

# DFY MEAL PLAN

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## **INCLUDES:**

Meal plan and recipes

Grocery list (by recipe each week as well as complete lists by week)

Meal prep suggestions

## **NOTES:**

# RECIPES

## WEEK ONE

1. [Pressure Cooker Chicken Puttanesca](#)
  2. [Keto Chicken Enchilada Bowl](#)
  3. [Stuffed Bell Peppers](#)
  4. [Bombay Sloppy Joe's](#)
  5. [Low-Carb Lamb Burgers](#)
2. [Slow Cooker Paleo Beef Stew](#)
  3. [Turkey Tortillas](#)
  4. [Low-Carb Beef and Broccoli Stir-Fry](#)
  5. [Low-Carb Turkey Pot Pie](#)

## WEEK TWO

1. [Paleo Bombay Meatballs](#)
2. [Korean BBQ Keto Bowl](#)
3. [Ginger Sesame Glazed Salmon](#)
4. [Chicken and Vegetable Tray Bake](#)
5. [Chicken Sausage and Vegetable Skillet](#)

## WEEK THREE

1. [Coconut Chicken Fingers](#)
2. [Skillet Pork Chops with Apples](#)
3. [Extra Crispy Lemon and Thyme chicken](#)
4. [Mocha Rubbed Instant Pot Pot roast](#)
5. [Honey Teriyaki Drumsticks in the Instant Pot](#)

## WEEK FOUR

1. [Herb and Parm Roasted Fish](#)

# WEEK ONE GROCERIES( by recipe)

## Pressure Cooker Chicken Puttanesca

- 6 chicken thighs, skin on
- 1 tablespoon capers
- 1 tablespoon fresh basil
- 6 ounces pitted black olives
- 2 cloves garlic
- 14.5 ounce can chopped tomatoes
- ½ teaspoon chili flakes

## Keto Chicken Enchilada Bowl

- 2-3 chicken breasts (about 1 pound)
- ¾ cups red enchilada sauce
- 1 small red onion
- 4 ounce canned green chilis

## Stuffed Bell Peppers

- 1 pound ground beef or turkey
- 2 eggs
- 1 can diced tomatoes
- 1 avocado
- 4 bell peppers
- 2 cloves garlic
- 1 small onion
- 1 zucchini
- ½ teaspoon black pepper
- 1 teaspoon chili powder (optional)
- 1 teaspoon cumin
- 1 teaspoon salt

## Bombay Sloppy Joe's

- 1 pound ground turkey or beef

- 1 teaspoon garam masala seasoning
- 15 ounce can sugar-free tomato sauce
- 1 teaspoon apple cider vinegar
- 2 tablespoons avocado oil
- ¼ cup full-fat coconut milk
- White chili
- 1 small bunch fresh cilantro
- 1 clove garlic
- 1 small thumb fresh ginger
- ¼ cup shelled pistachios
- 1 teaspoon cumin seeds
- ½ teaspoon paprika

## Low-Carb Lamb Burgers

- 1 pound ground beef
- 1 pound ground lamb
- 4 ounce feta cheese, crumbled
- 20 pitted kalamata olives
- 2 tablespoons olive oil
- 10.5 ounces cherry tomatoes
- 2 cloves garlic
- 1 small English cucumber
- 10-20 large mint leaves
- 1 small red onion
- ½ teaspoon pepper
- 2 tablespoons fresh rosemary
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon dried thyme

# Week Two Groceries (by recipe)

## Paleo Bombay Meatballs

- 1 pound ground beef
- ½ cup coconut cream
- 1 teaspoon ground cumin powder
- 1 teaspoon ground ginger powder
- 1 teaspoon curry powder
- 1 tablespoon coconut oil
- 1 garlic clove
- ½ red onion
- 1 teaspoon sea salt

## Korean BBQ Keto Bowl

- 1 pound skirt steak
- 4 tablespoons coconut aminos
- 2 cups brown rice, cooked
- 4 tablespoons sriracha sauce
- 2 tablespoons coconut oil
- 2 cloves garlic
- 1 teaspoon powdered sugar
- 2 cups steamable vegetables (as in microwavable)
- 2 cups cooked rice

## Ginger Sesame Glazed Salmon

- 2 tablespoons white wine
- 1 tablespoon fish sauce
- 1 tablespoons sugar-free ketchup
- 1 tablespoon rice vinegar
- 2 teaspoons sesame oil
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger

- 2 tablespoons soy sauce
- 10 ounces salmon filet

## Chicken and Vegetable Tray Bake

- ½ cup black olives
- ½ cup chicken broth
- 2 ounces prosciutto (about 8 slices)
- 1 pound chicken breast
- 2 tablespoons olive oil
- 5 ounces asparagus
- 10 ounces cherry tomatoes
- 2 tablespoons lemon juice

## Chicken Sausage and Vegetable Skillet

- 3 tablespoons butter or ghee
- 5 chicken sausage links
- 2 small red belle pepper
- 1 small yellow bell peppers
- 2 cloves garlic
- 6 cremini mushrooms
- 1 small red onion
- 1 small summer squash
- 1 small zucchini
- ½ teaspoon Italian seasoning
- ½ teaspoon crushed red pepper flakes

# Week Three Groceries (by Recipe)

## Coconut Chicken Tenders

- 1 egg
- 1 pound boneless, skinless chicken breast
- ½ cup cashew flour
- 1 cup unsweetened shredded coconut
- ¼ teaspoon pepper
- ⅛ teaspoon cinnamon
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

## Extra Crispy lemon Thyme Chicken Thighs

- 1 tablespoons ghee or coconut oil
- 8 boneless chicken thighs
- 1 tablespoons olive oil
- 2 cloves garlic
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- ¼ teaspoon black pepper
- 1 teaspoon salt
- 1 tablespoon freshly chopped thyme

## Honey Teriyaki Drumsticks (Pressure Cooker)

- 3 tablespoons rice wine
- 8 chicken drumsticks
- 2 cloves garlic
- 1 teaspoon fresh grated ginger
- Scallions, to taste (about 4-5)
- 2 tablesppons honey
- ¼ cup low sodium soy sauce
- 1 teaspoon sriracha (optional)

- 1 tablespoon sesame seeds

## Pressure Cooker Mocha Rubbed Pot Roast

- 1 tablespoon cocoa powder
- 1 cup bone broth or beef broth
- 1 cup brewed coffee
- 2 tablespoons finely ground coffee
- 2 pounds beef chuck roast
- 1 teaspoon chili flakes
- 6 dried figs
- 1 small onion
- 3 tablespoons balsamic vinegar
- 1 teaspoon chili powder
- 1 tablespoon black pepper
- 1 teaspoon ground ginger
- 2 tablespoons smoked paprika

## Skillet Pork Chops with Apples

- ¼ cup white wine
- ½ cup apple juice
- 1 tablespoon canola oil
- 20 ounces thin-cut pork chops (about 5 chops)
- 1 red bell pepper
- 2 Granny Smith apples
- 2 teaspoons lemon juice
- ½ teaspoon ground coriander
- ½ teaspoon ground ginger
- ½ teaspoon paprika
- 1 tablespoon fresh thyme, chopped

# Week Four Groceries (by recipe)

## Low-Carb Beef and Broccoli Stir-Fry

- 1 tablespoon cornstarch
- 3-5 tablespoons sweetener
- ½ cup beef stock
- ¾ pounds flank steak
- 1 tablespoon canola oil
- 4 cups broccoli florets (about 7 ounces)
- ½ cup low-sodium soy sauce

## Hearty Slow Cooker Paleo Beef Stew

- 2 cups beef stock
- 2 tablespoons tomato paste
- 2 pounds stew beef
- 14.5 ounce can diced tomatoes
- 3 tablespoons olive oil
- 4 ounces mixed bell peppers
- 1 large carrot
- 4 cloves garlic
- 4 ounces mushrooms
- 1 small onion
- 2 ribs celery
- 2 tablespoons Worcestershire sauce
- 1 ½ teaspoons black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 2 teaspoon salt

## Low-Carb Turkey Pot Pie

- 1 cup almond flour
- 1 teaspoon baking powder
- ½ cup butter or ghee or coconut oil
- 1 egg
- 12 ounces ground turkey
- ½ cup bone broth
- ½ teaspoon xanthan gum (optional)
- 1 stalk celery
- 1 clove garlic
- ½ onion, diced
- ⅛ teaspoon salt

## Low-Carb Herb and Parm Crusted Fish

- 1 ½ cup almond meal
- 1 tablespoon butter/ghee/coconut oil
- 2 eggs
- ¾ cup grated parmesan cheese
- 2 pounds firm skinless fish such as halibut or cod
- ½ cup mayonnaise
- 2 tablespoons olive oil
- 1 garlic clove
- 1 ½ tablespoon lime juice
- ½ teaspoon lime zest
- 1 tablespoon parsley

## Turkey Tortillas

- 1 pound ground turkey
- 2 cups masa harina corn flour
- 2 cups refried beans
- 2 tablespoons safflower oil
- 1 avocado, diced
- 1 head iceberg lettuce
- 4 tomatoes, diced
- 1 tablespoon chili powder
- 1 teaspoon salt

# GROCERIES (WEEK ONE)

## Canned and Jar Goods

- 6 ounces pitted black olives
- 4 ounce can green chiles
- ¼ cup coconut milk
- 20 pitted kalamata olives
- 14 ounce can diced tomatoes
- 15 ounce can sugar-free tomato sauce

## Dairy:

- 2 eggs
- 4 ounces crumbled feta cheese

## Frozen Food:

- 28 ounce bag frozen tater tots

## Meat

- 2-3 boneless skinless chicken breasts
- 2 pounds ground beef
- 1 pound ground lamb
- 1 pound ground turkey or beef

- 6 chicken chicken thighs, skin on

## Miscellaneous

- 1 tablespoon capers
- ¼ cup shelled pistachios

## Oils and Dressings

- 1 teaspoon apple cider vinegar
- 5 tablespoons avocado oil
- ¾ cups red enchilada sauce
- 4 tablespoons olive oil

## Produce

- 1 small bunch fresh basil
- 1 avocado
- 4 bell peppers
- 10.5 ounces cherry tomatoes
- 1 small bunch fresh cilantro
- 1 head garlic
- 1 small English cucumber
- 3 small onions

- 1 small package fresh rosemary
- 1 zucchini

## Spices and Seasonings

- 1 teaspoon garam masala seasoning
- 1 teaspoon chili powder
- ½ teaspoon chili flakes
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- ½ teaspoon paprika
- Salt and pepper
- 1 teaspoon dried thyme

# GROCERIES (Week Two, Complete)

## Beer and Spirits

- 4 tablespoons white wine

## Dairy

- 3 tablespoons butter or ghee

## Deli

- 2 ounces prosciutto (about 8 slices)

## Meat

- 1 pound chicken breast
- 1 pound ground beef
- 1 pound skirt steak
- 20 ounces salmon filet
- 5 chicken sausage links

## Canned, Boxed and Jarred Goods

- 2 cups white or brown rice
- ½ cup black olives
- ½ cup chicken broth
- ½ cup coconut cream

## Produce:

- 5 ounces asparagus
- 1 red bell pepper
- 1 yellow bell pepper
- 10 ounces cherry tomatoes
- 4 cloves garlic
- 6 cremini mushrooms
- 1 small head garlic
- 1 large lemon
- 1 small red onion
- 1 small summer squash
- 1 small zucchini

## Spices and Sauces

- 2 tablespoons fish sauce
- 4 tablespoons coconut aminos
- 4 tablespoons soy sauce
- 1 teaspoon cumin
- 1 teaspoon ground ginger
- 1 teaspoon curry powder
- 4 tablespoons sriracha sauce
- 2 tablespoons sugar-free ketchup
- 4 tablespoons coconut oil

- 2 tablespoons rice vinegar
- 1 ½ teaspoons sesame oil
- 2 tablespoons olive oil

## Frozen

- Microwavable steamed vegetables, your choice of mix

# GROCERIES (Week Three, Complete)

## Baking Goods

- 1 tablespoon cocoa powder
- ½ cup cashew flour

## Beer and Spirits and

### Beverages

- 3 tablespoons rice wine
- ¼ cup white wine
- ½ cup apple juice

## Canned and Jar Goods

- 1 cup beef broth
- 1 ½ cups coffee

## Dairy

- 1 egg
- 2 tablespoons butter or ghee

## Meat

- 2 pounds beef chuck roast
- 1 pound boneless, skinless chicken tenders

- 8 boneless chicken thighs
- 8 chicken drumsticks, skinless
- 20 ounces thin-cut pork chops (about 5 chops)

## Oils and Dressings

- 1 tablespoon canola oil
- 2 tablespoons olive oil

## Produce

- 1 red bell pepper
- 1 small head garlic
- 1 cup unsweetened shredded coconut
- 6 dried figs
- 1 small thumb fresh ginger
- 2 Granny Smith apples
- 2 ⅔ tablespoons lemon juice
- 1 small fresh lemon
- 1 small onion
- 1 small handful scallions

## Spices and Seasonings

- 1 teaspoon Aleppo pepper
- 3 tablespoons balsamic vinegar
- 2 tablespoons honey
- ½ cup low-sodium soy sauce
- 1 teaspoon sriracha
- 1 teaspoon chili powder
- ⅛ teaspoon cinnamon
- ¼ teaspoon garlic powder
- Salt and pepper
- ½ teaspoon ground coriander
- 1 ½ teaspoons ground ginger
- ½ teaspoon ground paprika
- 1 tablespoon sesame seeds
- 2 tablespoons smoked paprika
- 2 teaspoons dried thyme

# GROCERIES (Week Four)

## Baking Goods

- 2 ½ cup almond flour
- 1 teaspoon baking powder
- 1 tablespoon cornstarch
- 5 tablespoons sweetener (see recipe)

## Meat

- 2 pounds firm white fish like halibut or cod
- ¾ pounds flank steak
- 2 pound ground turkey
- 2 pounds stew beef

## Canned and Jar Goods

- 2 ½ cup beef stock
- 2 tablespoons tomato paste

## Dairy

- 1 stick butter or 9 tablespoons ghee

- 3 eggs
- ¾ cup grated parmesan cheese

## Oils and Dressings

- 1 tablespoon canola oil
- ½ cup mayonnaise
- 5 tablespoons olive oil
- 2 tablespoons safflower oil

## Miscellaneous

- 2 cups masa harina corn flour
- 2 cups refried beans
- 14.5 ounce can diced tomatoes
- ½ cup bone broth
- ½ teaspoon xanthan gum

## Produce

- 1 avocado
- 4 ounces bell pepper

- 1 large head broccoli
- 1 small head celery
- 2 heads garlic
- 1 head iceberg lettuce
- 2 limes
- 4 ounces cremini mushrooms
- 2 small onions
- 1 small bunch fresh parsley
- 4 tomatoes
- 1 large carrot

## Spices and Seasonings

- ⅓ cup low-sodium soy sauce
- 2 tablespoons worcestershire sauce
- Salt and pepper
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano

# MEAL PREP SUGGESTIONS (week by week)

Try to batch out what you can at the start of the week. Most of this prep should take less than 60 minutes and can store over the course of the week

## WEEK ONE

- Puttanesca ingredients in a large ziplock bag, then can be transferred or dumped right into the slow cooker
- Make Lamb Burgers
- Hollow out and partially cook the bell peppers

## WEEK TWO

- Roll meatballs.
- Chop vegetables for the tray bake and vegetable skillet.

## WEEK THREE

- Combine ingredients for mocha rubbed pot roast and place in a large ziplock bag until night of.
- Combine ingredients of teriyaki drumsticks and place in large ziplock bag until night of.

## WEEK FOUR

- Combine ingredients of Slow Cooker Paleo Stew in large ziplock bag until night of.
- Prep the vegetables and sauce for Stir Fry and Pot Pie.

## WEEK ONE RECIPES

### Pressure Cooker Chicken Puttanesca

**Prep: 10 minutes**

**Cook: 15 minutes**

**Serves: 6**

#### Ingredients:

6 chicken thighs skin on	1 tbsp chopped fresh basil
2 tablespoons extra virgin olive oil	
2 cloves garlic crushed	
salt pepper	
1/2 tsp red chilli flakes or to taste	
14 1/2 oz canned chopped tomatoes	
6 oz pitted black olives	
1 tbsp capers rinsed and drained	

#### Method:

1. Turn on the 'saute' function in your Instant Pot or other electric pressure cooker and add the oil. Wait 1 minute (don't wait until the display says hot) and add the chicken pieces skin side down, a couple of pieces at a time until they are browned and no longer stick to the bottom of the pot, about 5 minutes or so. Remove all browned chicken to a plate.
2. With the saute function still on, add the chopped tomatoes, water, olives, garlic, capers, chopped basil, red chili flakes, and some salt and pepper. Stir everything well, bring it up to a gentle simmer, then replace the chicken thighs in the pot.
3. Turn saute function off.
4. Lock the lid, turn the vent to 'sealing' and using the manual setting, adjust it to cook for 15 minutes at High Pressure.
5. When the cook time time is up, allow the unit to reduce pressure on its own without opening the steam release vent (Natural Release) for at least 12 minutes.
6. After 12 minutes you can carefully and slowly release the rest of the pressure.

7. Serve with a side of vegetables, I used zucchini noodles. You could also serve with gluten free pasta if you are not following the paleo or whole30 diet.
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## Keto Chicken Enchilada Bowl

**Prep: 15 minutes**

**Cook: 20 minutes**

**Serves: 4-6**

### Ingredients:

2-3 chicken breasts (about one pound of chicken)

1 12oz steam bag cauliflower rice

3/4 cups red enchilada sauce

Preferred toppings- I used avocado, jalapeno, cheese, and roma tomatoes

1/4 cup water

Seasoning, to taste

1/4 cup onion

1 4 oz can green chiles

### Method:

1. In skillet over medium heat cook chicken breasts until lightly brown
  2. (I cut each breast into 3 or 4 large pieces to cook faster)
  3. Add enchilada sauce, chiles, onions, water and reduce heat to simmer, covered
  4. Cover and cook until chicken is cooked through and shred chicken
  5. Add chicken back into sauce and continue simmering for additional 10 minutes uncovered or until most of liquid has been soaked up
  6. Prepare cauliflower rice per bag instructions and dice preferred toppings
  7. Top rice with chicken, cheese, avocado or preferred toppings
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# Stuffed Bell Peppers

**Prep: 15 minutes**

**Cook: 30 minutes**

**Serves: 4**

## Ingredients:

4 bell peppers	1 tsp cumin
1 lb ground beef or turkey	1 tsp chili powder
1 onion, chopped	1 tsp salt
2 cloves garlic, minced	½ tsp black pepper
1 zucchini, chopped	1 avocado
1 can diced tomatoes	
2 eggs	

## Method:

1. Preheat oven to 375°F.
2. Brown meat in large skillet.
3. When meat is partially cooked, add onion and garlic and cook 4 minutes
4. Add zucchini and cook another 3 minutes.
5. Remove from heat.
6. Add tomatoes, eggs, and spices and mix well
7. Cut the tops off the peppers and set them aside.
8. Scoop the seeds out of the peppers and spoon the meat mixture into the peppers.
9. Replace the tops on the peppers.
10. Place the peppers in a glass baking dish and bake in the preheated oven for 30-40 minutes until well heated and peppers are slightly browned. Keep an eye on them, this can happen fast.
11. Top with avocado and serve with salad.

# Bombay Sloppy Joe's

**Prep: 15 minutes**

**Cook: 35 minutes**

**Serves: 4**

## Ingredients:

Buns: Use [these Keto Buns](#) if you feel like making them, otherwise keto dieters can use lettuce leaves and the rest of the family can use buns

### Add-ins One

1 tablespoons avocado oil  
¼ cup shelled pistachios

### Sauce

2 tablespoons avocado oil  
1 tablespoon minced ginger  
1 clove garlic, minced  
1 (15-ounce) can sugar-free tomato sauce  
¾ cup water  
Whole chilli, crushed  
1 teaspoon garam masala (if you're using turkey)  
or 2 teaspoons of curry powder (if you're using beef or pork)

1 teaspoon grey sea salt  
½ teaspoon paprika

### Meat

2 tablespoons avocado oil  
1 teaspoon cumin seeds  
⅓ cup finely diced white onion  
1 pound ground turkey, beef or pork  
Whole chilli, crushed

### Add-ins Two

¼ cup full-fat coconut milk  
1 teaspoon apple cider vinegar  
Small handful chopped fresh cilantro (soft stems included)

## Method:

1. Get started on the Keto Buns first, if you're making them. Once they're halfway done, start with your sloppy joe. Once the buns have cooled, slice them and set aside.
2. Add avocado oil and pistachios to a frying pan and toast on low-medium heat for 4-5 minutes. Remove from the pan and set aside.
3. Add 2 tablespoons of avocado oil to a medium-sized saucepan and heat on medium heat. Add minced ginger and garlic. Cook for 1 minute until brown, then add tomato sauce, water, chilli, garam masala or curry powder (depending on the type of meat you're using), salt and paprika. Cover and bring to a boil. Lower heat and simmer while you continue with the following steps.

4. Add 2 tablespoons avocado oil to a frying pan and heat on low-medium heat. Add cumin seeds, toast for 1 minute. Add onion and stir. Saute for 5 minutes. Add ground beef and crushed chilli. Cook until meat is no longer pink.
5. Transfer cooked meat to tomato sauce. Cover and bring to a boil, on medium. Tilt the lid off just a bit, to let the steam escape. Simmer on low-medium for about 15 minutes, until the mixture thickens up.
6. Once complete, stir in coconut milk, apple cider vinegar and toasted pistachios. Plop a hefty serving onto the prepared, sliced buns and top with fresh cilantro.
7. Sloppy Joe mixture can be stored in the fridge for up to 2 days, or in the freezer in an airtight container for 2 months.

### Notes

Avocado Oil: if you're using ground turkey, duck fat goes very well with this recipe. Coconut oil or red palm oil would work well, too.

Whole Chillis: if you don't like it hot, go easy on the chillis! You could also use crushed red pepper if that's what you have on hand.

Instant Pot: Make this in your pressure cooker by using the saute feature to prep all of the ingredients, then add all sauce ingredients to the pot with sauteed ingredients. Turn on high pressure for 10 minutes. Done.

## Low-Carb Lamb Burgers

**Prep: 15 minutes**

**Cook: 5 minutes**

**Serves: 6**

### Ingredients:

1 pound ground lamb	1 teaspoon dried oregano
1 pound ground beef	1 teaspoon salt
2 tablespoons chopped fresh rosemary	1/2 teaspoon pepper
2 cloves garlic minced	Tomato and Cucumber Salad
1 teaspoon dried thyme	10.5 ounces cherry tomatoes, halved

6 inch piece English Cucumber, cubed

2 tablespoons extra virgin olive oil 30 ml

1/4 cup purple onion, chopped fine

salt and pepper to taste

4 ounces feta cheese, crumbled

### **Optional Toppings**

20 whole pitted Kalamata olives, halved

Crumbled goat cheese

10-20 large fresh mint leaves, chiffonade (sliced into fine strips)

Additional chopped Kalamata olives with additional feta and mint

## **Method:**

1. **Burgers:** Add the lamb and beef to a medium bowl, tear up into small pieces and mix gently with your hands to distribute more evenly. Chop the garlic and rosemary and add to the meat. Add the rest of the dry ingredients to the meat, sprinkling it evenly over the surface. Mix well. I use my hand mixer. Form into 6 balls and flatten into patties. Refrigerate overnight or cook now. The flavor is better the next day.
2. Grill or pan fry the lamb burgers to your preference. I grilled mine 2 1/2 minutes on 1 side and 2 minutes on the other.
3. **Tomato & Cucumber Salad:** Halve the tomatoes and place into a medium bowl. Peel the cucumber and dice or cube putting it on top of the tomatoes. Halve the olives and place on the cucumbers. Chop and add the onions, add the cheese and then the mint. Do not mix or add the olive oil, salt and pepper until ready to serve.

## WEEK TWO

### Paleo Bombay Meatballs

**Prep:** 15 mins

**Cook:** 1 hour

**Serves:** 4

#### Ingredients:

##### For the meatballs:

1 tablespoon coconut oil

1 garlic clove, finely chopped

½ red onion, very finely chopped

1 teaspoon ground ginger powder

1 teaspoon ground cumin powder

1 teaspoon ground Madras Curry powder

½ cup water

1 pound ground beef

1 teaspoon unrefined sea salt

1 tablespoon coconut oil

##### For the glaze:

½ cup coconut cream

1 tablespoon Madras Curry powder

#### Method:

1. In a large nonstick pan, melt the coconut oil, on medium heat, add the garlic and onion and saute' until slightly browned but not burned, for about 5 minutes.
2. Add the ginger, cumin and Madras Curry powders and saute' for another minute, onion should be browned but not entirely cooked.
3. Add in water and close with a tight fitting lid. Lower heat to low and let cook until onion is soft and cooked, about 5 minutes. In the meantime bring the ground beef to room temperature in a large bowl. Once the onions are cooked, add them to the ground beef.
4. Mix the onions and the beef well, and when cool enough to handle form into meatballs about 2" wide. Flatten them slightly with your palm and set aside.

5. In the same pan, melt the other tablespoon of coconut oil, on high heat. When the oil is hot, add the meatballs. Brown on all sides, for about 5 minutes, then lower the heat to medium, cover with a lid and cook until done inside, about another 3 minutes.
6. Once the meatballs are ready, remove from the pan and set aside.
7. Add the coconut cream and a tablespoon of curry to the pan and cook on medium heat, scraping the browned bits from the bottom and mixing well, for about 2 minutes. A thick brown sauce should form.
8. Serve the meatballs with cauli rice or keto naan, pouring sauce over them.

## Korean Veggie Keto Bowl

The original recipe calls for riced cauliflower; sub regular brown rice or steamed veggies as a base instead.

**Prep: 30 minutes**

**Cook: 10 minutes**

**Serves: 4**

### Ingredients:

4 tablespoons Sriracha sauce

2 tablespoons coconut oil

4 tablespoons Coconut Aminos

2 cups rice

1 teaspoon powdered ginger

2 cup steamed vegetables (microwavable bag of veggies works great here)

2 clove garlic ,finely chopped, separated

1 pound skirt steak, sliced thin (same as for carne asada)

### Method:

1. Mix Sriracha, Coconut Aminos, ginger and garlic for the marinade.
2. Place the sliced steak in a gallon ziplock bag with the marinade and mix well to coat.
3. Refrigerate for 1 hour or overnight.
4. Remove steak from the fridge about 30 minutes before cooking to bring to room temperature.

5. While the steak is warming, melt the coconut oil in a nonstick pan.
6. Heat the
7. Heat a 10" by 10" cast iron grill pan on high heat, until a drop of water will sizzle when dropped on it. The grill pan needs to be very hot to grill the meat!
8. Start grilling the steak one slice a the time, turning it once, about 2 minutes each side, for a medium steak or adjusting time for desired doneness.
9. Serve the steak in a bowl on top of steamed vegetables and rice.

## Ginger Sesame Glazed Salmon

**Prep: 10 minutes**

**Cook: 20 minutes**

**Serves: 6**

### Ingredients:

10 ounces salmon filet	2 teaspoons minced garlic
2 tablespoons soy sauce (or coconut aminos)	1 tablespoon fish sauce
2 teaspoons sesame oil	1 tablespoon sugar free ketchup
1 tablespoon rice vinegar	2 tablespoons white wine
1 teaspoon minced ginger	

### Method:

1. In a tupperware container, combine 2 Tbsp. Soy Sauce (or coconut aminos), 1 Tbsp. Rice Vinegar, 1 tsp. Minced Ginger, 2 tsp. Minced Garlic, and 1 tbsp. fish sauce.
2. Slice salmon filet into size of your choosing and place in marinate liquid skin side up. Coat both sides and let fish sit in marinade for about 10-15 minutes.
3. Bring a pan to high heat and add 2 tsp. sesame oil. Swirl pan to distribute oil.
4. Once you see the first wisp of smoke from the oil, add fish skin side down.

5. Cook fish skin side down until crisp, then flip and cook on the other side. This should take 3-4 minutes per side. Once you flip the fish, add all marinate liquids to the pan and let it boil with the fish.
6. Remove fish from pan and add 1 tbsp. sugar free ketchup, and 2 tbsp. white wine to the marinate liquids. Let simmer for 4-5 minutes to reduce.
7. Serve sauce on the side and chop fresh cilantro to sprinkle on top. You can also garnish with black sesame seeds if you'd like!

## Chicken and Vegetables Tray Bake

Prep: 10 minutes

Cook: 20 minutes

Serves: 4

### Ingredients:

10 oz cherry tomatoes	1/2 cup black olives
5 oz asparagus	1/2 cup chicken broth (stock)
2 tbsp extra virgin olive oil	2 tbsp lemon juice
1 lb chicken breast cut in half horizontally	Lemon wedges to serve
2 oz prosciutto or 8 slices	

### Method:

1. Preheat the oven to 400F (200c).
2. Place the tomatoes, asparagus and 1 tbsp oil in a baking tray and toss to coat. Bake for 5 minutes.
3. While the vegetables are baking, place a large frypan over high heat.
4. Wrap each chicken piece in 1 or 2 slices of prosciutto and season with pepper.
5. Heat 1 tbsp of the oil and cook chicken/prosciutto parcel for 1 minute on each side or until browned.
6. Add the chicken to the baking tray with the vegetables and add the olives.
7. Pour in the stock and lemon juice.
8. Bake for 13 minutes or until the chicken is cooked through.

9. Serve with lemon wedges, and basil leaves.

## Chicken Sausage and Vegetable Skillet

Prep: 15 minutes

Cook: 35 minutes

Yield: 4 servings

### Ingredients:

3 tablespoons butter or ghee (ghee or olive oil for Whole30)

5 chicken sausage links, sliced

2 cloves garlic, minced

1 small red onion, cut into large chunks

1 small zucchini, halved lengthwise and sliced into moons

1 small summer squash, halved lengthwise and sliced into moons

1 small red bell pepper, cut into large chunks

1 small yellow bell pepper, cut into large chunks

6 cremini mushrooms, quartered

1/2 teaspoon Italian seasoning  
1/2 teaspoon crushed red pepper flakes

sea salt and black pepper, to taste

### Method:

1. In a large skillet over medium heat, melt the butter.
2. Add the chicken sausage, garlic and onion to the skillet and saute for 10 minutes.
3. Add zucchini, squash, bell peppers, mushrooms, Italian seasoning, red pepper flakes, sea salt and pepper to the pan and saute for an additional 10-15 minutes or until vegetables are crisp tender.

## WEEK THREE RECIPES

### Coconut Chicken Fingers

Prep: 5 minutes

Cook: 20 minutes

Serves: 4

#### Ingredients:

1 pound boneless, skinless chicken tenders

1/4 teaspoon pepper

1 egg

1/4 teaspoon garlic powder

1/2 cup cashew flour

1/8 teaspoon of cinnamon

1 cup unsweetened shredded coconut

1/4 teaspoon salt

#### Method:

1. Preheat oven to 375 degrees
2. Beat egg in a bowl and set aside
3. Mix cashew flour, coconut, and spices in another bowl or dish
4. Dip each chicken tender lightly in the egg and then in the batter
5. Place the coated chicken tenders on a baking sheet lined with foil or parchment paper
6. Bake for 15-20 minutes (tenders will be golden brown and have no pink on the inside)

### Skillet Pork Chops with Apples

Prep: 5 minutes

Cook: 10 minutes

Serves: 4

## Ingredients:

1 tsp salt, divided	1 red bell pepper, stemmed, seeded and sliced
1/2 tsp ground ginger	1 tbsp + 2 tsp chopped fresh thyme, divided
1/2 tsp ground coriander	1/4 cup white wine or gluten-free, allergy-friendly chicken broth
1/2 tsp paprika	1/2 cup apple juice
20 oz thin-cut pork chops, about 5 chops	2 tsp lemon juice
1 tbsp canola oil	
2 Granny Smith apples, cored, halved and sliced	

## Method:

1. In a small bowl, combine 1/2 tsp salt, ginger, coriander and paprika. Season pork chops with 1 teaspoon of the spice blend.
2. Heat a large skillet over medium-high heat. Add oil and swirl to coat. Add pork in a single layer and cook 3-4 minutes per side, or until cooked through and no pink remains when cut. Remove pork to a shallow serving dish.
3. Add apples and peppers to the skillet and saute until crisp-tender, about 3-4 minutes. Remove to dish with pork.
4. Pour wine or broth into the skillet. Stir in remaining spice blend and 1 tablespoon thyme and cook 2 minutes. Add apple juice and simmer until sauce is slightly reduced but still thin, about 8-10 minutes. Whisk in lemon juice and 1/2 teaspoon salt.
5. Pour sauce over pork and sprinkle with 2 teaspoons fresh thyme, to serve.

## Extra-Crispy Lemon and Thyme Chicken Thighs

Prep: 30 minutes (this includes roasting cauliflower)

Cook: 35 minutes

Serves: 4

## Ingredients:

8 chicken thighs, deboned (800 g / 1.76 lb)	2 tbsp extra virgin olive oil
1 tbsp freshly chopped thyme or 1 tsp dried thyme	2 tbsp ghee, lard or coconut oil, you can make your own ghee
2 tbsp fresh lemon juice	1 tsp salt (I like pink Himalayan salt)
1 tsp fresh lemon zest	$\frac{1}{4}$ tsp freshly ground black pepper
2 cloves garlic, minced	

## Method:

1. Start by preparing the chicken thighs. Use a sharp knife or kitchen shears and cut out the bone without leaving too much meat on it. You can also trim the excess fat off but I prefer not to trim mine :-)
2. Reserve the bones for making chicken stock or keto bone broth. I keep mine in a bag in the freezer until I just have enough to make a batch.
3. Place the thighs on a chopping board skin side up and use a meat mallet to flatten it so that the thickest parts can cook through. Layer the thighs in a bowl and add the seasoning: lemon juice, lemon zest, olive oil, thyme, minced garlic, salt and pepper. Mix to cover evenly from all sides. Place in the fridge to marinate for at least an hour or overnight.
4. Remove from the fridge and place the thighs on a paper towel to remove excess moisture. Use another piece of paper towel to pat dry the tops. It's better if you remove all the spices used for marinating from the skin to prevent the it from burning. You can leave them on the meaty side of the thigh.
5. Heat a large skillet greased with ghee over a medium-high heat. Place the chicken thighs skin side down in the skillet in a single layer. Cook undisturbed for 7-10 minutes (I cook mine for 8 minutes). Rotate the pan half way through to ensure even cooking. Then turn the chicken thighs the other side using kitchen tongs or a fork. Cook for another 2-3 minutes or until cooked through.
6. Pan-frying the chicken will be messy. The best way to prevent the oil from getting everywhere over your stove is to use a splatter guard.
7. Transfer to a cooling rack placed over a baking sheet so the juices can drip down. Let the thighs rest for a few minutes before serving.

8. Repeat for the remaining thighs and enjoy!

## Mocha Rubbed Instant Pot Pot Roast

Prep: 5 minutes

Cook: 15 minutes

Serves: 4

### Ingredients:

2 tablespoons finely ground coffee (you can substitute decaf)

2 tablespoons smoked paprika

1 tablespoon freshly ground black pepper

1 tablespoon cocoa powder

1 teaspoon Aleppo pepper (you can substitute red pepper flakes)

1 teaspoon chili powder

1 teaspoon ground ginger

1 teaspoon sea salt

### For the roast:

2 pounds beef chuck roast, cut into 1½- to 2-inch cubes

1 cup brewed coffee (you can substitute decaf or broth)

1 cup beef broth or bone broth

1 small onion, chopped

6 dried figs, chopped

3 tablespoons balsamic vinegar

Salt and pepper

### Method:

1. Mix the ingredients for the mocha rub in a small bowl. You won't need all of the rub, so save the extra in a tightly sealed container.
2. Brew a cup of coffee.
3. Place the beef cubes in a large bowl, and add three to four tablespoons of the mocha rub.
4. Toss well until the beef is evenly coated.
5. Combine the brewed coffee, broth, onion, figs, and balsamic vinegar in a high-powered blender. Blitz until liquefied.

6. Transfer the seasoned beef to your pressure cooker and pour the sauce on top.
7. Cover and lock the lid of your pressure cooker.
8. If you're using an Instant Pot, turn it on and press the "Meat/Stew" button to switch it to the pressure cooking mode. And if your cubes are smaller than mine, you can press the "minus" button to decrease the cooking time from the preset 35-minute cooking time. Once the pot is programmed, walk away. (Or, if you're like me, sit down and eat dinner.)
9. When the stew is finished cooking, the Instant Pot will switch automatically to a "Keep Warm" mode. At this point, turn it off and let the pressure release naturally (about 15 minutes).
10. (Using a stove-top pressure cooker? You won't have all those buttons to press; instead, just cook on high heat until high pressure is reached. Then, reduce the heat to low to maintain high pressure for about 30 minutes. Remove the pot from the heat, and let the pressure release naturally.)
11. Pop open the lid. The meat should be fork tender. If it's not, cook it under high pressure for 5 more minutes.
12. Transfer the cooked beef to a serving platter.
13. Shred the meat with two forks.
14. If desired, heat the remaining sauce to a boil to reduce and thicken it. Adjust the seasoning with salt and pepper to taste.
15. Ladle the sauce on the beef and dig in!

## Honey Teriyaki Drumsticks in the Instant Pot

Prep: 5 minutes

Cook: 40 minutes

Serves: 6

### Ingredients:

1/4 cup low sodium soy sauce (or gluten free)	1 tbsp sesame seeds
3 tbsp rice wine	chopped scallions
2 tbsp honey	
2 cloves garlic	
1 teaspoon fresh grated ginger	
1 teaspoon sriracha (optional)	
8 drumsticks (28 oz), skin removed	

## Method:

1. Combine soy sauce, rice wine, honey, garlic, ginger and sriracha in a skillet and cook medium-low, stirring for about 2 minutes.
2. Add the chicken and cook 5 minutes, covered.
3. Turn chicken, cover and cook 20 minutes over medium-low.
4. Turn again, cover and cook 15 minutes, until the chicken is very tender.
5. Remove the cover, if the sauce isn't thick simmer uncovered until sauce thickens, about 2 minutes.
6. Finish with scallions and sesame seeds.
7. Instant Pot directions: Use saute button, when hot add soy sauce, rice wine, honey, garlic, ginger and sriracha and cook 2 minutes, stirring. Add the chicken, cover and lock the lid. Cook on high pressure 15 to 20 minutes until the chicken is tender. When pressure releases, finish with scallions and sesame seeds.

## WEEK FOUR RECIPES

### Herb and Parm Crusted Roasted Fish

Prep: 5 minutes

Cook: 5 minutes

Serves: 4

### Ingredients:

1.8 lb firm white skinless fish cod, halibut,  
sea bass, monkfish etc

1 1/3 cup almond meal

3/4 cup Parmesan cheese grated finely

2 eggs

1/2 tbsp parsley chopped finely

1/2 tsp lime zest (about 1 lime)

Salt & pepper

2 tbsp extra virgin olive oil for cooking

1 tbsp butter for cooking

Lemon wedges to serve

## Lime Aioli

1/2 cup mayonnaise (not fat-free)

1 1/2 tbsp lime juice

1/2 tsp lime zest (about 1 lime)

1 garlic clove, small finely chopped

## **Method:**

1. First, make the Lime Aioli as it will give the flavors some time to develop.
2. In a small bowl, mix together the mayonnaise, lime juice, lime zest and garlic. Cover and place in the fridge.
3. To make the herb crust, mix together the almond meal, Parmesan, parsley, lime zest, salt & pepper in a flat dish. Or mix in a bowl then transfer to a plate to be used to crumb the fish.
4. Crack the eggs into a bowl and whisk lightly with a fork.
5. Dip each piece of fish into the egg to coat, then place into the almond/herb mixture and roll the fish around to coat on all sides.
6. Place all the crumbed fish on a large plate, cover with plastic wrap and put in the fridge for 8-10 minutes.
7. While the fish is in the fridge, feel free to make a quick salad with your favorite greens and salad vegetables.
8. Place a fry-pan over medium heat and add the olive oil and butter. Once melted, pan-fry the fish for 3 minutes and then flip and cook for 2-3 minutes on the other side. The fish should flake apart easily and have developed a lovely golden crust.
9. Serve with the Lime Aioli, lemon wedges and a salad.

## **Slow Cooker Paleo Beef Stew**

Prep: 20 minutes

Cook: 6 hours

Serves: 4

## Ingredients:

2 lbs. Stew Beef	1 Small Onion – Chopped
3 Tbs. Olive Oil	4 Large Cloves Garlic – Minced
2 Cups Organic Beef Stock	2 Tbs. Organic Tomato Paste
12 oz. Package Bacon – Cooked Crisp and Crumbled	2 Tbs. Worcestershire Sauce or Coconut Aminos
14.5 oz. Can Organic Diced Tomatoes – Juice Drained	2 tsp. Sea Salt
4 oz. Mixed Bell Peppers – Chopped	1 ½ tsp. Black Pepper
4 oz. Mushrooms – Quartered	1 tsp. Garlic Powder
2 Ribs Celery – Chopped	1 tsp. Onion Powder
1 Large Carrot – Chopped	1 tsp. Dried Oregano

## Method:

1. Heat slow cooker on low setting.
2. In a large skillet over medium heat, sear the beef in olive oil, browning on both sides. Transfer to slow cooker.
3. To the slow cooker, add Organic Beef Stock, bacon, tomatoes, bell peppers, mushrooms, celery, carrot, onion, garlic, tomato paste, Worcestershire sauce, sea salt, black pepper, garlic powder, onion powder, and dried oregano.
4. Cover and cook on low 6-8 hours.

## Turkey Tortillas

Prep: 10 minutes

Cook: 30 minutes

Yield: 4 servings

## Ingredients:

2 cups masa harina corn flour mix	1 tsp salt	pinch salt
1 cup warm water		1 head of iceberg lettuce, sliced
Turkey Filling		4 tomatoes, diced
2 tbsp sunflower oil		1 avocado, diced
1 lb ground turkey		2 cups refried beans
1 tbsp chili powder		

## Method:

1. For tortillas, combine the masa harina and salt in a bowl. Slowly add the water to form a dough. If too crumbly, add a little more water, if too wet add more masa harina.
2. Knead dough 3-4 minutes. Divide dough into 12 golfball-size balls.
3. Place each ball between plastic wrap and roll out to crepe thickness.
4. In a dry sauté pan (preferably cast iron), on medium heat, cook each tortilla for about 1 minute per side.
5. For filling, heat sunflower oil in a large sauté pan. Add turkey and sauté for 4-6 minutes. Add chili powder and salt. Continue to cook 2-3 minutes. Set aside.
6. Fill each cooked tortilla with the turkey, lettuce, tomato, avocado and beans. Fold in half and enjoy.

## Low-Carb Beef and Broccoli Stir-Fry

Prep: 10 minutes

Cook: 25 minutes

Serves: 4

## Ingredients:

3/4 pound flank steak sliced into 1/4 inch thick strips

4 cups small broccoli florets (about 7 ounces)

1/2 cup beef stock

1 tablespoon corn starch

1 tablespoon canola oil

### For the sauce:

1/3 cup low-sodium soy sauce

3-5 tablespoons sweetener (see post for options)

## Method:

1. Toss the sliced beef in a large bowl with corn starch until well-coated. Set aside.
2. Heat canola oil in a pan over medium heat for a few minutes or until hot.
3. Add sliced beef and cook until it browns, less than 5 minutes, stirring frequently. Transfer to a plate and set aside.
4. Add broccoli florets to the pan and stir. Add beef broth. Let simmer until the broccoli is tender, about 10 minutes, stirring occasionally.
5. While waiting for the broccoli to cook, combine all sauce ingredients in a sauce pan. Stir the ingredients together over medium-low heat until it starts to simmer, about 5 minutes. Keep the sauce warm over low heat as you wait for the broccoli to cook.
6. Return beef to the pan and pour the sauce on top. Stir until everything is coated with the sauce. Bring to a simmer and cook for another few minutes.
7. Season with salt and pepper to taste, if needed.
8. Serve immediately, optionally pairing with cooked cauliflower rice. Drizzle sauce on top.

## Low-Carb Turkey Pot Pie

Prep: 5 minutes

Cook: 30 minutes

Serves: 6

## Ingredients:

12 oz turkey precooked, chopped

1/2 onion diced

1 stalk celery diced

1 clove garlic diced

1/3 cup turkey bone broth

1/2 tsp xanthan gum

salt and pepper to taste

### For the crust:

1 cup almond flour

1/2 cup butter room temperature

1 tsp baking powder

1/8 tsp salt

1 egg

## Method:

1. Preheat oven to 350 degrees Fahrenheit and place the turkey in a 9 X 6-inch casserole dish.
2. Combine onions, celery, and garlic in a nonstick skillet and cook over medium heat until onions brown. Transfer the mixture to the casserole dish.
3. Add bone broth to the skillet and bring heat over medium. Slowly add in xanthan gum while quickly whisking. Remove from heat once the xanthan gum has fully dissolved and the mixture has the consistency of gravy. Pour the mixture over the ingredients in the casserole dish and mix to coat. Season with salt and pepper to taste, then smooth mixture out evenly.
4. For the topping, use a hand mixer to combine almond flour and butter. Mix in baking powder and salt. Finally, mix in the egg until all ingredients are thoroughly blended. Transfer the batter to the turkey mixture and evenly spread the batter over the top.
5. Bake for 30 minutes and allow to cool for 10 minutes before cutting in to serve.