

# speed KETO<sup>®</sup> FOR LIFE



Dr. Harlan Kilstein

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# Disclaimer

Welcome and we're excited to have you with us on this journey. All of the information provided in the book and on the Websites located at [completelyketo.com](https://completelyketo.com), [completelyketo.shop](https://completelyketo.shop), or [speedketo.com](https://speedketo.com) or [speedketo.shop](https://speedketo.shop) is intended solely for general information and should NOT be relied upon for any particular diagnosis, treatment, or care. This book is not a substitute for medical advice. The book and websites are only for general informational purposes.

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# Chapter 1

## Introduction

### Why you should choose a ketogenic meal plan

A ketogenic eating plan 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.

As ketone levels become higher the body moves into a state we call ketosis where stored body fat is being burned as the main source of fuel. Simply stated the goal of a ketogenic diet is to stay in ketosis. All of the Speed Keto plans I've developed include delicious recipes, tailor-made to keep my clients in ketosis and burning fat.

### Overview of how a ketogenic eating plan works ...

The body is usually fueled by glucose. During the digestion process glucose is derived from carbohydrates in the foods we eat. Foods such as baked goods (bread, buns, cakes and cookies), fruit and potatoes all contain high amounts of carbohydrate.



The body can only store small amounts of glucose at a time, just enough to last a few days. If more glucose is created than can be used or stored for immediate use, it gets processed and stored as body fat. Sadly, the typical American diet which is often high in carbohydrates, can easily lead to weight gain.

So let's take a look at an alternative way of fueling our bodies. The process of evolution has allowed human beings to develop more than one pathway for producing energy. In response to times of famine, when easy carbs are not available in the environment making the production of glucose impossible, another type of fuel production kicks in.

Through a process known as ketogenesis, we start to burn stored body fat for energy once the body's store of glucose is used up. When this is happening the liver is breaking down stored fat into a source of energy the body can easily use; ketone bodies.

As ketone levels become higher the body moves into a state we call ketosis where stored fat is being burned as the main source of fuel. A ketogenic eating plan purposefully limits the amount of carbohydrates consumed to force the body into ketone production.



## Speed Keto For Life

During the four weeks of the Speed Keto For Life program you will cycle through three of my ketogenic eating programs which are designed to get you into ketosis quickly and allow for rapid weight loss.

- Week 1: Speed Keto
- Week 2: Zero Carb Speed Keto
- Week 3: Keto Express
- Week 4: Speed Keto

Each week employs slightly different strategies designed to fine tune your metabolism for accelerated weight loss. The allowed foods lists for each of these programs differs with the Zero Carb Speed Keto plan being the most restrictive while The Keto Express program and Speed Keto provide a wider range of food items.

Shopping lists and menu plans for each week are provided as well as delicious, easy to prepare recipes making this month long program very easy to follow.



# Chapter 2

## Fasting Protocols

### Intermittent Fasting (IF): What's it all about?

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 combine 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. There are two types of intermittent fasting employed on the Speed Keto Diet:

- Short Term: Less than 24 hours
- Long Term: More than 24 hours

Fasting speeds up weight loss, provides rest for stressed body organs and promotes healing. Those that choose to fast will abstain from eating meals during Speed Keto fasting periods however you will always be allowed to drink water. As well bullet proof coffee is allowed first thing in the morning and will provide an energy boost at the beginning of each fasting day. More about these drinks later.



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

## **You have a choice; fasting is optional**

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. For the most part (there are a few exceptions), fasting is optional. 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.

## **Short term fasts**

### **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**

There's one day where everyone on this program will practice a 16 hour fast; that's on Friday of the third (Keto Express) week. On this Friday I want everyone to experience the Kitchari Cleanse. I give more detailed information about this cleanse later in this chapter but for now I'll just describe the fasting protocol that goes along with the Kitchari Cleanse.



This 16 hour 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 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 are cold electrolyte drinks!

## **One Meal A Day (OMAD)**

A short term 24 hour fast is also referred to as one meal a day or OMAD. Speed Keto includes six OMAD days during this month; two OMAD days on the first week, two on the second week and two on the fourth week.

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 allow fat fortified bullet proof coffee every morning which will satisfy the appetite and help curb cravings throughout the morning and into the afternoon.

## **Long term fast**

### **72 hour fast**

There is one long term fast suggested in this program. The Keto Express week starts with a 72 hour fast; that's three days of fasting on Sunday, Monday and Tuesday.

## **Protein Cycling (PC)**

If you choose to follow the outlined fasting protocols over the four weeks of this program you will be alternating some days of moderate/high protein consumption with days of lower protein consumption. This is called protein cycling or PC for short.

On the days of under-eating protein your body will produce lower insulin levels and higher levels of glucagon. Higher amounts of glucagon circulating in the body results in triggering the cellular process of self-cleaning we call autophagy.







## Autophagy

Your body can't create protein and has to rely on what you ingest over the course of the day to meet its needs. By limiting the amount of protein consumed on some days (the days you practice one of the described forms of fasting) there will be a protein shortage created. This will result in the autophagy process kicking in. By limiting protein the body will be forced to scavenge bits of leftover protein from inside its cells and will use these bits to create the usable protein chains it needs to function properly. Autophagy is one of the ways your body performs self maintenance and is a potent clean-up process that helps keep organs and all tissues functioning properly.

## Kitchari Cleanse

According to Ayurvedic medicine an unhealthy substance called ama is a harmful, sticky sludge made up of poorly digested foods, accumulating wastes, and toxins in the gut. Doesn't sound great, does it? A typical North American, carb heavy diet goes hand in hand with sluggish digestion so I want to encourage a natural healing process in the gut by including a short, one day cleanse on Friday during the Keto Express week of this program.

On this day you will be practicing a short term form of intermittent fasting and will have only two meals; lunch and dinner. Because you are doing the kitchari cleanse on this Friday both of these meals consist of Keto Kitchari. Central to the effectiveness of this cleanse is the use of a Kitchari Spice Mix which is designed to support the digestive process and bonus; it enhances the metabolism and will help you burn even more body fat!

Here's the list of spices included in this tasty blend and a description of some of their benefits:

- *Cumin Seeds* support digestion and the assimilation of nutrients and may also help balance blood sugars and enhance memory. A recent study showed that adding a teaspoon of cumin a day to the diet helped to block the storage of fat and specifically aided in the loss of abdominal fat. Those given cumin powder lost, on average, three more pounds, and decreased their body fat percentage by almost 15% versus the less than 5% for the control group!<sup>1</sup>
- *Turmeric Powder (Curcumin)* strengthens the immune system, helps to purify the blood, supports healthy skin growth, is a powerful anti-inflammatory and anti-oxidant as well as being supportive to cardiovascular health; but the benefit of adding turmeric to the diet doesn't end there. Tests have been done with mice showing curcumin, an active polyphenol in turmeric, actually blocked the formation of adipose tissue (fat) when included in their (the mice's) diet<sup>2</sup>. More research is necessary with humans but this study does make a strong case for including this colorful spice in the diet on a regular basis.
- *Mustard Seeds* provide a thermogenic effect (TE)<sup>3</sup> when a teaspoon is added to the diet on a daily basis. This means your metabolism gets a boost and will burn more calories! Mustard is made from ground up mustard seeds so the addition of this ingredient to our kitchari spice mix could increase your ability to burn fat; some say by up to 25% for several hours after consumption. Mustard seeds also work in the gut to support digestion and can help in the reduction of chest congestion when you have a cold. These seeds are low in calories and carbohydrates while being high in fiber making them fit in nicely with the dietary goals of the Ketogenic Express!

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1 Zare R, Heshmati F, Fallahzadeh H, Nadjarzadeh A., Effect of cumin powder on body composition and lipid profile in overweight and obese women. Abstract retrieved from [https://www.ncbi.nlm.nih.gov/pubmed/?term=Zare%20R%5BAuthor%5D&cauthor=true&cauthor\\_uid=25456022](https://www.ncbi.nlm.nih.gov/pubmed/?term=Zare%20R%5BAuthor%5D&cauthor=true&cauthor_uid=25456022) on 10/10/2018.

2 Ejaz A, Wu D, Kwan P, Meydani M., *Curcumin inhibits adipogenesis in 3T3-L1 adipocytes and angiogenesis and obesity in C57/BL mice.* Abstract retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/19297423> on 10/10/2018.

3 Henry CJ, Emery B., Effect of spiced food on metabolic rate. Abstract retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/3957721> on 10/10/2018.



- *Asafoetida (Hing) Powder* is a spice that Indian cooks know well but most North Americans will be using asafoetida for the first time when making kitchari, so here's a word of warning. It has a very strong smell that many won't like. However, the flavor of hing transforms during the cooking process into a delightful mellow and garlic-like flavor. It's an essential ingredient for the cleansing process, so don't leave it out when making keto kitchari. Asafoetida powder supports healthy elimination (bowel movements) and works to decrease flatulence. You will find it's best to store hing powder in an air-tight container ... (for obvious reasons!).
- *Ginger* works with turmeric to reduce inflammation in the blood and joints. It also improves cardiovascular health, lessens sore muscles after vigorous exercise and aids digestion. Two components of ginger, gingerol and capsaicin, are known to have a thermogenic affect that boosts metabolic rates; that means adding ginger to your diet will help you burn more calories. It will also aid in the digestion and metabolism of ingested fats.
- *Coriander* seeds as well as the powder, support healthy elimination (bowel movements) and liver function, aid in digestion, have anti-inflammatory properties and work to support cardio-vascular health. They also aid in the digestion of fats and carbohydrates<sup>4</sup>.

All these spices are readily available and most important; they won't ruin your budget. It seems to me that diet aids are over-priced and over-used. Why not make use of natural foods and use them in your cooking on a daily basis? While the spice mix described here has been developed specifically for use on the kitchari cleanse day, any one of these spices can be employed on any day of the week to enhance the flavor of a meal and your weight-loss efforts.

You will be able to find most of the spices listed here at the local supermarket with the exception of asafoetida (hing) powder. Hing powder can be purchased at a specialized Indian food market or the powder can be ordered online and delivered right to your home.

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4 S Leelamma, *Coriandrum sativum* — mechanism of hypoglycemic action. Volume 67, Issue 3, November 1999, Pages 229-231. Abstract retrieved from [https://www.sciencedirect.com/science/article/pii/S0308814699001132?&utm\\_medium=304#](https://www.sciencedirect.com/science/article/pii/S0308814699001132?&utm_medium=304#) on 10/10/2018.



## MCT Oil & Bullet Proof Coffee

MCT is medium-chain triglyceride oil. When ingested this form of fat is immediately accessible as an energy source for your body. It 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 in the morning helps clear up a foggy brain and gives you immediate energy for tackling a busy day. It also supports ketosis which is just what you want on a keto diet.

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.

Brain Octane Oil (it's a brand of MCT oil) is ethically sourced and uses caprylic acid which converts to ketones within minutes giving you the boost you need each morning. You can buy this product online [here](#). If you choose a different brand of MCT please be sure it is organic and uses caprylic acid in the manufacturing of the oil.

Our recipe for Bullet Proof Coffee uses Brain Octane Oil. While I do recommend starting the day with a morning cup of this concoction it is not a mandatory menu item during the four weeks of this cyclical program. Having said this I will also mention that the added fat means added fuel on days when some of you are doing OMAD or other forms of fasting. The energy boost from a bullet proof coffee really helps curb the appetite. It also tastes great!

# Chapter 3

## Supplementation


### Electrolytes

An electrolyte is a chemical that is capable of conducting electricity when mixed with water. Electrolytes that are 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. Some of my clients have also had to deal with leg cramps while losing weight on Speed Keto. I tell them to make sure they are getting some salt with their meals and to be more vigilant about drinking broth and electrolyte drinks throughout the day.



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. You can make your own using the recipe I've provided or buy a commercially available drink – just be sure to purchase one that uses stevia or erythritol for a sweetener. Stay away from coconut water, even if no sugar is added. The carb count of coconut water is an unneeded addition to the daily menu plan.

One of the reasons we include chicken and beef broth on the Speed 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 Speed Keto process.

## Sodium

Drinking water at regular intervals during the day is extremely important during Speed keto. In fact you will probably need to find ways of reminding yourself to take in another sip of H<sub>2</sub>O. Keeping a water container close by will quickly become a habit.

But along with drinking more water and following a ketogenic eating plan 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 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 this Speed Keto program it is recommended that you take 400-800 milligrams of magnesium daily. There are different types of magnesium supplements 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 lathered 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.”<sup>1</sup>

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.

## Enzymes

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.

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



Enzymes assist with breaking them down into smaller more easily absorbed molecules:

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

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
- produces 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 a probiotics look for a reputable brand that includes both *Lactobacillus* and *Bifidobacterium*.

## Triphala

Triphala is an Ayurvedic herbal powder made from three fruits:

- Amalaki
- Bibhitaki
- Haritaki

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 source of antioxidants and vitamin C.

Triphala can be taken in powder form but due to its taste which is very bitter, sour, pungent, and astringent all at the same time, you may prefer to take it in a capsule.

## Fish oil

As discussed earlier the typical western diet with poor meat quality, fast foods, processed foods and vegetable oils lacks 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 4

## Program Structure

### Week I: Get going with Speed Keto

The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet. This style of eating forces the body to burn fats instead of carbs for energy. Normally carbs are converted into glucose, which is then transported around the body and used as fuel for daily activity including breathing, muscle movements and brain-function.

When employing a ketogenic strategy there are very few carbohydrates in the diet. This quickly switches the liver into converting ingested fat into fatty acids and ketones. The ketone bodies are created from three molecules;

- Acetone (during the early stages of Speed Keto you may be able to detect a faint smell of acetone on your breath)
- Acetoacetic acid
- Beta-hydroxybutyric acid

Ketones can be easily used by the brain and once the body becomes keto adapted, they quickly replace glucose as the main usable fuel source. For those who are experiencing a stall while doing a regular keto program, switching to Speed Keto usually provides a quick solution.

## Week II: Keep it simple on zero carb eating

The second week of this program will focus on my Zero Carb Eating program. This week's eating plan is very straight forward. The food choices are limited and as "carnivore" indicates the spotlight is on meat; grain fed beef, pork, lamb, game meat, chicken, turkey and game birds. As well, eggs are highlighted.

Despite the fact that dairy products are often included on Carnivore menu plans, during this Zero Carb Eating week we aim for zero dairy. I've found that many of my clients are either sensitive to dairy or just out and out can't tolerate it in their diet at all. This type of food allergy or sensitivity causes inflammation throughout the body and will significantly slow down weight loss efforts.

Fresh herbs, spices, and occasionally a small amount of lemon or lime juice and vinegar are allowed. Everything else is excluded; zero carbs daily is the goal. The simplicity of this eating program appeals to many of my clients. There's no calorie counting, carb calculating, food weighing etc.; at each meal you just eat until you are satisfied.

I expect that you will experience dramatic weight loss results during this week and it should be easy to follow the eating plan knowing the limitation in food choice is only for this one week. Those of you that have experience with my Speed Keto program will be familiar with OMAD and its benefits. Two short fasts in the form of OMAD (one meal a day) are included this week. It's optional, so no worries if you want to have breakfast and lunch on these days.

I know eating only one meal a day may seem daunting for some of you but rest assured it's easier than you think and the one evening meal you do eat will be so satisfying that those who choose to employ this form of fasting will quickly find they look forward to these uncomplicated OMAD days.

## Week III: Climb onto the Keto Express

This week starts out with a challenge; a long term fast over the first 3 days of the program. If you take up this challenge you will see immediate results. But not to worry if fasting isn't something you can or want to undertake.



I have provided an alternate menu plan if you wish to stay on the Speed Keto track with a delicious breakfast, lunch and dinner. On Friday of this week everyone will do the Kitchari Cleanse, already described in Chapter II.

### **Week IV: Finish in style with another week of Speed Keto**

Back to the basic Speed Keto plan for the last seven days of this cycling Speed Keto program. I suggested you put the scales away at the beginning of the program so at the end of this week it will be time to take them out again.

You've probably already noticed your clothes are looser and I am sure the scales will confirm your weight loss!



# Chapter 5

## 28 Day Menu Plan

### Prep Days

It's best to start this four week program on the week-end so you have plenty of time to get your ingredients together. You can also do some preparation for the week to come. We call these days "prep days".

To get started, review the menu plan for the week ahead and look over the shopping list before you head out to shop. Once you have gathered all your ingredients it's time to pre-prepare a few healthy snacks for the week ahead. I like to hard boil some eggs so there's always something on hand in the fridge. Those electing to make their own broth can have a pot simmering on the stove throughout the day.

If you are going to be busy in the evenings it's also a good idea to pre-make some dinners and freeze them in individual sized portions.

### Weigh & measure (then hide the scales)!

A few of my past clients have been addicted to the scales; weighing themselves constantly. Your weight can fluctuate for a variety of reasons and it can be very frustrating to rely on what the scales are telling you on a daily basis. For this reason I suggest that on your first prep day you:

- weigh yourself
- record your weight
- hide the scales!

You can retrieve the scales at the end of the month to weigh yourself again at the end of the program. I am positive you will be pleased with what you see.

On prep day you can also measure yourself around:

- the chest
- top portion of each arm
- waist
- hips
- thighs, individually
- thighs, while standing with them together

Now tuck the measuring tape away until the end of the month when you will take your measurements again.

## **If you aren't hungry ... don't eat!**

I am just going to say this one more time; fasting is optional. However, weight loss results are more dramatic with intermittent fasting. So, even if you opt out of some of the fasting protocols described in Chapter III, missing breakfast occasionally (this would be a short term fast) will allow you to get some fasting experience and will accelerate your weight loss.

Many people are not hungry when they first wake up in the morning so our advice is skip breakfast if you are one of these folks. You can always eat lunch early and have a small afternoon snack if this suits you better. For many, a cup of Bullet Proof Coffee is simply enough to get them through the morning comfortably.

## **Walking**

Walking is recommended during the month of speed ketosis and on specific days it's encouraged first thing in the morning. We want you to burn off any glucose that's accumulated in the form of glycogen so your body will start producing ketones for energy as early in the day as possible. Once the body's store of glucose is used up during a 30 minute morning walk you will then switch to burning stored body fat for energy.







## Speed Keto & dairy

As already mentioned there's no dairy included on the Zero Carb Eating week of this 4 week program. During the other three weeks a very small amount of dairy is allowed; up to 2 tsp in your coffee or tea. However on fasting days no dairy is allowed. I also ask my clients to limit the number of daily coffees and tea with cream to only three a day. This includes the morning Bullet Proof Coffee.

Even though it's low in carbs, heavy (whipping) cream is very calorie dense and these calories can quickly add up if drinking coffee or tea all day long. Heavy cream should also be excluded during fasting periods.

If you are at all suspicious about dairy in your diet then I simply suggest you forgo all dairy during this month to see how you feel being dairy free. We've found that people are often sensitive to dairy in their diet, usually without knowing it. You don't have to have a full-blown allergy to a particular food to be sensitive to it. However, the irritation it causes when ingested results in inflammation throughout the body. And the result of this inflammation can be persistent fatigue and a slow-down in weight loss.

Cheese is not included in the menu plan for all four weeks of this program.



## 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.

## Week 1 – Speed Keto

During this week there are two short term OMAD fasts; the first on Tuesday and the second on Friday. Fasting is optional and meals are outlined for those choosing not to fast. Since OMAD allows for one meal a day at dinnertime, only breakfast and lunch are missed during the OMAD, short fasting period.

### Day #1: Sunday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

### Menu for the day:

- Breakfast: [Fried Egg Sandwich](#)
- Lunch: [Meatballs](#) with [Green Side Salad](#)
- Dinner: [Baked Salmon Fillet with Pistou](#) and [Roasted Asparagus](#)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*



## Day #2: Monday

You can start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil):  
no cream today if practicing OMAD.

### Menu for the day:

- Breakfast: Scrambled Eggs
- Lunch: Good Beef & Vegetable Soup (make extra for lunch on Wednesday)
- Dinner: Grilled Bratwurst with Ratatouille (make enough so you have Leftover Ratatouille for tomorrow)
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #3: Tuesday

Today is an OMAD day, so only one meal in the evening will be on today's menu for those following the fasting protocol. Remember that you may have as many mugs of bone broth as desired. I am providing breakfast and lunch options for those not fasting. Everyone should be sure to stay well hydrated throughout the day.

- Head out for a brisk 30 minute walk first thing in the morning.

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream (no cream if fasting).





## Menu for the day:

- Breakfast: Fasting or Perfectly Boiled Eggs
- Lunch: Fasting or Asian Beef Salad
- Dinner: Bacon Draped Turkey Breast with Leftover Ratatouille
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #4: Wednesday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

## Menu for the day:

- Breakfast: Pork Belly & Fried Egg (substitute turkey bacon if you don't eat pork)
- Lunch: Leftover Good Beef & Vegetable Soup
- Dinner: Grilled Bream with Brussels Sprouts Two Ways
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #5: Thursday

Today is an OMAD day, so only one meal in the evening will be on today's menu. Remember that you may have as many mugs of bone broth as desired. I suggest you have both chicken and beef bone broth on hand. I am providing breakfast and lunch options for those opting out of the fasting protocol. Everyone should be sure to stay well hydrated throughout the day.

- Head out for a brisk 30 minute walk first thing in the morning.

You can start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream (no cream if fasting).

### Menu for the day:

- Breakfast: Fasting or Fried Egg Sandwich
- Lunch: Fasting or Carnivore Cold Plate with Green Side Salad
- Dinner: Avocado, Tomato & Egg Salad with smoked salmon
- Beverages as desired throughout the day:  
electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #6 Friday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



## Menu for the day:

- Breakfast: Coconut, Ginger & Avocado Smoothie
- Lunch: Raw Broccoli & Bacon Salad
- Dinner: Tex Mex Baked Eggs with Roasted Cauliflower
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #7: Saturday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

## Menu for the day:

- Breakfast: Classic Bacon & Eggs Breakfast
- Lunch: Smoked Chicken (or Smoked Turkey) Sandwich
- Dinner: Shrimp Linguini
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Week II – Zero Carb Eating

Just like the previous week, there are two short term OMAD fasts; the first on Tuesday and the second on Thursday. Fasting remains optional and meals are outlined for those choosing not to fast. Since OMAD allows for one meal a day at dinnertime, only breakfast and lunch are missed during the short fasting period. No dairy is on the menu during this week.

Usually macros are not a concern on Zero Carb Eating. You can eat as much as you want, until satiated. If you are hungry between meals try a Bone Marrow Treat snack. It's also a good idea to have a few extra Perfect Hardboiled Eggs on hand in the fridge for munching when hunger strikes. Drink as many mugs of either beef bone broth or chicken broth as desired throughout the day.

## Day #8: Sunday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)

### Menu for the day:

- Breakfast: Classic Bacon & Eggs Breakfast
- Lunch: Carnivore Turkey Soup (save some for lunch tomorrow)
- Dinner: Braised Beef (make enough so you have leftovers for dinner tomorrow)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #9: Monday

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)

### Menu for the day:

- Breakfast: Perfectly Poached Eggs
- Lunch: Leftover Carnivore Turkey Soup
- Dinner: Meatballs
- After 8 pm – no food, water only







- Beverages as desired throughout the day: Electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #10: Tuesday

Today is an OMAD day, so, if you choose to fast, only one meal in the evening will be on today's menu. Remember that you may have as many mugs of bone broth as desired. I suggest you have both chicken and beef bone broth on hand. I am providing breakfast and lunch options for those opting out of the fasting protocol. Everyone should be sure to stay well hydrated throughout the day.

Head out for a brisk 30 minute walk first thing in the morning.

You can start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)
- Breakfast: Fasting or Perfectly Boiled Eggs
- Lunch: Fasting or Grilled Bratwurst
- Dinner: Wicked Wings
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

*\*Try to drink at least 8 cups of water daily*



## Day #11: Wednesday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)

### Menu for the day:

- Breakfast: Perfectly Boiled Eggs
- Lunch: Carnivore Cold Plate
- Dinner: Turkey Bacon Bites
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #12: Thursday

Today is an OMAD day for those following the fasting protocols.

- Head out for a brisk 30 minute walk first thing in the morning.

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)

### Menu for the day:

- Breakfast: Fasting or Pork Belly & Fried Egg, substitute turkey bacon if pork isn't on your menu
- Lunch: Fasting or Smoked Turkey Sandwich (made with Bacon "Bread")
- Dinner: Beef Steak
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #13 Friday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)

### Menu for the day:

- Breakfast: Scrambled Eggs (with sausage)
- Lunch: Carnivore Cold Plate
- Dinner: Roasted Chicken Quarter (make a few extra for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #14: Saturday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)

### Menu for the day:

- Breakfast: Smoked Turkey Carnivore Omelet
- Lunch: Leftover Roasted Chicken Quarters
- Dinner: Halibut Steak
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*



## Week III – Keto Express

Day #1, 2 & 3 are fasting days on the Keto Express (72 hour long fast). Meal suggestions and recipes are provided for those opting out of fasting. Friday is Kitchari Cleanse day. I encourage everyone to try this simple cleanse. On this day you will skip breakfast and have a bowl of tasty Kitchari for both lunch and then again at dinnertime.

If following the fasting protocol:

Start your day by drinking electrolytes followed by ...

- a 30 minute walk to deplete glycogen stores

You may then enjoy a Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp MCT oil and, if not fasting, 2 tsp heavy cream.

For the rest of the day, sip on Chicken Broth or Beef Bone Broth as desired. There is no limit to the amount of broth you can drink.

You may also drink the allowed beverages: electrolyte drinks (as needed), water, black or green tea, herbal tea and regular or decaffeinated coffee as desired.

Normally a small amount of cream is allowed in tea or coffee but on fasting days drink only clear tea and coffee (no heavy cream).

### Day #15: Sunday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if not fasting, 2 tsp heavy cream.

## Menu for the day:

- Breakfast: Fasting or [Keto Breakfast Plate](#)
- Lunch: Fasting or [Egg Salad Sandwich](#)
- Dinner: Fasting or [Keto Style Garlic/Basil Chicken Bowl](#)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #16: Monday

Start your day by drinking electrolytes followed by ...

- a 30 minute walk to deplete glycogen stores

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if not fasting, 2 tsp heavy cream.

## Menu for the day:

- Breakfast: Fasting or [Perfectly Boiled Eggs](#)
- Lunch: Fasting or [Tuna Lunch Salad](#)
- Dinner: Fasting or [Salmon Fillet with Hollandaise Sauce with Green Side Salad and Roasted Cauliflower](#)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.



*\*Try to drink at least 8 cups of water daily*

## **Day #17: Tuesday**

Enjoy a brisk 30 minute walk. Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if not fasting, 2 tsp heavy cream.

### **Menu for the day:**

- Breakfast: Fasting or Coconut, Ginger & Avocado Smoothie
- Lunch: Fasting or Lunch Omelet
- Dinner: Fasting or Wicked Wings with Rutabaga Fries and Coleslaw (make enough wings for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## **Day #18: Wednesday**

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

### **Menu for the day:**

- Breakfast: Scrambled Eggs
- Lunch: Leftover Wicked Wings with Raw Broccoli & Bacon Salad
- Dinner: Meatballs, tomato sauce & zucchini noodles
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*





## Day #19: Thursday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and if desired 2 tsp heavy cream.

### Menu for the day:

- Breakfast: Eggs Benedict
- Lunch: Good Beef & Vegetable Soup (save some soup for lunch on Saturday)
- Dinner: Braised Beef (save Leftovers for dinner on Saturday) with Brussels Sprouts Two Ways (steamed) and Easy Tomato Salad
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #20 Friday

Today you will be practicing intermittent fasting and will enjoy two meals, lunch and dinner. Because you are doing the kitchari cleanse both of these meals consist of Keto Kitchari. Central to the effectiveness of this cleanse is the use of a special Kitchari Spice mix which is designed to support the digestive process and bonus; it enhances the metabolism and will help you burn even more body fat!

Head out for a brisk 30 minute walk first thing in the morning. Start your day with:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil): no cream today

## Menu for the day:

- Breakfast: Fasting (everybody should fast this morning)
- Lunch: Kitchari
- Dinner: Kitchari
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #21: Saturday

If you are choosing to follow the fasting protocols for the Keto Express week you will skip breakfast this morning and will break your fast with lunch. As usual I am providing a meal option for my clients that are not fasting.

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if not fasting, 2 tsp heavy cream.

## Menu for the day:

- Breakfast: Fasting or Fried Egg Sandwich
- Lunch: Leftover Good Beef & Vegetable Soup
- Dinner: Leftover Braised Beef with Cauliflower Mash and Asparagus (Two Ways)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*



## Week IV – Speed Keto

As in the first week there are two short term OMAD fasts; the first on Tuesday and the second on Thursday. Meals are outlined for those choosing not to fast.

### Day #22: Sunday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

### Menu for the day:

- Breakfast: [Tex Mex Baked Eggs](#)
- Lunch: [Carnivore Cold Plate](#) with [Green Side Salad](#)
- Dinner: [Grilled Bream](#) with [Avocado, Tomato & Egg Salad](#)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

### Day #23: Monday

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



## Menu for the day:

- Breakfast: Perfectly Poached Eggs
- Lunch: Smoked Turkey Sandwich
- Dinner: Meatballs with Brussels Sprouts Two Ways (roasted)
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #24 Tuesday

Today is an OMAD day, so, if you choose to fast, only one meal in the evening will be on today's menu. Remember that you may have as many mugs of bone broth as desired. I suggest you have both chicken and beef bone broth on hand. As usual, I provide breakfast and lunch options for those opting out of the fasting protocol. Everyone should be sure to stay well hydrated throughout the day.

If following the fasting protocol:

Start your day by drinking electrolytes followed by ...

- a 30 minute walk

You can start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil): no cream today if practicing OMAD.

## Menu for the day:

- Breakfast: Fasting or Perfectly Boiled Eggs
- Lunch: Fasting or Raw Broccoli & Bacon Salad
- Dinner: Keto Style Garlic/Basil Chicken Bowl



- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #25: Wednesday

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

### Menu for the day:

- Breakfast: Fried Egg Sandwich
- Lunch: Easy Keto Turkey Noodle Soup (save some leftovers for lunch tomorrow)
- Dinner: Pan Fried Fish & Chips with Coleslaw
- After 8 pm – no food, water only
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*

## Day #26: Thursday

Today is an OMAD day, so, if you choose to fast, only one meal in the evening will be on today's menu. Remember that you may have as many mugs of bone broth as desired. I suggest you have both chicken and beef bone broth on hand. I am providing breakfast and lunch options for those opting out of the fasting protocol. Everyone should be sure to stay well hydrated throughout the day.

Head out for a brisk 30 minute walk first thing in the morning.





You can start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil): no cream today if practicing OMAD.

### Menu for the day:

- Breakfast: Fasting or Classic Bacon & Eggs Breakfast
- Lunch: Fasting or leftover Easy Keto Turkey Noodle Soup
- Dinner: Gravlax with Asparagus (Two Ways) (save some Gravlax for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

*\*Try to drink at least 8 cups of water daily*

### Day #27 Friday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

### Menu for the day:

- Breakfast: Scrambled Eggs
- Lunch: Avocado, Tomato & Egg Salad with leftover Gravlax
- Dinner: Beef Steak with Ratatouille and Green Side Salad
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*



## Day #28: Saturday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

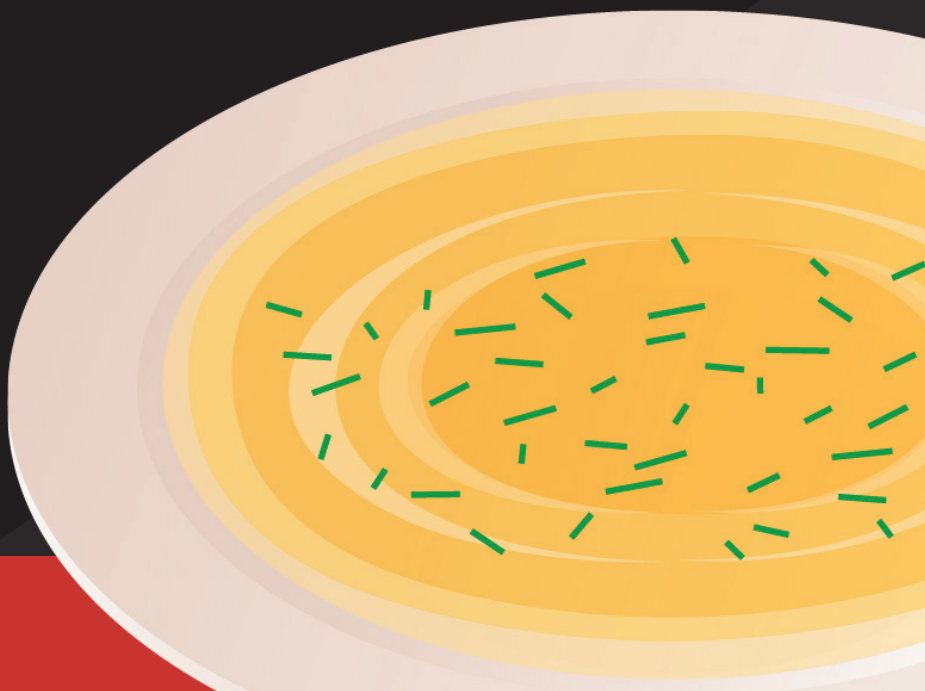
### Menu for the day:

- Breakfast: [Speed Keto Broccoli Casserole](#)
- Lunch: [Egg Salad Sandwich](#)
- Dinner: [Shrimp Linguini](#) with [Roasted Cauliflower](#)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

*\*Try to drink at least 8 cups of water daily*



# Basics





## 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 this supplement 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 version.

Coconut water is also an excellent base liquid and is a natural source of sodium and potassium.





## Ingredients

- 1 quart base liquid (green tea, flavored herbal tea, coconut water, or plain water)
- 1/8-1/4 tsp Himalayan salt
- 1 tsp calcium/magnesium powder
- Stevia sweetener (to taste)

## Preparation

1. Brew tea if using, or slightly warm the base liquid.
2. Add Himalayan salt, calcium magnesium and stevia powder (if using). Mix well until the additions have dissolved into the base liquid.
3. Cool and store in refrigerator for up to four days.



## Bullet Proof Coffee

There are many different versions of bullet proof coffee out there on the Internet. I limit dairy on all versions of Speed Keto. On the Zero Carb Eating week no dairy is allowed so you will have to forego cream in this recipe. Cream is also eliminated on fasting days. I recommend that all my clients try to get used to black coffee eventually as cream packs a lot of calories and these calories can be significant if drinking coffee throughout the day.

Those of you that have been following my Speed Keto programs will be familiar with the following recipe:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) 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.

Note: Some people react with loose stools when first adding 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 morning coffee.





## Homemade Kitchari Spice Mix

On Friday of the third week of this program you will be practicing Intermittent fasting and having only two meals, lunch and dinner. Both of these meals consist of a tasty dish called Keto Kitchari. Central to the effectiveness of this cleanse is the use of this spice mix which is designed to support the digestive process and bonus; it enhances the metabolism and will help you burn even more body fat!

You will be able to find most of the spices listed here at the local supermarket with the exception of asafoetida (hing) powder. Hing powder can be purchased at a specialized Indian food market or the powder can be ordered online and delivered right to your home. Hing as a distinctive odor which you will probably find unpleasant but rest assured, during the cooking process hing mellows and transforms into having a pleasing, slightly garlic-like flavor.

### Ingredients

- 1 T black mustard seeds
- 1 T cumin seed
- 1 T turmeric powder
- 1 T coriander powder
- 1T ground ginger
- $\frac{3}{4}$  tsp of asafoetida (hing) powder

### Preparation

1. Mix the ingredients together and store in an air-tight container.

### Nutritional Information:

- Calories/tablespoon: 34
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 2 g
- Protein: 1 g



## Homemade Ghee

Ghee is a great fat to cook with since the milk solids have been removed. This means ghee can be used at higher temperatures making it an excellent choice for frying or grilling the proteins you eat on a Speed Keto diet. Ghee can be stored at room temperature and lasts a long time. I keep a jar right next to my stove for convenience when cooking meals.

When fats not suitable for high temperature cooking (like olive oil or canola oil) are melted over high heat, the chemical bonds in the lipids that make up the fat are broken. This causes damaging free radicals to form. When these free radicals end up in the blood stream they are carried throughout the body and cause inflammation. Ghee can be used up to 485 F making it the perfect choice for cooking.

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!

## Ingredients

- 1 lb grass-fed, unsalted 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 and 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. 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 caramelized flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready.
6. Now it's simply a matter of straining out the browned milk solids. These solids are heavier than the clear ghee and will have settled to the bottom of the pot. I slowly pour the ghee off being careful not to allow any solids to make it into my storage container. Alternatively you can use a using clean, small mesh sieve for this process. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter but you must be sure you have removed all of the milk solids first.

*Yield: About 1 ½ C*





## Beef Bone Broth

Make this recipe for bone broth on the weekend. It can be simmering on the stove or 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 pepper corns
- 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. 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. 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 and sandwiches or simply snack on this healthy low carb food if you find yourself hungry mid-morning or mid-afternoon.

### 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 & 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.

*Yield: About 4 quarts (16 one cup servings)*

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

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. (Crock pots vary in size and temperature). Remove meat from bones and return carcass to the pot and simmer from 4-24 hours.





## Bone Marrow Treat

Here's a very simple recipe for a very, very tasty treat. A butcher shop will likely be your best source for marrow bones. Ask the butcher to split longer bones lengthwise.

### Preparation

1. Add 1 T coarse salt to a bowl of ice water and submerge marrow bones. Refrigerate for 12 hours.
2. Pre-heat your oven to 450 F and place bones on a foil-lined pan.
3. Sprinkle with a grinding of pink Himalayan salt and black peppercorns.
4. Roast on the middle rack of the oven for 15-20 minutes and serve. The roasted marrow can be scooped out of the bones with a spoon. Easy peasy and oh so yummy!





## Hollandaise Sauce

This versatile sauce can be whipped up quickly in the blender and will add flavor and elegance to many different dishes. I like to add a blob on top of steak and often spoon Hollandaise over a Broiled Salmon entre. Of course a poached egg topped with Hollandaise makes the classic breakfast dish, Carnivore Eggs Benedict.

### Ingredients

- 3 egg yolks
- 1 T lemon juice
- 1 tsp mustard powder
- ¼ tsp pink Himalayan salt
- Pinch of chipotle (or cayenne pepper)
- Fresh herbs, (if desired)
- ½ C ghee, melted and hot





## Preparation

1. Place egg yolks, lemon juice, mustard powder, salt and pepper (& herbs if desired) into a blender.
2. Blend on high for a few seconds then slowly drizzle in the hot, melted ghee while the blender continues to run on high.
3. The ghee must be both melted and hot. If it isn't hot the butter won't work to emulsify the egg yolk and the sauce will break.
4. Serve the sauce immediately, while still warm.

*Yield: 4 Servings (about  $\frac{3}{4}$  C of sauce altogether)*





## Homemade Keto 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. This recipe lists the basic ingredients but you can add minced garlic and/or freshly minced (or dried) herbs and spices to change up the flavor profile, as desired.

### Ingredients

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

*Yield: 16 servings (1 T/serving)*

### Nutritional Information:

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



## Keto Mayonnaise

I've been using a blender for years to make this homemade Keto Mayonnaise but you could also burn a few calories while whipping it up by hand, using a whisk. Whatever method you choose, homemade mayo is easy to make and tastes mighty fine! Mayonnaise can be flavored with the addition of herbs, spices, roasted garlic or you can add some heat with hot pepper sauce, chipotle powder or cayenne.

### Ingredients

- 1 egg
- 1 T fresh lemon juice (don't use bottled juice)
- 1 tsp Dijon mustard
- Grinding of pink Himalayan salt and black peppercorns
- 1 C extra-virgin olive oil



## Preparation

1. Place egg, lemon juice, Dijon mustard, salt and pepper in a blender and cover.
2. Remove cap on the center of the blender lid.
3. Drizzle the oil into the blender through the gap in the lid in a slow and steady stream while the blender is running on high.
4. The ingredients will emulsify into a creamy sauce as the oil is slowly added. You may have to stop the blender and scrape down the sides towards the end of adding the oil as the sauce thickens.
5. Continue the process until all the oil has been added.
6. Store the mayonnaise, refrigerated, in a tightly lidded container.

*Yield: 16 Savings (1 T/serving)*

## Nutritional Information:

- Total Calories/serving: 122
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 14g
- Protein: 0g





## Pistou

Pistou is the French version of pesto. It's a multi-purpose sauce that's made without nuts or cheese, making it perfect for use as a pesto substitute while on the Speed Keto program. My vegan clients also love this recipe. I toss a few tablespoons of pistou with sautéed spiralized noodles for a quick meal and often add a small amount to mayonnaise when making a homemade salad dressing. This sauce also adds a great flavor kick to scrambled eggs in the morning.

Freeze what you don't use in ice cube trays. When the pistou cubes are frozen remove them from the tray and store in the freezer in an air tight container or re-sealable freezer bag.

### Ingredients

- 1/3 C extra-virgin olive oil
- 1 T fresh lemon juice
- 2 C fresh basil leaves, large stems removed
- 4 garlic cloves, peeled and minced or pushed through a press
- Grinding of pink Himalayan salt & black peppercorns, to taste

## Preparation

1. Pour olive oil and lemon juice into a blender and add the basil leaves and minced garlic.
2. Process until a sauce forms.
3. Correct the seasoning with salt and pepper

*Yield: 3 Servings*

## Nutritional Information:

- Total Calories/serving: 226
- Total Carbs: 2 g
- Fiber: 1 g
- Net Carbs: 1 g
- Total Fat: 25 g
- Protein: 1 g





# Breakfast





## Perfectly Boiled Eggs (Two Ways)

### 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 butter to add some saturated 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 stream 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.

*Yield: 1 large egg per serving*

## Nutritional Information:

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



## 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.
2. 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.
3. 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.
4. 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.
5. Serve while hot with a quick grinding of salt & pepper if desired.

*Yield: Serves 4*

## Nutritional Information:

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







## Pork Belly & Fried Egg

For a change try uncured bacon with your morning egg(s). But don't limit eating this tasty pork belly treat to breakfast. For days when you are late getting home after work, sliced pork belly cooks up quickly and will be on your plate in no time at all. Substitute turkey bacon if pork isn't on your menu.

### Ingredients

- ½ lb pork belly, cut into thick slices
- 4 eggs, cooked to your liking
- Pink Himalayan salt and freshly ground pepper, to taste



## Preparation

1. Heat a heavy bottom skillet over medium high heat to get it nice and hot.
2. Fry the pork belly slices, flipping them after 3 minutes until the internal temperature is at least 145 and the outside of the strips are a nice golden brown color and crispy.
3. Remove and keep warm.
4. Fry eggs (in the fat leftover in the skillet to your preference (sunny side up, over easy or over hard). Adjust seasoning with salt and pepper.

*Yield: 4 Servings*

## Nutritional Information:

- Total Calories/serving: 364
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 13 g
- Protein: 11g







## Classic Bacon & Eggs Breakfast

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

### Ingredients

- 2 bacon strips
- 2 large eggs

### Preparation

1. Heat a heavy 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.

*Yield: 1 Serving*

### Nutritional Information:

- Calories/serving: 312
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 27 g
- Protein: 16 g





## Scrambled Eggs (with or without Sausage)

### Ingredients

- 4 eggs, whisked
- 1 garlic clove, minced or pushed through press
- 1 tsp ghee
- Salt & pepper to taste
- 4 links sugar free (Applegate) pork breakfast sausages

### Preparation

For the scrambled eggs:

3. Whisk eggs, garlic, salt & pepper.
4. Melt ghee in a skillet over medium heat. Pour in the egg mixture and stir while eggs scramble. Correct seasoning and serve immediately

For the sausage:

1. Fry sausage links in a hot skillet over medium high heat, rolling sausage occasionally so they brown all the way around.
2. They are done when the internal temperature reaches 165F.

*Yield: 2 servings*



### Nutritional Information:

- Total Calories/serving: 220
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 18 g
- Protein: 13 g
- Total Calories/serving: 320 (*with 2 small Applegate pork sausage links, no sugar*)
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 26 g
- Protein: 20 g



## Smoked Turkey Carnivore Omelet

You can change out the turkey for any other meat you prefer. Ham, crumbled bacon or cooked and diced sausage are all good alternatives.

### Ingredients

- ½ tsp ghee
- 2 eggs
- ¼ tsp dried parsley
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Grinding of pink Himalayan salt and black peppercorns
- ¼ lb deli smoked turkey



## Preparation

1. Melt ghee in a small heavy bottomed skillet over medium high heat.
2. Whisk eggs with parsley, garlic powder and onion powder. Season with a grinding of pink Himalayan salt and black peppercorns.
3. Pour the egg mixture into the hot skillet and cook until the egg mixture has set and is almost done. Spread the thin smoked turkey slices over half of the egg in the skillet. Fold the other side of the up over-top the meat. Slip the folded omelet out of the pan and onto your plate. Serve Immediately.

*Yield: 1 Serving*

## Nutritional Information:

- Total Calories/serving: 241
- Total Carbs: 4g
- Fiber: 1g
- Total Fat: 31g
- Protein: 14g





## Keto Breakfast Plate

### Ingredients

- 1 piece of Keto Cloud Bread
- 1 tsp Keto Mayonnaise
- ½ ripe avocado, cut into slices
- 6 salami slices
- ¼ C bell pepper slices

### Preparation

1. Arrange all ingredients on a plate or wooden board and enjoy!

*Yield: 1 Serving*

### Nutritional Information:

- Total Calories/serving: 369
- Total Carbs: 6g
- Fiber: 1g
- Total Fat: 30g
- Protein: 16g





## Tex Mex Baked Eggs

Baked eggs nestled into spiced ground meat make a fine presentation when brought to the table straight from the oven. Great for a brunch; but easy enough to pull together for a week day breakfast, lunch or dinner when time is at a premium

### Ingredients

- 1 lb ground beef, ground pork, ground turkey or ground chicken
- 2 garlic cloves, minced or pushed through a press
- ¼ C red pepper, small dice
- ½ tsp smoked chipotle powder
- ½ tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ C tomato sauce, no sugar
- ¼ C beef broth
- 3 eggs





## Preparation

1. Pre-heat oven to 375F.
2. Heat a heavy bottomed, oven proof skillet over high heat and add ground meat, and spices. Lower heat to medium high and sauté the meat while stirring until it's partially cooked. Add garlic and continue to sauté until the meat is browned and almost done. Add the tomato sauce and water and simmer the mixture until the sauce thickens and the meat is cooked through (about 5 minute). Correct the seasoning with salt & pepper. Divide between three small casserole dishes.
3. Make three wells in the meat mixture and crack an egg into each well. Place on the middle rack of the pre-heated oven and bake 10 -15 minutes or until the eggs are done to your liking. Let sit for a few minutes before serving.

*Yield: 3 Servings*

## Nutritional Information:

- Total Calories/serving: 360
- Total Carbs: 4g
- Fiber: 1g
- Total Fat: 21g
- Protein: 38g





## Fried Egg Sandwich

Breakfast is ready for the table quickly when Fried Egg Sandwiches are on the menu. If this is Zero Carb Eating week enjoy this sandwich without the fried onion!

### Ingredients

- 2 slices of "Bacon" Bread
- 1 egg
- 1 tsp Keto Mayonnaise
- 1 slice yellow cooking onion



## Preparation

1. Prepare bacon bread, drain on paper towel and set aside (keep warm).
2. Wipe out skillet leaving just a bit of the bacon fat behind to give the skillet a good coating.
3. Heat skillet over medium high heat and add the onion slice. Fry, flipping once until the onion is a nice golden brown in color. Push to the side of the pan and crack in an egg. Fry to your liking.
4. Place fried onion and egg on one slice of the bacon bread and top with second slice of “bread”; enjoy!

*Yield: 1 Serving*

## Nutritional Information:

- Total Calories/serving: 225 (*without onion*)
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 19g
- Protein: 14g
- Total Calories/serving: 231 (*with onion*)
- Total Carbs: 1g
- Fiber: 0g
- Total Fat: 19g
- Protein: 14g





## Keto Eggs Benedict

You can enjoy Eggs Benny during any week of this program. I've supplied instructions for altering the recipe according to which week you are on: Speed Keto, Zero Carb Eating or Keto Express. Eggs Benedict are perfect for a week-end brunch and a lot easier to make than you might think! I am using baked deli meat in this version of Eggs Benny but you can easily switch the meat out for smoked salmon or Gravlax.

### Ingredients

- 1 batch of [Hollandaise Sauce](#)
- 2 pieces of [Keto Cloud Bread](#), (for Speed Keto & Keto Express weeks)
- 2 slices deli meat (baked ham, smoked chicken or smoked turkey)
- 2 [Perfectly Poached Eggs](#)
- Grinding of pink Himalayan salt and black peppercorns
- 1 T chopped fresh parsley, for garnish



## Preparation

1. Prepare Hollandaise Sauce. Set aside and keep warm.
2. Carnivore Week: Prepare the meat base by dividing deli meat into two portions and stacking the meat in the center of two plates. Set aside.
3. Speed Keto or Keto Express Week: Place a slice of Keto Cloud Bread on each plate and arrange meat slices on top of each slice.
4. Using the Perfectly Poached Eggs recipe, prepare 2 poached eggs. Carefully place an egg on top of the base prepared on each plate.
5. Spoon warm Hollandaise over-top and garnish with a sprinkling of chopped fresh parsley. Serve immediately.

*Yield: 2 Servings*

## Nutritional Information:

- Total Calories/serving: 419 (*with Keto Cloud Bread*)
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 46 g
- Protein: 10 g
- Total Calories/serving: (*Zero Carb Eating Version, no cloud bread*)
- Total Carbs: 2g
- Fiber: 0g
- Total Fat: 38g
- Protein: 7g



## Coconut, Ginger & Avocado Smoothie

If you are in a hurry and a bit behind schedule this morning smoothie will get you out the door quickly! The recipe makes 2 servings.

### Ingredients

- ½ hass avocado, ripe
- ¾ C full-fat coconut milk, canned
- ½ tsp ground ginger
- ½ tsp turmeric
- 1 tsp lemon juice
- 1 C crushed ice
- Allowed sweetener, to taste (optional)

### Preparation

1. Blend avocado, coconut milk, ginger, turmeric and lemon juice on low-speed until smooth.
2. Add crushed ice then blend on high speed until smooth.
3. If using sweetener taste and adjust sweetness and tartness as per your preference.

*Yield: 2 servings*

### Nutritional Information:

- Calories/serving: 208
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 21 g
- Protein: 1 g





# Lunch







## Keto Cloud Bread

This bread keeps well in the fridge for three days. If you freeze it make sure to slip a piece of parchment paper between the slices so they won't stick together. It's a good idea to always have this cloud bread available for a quick lunch sandwich.

Recipes for Cloud Bread are all over the Internet with no one really being clear about where it originated. Most of these recipes use cream cheese instead of mayo. Here's our favorite version. We love it because the ingredients are compatible with food allowed on all my versions of Speed Keto.

### Ingredients

- 3 large eggs, separated
- 1/8 tsp cream of tartar
- 3 T Keto Mayonnaise, no sugar



## Preparation

1. Pre-heat oven to 300 F.
2. Whip egg white with a hand held mixer until they thicken slightly.
3. Sprinkle the cream of tartar over the whites and continue to whip until stiff peaks form.
4. Using the mixer blend the egg yolks and mayonnaises until light and creamy.
5. Using a spatula, gently fold the egg white and yolk mixtures together to form a batter.
6. Make 6 separate mounds of the batter on a parchment lined baking sheet, leaving a bit of space between each of the round pancake shapes.
7. Bake until lightly golden colored (about 30 minutes). Cool on a wire rack.

*Yield: 6 servings (one piece/serving)*

## Nutritional Information:

- Total Calories/serving: 86
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 8g
- Protein: 3g





## Carnivore Bacon “Bread”

Easy Peasy and so tasty – just use turkey bacon if pork isn't on your menu. You will find these “bread” slices pair nicely with a variety of deli meats and can always be used with meat leftover from last night's dinner; chicken and turkey come to mind immediately!

### Ingredients

- 3 slices of bacon, cut in half horizontally

### Preparation

1. Pre-heat a heavy bottomed skillet over high heat. Add 3 half slices of bacon, over-lapping the edges slightly. Do the same with the remaining bacon. Turn heat under the pan down slightly and fry undisturbed for a few minutes. You will notice the bacon slices will fuse during this time.
2. You will find the bacon slices can now be easily flipped. Continue to fry bacon until crispy. Remove from pan and drain on paper towel. You now have 2 slices of bacon “bread” and are ready to make a sandwich!

*Yield: 2 “Bread” Slices (for 1 sandwich)*

### Nutritional Information:

- Total Calories/serving:
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 11g
- Protein: 8g





## Chicken (or Smoked Turkey) Sandwich

### Ingredients

- 2 Keto Cloud Bread or Carnivore Bacon Bread
- 1 T Keto Mayonnaise (full fat & no sugar)
- 2 oz smoked chicken slices or smoked turkey slices (from the deli)

### Preparation

1. Assemble sandwich and enjoy!

*Yield: 1 Serving*

### Nutritional Information:

- Total Calories/serving: 316 (*with Keto Cloud Bread*)
- Total Carbs: 3g
- Fiber: 0g
- Total Fat: 23g
- Protein: 20g
- Total Calories/serving: 277 (*with Carnivore Bacon “Bread”*)
- Total Carbs: 1g
- Fiber: 0g
- Total Fat: 20g
- Protein: 20g



## Roast Beef Sandwich

### Ingredients

- 2 Keto Cloud Bread or Carnivore Bacon Bread
- 1 T Keto Mayonnaise (full fat & no sugar)
- 2 oz. roast beef slices (from the deli)

### Preparation

1. Assemble sandwich and enjoy!

*Yield: 1 Serving*

### Nutritional Information:

- Total Calories/serving: 373 (*with Keto Cloud Bread*)
- Total Carbs: 1g
- Fiber: 0g
- Total Fat: 27g
- Protein: 26g
- Total Calories/serving: 331 (*with Carnivore Bacon "Bread"*)
- Total Carbs: 1g
- Fiber: 0g
- Total Fat: 24g
- Protein: 27g







## Egg Salad Sandwich

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

### Ingredients

- 2 Keto Cloud Bread pieces (if on Speed Keto or Keto Express week)
- 1 Perfectly Hard Boiled Egg
- 1 T full fat mayonnaise
- ¼ tsp Dijon mustard
- 1 green onion (scallion), thinly sliced or 2 T red onion, minced
- ½ tsp curry powder
- 1 Romaine lettuce leaf, (or a few mixed greens)
- Himalayan salt & black pepper (to taste)





## Preparation

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

*Yield: Serves 1*

## Nutritional Information:

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







## Lunch Omelet

I've called this a Lunch Omelet but really; you can enjoy this one at breakfast, lunch or dinner!

### Ingredients

- ½ tsp ghee
- 1 T minced yellow cooking onion
- 1 clove garlic, minced or pushed through a press
- 2 eggs
- Grinding of pink Himalayan salt & black peppercorns
- ½ Hass avocado, peeled, seeded & thinly sliced
- ¼ C baby arugula (or mixed greens)
- 1/2 ripe tomato, cut into wedges (or 3 cherry tomatoes)



## Preparation

1. Melt ghee in a small heavy bottomed skillet over medium high heat. Add onion and sauté for one minute until softened.
2. Add garlic and continue to sauté for another minute. Whisk eggs with salt & pepper. Pour into skillet and keep an eye on the omelet as it begins to thicken and set.
3. Gently lift the edges to allow the liquid egg to run beneath around the perimeter of the pan.
4. Lower the heat to medium and continue to cook until the egg is completely cooked and no longer wet on top.
5. Arrange avocado slices on half of the omelet and sprinkle on the arugula (or mixed greens). Flip the other half of the omelet over-top the filling and slip the folded omelet from the skillet onto a plate.
6. Place the sliced tomato alongside the omelet and serve immediately.

*Yield: 1 Serving*

## Nutritional Information:

- Total Calories/serving: 285
- Total Carbs: 8g
- Fiber: 4g
- Total Fat: 23g
- Protein: 14g





## Easy Keto Style Turkey Noodle Soup

This soup tops my list of go-to comfort foods. Nourishing and satisfying; plus you can whip it up in no time!

### Ingredients

- 1 T ghee
- 1 cooking onion, small dice
- 1 stalk celery, small dice
- ½ tsp dried thyme
- 1 tsp dried parsley
- 2 C shredded cabbage
- 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 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. Add the diced onion and celery. Sauté for a few minute until the veggies soften 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 the 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 konjac 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 bones.
7. Drain and rinse the konjac noodles and 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!

*Yield: 6 Servings*

## **Nutritional Information:**

- Total Calories/serving: 194
- Total Carbs: 5g
- Fiber: 1 g
- Total Fat: 14 g
- Protein: 13 g



## Carnivore Turkey 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
- 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 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 the 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 konjac 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 bones.
7. Drain and rinse the konjac noodles and 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!

*Yield: 6 Servings*

## **Nutritional Information:**

- Total Calories/serving: 194
- Total Carbs: 5g
- Fiber: 1 g
- Total Fat: 14 g
- Protein: 13 g





## Good Beef & Vegetable Soup

Autumn arrives and we all start to think about comforting home-made soups. This classic beef and vegetable soup will warm your body, heart and soul!

You can use commercially available organic beef broth when making this hardy soup if you want but nothing compares to the taste of homemade Beef Bone Broth made by simmering beef bones. The flavor these bones impart to the soup is hard to beat.

### Ingredients

- 2T ghee
- 1 C yellow cooking onion, small dice
- ½ C of celery, small dice
- 1 tsp dried thyme
- ½ lb of top sirloin or other simmering steak, cut into small dice
- 2 C cabbage, finely shredded
- ½ large cauliflower
- 3 qt. beef broth (home-made or boxed organic broth)
- Grinding of pink Himalayan salt & black peppercorns, to taste



## Preparation

1. Heat oil in a large heavy bottomed soup pot over medium high heat.
2. Add the beef, celery, onion and thyme.
3. Sauté until the onion is translucent, the celery is soft and the beef is nicely browned.
4. Add the diced shredded cabbage, riced cauliflower and zucchini.
5. Pour in the beef broth and raise the heat to high until the stock comes to a boil.
6. Adjust the heat so the soup is just simmering.
7. Continue to simmer until the vegetables are soft and the meat is tender (about ½ hour).
8. Adjust the seasoning with salt & pepper and serve.

*Yield: 4 Servings*

## Nutritional Information:

- Total Calories/serving: 275
- Total Carbs: 10g
- Fiber: 4g
- Total Fat: 11g
- Protein: 33g





## Carnivore Cold Plate

Simply take a selection of your favorite deli meats and arrange them on a wooden board and your lunch (or dinner, or breakfast) is ready.

I take a bit of time to roll meat slices and fan out salami rounds to make everything look more appetizing because, as we all know, we eat with our eyes too.





## Broccoli, Cauliflower and Bacon Salad

The trick with this salad is to steam the cauliflower and broccoli lightly. You want the florets to be al dente; with a little bit of crunch left in them.

### Ingredients

- 4 strips pork (or turkey) bacon, cut into 1" pieces
- ¼ C full-fat mayonnaise
- 1 C small broccoli florets
- 1 C small cauliflower florets
- 2 green onions, thinly sliced
- 1 T bacon fat
- 2 tsp unseasoned rice vinegar
- Sweetener to taste
- 2 C baby spinach
- 2 green onions thinly sliced



## Preparation

1. Fry bacon pieces over medium high heat until crisp. Drain on paper towel. Reserve 1 T of the bacon fat from the skillet.
2. Steam broccoli and cauliflower florets over boiling water for 3 minutes while the bacon is cooking.
3. To make a dressing whisk mayonnaise, bacon fat, rice vinegar and sweetener. Set aside.
4. Combine dressing with steamed broccoli, cauliflower and green onion. Toss until veggies are evenly coated.
5. Make a bed of spinach on 4 plates. Top with the veggie mixture and sprinkle on the bacon pieces. Serve immediately.

*Yield: 4 servings*

## Nutritional Information:

- Total Calories/serving: 214
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 19 g
- Protein: 4 g







## Raw Broccoli & Bacon Salad

I add some diced water chestnut to this classic bacon and broccoli salad for extra crunch and texture. Since no cooking is necessary this is a salad you can throw together quickly.

### Ingredients

- 3 C fresh broccoli florets, chopped into bite-sized bits
- 5 bacon strips, cooked until crispy & crumbled (use pork or turkey bacon)
- ¼ C minced onion
- ½ C water chestnuts, small dice
- 3 T Keto Mayonnaise, no sugar
- 1 T cider vinegar
- 1 squirt of liquid stevia



## Preparation

1. Place broccoli, crumbled bacon, onion and diced water chestnuts in a medium sized bowl.
2. In a separate bowl, whisk mayonnaise, vinegar and stevia. Combine with the broccoli mixture and serve.

*Yield: 3 Servings*

## Nutritional Information:

- Total Calories/serving: 165
- Total Carbs: 4g
- Fiber: 1g
- Total Fat: 14g
- Protein: 3g





## Asian Beef Salad

Enjoy this salad at lunch but you will find it's also hardy enough for your evening meal. The longer marinating time will boost the flavor in the beef but the tasty dressing will more than compensate if you only have an hour.

### Ingredients

- 6 oz strip loin steak, thinly sliced
- 1 T lemon juice
- 2 T unseasoned rice vinegar
- 2 T tamari sauce
- 2 tsp dark sesame oil
- 2 tsp fresh ginger, minced
- 1 T oil
- 2 T Keto Mayonnaise
- 3 C mixed spring greens





## Preparation

1. Slice steak into thin strips and place in re-sealable food grade plastic bag.
2. Whisk lemon juice, rice vinegar, 1 T soya sauce, 1 tsp sesame oil and the ginger to make a marinade. Pour over beef strips, seal bag and refrigerate for 1-8 hours.
3. Heat  $\frac{1}{2}$  T of the oil in a wok until very hot but not smoking. Add half the marinated beef strips and stir fry until completely cooked. Repeat with the remaining beef strips. Set aside
4. To make the salad dressing add the mayonnaise, heavy cream and remaining soya sauce and sesame oil to the hot wok. Deglaze the pan while blending the beef juices leftover from the stir-fry process with the added mayo and cream. Remove from heat and divide the dressing into 2 small ramekins.
5. Divide the mixed greens between two salad bowls and top with the warm beef strips. Serve the warm dressing on the side.

*Yield: Serves 2*

## Nutritional Information:

- Calories: 395
- Total Carbs: 6 g
- Dietary Fiber: 3 g
- Total Fat: 28 g
- Protein: 26 g





## Avocado, Tomato & Egg Salad

Pretty on the plate, this salad is also satisfying and tasty. It's a go-to lunch in my home. I sometimes add smoked salmon or [Gravlax](#) if I have some on hand.

### Ingredients

- 2 C mixed greens
- 2 [Perfectly Boiled Eggs](#), peeled and cut in half
- 2 T Homemade Vinaigrette (or store-bought keto dressing)
- 1 ripe avocado, peeled and sliced
- 6 cherry tomatoes, cut in half
- 6 English cucumber slices, skin on

### Preparation

1. Divide greens between two salad bowls.
2. Arrange avocado, cherry tomato halves and cucumber on top of each salad.
3. Drizzle vinaigrette over-top, garnish with egg halves and serve.

## Nutritional Information:

- Total Calories/serving: 158
- Total Carbs: 7g
- Fiber: 2g
- Total Fat: 9g
- Protein: 10g

*Yield: 2 Servings*

- Total Calories/serving: 406 (*with 4 oz. of smoked salmon or Gravlox*)
- Total Carbs: 7g
- Fiber: 2g
- Total Fat: 16g
- Protein: 52g





## Tuna Lunch Salad

Great for packing in a lunch kit; you can make this one the night before!

### Ingredients

- ½ avocado, small dice
- 2 T celery, small dice
- ½ can of tuna
- 2 T mayonnaise
- 1 tsp Dijon mustard
- Salt & pepper to taste
- Hand-full of mixed salad greens
- 2 tomato slices (or 6 cherry tomatoes)



## Preparation

1. Mix together the diced avocado and celery.
2. Flake the tuna into a separate bowl and add the mayonnaise, avocado oil and Dijon mustard. Mix well
3. Combine the two mixtures. Salt and pepper to taste.
4. Divide the tuna salad in half and serve on top salad greens with a tomato slice on the side.

*Yield: Serves 2*

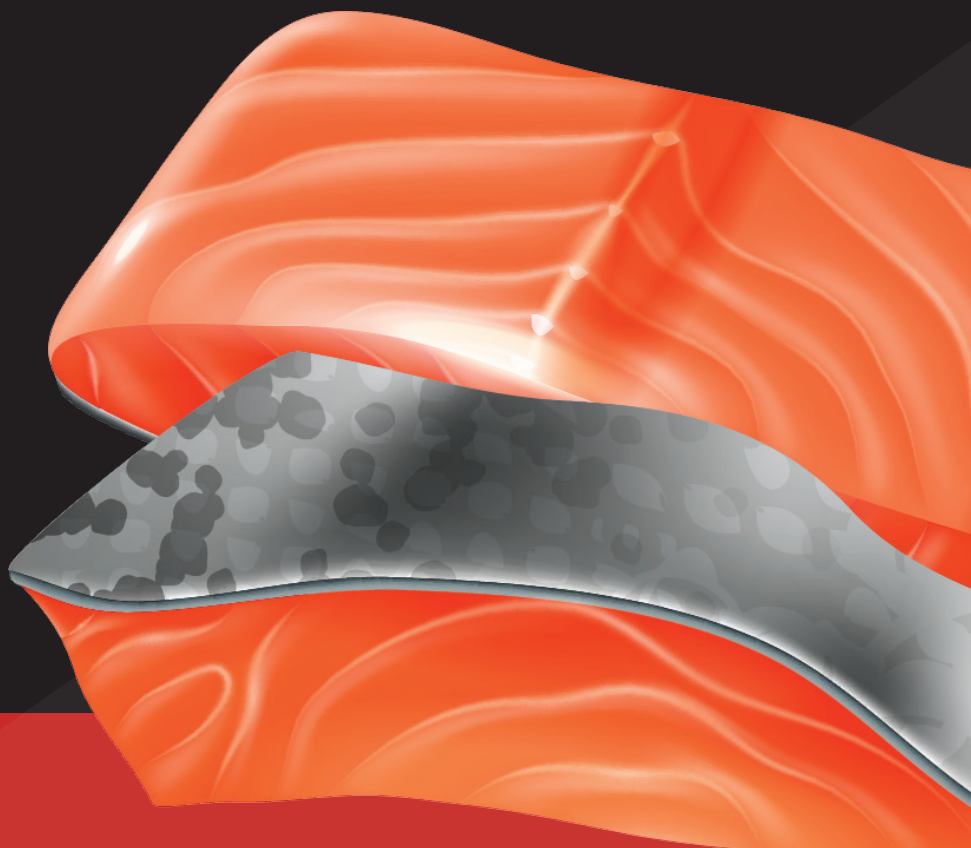
## Nutritional Information:

- Calories: 225
- Total Carbohydrates: 5g
- Fiber: 3 g
- Total Fats: 18 g
- Protein: 11 g





# Dinner







## Speed Keto Broccoli Casserole

With just a few simple ingredients you will have dinner on the table with this easy casserole. You can whip this one up for breakfast, lunch or dinner!

### Ingredients

- 2 T ghee
- ¼ C yellow cooking onion, minced
- 2 C broccoli florets, cut into 1-inch pieces or smaller
- 1/3 C water
- 1 tsp pink Himalayan salt, divided
- 6 large eggs
- 1 C canned, full-fat coconut milk
- ½ tsp freshly ground peppercorns
- ¼ tsp thyme
- ½ tsp powdered or granulated garlic
- Pinch of cayenne pepper



## Preparation

1. Preheat the oven to 325. F
2. Melt the butter or ghee in a heavy bottomed skillet over medium heat. Add onion and sauté, stirring occasionally, until soft and translucent. Add the broccoli, ¼ tsp of the salt, and water. Increase the heat to medium and cook, stirring occasionally, until the broccoli is al dente and the water has evaporated (about 4 minutes). Remove from heat and set aside.
3. Whisk the eggs with the coconut milk and remaining ingredients until well blended and frothy.
4. Spread the broccoli/onion mixture over the bottom of a lightly oiled casserole dish and pour the egg mixture over-top.
5. Bake on the middle rack of the pre-heated oven for one hour, or until the custard is set and the top is a nice golden brown color. Let cool for ten minutes before slicing into six portions.

*Yield: 6 Servings*

## Nutritional Information:

- Total Calories/serving: 222
- Total Carbs: 3g
- Fiber: 0g
- Total Fat: 20g
- Total Protein: 8g





## Keto Style Garlic/Basil Chicken Bowl

This recipe will make three 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.

### Ingredients

- 4 C fresh basil, leaves roughly chopped
- 1 T nutritional yeast
- 2 garlic cloves, minced or pushed through a press
- ¼ C fresh lemon juice
- ¼ tsp pink Himalayan salt
- ¼ tsp ground black peppercorns
- ½ C extra virgin olive oil
- 1 tsp ghee
- 3 small zucchinis
- ½ cup cherry tomatoes, cut in half lengthwise
- 2 boneless, skinless chicken breasts, cut into thin slices



## Preparation

1. Combine the basil, nutritional yeast, garlic, lemon juice, salt, pepper, and olive oil in the bowl of a food processor or high speed blender. Pulse until smooth in texture. Set aside.
2. 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 aside.
3. 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.
4. Add the cherry tomatoes, basil/garlic sauce, and zucchini ribbons. Toss until well combined, the zucchini has wilted and everything is heated through. Serve while hot.

*Yield: 3 Servings*

## Nutritional Information:

- Total Calories/serving: 585
- Total Carbs: 8g
- Fiber: 3g
- Total Fat: 51g
- Protein: 26 g







## Shrimp Linguini

This is a perfect meal on a night when you get home late and need to fix dinner in a hurry.

### Ingredients

- 2 small zucchinis
- 2 T ghee or extra virgin olive oil
- 1 lb shrimp, peeled and deveined – tails on if you want
- 2 T fresh lemon juice
- 1 tsp pink Himalayan salt
- 1 tsp ground black peppercorns
- 1 tsp garlic granules



## Preparation

1. With a vegetable peeler, shave ribbons of the zucchini until you reach the seeds. Discard core with seeds and set noodles aside. Use a vegetable spiralizer if you have one.
2. Melt ghee in a heavy bottomed wok or skillet. Add remaining ingredients plus the zucchini noodles and toss in the wok over high heat until everything is cooked through. This won't take long.
3. The shrimp will curl up slightly, becoming opaque and pink in color when done. Serve immediately.

*Yield: 3 Servings*

## Nutritional Information:

- Total Calories/serving: 246
- Total Carbs: 6 g
- Fiber: 2g
- Total Fat: 11g
- Protein: 25g







## Meatballs

This is a basic recipe for meatballs that you can use for a variety of meal options. Add a jar of your favorite sugar-free tomato sauce and serve the meatballs and sauce over miracle noodles for a family pleasing meal.

Or make the meatballs smaller and provide a dipping sauce on the side for an easy appetizer. I like meatballs cold from the fridge when I need a snack to tide me over to dinner-time. Make up a big batch and freeze them portioned out for easy meals on nights when your family must eat and run.

### Ingredients

- 1 lb ground meat (beef, turkey, chicken or lamb)
- 1 T nutritional yeast
- 1 egg, beaten
- 1 tsp dried parsley
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 small onion, minced (replace with 1 tsp onion powder on Zero Carb Eating week)
- 2 tsp garlic powder or granules
- 1 tsp Pink Himalayan Salt
- ½ tsp ground black peppercorns
- 3 T extra virgin olive oil



## Preparation

1. Pre-heat oven to 350°F (180°C). Line a baking tray with parchment paper or foil.
2. In a large bowl, combine ground meat (today I'm using ground turkey), nutritional yeast, egg, parsley, basil, onion, garlic and salt and pepper; being careful not to over mix. Form mixture into 1" (2.5 cm) or slightly larger meatballs.
3. Heat oil in a large, heavy bottomed skillet over medium high heat and brown meatballs on all sides; working in batches if necessary. Transfer browned meatballs to a parchment lined rimmed baking sheet and bake for 8 to 10 minutes or until fully cooked and no longer pink inside. (Internal temperature reaches 165 F).

*Yield: 4 Servings*

## Nutritional Information:

- Total Calories/serving: 300
- Total Carbs: 5g
- Fiber: 2g
- Total Fat: 20 g
- Protein: 24g





## Meatballs, Tomato Sauce & Garlic Noodles

### Ingredients

- 1 recipe [Meatballs](#)
- 1 ½ C commercially prepared keto tomato sauce
- 3 zucchini, small size
- 2 cloves of garlic, minced
- Grinding of salt & pepper, to taste

### Preparation

1. Prepare meatballs. Set aside and keep warm.
2. Wash zucchini, pat dry and trim the ends. Spiralize into noodles. If you don't have a spiralizer slice zucchini lengthwise into very thin slices. Lay each slice flat and cut, lengthwise into flat fettuccini noodle style strips about 1/3 " wide. You will have about 5-6 cups of "veggie pasta" when done.
3. Melt ghee in a wok or flat-bottomed skillet over medium high heat.
4. Add minced garlic and cook, stirring until the garlic becomes translucent.



5. Add the zucchini noodles and continue stir-frying until the zucchini is softens and is cooked. This will only take a few minutes. Careful not to over-cook or the noodles will become mushy. Divide noodles between 4 plates and arrange meatballs on top.
6. Heat tomato sauce in microwave and pour over meatballs and noodles. Serve immediately.

*Yield: 4 servings*

### **Nutritional Information:**

- Total Calories/serving: 347
- Total Carbs: 11g
- Fiber: 3g
- Total Fat: 21g
- Protein: 28g





## Beef 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 and prime rib.





## BBQ Method

1. 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.
3. Let the steaks rest for a few minutes during which time the internal temp will rise about 5 more degrees.

## Stove-top Method:

1. 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.
2. Melt Homemade Ghee (link to recipe) in hot pan. Quickly sear the steaks on each side then turn the heat under the pan down to medium-high.
3. 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.

*Yield: 2 servings*

## Nutritional Information:

- Total Calories/Serving (6 oz rib-eye): 498
- Total Fat: 36g
- Total Carbs: 0g
- Protein: 42g
- Fiber: 0g





## Steamed Mussels

Steamed Mussels is an easy, yet impressive meal. Steam up a big batch (you can double or triple this recipe) and dig in ... tasty, elegant and simple; enjoy!

### Ingredients

- 3 T butter
- 2 shallots, minced
- 3 garlic cloves, minced or pushed through a press
- 1 tsp pepper flakes
- ¼ C fish broth, (commercially available in tetra pack)
- 2 lb mussels, scrubbed and rinsed clean
- 1 juice from lemon
- ¼ C fresh parsley, minced



## Preparation

1. Melt butter in a deep heavy bottomed skillet over medium high heat. Add shallots, garlic and pepper flakes. Sauté until the shallot and garlic soften, becoming fragrant and more translucent.
2. Add mussels and fish broth and bring the liquid up to the simmering point. Cover tightly and steam the mussels until they open up (about 6 minutes).
3. Pour in the lemon juice, give the mussels a quick stir and allow the liquid to come back up to the simmering point.
4. Remove from heat and divide the mussels between two bowls. Add some of the broth to each bowl. Garnish with lemon wedges if desired and sprinkle the parsley over-top. Serve immediately.

*Yield: 2 servings*

## Nutritional Information:

- Total Calories/serving: 389
- Total Carbs: 7g
- Fiber: 1g
- Total Fat: 3g
- Protein: 11g





## Gravlax

Gravlax is similar to lox in that salt is an important part of the cure. The resulting texture is very similar. Fresh dill is liberally used in Gravlax to flavor the curing salmon. This flavor profile makes it different from lox. If dill isn't something you enjoy then just leave it out of the recipe.

Sugar is often part of the curing solution but I've substituted erythritol to make this recipe keto friendly. Make sure to carefully use your clean fingertips to feel across the top of the salmon fillet for small bones. If you find any remove them with tweezers or small, needle nose pliers.

Salmon has more fat than most fish but since it packs a big hit of protein with very little fat I recommend you pair it with higher fat foods (like avocado) when Gravlax is the star on the dinner plate.

## Ingredients

- ¼ C rock salt
- 2 T erythritol
- 1 C fresh dill, chopped
- 1 lb salmon fillet, skin on/no bones

## Preparation

1. Mix salt and erythritol together
2. Place a piece of plastic wrap, large enough to accommodate the salmon on the counter-top.
3. Mound half the salt mixture along the center of the plastic wrap and spread it out so it's as wide as your salmon. Place the salmon on top.
4. Cover with the remaining salt mixture.
5. Spread the chopped dill over-top.
6. Lift the plastic wrap with the salmon up and place it into a non-reactive, glass 9"x13" baking dish. Place a second piece of plastic wrap overtop the salmon and weigh the fish down with cans of soup or a dish that will fit inside the baking dish holding the salmon.
7. Refrigerate for 24 hours. Remove from the fridge and use paper towel to sop up any liquid accumulated around the fish. Cover with clean wrap and once again, weigh the salmon down. Return to the fridge for another 24 hours.
8. Rinse the salmon and pat dry. Place on a board and slice on the diagonal with a sharp knife into thin slices. Garnish with a small amount of snipped fresh dill.

*Yield: 3 Servings*

## Nutritional Information:

- Total Calories/serving: 248
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 7g
- Protein: 42g



## Baked Salmon Fillet with Basil Pistou

### Ingredients

- 1 lb (4-4oz pieces) salmon fillets, skin on
- 1 T melted ghee
- 3 T Pistou

### Preparation

1. Warm pesto cubes in the microwave if they come straight from the freezer. Set aside.
2. Heat ghee in a heavy bottomed skillet over high heat. Place salmon fillets in the pan, skin side down and sear the skin for 2 minutes. Spoon the pesto onto each fillet, spreading it evenly across the top of each piece of fish.
3. Transfer the skillet to the middle rack of the pre-heated oven and bake the fillets for 15 minutes or until the internal temperature of each fillet reaches 145 F.

*Yield: 4 Servings*

### Nutritional Information:

- Total Calories/serving: 462
- Total Carbs: 10g
- Fiber: 3g
- Total Fat: 81g
- Protein: 36g





## Salmon Fillet with Hollandaise Sauce

When company is coming for dinner I often opt to bake a large salmon fillet, wrapped in foil, with a bit of lemon juice and some chopped parsley and dill on top. I also drizzle on a bit of melted ghee before sealing the packet.

It's an easy meal to prep and makes an elegant entre.

### Ingredients

- 2 lb salmon fillet (enough for 4 portions)
- 1 lemon
- Fresh dill
- Fresh parsley (or 1 tsp dried)
- 2 T ghee, melted
- Grinding of pink Himalayan salt and black peppercorns
- 1 recipe of [Hollandaise Sauce](#)





## Preparation

1. Pre-heat oven to 350 F.
2. Cover a large rimmed baking sheet with a piece of aluminum foil large enough to wrap around the salmon and be sealed along its edges. Place the salmon fillet on the middle of the foil. Squeeze the lemon over top. Place some sprigs of parsley and dill on top and season with salt & pepper. Melt 2 T of ghee and drizzle over-top. Seal the foil around the salmon by crimping the edges of the foil together. Place on the middle rack of the pre-heated oven and set the timer for 20 minutes.
3. While the salmon bakes make the Hollandaise Sauce, if desired. Keep warm until ready to serve the meal.
4. The salmon should be done in 20 minutes. Check to make sure it flakes easily but is still moist. Divide the fillet into 4 portions and serve with a sprig of fresh dill on top. The Hollandaise can be poured into a small pitcher and passed around at the table.

*Yield: 4 Servings*



## Grilled Bream

Grilled Bream makes a dramatic presentation. Beautiful on the plate and pleasing to the palate, this whole fish will impress your family and friends!

### Ingredients

- 2 Bream, gutted and scaled (but left whole)
- 2 T extra-virgin olive oil
- 3 tsp pink Himalayan salt
- 1 tsp pepper
- 1 lemon cut, into thin slices



## Preparation

1. Pre-heat BBQ/grill to high (500F)
2. Place fish on flat rimmed sheet. Place lemon halves next to the fish. Drizzle the oil over the fish and lemon. Use your hands to make sure both fish and lemons get a good coating all over with the oil.
3. Sprinkle both sides of fish with salt and pepper.
4. Using tongues, place fish and lemon halves on one side of the pre-heated BBQ and turn the burner beneath the fish down to the medium/high setting. Leave the other burner on high.
5. Close the lid and leave for 5 minutes then flip the fish and brush with the remaining ghee. Close the lid again. Leave for another 4-5 minutes or until the internal temperature of each fish reaches 145 F.

*Yield: 2 Servings*

## Nutritional Information:

- Total Calories/serving: 271
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 18g
- Protein: 27g





## Halibut Steaks

With minimal preparations you can have an elegant meal on the table quickly when halibut steaks are on the menu. Add a squeeze of fresh lemon (or lime) juice, a sprinkle of salt and a grinding of peppercorns and presto: you are ready to bake, BBQ or broil!

### Ingredients

- 2 halibut steaks (6-8 oz each)
- 1 T fresh lemon juice
- Grinding of pink Himalayan salt & black peppercorns
- 1 T ghee

### Baking Method

1. Pre-heat oven to 350 F. Place halibut on a piece of foil. Lift foil and fish onto a rimmed baking sheet.
2. Squeeze lemon juice over-top and sprinkle on salt and a grinding of pepper. Drizzle melted ghee over the halibut and seal the foil into a packet.
3. Place on the middle rack of the pre-heated oven and bake for 20 minutes or until the internal temperature of the fish reaches 145 F.

## BBQ Method

1. Pre-heat BBQ/grill to high (500F). Drizzle half the melted ghee over the fish and sprinkle with salt and a grinding of pepper.
2. Using tongues, place fish on one side of the pre-heated BBQ and turn the burner beneath the fish down to the medium/high setting. Leave the other burner on high.
3. Close the lid and leave for 5 minutes then flip the steaks and brush with the remaining ghee.
4. Close the lid and leave for another 4-5 minutes or until the internal temperature reaches 145 F.

## Broiling Method

1. Adjust your top oven rack so it is 4"-6" beneath the broiler element and turn on the broiler. Place steaks on a foil lined, rimmed baking sheet and drizzle half of melted (use microwave) ghee over each steak.
2. Squeeze lemon juice over-top and sprinkle with salt and a grinding of peppercorns. Broil for 4 minutes, and then remove from oven.
3. Flip steaks and brush remaining ghee over-top each steak.
4. Broil for 2-3 minutes more then use a thermometer to check the internal temperature of the steaks. When they reach 145 F, they are done.

*Yield: 2 Servings*

## Nutritional Information:

- Total Calories/serving: 297
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 13g
- Protein: 40







## Pan Fried Fish & Chips

If you are craving a platter of fish & chips you will enjoy this keto version of the classic meal. Pair it with [Keto Coleslaw](#) and you will have a dinner that rivals the carb laden original and delivers the flavors you crave.

### Ingredients

- 1 recipe [Rutabaga Fries](#)
- 2 lb filleted cod
- 1 T ghee

### Preparation

1. Prepare Rutabaga Fries and bake. Keep fries warm while you fry the fish.
2. Melt ghee in a heavy bottomed skillet over medium high heat. When the ghee is hot add the fish fillets and fry for 3 minutes. Carefully flip the fish and fry for 2 or 3 minutes more or until the internal temperature reached 145 F.
3. Serve the fish with fries on the side. I like to add Coleslaw to complete the meal! Serve and enjoy.

*Yield: 4 Servings*

### Nutritional Information:

- Total Calories/serving: 316
- Total Carbs: 9g
- Fiber: 1g
- Total Fat: 19g
- Protein: 29g







## Braised Beef

### Ingredients

- 3 lb pot roast (cross rib or blade)
- 6 T ghee or extra virgin olive oil
- ¼ tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder or granules
- 1 tsp onion powder
- ½ tsp chipotle powder
- 1 tsp dried thyme
- 2 tsp pink Himalayan salt
- 1 tsp ground black peppercorns
- 1 C beef broth



## Preparation

1. Pre-heat oven to 325 F. Cut pot roast into large chunks
2. Melt ghee in an enameled cast iron casserole over medium high heat. Sear meat chunks on all sides. Remove half of the beef chunks and set aside.
3. Mix cumin, smoked paprika, garlic powder, onion powder, smoked chipotle powder, thyme, salt and pepper together in a small bowl.
4. Sprinkle the meat chunks in the casserole with half of the spice mixture. Top with the remaining beef chunks and add the remaining spice mixture. Pour the beef broth over-top and cover with a tight fitting lid.
5. Place on the middle rack of the pre-heated oven and braise for 3 hours or until the beef chunks reach 190-195 F for a nice and tender meat texture. Serve in heated bowls with some of the tasty broth ladled over-top.

*Yield: 6 Servings*

## Nutritional Information:

- Total Calories/serving: 484
- Total Carbs: 1g
- Fiber: 0g
- Total Fat: 47g
- Protein: 34g





## Bacon Draped Turkey Breast

Nowadays you can usually buy turkey breast in the freezer section of the supermarket even if it isn't available fresh. It makes a great evening meal and leftovers are an easy lunch next day.

### Ingredients

For the brine:

- 3 quarts of water
- ½ C kosher salt flakes (or pink Himalayan salt crystals)
- 1 tsp liquid stevia (or a few squirts from a squeeze bottle)

For the turkey breast:

- 3 lb fresh boneless & skinless turkey breast
- 15 bacon strips (use turkey bacon if pork isn't on your menu)

## Preparation

1. Mix water, salt and stevia in a large non-reactive bowl.
2. Place turkey breast in the liquid making sure it covers the meat. Cover and refrigerate overnight or for 12-24 hours. Remove from brine and pat dry when ready to prepare the meal.
3. Drape bacon slices over the breast, overlapping each strip slightly. Secure the bacon with toothpicks where necessary. Place the prepared turkey breast on a rimmed, foil lined baking sheet.
4. Put the pan on the middle rack of the pre-heated oven and roast for 1 hour or until the internal temperature reaches 165 F. Let rest for a few minutes then slice and serve.

*Yield: 6 Servings*

## Nutritional Information:

- Total Calories/serving: 356
- Total Carbs: 6g
- Fiber: 0g
- Total Fat: 6g
- Protein: 70g







## Bacon Turkey Bites

These bacony bites make a great appetizer or load up your plate and make a meal out of them.

### Ingredients

- 3 lb turkey breast, skinless and boneless
- 15 bacon strips, pork or turkey

### Preparation

1. Pre-heat oven to 350F.
2. Cut turkey breast into 24 pieces.
3. Slice bacon strips in half, lengthwise. Wind strips around each piece of turkey breast, overlapping slightly, so the bacon sticks to itself. Place on a large rimmed, parchment (or foil) lined baking sheet.
4. Use two smaller pans that can be placed side by side in the oven if necessary. It's best to leave a bit of space around each piece in order for the bacon to crisp up and brown nicely. Bake on the middle rack of the pre-heated oven for 20 min. Or until the internal temperature reaches 165F.

*Yield: 6 Servings*

### Nutritional Information:

- Total Calories/serving: 356
- Total Carbs: 6g
- Fiber: 0g
- Total Fat: 6g
- Protein: 70g





## Grilled Bratwurst

We like the taste of BBQ sausages best but sometimes we cook them on the stove-top too. However you do them, it's an easy meal!

If you are away from home at lunchtime, cook them the night before and refrigerate them for use the next day. They can be eaten cold or re-heated. We've selected Bratwurst sausages but you should choose the sausage flavor you prefer. Just be sure to select organic, grass-fed meat sausages with no added sugar.

### Ingredients

- 2 Bratwurst (or substitute other flavor) Sausage Links, large size 3.5 oz each

### BBQ Method:

1. Grill on Medium high until internal temperature of sausage is 165 F.

### Stove top Method:

1. Brush a heavy skillet with oil and fry sausage links, turning so all sides get browned, until internal temperature reaches 165 F.

*Yield: Serves 1*

### Nutritional Information:

- Total Calories/serving: 520
- Total Carbs: 6 g
- Fiber: 0 g
- Total Fat: 42 g
- Protein: 28 g







## Wicked Wings

Who doesn't like wings? Make extra and enjoy them for lunch tomorrow!

### Ingredients

- 2 tsp garlic powder or granules
- 2 tsp onion powder
- 1 tsp chipotle powder
- 1 tsp smoked paprika
- ½ tsp oregano
- ¼ tsp dried mustard
- ¼ tsp ground cumin
- 1 tsp pink Himalayan salt
- ½ tsp ground black peppercorn
- 1 T extra virgin olive oil
- 2 lb chicken wings



## Preparation

1. Pre-heat oven to 350F.
2. Make a rub by combining the first 9 ingredients.
3. Place wings in a bowl and toss with olive oil until wings are evenly coated. Sprinkle rub mixture over-top and continue tossing until wings have an even coating of both oil and rub.
4. Place a large, rimmed baking sheet, making sure there's a bit of space around each wing so they will brown evenly. Place on the middle rack of the pre-heated oven and bake for 30 minutes or until the internal temperature of the wings reach 165F.

*Yield: 4 Servings*

## Nutritional Information:

- Total Calories/serving: 541
- Total Carbs: 2g
- Fiber: 0g
- Total Fat: 40g
- Protein: 41g





## Roasted Chicken Quarters

I always double this recipe and enjoy chicken the next day at lunch-time. Easy to prep and pop into the oven; this roasted chicken will likely grace your dinner table often.

### Ingredients

- 4 thigh/drumstick chicken quarters (about 3 lbs)
- 2 T ghee (or extra) virgin olive oil
- 2 tsp smoked paprika
- 1 tsp dried thyme
- Grinding of pink Himalayan salt and black peppercorns



## Preparation

1. Pre-heat oven to 300 F.
2. Place chicken quarters on a rimmed baking sheet. Spread them out so there's a bit of space in between each piece. Brush with melted ghee and sprinkle on the paprika, thyme salt & pepper.
3. Cover pan with foil and place on the middle rack of the pre-heated oven and bake for 30 minutes.
4. Remove the foil and turn the oven heat up to 425 F. Continue roasting for 15-20 more minutes or until the internal temperature of each chicken quarter reaches 165F and the skin is browned nicely. Serve and enjoy!

*Yield: 4 Servings*

## Nutritional Information:

- Total Calories/serving: 539
- Total Carbs: 0g
- Fiber: 0g
- Total Fat: 43g
- Protein: 32g



# Side Dishes







## Ratatouille

This easy side dish compliments many different entrees and can be thrown together quickly. This recipe serves four but can easily be cut in half (or doubled); depending on how many are at the table.

### Ingredients

- 2 tsp ghee
- 1 small yellow zucchini
- 1 small green zucchini
- 2 cloves garlic, minced or pushed through a press
- 1 tomato, cut into chunks

### Preparation

1. Melt ghee in a heavy skillet over medium high heat.
2. Add the remaining ingredients and stir-fry until all the veggies are soft and cooked through (about 4 minutes). Serve immediately.

*Yield: 4 servings*

### Nutritional Information:

- Total Calories/serving: 43
- Total Carbs: 6 g
- Fiber: 1 g
- Total Fat: 3 g
- Protein: 1 g







## Green Side Salad

This side salad pairs well with most of the dinner entrees in this program. I recommend you enjoy it with my [Homemade Keto Vinaigrette!](#)

### Ingredients

- 2 C mixed greens
- 2 T [Homemade Keto Vinaigrette](#)

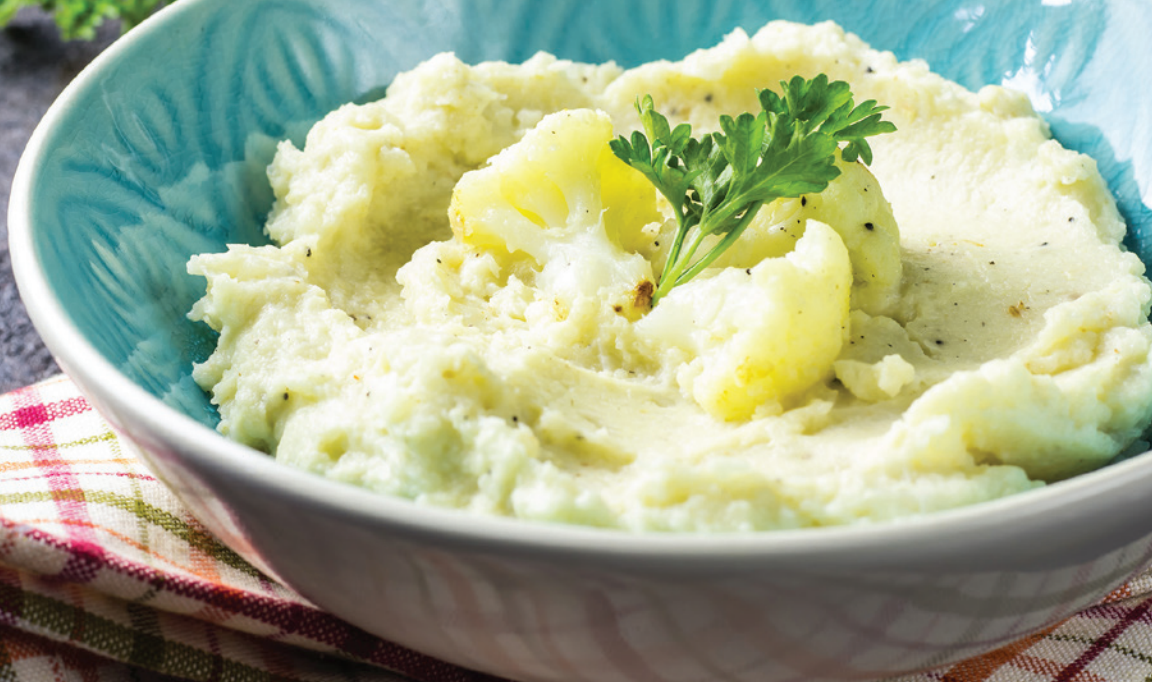
### Preparation

1. Toss greens with Vinaigrette (or your favorite store-bought keto dressing) and enjoy!

*Yield: 2 Servings*

### Nutritional Information:

- Total Calories/serving:
- Total Carbs:
- Fiber:
- Total Fat:
- Protein:



## Cauliflower Mash

For creamy cauliflower mash you will need to take care when squeezing the excess moisture out of the steamed cauliflower. It's a bit of a messy process but the end result is worth your effort. The mash will be creamier and thicker ... just the way you like it!

### Ingredients

- 1 head cauliflower, cut into flowerets
- 3 garlic cloves, minced or pushed through a press
- 3 T extra virgin olive oil
- 1 T full-fat canned coconut milk
- ¼ tsp pink Himalayan salt
- 1/8 tsp black pepper



## Preparation

1. Steam cauliflower over boiling water until very tender. Transfer cooked cauliflower to a deep bowl.
2. Using paper towel squeeze as much excess moisture as possible out of the flowerets by pressing down on them. The moisture will wick up into the paper towel. Don't worry if the cauliflower falls apart during this process.
3. Add the oil, coconut milk and mash the cauliflower using a hand-held blender. Don't be afraid that the mash will get gluey by over-processing. It's the starch in potatoes that does that and since there's no starch in cauliflower you don't have to worry!
4. Correct the seasoning with salt and pepper. Serve while hot.

*Serves 4*

## Nutritional Information:

- Calories: 135/serving
- Total Fat: 11 g
- Total Carbs: 8 g
- Fiber: 4 g
- Protein: 3 g





## Roasted Cauliflower

Roasting punches up the flavor of cauliflower and results in a tasty side-dish that pairs well with red meat, fowl and fish.

### Ingredients

- 3 C cauliflower florets (raw, not frozen)
- 2 T extra virgin olive oil
- Grinding of pink Himalayan Salt & black peppercorns

### Preparation

1. Pre-bake 350F.
2. Line a rimmed baking sheet with parchment paper.
3. Toss florets with oil and spread out on the parchment lined pan.
4. Season with salt and pepper.
5. Place pan on the middle rack of the pre-heated oven and roast for 20-25 minutes or until the cauliflower is tender and lightly browned.

*Yield: 3 Servings*

### Nutritional Information:

- Total Calories/serving: 103
- Total Carbs: 4g
- Fiber: 1g
- Total Fat: 9g
- Protein: 1g







## Brussels Sprouts (Two Ways)

This is a vegetable I enjoy often. It's filling, and pairs nicely with many different dishes.

### Ingredients

- 1½ C Brussels sprouts
- 2 tsp ghee (for steamed sprouts)
- 2 tsp extra virgin olive oil (for roasted spouts)

### Preparation

1. Pre-heat oven to 350 F if roasting or set up steamer if steaming.
2. Trim off woody bottom and remove outer leaves if blemished.
3. *Roasting Method:* Place prepared Brussels sprouts in a bowl and toss with olive oil until they are evenly coated. Spread around on a rimmed baking sheet that has been fitted with parchment paper. Place pan on the middle rack of the pre-heated oven and bake for 25-30 minutes or until the Brussels sprouts are cooked through and nicely browned. Serve while hot.





4. *Steaming Method:* Place over boiling water and steam until the Brussels sprouts are softened, cooked through yet still a nice bright green in color (about 5 minutes but time could vary depending on the size of your Brussels sprouts). Remove to a serving dish and add butter so it melts over-top. Serve immediately.

*Yield: 2 Servings*

### **Nutritional Information:**

- Total Calories/serving: 68 (*for roasted Brussels sprouts*)
- Total Carbs: 6g
- Fiber: 2g
- Total Fat: 5g
- Protein: 2g
- Total Calories/serving: 72 (*for steamed Brussels sprouts*)
- Total Carbs: 6g
- Fiber: 2g
- Total Fat: 5g
- Protein: 2g





## Rutabaga Fries

### Ingredients

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

### Preparation

1. Place prepared rutabaga 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.
2. 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.

*Yield: 4 Servings*

### Nutritional Information:

- Total Calories/serving: 123
- Total Carbs: 9g
- Fiber: 1g
- Total Fat: 9g
- Protein: 1g





## Easy Tomato Salad

Cut a few small tomatoes into wedges, sprinkle your favorite herbs over-top and drizzle on some vinaigrette, that's it; you're done!

### Ingredients

- 4 small tomatoes, cut into wedges
- 1 tsp oregano (or other dried herb)
- 2 T Homemade Keto Vinaigrette

### Preparation

1. Arrange tomato wedges on a plate, sprinkle herbs over-top and drizzle on the vinaigrette.

*Yield: 4 Servings*

### Nutritional Information:

- Total Calories/serving: 201
- Total Carbs: 3g
- Fiber: 1g
- Total Fat: 20g
- Protein: 1g





## Asparagus (Two Ways)

Roasted asparagus and broiled asparagus have both been included in some of my other recipe collections.

I include them again here because preparation is easy and this veggie pairs well with many entrees and can be found in the produce section all year round. Asparagus also adds a heavy hit of fiber into the days menu plan which helps with regularity, something many of you will appreciate!

As with many other vegetables, roasting or broiling brings out the flavor and asparagus is no exception! My favorite pairings for asparagus are Salmon Fillet and Beef Steak. Leftovers taste great when scattered over a lunch salad plate the next day.

### Ingredients

- 1 lb asparagus spears, washed, with woody ends trimmed away
- 1 T melted ghee or extra virgin olive oil
- Grinding of pink Himalayan salt and black peppercorns

## Preparation

1. Wash asparagus and trim away the woody end of each asparagus stock.
2. *Roasting Method:* Pre-heat oven to 350F. Toss asparagus with ghee or oil until well-coated then spread the spears out on a baking sheet lined with parchment paper. Season with salt and pepper. Place baking sheet on the middle rack of the pre-heated oven and roast asparagus for 15 minutes until cooked through but still a nice green color. Done!
3. *Broiling Method:* Toss with melted ghee to coat the asparagus evenly and lay out on a rimmed baking sheet (no parchment paper – too hot under the broiler!). Season with salt & pepper. Run under the broiler for 3 minutes, flip asparagus and broil for 2 or 3 minutes on the other side. Serve while hot or at room temperature.

*Yield: 4 Serving*

## Nutritional Information:

- Total Calories/serving: 57
- Total Carbs: 5g
- Fiber: 14g
- Total Fat: 4g
- Protein: 3g







## Keto Coleslaw

You can find already shredded cabbage mixtures in most grocery stores so whipping up coleslaw takes no time at all on days you are in a hurry to get a meal on the table. It may be more economical to buy a whole cabbage and shred it yourself if you are feeding a larger group. Using a food processor makes quick work of this job, so whatever method you choose; coleslaw will be an easy to make side-salad.

### Ingredients

- 3 C pre-shredded cabbage
- 1 dill pickle, small dice
- 3 T onion, minced
- 3 T full-fat mayonnaise
- ½ T pickle juice or apple cider vinegar
- Quick squirt liquid stevia (if desired)
- Salt and pepper to taste



## Preparation

1. Mix all ingredients together and serve.

*Yield: 4 servings (reserve one portion for lunch tomorrow)*

## Nutritional Information:

- Total Calories/serving: 91
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 8 g
- Protein: 1 g





## Keto Kitchari

Kitchari is a comfort food and is often prepared as a side-dish in Indian home cooking. Kitchari usually includes basmati rice and split mung beans which are soaked overnight before the dish is prepared using the special spice mix. The mung beans tend to partially dissolve during the cooking process creating a dahl thickened stew-like texture.

In my keto version of kitchari we are using cauliflower two ways. I use cauliflower “rice” in place of basmati rice and in order to get a thicker texture I employ mashed cauliflower too! By substituting a creamy cauliflower mash for the usual mung bean dahl, I’ve been able to create a thicker texture similar to that of traditional Kitchari; which is really what gives Kitchari its comfort food status.

You can make your own Homemade Kitchari Spice Mix or purchase a commercially available blend. When I’m busy I elect to use the Kitchari Spice Mix made by Banyan Botanicals, available online at [www.banyanbotanicals.com](http://www.banyanbotanicals.com)

Keto Kitchari is most beneficial served hot and on the day it is made. This recipe will provide 2 servings at lunchtime with 2 servings leftover for dinner on Kitchari Cleanse Friday.

The recipe can be easily doubled or tripled if you are feeding a larger group of people.



## Ingredients

- 1 medium head cauliflower (about 2 lb), cut into small florets
- 1 T ghee
- ¼ C full-fat coconut milk
- 2 T Ghee
- 1 T Homemade Kitchari Spice ([link to recipe](#))
- 6 small zucchini, cut into small dice
- 2 C baby spinach leaves
- 1 tsp Pink Himalayan Salt, optional
- Fresh cilantro leaves, for garnish if desired

## Preparation

1. Process half of the flowerets, a few at a time, to make cauliflower rice. I use a mini food processor for this but you can also use a box grater and grate the cauliflower into little rice-sized chunks. Set aside.
2. Steam the remaining cauliflower flowerets until very tender in a large saucepan over boiling water. Remove from heat. Place flowerets in a large deep bowl and add the butter and coconut milk. Use a hand held immersion blender to process the cauliflower thoroughly until a smooth mash forms. Don't be afraid to take your time when processing the flowerets to get the mash as smooth as possible. It won't become gluey the way potatoes do as there is no starch in cauliflower. Set aside.



3. Melt ghee in a wok or large, deep-sided skillet. Add the kitchari spice mix and sauté, over medium heat for 2 minutes. Next add the cauliflower rice and continue to sauté, stirring occasionally for 5 more minutes. The cauliflower rice should be softening by the end of this time.
4. Toss in the zucchini and continue to sauté for 4 or 5 more minutes until the rice and zucchini are completely cooked but still holding their individual shapes.
5. Add the baby spinach leaves and stir as the leaves wilt into the rice/zucchini mixture.
6. Stir in the mashed cauliflower and heat through while continuing to stir. Correct the seasoning with salt if desired and serve immediately garnished with fresh cilantro leaves.

*Yields: 4 servings*

### **Nutritional Information:**

- Total Calories/serving: 172
- Total Carbs: 11 g
- Fiber: 5 g
- Total Fat: 13 g
- Protein: 4 g





# Shopping List





# Chapter 7

## 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.

This week's shopping list will be larger than next weeks because you may have to purchase some basic menu items like cooking oils (& MCT oil), mayonnaise, specific spices, pink Himalayan salt, peppercorns, some canned goods, 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) will 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 Speed Keto program you will be drinking plenty of fluids so make sure to stock up on plenty of allowed drinks. Having a good variety of beverages on hand will make your short and long term fasts more interesting and easier.

*Please Note:* You will likely have to adjust some of the amounts in the following lists. The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided 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, as well.



## Week I – Speed Keto

### Basics

---

- MCT oil
- Extra-virgin olive oil
- Electrolyte drinks (sugar free)
- Teas (green, regular, herbal)
- Coffee (regular & decaffeinated)
- Apple cider vinegar
- Unseasoned rice vinegar
- Liquid stevia (small squeeze bottle)
- Nutritional yeast
- Pink Himalayan salt
- Onion powder
- Garlic powder (or granules)
- Powdered magnesium/calcium (from pharmacy for [Homemade Electrolyte Drink](#))
- Black pepper corns
- Bay leaves
- Dried thyme leaves
- Chili powder
- Chipotle powder
- Dried parsley
- Dried basil
- Dried oregano
- Dried turmeric

## Meat, Fish & Seafood

---

- 4-5 lb whole chicken, if making homemade broth
- Beef marrow soup bones, if making homemade broth
- 2 lb bacon (pork or turkey)
- ½ lb smoked chicken (or smoked turkey) deli meat
- 2 lb ground meat (beef, turkey, chicken or lamb for [Meatballs](#) and for [Tex Mex Baked Eggs](#))
- Smoked salmon
- Beef marrow soup bones (for homemade broth & [Good Beef & Vegetable Soup](#) recipe)
- Bratwurst sausages (3.5 oz each)
- ½ lb pork belly slices
- 3 lb turkey breast (boneless & skinless)
- 1 lb salmon fillets, (4 fillets, skin on)
- 2 bream, (whole fish, gutted and scaled)

## Vegetables & Fruits

---

- 3 lemons
- 1 bag yellow cooking onions
- 1 bunch green onions
- 1 bag mixed greens
- 1 bag baby spinach leaves
- 2 bulbs garlic
- 1 red bell pepper
- Fresh basil (enough for 4 C)
- 1 lb asparagus
- ½ lb Brussels sprouts
- 2 heads of cauliflower
- 1 bunch broccoli
- 1 head of cabbage (or 1 bag shredded cabbage)
- Celery stalks
- 1 small yellow zucchini
- 3 small green zucchini
- 1 tomato
- Cherry tomatoes
- English cucumber
- 2 Hass avocado



## Dairy Section

---

- Heavy cream, for coffee & Bullet Proof Coffee (remember no cream on fasting days)
- 2 lb butter, (1 lb should be salt-free, for making homemade ghee)
- 2 or 3 dozen eggs, large size

## Other Items

---

- Dijon mustard
- Ghee (if not making your own)
- Boxed organic beef broth (for [Good Beef & Vegetable Soup](#) if not making homemade broth)
- Boxed organic chicken broth (instead of homemade broth)
- 1 can tomato sauce, no sugar
- 1 can full fat coconut milk

## Add the following if not fasting

---

- 6 oz strip loin steak
- Mixed greens
- Tamari sauce
- Deli meats (sliced baked deli meats and/or salami)
- Dark sesame oil







## Week II: Zero Carb Eating

Your shopping list will be shorter this week since last week you purchased quite a few staples that should last you for the whole program. This week the main menu item is meat, fish or shellfish so that will limit what you need to shop for as well.

### Basics

---

- Ground cumin
- Smoked paprika
- Dried mustard

### Meat, Fish and Seafood

---

- 1 – 4-5lb whole chicken (if making homemade broth)
- Beef marrow soup bones (if making homemade broth)
- Beef marrow bones for making Beef Marrow Treat, if desired
- Bacon (pork or turkey)
- Turkey thighs
- 3 lb pot roast (cross rib or blade roast)
- 1 lb ground meat (beef, turkey, chicken or lamb)
- Beef steak (your choice of cut)
- 2 lb chicken wings
- Mixed deli cold cuts of your preference for Carnivore Cold Plate
- Breakfast sausages (sugar free (Applegate) pork breakfast sausages or something sugar free)
- 4 thigh/drumstick chicken quarters (about 3 lbs)
- 1 lb halibut steaks, (6-8 oz each steak)
- ¼ lb deli smoked turkey for Smoked Turkey Carnivore Omelet

## Meat, Fish and Seafood

---

- 1 lb unsalted butter (for making more ghee)
- 1 or 2 doz. eggs, large size

## Other Items

---

- Konjac Miracle Noodles
- Turkey or chicken broth (for Carnivore Turkey Noodle Soup & sipping if not making homemade broth)

## Add the following if not fasting

---

- Pork belly
- Bratwurst sausages (3.5 oz each)
- ¼ lb deli smoked turkey slices

## Week III: Keto Express

Check the fridge and pantry to see what needs replenishing before heading out to shop. It is likely time to make another batch of ghee. You may have to adjust the amount of cauliflower on this week's shopping list depending on the number of people in your household that are following the menu plan and fasting protocol.

## Basics

---

- Black mustard seeds (for Kitchari Spice Mix)
- Cumin seed (for Kitchari Spice Mix)
- Turmeric powder (for Kitchari Spice Mix)
- Coriander powder (for Kitchari Spice Mix)
- Ground ginger (for Kitchari Spice Mix)
- Asafoetida (hing) powder (for Kitchari Spice Mix) this item may have to be ordered online.
- Note: you can also purchase Kitchari Spice Mix online at: [www.banyanbotanicals.com](http://www.banyanbotanicals.com)

## Meat, Fish and Seafood

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- 4-5 lb whole chicken, if making homemade broth
- Beef marrow bones, if making homemade broth
- Bacon, pork or turkey
- 1 lb ground meat (beef, turkey, chicken or lamb)
- ½ lb top sirloin or other simmering steak
- 3 lb pot roast (cross rib or blade)

## Fruits and Vegetables

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- Bag of yellow cooking onion (if needed)
- 1 bunch broccoli
- 3 small zucchini
- 1 garlic bulb
- 1 bag pre-shredded cabbage
- 1 bag baby spinach leaves
- Celery
- 4 heads of cauliflower
- Brussels sprouts (1½ cups)
- 4 small tomatoes
- 1 lb asparagus

## Dairy Section

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- 1 or 2 dozen eggs
- Heavy cream, if using in coffee & Bullet Proof Coffee (remember no cream on fasting days & Kitchari Cleanse day)

## Other Items

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- 1 can water chestnuts
- 1 can tomato sauce (no sugar)
- 1 can full-fat coconut milk
- At least 3 qt. organic beef broth (for Good Beef & Vegetable Soup), if not making homemade broth - buy more for sipping if desired



Add the following if not doing the 3 day (72 hour fast) \_\_\_\_\_

- ¼ lb salami
- ½ lb (2 large) chicken breast, boneless and skinless
- 2 lb chicken wings
- 2 lb salmon fillets
- 1 doz. eggs
- 1 can solid tuna
- 1 can full fat coconut milk
- Dill pickles
- 2 lemons
- 1 Hass avocado
- Mixed greens
- 1 bag pre-shredded cabbage (3 cups)
- Fresh dill (small bunch)
- 3 small zucchini
- 1 small rutabaga (turnip)
- Fresh basil (enough for 3 cups)
- 1 garlic bulb
- Cherry tomatoes
- Yellow bell pepper
- Celery (if you don't have some Leftover)
- 1 head cauliflower

## Week IV: Speed Keto

Basics \_\_\_\_\_

- Rock salt
- Full-fat mayonnaise, if needed

## Meat, Fish and Seafood

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- 4-5 lb whole chicken, if making homemade broth
- Beef marrow bones, if making homemade broth
- 1 lb ground meat (beef, pork, chicken or turkey), for Tex Mex Baked Eggs
- 1 lb ground meat (beef, turkey, chicken or lamb), for Meatballs
- Beef steak, your choice of cut
- Bacon, pork or turkey (if needed)
- 2 bream, gutted and scaled (but left whole)
- 2 lb cod fillets
- 1 lb salmon fillet
- 1 lb large shrimp
- Mixed deli meats & salami, for Carnivore Cold Plate
- Smoked turkey
- 2 bream, gutted and scaled (but left whole)
- 2 large skinless & boneless chicken breasts (1/2 lb)
- 1 large or 2 small turkey thighs, skin on/bone in

## Fruits and Vegetables

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- 2 lemons
- 2 Hass avocados
- 1 bunch fresh basil, (4 cups)
- 1 small bunch dill
- 1 red bell pepper
- Brussels sprouts, (2½ cups)
- 1 head cauliflower
- 1 bunch broccoli, if needed
- 1 bag mixed greens
- 1 bag baby spinach leaves, if needed
- 2 bags pre-shredded cabbage
- 1 lb asparagus
- 1 garlic bulb
- 4 small tomatoes
- 6 small green zucchini
- 1 small yellow zucchini
- Cherry tomatoes
- English cucumber
- 1 rutabaga







## Dairy Section

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- Heavy cream, if using in coffee & Bullet Proof Coffee (remember no cream on fasting days)
- 1 or 2 doz. eggs, as needed

## Other Items

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- 2 cans full-fat coconut milk, as needed
- 1 quart turkey broth (use chicken broth if not available)
- 1 can no sugar tomato sauce, if needed
- Organic chicken and beef broth, if not making homemade broth
- 1 package “miracle” konjac noodles

## Add the following if not fasting

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- 1 bunch green onions
- 1 bunch broccoli
- 1 head cauliflower

# speed KETO<sup>®</sup> FOR LIFE

Speed Keto™ is a 30-day plan to double or even triple your weight loss, break through a stall, and burn away those stubborn pounds with just a few simple tweaks to the Keto diet.

Whether you're new to Keto, or have been doing it for a while. Whether you have lots of weight to lose, or are close to your goal. Whether your priority is healing your body or getting your ideal body ... this will totally transform the way you look and eat with a quick blast of action.

In Just 30 Days ...

- You won't recognize yourself in the mirror.
- You'll look years younger.
- You'll have more energy than you've ever had.
- Your blood work will stun your doctors.
- You'll feel a sense of accomplishment and confidence because you did it!

Speed Keto™ includes a day by day eating plan, simple, delicious recipes, food lists and a complete explanation of how and why this works (when nothing else has).

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**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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