

KETO PLAN

WEEKLY
PLAN

NOV 7-11

TO ORDER, CALL:
LOCAL SHOP

MONDAY

JUNE 7, 2020

Veggie Breakfast
Hash with coffee

BREAKFAST

Turkey Zucchini
Burgers

LUNCH

Slow Cooker Pork
Carnitas

DINNER

TUESDAY

JUNE 8, 2020

Egg White Breakfast
Muffins

BREAKFAST

Cajun Pan Seared
Salmon

LUNCH

Bacon-Wrapped Pork
Medallions

with Garlic-Mustard
Butter

DINNER

WEDNESDAY

JUNE 9, 2020

Protein Breakfast
Bowl

BREAKFAST

Chicken Tender
Sauté

LUNCH

Ham Casserole with
Cauliflower Rice

DINNER

THURSDAY

JUNE 10, 2020

Protein Breakfast
Bowl

BREAKFAST

Peppered Pork
Tenderloin

LUNCH

Low Carb Cheesy
Turkey and Broccoli
Bake

DINNER

FRIDAY

JUNE 11, 2020

Braised Chickpeas
with Tomato,
Spinach, and Feta

BREAKFAST

Sweet Peach Baked
BBQ Chicken

LUNCH

5-Ingredient Pesto
Baked Salmon

DINNER

MONDAY

Breakfast

Veggie Breakfast Hash with Coffee



Ingredients
4 SERVINGS

1 pound turkey breast (ground, lean)
1/2 cup white onion (diced)
1 red bell pepper (diced)
1 zucchini (diced)
1 cup baby spinach
salt
pepper
1 tablespoon extra virgin olive oil
avocado (sliced)
cilantro
salsa
eggs

MONDAY

Lunch

Turkey Zucchini Burgers



Ingredients

16 SERVINGS

3 pounds ground turkey
2 cups shredded zucchini (about 1 large)
1 tablespoon kosher salt
1/2 tablespoon pepper

MONDAY

Dinner

Slow Cooker Pork Carnitas (Mexican Pulled Pork)



Ingredients

4 SERVINGS

2 1/2 pounds blade roast (trimmed, boneless pork shoulder)

2 teaspoons kosher salt

black pepper (to taste)

6 cloves garlic (cut into sliver)

1 1/2 teaspoons cumin

1/2 teaspoon sazón (I used homemade)

1/4 teaspoon oregano

3/4 cup reduced sodium chicken broth

3 chipotle peppers in adobo sauce (to taste)

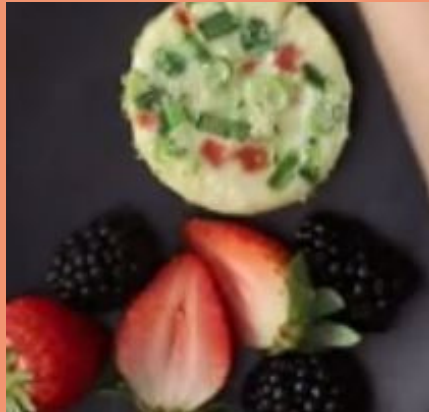
2 bay leaves

1/4 teaspoon adobo seasoning

TUESDAY

Breakfast

Egg White Breakfast Muffins



Ingredients

12 SERVINGS

nonstick cooking spray

1 1/2 cups mixed vegetables (like broccoli, peppers, asparagus, baby spinach, etc.)

1 scallion

1/4 cup water

2 cups liquid egg whites

1 teaspoon salt

1/4 teaspoon black pepper

TUESDAY

Lunch

Cajun Pan Seared Salmon



Ingredients

4 SERVINGS

24 ounces salmon fillets (skin on)
2 tablespoons
Cajun seasoning (MBMK, Blend)
4 sprigs thyme
1 lemon
2 tablespoons olive oil
salt (to taste)

TUESDAY

Dinner

Bacon-Wrapped Pork Medallions with Garlic-Mustard Butter



Ingredients

4 SERVINGS

**1 pork tenderloin (1 to 1 1/4 pound)
4 slices bacon (hickory-smoked)
saltblack pepper**

WEDNESDAY

Breakfast

Protein Breakfast Bowl



Ingredients

2 SERVINGS

- 1 onion (small, sliced)
- 8 mushrooms (medium, sliced)
- 5 ounces ground beef (grass-fed)
- 1/2 teaspoon smoked paprika
- 2 eggs (lightly beaten)
- 1 avocado (small, diced)
- 12 pitted black olives (sliced)
- saltpepper

WEDNESDAY

Lunch

Chicken Tender Sauté



Ingredients

2 SERVINGS

3 tablespoons extra virgin olive oil

2 tablespoons butter

3/4 cup onion (1/2 inch dice)

4 scallions (large, whites diced, greens sliced and separated)

1 cup red bell pepper (1/2 inch dice)

1 tablespoon garlic (minced)

8 chicken tenders (about 1 1/4 pounds)

3 cups baby spinach (loosely packed, about 2 ounces)

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/4 cup sour cream

WEDNESDAY

Dinner

Ham Casserole with Cauliflower Rice



Ingredients

2 SERVINGS

16 ounces riced cauliflower

12 ounces broccoli florets

2 cups diced ham

3 cups grated cheddar (divided)

2 large eggs

1 teaspoon salt 1 teaspoon garlic powder

1 teaspoon mustard powder

1/2 teaspoon cracked pepper

THURSDAY

Breakfast

Protein Breakfast Bowl



Ingredients

2 SERVINGS

- 1 onion (small, sliced)
- 8 mushrooms (medium, sliced)
- 5 ounces ground beef (grass-fed)
- 1/2 teaspoon smoked paprika
- 2 eggs (lightly beaten)
- 1 avocado (small, diced)
- 12 pitted black olives (sliced)
- saltpepper

THURSDAY

Lunch

Peppered Pork Tenderloin



Ingredients

4 SERVINGS

- 1 pork tenderloin (about 1 pound)
- 2 teaspoons lemon pepper
- 1/2 teaspoon cayenne
- (OR pepper blend seasoning)

THURSDAY

Dinner

Low Carb Cheesy Turkey and Broccoli Bake



Ingredients

4 SERVINGS

2 cups broccoli florets (small, chop broccoli into small pieces)

2 cups turkey (lower sodium chopped)

1/4 teaspoon all purpose seasoning

1 cup grated cheddar cheese

5 eggs (beaten slightly)

FRIDAY

BREAKFAST

Braised Chickpeas with Tomato, Spinach, and Feta



Ingredients

5 SERVINGS

3 tablespoons extra virgin olive oil

5 cloves garlic (minced)

1/2 teaspoon red pepper flakes

5 ounces baby spinach

24 ounces marinara sauce

1 can whole peeled tomatoes (1 can is 14.5 oz.;
roughly crushed)

1 can chickpeas (1 can is 15 oz.; drained)

1 teaspoon kosher salt

1 lemon (zest and juice)

8 ounces feta cheese (block, cut into large pieces)

FRIDAY

LUNCH

Sweet Peach Baked BBQ Chicken



Ingredients

4 SERVINGS

- 4 boneless skinless chicken thighs
- cooking spray
- 1 cup barbecue sauce
- 1/4 cup peach jam
- 1/4 teaspoon cayenne
- 1/4 teaspoon salt

FRIDAY

DINNER

5-Ingredient Pesto Baked Salmon



Ingredients

4 SERVINGS

- 4 salmon fillets (Atlantic, 5 oz. each)
- 1/2 teaspoon salt
- black pepper (to taste)
- 1/4 cup basil pesto
- 1/2 lemon (for serving)