



**1 week**  
keto meal plan  
1500 calories

# Day 1

## Breakfast

### Vanilla greek yogurt:

Greek yogurt  
Plain, whole fat  
6 oz  
170 grams

Honey  
1 tsp  
7.1 grams

Vanilla extract  
1/2 tsp  
2.1 grams

## Directions

- |   |  |
|---|--|
| 1 | Add some plain greek yogurt (full fat variety) to a bowl, then stir in honey and a few drops of vanilla extract. |
|---|--|

### Recipe stats:

12g Carbs  
17g Fat  
14g Protein  
267.2 Calories

**Total calories: 267.2**

## Lunch

### Curry Chicken Salad:

Chicken breast

Broilers or fryers, meat only, raw

1/2 breast, bone and skin removed

118 grams

Celery

Raw

1/2 stalks, large (11 inches long)

32 grams

Light mayonnaise

Salad dressing, light

1/10 cup

20 grams

Curry powder

Spices

1/3 tsp

0.67 grams

## Directions

1	To cook chicken, first pound out chicken breast a bit to the same thickness by carefully using a kitchen mallet or the back of a heavy jar. Cook in a nonstick pan over medium heat with about a tsp of olive oil, about 4 minutes per side or until cooked through completely without any pink in the middle.
2	In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.

**Recipe stats:**

3.2g Carbs

7.7g Fat

26.9g Protein

196.5 Calories

**Cucumber & Hummus:**

Hummus

Commercial

1/4 cup

61.5 grams

Cucumber

With peel, raw

1 cup slices

104 grams

## Directions

1	Cut cucumber into round slices and eat with hummus.
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**Recipe stats:**

12.6g Carbs

6g Fat

5.5g Protein

117.7 Calories

**Total calories: 314.2**

# Dinner

## Grilled Polenta Chips:

Yellow Polenta

365 Everyday Value

2 oz

56.7 grams

Olive oil

Salad or cooking

1/4 tbsp

3.4 grams

Nutritional Yeast

Vegan - Whole Foods Market

1 1/2 oz

42.5 grams

Pepper

Spices, black

1/4 dash

0.025 grams

Salt

Table

1/4 dash

0.10 grams

## Directions

1	Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2	Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.

3	Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4	Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!

**Recipe stats:**

26.1g Carbs

6.5g Fat

21g Protein

245.4 Calories

**Total calories: 245.4**

[Snack](#) 1

**Smoked Almond Cottage Cheese Endive Bites:**

Cottage cheese

Lowfat, 1% milkfat

1/4 cup, (not packed)

56.5 grams

Hickory Smoked Almonds All-Natural

Good Sense

1/8 cup

14 grams

Hot Red Pepper Jelly

President's Choice

1 tbsp

15 grams

Endive

Raw

1/2 head

257 grams

# Directions

1	Separate endive leaves into separate "cups". Chop almonds.
2	Top each leaf with a little cottage cheese, a few almonds, and a drizzle of hot pepper jelly. Serve.

## Recipe stats:

25.1g Carbs

9.1g Fat

13.2g Protein

224.3 Calories

**Total calories: 224.3**

## Snack 2

### Almond Butter & Celery:

Almond butter

Nuts, plain, without salt added

2 tbsp

32 grams

Celery

Raw

2 stalks, large (11 inches long)

128 grams

# Directions

1	Spread almond butter on celery and enjoy!
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**Recipe stats:**

9.8g Carbs

18g Fat

7.6g Protein

217 Calories

# **Total calories: 217**

## Snack 3

### **Cream Cheese Pickles:**

Pickles

Cucumber, dill or kosher dill

1 large (4" long)

135 grams

Cream cheese

Low fat

1/4 cup

60 grams

Cured beef, thin-sliced beef

3/10 oz

8.9 grams

## **Directions**

- |   |   |
|---|---|
| 1 | Spread or pat cream cheese around each pickle. Wrap 2 sheets of meat around each pickle. Refrigerate pickles overnight, slice before serving. |
|---|---|



**Recipe stats:**

8.6g Carbs

9.9g Fat

7.9g Protein

152.4 Calories

**Cherry Tomato, Dill, & Anchovy Salad:**

Tomatoes

Red, ripe, raw, year round average

1 cup cherry tomatoes

149 grams

Anchovies in Olive Oil

Flat Fillets - Cento Fine Foods

3 pieces

7 grams

Dill

Fresh

1/2 tsp

0.091 grams

## Directions

1	Halve cherry tomatoes and place in bowl. Chop anchovy filets into small pieces and place in bowl with tomatoes.
2	Sprinkle salad with fresh dill, toss well to combine, and serve.

**Recipe stats:**

5.8g Carbs

0.8g Fat

3.3g Protein

39.4 Calories

**Total calories: 191.8**

## **Day 2**

### Breakfast

#### **Carrot Cake Chia Pudding:**

Carrots

Raw

1/4 cup grated

27.5 grams

Chia Seeds

Trader Joe's

2 tbsp

30 grams

Cinnamon

Spices, ground

1/4 tsp

0.65 grams

Honey

1 tbsp

21 grams

Coconut Milk Unsweetened

Silk

1 cup (8 fl oz)

240 grams

## **Directions**

1	Add all ingredients to a resealable and stir together well. Put lid on container and place in fridge to set, at least 2 hours (or overnight). Stir well before serving.
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**Recipe stats:**

22.5g Carbs

14.6g Fat

6.4g Protein

261.7 Calories

**Total calories: 261.7**

Lunch

**Cottage Cheese with Spicy Tuna:**

Cottage cheese

Lowfat, 1% milkfat

1/2 cup, (not packed)

113 grams

Dill

Fresh

1/2 tsp

0.091 grams

Tuna

Fish, light, canned in water, drained solids

1 can

165 grams

Sriracha Sauce

Trader Joe's

1 tsp

4 grams

# Directions

1	Drain tuna. Mix in bowl with cottage cheese and sriracha sauce. Enjoy!
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## Recipe stats:

4.1g Carbs

2.7g Fat

46.1g Protein

228.3 Calories

## Red Bell Pepper and Hummus:

Hummus

Commercial

1/4 cup

61.5 grams

Red bell pepper

Sweet, raw

1 medium (approx 2-3/4" long, 2-1/2 dia.)

119 grams

# Directions

1	Cut bell pepper in half and remove seeds. Slice pepper into strips and serve with hummus for dipping.
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## Recipe stats:

16g Carbs

6.3g Fat

6g Protein

139 Calories

**Total calories: 367.3**

## Dinner

### Cottage Cheese with Lox & Dill:

Chinook salmon  
Fish, smoked, (lox), regular  
3 oz  
85 grams

Dill weed  
Spices, dried  
1/2 tsp  
0.50 grams

Cottage cheese  
Lowfat, 1% milkfat  
1 cup, (not packed)  
226 grams

## Directions

1	Slice lox into strips. Mix with cottage cheese and dill. Enjoy!
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### Recipe stats:

6.4g Carbs  
6g Fat  
43.6g Protein  
263.5 Calories

**Total calories: 263.5**

## Snack 1

### **Cinnamon Honey Cottage Cheese:**

Cinnamon  
Spices, ground  
1/4 tsp  
0.65 grams

Cottage cheese  
Lowfat, 1% milkfat  
1 cup, (not packed)  
226 grams

Honey  
1 tbsp  
21 grams

## Directions

1	Mix cottage cheese with cinnamon and honey. Enjoy!
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### **Recipe stats:**

24g Carbs  
2.3g Fat  
28.1g Protein  
228.2 Calories

**Total calories: 228.2**

## Snack 2

### **Cottage Cheese Salad:**

Cottage cheese

Lowfat, 1% milkfat  
1 cup, (not packed)  
226 grams

Tomatoes  
Red, ripe, raw, year round average  
2 plum tomato  
124 grams

Onions  
Young green, tops only  
2 stalk  
24 grams

Cucumber  
Peeled, raw  
1 medium  
201 grams

Salt  
Table  
1/2 dash  
0.20 grams

Pepper  
Spices, black  
1/2 dash  
0.050 grams

## Directions

1	Chop tomatoes, green onion, and cucumbers.
2	In a medium bowl, stir together the cottage cheese, tomatoes, green onions, and cucumbers. Season with salt and pepper to taste. Chill until serving.

**Recipe stats:**

16.7g Carbs  
3g Fat  
30.5g Protein  
215.8 Calories

**Total calories: 215.8**

## Snack 3

### Tomato Salad:

Vinegar  
Cider  
1/6 cup  
39.4 grams

Cucumber  
Peeled, raw  
2 medium  
402 grams

Onions  
Raw  
1/2 large  
75 grams

Tomatoes  
Red, ripe, raw, year round average  
3 medium whole (2-3/5" dia)  
369 grams

Water  
Plain, clean water  
1/2 cup  
118 grams

## Directions



1	Peel and slice cucumbers into coins. Cut tomatoes into pieces. Dice red onion. Add vinegar and water and mix well.
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**Recipe stats:**

30.5g Carbs

1.4g Fat

6.4g Protein

153.1 Calories

**Total calories: 153.1**

## Day 3

### Breakfast

#### **Keto Jalepeno Breakfast Muffins:**

Egg

Whole, fresh eggs

3/4 extra large

42 grams

Heavy whipping cream

Fluid

1/10 cup, fluid (yields 2 cups whipped)

14.9 grams

Bacon

Raw, cured pork

3/4 strip

9 grams

Cheddar cheese

3/4 oz

21.3 grams

Salt

Table

1/10 dash

0.033 grams

Pepper

Spices, black

1/10 dash

0.0083 grams

Jalapeno peppers

Raw

0.021 cup, sliced

1.9 grams

## Directions

1	Preheat Oven to 350 F.
2	Add a slice of cooked bacon to each space in a nonstick muffin tin.
3	Mix the eggs, cream, cheese, salt and pepper in a bowl and whisk.
4	Evenly distribute into 12 muffin cavities. Add a few chopped or sliced jalapenos to each muffin.
5	Bake for at least 15-20 minutes, maybe more depending on your oven. Store uneaten muffins in an airtight container in the fridge for up to 4 days.

### Recipe stats:

1.3g Carbs

20.3g Fat

11.8g Protein

235.8 Calories

**Total calories: 235.8**

## Lunch

### **Tuna-Stuffed Tomato:**

Tomatoes

Red, ripe, raw, year round average

1 large whole (3" dia)

182 grams

Tuna

Fish, light, canned in water, drained solids

1 can

165 grams

Dill weed

Spices, dried

1/2 tsp

0.50 grams

Salt

Table

1 dash

0.40 grams

Pepper

Spices, black

1 dash

0.10 grams

Onions

Young green, tops only

1 stalk

12 grams

Cottage cheese

Lowfat, 2% milkfat

1/2 cup, (not packed)

113 grams

## Directions

1	Cut a large tomato in half. With a sharp knife or spoon, carefully remove some of the inside of the tomato to create a bowl.
2	Drain tuna and combine with chopped onions, cottage cheese, dill, and salt & pepper to taste. Stuff into tomato halves and enjoy!

### Recipe stats:

13.5g Carbs

4.5g Fat

45.7g Protein

270.9 Calories

### Red bell pepper: Sweet, raw ( 3 medium)

#### Food stats:

21.5g Carbs

1.1g Fat

3.5g Protein

110.7 Calories

**Total calories: 381.6**

## Dinner

### Cucumber Snack Sandwiches:

Cream cheese

Low fat

1/3 cup

80 grams

Deli cut turkey

White, rotisserie

2 oz

56.7 grams

Cucumber

With peel, raw

1/2 cucumber (8-1/4")

151 grams

## Directions

1	Cut cucumber in half, then in half length-wise. Scoop seeds out of inside of cucumber and discard.
2	Spread cream cheese on insides of cucumber. Roll up turkey slices and place on top of cream cheese. Top with other side of cucumber and enjoy!

### Recipe stats:

16.3g Carbs

14.1g Fat

14.9g Protein

246.9 Calories

**Total calories: 246.9**

## Snack 1

### Celery & Hummus:

Celery

Raw

4 stalks, large (11 inches long)

256 grams

Hummus  
Commercial  
1/2 cup  
123 grams

## Directions

1	Eat celery with hummus.
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### Recipe stats:

25.2g Carbs  
12.2g Fat  
11.5g Protein  
245.1 Calories

**Total calories: 245.1**

## Snack 2

### Heirloom Tomato Basil Mozzarella Salad:

Balsamic vinegar  
1 tbsp  
16 grams

Olive oil  
Salad or cooking  
1 tbsp  
13.5 grams

Mozzarella cheese  
Whole milk  
1 slices

28.3 grams

Tomatoes

Red, ripe, raw, year round average

7 4/9 slice, medium (1/4" thick)

149 grams

Pepper

Spices, black

1 dash

0.10 grams

Basil

Fresh

1 cup leaves, whole

24 grams

Salt

Table

1 dash

0.40 grams

## Directions

1	Assemble the salad with slices of tomatoes, basil leaves, and mozzarella slices.
2	Sprinkle extra virgin olive oil over the salad.
3	Add a dash of vinegar and a very light sprinkling of salt and pepper.
4	For a completely different flavor, you can substitute the mozzarella with thin slices of Parmesan.

**Recipe stats:**

9.9g Carbs  
20.3g Fat  
8.4g Protein  
251 Calories

## **Total calories: 251**

### Snack 3

#### **Keto protein shake: Just the whey**

water  
Plain, clean water  
1 cup  
237 grams

Whey protein powder  
Gold Standard, Any flavor, 100% whey protein  
30 grams  
30 grams

## Directions

1	Stir the whey into the water and drink. Ideally use flavored whey, but if you only have unflavored, add in a tiny bit of sweetener and cocoa powder to make it more palatable (both have a negligible amount of carbs).
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#### **Recipe stats:**

3g Carbs  
1g Fat



24g Protein  
120 Calories

**Total calories: 120**

## Day 4

### Breakfast

#### Easy To Peel Hard-Boiled Eggs:

Egg  
Whole, fresh eggs  
4 large  
200 grams

Vinegar  
Cider  
1 1/3 tsp  
6.7 grams

Salt  
Table  
2/3 dash  
0.27 grams

Ice cubes  
Frozen water  
2 cup  
474 grams

## Directions

1	Place the eggs in a saucepan.
2	Cover the eggs with lukewarm water.
3	Add in vinegar and pinch salt.
4	Bring to a full boil over medium heat; boil for 2 minutes (start timing after the water reaches a full boil).
5	Remove from heat cover with a tight lid.
6	Allow the eggs to stand for 11 minutes.
7	Drain the eggs a couple times under very cold water.
8	Cover the eggs with cold water then add in some ice.
9	Allow the eggs to sit in ice water for about 3 minutes.
10	Drain and peel.

**Recipe stats:**

1.5g Carbs

19g Fat

25.1g Protein

287.4 Calories

**Total calories: 287.4**

## Lunch

### **Cucumber Salad:**

Light mayonnaise

Salad dressing, light

1/6 cup

40 grams

Sour cream

Reduced fat, cultured  
1 tbsp  
15 grams

Vinegar  
Cider  
1 tbsp  
14.9 grams

Honey  
1/2 tbsp  
10.5 grams

Poppy seed  
Spices  
1/2 tsp  
1.5 grams

Salt  
Table  
1/4 tsp  
1.5 grams

Pepper  
Spices, black  
1/8 tsp  
0.26 grams

Cucumber  
Peeled, raw  
453 3/5 grams

Onions  
Raw  
1/2 small  
35 grams

## Directions

1	In a medium bowl, stir together mayonnaise, sour cream, vinegar, honey, poppy seeds, coarse salt, and pepper. Add cucumbers and onion; toss to combine.
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**Recipe stats:**

26.7g Carbs

12.1g Fat

4.1g Protein

227.3 Calories

## Radishes with Hummus:

Radishes

Raw

1 cup slices

116 grams

Hummus

Commercial

1/4 cup

61.5 grams

## Directions

1	Cut radishes into rounds and eat with hummus.
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**Recipe stats:**

12.7g Carbs

6g Fat

5.6g Protein

120.7 Calories

**Total calories: 348**

# Dinner

## Baked Egg Rolls:

Cabbage

Raw

1/8 cup, chopped

11.1 grams

Carrots

Raw

1/10 cup grated

6.9 grams

Soy sauce

Made from soy and wheat (shoyu)

1/4 tbsp

4 grams

Garlic

Raw

1/2 clove

1.5 grams

Wonton wrappers

(includes egg roll wrappers)

2 wrapper, eggroll (7" square)

64 grams

Egg

Whole, fresh eggs

1/4 large

12.5 grams

## Directions

1	Chop vegetables and marinate with sauce for 10 minutes.
2	Fill and roll 8 egg rolls. Brush with egg wash.

3

Bake at 400F for 15 minutes.

**Recipe stats:**

39.2g Carbs

2.2g Fat

8.5g Protein

214.1 Calories

**Total calories: 214.1**

Snack 1

**Keto Creamed Spinach:**

Spinach

Frozen, chopped or leaf, unprepared

1 package (10 oz)

284 grams

Parmesan cheese

Shredded

3 tbsp

15 grams

Cream cheese

Low fat

3 tbsp

45 grams

Sour cream

Reduced fat, cultured

2 tbsp

30 grams

Garlic powder

Spices

1/4 tsp

0.78 grams

Onion powder

Spices

1/4 tsp

0.60 grams

Salt

Table

1 dash

0.40 grams

Pepper

Spices, black

1 dash

0.10 grams

## Directions

1	Defrost frozen spinach in the microwave. Add to a pan on medium-high heat and let excess water boil off.
2	Add seasoning and cream cheese to the pan. Stir together until cream cheese has melted.
3	Add sour cream and parmesan and mix together well until the creamed spinach is thickened. Serve immediately.

### Recipe stats:

18.5g Carbs

16.2g Fat

20.6g Protein

280.4 Calories

**Total calories: 280.4**

## Snack 2

### **Blue cheese & veggie salad:**

Lettuce

Romaine or cos, raw

2 cup shredded

94 grams

Tomatoes

Red, ripe, raw, year round average

1/2 cup cherry tomatoes

74.5 grams

Italian dressing

Salad dressing, reduced fat

2 tbsp

30 grams

Blue cheese

3 cubic inch

51 grams

## Directions

1	Gently mix the ingredients in a bowl.
2	Eat it

### **Recipe stats:**

10.2g Carbs

17.1g Fat



12.8g Protein

240 Calories

**Total calories: 240**

### Snack 3

**Cheddar cheese: 1 oz (28.35g)**

**Food stats:**

0.4g Carbs

9.6g Fat

6.8g Protein

115.1 Calories

**Total calories: 115.1**

## **Day 5**

### Breakfast

**Pecans:Nuts (1 cup, halves(99g)**

**Food stats:**

13.7g Carbs

71.3g Fat

9.1g Protein

684.1 Calories

**Total calories: 684.1**

# Lunch

## All American Tuna:

Tuna  
Fish, light, canned in water, drained solids  
1 can  
165 grams

Light mayonnaise  
Salad dressing, light  
1 tbsp  
15 grams

Celery  
Cooked, boiled, drained, without salt  
1/8 cup, diced  
18.8 grams

Pickles  
Cucumber, dill or kosher dill  
1/2 large (4" long)  
67.5 grams

## Directions

1	Mix all ingredients together in a bowl.
2	Serve with bread or side of choice

### Recipe stats:

3.8g Carbs  
5.1g Fat  
32.6g Protein  
189.1 Calories

**Celery: Raw, 1 stalk, medium (7-1/2" - 8" long) (40g)**

**Food stats:**

1.2g Carbs

0.1g Fat

0.3g Protein

6.4 Calories

**Total calories: 195.5**

**Dinner**

**Carrot and Coriander Soup:**

Carrots

Raw

2/3 large (7-1/4" to 8-1/2" long)

48 grams

Onions

Raw

0.042 large

6.3 grams

Fresh cilantro

Coriander leaves, raw

1/10 cup

1.3 grams

Vegetable Broth

Organic - 365 Everyday Value

2/3 cup

160 grams

**Directions**

1	Chop the onion. Chop the carrots into 1" pieces.
2	Place the carrots, onion, vegetable broth and cilantro into a large saucepan. Bring to a boil, and cook until the carrots are tender, about 10 minutes. Remove from heat and allow to cool slightly.
3	Puree the soup until smooth, using a blender or food processor. Reheat before serving if necessary.

**Recipe stats:**

6.6g Carbs

0.1g Fat

0.5g Protein

32.5 Calories

**Total calories: 32.5**

[Snack 1](#)

**Pumpkin Cottage Cheese:**

Cottage cheese

Lowfat, 1% milkfat

1/2 cup, (not packed)

113 grams

Pumpkin

Canned, without salt

1/2 cup

123 grams

Pumpkin pie spice

Spices

1/4 tsp

0.42 grams

Honey  
1 tbsp  
21 grams

## Directions

1	Mix all ingredients together and enjoy!
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### Recipe stats:

30.6g Carbs  
1.5g Fat  
15.4g Protein  
188.3 Calories

**Total calories: 188.3**

## Snack 2

### Ranch Cottage Cheese with Celery:

Cottage cheese  
Lowfat, 1% milkfat  
1 1/2 cup, (not packed)  
339 grams

Dip Creations Seasoning Mix  
Classic Ranch - Lay's  
3/4 tsp dry mix  
3 grams

Celery  
Raw  
6 stalks, large (11 inches long)  
384 grams

# Directions

- |   |   |
|---|---|
| 1 | Mix ranch seasoning with cottage cheese. Serve with celery for dipping. Keeps well and even tastes better the next day! |
|---|---|

## Recipe stats:

22.1g Carbs

4.1g Fat

44.6g Protein

313 Calories

**Total calories: 313**

## Snack 3

### Cherry Tomatoes with Goat Cheese:

Tomatoes

Red, ripe, raw, year round average

1 cup cherry tomatoes

149 grams

Goat cheese

Soft type

1 oz

28.4 grams

Basil

Spices, dried

1/4 tsp, leaves

0.17 grams

# Directions

- |   |   |
|---|---|
| 1 | Cut cherry tomatoes in half. Top each half with a little bit of goat cheese and a sprinkle of basil. Enjoy! |
|---|---|

## Recipe stats:

5.9g Carbs

6.3g Fat

6.6g Protein

102.1 Calories

**Total calories: 102.1**

# Day 6

## Breakfast

### Carrot Cake Chia Pudding:

Carrots

Raw

1/4 cup grated

27.5 grams

Chia Seeds

Trader Joe's

2 tbsp

30 grams

Cinnamon

Spices, ground

1/4 tsp  
0.65 grams

Honey  
1 tbsp  
21 grams

Coconut Milk Unsweetened  
Silk  
1 cup (8 fl oz)  
240 grams

## Directions

1	Add all ingredients to a resealable and stir together well. Put lid on container and place in fridge to set, at least 2 hours (or overnight). Stir well before serving.
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### Recipe stats:

22.5g Carbs  
14.6g Fat  
6.4g Protein  
261.7 Calories

**Total calories: 261.7**

## Lunch

### Spicy Chicken Celery Sticks:

Canned chicken  
No broth  
1 can (5 oz) yields  
125 grams

Light mayonnaise  
Salad dressing, light



2 tbsp  
30 grams

Garlic powder  
Spices  
1/2 tsp  
1.6 grams

Salt  
Table  
1/4 tsp  
1.5 grams

Celery  
Raw  
3 stalks, large (11 inches long)  
192 grams

Pepper or hot sauce  
Ready-to-serve  
2 tbsp  
28.8 grams

## Directions

1	Combine chicken, mayo, garlic powder, salt and hot sauce in a small bowl and mix until well combined.
2	Cut celery stalks in half. Stuff each stalk with the chicken mixture and serve.

### Recipe stats:

11.3g Carbs  
17.2g Fat  
33.5g Protein  
341.7 Calories

## Red Bell Pepper and Hummus:

Hummus  
Commercial  
1/4 cup  
61.5 grams

Red bell pepper  
Sweet, raw  
1 medium (approx 2-3/4" long, 2-1/2 dia.)  
119 grams

## Directions

1	Cut bell pepper in half and remove seeds. Slice pepper into strips and serve with hummus for dipping.
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### Recipe stats:

16g Carbs  
6.3g Fat  
6g Protein  
139 Calories

**Total calories: 480.7**

## [Dinner](#)

### Shrimp Lettuce Wraps:

Cottage cheese  
Lowfat, 1% milkfat  
1/4 cup, (not packed)  
56.5 grams

Onions

Young green, tops only

1/4 cup chopped

17.8 grams

Lettuce

Iceberg (includes crisphead types), raw

1 leaf, large

15 grams

Shrimp

Crustaceans, mixed species, raw

3 oz

85.1 grams

## Directions

1	Cook shrimp in boiling water until pink and opaque(done). Remove shells if present and chop up shrimp into pieces.
2	Chop green onions and combine with shrimp and cottage cheese. Scoop into lettuce leaves, wrap and serve!

### Recipe stats:

3.8g Carbs

1.5g Fat

18.9g Protein

107.9 Calories

**Total calories: 107.9**

[Snack 1](#)

**Provençal Endive Salad:**

Anchovy  
Fish, european, canned in oil, drained solids  
3 anchovies  
12 grams

Salt  
Table  
1/8 tsp  
0.75 grams

Olive oil  
Salad or cooking  
3/4 tbsp  
10.1 grams

Vinegar  
Distilled  
1/2 tsp  
2.5 grams

Garlic  
Raw  
1/10 tsp  
0.17 grams

Pepper  
Spices, black  
1/4 dash  
0.025 grams

Endive  
Raw  
1 1/2 head  
770 grams

## Directions

1	In a large serving bowl, stir the minced garlic into the olive oil.
---	---

	Roughly chop the anchovy fillets and add them to the oil. Add the salt and pepper and the sherry vinegar. Let the dressing sit and the oil infuse while you prep the endives (about 5 minutes).
2	Strip off and discard any outer tired leaves from the endives. Cut off and discard the hard root end of the endives. Slice the endives crosswise into 1-inch wide pieces. Cut the core end, if thick, into halves or quarters.
3	Add the chopped endive leaves to the serving bowl with the dressing, and toss gently until all of the endive leaves are lightly coated in the dressing.
4	Serve immediately.

**Recipe stats:**

25.8g Carbs

12.8g Fat

13.1g Protein

246.3 Calories

**Total calories: 246.3**

[Snack 2](#)

**Cottage Cheese with Sunflower Seeds & Dill:**

Cottage cheese

Lowfat, 1% milkfat

1 cup, (not packed)

226 grams

Dill weed

Spices, dried

1/2 tsp

0.50 grams

Sunflower seed kernels  
Seeds, dry roasted, without salt  
1/8 cup, hulled  
16 grams

## Directions

1	Mix cottage cheese with sunflower seeds and dill. Enjoy!
---	--

### Recipe stats:

10.3g Carbs  
10.3g Fat  
31.2g Protein  
257.1 Calories

**Total calories: 257.1**

## Snack 3

### Keto Creamed Spinach:

Spinach  
Frozen, chopped or leaf, unprepared  
1/2 package (10 oz)  
142 grams

Parmesan cheese  
Shredded  
1 1/2 tbsp  
7.5 grams

Cream cheese  
Low fat

1 1/2 tbsp  
22.5 grams

Sour cream  
Reduced fat, cultured  
1 tbsp  
15 grams

Garlic powder  
Spices  
1/8 tsp  
0.39 grams

Onion powder  
Spices  
1/8 tsp  
0.30 grams

Salt  
Table  
1/2 dash  
0.20 grams

Pepper  
Spices, black  
1/2 dash  
0.050 grams

## Directions

1	Defrost frozen spinach in the microwave. Add to a pan on medium-high heat and let excess water boil off.
2	Add seasoning and cream cheese to the pan. Stir together until cream cheese has melted.
3	Add sour cream and parmesan and mix together well until the creamed spinach is thickened. Serve immediately.

**Recipe stats:**

9.3g Carbs  
8.1g Fat  
10.3g Protein  
140.2 Calories

**Total calories: 140.2**

## Day 7

### Breakfast

#### Vanilla greek yogurt:

Greek yogurt  
Plain, whole fat  
6 oz  
170 grams

Honey  
1 tsp  
7.1 grams

Vanilla extract  
1/2 tsp  
2.1 grams

## Directions

- |   |  |
|---|--|
| 1 | Add some plain greek yogurt (full fat variety) to a bowl, then stir in honey and a few drops of vanilla extract. |
|---|--|

**Recipe stats:**



12g Carbs  
17g Fat  
14g Protein  
267.2 Calories

**Total calories: 267.2**

## Lunch

### Curry Chicken Salad:

Chicken breast  
Broilers or fryers, meat only, raw  
1/2 breast, bone and skin removed  
118 grams

Celery  
Raw  
1/2 stalks, large (11 inches long)  
32 grams

Light mayonnaise  
Salad dressing, light  
1/10 cup  
20 grams

Curry powder  
Spices  
1/3 tsp  
0.67 grams

## Directions

- |   |   |
|---|---|
| 1 | To cook chicken, first pound out chicken breast a bit to the same thickness by carefully using a kitchen mallet or the back of a heavy jar. Cook in a nonstick pan over medium heat with about a tsp of olive oil, about 4 minutes per side or until cooked through |
|---|---|

	completely without any pink in the middle.
2	In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.

**Recipe stats:**

3.2g Carbs

7.7g Fat

26.9g Protein

196.5 Calories

**Cucumber & Hummus:**

Hummus

Commercial

1/4 cup

61.5 grams

Cucumber

With peel, raw

1 cup slices

104 grams

**Directions**

1	Cut cucumber into round slices and eat with hummus.
---	---

**Recipe stats:**

12.6g Carbs

6g Fat

5.5g Protein

117.7 Calories

**Total calories: 314.2**

## Dinner

### **Grilled Polenta Chips:**

Yellow Polenta

365 Everyday Value

2 oz

56.7 grams

Olive oil

Salad or cooking

1/4 tbsp

3.4 grams

Nutritional Yeast

Vegan - Whole Foods Market

1 1/2 oz

42.5 grams

Pepper

Spices, black

1/4 dash

0.025 grams

Salt

Table

1/4 dash

0.10 grams

## Directions

1	Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2	Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the

	polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.
3	Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4	Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!

**Recipe stats:**

26.1g Carbs

6.5g Fat

21g Protein

245.4 Calories

**Total calories: 245.4**

[Snack 1](#)

**Smoked Almond Cottage Cheese Endive Bites:**

Cottage cheese

Lowfat, 1% milkfat

1/4 cup, (not packed)

56.5 grams

Hickory Smoked Almonds All-Natural

Good Sense

1/8 cup

14 grams

Hot Red Pepper Jelly

President's Choice

1 tbsp

15 grams

Endive

Raw

1/2 head  
257 grams

## Directions

1	Separate endive leaves into separate "cups". Chop almonds.
2	Top each leaf with a little cottage cheese, a few almonds, and a drizzle of hot pepper jelly. Serve.

### Recipe stats:

25.1g Carbs  
9.1g Fat  
13.2g Protein  
224.3 Calories

**Total calories: 224.3**

## Snack 2

### Almond Butter & Celery:

Almond butter  
Nuts, plain, without salt added  
2 tbsp  
32 grams

Celery  
Raw  
2 stalks, large (11 inches long)  
128 grams

## Directions

1	Spread almond butter on celery and enjoy!
---	---

**Recipe stats:**

9.8g Carbs

18g Fat

7.6g Protein

217 Calories

**Total calories: 217**

[Snack 3](#)

**Cream Cheese Pickles:**

Pickles

Cucumber, dill or kosher dill

1 large (4" long)

135 grams

Cream cheese

Low fat

1/4 cup

60 grams

Cured beef, thin-sliced beef

3/10 oz

8.9 grams

**Directions**

1	Spread or pat cream cheese around each pickle. Wrap 2 sheets of meat around each pickle. Refrigerate pickles overnight, slice before serving.
---	---

**Recipe stats:**

8.6g Carbs

9.9g Fat

7.9g Protein

152.4 Calories

**Cherry Tomato, Dill, & Anchovy Salad:**

Tomatoes

Red, ripe, raw, year round average

1 cup cherry tomatoes

149 grams

Anchovies in Olive Oil

Flat Fillets - Cento Fine Foods

3 pieces

7 grams

Dill

Fresh

1/2 tsp

0.091 grams

## Directions

1	Halve cherry tomatoes and place in bowl. Chop anchovy filets into small pieces and place in bowl with tomatoes.
2	Sprinkle salad with fresh dill, toss well to combine, and serve.

**Recipe stats:**

5.8g Carbs

0.8g Fat

3.3g Protein

39.4 Calories

**Total calories: 191.8**