohydrate count is too high for them to be included in a ketogenic eating plan. However, there are a few fruits we can include and mostly they are the ones we don't usually think of when considering fruit. Here's a list of the fruits you can include:

- Avocado
- Lemon
- Lime
- Eggplant
- Capers
- Olives
- Zucchini
- Tomato (keep this to a minimum)

Vegetables

There will be a minimum of 4 different vegetables included in the menu plan for each day of the program! Some days, especially the days when soup is on the menu, there will be even more. I want you to enjoy a good variety of veggies as they contain many nutrients essential for good health and most are an excellent source of fiber. You need this fiber on a daily basis to stay regular and avoid constipation.

- Arugula
- Asparagus
- Bok choy
- Broccoli

Vegetables (continued)

- Cabbage
- Cauliflower
- Celery
- Collard greens
- Endive
- Garlic
- Kale
- Kelp
- Lettuce
- Mushrooms
- Onions (scallions, red, yellow, white)
- Peppers
- Radishes
- Seaweed
- Spinach
- Swiss chard
- Watercress

Vegetables to Eat in Smaller Quantities

We've included the following vegetables but urge you to use them in smaller amounts as they are higher in carbohydrates than the veggies in the above list.

- Brussels sprouts
- Green beans
- Pumpkin



Beverages

Coffee drinking should be kept to a minimum; no more than three cups a day. Caffeine can interfere with weight-loss for some people. If you are in a stall, try cutting out caffeine completely (this means coffee, regular tea and green teas). Make sure to drink plenty of water daily. Drinking at least 4 bottles (16 -24 oz each) of water is required daily. If you can, drink reverse osmosis water.

- Green tea
- Herbal tea
- Organic regular tea
- Organic coffee
- Organic water processed decaffeinated coffee
- Mineral water
- Water
- Electrolyte drinks, no sugar added

Natural Sweeteners

We allow two sweeteners on the 4 Minute Keto program, erythritol and stevia:

- Erythritol (natural sweetener found in some fermented foods and fruits)
- Liquid Stevia (use the liquid stevia not the granular because the granulated stevia contains maltodextrin which has an extremely high glycemic index)
- Stevia Glycerate (has a thick honey-like texture and tends to not have a bitter after-taste like some other forms of stevia)
- Powdered stevia (very concentrated powder – a little bit goes a long way!)

Erythritol is a sugar alcohol that is found in some fruits and fermented foods. Commercially available Erythritol is made from corn. Look for a non-GMO Erythritol if you choose to use this sweetener. It's worth noting that not everyone tolerates erythritol well. It can cause diarrhea, headache and stomach ache in some people. So if you are new to using Erythritol use it sparingly until you see how you react. Personally erythritol and I are not friends – at all.

Herbs and Spices

Herbs and spices provide superb nutritional value and add flavor. Use them often!

- Anise
- Basil
- Bay leaf
- Black pepper
- Caraway
- Cardamom
- Cayenne pepper
- Celery seed
- Chervil
- Chili pepper
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry
- Dill
- Fenugreek
- Galangal
- Garlic
- Ginger
- Lemongrass
- Licorice
- Mace
- Marjoram
- Mint
- Mustard seeds
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Saffron





Herbs and Spices (continued)

- Sage
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla beans

Flavor Enhancers, Sauces and Other Canned Goods

Learn to read labels and then read them all the time. Choose products with no added sugars. It's possible to find things like basic tomato sauce and tomato paste that are made with simple keto-friendly ingredients but you have to be vigilant!

- White vinegar
- Apple cider vinegar
- Coconut vinegar
- Fish sauce, (no sugar added)
- Organic gluten free tamari sauce, (no sugar added)
- Boxed organic beef, chicken, turkey & fish broth
- Canned anchovies
- Canned coconut milk (full-fat)
- Canned oysters
- Canned smoked oysters
- Canned sardines
- Canned salmon
- Canned tuna
- Capers
- Fermented pickles (no sugar added)
- Fermented sauerkraut (no sugar added)
- Tomato sauce (no sugar added)
- Tomato paste
- Olives



Chapter 4: Weekly Menu Plan

Before You Start...

Before you start make sure:

- you've read through the chapters
- considered the merits of a ketogenic eating plan combined with intermittent fasting
- consulted with your doctor
- made the decision to commit to 28 days of the 4 Minute Keto program
- have purchased the required supplements (see chapter II)
- have ordered from online sources or directly purchased items such as MCT oil, MCT powder, triphala powder & electrolyte powder
- printed the calendar style menu plans and put them somewhere in the kitchen where they are visible at a glance
- got your kitchen in order, plus your staples and supplements lined up

Great! Now you are almost ready to begin, but first:

- weigh yourself and record your weight
- measure yourself around the chest, waist, hips, thighs (around both when standing with them together), around one thigh alone and around the upper arm
- put your scales and recorded measurements away for the month

All right, now you are ready!

About Substitutions

You will be more successful if you enjoy each mouthful, so swapping one meal for another is allowed; with one caveat. You must only substitute using recipes that are provided on the program. If you prefer one meal over another, then that's what you should have. If the spice profile of a dish doesn't suit, then change it up for something that does appeal. The main thing here is to enjoy the meals you eat. If you are cooking for less than 4 people you may find yourself eating left-over meals instead of what's suggested on the meal plan. It also follows that you will be eating more left-over snacks. All this is totally fine!

Week 1

Monday, Day #1

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: [Mushrooms, Arugula & Eggs](#)
- Morning Snack: [Perfectly Boiled Eggs](#) (make enough so you have hard-boiled eggs for both [Deviled Egg Snacks](#) tomorrow)
- Lunch: [Easy Beef & Vegetable Soup](#) (double the recipe for lunch tomorrow)
- Afternoon Snack: left-over [Eggplant Snack](#)
- Dinner: [Meat Stuffed Zucchini Boats](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

*** Drink at least 4 bottles (16 -24 oz each) of water*

Tuesday, Day #2

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: [Classic Bacon & Egg Breakfast](#)
- Morning Snack: [Deviled Egg Snack](#) (double the recipe for afternoon snack)
- Lunch: left-over [Easy Beef & Vegetable Soup](#)
- Afternoon Snack: left-over [Deviled Egg Snack](#)
- Dinner: [Broiled Salmon Steaks with Steamed Broccoli & Cauliflower](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

** Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*



Wednesday, Day #3

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Baked Eggs in Avocado (with Smoked Salmon)
- 10 a.m. snack: Mini Egg Muffins (double the recipe)
- Lunch: Tuna Lunch Salad
- Afternoon Snack: left-over Mini Egg Muffins
- Dinner: Spicy Cajun Shrimp with Fried Cauliflower Rice and Simple Green Salad
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Thursday, Day #4

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Breakfast Cabbage Pie (no bacon)
- 10 a.m. snack: Smoked Salmon Blini (double the recipe)
- Lunch: Rotisserie Chicken Soup
- 3 p.m. snack: left-over Smoked Salmon Blini
- Dinner: Warm & Spicy Beef Salad
- Bedtime: Bedtime Triphala Drink

Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*



Friday, Day #5

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Breakfast: [Soft Boiled Eggs](#)
- 10 a.m. snack: [Bacon Wrapped Brussels Sprouts](#) (double the recipe)
- Lunch: [Curried Egg Salad Sandwiches](#)
- 3 p.m. snack: left-over [Bacon Wrapped Brussels Sprouts](#)
- Dinner: [Roast Chicken with Air Fryer Roasted Cauliflower](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Saturday, Day #6

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: [Zucchini Pancakes](#)
- 10 a.m. snack: [Spinach & Bacon Stuffed Mushrooms](#) (double the recipe)
- Lunch: [Deli Smoked Turkey Sandwiches](#)
- 3 p.m. snack: left-over [Spinach & Bacon Stuffed Mushrooms](#)
- Dinner: [Coconut Ginger Chicken Bowl with Cabbage Stir-fry](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Sunday, Day #7

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Veggie Omelet Wrap
- 10 a.m. snack: Smoked Sausage
- Lunch: 4 Minute Caesar Salad (with Shrimp)
- 3 p.m. snack: Hot Wings Snack
- Dinner: Turkey Skewers and Simple Green Salad (with Avocado)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Week II

Monday, Day #8

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink



Menu for the day:

- Breakfast: Classic Bacon & Eggs Breakfast
- 10 a.m. snack: Smoked Sausage (double the recipe for snack tomorrow)
- Lunch: Easy Beef & Vegetable Soup (double the recipe for lunch tomorrow)
- 3 p.m. snack: Tamari Chicken Nuggets
- Dinner: Pan Seared Salmon Fillets with Mushrooms and Steamed Asparagus with Ghee
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Tuesday, Day #9

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Breakfast Plate
- 10 a.m. snack: Perfectly Boiled Egg
- Lunch: left-over Easy Beef & Vegetable Soup
- 3 p.m. snack: Tuna Stuffed Cherry Tomatoes
- Dinner: 4 Minute Basil Chicken Bowl
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*



Wednesday, Day #10

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Scrambled Eggs
- 10 a.m. snack: Teriyaki Wings Snack (double the recipe)
- Lunch: Deli Roast Beef Sandwiches
- 3 p.m. snack: left-over Teriyaki Wings Snack
- Dinner: Chicken Drums: Grilled or Baked with Steamed Broccoli & Cauliflower and Simple Green Salad (without avocado)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Thursday, Day #11

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Zucchini Pancakes
- 10 a.m. snack: Perfectly Boiled Egg
- Lunch: Tuna Lunch Salad
- 3 p.m. snack: Mock Caviar (with cucumber & crème fraîche)
- Dinner: Lemon Caper Grouper with Sautéed Spinach
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Friday, Day #12

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Sausage, Eggs & Roasted Garlic
- 10 a.m. snack: Egg Mini Muffins (double the recipe)
- Lunch: Turkey Noodle Soup (double the recipe for lunch tomorrow)
- 3 p.m. snack: left-over Egg Mini Muffins

- Dinner: Perfect Steak and Steamed Asparagus with Ghee
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Saturday, Day #13

Start your day with:

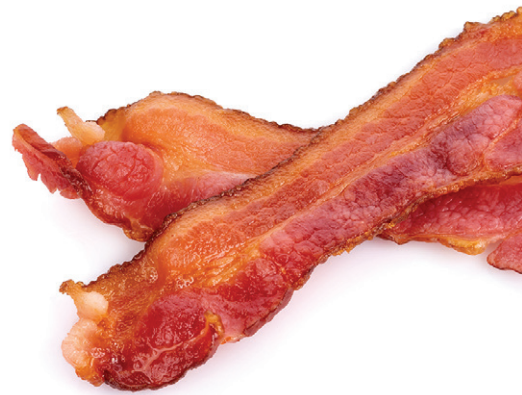
- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Mushrooms, Arugula & Eggs
- 10 a.m. snack: Deviled Eggs (double recipe)
- Lunch: left-over Turkey Noodle Soup
- 3 p.m. snack: left-over Deviled Eggs
- Dinner: Meat Stuffed Zucchini Boats
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*



Sunday, Day #14

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Baked Eggs in Avocado (with smoked salmon)
- 10 a.m. snack: Bacon Wrapped Brussels Sprouts (double recipe)
- Lunch: Chicken Sandwiches
- 3 p.m. snack: left-over Bacon Wrapped Brussels Sprouts
- Dinner: Pan Seared Scallops with 4 Minute Caesar Salad
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Week III

Monday, Day #15

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Perfectly Boiled Eggs (make extra hard-boiled eggs for lunch tomorrow)
- 10 am. snack: Eggplant Snack (double recipe)
- Lunch: Turkey Meatball Soup (double recipe for lunch on Wednesday)
- 3 p.m. snack: left-over Eggplant Snack
- Dinner: Chicken Teriyaki on “Noodles”
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Tuesday, Day #16

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan’s Anti-inflammatory Drink

Menu for the day:

- Breakfast: Breakfast Cabbage Pie (with bacon)
- 10 a.m. snack: Keto Blini with Smoked Salmon (double recipe)
- Lunch: Egg Salad Sandwiches (using eggs made yesterday)
- 3p.m. snack: left-over Keto Blini with Smoked Salmon
- Dinner: Roast Chicken and Sautéed Spinach with Air Fryer Roasted Cauliflower
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Wednesday, Day #17

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan’s Anti-inflammatory Drink

Menu for the day:

- Breakfast: Scrambled Eggs
- 10 a.m. Snack: Smoked Sausage (double recipe)
- Lunch: left-over Turkey Meatball Soup
- 3 p.m. snack: left-over Smoked Sausage
- Dinner: Perfect Steak and Roasted Cremini Mushrooms with Air Fryer Turnip Fries
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Thursday, Day #18

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan’s Anti-inflammatory Drink



Menu for the day:

- Breakfast: Classic Bacon & Eggs Breakfast
- 10 a.m. snack: Mini Meatloaf Bites (double recipe)
- Lunch: Tuna Sandwiches
- 3 p.m. snack: left-over Mini Meatloaf Bites
- Dinner: 4 Minute Basil Chicken Bowl
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*



Friday, Day #19

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Poached Eggs
- 10 a.m. snack: Keto Dip (with English cucumber)
- Lunch: 4 Minute Caesar Salad (with chicken)
- 3 p.m. snack: Hot Wings Snack
- Dinner: Pan Seared Salmon Fillets with Mushrooms and Steamed Asparagus with Ghee
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Saturday, Day #20

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Breakfast Bowl
- 10 a.m. snack: Smoked Oysters & Olives Appy (double recipe)
- Lunch: Rotisserie Chicken Soup
- 3 p.m. snack: left-over Smoked Oysters & Olives Appy
- Dinner: Spicy Cajun Shrimp served over Fried Cauliflower Rice
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Sunday, Day #21

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Zucchini Pancakes
- 10 a.m. snack: Perfectly Boiled Egg (make extra for snack tomorrow)
- Lunch: Deli Roast Beef Sandwiches
- 3 p.m. snack: Tuna Stuffed Cherry Tomatoes
- Dinner: Turkey Skewers with Garlic Aioli (for dipping) and Simple Green Salad (with avocado)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Week IV

Monday, Day #22

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink



Menu for the day:

- Breakfast: Sausage, Eggs & Roasted Garlic
- 10 a.m. Snack: Shrimp Salad Appy
- Lunch: Easy Beef & Vegetable Soup (double recipe for Wed. lunch)
- 3 p.m. snack: Deviled Eggs
- Dinner: Coconut Ginger Chicken Bowl with Cabbage Stir-fry
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Tuesday, Day #23

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: Veggie Omelet Wrap
- 10 a.m. snack: Smoked Salmon Lettuce Cup (double recipe)
- Lunch: Tuna Lunch Salad
- 3 p.m. snack: left-over Smoked Salmon Lettuce Cup
- Dinner: Pork Belly Slices with Cauliflower Fried Rice
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Wednesday, Day #24

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: [Breakfast Plate](#)
- 10 a.m. snack: [Perfectly Boiled Egg](#)
- Lunch: left-over [Easy Beef & Vegetable Soup](#)
- 3 p.m. snack: [Smoked Oyster & Olive Appy](#)
- Dinner: [Chicken Drums: Grilled or Baked with Air Fryer Turnip Fries](#) and [Simple Green Salad](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Thursday, Day #25

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink



Menu for the day:

- Breakfast: [Breakfast Cabbage Pie](#)
- 10 a.m. snack: [Bacon Wrapped Brussels Sprouts](#) (double recipe)
- Lunch: [Chicken Sandwiches](#)
- 3 p.m. snack: left-over [Bacon Wrapped Brussels Sprouts](#)
- Dinner: [Lemon Caper Grouper with Steamed Broccoli & Cauliflower](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Friday, Day #26

Start your day with:

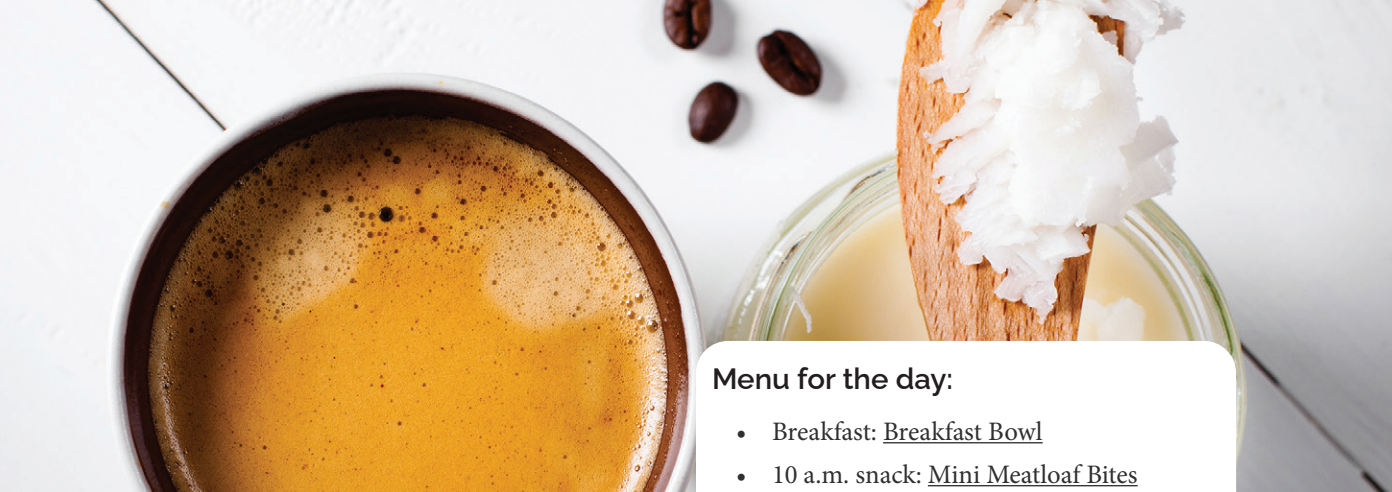
- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: [Scrambled Eggs](#)
- 10 a.m. snack: [Tamari Chicken Nuggets](#) (double recipe for snack tomorrow)
- Lunch: [Turkey Noodle Soup](#) (double recipe for lunch on Sunday)
- 3 p.m. snack: [Mock Caviar](#) with cucumber & crème fraîche (double recipe for tomorrow's snack)
- Dinner: [Warm & Spicy Beef Salad](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*



Saturday, Day #27

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: [Classic Bacon & Egg Breakfast](#)
- 10 a.m. snack: left-over [Tamari Chicken Nuggets](#)
- Lunch: [Tuna Salad Sandwiches](#)
- 3 p.m. snack: left-over [Mock Caviar](#) (with pepper strips)
- Dinner: [Pan Seared Salmon Fillets with Mushrooms](#) and [Steamed Asparagus with Ghee](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Sunday, Day #28

Start your day with:

- Bullet Proof Coffee or Bullet Proof Matcha Tea (no more than 2 tsp heavy cream per cup)
- 1 glass of Harlan's Anti-inflammatory Drink

Menu for the day:

- Breakfast: [Breakfast Bowl](#)
- 10 a.m. snack: [Mini Meatloaf Bites](#) (double recipe)
- Lunch: left-over [Turkey Noodle Soup](#)
- 3 p.m. snack: left-over [Mini Meatloaf Bites](#)
- Dinner: [Perfect Steak with 4 Minute Caesar Salad](#)
- Bedtime: Bedtime Triphala Drink
- Beverages as desired throughout the day: electrolyte drinks, water, tea, herbal tea, coffee.

**Drink at least 4 bottles (16 -24 oz each) of water*

*** No more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day*

Measurements & Weight

Now it's time to dig out the scales and find the measuring tape:

- weigh yourself and record your weight
- measure yourself around the chest, waist, hips, thighs (around both when standing with them together), around one thigh alone and around the upper arm

Congratulations on completing 28 days of the 4 Minute Keto program!





Chapter 5: Recipes

Basics

- Harlan's Anti-inflammatory Drink
- Bedtime Triphala Drink.
- Bullet Proof Coffee
- Bullet Proof Matcha Tea
- Homemade Electrolyte Drink
- Beef Bone Broth
- Homemade Chicken Broth
- Homemade Ghee
- Keto Dipping Sauce
- Keto Teriyaki Sauce
- Keto BBQ Sauce
- Crème Fraîche
- Roasted Garlic
- Easy Roasted Garlic Aioli
- Vinaigrette
- Completely Keto Green Goddess Dressing
- Basic Rub
- 4 Minute Pesto
- Pancake Bread



Harlan's Anti-inflammatory Drink

This recipe makes 1 drink so multiply ingredients by the number of people you are making drinks for this morning. It's easiest to simply line up the mugs and make the drinks individually. Freshly squeezed lemon juice is best as it has no extra additives to preserve the juice like the bottled version. One lemon usually yields $\frac{1}{2}$ C of juice so you have enough for 2 drinks with each lemon.

Ingredients

- 3 T lemon juice, freshly squeezed
- 2 tsp turmeric powder (or 2 T fresh turmeric, grated)
- 4 tsp ginger powder (or 4 T fresh ginger root, grated)
- Dash black pepper
- Dash cayenne pepper
- 1 T Stevia (up to 1 Tbsp)
- $\frac{1}{2}$ C water

Preparation

1. Mix all ingredients together in a glass. Use the stevia to sweeten the drink according to your own preference but use no more than one tablespoon. You can use either hot or cold water depending on your preference.
2. Drink only once a day, in the morning.

Nutritional Information:

- Total Calories/Serving: 53
- Total Carbs: 10g
- Fiber: 2g
- Net Carbs: 8g
- Total Fat: 1g
- Protein: 1g

Yield: 1 Serving



Bedtime Triphala Drink

Used for thousands of years in Ayurvedic medicine practice, Triphala is beneficial for digestion and elimination. It acts as a mild laxative and digestive tonic, stabilizes blood sugar and provides a good healthy digestive system.

Ingredients

- 1 tsp triphala
- ½ C hot or room temperature water
- 1 T fresh lemon or lime juice
- Stevia, to taste

Preparation

1. Stir 1 tsp of triphala into ½ C of either cold or warm water
2. Add 1 T of lemon or lime juice
3. Sweeten with liquid or powdered stevia, to taste. Drink on an empty stomach at bedtime.



Bullet Proof Coffee

There are many different versions of bullet proof coffee out there on the internet. The Speed Keto version is simple:

- 1 cup of coffee with 1 tsp MCT oil or MCT powder and, if desired, 2 tsp heavy cream.

That's it!

The usual time of day to drink this coffee is first thing in the morning because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day. My preferred brands of MCT oil are: Brain Octane or Completely Keto MCT Oil Powder (Salted Caramel or Mocha).

Note: Some people react with loose stools when first adding medium chain triglycerides (MCT oil) to their diet. You will most likely be okay with just one teaspoon but if you notice a problem cut back to ½ tsp and slowly build up to 1 teaspoon in your bullet proof drinks.

Nutritional Information:

- Calories/serving: 77 (with cream) ... 45 (without cream)
- Total Carbs: 0g
- Fiber: 0g
- Net Carbs: 0g
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0g



Bullet Proof Matcha Tea

Matcha is a shade grown, green tea that has been dried and ground into a fine powder. My version of Bullet Proof Matcha Tea is simple. Just add 1 tsp of the powder to a cup of boiling water and stir in 1 tsp of MCT oil or powder. I usually add 2 tsp of heavy cream to each cup.

My preferred brands of MCT oil are: Brain Octane or Completely Keto MCT Oil Powder.

Nutritional Information:

- Calories/serving: 70 (with cream) ... 37 (without cream)
- Total Carbs: 2g(with cream) ... 1g (without cream)
- Fiber: 0g
- Net Carbs: 2g (with cream) ... 1g (without cream)
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0g

Note: Some people react with loose stools when first adding medium chain triglycerides (MCT oil) to their diet. You will most likely be okay with just one teaspoon but if you notice a problem cut back to ½ tsp and slowly build up to 1 teaspoon in your bullet proof drinks.

Nutritional Information:

- Calories/serving: 77 (with cream) ... 45 (without cream)
- Total Carbs: 0g
- Fiber: 0g
- Net Carbs: 0g
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0g

Yield: 1 cup



Homemade Electrolyte Drink

There are many brands of electrolyte drinks commercially available today but homemade is also a convenient and more economical option. You can pick up powdered calcium magnesium mixtures at most pharmacies, health food/supplement stores or you can also easily order it from online sources.

I use a fruit flavored herbal tea as a base for my homemade electrolyte brew and steep it with an added stevia leaf for sweetener. I know fresh stevia leaves aren't available to everyone so this recipe includes the option of sweetening to taste with the powdered or liquid version.

Ingredients

- 1 quart base liquid (green tea, flavored herbal tea or plain water)
- ¼ C lemon juice
- ¼ C lime juice
- 2 T Magnesium Glycinate powder
- ¾ tsp Lo Salt Potassium & Sodium
- Stevia sweetener (to taste)

Preparation

1. Brew tea if using, or slightly warm the base liquid.
2. Add remaining ingredients. Mix well until the additions have dissolved into the base liquid.
3. Cool and store in refrigerator for up to four days.



Beef Bone Broth

Make this recipe for bone broth on the weekend. It can be simmering on the stove, in an instant pot or large crock pot while you are home doing chores. Bone Broth is a staple in our fridge. We use it as the base for different nutritious soups or for a simple and satisfying drink during intermittent fasting. If I find myself hungry between meals (which isn't very often), I opt to sip on a cup of homemade bone broth. I freeze bone broth in ice cube trays for this purpose. When the broth is frozen I simply store cubes in a re-sealable plastic bag for use as needed.

You can also save your chicken or turkey carcasses in the freezer and make a fine bone broth from them when you have time. Use at least three small carcasses when making chicken bone broth. A turkey carcass will work well too (along with the giblets & neck if available). Follow the recipe below, omitting the first 2 steps.

Ingredients

- 6 beef marrow bone chunks (2 – 2½ lb)
- Water – to cover bones
- 2 T apple cider vinegar
- 10 peppercorns
- 1 whole cooking onion, skin on & cut in half
- 1 or 2 bay leaves
- ½ bunch of fresh flat or curly leaf parsley (2 tsp dried)
- Sprig of fresh thyme (½ tsp dried)
- Sprig of fresh rosemary (½ tsp ground)
- ¾ tsp ground pink Himalayan salt



Preparation

1. Pre-heat oven to 375 F.
2. Put beef bones on a rimmed pan lined with foil. Place the pan on the middle rack of the pre-heated oven and roast the bones for 1 hour. Be careful when removing the pan from the oven as there will be some melted fat in the bottom of the shallow pan that will be very hot. You can skip this step but the resulting beef broth will be lighter in color and slightly less flavorful.
3. Stove-top method: Place the roasted bones and any melted fat in a large stock pot and add the cider vinegar and water. Allow bones to soak for 20 minutes before adding the remaining ingredients. Bring to a boil and then reduce the heat under the pot so the broth is just simmering. Place the pot lid on top so it's slightly askew to allow steam to escape as the broth simmers. Skim the top of the liquid every 20 minutes or so during the first 1 ½ hours.
4. You may need to add more water now and then, depending on how long you simmer the bone broth. We suggest at least 8-10 hours although we know some folks that simmer their broth for up to 24 hours. When done remove from heat and let cool for a while before removing the bones then strain the broth through a large sized sieve.
5. Discard the mushy vegetables and bones. Store the bone broth marked for use over the next few days in the fridge and freeze the remainder.

Yield: Approximately 10 servings, 1 C each



Homemade Chicken Broth

You will want to get the soup pot out in the morning because this chicken stock will spend 5-6 hours on your stove-top before it's really done. The long slow simmer maximizes the nutritional value and deepens flavor. Some of the broth will be consumed during fasting this week so you will be appreciating these amazing flavors soon!

When the internal temperature of the chicken reaches 185 F the meat is cooked. The chicken meat can be used for dinner with the bones from the carcass going back into the pot for the rest of the simmer time, 5-8 hours (or more). This recipe makes about 4 quarts of stock.

If you elect to make this broth you will have plenty of tasty chicken meat on hand. You can choose to substitute chicken for turkey in soups, salads or sandwiches.

Ingredients

- 1, 4-5 lb chicken, whole or cut into pieces
- 2 celery stalks, cut in half
- 5 garlic cloves, smashed open or cut in half
- 1 large bay leaf
- 3-5 sprigs fresh thyme (or 1 ½ tsp dried)
- Handful of fresh parsley (or 2 tsp dried)
- 2 tsp pink Himalayan salt (or kosher salt flakes)
- 1 tsp black peppercorns
- 1 ½ T apple cider vinegar
- Water to fill the 6-8 quart pot



Preparation

1. Place all ingredients into a 6-8 quart pot with a tight fitting lid.
2. Cover with water and continue filling the pot until almost full. Put a tight-fitting lid on the pot. Bring to a boil (this takes about 10-20 minutes) then reduce the heat under the pot until the liquid is just simmering.
3. When the internal temperature of the chicken reaches 185 F remove it from the pot and leave it to cool down a bit (about 1 hour). Once the meat has been removed from the carcass put the bones back into the pot and continue simmering. You can also add any chicken bones that have been saved in the freezer for broth making. Refrigerate the chicken meat after it has cooled.
4. Keep the soup pot covered to prevent the stock from evaporating. Regardless the level will go down and you will probably have to add a few cups of water as the day progresses if you notice the liquid reducing too much.
5. When the broth has simmered and reduced to your satisfaction strain it through a fine mesh sieve. Discard the mushy veggies and bones.
6. Cool stock and ladle into clean glass jars. The stock can be refrigerated for up to 3 days and will be fine in the freezer for up to 6 months.

If using a slow cooker ... follow the steps outlined above.

1. The chicken will likely take 2 ½-3 hours to reach an internal temperature of 185 F in the crock pot but it may take longer.
2. Crock pots vary in size and temperature. Remove meat from bones and return carcass to the pot and simmer from 4 – 24 hours.

Yield: About 4 quarts (16 one cup servings)



Homemade Ghee

Sometimes people who are sensitive to milk in their diet can tolerate ghee because the milk solids have been removed. However, if a milk allergy is present it is best to stay away from all butter – even ghee!

Ghee is a great fat to cook with since the milk solids have been removed. This fat can be used at a higher temperature making it an excellent choice for stir-fry wok dishes.

Ingredients

- 1 lb grass-fed, organic butter

Preparation

1. Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted you will fairly quickly see it separate into three distinct layers:
2. The top layer will be foamy and white in color
3. The middle will be yellow. This is the deepest layer and it is called clarified butter.
4. The milk solids from the butter will sink to the bottom of the pot forming the third layer
5. Eventually the butter will come to a simmer.
6. Keep the heat under the pot adjusted so that this slow simmering continues. Skim off the white foam that forms on the top every once in a while. After about 15-20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point the clarified butter has become ghee. The browning milk solids give distinct flavor to the ghee.
7. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready. Now it's simply a matter of straining out the browned milk solids using a clean sieve. Store the ghee in a glass jar with a tightly fitting lid.
8. You can store the ghee on the counter but you must be sure to remove all of the milk solids first.

Nutritional Information:

- Calories/tsp: 6
- Total Carbs: 0g
- Fiber: 0g
- Net Carbs: 0g
- Total Fat: 1 g
- Protein: 0g

Yield: 1 ½ C, Serving size: 1 tsp



Keto Dipping Sauce

Tamari sauce and dark sesame oil give this dipping sauce an Asian flavored profile, perfect for pairing with fresh veggies.

Ingredients

- 2 T gluten free tamari sauce
- 2 tsp dark sesame oil
- 2 cloves minced garlic
- ¼ C approved mayonnaise

Preparation

1. Combine all ingredients and thin sauce with a bit of water, if desired.

Nutritional Information:

- Total Calories/Serving: 122
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 13g
- Protein: 0g

Nutritional Information:

with 1 English cucumber cut into discs

- Total Calories/Serving: 133
- Total Carbs: 4g
- Fiber: 0g
- Net Carbs: 4g
- Total Fat: 13g
- Protein: 1g

Yield: 4 Servings



Keto Teriyaki Sauce

You can make a nice stir-fry meal in a hurry using one batch of this sauce and your choice of protein and veggies. Double or triple this recipe so there's always some on hand in the fridge for an easy meal.

Ingredients

- ½ C gluten free tamari sauce
- Stevia (no more than 1 T), to taste
- 1 garlic clove, minced or pushed through a press
- 1 tsp ginger root, grated
- ½ C water
- ¼ tsp xanthan gum

Preparation

1. Whisk all ingredients and pour into a small saucepan. Heat over medium high heat while whisking until the sauce begins to simmer and is thickened.

Nutritional Information:

- Total Calories/Serving: 26
- Total Carbs: 3g
- Fiber: 1g
- Net Carbs: 2g
- Total Fat: 0g
- Protein: 4g

Yield: 4 Servings (¼ C/serving)



Keto BBQ Sauce

This BBQ sauce whisks together quickly and after a short simmering process you are done. I try to always keep a jar for regular use, available in the fridge.

- $\frac{3}{4}$ C sugar-free ketchup
- $\frac{1}{2}$ C water
- $\frac{1}{4}$ C vinegar, white or apple cider
- 2 tsp garlic granules
- 2 tsp onion powder
- 1 T chili powder
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{4}$ tsp ground cumin
- 1 tsp smoked chipotle powder
- 1 tsp smoked paprika
- Grinding of black peppercorns
- Approved sweetener (to taste)

Preparation

1. Place all ingredients in a small, heavy bottomed saucepan and whisk together. Turn the heat under the pot up to medium high until the sauce comes to a boil then lower the heat, so the mixture is just simmering. Simmer for 10 minutes while stirring occasionally.
2. Remove from heat and allow to cool down before storing in an air-tight container in the fridge.

Nutritional Information:

- Calories/serving: 10
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 0g

Yield: 20 Servings (1 T/serving)



Crème Fraîche

You can make crème fraîche without fussing and the results are worth the minimal effort.

Only 2 ingredients and a bit of time yields a creamy garnish that will elevate your daily snacks and meals into something special.

I like to keep a container in my fridge all the time as once made; the crème fraîche will last for up to a week. It tastes best when chilled well, so make it a day before you want to use it in a recipe.

Ingredients

- 1 C heavy cream
- 3 T full fat sour cream

Preparation

1. Whisk cream and sour cream together in a ceramic or glass bowl.
2. Cover with a clean dish towel and allow the mixture sit at room temperature (68F – 72F) for 24 hours. The mixture should thicken during this time and will have a fresh and slightly nutty smell. Discard if overly sour or moldy.
3. Occasionally an unwanted spore gets into the mixture and sours the end result but if your bowl, utensils and towel are clean this shouldn't occur.
4. Whisk briefly. Refrigerate the crème fraîche in a tightly covered container for up to 1 week. Best served chilled.

Nutritional Information:

- Total Calories/Serving: 56
- Total Carbs: 0g
- Fiber: 0g
- Net Carbs: 0g
- Total Fat: 6g
- Protein: 0g

Yield: 16 Servings (1 T per serving)



Roasted Garlic

Roasted garlic often accompanies meals on our table. We love it plain and unadorned and like to include freshly roasted cloves on a board of assorted appetizers when entertaining. You could almost say roasted garlic is a kitchen staple at our house!

Ingredients

- 1 whole garlic bulb
- 1 T olive oil

Preparation

1. Pre-heat oven to 400 F.
2. Brush off any loose bits of dirt and the paper-like outer coating of the whole garlic bulb. Cut the top off the bulb and trim the root end, making sure it is clean and dirt free.
3. Place the bulb on a piece of aluminum foil, 6" x 6" square, and drizzle 1 T olive oil over the bulb.
4. Wrap the foil around the garlic bulb and place on a rimmed baking sheet. Put tray with garlic packets on the middle rack of the pre-heated oven and bake for 25 minutes.
5. Remove from the oven and remove the roasted garlic bulb from the foil packet. Allow to cool on a wire rack. Separate into individual cloves and remove the paper-like skin from each clove. Serve immediately.

Nutritional Information:

- Calories/serving: 40
- Total Carbs: 2g
- Fiber: 0g
- Net Carbs: 2g
- Total Fat: 4g
- Protein: 0g

Yield: 4 Servings



Easy Roasted Garlic Aioli

I love the mellow flavor of roasted garlic in this aioli. The roasted garlic aioli makes a great dip with fresh veggies. I often perk up a tuna melt or egg salad by substituting roasted garlic aioli for regular mayonnaise. No doubt you will find your own uses for this versatile sauce!

Ingredients

- 1 whole garlic bulb
- 1T olive oil
- 2/3 C approved mayonnaise
- ½ tsp Dijon mustard

Preparation

1. Preheat oven to 400 F.
2. Brush off any loose bits of the paper-like outer coating on the whole garlic bulb. Cut the top off the whole bulb.
3. Place the bulb on a piece of aluminum foil 6" x 6" square and drizzle the olive oil down into the bulb so the oil surrounds the individual garlic cloves inside the bulb.
4. Wrap the foil around the garlic bulb; put the packet on a cookie sheet. Place on the middle rack of the preheated oven. Bake for 25 minutes.
5. Remove from the oven and carefully open up the foil packet to let the garlic bulb cool. When you can handle it easily, separate into individual cloves and then squeeze the cloves out of their paper-like covers into a small bowl. Mash into a paste with the back of a metal table spoon.
6. Stir in the mayo and mustard until well blended. Chill and serve.

Nutritional Information:

- Total Calories/Serving: 78
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 8g
- Protein: 0g

Yield: 16 Servings (1 T/serving)



Vinaigrette

Homemade vinaigrettes are easy to make. Once you get onto how easy it is to whip one up, there will be no going back to heavy handed, fake tasting store bought salad dressings.

Ingredients

- Juice from 1 lemon or 2 limes
- 1 tsp Dijon mustard
- 3 drops of liquid stevia
- $\frac{3}{4}$ C olive oil

Preparation

1. Whisk lemon juice, mustard and liquid stevia.
2. Drizzle olive oil into the lemon juice mixture and continue whisking until all the oil has been incorporated into the dressing.

Nutritional Information:

- Total Calories/serving: 90
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 10 g
- Protein: 0 g

Yield: 16 Servings (1 Tablespoon in each serving)



Completely Keto Green Goddess Dressing

This dressing was invented and served to me by a friend. I begged for the recipe. Use this dressing for a change on Simple Green Salad.

Ingredients

- 2 ripe avocados, peeled and stone removed
- 2 garlic cloves, minced or pushed through a press
- ½ C green onions (scallions), chopped
- 1 ½ T fresh dill, chopped
- ¼ C parsley, chopped
- 1 T fresh lemon juice
- ½ T fresh lime juice
- 1 ½ T extra virgin olive oil
- Freshly ground pink Himalayan salt & black pepper, to taste

Preparation

1. Put all ingredients in food processor and process until creamy.

Nutritional Information:

- Total Calories/serving: 161
- Total Carbs: 9 g
- Fiber: 6 g
- Net Carbs: 3 g
- Total Fat: 14 g

Yield: 4 Servings



Basic Rub

This is my go-to rub when it's time for BBQ. I use it on beef, chicken and turkey.

Ingredients

- 2 T granulated garlic
- 2 T onion powder
- ½ T chili powder
- 1 tsp smoked chipotle powder
- 1 tsp smoked paprika
- 2 tsp oregano
- ½ T salt flakes
- 2 T erythritol/stevia mix (or approved sweetener of your choice)

Preparation

1. Stir all ingredients together until well combined. Store at room temperature in an air-tight container.

Nutritional Information:

- Calories/serving: 7
- Total Carbs: 2g
- Fiber: 2g
- Net Carbs: 0g
- Total Fat: 1g
- Protein: 0g

Yield: 16 Servings (1 T/serving)



4 Minute Pesto

Whiz this up in the blender in no time!

Ingredients

- 4 C fresh basil leaves, roughly chopped
- 1 T nutritional yeast
- 2 large garlic cloves
- ¼ C fresh lemon juice

Preparation

1. Place all ingredients in blender and process on high until a thick pesto mixture forms.

Nutritional Information:

- Calories/serving: 20
- Total Carbs: 3g
- Net carbs: 1g
- Fiber: 2g
- Total Fat: 0g
- Protein: 2g

Yield: 4 Servings



Pancake Bread

Variations of a keto friendly Oopsie Bread or Cloud Bread abound on the internet with most recipes using cream cheese. I like a version that uses mayonnaise instead of cream cheese making the end result perfect for this 4 Minute Keto program. I missed sandwiches until I started to make this easy bread substitute. You are going to love it!

The slices freeze well if you insert a piece of parchment paper between each slice before slipping them into a re-sealable bag and popping them into the freezer

Ingredients

- 4 large eggs, separated
- 4 T mayonnaise, full fat

Preparation

1. Pre-heat the oven to 350 F.
2. Whip egg whites until stiff
3. Beat egg yolks until light and creamy. Whisk in mayonnaise.
4. Carefully fold the egg yolk/mayonnaise mixture into the egg whites.
5. Create 8 pancake shapes by mounding the mixture on a parchment lined baking sheet. Bake on the middle rack of the pre-heated oven for 15 minutes. Cool on a wire rack.

Nutritional Information:

- Total Calories/serving: 160 (per 2 slices)
- Total Carbs: 2 g
- Fiber: 0 g
- Net Carbs: 2g
- Total Fat: 16 g
- Protein: 6 g

Yield: 8 slices (enough for four sandwiches)



Recipes

Breakfast

- Zucchini Pancakes
- Baked Eggs in Avocado with Smoked Salmon
- Mushrooms, Arugula & Eggs
- Perfectly Boiled Eggs (Stove-top & Instant Pot Methods)
- Perfectly Poached Eggs
- Scrambled Eggs
- Sausage, Eggs & Roasted Garlic
- Classic Bacon & Eggs Breakfast
- Breakfast Bowl
- Veggie Omelet Wrap
- Breakfast Plate





Breakfast Cabbage Pie (with & without bacon)

These little pancake-shaped pies make a nice change at breakfast time. Serve them on their own or add a few bacon strips on the side. Either way this breakfast will satisfy your hunger and get you through the morning! I buy pre-shredded cabbage which makes preparation for this breakfast quick and easy. Make sure the cabbage is finely grated; if too coarse it will not soften and cook quickly.

Ingredients

- 4 tsp ghee
- ¼ C onions, small dice
- 1 small cabbage, finely shredded (3 C shredded cabbage)
- 4 eggs, whisked

Preparation

1. Melt 1 tsp of ghee and sauté the onions in a heavy bottomed skillet over medium high heat until soft. Remove from heat and set aside. Place shredded cabbage in a bowl and stir in the whisked eggs. Add the softened onion and stir until combined. Season with a grinding of salt and pepper, if desired.
2. Melt 2 tsp of ghee in the heavy bottomed skillet on medium high. Add half of the cabbage mixture into the hot pan, forming 2 round pancakes with the mixture. Fry for 4 minutes or until the pancakes solidify and become a nice golden brown color underneath. Carefully flip the pancake pies and continue cooking for another 3 or 4 minutes until the cabbage is soft and the pies are golden brown in color on both sides.
3. Remove the pancake pies and keep them warm while you repeat the process with the remaining cabbage mixture.
4. Serve with a few strips of cooked bacon, if desired

Nutritional Information:

- Total Calories/Serving: 125
- Total Carbs: 6g
- Fiber: 2g
- Net Carbs: 4g
- Total Fat: 9g
- Protein: 6g

Nutritional Information:

(with 2 strips of bacon/serving)

- Total Calories/Serving: 155
- Total Carbs: 6g
- Fiber: 2g
- Net Carbs: 4g
- Total Fat: 11g
- Protein: 7g

Yield: 4 Servings



Zucchini Pancakes

I'm placing this recipe in the breakfast section but you can eat these tasty pancakes as a side dish with your lunch or dinner entrees too. They are good at anytime of the day. I am also fond of adding a bit of Easy Roasted Garlic Aioli on top for an added burst of flavor.

Ingredients

- 3 C finely shredded zucchini plus 1 tsp pink Himalayan salt flakes
- 3 eggs, whisked
- ¼ C chopped fresh parsley
- 1 T ghee

Preparation

1. Place shredded zucchini in a bowl and sprinkle pink Himalayan salt flakes overtop. Stir then let the zucchini sit on the countertop at room temperature for 10 minutes. The salt will cause the zucchini to release moisture during this resting period.
2. Scoop up a handful of the shredded zucchini and squeeze out all the excess moisture. Place the squeezed zucchini in a separate bowl. Repeat process with the remaining zucchini.
3. Add the whisked eggs and chopped parsley. Stir until all ingredients are well blended.
4. Melt ghee in a large, heavy bottomed skillet over medium high heat. Make 4 mounds in the pan, using up all of the zucchini mixture, and then flatten each of the mounds with the back of a spatula. Cover the pan and let the pancakes cook for 4 minutes. The pancakes should be nicely firmed up and golden brown on the bottom at the end of this time. If not, give them a few more minutes.
5. Remove the lid and flip the pancakes. Continue to cook the pancakes for another 3 or 4 minutes or until the pancake has a nice golden brown color on the bottom and is cooked all the way through. Remove from the pan and serve while hot. I like to top these pancakes with a tablespoon of Easy Roasted Garlic Aioli

Nutritional Information:

- Total Calories/Serving: 101
- Total Carbs: 3g
- Fiber: 1g
- Net Carbs: 2g
- Total Fat: 7g
- Protein: 6g

Yield: 4 Servings



Baked Eggs in Avocado with Smoked Salmon

These eggs are perfect for a brunch with family and friends. They look elegant, plus they are easy to make. For a successful outcome you need to plan ahead so the avocados are ripe but still firm, on the day you want to serve this dish.

Variation: Omit the smoked salmon and substitute 3 strips of crisp bacon, crumbled. Garnish with 1 T of snipped chives. Macros for this version supplied at the end of this recipe.

Ingredients

- 2 ripe avocados, cut into halves and pits removed
- 3 oz smoked salmon, thinly sliced
- 4 small eggs
- Fresh herbs for garnish if desired

Preparation

1. Preheat oven to 375 F
2. Cut avocados in half and remove the pits. Place, facing up with the peel side down, on a parchment lined baking sheet.
3. Crack one egg at a time into each avocado half, then place a thin slice of smoked salmon beside each egg inside the avocado depression.
4. Season with a grinding of pink Himalayan salt & black peppercorns, if desired. Bake on the middle rack of the pre-heated oven for 20-25 minutes.
5. Garnish with freshly chopped herbs of your choice, if desired.

Nutritional Information:

(with smoked salmon)

- Total Calories/serving: 214
- Total Carbs: 9g
- Fiber: 7g
- Net Carbs: 2g
- Total Fat: 15g
- Protein: 6g

Nutritional Information:

(with crumbles bacon)

- Total Calories/serving: 265
- Total Carbs: 9g
- Fiber: 7g
- Net Carbs: 2g
- Total Fat: 22g
- Protein: 10g

Yield: 4 Servings



Mushrooms, Arugula & Eggs

The slightly nutty flavor of arugula pairs nicely with mushrooms and eggs. I enjoy this meal often for breakfast, lunch and sometimes even dinner!

Ingredients

- 1 T ghee
- ½ lb sliced white mushrooms
- 2 C arugula
- 4 eggs
- Fresh herbs & spices of your choice

Preparation

1. Melt ghee in a heavy bottomed skillet and sauté the sliced mushrooms for 4 or 5 minutes until they are soft and cooked.
2. Stir in the arugula and sauté until the leaves wilt. Remove the mushroom mixture from the skillet and keep warm.
3. Fry the 4 eggs to your liking. Season with a grinding of pink Himalayan salt and black peppercorns if desired.
4. Divide the mushroom mixture between 4 plates and top with an egg. Sprinkle on fresh herbs of choice, if desired.

Nutritional Information:

- Total Calories/Serving: 121
- Total Carbs: 3g
- Fiber: 1g
- Net Carbs: 2g
- Total Fat: 9g
- Protein: 9g

Yield: 4 Servings



Perfectly Boiled Eggs (Stove-top & Instant Pot Methods)

Stove-top Boiled Eggs:

Keep a stash of ready to eat hard boiled eggs in the fridge for a quick snack if the need arises. I make boiled eggs using large sized eggs that come straight out of the fridge. Simply place eggs in a heavy bottomed pot that comfortably fits the number of eggs you are boiling. Cover the eggs with water (1" above the tops of the eggs in the pot) using cold water from the kitchen tap.

Hard Boiled Eggs

Set your timer for 15 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at a rapid a rate.

When 15 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Refrigerate the eggs when cool enough to handle. Hard boiled eggs can be stored in the fridge for up to a week.

Soft Boiled Eggs:

Set your timer for 7 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at a rapid a rate.

When 7 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Take the top off the egg or peel and serve with ghee to add some fat to your breakfast. Season with salt and pepper, to taste.



Instant Pot Boiled Eggs:

Peeling eggs that have been cooked in an instant pot is amazingly easy; you will never have to deal with shell that just won't release from the membrane again.

Hard Boiled Eggs:

Place eggs on the rack that fits into the bottom of the inner pot. Seal lid. Set to high pressure for 5 minutes then perform a quick manual release after 5 minutes. Run the eggs under a stream of cold water until cool enough to hold. Peel immediately.

Soft Boiled Eggs:

Place eggs on the rack that fits into the bottom of the inner pot. Seal lid. Set to high pressure for 3 minutes then perform a quick manual release after 5 minutes. Run the eggs under a stream of cold water until cool enough to hold. Peel right away.

Nutritional Information:

- Total Calories/serving: 70
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 2 g
- Protein: 6 g

Yield: 1 large egg per serving



Perfectly Poached Eggs

It takes 4 minutes to perfectly poach one egg in water that is just at the simmering point. The end result is a nicely shaped egg with a warm yolk that is slightly thickened; not too runny or overly hard. Since we'll be poaching 4 eggs we will add about 20 seconds per extra egg. Some folks add a wee bit of vinegar to the simmering water which helps keep those wisps of egg white from escaping each egg and messing up the water. It takes practice to get perfectly poached eggs but is not impossible!

Ingredients

- 4 large eggs

Preparation

1. Select a pan, large enough to hold 4 eggs without them being too crowded, and fill it halfway up with water. Place pan over high heat and bring the water up to the boil. Reduce heat beneath the pan so the water is just at the simmering point. You will see small bubbles forming across the bottom of the pan that rise gently to the surface when the water is at the right temperature.
2. Crack fresh eggs, one at a time, into a measuring cup that has a long handle. Gently slip the eggs into the simmering water, one at a time. Poach the eggs for 5 minutes altogether.
3. Use a slotted spoon to remove each egg from the pan. I like to remove excess water by gently blotting the egg while it's still in the spoon. Serve while hot with a quick grinding of salt & pepper if desired.

Nutritional Information:

- Total Calories/serving: 70 (one egg/serving)
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 0 g
- Protein: 6 g

Yield: Serves 4



Scrambled Eggs

Whip these up on a busy morning and you'll be out the door in no time!

Ingredients

- 1 T ghee
- 8 eggs
- ½ tsp garlic granules
- ½ tsp onion powder
- 3 T heavy cream
- Salt & pepper to taste

Preparation

1. Melt ghee in a heavy skillet over medium high heat.
2. Whisk eggs with heavy cream, garlic granules, onion powder and salt & pepper.
3. Pour into hot skillet, lower heat to medium and stir the egg mixture as it scrambles in the pan.
4. Remove from heat when the eggs are almost completely scrambled but still a bit wet. They will continue to cook even though off the heat and will be done perfectly by the time you get them plated.

Nutritional Information:

- Total Calories/serving: 216
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 18g
- Protein: 13g

Yield: 4 Servings



Sausage, Eggs & Roasted Garlic

Be careful when purchasing breakfast sausages as some brands have carby fillers included in the ingredients. You can use sausages made with ground turkey or pork but always check the ingredients before selecting.

Ingredients

- 4 eggs
- 12 breakfast sausages
- 1 Roasted Garlic bulb

Preparation

1. Heat a heavy skillet over medium high heat. Add sausage links and fry, rolling the sausage around now and then until they are nicely browned on all sides. Remove and keep warm.
2. Turn the heat under the skillet down to medium and crack the eggs into the hot grease from the sausages. Cook to your preference. Serve next to the sausages and garnish each plate with a few roasted garlic cloves.

Nutritional Information:

- Calories/serving: 400
- Total Carbs: 9
- Fiber: 2
- Net Carbs: 7
- Total Fat: 37g
- Protein: 16g

Yield: 4 Servings



Classic Bacon & Eggs Breakfast

This recipe features classic fried eggs and bacon. I've included instructions for fried eggs but feel free to cook the eggs any way you want (poached, boiled, baked or scrambled).

Ingredients

- 12 bacon strips (pork or turkey)
- 4 large eggs

Preparation

1. Heat a heavy bottomed skillet over medium high heat. Add bacon strips and fry, flipping the bacon now and then until it is nice and crispy. Remove and drain on paper towel.
2. Turn the heat under the skillet down to medium and crack the eggs into the hot grease from the bacon. Cook to your individual preference.

Nutritional Information:

(with turkey bacon)

- Calories/serving: 162
- Total Carbs: 2g
- Fiber: 0g
- Net Carbs: 2g
- Total Fat: 10g
- Protein: 14g

Nutritional Information:

(with pork bacon)

- Calories/serving: 192
- Total Carbs: 0g
- Fiber: 0g
- Net Carbs: 0g
- Total Fat: 15g
- Protein: 14g

Yield: 4 Servings



Breakfast Bowl

Corned beef pairs perfectly with cauliflower in this easy-to-make breakfast bowl. You won't miss the potatoes; promise!

Ingredients

- 2 T ghee
- ½ C onion, small dice
- 4 C cauliflower florets, processed into rice
- 1 lb shredded corned beef, diced or shredded
- 4 eggs, fried or poached

Preparation

1. Melt ghee in a heavy bottomed skillet over medium high heat. Sauté onions until soft. Add the riced cauliflower. Sauté for 3 or 4 minutes.
2. Add corned beef and continue to sauté until the cauliflower bits are softened and lightly browned. Serve immediately in a wide-brimmed bowl. Garnish with a fried or poached egg.

Nutritional Information:

- Total Calories/serving: 372
- Total Carbs: 6g
- Fiber: 1g
- Net Carbs: 5g
- Total Fat: 23g
- Protein: 27g

Yield: 4 Servings



Veggie Omelet Wrap

Ingredients

- 6 eggs
- 1T water
- Grinding of pink Himalayan salt & black peppercorns
- 1 Hass avocado, seeded and cut into thin vertical slices
- 1 tomato, small dice
- ½ C baby spinach

Preparation

1. Whisk eggs and water. Heat a non-stick small skillet sprayed with a tiny amount of approved cooking oil over medium high heat.
2. Swirl ¼ of the egg mixture around the pan so it forms a thin coat across the bottom of the pan.
3. When the egg is set and lightly browned on the bottom carefully flip the omelet.
4. Cook for one minute more then slip the omelet wrap out of the pan. Keep warm. Repeat with the remaining egg mixture.
5. Place ¼ of the avocado, tomato and spinach along one edge of the omelet wrap and roll it up.
6. Repeat with the remaining ingredients. Serve while warm.

Nutritional Information:

- Calories/serving: 220
- Total Carbs: 6g
- Fiber: 4g
- Net Carbs: 2g
- Total Fat: 18g
- Protein: 11g

Yield: 4 Servings



Breakfast Plate

Simple, yet pretty on the plate. Just looking at this will whet your appetite!

Ingredients

- 16 asparagus spears, trimmed
- 2 tsp ghee
- 4 eggs
- 1 C arugula

Preparation

1. Steam asparagus over boiling water for 4 minutes.
2. While asparagus is cooking melt ghee in heavy bottomed skillet over medium high heat. Fry eggs to your liking.
3. Divide asparagus, arugula and fried eggs between 4 plates. Serve and enjoy.

Nutritional Information:

- Calories/serving: 100
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 8g
- Protein: 7g

Yield: 4 Servings



Recipes

Lunch

- Smoked Turkey Sandwiches
- Deli Roast Beef Sandwiches
- Tuna Salad Sandwiches
- Chicken Sandwiches
- Curried Egg Salad Sandwiches
- Easy Beef & Vegetable Soup
- Rotisserie Chicken Soup
- Turkey Noodle Soup
- Turkey Meatball Soup
- Tuna Lunch Salad



Deli Smoked Turkey Sandwiches

Ingredients

- ½ lb smoked turkey sliced deli meat, no added sugar
- ¼ C approved mayonnaise
- 2 tsp Dijon mustard
- 8 Pancake Bread slices

Preparation

1. Layer the turkey, mayo and mustard between the pancake bread slices and enjoy the sandwiches!

Nutritional Information:

- Total Calories/Serving: 319 (per sandwich)
- Total Carbs: 5g
- Fiber: 0g
- Net Carbs: 5g
- Total Fat: 28 g
- Protein: 16 g

Yield: 4 Servings (4 sandwiches)



Deli Roast Beef Sandwiches

Ingredients

- ¼ lb deli roast beef, no added sugar
- ¼ C approved mayonnaise
- 4 tsp horseradish
- 8 Pancake Bread slices

Preparation

1. Mix the mayo and horseradish together
2. Layer the mayo mixture and roast beef between slices of pancake bread and enjoy!

Nutritional Information:

- Total Calories/Serving: 415
- Total Carbs: 3g
- Fiber: 0g 0
- Net Carbs: 3g
- Total Fat: 34g
- Protein: 35g

Yield: 4 Servings (4 sandwiches)



Tuna Salad Sandwiches

Ingredients

- 2 cans solid tuna
- ¼ C approved mayonnaise
- ¼ C green onions (scallions), thinly sliced
- ¼ C celery, thinly sliced
- 8 Pancake Bread slices

Preparation

1. Drain liquid from tuna tins, place tuna in bowl and break up chunks using a fork.
2. Mix tuna with remaining ingredients and season with a grinding of pink Himalayan salt & black peppercorns, if desired.
3. Spread the tuna filling between slices of Pancake Bread

Nutritional Information:

- Total Calories/Serving: 235
- Total Carbs: 4g
- Fiber: 0g
- Net Carbs: 4g
- Total Fat: 31g
- Protein: 24g

Yield: 4 Servings (4 sandwiches)



Chicken Sandwiches

We make our own chicken broth so often have cooked chicken on hand. If you don't, just substitute baked, sugar free deli chicken when making these sandwiches. You can also substitute plain, approved mayo for the aioli if that's your preference.

Ingredients

- 8 oz cooked chicken slices
- 4 T Garlic Aioli
- 4 romaine lettuce leaves
- 8 Pancake Bread slices

Preparation

1. Layer ingredients between Pancake Bread slices. Season with a grinding of pink Himalayan salt and black peppercorns, if desired.

Nutritional Information:

- Total Calories/Serving: 291 (per sandwich)
- Total Carbs: 6g
- Fiber: 0 g
- Net Carbs: 6g
- Total Fat: 49 g
- Protein: 23 g

Yield: 4 Servings (4 sandwiches)



Curried Egg Salad Sandwiches

I love a bit of curry in my egg salad but skip this spice if it's not on your list of favorites.

Ingredients

- 8 Pancake Bread pieces
- 4 Perfectly Hard Boiled Egg
- ¼ C approved mayonnaise
- 1 tsp Dijon mustard
- 2 tsp onion powder
- 1 ½ tsp curry powder
- Grinding of pink Himalayan salt & black peppercorns (to taste)

Preparation

1. Mash hardboiled eggs with a fork and mix in the mayonnaise, Dijon mustard, onion powder and curry powder. Correct the seasoning with salt & pepper.
2. Spread the egg mixture on one piece of pancake bread and cover with the second piece of pancake bread. Cut in half and serve.

Nutritional Information:

- Total Calories/serving: 245
- Total Carbs: 6 g
- Fiber: 5 g
- Total Fat: 20 g
- Protein: 10 g

Yield: 4 Servings



Easy Beef & Vegetable Soup

This version of beef & veggie soup can be whipped up quickly. To speed things up I often opt to use pre-prepared frozen cauliflower rice and the packaged finely shredded cabbage that is usually available in the fresh veggie section at my grocery store. Homemade Beef Bone Broth always bumps up the flavor of soup but I also find organic beef broth, commercially available in tetra packs, to be an acceptable option.

Ingredients

- 2 T ghee
- 1 tsp onion powder
- 1 tsp garlic granules
- 4 C beef broth, use Beef Bone Broth or an organic tetra boxed version
- 1 lb top round simmering steak, cut into small cubes
- 2 C cauliflower rice
- 2 C finely shredded cabbage

Preparation

1. Melt ghee in a heavy bottomed soup pot over medium high heat. Add the onion powder and garlic granules. Stir for 30 seconds then add the beef cubes and sauté until the meat begins to brown. Stir in the beef broth.
2. Add the cauliflower rice and shredded cabbage. When the broth begins to boil turn the heat down to medium so the broth is just simmering.
3. Allow the soup to simmer for 30 minutes and serve.

Nutritional Information:

- Total Calories/Serving: 319
- Total Carbs: 6g
- Fiber: 3g
- Net Carbs: 3g
- Total Fat: 19g
- Protein: 30g

Yield: 4 Servings



Rotisserie Chicken Soup

Ingredients

- 1 cooked rotisserie chicken (about 3 C cooked chicken chunks)
- 1 box organic chicken broth
- 2 tsp onion powder
- 1 tsp garlic granules
- 1 bay leaf
- 1 sp sage
- 1 tsp dried thyme
- 1 package shredded cabbage
- 2 C cauliflower rice
- Grinding of pink Himalayan Salt & black peppercorns, to taste

Preparation

1. Remove skin from chicken place skin in a heavy bottomed soup pot. Take the meat from the bones and add the bones to the pot. Pour the broth over-top and add the onion powder, garlic granules, bay leaf, sage and thyme. Bring broth to a boil over medium-high heat then reduce the heat so the broth is just simmering for ½ hour.
2. While the broth is simmering shred or cube the cooked chicken (you will have about 3C chicken). Set aside in the fridge for later use.
3. When the simmering time is up strain the broth and discard the bones, etc.
4. Pour the strained broth back into the soup pot. Add the shredded cabbage and cauliflower rice.
5. Turn the heat up under the pot to high. Once the soup comes to the boil adjust the heat under the pot until the broth is just simmering. Simmer for about 25 minutes until the cabbage and cauliflower is cooked through and the soup flavors have had a chance to meld and mature.
6. Add the shredded chicken and season to taste with salt & pepper. Simmer for another 5 minutes before serving.

Nutritional Information:

- Calories/serving: 273
- Total Carbs: 9g
- Fiber: 2g
- Net Carbs: 7g
- Total Fat: 15g
- Protein: 23g

Yield: 4 Servings



Turkey Noodle Soup

If you use an Instant Pot to cook this soup you will be eating your lunch in no time. No worries if you don't have an Instant Pot, but I would heartily recommend you add one to your kitchen arsenal when you can. Instructions for both cooking methods are provided below.

This soup tops my list of go-to comfort foods; just so nourishing and satisfying!

Ingredients

- 1 T ghee
- ½ tsp onion powder
- ½ tsp dried thyme
- 1 tsp dried parsley (or 1 T minced fresh)
- ½ tsp ground black peppercorns
- ½ tsp pink Himalayan salt
- 1 quart box of organic chicken or turkey broth (use homemade if you have it on hand)
- 1 large or 2 small turkey thighs, skin on/bone in
- 1 package Miracle (or other approved brand) of Konjac noodles



Preparation

1. Instant pot method: Set Instant Pot on sauté and allow it to heat up for a minute or two. Melt the ghee and stir in the spices, pepper and salt. Sauté for one minute then add the turkey thigh(s), skin side down. Sauté for 3 or four minutes until the skin is a nice golden color then press the “off” button. Pour the chicken or turkey broth over-top.
2. Secure the lid and set the steam release valve to the proper position. Select soup mode and program the time for 8 minutes. When the time is up allow pressure to natural release for 10 minutes then perform a manual release.
3. Take the thigh(s) from the pot and set aside to cool for a few minutes. Remove the skin and discard. Take all the turkey meat from the bones and shred (discard the bones). Drain and rinse the noodles and add them to the contents of the pot along with the shredded turkey meat.
4. Bring everything back up to the simmering point (on the sauté setting) and continue simmering for 5 minutes. Serve.
5. Stove-top method: Heat ghee over medium high heat in a heavy bottomed soup pot. Add the spices and sauté for a minute. Place turkey thigh(s) in the pot, skin side down and sauté in the ghee mixture until the skin is golden brown in color. Pour the stock over-top and bring the liquid up to the simmering point. Simmer for 1 hour or until the internal temperature of the turkey thigh(s) reaches 165 F. Remove thighs from the pot and set aside until cool enough to handle.
6. Remove skin and take the meat off of the bones. Shred the turkey meat and discard the skin and bones.
7. Drain and rinse the noodles then add them to the contents of the pot along with the shredded turkey meat. Bring everything back up to the simmering point and simmer for 5 minutes. Serve and enjoy!

Nutritional Information:

- Total Calories/serving: 155
- Total Carbs: 1g
- Fiber: 0 g
- Net Carbs: 1g
- Total Fat: 7 g
- Protein: 20 g

Yield: 4 Servings



Turkey Meatball Soup

Here's another soup the instant pot will handle quickly but I've included stove-top prep instructions too. Either way the soup is made quickly for a satisfying lunch on a cool day.

Ingredients

- 1 lb ground turkey
- 1 egg, whisked
- 2 tsp onion powder
- 1 tsp garlic granules
- ½ tsp smoked paprika
- 2 tsp dried dill
- 1 T ghee
- 4 C chicken or turkey broth
- 1 package fettuccini style Konjac noodles

Preparation

1. Mix ground turkey, whisked egg and spices together until well blended. Make small, 1" meatballs with the ground meat mixture.
2. Instant Pot Method: Melt ghee in pot set to the sauté setting and sauté the meatballs until lightly browned. Add the broth and rinsed noodles. Secure the lid and set the steam release valve to the proper position. Select soup mode and program the time for 8 minutes. When the time is up allow pressure to natural release for 10 minutes then perform a manual release. Serve garnished with some dill, if desired.
3. Stove-top Method: Heat ghee over medium high heat in a heavy bottomed soup pot over medium high heat. Sauté meat balls until they are all a nice golden brown color. Pour the broth over-top and add the rinsed noodles.
4. Bring the broth up to the simmering point and simmer the soup for 15 minutes. Meatballs should reach an internal temperature of 165 F. Simmer for 5 more minutes and serve garnished with some dill, if desired.

Nutritional Information:

- Calories/serving: 236
- Total Carbs: 3g
- Fiber: 0g
- Net Carbs: 3g
- Total Fat: 14g
- Protein: 26g

Yield: 4 Servings



Tuna Lunch Salad

Ingredients

- 2 C arugula
- ¼ C red onion, sliced thinly
- 1 Hass avocado, thinly sliced
- 2 cans solid tuna, drained & separated into chunks
- 8 T Vinaigrette

Preparation

1. Spread ½ C of arugula leaves out on each of 4 salad plates. Sprinkle red onion slices around on top and distribute the avocado and tuna evenly amongst the plates.
2. Finish each salad by drizzling 2 T of Vinaigrette over-top and serve.

Nutritional Information:

- Calories/serving: 329
- Total Carbs: 6g
- Net Carbs: 4g
- Fiber: 2g
- Total Fat: 30g
- Protein: 9g

Yield: 4 Servings



Recipes

Dinner

- Roast Chicken
- Turkey Skewers
- Coconut Ginger Chicken Bowl
- 4 Minute Basil Chicken Bowl
- Chicken Teriyaki on “Noodles”
- Chicken Drums: Baked or Grilled
- Meat Stuffed Zucchini Boats
- Pan Seared Salmon Fillets with Mushrooms
- Broiled Salmon Steaks
- Lemon Caper Grouper
- Spicy Shrimp
- Pan Seared Scallops
- Pork Belly Slices (BBQ, Baked or Smoked)
- Warm & Spicy Beef Salad
- Perfect Steak



Roast Chicken

Roasted chicken is a family pleasing dinner that's easily ready for the oven in just 4 minutes!

Ingredients

- 4 - 5 lb chicken
- ¼ C approved mayonnaise
- ½ tsp garlic granules or 1 large clove, pushed through a press
- Handful of fresh herbs (rosemary, thyme, oregano)
- Grinding of pink Himalayan salt & peppercorns

Preparation

1. Wipe chicken inside and out with paper towel.
2. Mix garlic and mayonnaise together and set aside.
3. Stuff herbs into the chicken cavity.
4. Brush the outside of the chicken with the mayo/garlic mixture. Season with salt and pepper, if desired.
5. Oven Method: Pre-heat oven to 500 F. Put the prepared chicken into a roasting pan and place the uncovered pan onto the middle rack of the pre-heated oven. Immediately lower the heat to 350 F. Roast the chicken for 1 hour and check the temperature. The chicken is done when the internal temperature of both the light and dark meat areas reaches 165 F.
6. Air Fryer Method: Prepare the chicken and place into the air fryer. Set the fryer to 180 F for 1 hour. Check the internal temperature of the chicken after 40 minutes. Continue to cook for another 10-20 minutes or until the internal temperature of both the light and dark meat reaches 165 F. Let the chicken rest in the fryer for 5 minutes before carefully removing using tongs.

Nutritional Information:

- Total Calories/Serving: 342
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 28g
- Protein: 21g

Yield: 4 Servings



Turkey Skewers

I use turkey for these kebabs but you could substitute chicken or pork if that's your preference. These skewers grill up quickly and provide a satisfying meal at either lunch or dinnertime. I usually start the turkey marinating in the morning before I head out the door but you can get away with marinating for a shorter period of time before cooking. Serve with my Keto Dipping Sauce or Garlic Aioli on the side.

Ingredients

- 1 lb turkey breast
- 3 T gluten free tamari sauce
- 2 large cloves of garlic, pushed through a press
- 1 T minced ginger root

Preparation

1. Cut turkey breast into small cubes and place in a re-sealable bag.
2. Combine remaining ingredients and pour over turkey. Seal bag and allow the turkey to marinate, in the fridge, for at least 1 hour.
3. Thread turkey onto skewers and give each skewer a quick spray of oil (I like to use coconut oil cooking spray).
4. BBQ Method: Pre-heat grill to medium high. Grill skewers for 3 minutes on one side and flip. Continue to grill for a few more minutes or until the internal temperature reaches 165 F.
5. Broiler Method: Pre-heat the oven broiler element. Put prepared skewers on a foil lined, rimmed baking sheet leaving some space between the skewers. Place the pan under the broiler and broil for 3 minutes. Flip the skewers over and continue broiling for another 2 or 3 minutes until the meat reaches an internal temperature of 165 F.
6. Serve skewers with my keto friendly sauce on the side.

Nutritional Information:

- Total Calories/serving: 145
- Total Carbs: 1g
- Fiber: 0 g
- Net Carbs: 1g
- Total Fat: 3 g
- Protein: 27g

Yield: 4 Servings



Coconut Ginger Chicken Bowl

I've published a similar recipe (Thai Chicken Bowl) before and it turned into a favorite for my online audience. For this new program, I'm altering this popular recipe for you so that it fits into the "four" format. It's still a mighty fine tasting recipe and I'm convinced it will be equally popular!

Use left-over cooked chicken for this recipe or simply buy a spit roasted BBQ chicken and remove the skin. Take the meat from the bones and cut it into small pieces or shred for use in the recipe.

Ingredients

- 1 jalapeño pepper, small dice
- 1 T fresh ginger, minced
- 1 C unsweetened coconut cream, from a can
- 1 lb chicken, cooked & shredded

Preparation

1. Place a wok-style pan over medium/high heat and spray with cooking oil if not using a non-stick wok.
2. Add in the ginger and the finely chopped jalapeño. Stir-fry until the pepper softens. Add in the shredded chicken meat and coconut cream. Mix well and heat through.
3. Serve over Fried Cauliflower Rice, if desired.

Nutritional Information:

- Calories: 215
- Total Carbs: 2g
- Fiber: 0g
- Net Carbs: 2g
- Total Fat: 15g
- Protein: 24g

Yield: 4 Servings



4 Minute Basil Chicken Bowl

This recipe will make four servings but you can easily double or triple the ingredients if you are cooking for a larger group. It keeps well refrigerated so making extra for an easy meal tomorrow makes good sense. If you are making your own chicken broth you will already have cooked chicken available in your fridge or freezer. If not, purchase the boneless, skinless chicken breasts recommended below.

Ingredients

- 2 medium zucchini
- 1 T ghee
- 1 lb boneless & skinless chicken breasts, cut into thin slices
- ¼ C 4 Minute Pesto
- ½ cup cherry tomatoes, cut in half lengthwise

Preparation

1. With a vegetable peeler, shave ribbons of the zucchini until you reach the seeds. You can also use a veggie spiralizer for this process, if you have one. Set zucchini “noodles” aside.
2. Melt ghee in a heavy bottomed skillet over medium-high. Add the chicken breast slices, and sprinkle with a bit of salt and ground black pepper. Sauté until the all the chicken slices are cooked (reach an internal temperature of 165 F) and are nicely browned.
3. Add the cherry tomatoes, 4 Minute Pesto, and zucchini ribbons. Toss until well combined, the zucchini has wilted and everything is heated through. Serve while hot.

Nutritional Information:

- Total Calories/serving: 194
- Total Carbs: 7g
- Fiber: 2g
- Net Carbs: 5g
- Total Fat: 5g
- Protein: 27g 2

Yield: 4 Servings



Chicken Teriyaki on “Noodles”

Ingredients

- 2 C zucchini noodles
- 2 T ghee
- 1 lb chicken breasts, cut into 1” cubes
- 1 C Teriyaki Sauce

Preparation

1. Spiralize zucchini into noodles. Melt 1 T of the ghee in a wok over medium high heat. Add the zucchini noodles and stir-fry until they are heated through, have softened slightly and are cooked. This will only take a few minutes. Be careful as overcooked noodles can get mushy and fall apart. Remove from wok and keep warm.
2. Melt remaining ghee over medium high heat and stir-fry chicken cubes for 4 minutes.
3. Pour in the teriyaki sauce and continue to stir-fry for 4 more minutes or until the internal temperature of the chicken cubes reaches 165F.
4. Divide the zucchini noodles between four plates. Top each plate of noodles with an equal amount of the chicken teriyaki. Serve and enjoy!

Nutritional Information:

- Calories/serving: 226
- Total Carbs: 13g
- Fiber: 5g
- Net Carbs: 8g
- Total Fat: 9g
- Protein: 25g

Yield: 4 Servings



Chicken Drums: Baked or Grilled

These chicken drumsticks make an economical meal that will stretch your budget nicely. You can do them on the BBQ if the weather is cooperating or bake them in the oven. Either way, this simple meal is quickly prepared and will likely please the picky eaters in your family.

Ingredients

- 8 chicken drumsticks
- 1 T extra-virgin olive oil
- ½ tsp thyme
- ½ tsp garlic powder or roasted granules

Preparation

1. Pre-heat the BBQ to medium high or pre-heat the oven to 350 F.
2. Pat chicken drumsticks dry and brush on oil.
3. Sprinkle thyme, garlic powder or granules onto all sides of each drumstick. Season with a grinding of pink Himalayan salt & peppercorns, if desired.
4. Grill or bake until the internal temperature of the chicken reaches 185 F. If grilling, flip the drumsticks every 5 minutes or so.
5. It will probably take around 25 minutes to grill the drumsticks and more like 35 minutes if they are in the oven. The internal temperature should reach 165 F when done.

Nutritional Information:

- Calories/serving: 286
- Total Carbs: 0g
- Fiber: 0 g
- Net Carbs: 0g
- Total Fat: 18g
- Protein: 28g

Yield: 4 Servings, (2 drumsticks/serving)



Meat Stuffed Zucchini Boats

Here's an easy meal for a busy weeknight when the family has to eat and run.

Ingredients

- 2 medium zucchini, cut in half lengthwise
- 4- 3 oz Italian Flavored Sausages
- 1 yellow cooking onion, small dice
- 1 red bell pepper, small dice

Preparation

1. Pre-heat the oven to 350 F.
2. Scoop inside out of each zucchini half to create four ¼” thick boats. Place on a foil or parchment lined, rimmed baking sheet. Set aside.
3. Chop the pulp scooped out of the Zucchini boats into small bits.
4. Set a heavy bottomed, non-stick skillet over medium high heat and sauté the chopped zucchini pulp, onions and pepper until the veggies begin to soften.
5. Remove the sausage meat from the casings and add the ground meat to the skillet. Use a spatula to break up the meat into smaller chunks as you stir-fry the veggies and meat. Remove from the heat when the meat has begun to cook and is lightly browned.
6. Divide the meat mixture evenly between the 4 zucchini boats and place the baking sheet on the middle rack of the pre-heated oven. Bake for 20 minutes or until the zucchini boats are cooked through. The internal temperature of the meat mixture should reach 165 F.

Nutritional Information:

- Total Calories/Serving: 289
- Total Carbs: 8g
- Fiber: 2g
- Net Carbs: 6g
- Total Fat: 21g
- Protein: 16g

Yield: 4 Servings



Pan Seared Salmon Fillets with Mushrooms

I throw this meal together quickly on evenings when I don't have much time to fuss in the kitchen. Look for wild caught salmon. If you can't find it fresh there is usually wild caught, frozen fillets available in the freezer section at your local supermarket.

Ingredients

- 2 T ghee or extra-virgin olive oil
- 4 salmon fillets, with skin (1 lb)
- 8 large white mushrooms, sliced thinly
- 2 garlic cloves, minced or pushed through a press
- Chopped fresh dill or parsley (if desired), for garnish

Preparation

1. Season the fillets on both sides with a grinding of pink Himalayan salt and black pepper, if desired.
2. Heat 1 T ghee or oil in a heavy bottomed skillet over medium high heat. When hot add the fillets and fry for 3 minutes or until the fillets are a nice golden brown on one side and partially cooked.
3. Flip the fillets and fry for another 2 or three minutes until cooked through and browned nicely. The internal temperature of each fillet should reach 125 F. Remove from heat and keep warm.
4. Melt remaining ghee and add the mushrooms to the hot skillet. Sauté for a few minutes while stirring until the mushrooms are cooked through. Add the minced garlic and continue sautéing for one minute more. Serve otop the salmon fillets. Garnish with fresh herbs, if desired.

Nutritional Information:

- Total Calories/Serving: 278
- Total Carbs: 7g
- Fiber: 0g
- Net Carbs: 7g
- Total Fat: 20g
- Protein: 14g

Yield: 4 Servings



Broiled Salmon Steaks

A few minutes under the broiler and dinner is done. It doesn't get much easier than this!

Ingredients

- 24 oz salmon steaks, 4 steaks, each 1" thick
- 1 lemon, cut into slices
- 2 T olive oil
- Grinding of pink Himalayan salt & black peppercorns, if desired
- Fresh herbs of your choice for garnish, if desired

Preparation

1. Move the oven rack to the highest position and pre-heat the broiler element in your oven.
2. Place salmon steaks and lemon slices on broiler pan sprayed with cooking oil.
3. Brush the tops of the salmon steaks and lemon slices with 1 T of the oil, season with salt & pepper (if desired) and place the pan under the broiler element in your oven. Broil for 3 minutes.
4. Flip the salmon steaks and lemon slices, brush with the oil and return to the oven, Broil for another 2 or 3 minutes or until the steaks reach an internal temperature of 125 F and are browned with a nice bit of charring.
5. Serve the salmon steaks topped with a slice of broiled lemon and a sprinkling of chopped fresh herbs, if desired.

Nutritional Information:

- Total Calories/Serving: 418
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 29g
- Protein: 34g

Yield: 4 Servings



Lemon Caper Grouper

If grouper isn't easily available where you live then haddock or halibut make a good substitution.

Ingredients

- 3 T ghee
- 1 lb grouper fillets
- Grinding of pink Himalayan salt & black peppercorns
- ¼ C fresh lemon juice
- ¼ C fish broth (or chicken broth)
- 1 T capers

Preparation

1. Melt 1 T of ghee in a heavy bottomed skillet over medium high heat. Season the fish with a grinding of salt & pepper. Add the fillets to the hot pan and fry on one side for 3 minutes Flip and continue frying for another 2 or 3 minutes depending on the thickness of the fillets. Transfer to a plate and keep warm.
2. De-glaze the pan with the lemon juice and broth. Add the remaining ghee and capers. Allow the sauce to simmer until it has thickened and reduce by about one third. This will only take a few minutes. Place a fillet on each of 4 plates and spoon the sauce over-top.

Nutritional Information:

- Calories/serving: 245
- Total Carbs: 4g
- Fiber: 0g
- Net Carbs: 4g
- Total Fat: 13g
- Protein: 25g

Yield: 4 Servings



Spicy Cajun Shrimp

This meal cooks up quickly in the wok and is full of spicy flavors when served over Fried Cauliflower Rice.

Ingredients

- 1 T chili oil
- 1 lb uncooked shrimp, shelled (tail on)
- 2 T gluten free tamari sauce
- ½ tsp Cajun spice
- 1 tsp garlic granules
- Squeeze of fresh lime juice

Preparation

1. Heat chili oil in a heavy bottomed wok over medium high heat. Add shrimp and tamari. Stir-fry until the shrimp are pink and curled up. This will only take a few minutes.
2. Add the Cajun spice and garlic granules. Continue to stir fry for another minute until everything is nice and hot.
3. Serve over a bed of Fried Cauliflower Rice.

Nutritional Information:

- Total Calories/Serving: 129
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 3g
- Protein: 24g

Yield: 4 Servings



Pan Seared Scallops

For beautifully browned scallops it's essential to use a pre-heated heavy bottomed pan. The ghee must be hot and shimmery when the scallops go in and it's important to leave space around each scallop. Over-crowding in the pan will yield a pasty colored scallop that is more on the steamed side as opposed to being seared. So, searing the scallops in smaller batches is best.

I prefer ghee for searing scallops because it can handle the higher temperature necessary for getting a nicely browned and slightly crusty seared scallop.

Ingredients

- 24 large scallops
- Grinding of pink Himalayan salt and black peppercorns
- 4 T ghee
- Lemon wedges, for garnish

Preparation

1. Pat scallops dry on both sides. Season both sides lightly with salt and pepper.
2. Heat ghee in a large, heavy bottomed skillet. The melted ghee should be hot enough to sizzle around the edges of each scallop as you place them in the pan.
3. Cook undisturbed for about 2 minutes until the scallops are browned nicely. Carefully flip the scallops. If any stick to the pan wait a few more seconds and try again. The scallops should release when properly seared, if you gently wiggle them from side to side.

Nutritional Information:

- Total Calories/Serving: 234
- Total Carbs: 0g
- Fiber: 0g
- Net Carbs: 0g
- Total Fat: 16g
- Protein: 21g

Yield: 4 Servings (6 large scallops/serving)



Pork Belly Slices (BBQ, Baked or Smoked)

Without much effort pork belly makes a tasty meal. Use my own provided recipe for Keto BBQ Sauce or purchase a keto BBQ sauce of your own preference.

Ingredients

- 1 lb pork belly slices
- 4 T Rub
- ½ C Keto BBQ Sauce

Preparation

1. Spread rub out on a flat plate and press pork belly slice into the rub to coat each side evenly.
2. BBQ Method: Pre-heat BBQ to medium high and grill slices for 15 minutes on one side. Flip and grill for 10 more minutes or until the fat is rendered (the fat will become translucent). The internal temperature should reach 160F before you consider it done.
3. Oven Method: Pre-heat oven to 375 F. Line a rimmed baking sheet with parchment paper or foil. Place pork belly slices on the baking sheet and bake for 15 minutes on the middle rack of the pre-heated oven. Remove from oven and baste both sides of the slices with Keto BBQ Sauce. Return to the oven for an additional 10 -15 minutes or until the internal temperature reaches 160F.
4. Pellet Smoker Method: Set your smoker to 225F and place the rub coated pork belly slices on the rack leaving a bit of space between the slices. Smoke for 1 ½ hours then baste the slices on both sides with Keto BBQ Sauce. Smoke for another hour or until the internal temperature reaches 160 F.

Nutritional Information:

- Calories/serving: 360
- Total Carbs: 9g
- Fiber: 0g
- Net Carbs: 9g
- Total Fat: 36g
- Protein: 17g

Yield: 4 Servings



Warm & Spicy Beef Salad

The chili oil adds a nice spicy kick to this warm salad but if heat isn't your thing just substitute ghee or olive oil for the chili oil.

Ingredients

- 1 T chili oil
- 1 lb beef strips
- 1 T gluten free tamari sauce
- 2 tsp garlic granules
- 2 T approved mayonnaise
- 4 C mixed greens

Preparation

1. Divide mixed greens between 4 salad plates and set aside,
2. Heat chili oil in wok over high heat. Add beef strips and stir-fry for 3 minutes.
3. Add tamari sauce and garlic granules. Continue stir-frying for 3 minutes more. Remove beef from wok using a slotted spoon and divide equally amongst the four plates.
4. To make a warm dressing, add mayonnaise to the liquid left behind in the hot wok and stir while the liquid/mayo mixture mixes and thickens. Remove from heat and drizzle an equal portion of the dressing over each salad and serve.

Nutritional Information:

- Calories/serving: 271
- Total carbs: 4g
- Net carbs: 1g
- Fiber: 3g
- Total Fat: 18g
- Protein: 28g

Yield: 4 Servings



Perfect Steak

Fire up the BBQ, indoor grill or just get out a heavy cast iron grill pan (the kind with ridges). While I really enjoy the added flavor from using the BBQ to cook steak, I also have no problem with the stove-top method using a grill pan.

You can still get some of that yummy charring indoors. However you choose to cook your steak be sure to choose a nicely marbled piece of meat, that's at least one inch thick (preferably 1.5"). My favorite cuts include: beef tenderloin, T-bone, porterhouse, strip loin, rib-eye and prime rib.

Ingredients

- 4, 4-6 oz steaks
- Grinding of pink Himalayan salt & black peppercorns

Preparation

1. BBQ Method: Pre-heat the grill to high and the sear the steaks for 2 minutes on each side with the lid open. Then lower the heat to medium, close the lid and continue grilling for 2 or 3 more minutes per side.
2. The time will vary depending on the thickness of the steaks and your preference for "doneness". You will want to remove the steaks from the grill when the internal temperature reaches 120 F in the center for rare or ... 130 F for medium-rare. Let the steaks rest for a few minutes during which time the internal temp will rise about 5 more degrees.
3. Stove-top Method: We use a cast-iron grill pan for steaks when cooking steak the stove top. Turn the element to high and let the pan get good and hot. Melt Homemade Ghee ([link to recipe](#)) in hot pan.
4. Quickly sear the steaks on each side then turn the heat under the pan down to medium-high. Continue frying the steaks for 2 or 3 minutes per side. When the internal temperature reaches 120F-130 F (as described above), remove the steaks from the pan. Let rest for a few minutes before serving.

Nutritional Information:

- Total Calories/Serving (6 oz rib-eye): 498 (calorie count for other cuts will vary slightly)
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 36g
- Protein: 42g

Yield: 4 Servings



Recipes

Sides

- Fried Cauliflower Rice
- Cabbage Stir-fry
- Sautéed Spinach
- Steamed Cauliflower & Broccoli
- Air Fryer Roasted Cauliflower
- Steamed Asparagus with Ghee
- Roasted Cremini Mushrooms
- 4 Minute Caesar Salad
- Simple Green Salad
- Air Fryer Turnip Fries



Fried Cauliflower Rice

You can use a variety of different spices and herbs to create different flavor profiles for this tasty “rice”. It’s a versatile side-dish that works well with many different entrées.

Ingredients

- 2 T ghee, extra virgin olive oil or coconut oil
- 2 C cauliflower, chopped in blender, grated with box grater or purchase “rice” fresh or frozen
- ¼ C onion, fine dice
- 2 garlic cloves, minced

Preparation

1. Melt ghee in a wok or heavy skillet over medium/high heat.
2. Sauté onion for 3 minutes or until soft.
3. Add minced garlic and sauté for one minute more.
4. Add grated cauliflower and stir-fry for about 4 or 5 minutes until the rice is soft and cooked through. Remove from heat and serve immediately.

Nutritional Information:

- Total Calories/serving: 86
- Total Carbs: 4g
- Fiber: 1g
- Net Carbs: 3g
- Total Fat: 8g
- Protein: 1g

Yield: 4 Servings (½ C each)



Cabbage Stir-fry

Ingredients

- 3 T ghee
- 3 C shredded Cabbage
- ½ onion, small dice
- ½ red bell pepper, seeded and cut into small side
- ¼ C Fresh herbs of choice (if desired), roughly chopped

Preparation

1. Melt ghee in a heavy bottomed wok over medium high heat. Add onion and stir fry for a few minutes.
2. Add shredded cabbage and continue to stir-fry for 4 or 5 more minutes until the cabbage is soft and cooked.
3. Add pepper and stir fry for 2 more minutes. Stir in fresh herbs of choice and serve when the herbs have wilted.

Nutritional Information:

- Total Calories/Serving: 132
- Total Carbs: 7g
- Fiber: 2g
- Net Carbs: 5g
- Total Fat: 11g
- Protein: 1g

Yield: 4 Servings



Sautéed Spinach

Some people like to add a pinch of nutmeg to this easy sautéed spinach recipe but you are free to spice it any way you prefer.

The nutritional yeast adds a nice flavor that compliments the spinach and makes the buttery sauce slightly creamy in texture.

Ingredients

- 1/3 C ghee
- ½ onion, small dice
- 1 lb baby spinach leaves
- 2 T nutritional yeast

Preparation

1. Melt ghee in a heavy bottomed skillet over medium high heat. Add the onions and sauté until the onions soften and turn a light golden color.
2. Add the spinach and keep stirring while the leaves wilt. Stir in the nutritional yeast and sauté for a few minutes more. Serve immediately while hot.

Nutritional Information:

- Total Calories/Serving: 176
- Total Carbs: 6g
- Fiber: 1g
- Net Carbs: 5g
- Total Fat: 16g
- Protein: 5g

Yield: 4 Servings



Steamed Cauliflower & Broccoli

Steamed lightly and served with ghee melting over-top this combo can accompany a variety of entrees. These veggie florets feel right at home next to fish, fowl or meat.

Ingredients

- 3 C broccoli florets
- 3 C cauliflower florets
- 2 T ghee
- Salt & pepper to taste

Preparation

1. Fill the bottom of a large pot with about 2” of water. Place steamer over the water put in the cauliflower and broccoli florets. Cover the pot with a tight fitting lid and steam over medium high heat for 5-7 minutes until the florets are tender but still slightly crunchy.
2. Serve immediately with ghee melting over-top!

Nutritional Information:

- Total Calories/serving: 95
- Total Carbs: 8 g
- Fiber: 4 g
- Total Fat: 6 g
- Protein: 4 g

Yield: Serves 4



Air Fryer Roasted Cauliflower

Your air fryer will be put to good use when you roast cauliflower florets. But don't despair if you don't have this miracle machine in your kitchen. You can roast the florets in the oven at 375 F for 20 minutes and have a lovely outcome that way too.

Ingredients

- 3 C cauliflower florets
- 2 T extra-virgin olive oil
- 1 tsp garlic granules
- 1 tsp dried thyme

Preparation

1. Toss all ingredients together and place in the basket of your air fryer.
2. Try to leave room around the floret so the hot air can surround each piece while they are cooking.
3. Set the air fryer for 20 minutes at 370 F. Give the basket a shake after 10 minutes and continue the cooking process. The florets will be browned, crispy on the outside and softer inside when done.

Nutritional Information:

- Total Calories/serving: 85
- Total Carbs: 4g
- Fiber: 1g
- Net Carbs: 3g
- Total Fat: 8g
- Protein: 1g

Yield: 4 Servings



Steamed Asparagus with Ghee

I love asparagus, not only because of its great flavor but also because it's full of fiber!

Ingredients

- 1 lb asparagus spears
- 1 T ghee

Preparation

1. Steam asparagus over boiling water until the asparagus has softened somewhat but is still a nice green color and has a bit of crunch. If you steam for too long it will turn an unappealing yellow-green and be too soft.
2. Remove from the steamer and allow the ghee to melt over-top the asparagus spears before serving.

Nutritional Information:

- Total Calories/Serving: 53
- Total Carbs: 4g
- Fiber: 2g
- Net Carbs: 2g
- Total Fat: 4g
- Protein: 3g

Yield: 4 Servings



Roasted Cremini Mushrooms

Simple but elegant, you can serve these pan roasted mushrooms as a starter course for a dinner party or on fancy toothpicks as an appetizer at a party.

Ingredients

- 2 T extra virgin olive oil
- 1 lb cremini mushrooms, medium size caps
- 4 garlic cloves, minced or pushed through a press
- 4 T fresh parsley, minced
- Grinding of pink Himalayan salt and black pepper
- 2 T fresh lemon juice

Preparation

1. Pre-heat oven to 450 F
2. Heat the olive oil in a large cast iron skillet over medium high heat. Add the mushrooms, garlic, 2 T of the minced parsley and a grinding of salt & pepper. Sauté for 3 minutes.
3. Drizzle the lemon juice over the mushrooms, give them a quick stir and place the skillet on the middle rack of the preheated oven. Roast the mushrooms for about 8 minutes or until they are cooked through. Serve garnished with the remaining parsley.

Nutritional Information:

- Total Calories/serving: 131
- Total Carbs: 4g
- Fiber: 1g
- Net Carbs: 3g
- Total Fat: 11g
- Protein: 4 g

Yield: 4 Servings



4 Minute Caesar Salad

Here's an easy to prepare, 4 Minute Keto-style version of Caesar salad. ! A Caesar Salad on the side dresses up a meal nicely. Add left-over chicken or some shrimp on top and you have a perfect meal, in one bowl, for lunch or dinner. Macros for these additions are provided at the end of the recipe.

Ingredients

- 4 C romaine lettuce (or mixed greens of choice), torn into pieces
- 2 garlic cloves, finely minced or pushed through a press
- 1 T fresh lemon juice
- 1 tsp mustard powder
- ½ C approved mayonnaise
- Grinding of pink Himalayan salt & black peppercorns, to taste

Preparation

1. Place torn lettuce into salad bowl.
2. In a separate bowl combine garlic, lemon juice, mustard powder and mayonnaise. Add salt & pepper to taste. Drizzle salad dressing over the romaine, toss & serve.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 194
- Total Carbs: 2 g
- Fiber: 1 g
- Total Fat: 20 g
- Protein: 1 g

Nutritional Information:

(with 4 oz chicken breast/serving)

- Total Calories/serving: 216
- Total Carbs: 3g
- Fiber: 2g
- Net Carbs: 1g
- Total Fat: 29g

Protein: 10g

Nutritional Information:

(with 4 oz shrimp/serving)

- Total Calories/serving: 227
- Total Carbs: 2g
- Fiber: 1g
- Net Carbs: 1g
- Total Fat: 22g
- Protein: 29g

Yield: 4 Servings



Simple Green Salad

Ingredients

- 2 C mixed greens
- 2 C baby spinach leaves
- 1 Hass avocado, sliced (if desired)
- 2 T Vinaigrette (link to recipe), or other allowed dressing of choice

Preparation

1. Toss mixed greens and spinach together.
2. Drizzle Vinaigrette over-top. Add sliced avocado, if using.
3. Toss and serve.

Nutritional Information:

(without avocado)

- Calories/serving: 194
- Total Carbs: 2g
- Fiber: 1g
- Net Carbs: 1g
- Total Fat: 20g
- Protein: 2g

Nutritional Information:

(with avocado)

- Calories/serving: 273
- Total Carbs: 6g
- Fiber: 5g
- Net Carbs: 1g
- Total Fat: 27g
- Protein: 3g

Yield: Serves 4



Air Fryer Turnip Fries

Turnip fries cook up nicely in either an air fryer or when baked in the oven.

The concept might seem odd but I urge you to give turnip fries a try. They have a sweet(ish) almost nutty flavor, are a lovely light yellow color and hold the classic French fry shape well.

Ingredients

- 2 C turnip, cut into French fry strips
- 2 T extra virgin olive oil
- Grinding of pink Himalayan salt and black peppercorns

Preparation

1. Air Fryer Method: Toss olive oil and turnip together. Program fryer for 15 minutes at 360F. Flip Turnip fries and reprogram the fryer for 5 minutes at 400F. Season with salt & pepper.
2. Oven Method: Pre-heat oven to 375 F. Place prepared turnip in a large bowl and toss with olive oil until evenly coated. Spread the fries out on a rimmed pan that has been fitted with parchment paper. You may need to use two smaller pans that will fit side by side in your oven. If the fries are too crowded they won't brown up nicely. Season with salt & pepper.
3. Bake on the middle rack of the pre-heated oven for 15 minutes then flip the fries and continue baking for about 10 more minutes or until the fries are cooked and a nice golden brown in color.

Nutritional Information:

- Total Calories/Serving: 123
- Total Carbs: 9g
- Fiber: 1g
- Net Carbs: 8g
- Total Fat: 9g
- Protein: 1g

Yield: 4 Servings



Recipes

Snacks

- Eggplant Snack
- Devild Egg Snack
- Keto Blini with Smoked Salmon
- Egg Mini Muffins
- Tamari Chicken Nuggets
- Spinach & Bacon Stuffed Mushrooms
- Bacon Wrapped Brussels Sprouts
- Smoked Sausage
- Hot Wings Snack
- Teriyaki Wings
- Tuna Stuffed Tomatoes
- Mock Caviar
- Mini Meatloaf Bites
- Smoked Oyster & Olive Appy
- Smoked Salmon Lettuce Cup
- Shrimp Salad Appy



Eggplant Snack

This snack reheats nicely so you can double the recipe for an easy snack tomorrow. I simply pop them in the oven at 350F for a few minutes.

Ingredients

- 1 medium sized Eggplant (1 lb)
- 3 T extra-virgin olive oil
- ¼ C chopped fresh parsley
- 3 garlic cloves, minced or pushed through a press

Preparation

1. Cut eggplant into ½“wheels. Dissolve ½ tsp salt in a bowl full of water. Add wheels and set aside to soak for 10 minutes.
2. Mix olive oil, parsley and garlic together. Allow sauce to marinate at room temperature (ideally for ½ hour if you have the time).
3. Fry eggplant wheels in a non-stick, heavy bottomed skillet over medium high heat for 3 minutes. Flip and fry for 3 minutes more or until the eggplant is a nice golden color on both sides. Do this in batches so the eggplant wheels aren't too crowded in the pan.
4. Place fried eggplant wheels on a platter and spoon a generous amount of sauce on top of each wheel. Serve while warm or at room temperature. Enjoy as a snack or a side-dish with your lunch or dinner.

Nutritional Information:

- Total Calories/Serving: 129
- Total Carbs: 8g
- Fiber: 3g
- Net Carbs: 5g
- Total Fat: 11g

Yield: 4 Servings



Deviled Egg Snack

Deviled eggs never go out of style. We grew up eating them and so did our grandmothers. Serve dressed up with a slice of cucumber for an elegant appy at your next party.

Ingredients

- 2 large eggs, hard boiled
- 1 T mayonnaise
- 1 tsp Dijon mustard
- ½ tsp onion powder
- Salt & pepper to taste
- Sprinkle of paprika, for garnish
- 1 green onion, minced for garnish

Preparation

1. Cut hard boiled eggs in half lengthwise. Remove yolks and place them into a small bowl.
2. Add the mayo, Dijon mustard and onion powder. Mash everything together using a fork and season to taste with salt & pepper.
3. Using a teaspoon carefully mound the yolk mixture into the egg halves. Garnish each with half with paprika and minced onion. Serve immediately or refrigerate.

Nutritional Information:

- Calories/serving: 59
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 5 g
- Protein: 3 g

Yield: 4 Servings (½ egg/serving)



Keto Blini with Smoked Salmon

The blini (pancake) base freezes well so if you make extra just slip a small piece of parchment between each pancake as you stack them before freezing, to keep them from sticking together. There's only 50 calories per smoked salmon blini so you can feed four people, 3 blinis each at snack time!

Ingredients

- 2 large eggs, separated
- 2 T mayonnaise, full fat
- 6T Crème Fraîche
- 6 oz smoked salmon
- Chives or green onion, for garnish, if desired

Preparation

1. Pre-heat the oven to 350 F.
2. Whip egg whites until stiff
3. Beat egg yolks until light and creamy. Whisk in mayonnaise.
4. Carefully fold the egg yolk/mayonnaise mixture into the egg whites.
5. Create 12 blini pancake shapes by mounding the mixture onto a parchment lined baking sheet using a tablespoon. Bake on the middle rack of the pre-heated oven for 8-10 minutes. Cool on a wire rack.
6. When cool top each pancake with ½ T of crème fraîche and a 1 oz piece of the smoked salmon. Garnish with a bit of chive, if desired.

Nutritional Information:

- Total Calories/serving: 50
- Total Carbs: 0g
- Fiber: 0g
- Net Carbs: 0g
- Total Fat: 5g
- Protein: 4g

Yield: 12 blinis



Egg Mini Muffins

Egg muffins are a common breakfast, lunch or snack at my house. This recipe calls for a turkey sausage but you can change this up for bacon or any other type of sausage you want. You could also opt for a vegetarian muffin and skip the meat altogether. Get creative and customize according to your taste buds!

Added bonus; the egg muffins freeze well and can be re-heated in a microwave so double or triple the recipe so there are always some on hand for easy snacking.

Ingredients

- 4 oz Turkey Keilbasa Sausage, cut into tiny cubes
- 4 eggs
- 1 tsp onion powder
- ½ tsp garlic granules
- 1 tsp thyme
- ¼ C full fat, unsweetened canned coconut milk
- Grinding of pink Himalayan salt & black peppercorns

Preparation

1. Pre-heat the oven to 350 F
2. Place a few cubes of sausage into each cup of a silicon mini muffin pan. No worries if you don't have one; you just make 6 regular sized muffins and cut them in half at snack time.
3. Whisk the eggs, onion powder, garlic granules, thyme, coconut milk, salt & pepper. Divide the egg mixture evenly between all the muffin cups.
4. Place the pan on the middle rack of the pre-heated oven and bake for 15-20 minutes or until the egg has set. If using a larger muffin pan bake a bit longer, 20 – 25 minutes.
5. Let cool for a few minutes and then slip the mini egg muffins out of the cups and serve.

Nutritional Information:

- Calories/serving: 142
- Total Carbs: 2g
- Fiber: 0g
- Net Carbs: 2g
- Total Fat: 11g
- Protein: 11g

Yield: 4 Servings (3 mini muffins/serving)



Tamari Chicken Nuggets

Ingredients

- 4 oz chicken breast, cut into 1" cubes
- 1 T Ghee
- ¼ C Teriyaki Sauce

Preparation

1. Melt ghee in a wok over medium high heat and stir-fry chicken cubes for 3 minutes.
2. Pour in the teriyaki sauce and continue to stir-fry for 2 or 3 more minutes or until the internal temperature of the chicken cubes reaches 165F.
3. Divide the chicken into 4 snack-sized portions and serve.

Nutritional Information:

- Calories/serving: 106
- Total Carbs: 3g
- Fiber: 1g
- Net Carbs: 2g
- Total Fat: 5g
- Protein: 13g

Yield: 4 Servings



Spinach & Bacon Stuffed Mushrooms

If you want a bit of heat add a teaspoon of red chili peppers to the mushroom cap filling mixture before stuffing the mushroom caps. The recipe can be prepared right up to the baking point and held in the fridge until you are ready to pop them in the oven right before snack time. Feel free to swap in bacon made using either turkey or chicken if that suits you better.

Ingredients

- 1 package of frozen spinach (10 oz)
- ¼ C water
- 3 strips of bacon, pork or turkey
- 12 large mushrooms, cleaned
- 2 tsp onion powder
- 1 tsp garlic granules
- 1 T mayonnaise
- Grinding of pink Himalayan salt & black pepper, to taste



Preparation

1. Simmer spinach in water for 10 minutes. Drain and squeeze excess water out of the cooked spinach. Set aside.
2. Clean the mushrooms and cut out the stems. Place the mushroom caps on a parchment lined baking sheet. Mince the mushroom stems. Set aside.
3. Fry bacon over medium high heat in a heavy bottomed skillet until crispy, flipping as necessary. Crumble and set aside.
4. Wipe out skillet leaving a small amount of the bacon grease behind in the pan. Add chopped mushroom stems, spinach, onion powder, garlic granules, crumbled bacon and mayonnaise to the skillet and sauté, stirring constantly until the mushroom is cooked, the spinach is hot and the mixture has thickened. Remove from heat and correct the seasoning with a grinding of salt & pepper.
5. Divide the filling mixture evenly amongst the mushroom caps and bake on the middle rack of the pre-heated oven for 25 minutes. Cool slightly and serve.

Nutritional Information:

- Total Calories/serving: 142
- Total Carbs: 10g
- Fiber: 3g
- Total Fat: 9g
- Protein: 13g

Yield: 4 Servings (3 mushroom caps per serving)



Bacon Wrapped Brussels Sprouts

Ingredients

- 8 bacon strips, pork or turkey
- 24 Brussels sprouts, stems trimmed & loose outer leaves removed
- 2 T Dijon mustard
- 1 T garlic granules

Preparation

1. Cut bacon strips into 3 pieces and wrap each piece around a Brussels sprout, overlapping slightly as you wrap.
2. Most often the bacon will stick to itself but if not, secure with a toothpick. Brush the outside with the mustard and sprinkle on some granulated garlic.
3. Repeat with remaining ingredients
4. Air Fryer Method: Place the wrapped Brussels sprouts into the basket of the air fryer and roast for 22 minutes at 400F. Check after 15 minutes to see how they are doing and shorten the time if necessary.
5. Oven Method: Pre-heat oven to 400F. Place wrapped Brussels sprouts on a parchment or foil lined, rimmed baking sheet. Place pan on the middle rack of the pre-heated oven and bake for 20-25 minutes or until the bacon is crispy and the Brussels sprouts have softened and are cooked all the way through.

Nutritional Information:

- Calories/serving: 109
- Total Carbs: 10g
- Net carbs: 5g
- Fiber: 5g
- Total Fat: 5g
- Protein: 6g

Yield: 4 Servings (6/serving)



Smoked Sausage

Use the large sized sausages (about 3 oz each) for grilling or smoking. One half of a sausage, cut into rounds will make a satisfying snack. They are great served cold with a bit of Dijon mustard on the side. Our favorite is Italian sausage made using ground turkey and we like them smoked but if you don't have a smoker just grill them up in a pan on the stove-top.

Ingredients

- 2 large (3 oz) fresh sausages
- 1 T Dijon mustard

Preparation

1. Pellet Smoker Method: Smoke for about 3 ½ - 4 hours at 225F until the internal temperature of each sausage reaches 165F.
2. Stove-top Method: Heat ribbed grill pan over medium high heat and grill sausage, rolling them around so all sides get nicely browned until the internal temperature of each sausage reaches 165F.

Nutritional Information:

- Total Calories/serving: 150
- Total Carbs: 2 g
- Fiber: 0 g
- Net Carbs: 2g
- Total Fat: 13 g
- Protein: 7 g

Yield: 4 Servings (½ of a sausage/serving)



Hot Wings Snack

Ingredients

- 8 chicken wings
- 1 T Basic Rub
- ¼ C Keto hot sauce

Preparation

1. Pre-heat oven to 375F.
2. Wipe wings and coat with rub.
3. Place on a parchment lined, rimmed baking sheet. Brush wings with hot sauce and bake on the middle rack of the pre-heated oven for 20 minutes or until the internal temperature reaches 165F.

Nutritional Information:

- Total Calories/serving: 138
- Total Carbs: 5g
- Fiber: 2g
- Net Carbs: 3g
- Total Fat: 15g
- Protein: 9g

Yield: 4 Servings (2 wings/serving)



Teriyaki Wings

Ingredients

- 8 chicken wings
- 1 T Basic Rub
- ¼ C Teriyaki Sauce
- 1 green onion, thinly sliced for garnish

Preparation

1. Pre-heat oven to 375F.
2. Wipe wings and coat with rub.
3. Place on a parchment lined, rimmed baking sheet. Brush wings with Teriyaki Sauce and bake on the middle rack of the pre-heated oven for 20 minutes or until the internal temperature reaches 165F.

Nutritional Information:

- Total Calories/serving: 137
- Total Carbs: 3 g
- Fiber: 2 g
- Net Carbs: 1g
- Total Fat: 10 g
- Protein: 9 g

Yield: 4 Servings (2 wings/serving)



Tuna Stuffed Tomatoes

You can use canned tuna or smoked tuna for these tiny tomato snacks. Either way, they will taste lovely and look elegant.

Ingredients

- 1 Solid White Tuna (6 oz can), drained
- 3 T mayonnaise
- 1 ½ tsp onion powder
- Grinding of pink Himalayan salt & black pepper
- 1 T fresh dill, minced (or 1 tsp dried)
- 1 pint cherry tomatoes

Preparation

1. Combine the tuna, mayonnaise, onion powder, dill and salt & pepper.
2. Cut top off each tomato and use a small measuring spoon to hollow out the inside.
3. Carefully fill each tomato with the tuna mixture and garnish with a tiny sprig of dill, if desired. Refrigerate until ready to serve.

Nutritional Information:

- Total Calories/serving: 106
- Total Carbs: 4g
- Fiber: 2g
- Net Carbs: 2g
- Total Fat: 8g
- Protein: 6g

Yield: 4 Servings



Mock Caviar

Tasty and much more economical than the other caviar, this copy-cat is a great alternative. We like to serve our keto mock “caviar” with celery sticks and slices of red, yellow and green bell peppers or try it on a cucumber slice with a dollop of Crème Fraîche (macros supplied at the end of the recipe).

Ingredients

- 1 T ghee
- ¼ lb Portobello mushrooms, fine dice
- 1 T fresh lemon juice
- 2 T approved mayonnaise
- ¼ tsp mustard powder
- 1 tsp gluten free tamari sauce
- Ground pink Himalayan salt & black pepper, to taste



Preparation

1. Melt ghee over medium high heat in a heavy bottomed skillet. Add diced mushrooms and lower the heat to medium. Sauté the mixture for five more minutes or until it becomes fairly dry with most of the moisture cooked out.
2. Add the lemon juice and remove from heat. Leave the mixture to cool for 5 minutes before stirring in the mayonnaise, mustard powder and tamari sauce.
3. Adjust the seasoning with salt & pepper. Refrigerate, covered, until ready to serve.

Nutritional Information:

- Total Calories/serving: 93
- Total Carbs: 2g
- Fiber: 0g
- Net Carbs: 2g
- Total Fat: 9g
- Protein: 1g

Nutritional Information:

(with 1 C pepper strips)

- Total Calories/serving: 102
- Total Carbs: 3g
- Fiber: 1g
- Net Carbs: 2g
- Total Fat: 9g
- Protein: 2g

Nutritional Information:

(with slices from 1 English cucumber & 2T crème fraîche)

- Total Calories/serving: 108
- Total Carbs: 2g
- Fiber: 0g
- Net Carbs: 2g
- Total Fat: 10g
- Protein: 1g

Yield: 4 Servings



Mini Meatloaf Bites

Ingredients

- 1 lb ground beef (or ground turkey)
- 1 egg
- ½ C red bell pepper, small dice
- 2 tsp onion powder
- 1 tsp garlic granules
- Grinding of pink Himalayan salt & black peppercorns

Preparation

1. Pre-heat oven to 350F.
2. Mix all ingredients together and divide the mixture into 8 portions. Lightly press each portion into a cup section of a mini muffin pan.
3. Bake on the middle rack of the pre-heated oven for 20 min. or until the internal temperature of each meat muffin reaches 165F.

Nutritional Information:

- Calories/serving: 135
- Total Carbs: 1g
- Fiber: 0g
- Net carbs: 1g
- Total Fat: 9g
- Protein: 13g

Yield: 8 Servings (enough for 2 snack times!)



Smoked Oyster & Olive Appy

Here's an easy to prepare snack that's perfect when you are hungry on a busy afternoon!

Ingredients

- 8 canned smoked oysters
- 8 pitted green olives
- 8 toothpicks

Preparation

1. Thread one oyster and one olive into a toothpick. Repeat with remaining ingredients

Nutritional Information:

- Calories/serving: 54
- Total Carbs: 1g
- Fiber: 0g
- Net carbs: 1g
- Total Fat: 4g
- Protein: 3g

Yield: 4 Servings



Smoked Salmon Lettuce Cup

We use Boston lettuce cups when snacking on this smoked salmon salad treat but you could easily add a dollop of the salad to a cucumber slice or eat the salad on its own.

Ingredients

- 3.5 oz smoked salmon
- 2 T approved mayonnaise (or crème fraîche)
- 1 tsp dill
- 1 green onion, minced
- 1 Boston (Butter) lettuce leaves (use smaller inner leaves), 8 small leaves

Preparation

1. Mix salmon, mayonnaise, dill and onion.
2. Mound small amount of the mix on a lettuce leaf cup. Repeat with remaining ingredients.

Nutritional Information:

- Calories/serving: 98
- Total Carbs: 1g
- Fiber: 0g
- Net carbs: 1g
- Total Fat: 8g
- Protein: 7g

Yield: 4 Servings



Shrimp Salad Appy

Ingredients

- ½ C small cooked shrimp, chopped
- 2 T approved mayonnaise (or crème fraîche)
- 1 tsp onion powder
- ½ tsp garlic granules
- 1 C English cucumber, slice into discs

Preparation

1. Mix together chopped shrimp, mayonnaise, onion powder and garlic granules.
2. Mound a small amount of the shrimp salad on each cucumber disc. Divide into four equal servings.

Nutritional Information:

- Calories/serving: 89
- Total Carbs: 2g
- Fiber: 0g
- Net carbs: 2g
- Total Fat: 6g
- Protein: 8g

Yield: 4 Servings



Chapter 6: 4 Minute Keto Shopping Lists

A Quick Word Before You Begin

You will have to look in your fridge and pantry to check out what you already have in stock before heading out to the grocery store and/or the Farmer's Market. The first week's shopping list will be larger than the following weeks because you may have to purchase some basic menu items like cooking oils, MCT oil or powder, specific spices, pink Himalayan salt, peppercorns, electrolyte drinks, coffee, tea and herbal teas, etc. Keep in mind many of the items you purchase this week (like a bag of yellow cooking onions) may also be used next week. Try your best to find organic products and grass-fed, free range meats, wild-caught fish and free-range eggs.

Throughout the 4 Minute Keto program you will be drinking plenty of fluids so make sure to stock up on a variety of allowed drinks. Having a good variety of beverages on hand will make staying hydrated more interesting and easier.

As the weeks progress always be sure to check your basic items to see if anything needs to be replaced that isn't on your list. Things like extra-virgin olive oil, coffee, tea and electrolyte drinks may be getting low towards the end of this 4 week program.

While I prefer to make my own version of bone broths, I recognize that this takes time that some folks just don't have. There are good organic broths (in tetra packs) available on most grocery store shelves so you can make your week-ends easier by simply adding several boxes of various flavored broths to your shopping list.

Cauliflower rice is another item you can either make from scratch using a head of cauliflower or it can usually be purchased (unseasoned) in the freezer section, ready to use. I've also seen bags of raw cauliflower rice that's ready to cook in the fresh vegetable section of many stores. You will need to alter your shopping lists if you opt for the pre-prepared version.

On Wednesdays, you have the option of short-term fasting which may mean you are skipping either breakfast or lunch and maybe even both as well as the planned snacks for the day. This will also alter the items you need to purchase, depending on which fasting option you choose to follow.

Read over the chapter about Supplementation and stock up on any listed supplements since they have not been included in the following food shopping lists.

Please Note: You will likely have to adjust some of the amounts in the following lists. The amount of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided here all provide 4 portions but can be doubled or tripled as necessary. If you are cooking for yourself you may also have to adjust some of the recipes (and what you need to purchase) accordingly. For this reason I haven't included amounts for some items listed. When amounts do appear they reflect the actual amounts used in the recipes for the weekly menu, so you may have to alter those according to your circumstances.

Week 1

Basics

- MCT oil
- MCT oil powder (if using)
- Extra virgin olive oil
- Dark sesame oil (made with toasted sesame seeds)
- Chili oil
- Gluten free tamari sauce, no sugar
- Apple cider vinegar
- Organic coffee, regular and water-processed decaffeinated
- Regular tea, green tea & herbal teas
- Sugar free, approved electrolyte drinks
- Erythritol and/or liquid stevia and/or powdered stevia (stay away from the granular stevia; read ingredients)
- Xanthan gum
- Dried thyme

Basics (continued)

- Bay leaves
- Garlic granules (or powder)
- Onion powder
- Black peppercorns
- Pink Himalayan salt
- Turmeric
- Ground ginger
- Cayenne pepper
- Chili powder
- Smoked chipotle powder
- Smoke paprika
- Ground mustard
- Thyme
- Cajun spice
- Sage
- Bay leaves
- Curry powder

Vegetables & Fruits

- Lemons (for making daily anti-inflammatory drinks & other recipe use)
- 1 lime
- 4 avocados
- 1 bag arugula
- 1 bag mixed greens
- 1 bag baby spinach leaves
- 1 head Romaine lettuce
- 2 red bell peppers
- 1 jalapeño pepper
- 1, 10 oz package frozen spinach
- 1½ lb white mushrooms
- 1 bunch Fresh parsley
- 1 medium eggplant (about 1 lb)
- 1 bulb garlic
- 1 lb Brussels sprouts
- 5 medium zucchini
- 1 red bell pepper
- 1 bag yellow cooking onion
- 1 bunch broccoli
- 3 heads cauliflower (you may need less if purchasing pre-prepared cauliflower “rice”)
- 3 small cabbage (or equivalent of packaged pre-shredded cabbage)
- 1 red onion
- 1 bunch green onion
- 1 small piece of fresh ginger root



Meat, Poultry, Fish & Seafood

- 1, 4-5 lb chicken (buy 2 if making your own chicken broth)
- Beef marrow bones, if making homemade Bone Broth
- 1 lb top round simmering steak
- 1 lb beef stir-fry strips
- 6, 3 oz Italian Sausages (pork or turkey)
- 2 lb bacon (made from pork, turkey or chicken)
- ¼ lb turkey Keilbasa
- 1 lb salmon steaks (4 salmon steaks)
- 1 lb smoked salmon
- 1 lb raw shrimp, tails on
- 1 lb cooked shrimp (small sized shrimp)
- 8 chicken wings
- 1 rotisserie cooked chicken for making soup on Thurs (buy 2 if needed for Coconut Ginger Chicken Bowl on Fri.)
- 1 lb skinless & boneless turkey
- 1 lb smoked turkey deli meat

Dairy Section

- 4 doz. Eggs
- 1 pint Heavy cream, 2 pints if using in coffee or tea
- Full fat sour cream, small container for making crème fraîche
- 1 lb butter, if making Homemade Ghee
- Ghee, if not making your own

Other Items

- Extra virgin olive oil
- Organic beef broth, for recipes and sipping if not making homemade bone broth
- Organic chicken broth, for recipes and sipping if not making homemade bone broth
- Approved mayonnaise
- Dijon mustard, no sugar
- Keto Hot Sauce
- Full fat, unsweetened canned coconut milk
- 1 can coconut cream
- 2 cans solid tuna
- Gluten free tamari sauce, no sugar

Week II

This week's list will be shorter since many of the necessary basic items have already been purchased. If you are only cooking for one or two people you will have more left-over items than the folks who are cooking for three or four. Look over the recipes for this week's menu and then check the fridge and pantry; alter your shopping list accordingly.



Basics

- Nutritional yeast

Vegetables & Fruits

- 10-12 Lemons (for making daily anti-inflammatory drinks & other recipe use)
- 1 Hass avocado
- 1 bunch fresh parsley
- Arugula, if needed
- 2 heads cauliflower
- 1 bunch broccoli
- 1 bag mixed greens, if needed
- 1 bag baby spinach leaves
- 1 head Romaine lettuce
- 2 small cabbage
- 2 lb asparagus
- 1 ½ lb white mushrooms
- ¼ lb Portabella mushrooms
- Fresh dill or parsley, if desired for garnish on a few meals
- 2 garlic bulbs
- 1 pint cherry tomatoes
- 3 medium zucchini
- 1 lb Brussels sprouts
- 4 C fresh basil leaves
- 1 English cucumber

Meat, Poultry, Fish & Seafood

- 1, 4-5 lb chicken, if making your own chicken broth
- 16 chicken wings
- 8 chicken drumsticks
- 4, 4-6 oz grilling steaks, your choice of cut
- ¾ lb deli roast beef
- 4, 3 oz Italian sausages, made using ground turkey or pork
- ¼ lb kielbasa
- Beef marrow bones, if making homemade Bone Broth
- Bacon, if needed
- 1 lb breakfast sausage links
- 1¼ lb boneless & skinless chicken breasts
- 2 large or 4 small turkey thighs, skin on/ bone-in
- 1 lb beef, top round simmering steak
- 24 large scallops
- 1 lb salmon fillets, with skin (4 fillets)
- 3 oz smoked salmon, thinly sliced
- 1 lb grouper

Dairy Section

- 3-4 doz. Eggs, as needed
- 1 lb butter, if making more Homemade Ghee
- Ghee, if needed



Other Items

- Organic beef broth, for recipes and sipping if not making homemade bone broth
- Organic chicken broth, for recipes and sipping if not making homemade bone broth
- 1 box organic fish broth, if not available use chicken broth
- 2 boxes organic turkey broth, if not available use chicken broth
- 2 cans solid white tuna
- 1 jar capers
- 1 can full fat coconut milk, if needed
- 2 packages Konjac “Miracle” noodles
- Small jar pure horseradish, no sugar

Week III

Basics

- Gluten free tamari sauce, if needed
- Dried dill

Vegetables & Fruits

- 10-12 Lemons (for making daily anti-inflammatory drinks & other recipe use)
- 1 Hass avocado
- 1 bag mixed greens, if needed
- 1 bag spinach leaves, if needed
- 1 head Romaine lettuce
- 4 heads cauliflower
- 1 medium eggplant
- Bunch of fresh parsley
- 4 C basil leaves (if you need to make more pesto)
- 2 bulbs garlic
- Small piece fresh ginger root
- 4 medium zucchini
- 3 small cabbages
- 1 bag yellow cooking onion, if needed

Vegetables & Fruits (continued)

- 1 lb medium sized cremini mushrooms
- 1 red bell pepper
- 1 large turnip, or 2 small
- ½ pint cherry tomatoes
- 1 English cucumber
- 1 lb asparagus
- ½ lb white mushrooms
- Small piece of fresh ginger root, if needed

Meat, Poultry, Fish & Seafood

- 1, 4-5 lb chicken, buy 2 if making your own chicken broth
- Beef marrow bones, if making homemade Bone Broth
- 2 lb skinless, boneless chicken breasts
- 12 oz smoked salmon, sliced thinly
- 1 lb salmon fillets, with skin (4 fillets)
- 1 lb uncooked shrimp, shelled (tail on)
- Bacon, if needed
- 8 chicken wings
- 1 lb turkey breast
- 2 lb ground turkey (for Turkey Meatball Soup)
- 2 lb ground beef, (for mini meatloaf snack but you can use ground turkey if preferred)
- 4, 4-6 oz steaks, your choice of cut
- 4, 3 oz Italian Sausages, sugar free
- 1 lb corned beef
- ¾ lb deli roast beef

Dairy Section

- 3 – 4 doz. eggs, as needed
- Heavy cream, if using in coffee
- Butter for ghee, if needed
- Ghee, if needed
- Small container full fat sour cream

Other Items

- Organic chicken broth, for sipping and recipes
- Organic beef broth, for sipping
- 2 boxes organic turkey broth, use chicken broth if not available
- 3 cans solid tuna
- 1 can smoked oysters
- 2 packages fettuccini style Konjac “Miracle” noodles
- Approved mayonnaise, if needed
- 1 container of green pitted olives

Week IV

Vegetables & Fruits

- 10-12 Lemons (for making daily anti-inflammatory drinks & other recipe use)
- 1 Hass avocado
- 1 bag baby spinach leaves
- 1 bag arugula
- 1 head of Romaine lettuce
- 1 bag mixed greens
- 1 small tomato
- 1 bell pepper
- 1 bulb garlic
- 2 English cucumbers
- 1 bunch green onions
- 1 jalapeño pepper, small dice
- 1 small piece of fresh ginger root, if needed
- 2 heads Boston lettuce (also known as butter lettuce), 16 lettuce cups altogether
- 2 red bell peppers
- 3 small cabbage, or equivalent of pre-shredded cabbage
- 1 bunch of broccoli
- 3 heads cauliflower



Vegetables & Fruits (continued)

- 2 lb asparagus
- 1 lb Brussels sprouts
- 1 large turnip (or 2 small)
- ½ lb Portobello mushrooms
- ½ lb white mushrooms

Meat, Poultry, Fish & Seafood

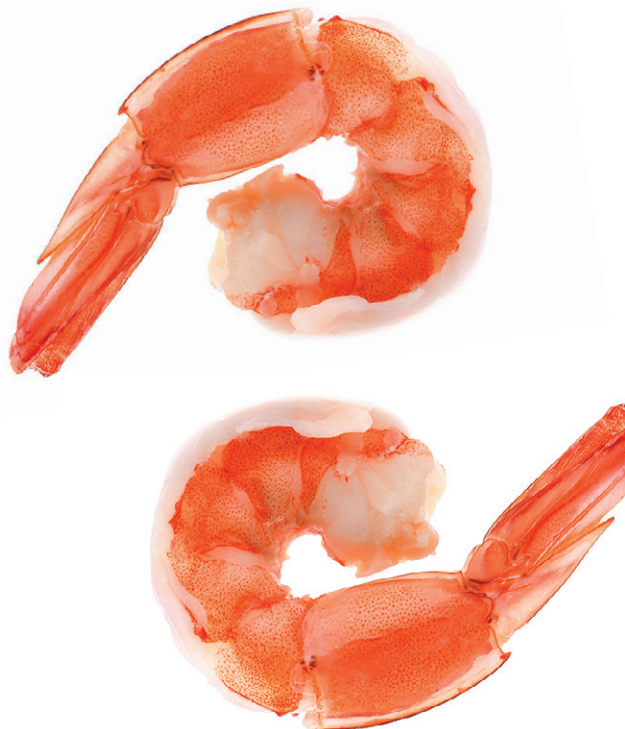
- 1, 4-5 lb chicken, if making your own chicken broth
- Beef marrow bones, if making homemade Bone Broth
- 1 ½ lb cooked chicken (use rotisserie chicken if you don't have cooked chicken on hand)
- 8 chicken drumsticks
- ½ lb chicken breast
- 1 lb ground beef (or ground turkey)
- 1 lb corned beef
- 4, 4-6 oz steaks (your choice of cut)
- 2 large or 4 small turkey thighs, skin on/ bone in
- 12 breakfast sausages
- 1 C Small sized cooked shrimp
- 1 lb top round simmering steak
- ½ lb smoked salmon
- 1 lb grouper fillets
- 1 lb salmon fillets, with skin (4 fillets)
- 1 lb pork belly slices
- 1 lb beef strips
- Bacon, if needed

Dairy Section

- 3 – 4 doz. eggs, as needed
- Heavy cream, if using in coffee
- 1 lb butter, if making homemade ghee

Other Items

- Organic chicken broth, for sipping and recipes
- Organic beef broth, for sipping and recipes
- 2 boxes organic turkey broth, use chicken broth if not available
- 1 can coconut cream
- 4 cans solid tuna
- 1 can smoked oysters
- Capers, if needed
- 2 packages “Miracle” (or other brand) of Konjac noodles





Calendar

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|---------------------|--|---|--|--|
| Week 1 | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Check List |
| Monday, Day #1 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Mushrooms, Arugula & eggs 10 a.m. snack: Perfectly Boiled Egg (make extra for both snacks tomorrow) | Lunch: Easy Beef & Vegetable Soup (double the recipe for lunch tomorrow) 3 p.m. snack: Eggplant Snack | Dinner: Meat Stuffed Zucchini Boats Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Tuesday, Day # 2 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Classic Bacon & Egg Breakfast 10 a.m. snack: Deviled Egg Snack (double the recipe) | Lunch: left-over Easy Beef & Vegetable Soup 3 p.m. snack: left-over Deviled Egg Snack | Dinner: Broiled Salmon Steaks with Steamed Cauliflower & Broccoli Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|--|---|---|---|--|
| Wednesday, Day #3 Short-term fast, if desired | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Baked Eggs in Avocado (with Smoked Salmon) 10 a.m. snack: Mini Egg Muffins (double the recipe) | Lunch: Tuna Lunch Salad 3 p.m. snack: left-over Mini Egg Muffins | Spicy Cajun Shrimp with Fried Cauliflower Rice and Simple Green Salad Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Thursday, Day #4 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Breakfast Cabbage Pie (no bacon) 10 a.m. snack: Smoked Salmon Blini (double the recipe) | Lunch: Rotisserie Chicken Soup 3 p.m. snack: left-over Smoked Salmon Blini | Dinner: Warm & Spicy Beef Salad Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |
| Friday, Day #5 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Soft Boiled Eggs 10 a.m. snack: Bacon Wrapped Brussels Sprouts double the recipe | Lunch: Curried Egg Salad Sandwiches 3 p.m. snack: left-over Bacon Wrapped Brussels Sprouts | Dinner: Roast Chicken with Air Fryer Roasted Cauliflower Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|------------------|--|---|--|--|
| Saturday, Day #6 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Zucchini Pancakes</p> <p>10 a.m. snack: Spinach & Bacon Stuffed Mushrooms (double the recipe)</p> | <p>Lunch: Deli Smoked Turkey Sandwiches</p> <p>3 p.m. snack: left-over Spinach & Bacon Stuffed Mushrooms</p> | <p>Dinner: Coconut Ginger Chicken Bowl with Cabbage Stir-fry</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |
| Sunday, Day #7 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Veggie Omelet Wrap</p> <p>10 a.m. snack: Smoked Sausage (double the recipe for snack tomorrow)</p> | <p>Lunch: 4 Minute Caesar Salad (with Shrimp)</p> <p>3 p.m. snack: Hot Wings Snack</p> | <p>Dinner: Turkey Skewers and Simple Green Salad (with Avocado)</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Week 2 | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Check List |
| Monday, Day #8 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Classic Bacon & Eggs Breakfast</p> <p>10 a.m. snack: Smoked Sausage</p> | <p>Lunch: Easy beef & Vegetable Soup (double the recipe for lunch tomorrow)</p> <p>3 p.m. snack: Tamari Chicken Nuggets</p> | <p>Dinner: Pan Seared Salmon Fillets with Mushrooms and Steamed Asparagus with Ghee</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|---|---|---|---|--|
| Tuesday, Day #9 Short-term fast, if desired | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Breakfast Plate 10 a.m. snack: Perfectly Boiled Egg | Lunch: Easy Beef & Vegetable Soup 3 p.m. snack: Tuna Stuffed Cherry Tomatoes | Dinner: 4 Minute Basil Chicken Bowl Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |
| Wednesday, Day #10 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Scrambled Eggs 10 a.m. snack: Teriyaki Wings (double the recipe) | Lunch: Deli Roast Beef Sandwiches 3 p.m. snack: left-over Teriyaki Wings Snack | Dinner: Chicken Drums: Grilled or Baked with Steamed Broccoli & Cauliflower and Simple Green Salad (without avocado) Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Thursday, Day #11 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Zucchini Pancake Breakfast 10 a.m. snack: Perfectly Boiled Egg | Lunch: Tuna Lunch Salad 3 p.m. snack: Mock Caviar (with cucumber & crème fraîche) | Dinner: Lemon Caper Grouper with Sautéed Spinach Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|--------------------|--|---|--|--|
| Friday, Day #12 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Sausage, Eggs & Roasted Garlic</p> <p>10 a.m. snack: Egg Mini Muffins (double the recipe)</p> | <p>Lunch: Turkey Noodle Soup (double the recipe for lunch tomorrow)</p> <p>3 p.m. snack: left-over Egg Mini Muffins</p> | <p>Dinner: Perfect Steak and Steamed Asparagus with Ghee</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Saturday, Day # 13 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Mushrooms, Arugula & eggs</p> <p>10 a.m. snack: Deviled Eggs (double recipe)</p> | <p>Lunch: left-over Turkey Noodle Soup</p> <p>3 p.m. snack: left-over Deviled Eggs</p> | <p>Dinner: Meat Stuffed Zucchini Boats</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |
| Sunday, Day # 14 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Baked Eggs in Avocado (with smoked salmon)</p> <p>10 a.m. snack: Bacon Wrapped Brussels Sprouts (double recipe)</p> | <p>Lunch: Chicken Sandwiches</p> <p>3 p.m. snack: left-over Bacon Wrapped Brussels Sprouts</p> | <p>Dinner: Pan Seared Scallops with 4 Minute Caesar Salad</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|--|---|---|---|--|
| Week 3 | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Check List |
| Monday, Day #15 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Perfectly Boiled Eggs (make extra hard boiled eggs for lunch tomorrow)</p> <p>10 am. snack: Eggplant Snack (double recipe)</p> | <p>Lunch: Turkey Meatball Soup (double recipe for lunch on Wed.)</p> <p>3 p.m. snack: left-over Eggplant Snack</p> | <p>Dinner: Chicken Teriyaki on "Noodles"</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Tuesday, Day #16 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Breakfast Cabbage Pie (with bacon)</p> <p>10 a.m. snack: Keto Blini with Smoked Salmon (double recipe)</p> | <p>Lunch: Egg Salad Sandwiches (using eggs made yesterday)</p> <p>3 p.m. snack: left-over Keto Blini with Smoked Salmon</p> | <p>Dinner: Roast Chicken and Sautéed Spinach with Air Fryer Roasted Cauliflower</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |
| Wednesday, Day #17 Short-term fast, if desired | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Scrambled Eggs</p> <p>10 a.m. snack: Smoked Sausage (double recipe)</p> | <p>Lunch: left-over Turkey Meatball Soup</p> <p>3 p.m. snack: left-over Smoked Sausage</p> | <p>Dinner: Perfect Steak and Roasted Cremini Mushrooms with Air Fryer Turnip Fries</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|-------------------|---|---|---|--|
| Thursday, Day #18 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Classic Bacon & Eggs Breakfast</p> <p>10 a.m. snack: Mini Meatloaf Bites (double recipe)</p> | <p>Lunch: Tuna Sandwiches</p> <p>3 p.m. snack: left-over Mini Meatloaf Bites</p> | <p>Dinner: 4 Minute Basil Chicken Bowl</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |
| Friday, Day #19 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Poached Eggs</p> <p>10 a.m. snack: Keto Dip (with English cucumber)</p> | <p>Lunch: 4 Minute Caesar Salad (with chicken)</p> <p>3 p.m. snack: Hot Wing Snack</p> | <p>Dinner: Pan Seared Salmon Fillets with Mushroom and Steamed Asparagus with Ghee</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Saturday, Day #20 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Breakfast Bowl</p> <p>10 a.m. snack: Smoked Oysters & Olives Appy (double recipe)</p> | <p>Lunch: Rotisserie Chicken Soup</p> <p>3 p.m. snack: left-over Smoked Oysters & Olives Appy</p> | <p>Dinner: Spicy Cajun Shrimp served over Fried Cauliflower Rice</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|------------------|---|---|---|--|
| Sunday, Day #21 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Zucchini Pancake 10 a.m. snack: Perfectly Boiled Egg (make extra for snack tomorrow) | Lunch: Deli Roast Beef Sandwiches 3 p.m. snack: Tuna Stuffed Cherry Tomatoes | Dinner: Turkey Skewers with Garlic Aioli (for dipping) and Simple Green Salad (with avocado) Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Week 4 | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Check List |
| Monday, Day #22 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Sausage, Eggs & Roasted Garlic 10 a.m. snack: Shrimp Salad Appy | Lunch: Easy Beef & Vegetable Soup (double recipe for Wed. lunch) 3 p.m. snack: Deviled Eggs | Dinner: Coconut Ginger Chicken Bowl with Cabbage Stir-fry Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Tuesday, Day #23 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Veggie Omelet Wrap 10 a.m. snack: Smoked Salmon Lettuce Cup (double recipe) | Lunch: Tuna Lunch Salad 3 p.m. snack: left-over Smoked Salmon Lettuce Cup | Dinner: Pork Belly Slices with Cauliflower Fried Rice Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|---|--|--|---|--|
| Wednesday, Day #24 Short-term fast, if desired | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Breakfast Plate 10 a.m. snack: Perfectly Boiled Eggs | Lunch: left-over Easy Beef & Vegetable Soup 3 p.m. snack: Smoked Oyster & Olive Appy | Dinner: Chicken Drums: Grilled or Baked with Air Fryer Turnip Fries and Simple Green Salad Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |
| Thursday, Day #25 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Breakfast Cabbage Pie 10 a.m. snack: Bacon Wrapped Brussels Sprouts (double recipe) | Lunch: Chicken Sandwiches 3 p.m. snack: left-over Bacon Wrapped Brussels Sprouts | Dinner: Lemon Caper Grouper with Steamed Broccoli & Cauliflower Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |
| Friday, Day #26 | Anti-inflammatory Drink BP Coffee/Tea Electrolyte drinks & broth as desired Breakfast: Scrambled Eggs 10 a.m. snack: Tamari Chicken Nuggets (double recipe for snack tomorrow) | Lunch: Turkey Noodle Soup (double recipe for lunch on Sunday) 3 p.m. snack: Mock Caviar (with cucumber & crème fraiche (double recipe for tomorrow's snack)) | Dinner: Warm & Spicy Beef Salad Bedtime: Bedtime Triphala Drink | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |

| Day | Breakfast & Morning Snack | Lunch & Afternoon Snack | Dinner | Daily Check List |
|-------------------|---|---|---|--|
| Saturday, Day #27 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Classic Bacon & Egg Breakfast</p> <p>10 a.m. snack: left-over Tamari Chicken Nuggets</p> | <p>Lunch: Tuna Salad Sandwiches</p> <p>3 p.m. snack: left-over Mock Caviar (with pepper strips)</p> | <p>Dinner: Pan Seared Salmon Fillets with Mushroom and Steamed Asparagus with Ghee</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • Bedtime Triphala Drink |
| Sunday, Day #28 | <p>Anti-inflammatory Drink</p> <p>BP Coffee/Tea</p> <p>Electrolyte drinks & broth as desired</p> <p>Breakfast: Breakfast Bowl</p> <p>10 a.m. snack: Mini Meat Loaf Bites (double recipe)</p> | <p>Lunch: left-over Lunch: Turkey Noodle Soup</p> <p>3 p.m. snack: left-over Mini Meat Loaf Bites</p> | <p>Dinner: Perfect Steak with 4 Minute Caesar Salad</p> <p>Bedtime: Bedtime Triphala Drink</p> | <ul style="list-style-type: none"> • 1 Anti-inflammatory drink • 3 bullet proof coffee/tea • 4 bottles water • 4 min. affirmation • 4 min. tabata • Bedtime Triphala Drink |

4 minute Keto

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- ✔ fear of success
- ✔ family sabotage
- ✔ self sabotage
- ✔ perfectionist syndrome
- ✔ falling off the wagon

Dr. Harlan Kilstein leads a large online community of people following the Keto way of life, has published the Completely Keto™ Cookbook, and reversed his own weight gain and pre-diabetes diagnosis by following a Ketogenic diet.

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