

WEEK 1

Breakfast (makes 3 servings)

Mini Crustless Quiches

Calories: 382, 28F, 22P, 5.3C

Ingredients

- 14 large eggs
- 3 plum tomatoes, diced
- $\frac{2}{3}$ cup mozzarella cheese, shredded
- $\frac{1}{3}$ cup pepper jack cheese, shredded
- $\frac{1}{3}$ cup sweet onion, diced
- $\frac{1}{3}$ cup sliced pickled jalapenos
- $\frac{2}{3}$ cup soppressata salami, diced
- $\frac{1}{3}$ cup heavy cream

Instructions

1. Preheat the oven to 325°F and grease a 15" x 11" muffin tin.
2. Combine all the ingredients in a mixing bowl, season with salt and pepper and whisk well.
3. Split the quiche batter into the muffin tin equally and bake for about 25 minutes.
4. Store in the fridge and reheat when ready to eat.
5. Nutrition is based on 4 Mini Crustless Quiches. Recipe makes about 12.



Lunch

Ham & Cheddar Wraps

Calories: 600, 44F, 27P, 8C

Ingredients

- 1 low carb wrap
- 2 tbsp mayonnaise
- 2 oz. cheddar, shredded
- 2 oz. deli ham
- Pickles or jalapenos to taste
- Salt, pepper

Instructions

1. Onto a low carb wrap, spread the mayonnaise.
2. Add the shredded cheddar cheese and ham slices.
3. If you want, add some pickles or jalapenos for something fresh and juicy.
4. Wrap it up tight and cut it to fit your lunch bag or enjoy right away!



Dinner

Chicken & Mushrooms

Calories: 640, 51F, 46P, 5C

Ingredients

- 6 oz. chicken breast
- 8 oz. white mushrooms
- 2 tbsp butter
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup heavy cream
- 1 tsp fresh lemon juice
- Salt, pepper
- 1 handful of spinach

Instructions

1. Cook the chicken on a pan until it's almost cooked all the way. Then let it rest on a plate while you prepare the sauce.
2. On that same pan, cook the mushrooms in butter until they've shrunk and crisped up.
3. Add the water, lemon juice and heavy cream and let that cook until the sauce has thickened.
4. Season with salt and pepper and add the chicken back in to cook the rest of the way. Serve with a side of spinach.



Breakfast

Mini Crustless Quiches

Calories: 382, 28F, 22P, 5.3C

Ingredients

- 14 large eggs
- 3 plum tomatoes, diced
- $\frac{2}{3}$ cup mozzarella cheese, shredded
- $\frac{1}{3}$ cup pepper jack cheese, shredded
- $\frac{1}{3}$ cup sweet onion, diced
- $\frac{1}{3}$ cup sliced pickled jalapenos
- $\frac{2}{3}$ cup soppressata salami, diced
- $\frac{1}{3}$ cup heavy cream

Instructions

1. Preheat the oven to 325°F and grease a 15" x 11" muffin tin.
2. Combine all the ingredients in a mixing bowl, season with salt and pepper and whisk well.
3. Split the quiche batter into the muffin tin equally and bake for about 25 minutes.
4. Store in the fridge and reheat when ready to eat.
5. Nutrition is based on 4 Mini Crustless Quiches



Lunch

BLT Avocado Wraps

Calories: 640, 56F, 18P, 6C

Ingredients

- 3 lettuce leaves
- 3 tbsp mayonnaise
- 6 strips bacon, cooked
- $\frac{1}{2}$ roma tomato, sliced
- $\frac{1}{2}$ avocado, sliced
- Salt and pepper

Instructions

1. Gently flatten the lettuce leaves and spread a tablespoon of mayo onto each.
2. Lay 2 bacon strips onto each leaf followed by the sliced tomato and avocado.
3. Season with salt and pepper.
4. Wrap each one up tightly and enjoy!



Dinner

Low Carb Chicken Quesadilla

Calories: 654, 43F, 52P, 7C

Ingredients

- 1 low carb wrap
- 3 oz. pepper jack cheese, shredded
- 2.5 oz. chicken breast, grilled, shredded
- $\frac{1}{2}$ avocado, sliced thin
- 1 tsp chopped jalapeño
- $\frac{1}{4}$ tsp salt

Instructions

1. Place the wrap on a frying pan wide enough to allow the wrap to lay as fully flat as possible on a medium heat.
2. After a 2 minutes, flip the wrap over and begin laying out the pepper jack. Don't get too close to the corners (leave a little less than an inch from the edges of the wrap).
3. Add the chicken breast, avocado and jalapeño to one half of the wrap.
4. Fold the wrap over with a spatula and press down to flatten (not too much!). This will ensure the melted cheese glues the quesadilla together.
5. Take off the pan and cut into thirds. Enjoy with salsa and/or sour cream!



Breakfast

Mini Crustless Quiches

Calories: 382, 28F, 22P, 5.3C

Ingredients

- 14 large eggs
- 3 plum tomatoes, diced
- $\frac{2}{3}$ cup mozzarella cheese, shredded
- $\frac{1}{3}$ cup pepper jack cheese, shredded
- $\frac{1}{3}$ cup sweet onion, diced
- $\frac{1}{3}$ cup sliced pickled jalapenos
- $\frac{2}{3}$ cup soppressata salami, diced
- $\frac{1}{3}$ cup heavy cream

Instructions

1. Preheat the oven to 325°F and grease a 15" x 11" muffin tin.
2. Combine all the ingredients in a mixing bowl, season with salt and pepper and whisk well.
3. Split the quiche batter into the muffin tin equally and bake for about 25 minutes.
4. Store in the fridge and reheat when ready to eat.
5. Nutrition is based on 4 Mini Crustless Quiches



Lunch

Easy Cobb Salad

Calories: 600, 48F, 43P, 2C

Ingredients

- 1 large hard-boiled egg
- 4 oz. chicken breast
- 1 cup spinach
- 2 strips bacon
- $\frac{1}{4}$ avocado
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp white vinegar

Instructions

1. Bring a pot of water to boil and cook the egg for 10 minutes. Once it's cooked, cool it in cold water and chop it up.
2. On a frying pan, cook the chicken breast and bacon to desired crispiness.
3. Roughly chop or rip spinach leaves and add in the bacon, chicken and chopped egg.
4. Throw in half an avocado and mix to break it up.
5. Dress with olive oil and vinegar or use a low carb Bleu cheese dressing.



Dinner (makes 4 servings)

Cheddar Chicken & Broccoli Casserole

Calories: 548, 42F, 44P, 4C

Ingredients

- 20 oz. chicken breast, shredded
- 2 cups broccoli florets (we used frozen)
- 2 tbsp olive oil
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup heavy cream
- Salt, pepper
- 1 tsp oregano
- 1 cup cheddar cheese, shredded
- 1 oz. pork rinds, crushed

Instructions

1. Preheat the oven to 450°F.
2. In a deep mixing bowl, combine chicken, broccoli florets, olive oil and sour cream. Mix to combine thoroughly.
3. Place the mixture into a greased 8x11" baking dish, pressing into an even layer.
4. Drizzle heavy cream over the entire layer. Season with salt, pepper and oregano.
5. Add the cheddar cheese to the top and add the crushed pork rinds over the cheese for a crispy casserole top.
6. Bake for about 20-25 minutes.
7. Nutrition is per $\frac{1}{4}$ of the casserole.



Breakfast (makes 3 servings)

Chocolate Peanut Butter Muffins

Calories: 530, 41F, 15P, 4.5C

Ingredients

- 1 cup almond flour
- ½ cup erythritol
- 1 tsp baking powder
- 1 pinch salt
- ⅓ cup peanut butter
- ⅓ cup almond milk
- 2 large eggs
- ½ cup SF chocolate chips

Instructions

1. Combine all the dry ingredients (except chocolate chips) in a large mixing bowl and stir.
2. Add in the peanut butter and almond milk and stir to combine.
3. Add in 1 egg at a time, incorporating each fully.
4. Fold in the SF chocolate chips.
5. Spray a muffin tin and add the batter. Bake for about 15 minutes at 350°F.
6. This recipe makes 6 muffins, 2 muffins per serving.
7. Nutrition is per 2 Chocolate Peanut Butter Muffins.



Lunch

Tuna Avocado Salad

Calories: 508, 34F, 31P, 5C

Ingredients

- 4 oz. canned tuna
- ½ stalk celery, diced
- ½ avocado
- 2 tbsp mayonnaise
- 1 tsp mustard
- ½ tsp fresh lemon juice
- Salt, pepper
- 1 hard-boiled egg, peeled, chopped

Instructions

1. Combine the tuna, celery and avocado.
2. Add mayo, mustard, lemon juice and spices.
3. Add the egg to the tuna salad.
4. Mix very well until all the ingredients are well combined.
5. Pack it up and save it for lunch!



Dinner

Cheddar Chicken & Broccoli Casserole

Calories: 548, 42F, 44P, 4C

Ingredients

- 20 oz. chicken breast, shredded
- 2 cups broccoli florets (we used frozen)
- 2 tbsp olive oil
- ½ cup sour cream
- ½ cup heavy cream
- Salt, pepper
- 1 tsp oregano
- 1 cup cheddar cheese, shredded
- 1 oz. pork rinds, crushed

Instructions

1. Preheat the oven to 450°F.
2. In a deep mixing bowl, combine chicken broccoli florets, olive oil and sour cream. Mix to combine thoroughly.
3. Place the mixture into a greased 8x11" baking dish, pressing into an even layer.
4. Drizzle heavy cream over the entire layer. Season with salt, pepper and oregano.
5. Add the cheddar cheese to the top and add the crushed pork rinds over the cheese for a crispy casserole top.
6. Bake for about 20-25 minutes.
7. Nutrition is per ¼ of the casserole.



week 1: day 5

Breakfast

Chocolate Peanut Butter Muffins

Calories: 530, 41F, 15P, 4.5C

Ingredients

- 1 cup almond flour
- ½ cup erythritol
- 1 tsp baking powder
- 1 pinch salt
- ⅓ cup peanut butter
- ⅓ cup almond milk
- 2 large eggs
- ½ cup SF chocolate chips

Instructions

1. Combine all the dry ingredients (except chocolate chips) in a large mixing bowl and stir.
2. Add in the peanut butter and almond milk and stir to combine.
3. Add in 1 egg at a time, incorporating each fully.
4. Fold in the SF chocolate chips.
5. Spray a muffin tin and add the batter. Bake for about 15 minutes at 350°F.
6. This recipe makes 6 muffins, 2 muffins per serving.
7. Nutrition is per 2 Chocolate Peanut Butter Muffins.



Lunch

Cheddar Chicken & Broccoli Casserole

Calories: 548, 42F, 44P, 4C

Ingredients

- 20 oz. chicken breast, shredded
- 2 cups broccoli florets (we used frozen)
- 2 tbsp olive oil
- ½ cup sour cream
- ½ cup heavy cream
- Salt, pepper
- 1 tsp oregano
- 1 cup cheddar cheese, shredded
- 1 oz. pork rinds, crushed

Instructions

1. Preheat the oven to 450°F.
2. In a deep mixing bowl, combine chicken broccoli florets, olive oil and sour cream. Mix to combine thoroughly.
3. Place the mixture into a greased 8x11" baking dish, pressing into an even layer.
4. Drizzle heavy cream over the entire layer. Season with salt, pepper and oregano.
5. Add the cheddar cheese to the top and add the crushed pork rinds over the cheese for a crispy casserole top.
6. Bake for about 20-25 minutes.
7. Nutrition is per ¼ of the casserole.



Dinner

Shrimp & Mushroom Zoodles

Calories: 500, 32F, 44P, 7.5C

Ingredients

- 1 tbsp olive oil
- 8 oz. white mushrooms, sliced
- 1 tbsp butter
- 6 oz. large shrimp, peeled
- 1 large zucchini
- ¼ cup marinara sauce
- Salt, pepper
- 2 tbsp Parmesan cheese

Instructions

1. Heat the olive oil in a large pan over medium heat.
2. Fry the mushrooms until they've soaked up most of the oil.
3. Add butter and let the mushrooms cook until they've turned golden.
4. Add the shrimp and let them cook for about 4 minutes on each side.
5. While the shrimp are cooking, make the zoodles by using a spiralizer.
6. Once the shrimp are cooked and pink, toss the zoodles in for about 2 minutes.
7. Then, add the marinara sauce and season with salt and pepper.
8. Enjoy with a sprinkle of Parmesan!



Breakfast

Chocolate Peanut Butter Muffins

Calories: 530, 41F, 15P, 4.5C

Ingredients

- 1 cup almond flour
- ½ cup erythritol
- 1 tsp baking powder
- 1 pinch salt
- ⅓ cup peanut butter
- ⅓ cup almond milk
- 2 large eggs
- ½ cup SF chocolate chips

Instructions

1. Combine all the dry ingredients (except chocolate chips) in a large mixing bowl and stir.
2. Add in the peanut butter and almond milk and stir to combine.
3. Add in 1 egg at a time, incorporating each fully.
4. Fold in the SF chocolate chips.
5. Spray a muffin tin and add the batter. Bake for about 15 minutes at 350°F.
6. This recipe makes 6 muffins, 2 muffins per serving.
7. Nutrition is per 2 Chocolate Peanut Butter Muffins.



Lunch

Cheddar Chicken & Broccoli Casserole

Calories: 548, 42F, 44P, 4C

Ingredients

- 20 oz. chicken breast, shredded
- 2 cups broccoli florets (we used frozen)
- 2 tbsp olive oil
- ½ cup sour cream
- ½ cup heavy cream
- Salt, pepper
- 1 tsp oregano
- 1 cup cheddar cheese, shredded
- 1 oz. pork rinds, crushed

Instructions

1. Preheat the oven to 450°F.
2. In a deep mixing bowl, combine chicken broccoli florets, olive oil and sour cream. Mix to combine thoroughly.
3. Place the mixture into a greased 8x11" baking dish, pressing into an even layer.
4. Drizzle heavy cream over the entire layer. Season with salt, pepper and oregano.
5. Add the cheddar cheese to the top and add the crushed pork rinds over the cheese for a crispy casserole top.
6. Bake for about 20-25 minutes.
7. Nutrition is per ¼ of the casserole.



Dinner

Sriracha Lime Flank Steak

Calories: 560, 34F, 52P, 8C

Ingredients

- 7 oz. asparagus
- 8 oz. flank steak
- Salt, pepper
- Sriracha Lime Sauce:
 - ½ lime
 - 1 tbsp sriracha
 - ½ tsp vinegar
 - Salt, pepper
 - 1 tbsp olive oil

Instructions

1. Trim the ends off the asparagus and let them fry on medium heat for about 10 minutes, tossing occasionally.
2. Liberally season the steak with salt & pepper. Broil for 5 minutes on each side for medium-rare. Add 1 minute on each side for medium and 2 minutes for well-done.
3. Cover the steak and let rest for 5 minutes. Meanwhile, squeeze fresh lime in a bowl and mix with sriracha, vinegar, salt & pepper. While whisking these together, slowly pour in olive oil to create an emulsion and thicken the sauce.
4. Slice steak thin & serve with sauce and the asparagus. Enjoy!



week 1 : day 7

Breakfast

Creamy Scrambled Eggs

Calories: 710, 57F, 37P, 2.5C

Ingredients

- 4 large eggs
- 2 tbsp butter
- 4 strips bacon
- 2 tbsp sour cream
- ½ tsp salt
- ¼ tsp black pepper
- 1 stalk green onion

Instructions

1. Crack eggs and add the butter to a pan on a medium-high heat. Stir continuously with a silicone spatula.
2. While stirring the eggs, let some bacon strips cook in another pan (or bake them).
3. Alternate stirring the eggs on the heat and off the heat in 30 second intervals. When they're almost done, turn the heat off. The eggs will continue cooking a little more from the residual heat from the pan.
4. Add a tablespoon of sour cream and season with salt and pepper.
5. Garnish with chopped green onion and enjoy!



Lunch (makes 3 servings)

Chicken Zoodle Soup

Calories: 370, 26F, 23P, 8C

Ingredients

- 2 tbsp olive oil
- ½ white onion, chopped
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 tbsp dried oregano
- 1 quart chicken broth
- 8 oz. boneless, skinless chicken thighs
- 1 large zucchini
- ¼ cup sour cream

Instructions

1. In a soup pot, heat olive oil over medium heat and cook onion and cook until translucent.
2. Add carrots and celery and season with salt, pepper and oregano. Cook until softened slightly.
3. Add the chicken broth and bring the mixture to a boil. Then lower the heat to a simmer, add chicken and cook 30 minutes.
4. Remove the chicken thighs and shred them. Cook them for 15 more minutes.
5. Spiralize the zucchini into thin noodles and add them to the soup during the last 2 or 3 minutes of cooking. Enjoy the soup with sour cream!
6. Nutrition is for 1/3 of the recipe.



Dinner

Bunless Butter Burger

Calories: 640, 59F, 24P, 1C

Ingredients

- 4 oz. ground beef
- Salt, pepper
- 1 tsp paprika
- 1 tbsp butter
- 1 tbsp olive oil
- 1 large leaf of lettuce
- 1 slice cheese
- 1 tsp mayonnaise

Instructions

1. Season the ground beef with salt, pepper and paprika and mix very well with your hands.
2. Make 2 flat patties and place the butter in the center of one of the patties.
3. Place the second patty on top of the buttered patty and press and seal the sides until the two patties merge.
4. Cook the patty on a pan with the olive oil on high heat for 4 minutes on each side.
5. Once it's done, place the patty on a lettuce leaf and add a slice of cheese. Spread with some mayo, fold and enjoy!

