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# PCOS 7-Day Meal Plan

MY PCOS KITCHEN



# PCOS 7 Day Meal Plan

All recipes are <1800 calories and <55g net carbs per day. [Get a free KETO Cookbook & Cooking Class Here.](#)

I have included the nutritional info for each day and for each meal on their own separate pages.

You can freely choose your own snack from the approved snacks list on page 3 if you're hungry. You can then write which snack you chose, and take note of the added nutritional value. All of the snacks are low-carb and healthy for you. If you are not hungry, try not to eat a snack.

The number one rule for this diet: Eat when hungry. Do not eat if you're not hungry and do not starve yourselves. By following this meal plan, you are guaranteed to feel full at every meal. If you do feel hungry, then feel free to eat a snack! Feel free to omit certain ingredients or swap for other ingredients, but just make sure you stay within your macros! Do NOT eat: gluten, rice, refined sugars, starches and white potatoes.

To calculate net carbs: TOTAL carbs MINUS fiber = NET CARBS

Try to stay within 55g net carbs per day and less than 1800 calories per day if possible to guarantee weightloss.

|                  | Breakfast  | Lunch   | Dinner  | Snack      | Nutritional Info   |
|------------------|--|---|---|------------|--|
| <b>Sunday</b>    | Breakfast 1<br>(eggs, bacon, mushroom, avocado, broccoli)                                  | 1/2 Cilantro Lime Shrimp Skewers & Cauli Rice | Caesar Salad +<br>1 Stuffed Chicken Breast          |            | 1475 calories<br>90.48g fat<br>49.07g carbs<br>17.8g fiber<br>120.41g protein  |
| <b>Monday</b>    | Breakfast 2<br>(eggs, spinach, mushroom, asparagus, tomato, sausages, avocado)             | Caesar Salad +<br>1 Stuffed Chicken Breast    | Grilled Salmon & Grilled Veggies                    |            | 1276 calories<br>93.23g fat<br>21.21g carbs<br>8.98g fiber<br>92.55g protein   |
| <b>Tuesday</b>   | Breakfast 3<br>(eggs, broccoli, mushroom, tomato, avocado, orange)                         | Salmon Fillet +<br>Swiss Chard Caesar Salad   | 1/2 Cilantro Lime Shrimp Skewers & Cauli Rice       | 1/2 orange | 1228 calories<br>73.82g fat<br>67.22g carbs<br>21.2g fiber<br>81.23g protein   |
| <b>Wednesday</b> | Breakfast 4<br>(eggs, tomato, avocado, zucchini, asparagus, mushrooms, sausages)           | Grilled Chicken Thigh +<br>Caesae Salad       | 1/2 Meatballs & Zoodles                             |            | 1592 calories<br>110.74g fat<br>54.13g carbs<br>20.2g fiber<br>102.87g protein |
| <b>Thursday</b>  | Breakfast 5<br>(egg, asparagus, broccoli, tomato, avocado, red pepper, zucchini, sausages) | 1/2 Meatballs & Zoodles                       | Salmon Fillet +<br>Swiss Chard Caesar Salad         |            | 1386 calories<br>95.8g fat<br>51.62g carbs<br>16.5g fiber<br>88.39g protein    |
| <b>Friday</b>    | Breakfast 6<br>(egg, zucchini, mushroom, broccoli, bacon, red pepper, )                    | Caesar Salad +<br>Salmon Fillet & Mushrooms   | 1/2 Meatballs & Spaghetti Squash                    |            | 1494 calories<br>96.65g fat<br>70.92g carbs<br>16.1g fiber<br>96.11g protein   |
| <b>Saturday</b>  | Breakfast 7<br>(eggs, bacon, mushrooms, broccoli, zucchini, red pepper)                    | 1/2 Meatballs & Spaghetti Squash              | Grilled Chicken Thigh +<br>Swiss Chard Caesar Salad |            | 1771 calories<br>121.47g fat<br>70.76g carbs<br>19g fiber<br>106.67g protein   |

# Low-carb Snack List

## Raspberries

1/4 cup: 16 calories, 0.20g fat, 3.67g carbs, 2g fiber, 0.37g protein

1/2 cup: 32 calories, 0.40g fat, 7.34g carbs, 4g fiber, 0.75g protein

1 cup: 64 calories, 0.80g fat, 14.69g carbs, 8g fiber, 1.48g protein

## Blueberries

1/4 cup: 21 calories, 0.12g fat, 5.25g carbs, 0.9g fiber, 0.27g protein

1/2 cup: 41 calories, 0.24g fat, 10.51g carbs, 1.7g fiber, 0.54g protein

1 cup: 83 calories, 0.48g fat, 21.01g carbs, 3.5g fiber, 1.07g protein

## Strawberries

1/4 cup: 12 calories, 0.11g fat, 2.92g carbs, 0.8g fiber, 0.25g protein

1/2 cup: 24 calories, 0.23g fat, 5.84g carbs, 1.5g fiber, 0.51g protein

1 cup: 49 calories, 0.46g fat, 11.67g carbs, 3g fiber, 1.07g protein

## Blackberries

1/4 cup: 15 calories, 0.18g fat, 3.46g carbs, 1.9g fiber, 0.5g protein

1/2 cup: 31 calories, 0.35g fat, 6.92g carbs, 3.8g fiber, 1g protein

1 cup: 62 calories, 0.71g fat, 13.84g carbs, 7.6g fiber, 2g protein

## Nuts (Raw/Unsalted)

### Almonds

1/4 cup: 160 calories, 14g fat, 6g carbs, 4g fiber, 6g protein

### Cashews

1/4 cup: 160 calories, 12g fat, 8g carbs, 1g fiber, 5g protein

### Pecans

1/4 cup: 210 calories, 21g fat, 4g carbs, 2g fiber, 3g protein

### Walnuts

1/4 cup: 190 calories, 18g fat, 4g carbs, 2g fiber, 4g protein

## Boiled Egg

1 egg: 78 calories, 5.3g fat, 0.56g carbs, 0g fiber, 6.29g protein

## Avocado

1/2 fruit: 161 calories, 14.73g fat, 8.57g carbs, 6.7g fiber, 2.01g protein

## Kalamata Olives

10 olives: 90 calories, 9g fat, 2g carbs, 2g fiber, 2g protein

## Almond Nut Butter

2 tbsp: 190 calories, 18g fat, 6g carbs, 3g fiber, 7g protein

## Dark Chocolate 70%

25g: 134 calories, 8.64g fat, 11.52g carbs, 1.9g fiber, 1.92g protein

50g: 270 calories, 17.32g fat, 23.1g carbs, 3.8g fiber, 3.85g protein

## Vegetable Slices

### Peeled Cucumber

1 cup: 16 calories, 0.21g fat, 2.87g carbs, 2.8g fiber, 0.78g protein

### Celery Sticks

2 sticks: 15 calories, 0g fat, 4g carbs, 2g fiber, 1g protein

**The following snack ideas depend on the brand or preparation method.**

### Deviled Egg

### Can of tuna

**Cheese** (if you eat dairy) Slices or cubes. Watch the carbs as some are higher than others.

**Cold meat** – Leftover from a roast or deli meat like ham, salami, chicken, beef, etc.

# Sunday Day 1: Breakfast



## Simple Keto Breakfast

434kCal

9.3g Carbs (4.5g Fiber)

34.45g Fat

21.47g Prot

1. Slice the mushroom, peel the avocado and slice 1/4 of it. Keep the remaining 3/4 for the other recipes this week. You can brush it with some lemon juice so that it doesn't lose its colour.
2. Add some water to a small pot and put to boil. Add the broccoli to the boiling water and cook for 2-3 minutes or until soft.
3. Put the bacon slices into a frying pan and cook on both sides until nice and crispy. Do not discard of the bacon grease.
4. Fry the mushrooms in the bacon grease until nice and tender.
5. Crack the eggs inside the pan with the leftover bacon fat and scramble until cooked.
6. Add you eggs, avocado, broccoli, bacon and mushroom to a plate. Sprinkle with salt and pepper.

### Ingredients: (1 portion)

2 eggs  
60g bacon slices (nitrate free)  
1 mushroom (brown, white, maitake)  
1/4 avocado  
1-2 broccoli/broccolini  
Pinch salt & pepper

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# Sunday Day 1: Lunch

## Cilantro Lime Shrimp Skewers & Cauli Rice

244kCal

32.22g Carbs (11.2g Fiber)

8.22g Fat

16.8g Prot

### Cilantro Lime Cauliflower Rice

1. Add the cauliflower florets in a food processor and pulse until the cauliflower resembles grains of rice.
2. Mince garlic cloves and dice the onions. Chop the green onions and cilantro.
3. Heat the olive oil in a wok and sautee the onions and garlic until soft. Add the cauliflower rice and sautee for 3 minutes. Add the chopped green onions, salt, pepper and lime juice. Sautee until the rice is soft on the inside, but crunchy on the out (about 3-4 more minutes).
4. Grate the lime peel over the rice and add the chopped cilantro. Mix everything together and turn off heat.

### Cilantro Lime Shrimp Skewers

1. Peel and devein the shrimps.
2. Mince the garlic and cilantro.
3. Add the shrimps, garlic, salt, pepper, garlic powder, cilantro and juice of a lime to a bowl. Mix and let marinade for 20 minutes.
4. Thread shrimp on wooden skewers, running skewer through the body once near the tail and once near the head end of each shrimp so it looks like the letter C.
5. Brush the ghee over a grill. Lay shrimp skewers on a grill and cook 5-6 minutes while turning them around once in a while. Reserve the leftover liquid & spices for later.
6. When shrimps are done cooking, transfer the skewers to a plate spoon the remaining liquid over.

### Garlic Green Beans

1. Cut the stems off the beans. Mince the garlic.
2. Put some water to boil in a small pot. Add the green beans and cook for 4-5 minutes.
3. In a non-stick frying pan, heat the ghee and cook the garlic. Add the green beans, sprinkle the salt and pepper and cook until you can smell the aroma of the garlic.

### Assembling

1. Serve 1/2 the cauli rice, shrimps skewers and green beans on a plate.

**Ingredients: (2 portions)Keep one portion for Tuesday**

### Cilantro Lime Cauliflower Rice

1 cauliflower  
4 garlic cloves  
1 onion  
2 green onions stalk  
2 cilantro stalks  
2 tbsp olive oil/ghee/coconut oil  
1/2 juice of a lime  
1/2 zest of a lime  
1/2 tsp salt  
1/2 tsp black pepper

### Cilantro Lime Shrimp Skewers

16 shrimps  
2 garlic cloves  
1/2 tsp salt  
1/2 tsp black pepper  
1/2 tsp garlic powder  
1 cilantro stalk  
1 tbsp ghee  
1/2 juice of a lime

### Garlic Green Beans

140g green beans  
1 garlic clove  
1 tbsp ghee  
pinch salt and pepper

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# Sunday Day 1: Dinner



## Stuffed Chicken Breast & Caesar Salad

797kCal

7.55g Carbs (2.1g Fiber)

47.81g Fat

82.14g Prot

1. Preheat the oven to 200C/400F.
2. Butterfly the chicken breasts. Sprinkle each breast with the salt and pepper.
3. Cut the stems off the shiitake mushrooms and slice the caps. Cut the gouda into 2 sticks (40g each).
4. Stuff each breast with 1/2 of each ingredient: shiitake mushroom slices, fresh spinach, and 40g gouda cheese.
5. Wrap each breast with the prosciutto slices. If you have trouble closing the breast properly, use some toothpicks to secure the filling in.
6. Add the ghee to a cast iron skillet (I used an 11" one) and heat on medium heat. Add each breast to the skillet. Cook 5-7 minutes on each side until golden brown.
7. Transfer the skillet into the oven and bake for 10-12 minutes or until a thermometer inserted into the middle of the breasts registers above 65C/150F.
8. Take the breasts out of the oven and let them rest for 10 minutes before serving.
9. Slice the tomato in half and dice one half. Slice the small cucumber in half and dice one half. Rip the lettuce leaves, and toss in a bowl with the cucumber and tomato. Add the Caesar dressing and toss well.

### Ingredients (2 portions) Keep 1 breast for Monday's lunch.

2 skinless boneless chicken breast  
2 shiitake mushrooms (30g)  
100g prosciutto slices  
80g gouda cheese  
1-2 cups fresh spinach (100g)  
1/2 tsp salt  
1/2 tsp black pepper  
2 tbsps ghee/olive oil/coconut oil

3 medium lettuce leaves  
1/2 tomato  
1/2 small cucumber  
1 tbsp Caesar Dressing (page #) make this today

Prosciutto-Wrapped Chicken Breast with Spinach, Shiitake & Gouda  
<http://www.mypcoskitchen.com/prosciutto-chicken-spinach-shiitake-gouda/>

# Sunday Day 1: Make Ahead



## Homemade Paleo Caesar Dressing

95kCal

0.5g Carbs (0g Fiber)

9.89g Fat

0.45g Prot

Serving: Per 1 tbsp

1. In a food processor add all of the ingredients except the avocado oil. Pulse for 1 minute until all nicely blended together. Add the olive oil in a slow stream while pulsing. Food processors usually have a small hole on the cover to add liquid. Pulse until all of the oil is added. This will thicken the salad dressing.
2. \*If you eat cheese, you can add 1/2 cup of the parmigiano reggiano to the food processor and mix 30 seconds more.

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**Ingredients (makes 3/4 cup) Make  
ahead for the week.**

1 organic egg yolk  
2 tsp dijon mustard  
2 garlic cloves  
1 tbsp anchovy paste  
2 tsp black pepper  
1 tbsp oregano  
1/2 cup olive oil (125ml)  
2 tbsp lemon juice from 1 lemon  
\*If you eat cheese, you can add 1/2 cup  
of shredded parmigiano reggiano



# Monday Day 2: Breakfast



## Simple Keto Breakfast 2

495kCal

8.52g Carbs (4.9g Fiber)

4.9g Fat

23.2g Prot

1. Remove the stems from the asparagus, slice the mushroom, the tomato, peel the avocado and slice 1/4 of it. Keep the remaining 3/4 for the other recipes this week. You can brush it with some lemon juice so that it doesn't lose its colour.
2. Add some water to a small pot and put to boil. Add the asparagus to the boiling water and cook for 2-3 minutes.
3. Put the sausages into a non-stick frying pan and cook on both sides until golden brown. Add the ghee to the frying pan and fry the mushroom and spinach until soft and wilted.
4. Crack the eggs inside the pan and scramble until cooked.
5. Add you eggs, avocado, asparagus, sausages, tomato, spinach and mushroom to a plate. Sprinkle with salt and pepper.

### Ingredients: (1 portion)

2 eggs  
1 tbsp ghee/butter  
60g breakfast sausages (organic, wheat-free, sugar-free)  
1/4 tomato  
1/4 avocado  
2-3 asparagus  
1 large crimini mushroom  
1 cup fresh spinach  
Pinch of salt & pepper

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## Monday Day 2: Lunch



### Stuffed Chicken Breast & Caesar Salad

797kCal      7.55g Carbs (2.1g Fiber)      47.81g Fat      82.14g Prot

1. Slice the tomato in half and dice one half. Slice the small cucumber in half and dice one half.
2. Rip the lettuce leaves, and toss in a bowl with the cucumber and tomato. Add the Caesar dressing and toss well.
3. Slice the stuffed chicken breast and serve over Caesar salad.

#### Ingredients: (1 portion)

3 lettuce leaves  
1/2 tomato  
1/2 cucumber  
1 tbsp Caesar dressing ([page 8](#))  
1 Stuffed Chicken Breast ([page 7](#))

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## Monday Day 2: Dinner



### Grilled Salmon & Grilled Vegetables

324kCal

6.39g Carbs (2.28 Fiber)

21.8g Fat

27.48g Prot

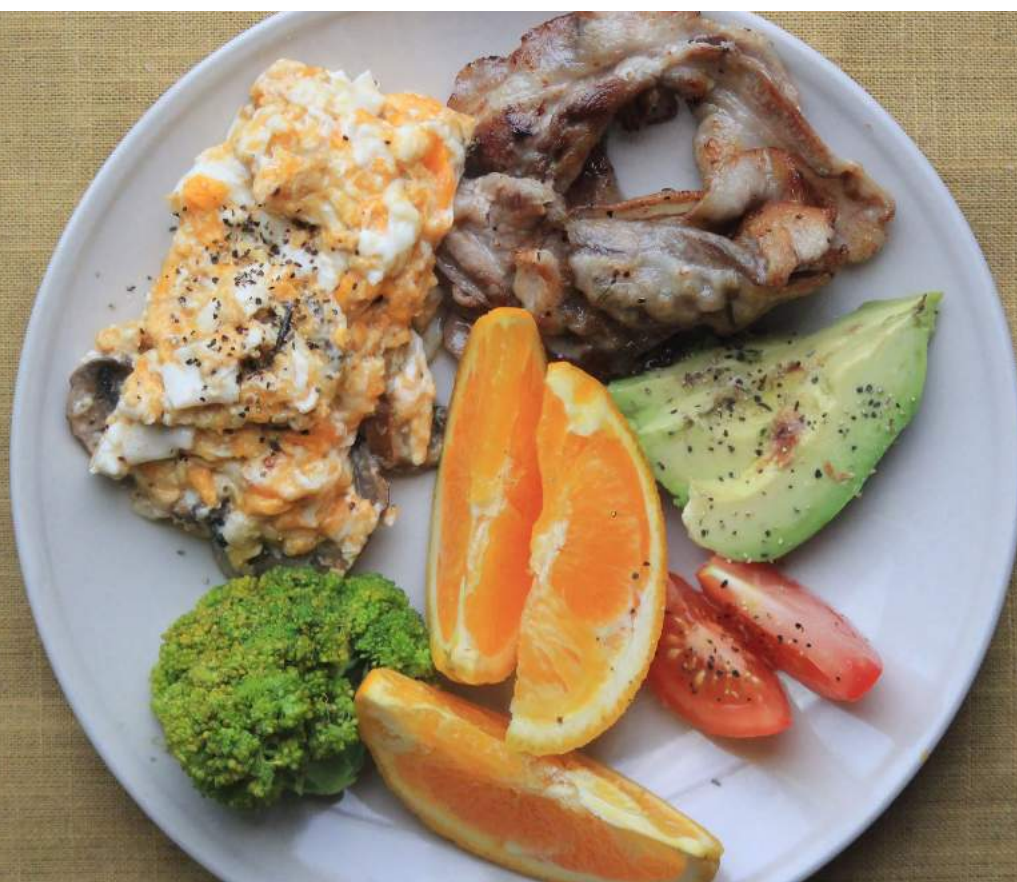
1. Cut the stems off the asparagus. Slice the zucchini into 5mm slices and mushrooms. Sprinkle the salt and pepper on both sides of the salmon fillet.
2. In a non-stick frying pan, heat the ghee on medium-heat. Add the salmon and asparagus. Cook the salmon 3-4 minutes and asparagus 5-7 minutes turning them around when needed. Add the sliced zucchini and mushrooms and cook until wilted and grilled.
3. Serve everything in a plate.

#### Ingredients: (1 portion)

1 salmon fillet (100g)  
4 asparagus  
1/4 zucchini or summer squash (75g)  
50g mushrooms (brown, white, maitake)  
1 tbsp ghee/olive oil/coconut oil  
Pinch of salt & pepper

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## Tuesday Day 3: Breakfast



### Breakfast for Queens

610kCal    19.51g Carbs (6.6g Fiber)    42.72g Fat    38.34g Prot

1. Slice the mushroom, peel the avocado and slice 1/4 of it. Keep the remaining 3/4 for the other recipes this week. You can brush it with some lemon juice so that it doesn't lose its colour. Slice orange in half and slice one half.
2. Add some water to a small pot and put to boil. Add the broccoli to the boiling water and cook for 2-3 minutes or until soft.
3. Put the bacon slices into a frying pan and cook on both sides until nice and crispy. Do not discard of the bacon grease.
4. Fry the mushrooms in the bacon grease until nice and tender. Add the eggs and scramble until cooked.
5. Add you mushroom & eggs, avocado, broccoli, bacon and orange to a plate. Sprinkle with salt and pepper.

#### Ingredients: (1 portion)

2 eggs  
60g bacon slices (nitrate free)  
1 large crimini mushroom  
1/4 avocado  
1-2 broccoli/broccolini  
1/2 valencia orange  
Pinch salt & pepper

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## Tuesday Day 3: Lunch



### Grilled Salmon & Swiss Chard Caesar Salad

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340kCal

6.71g Carbs (1.9g Fiber)

22.98g Fat

25.45g Prot

1. Slice the tomato in half and dice one half. Slice the small cucumber in half and dice one half. Remove the stems from swiss chard and cut in bite size pieces.
2. Toss the veggies together in a bowl. Add the Caesar dressing and toss well.
3. Heat the ghee in a small frying pan. Sprinkle the salmon fillet on both sides with the salt and pepper and cook 1-2 minutes on each side until cooked through. Top over Caesar salad.

#### Ingredients: (1 portion)

50g Swiss chard

1/2 tomato

1/2 cucumber

1 tbsp Caesar dressing ([page 8](#))

1 salmon fillet (100g)

1 tbsp ghee/olive oil/coconut oil

Pinch of salt and pepper

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## Tuesday Day 3: Dinner



### Cilantro Lime Shrimp Skewers & Cauli Rice

---

244kCal

32.22g Carbs (11.2g Fiber)

8.22g Fat

16.8g Prot

1. Microwave the leftovers and serve together!

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**Ingredients: (1 portion)**

1 portion cilantro lime cauliflower rice  
(page 6)

1 portion cilantro lime shrimp skewers  
and green beans (page 6)



# Wednesday Day 4: Breakfast



## Simple Keto Breakfast 3

475kCal

11.75g Carbs (6g Fiber)

33.39g Fat

33.35g Prot

1. Slice the mushroom, cut the stems off the asparagus, slice the zucchini, peel the avocado and slice 1/4 of it. Keep the remaining 3/4 for the other recipes this week. You can brush it with some lemon juice so that it doesn't lose its colour. Slice the tomato in half and slice 1/4 of it.
2. In one large non-stick frying pan, heat the ghee on medium-heat. Cook the breakfast sausages, mushroom, zucchini, asparagus until ready. Add the eggs at the end and scramble them.
3. Add everything to a plate and sprinkle with salt and pepper.

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### Ingredients: (1 portion)

2 eggs  
60g breakfast sausages  
1 large mushroom (brown, white)  
1/4 avocado  
1/4 tomato  
1/4 zucchini or summer squash (75g)  
2-3 asparagus  
1 tbsp ghee  
Pinch salt & pepper

## Wednesday Day 4: Lunch



### Grilled Chicken Thigh & Caesar Salad

555kCal      10.51g Carbs (5.40g Fiber)      41.79g Fat      34.34g Prot

1. Slice the tomato in half and dice one half. Slice the small cucumber in half and dice one half. Chop the lettuce into bite size pieces. Peel the avocado and slice 1/4 of it.
2. Toss the veggies together in a bowl. Add the Caesar dressing and toss well.
3. Heat the ghee in a small frying pan. Sprinkle the chicken thigh on both sides with the salt and pepper and cook 5-6 minutes on each side until cooked through. Top over Caesar salad.

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#### **Ingredients: (1 portion)**

5 lettuce leaves  
1/2 tomato  
1/2 small cucumber  
1/4 avocado  
1 tbsp Caesar dressing ([page 8](#))  
125g chicken thigh (boneless, with or without skin)  
1 tbsp ghee/olive oil/coconut oil  
Pinch of salt and pepper





# Wednesday Day 4: Dinner

## Meatball & Zoodles

562kCal      31.87g Carbs (8.8g Fiber)      35.61g Fat      35.18g Prot

1. Preheat the oven to 200C/400F.
2. Thinly dice the onion and garlic cloves. Mince the parsley.
3. In a large bowl, knead together the onion, garlic, pork, parsley, italian seasoning, salt & pepper, egg, and almond flour.
4. Line a parchment paper over a baking tray. Make 20 meatballs the size of golf balls.
5. Place inside the oven, and bake for 20 minutes. Take out of the oven once cooked!
6. While the meatballs and squash are cooking, let's make the sauce!
7. Thinly dice the onion. Mince the garlic, fresh basil and parsley. Slice the mushrooms.
8. In a large pot, add the olive oil and cook the onion and garlic on medium-heat. When soft, add the mushrooms. Sautee for 2-3 minutes.
9. Add the tomato cans, water, and all of the spices. Stir well and simmer on medium-heat, uncovered, for 20 minutes. Stir once in a while to make sure the bottom of the sauce doesn't stick to the pot.
10. Add the cooked meatballs to the sauce and simmer another 10 minutes, or until desired thickness.
11. Using a spiralizer, spiralize your zucchinis.
12. Top the zoodles with 1/2 of the marinara sauce and meatballs. Serve half and keep the other half for Thursday.

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### **Ingredients: (2 portions)**

2 large zucchinis

**Meatballs (4 portions) (Use 1/2 of these meatballs (10) for Friday and Saturday)**

400g ground pork

1/2 onion

2 garlic cloves

1/4 cup fresh curly parsley (about 2-3 sprigs)

1 egg

1 tsp Italian seasoning

1 tsp salt

1 tsp black pepper

1/4 cup almond flour

**Marinara Sauce (4 portions) Use half the sauce for Friday and Saturday)**

1/2 onion

2 garlic cloves

1 tbsp olive oil

8 crimini mushrooms

2 small diced tomato cans (800g total)

10 fresh basil leaves

2 fresh parsley sprigs

1 tbsp oregano

2 bay leaves

1 tsp salt

1 tsp black pepper

3/4 cup water



# Thursday Day 5: Breakfast



## Simple Keto Breakfast 4

484kCal

13.04g Carbs (6.7g Fiber)

37.41g Fat

26.96g Prot

1. Cut the stems off the asparagus, slice the zucchini, slice 1/4 of the red pepper, 1/4 of the tomato, peel the avocado and slice 1/4 of it. Keep the remaining 3/4 for the other recipes this week. You can brush it with some lemon juice so that it doesn't lose its colour.
2. Add some water to a small pot and put to boil. Add the broccoli and asparagus to the boiling water and cook for 2-3 minutes or until soft.
3. In one large non-stick frying pan, heat the ghee on medium-heat. Cook the breakfast sausages, red pepper, and zucchini until ready. Add the egg at the end and cook sunny side up.
4. Add everything to a plate and sprinkle with salt and pepper.

### Ingredients: (1 portion)

1 egg  
60g breakfast sausages  
1/4 red pepper  
1/4 avocado  
1/4 tomato  
1/4 zucchini or summer squash (75g)  
2-3 asparagus  
1-2 broccoli/broccolini  
1 tbsp ghee  
Pinch salt & pepper

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## Thursday Day 5: Lunch



### Meatball & Zoodles

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562kCal

31.87g Carbs (8.8g Fiber)

35.61g Fat

35.18g Prot

1. Microwave the meatball spaghetti zoodles and enjoy!

**Ingredients: (1 portion)**

1 spiralized zucchini with 1/4 marinara sauce & meatballs. (page 18)

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## Thursday Day 5: Dinner



### Grilled Salmon & Swiss Chard Caesar Salad

340kCal

6.71g Carbs (1g Fiber)

22.78g Fat

26.25g Prot

1. Slice the tomato in half and dice one half. Slice the small cucumber in half and dice one half. Remove the stems from swiss chard and cut in bite size pieces.
2. Toss the veggies together in a bowl. Add the Caesar dressing and toss well.
3. Heat the ghee in a small frying pan. Sprinkle the salmon fillet on both sides with the salt and pepper and cook 1-2 minutes on each side until cooked through. Top over Caesar salad.

#### Ingredients: (1 portion)

50g Swiss chard  
1/2 tomato  
1/2 small cucumber  
1 tbsp Caesar dressing ([page 8](#))  
1 salmon fillet (100g)  
1 tbsp ghee  
pinch of salt and pepper

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## Friday Day 6: Breakfast



### Simple Keto Breakfast 5

426kCal

6.97g Carbs (1.7g Fiber)

30.22g Fat

30.34g Prot

1. Slice the mushrooms, zucchini and 1/4 of the red pepper. Peel the avocado and slice 1/4 of it.
2. Add some water to a small pot and put to boil. Add the broccoli to the boiling water and cook for 2-3 minutes or until soft.
3. In one large non-stick frying pan, add the bacon and cook until nice and crispy. Don't discard of the oil. Cook the red pepper, mushrooms, and zucchini until ready.
4. Add the egg and cook sunny side up.
5. Add everything to a plate and sprinkle with salt and pepper.

#### Ingredients: (1 portion)

1 egg  
60g bacon  
1 large mushrooms (brown, white, mai-take)  
1-2 broccoli/broccolini  
1/4 red pepper  
1/4 zucchini or summer squash  
1/4 avocado  
Pinch salt & pepper

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## Friday Day 6: Lunch



### Grilled Salmon, Mushroom & Caesar Salad

424kCal      11.23g Carbs (2.3g Fiber)      30.13g Fat      31.25g Prot

1. Slice 1/2 the tomato and small cucumber. Peel and slice 1/4 of the avocado.
2. Toss the veggies together in a bowl. Add the Caesar dressing and toss well.
3. Heat the ghee in a small frying pan. Sprinkle the salmon fillet on both sides with the salt and pepper and cook 1-2 minutes on each side until cooked through. Add the mushrooms and cook whole until cooked through. Top over Caesar salad.

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#### **Ingredients: (1 portion)**

5 lettuce leaves  
1/2 tomato  
1/2 small cucumber  
1/4 avocado  
50g mushrooms (brown, white, mai-  
take)  
1 tbsp Caesar dressing ([page 8](#))  
1 salmon fillet (100g)  
1 tbsp ghee

## Friday Day 6: Dinner



### Meatball Marinara & Spaghetti Squash

644kCal      52.72g Carbs (12.1g Fiber)      36.3g Fat      34.52g Prot

1. Preheat the oven to 200C/400F.
2. Slice the spaghetti squash and scoop out the seeds, if any. Line baking trays with parchment paper and place the squash face down over the paper. Bake in oven 45-60 minutes depending on how big your squash is.
3. Shred the mozzarella cheese and thinly slice the decorative basil leaves.
4. Take the spaghetti squash out of the oven, DON'T turn off the oven.
5. Scoop the noodles out of the shell so that they're easier to take, cover each shell with meatballs and tomato sauce. Sprinkle the shredded cheese over the meatballs and put back in the oven. Bake for an additional 5 minutes, or 10 minutes if you want your cheese to brown.
6. Take out of the oven and sprinkle some of the shredded basil over!

**Ingredients (2 portions) Keep 1 portion for Saturday's lunch**

1 large spaghetti squash  
1/2 cup gouda cheese (SKIP if Paleo)  
Fresh basil leaves for topping  
1/2 portion of Italian Marinara Sauce & Meatballs (page 18)

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# Saturday Day 7: Breakfast



## Simple Keto Breakfast 6

619kCal

7.53g Carbs (1.5g Fiber)

49.09g Fat

36.72g Prot

1. Slice the mushrooms, zucchini and 1/4 of the red pepper.
2. Add some water to a small pot and put to boil. Add the broccoli to the boiling water and cook for 2-3 minutes or until soft.
3. In one large non-stick frying pan, add the bacon and cook until nice and crispy. Don't discard of the oil. Cook the red pepper, mushrooms and zucchini until ready.
4. Add the egg and scramble until ready.
5. Add everything to a plate and sprinkle with salt and pepper.

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### Ingredients: (1 portion)

2 egg  
60g bacon  
2 large mushrooms (brown, white, mai-  
take)  
1-2 broccoli/broccolini  
1/4 zucchini or summer squash (75g)  
1/4 red pepper  
Pinch salt & pepper

## Saturday Day 7: Lunch



### Meatballs & Spaghetti Squash

644kCal    52.72g Carbs (12.1g Fiber)    36.3g Fat    34.52g Prot

1. Reheat in the microwave and enjoy!

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**Ingredients: (2 portion)**

1 portion Meatball Marinara Squash  
(page 18)



## Saturday Day 7: Dinner



### Grilled Chicken & Swiss Chard Caesar Salad

---

508kCal      10.51g Carbs (5.4g Fiber)      36.08g Fat      35.43g Prot

1. Slice the tomato in half and dice one half. Slice the small cucumber in half and dice one half. Remove stems from Swiss chard and chop into bite-size pieces. Peel the avocado and slice 1/4 of it.
2. Toss the veggies together in a bowl. Add the Caesar dressing and toss well.
3. Heat the ghee in a small frying pan. Sprinkle the chicken thigh on both sides with the salt and pepper and cook 5-6 minutes on each side until cooked through. Top over Caesar salad.

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#### Ingredients (1 portion)

50g Swiss Chard  
1/2 tomato  
1/2 cucumber  
1/4 avocado  
1 tbsp Caesar dressing ([page 8](#))  
125g chicken thigh (boneless, with or without skin)  
1 tbsp ghee/olive oil/coconut oil  
Pinch of salt and pepper

# Grocery Shopping List

## Baking

- ☐ Almond Flour [1/4 cup]

## Canned Goods

- ☐ Diced Tomato Can [2x400g]

## Cheese

- ☐ Gouda Cheese [180g]

## Condiments

- ☐ Anchovy Paste
- ☐ Dijon Mustard

## Dairy

- ☐ Eggs [14]

## Fruits

- ☐ Lemon [1]
- ☐ Lime [1]
- ☐ Navel Orange [1]

## Meat

- ☐ Bacon [240g] {Organic, No Antibiotic, No Nitrates/Nitrates}
- ☐ Breakfast Sausage [120g] {Organic, Sugar-free, Wheat-free}
- ☐ Chicken Breast [ 2x 250g] {Organic, Boneless/Skinless}
- ☐ Chicken Thigh [2x125g] {Organic, Boneless}
- ☐ Ground Pork [400g] {Organic}
- ☐ Prosciutto [100g]

## Oil

- ☐ Ghee [180ml]
- ☐ Olive Oil [170ml]

## Seafood & Fish

- ☐ Salmon Fillet [4x100g]
- ☐ Shrimps [16 large]

## Spices

- ☐ Bay leaves
- ☐ Black Pepper
- ☐ Garlic Powder
- ☐ Italian Seasoning
- ☐ Oregano
- ☐ Salt

## Vegetables

- ☐ Asparagus [10]
- ☐ Avocado [2 hass]
- ☐ Baby spinach [150g]
- ☐ Basil [1 bunch]
- ☐ Broccoli [1 head] {broccoli or broccolini}
- ☐ Cauliflower [1 head]
- ☐ Cilantro [ 3 stalks]
- ☐ Cucumber [4 small]
- ☐ Garlic [12 cloves]
- ☐ Green Lettuce [1 large head - 16 leaves]
- ☐ Green Onions [2 stalks]
- ☐ Mushrooms [16 large] {white, brown, maitake}
- ☐ Onion [2]
- ☐ Parsley [1 bunch]
- ☐ Red Bell Pepper [1]
- ☐ Shiitake Mushrooms [2 large]
- ☐ Spaghetti Squash [1]
- ☐ Swiss Chard [150g]
- ☐ Tomatoes [5]
- ☐ Zucchini [3 large] {or summer squash}



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Thank you

Mira Fioramore

