

## Sample of a 3 week Menu

*(note we have not tested these recipes – these were shared with us by a fellow coach)*

### Week One Monday/Tuesday

#### Bulletproof Coffee

- 2 cups freshly brewed hot coffee
- 1 Tbsp grass-fed butter
- 1 Tbsp MCT oil
- 1 scoop collagen protein powder (optional)

Blend all ingredients together in a blender until creamy and a foam forms on top. If adding collagen, add in the last 10 seconds of the blending process.

#### Blackberry Parfaits

- 1/3 cup full-fat coconut milk
- 1/4 teaspoon vanilla extract
- 1 drop liquid stevia
- 1/2 oz. crushed raw pecans
- 1 oz. walnuts
- 2 Tbsp fresh blackberries

Add coconut milk, vanilla and stevia to a medium-sized bowl. Whip together, then top with remaining ingredients and enjoy!

#### Chicken Salad Sandwich

- 1/2 cup cooked skin-on chicken thigh meat, chopped
- 2 celery sticks, chopped
- 1 Tbsp avocado oil mayonnaise
- Himalayan sea salt & ground black pepper to taste
- 3 Romaine Lettuce Leaves

2 slices Flax Seed Focaccia, sliced

Add chopped chicken to a small bowl with celery, mayo, salt and pepper. Stir to combine. Sandwich chicken mixture between sliced bread and top with lettuce leaves.

## **Flax Seed Focaccia**

- 2 cups ground flax seed
  - 1 Tbsp gluten-free baking powder
  - 1 tsp Himalayan sea salt
  - 5 large eggs
  - ½ cup water
  - 1/3 cup avocado oil
1. Preheat oven to 350 and line a 13x9 baking pan with parchment paper draped over sides. Set aside.
  2. Combine flax seed with baking powder & salt in a large bowl. Whisk to combine fully and set aside.
  3. Add eggs, water & oil to the jug of your high-powered blender. Blend on high for 30 seconds, until foamy.
  4. Transfer liquid mixture to the bowl with the seed mixture.

## **One-Pan Eggs with Avocado Fries**

- 1 Tbsp coconut oil
- 1 cup broccoli florets
- 4 asparagus spears
- 1 avocado, sliced
- 2 eggs
- Himalayan salt & ground black pepper to taste

Place coconut oil in a large frying pan on medium-low for 2 minutes. Place avocado strips into the oil and cook for 2-3 minutes per side, until crisp. Add eggs, asparagus and broccoli florets to the pan; cover and cook until everything is complete. Top with salt and pepper to taste.

## Tuesday/Wednesday/Thursday

### Bulletproof Coffee

#### Blackberry Parfaits

- 1/3 cup full-fat coconut milk
- 1/4 teaspoon vanilla extract
- 1 drop liquid stevia
- 1/2 oz. crushed raw pecans
- 1 oz. walnuts
- 2 Tbsp fresh blackberries

Add coconut milk, vanilla and stevia to a medium-sized bowl. Whip together, then top with remaining ingredients and enjoy!

#### Flax Seed Kale Salad

- 1 cup kale, chopped and washed under warm water
- 6 leaves romaine lettuce
- 2 hard-boiled eggs
- 1/2 avocado, sliced
- 2 Tbsp flax seed
- 1 Tbsp flax seed oil
- 2 Tbsp balsamic vinegar (**KT Keto note: We do not use balsamic – most have added sugars!**)
- Himalayan sea salt & ground black pepper

Mix everything together and serve!

#### Chicken Curry on Coconut Rice

- 1 cup raw skin-on chicken thigh, chopped
- 1 tablespoon coconut oil
- 1/4 cup full-fat coconut milk
- 1/2 teaspoon Curry Powder
- Himalayan rock salt and freshly ground pepper, to taste
- 2 cups raw cauliflower, shredded
- 2 Tbsp unsweetened shredded coconut flakes

Add chicken thigh pieces to a medium-sized pan with coconut oil. Cook on medium-high heat until no longer pink, about 8 minutes. Add coconut milk, curry powder, salt & pepper. Reduce heat to low and simmer for 5 minutes. Meanwhile, add water to a small pot and bring to a boil. Add shredded cauliflower and boil for 1 minute. Drain completely; add coconut flakes and transfer to a plate. Top with curry and serve!

## Saturday/Sunday

### Bulletproof Coffee

#### Cinnamon French Toast

- 2 slices Flax Seed Focaccia
- 1 Tbsp coconut oil
- 1 egg
- ¼ cup unsweetened almond milk
- ½ tsp ground cinnamon
- 2 Tbsp Sunflower Pecan Butter (recipe below)

Add coconut oil to a frying pan and heat on medium heat. Meanwhile, add egg, milk and cinnamon to a bowl and whisk. Coat the Flax Seed Focaccia in the egg mixture. Transfer to the heated coconut oil and fry for 2 minutes, both sides. Transfer to a plate and top with sunflower pecan butter.

#### Sunflower Pecan Butter (this recipe makes 10 servings)

- 6 ½ Tbsp sunflower seeds
  - 3 ½ Tbsp raw pecans
  - 2 Tbsp avocado oil
  - Pinch Himalayan sea salt
1. Preheat oven to 325. Spread ingredients out onto a baking sheet.
  2. Transfer the baking sheet to the preheated oven and roast the seeds and nuts for 15-20 minutes, rotating frequently.
  3. When the seeds are browned, transfer to the bowl of your food processor and process on high until smooth.
  4. Transfer to a jar and store in the fridge for up to 1 month.

#### Salmon with Tartar Sauce & Jicama Hash

- 3oz salmon filet
- Sea salt and freshly ground black pepper
- 2 Tbsp avocado oil mayo
- 1 pickle, finely diced
- 1 Tbsp coconut oil
- ¾ cup jicama, cubed
- 2 Tbsp red bell pepper, diced small
- Pinch cayenne pepper
- Sea salt/ground black pepper to taste

Preheat oven to 375 & place salmon filet on a baking sheet or in a cast iron pan. Dust with salt & pepper. Bake 10-12 minutes, until desired flakiness is reached. Meanwhile, make the tartar sauce by combining mayo and diced pickle in a small bowl. Transfer to a clean plate and set aside. Prepare hash by preheating a frying pan on medium heat. Add coconut oil, jicama, bell pepper, cayenne, salt & pepper. Fry for 5-7 minutes, until ingredients are browned.

## Week 2 Monday/Tuesday

### Bulletproof Coffee

### Chicken Salad Romaine Cups

- 3/4 cup cooked skin-on chicken thighs, chopped
- 1 ½ Tbsp raw walnuts, chopped
- 1 Tbsp avocado oil mayo
- 1 celery stick
- ½ Tbsp chopped fresh parsley
- 2 large romaine lettuce leaves
- 1/3 cup broccoli florets, steamed
- Salt & ground black pepper to taste

Combine chopped chicken, walnuts, mayo, celery and parsley in a bowl. Serve beside lettuce leaves and steamed broccoli florets. Dust everything with salt & pepper.

### Creamy Roasted Vegetables and Avocado Fries

- 1 Tbsp coconut oil
- ¼ cup ground chicken
- ¼ cup eggplant, chopped
- 2 Brussels sprouts, halved
- ¼ cup kale, chopped
- 1/3 cup romaine lettuce, chopped
- 1 Tbsp avocado oil mayo
- 1 hard-boiled egg
- 1 avocado
- 1 Tbsp avocado oil

Cook the ground chicken in coconut oil, set aside. Use the grease from the chicken to roast the vegetables. Preheat oven to 400 and coat eggplant, Brussels sprouts in grease.

Roast in preheated oven for 20-25 minutes. During the last 2 minutes, add chopped kale. Allow veggies to cool before adding to a bowl with chicken, romaine, mayo and egg.

Meanwhile, add avocado oil to a frying pan and heat on medium heat. Add sliced avocado and dust with salt and pepper. Fry for 3 minutes per side, until crisp.

## Wednesday/Thursday/Friday

### Bulletproof Coffee

### Chicken Patty with Fried Eggplant

- 1/3 cup ground chicken, shaped into a patty
- 1/4 eggplant, sliced into coins
- 1 Tbsp avocado oil
- 4 asparagus spears
- 1/2 avocado, sliced
- Himalayan salt & ground black pepper to taste

Heat frying pan over medium heat. Add chicken patty and cook until no longer pink, about 4 minutes per side. On the other side of the pan, add avocado oil and sliced eggplant. Fry for 3 minutes per side, until crisp. When everything is about 2 minutes from completion, add asparagus spears. Meanwhile, lay sliced avocado on a clean plate. Transfer everything to your avocado plate. Top with salt & pepper.

### Berry Nut Cup

- 1/4 cup blackberries
- 5 strawberries, sliced
- 14 raw walnut halves, roughly chopped
- 1/2oz raw pecans, roughly chopped Add ingredients to a bowl and enjoy.

### Coconut Chicken on Rice

- 2 Tbsp full-fat coconut milk
- 1 tsp lime juice
- Himalayan salt & ground black pepper to taste
- 3/4 cup skin-on chicken thighs
- 3/4 cup cauliflower rice
- 2 Tbsp unsweetened raw coconut flakes
- Salt/pepper to taste
- 1/2 avocado, sliced

Add coconut milk, lime juice, salt & pepper to a medium-sized bowl. Whisk to combine. Add chicken thighs and marinate overnight. When ready to cook, preheat oven to 400F and place marinated chicken thighs in a baking dish or cast-iron pan. Roast in the oven for 25 minutes, or until internal temperature reaches 165F. Meanwhile, add water to a small pot and bring to a boil. Add riced cauliflower and boil for 1 minute. Drain completely, add coconut flakes, coconut oil, salt, pepper & transfer to a plate, Serve chicken with rice and a side of sliced avocado.

## Saturday/Sunday

### Bulletproof Coffee

### Eggs and chicken with Meadow Salad

- 1 tsp coconut oil
- 1 cup swiss chard, chopped
- 2 eggs, whisked
- ¼ cup ground chicken
- ½ avocado, sliced
- ¼ cup lettuce mix
- 1 Tbsp pumpkin seeds
- 1 tsp olive oil
- Salt and ground black pepper to taste

Add coconut oil to frying pan and heat on medium heat. Add chard and whisked egg. Scramble. Meanwhile, cook ground chicken (add any additional oils, such as coconut or avocado). Place sliced avocado on a clean plate alongside lettuce mix topped with pumpkin seeds and olive oil. Dust everything with salt and pepper and dig in!

### Salmon Salad

- 3oz salmon, grilled
- 2 cups spinach
- ½ avocado
- 2 Tbsp capers
- 2 Tbsp olive oil
- 10 asparagus spears, steamed
- 2 sheets seaweed snack
- Salt & ground black pepper to taste

Add all ingredients to a large bowl and enjoy!

## Week 3 Monday/Tuesday

### Bulletproof Coffee

### Spiced Pumpkin Soup with Buttered Toast

- 2 Tbsp coconut oil
- 1 cup pumpkin puree
- 1 ½ cups chicken stock
- 12 tsp Himalayan salt
- ½ tsp ground black pepper
- ½ tsp ginger
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp ground cinnamon
- ¼ tsp ground coriander
- 1/8 tsp ground nutmeg
- 1/8 tsp cayenne pepper
- 1 bay leaf
- ½ cup full-fat coconut milk

1. Add coconut oil to a large saucepan and heat over medium heat. Add pumpkin puree and sauté for 3 minutes.
2. Pour in chicken stock, salt, pepper, ginger, cinnamon, coriander, nutmeg, cayenne and bay leaf.
3. Bring to a boil, reduce heat to low and simmer for 10 minutes.
4. Stir in coconut milk. Makes 2 servings

Serve with 2 slices of Flax Seed Focaccia, each topped with ½ Tbsp coconut oil.

### Chicken and Bell Pepper Zoodles

- 1 Tbsp coconut oil
- 4oz ground chicken
- ¼ medium bell pepper, diced
- 1/3 cup tomato sauce
- ½ cup spinach
- ½ tsp Italian seasoning mix
- 1/3 cup zucchini noodles
- Salt/ground black pepper to taste

Add coconut oil to frying pan and heat on medium. Add ground chicken, cooking until no longer pink, about 5 minutes. Add bell pepper and sauté for 3 minutes. Add tomato sauce, spinach, seasoning. Reduce heat to low and simmer for 15 minutes. Stir in salt, pepper. Serve over zucchini noodles.



## Wednesday/Thursday/Friday

### Bulletproof Coffee

### Flax Seed Kale Salad

- 1 cup kale, chopped and washed under warm water
- 6 leaves romaine lettuce
- 2 hard-boiled eggs
- ½ avocado, sliced
- 2 Tbsp flax seed
- 1 Tbsp flax seed oil
- 2 Tbsp balsamic vinegar (*KT Keto note: We do not use balsamic – most have added sugars!*)
- Himalayan sea salt & ground black pepper

Mix everything together and serve!

### Spinach curry over cauliflower coconut rice

- 1 tsp cumin seed
- 1/4 cup raw spinach
- 2 tsp fresh cilantro
- 2-3 Tbsp water
- 1 Tbsp chia seed
- 2 tsp coconut oil
- 1 cup raw skin-on chicken thighs
- 1 Tbsp fresh ginger, grated
- 1 tsp ground cumin
- 1 tsp curry powder
- 2/3 cup riced cauliflower
- 2 Tbsp unsweetened coconut flakes
- Salt/pepper to taste

Add cumin seed to a frying pan and roast on low heat until fragrant, about 1 minute. Add spinach, cilantro, water and chia seed. Cover and cook to wilt spinach, for about 1 minute. Transfer to a blender and blend until smooth. Set aside. In the same frying pan, add coconut oil and chicken; cook over medium heat until no longer pink. Add grated ginger, ground cumin, curry powder, and spinach mixture. Cook, uncovered, for 5 minutes. Meanwhile, add water to a small pot and bring to a boil. Add riced cauliflower and boil for 1 minute. Drain completely and add shredded coconut, salt, pepper and transfer to a plate. Top with spinach curry and enjoy!

## Saturday/Sunday

### Bulletproof Coffee

### Chicken Pot Pie & Nuts

- 1 serving Chicken Pot pie (recipe below)
- 15 raw macadamia nuts

### Chicken Pot Pie – makes 2 servings

- 1 tsp coconut oil
- 1 garlic clove, chopped
- 1 small onion, diced
- 1 stalk celery
- 1 cup uncooked skin-on chicken thighs, cut into small pieces
- 3 cups cauliflower florets
- 1 ½ cup chicken stock
- ¼ tsp onion powder
- 4 Tbsp coconut flour
- 1 small egg
- 2 Tbsp coconut oil

1. Preheat oven to 350.
2. Add coconut oil, garlic, onions, and celery to frying pan and sauté on medium heat for 5 minutes. Add chicken thigh pieces and cook through, about 10 minutes. Transfer to a bowl and set aside.
3. Meanwhile add cauliflower to a saucepan and cover with chicken stock. Bring to a boil on high heat, reduce heat to low and simmer for 15 minutes. Transfer mixture to the jug of your high-powered blender with onion salt and blend until smooth.
4. Transfer cauliflower mix to vegetable mix and toss to coat. Divide into 2 individual ramekin dishes.
5. Cut together coconut flour, egg, coconut oil. The best way to do this is in a stand mixer or with a fork. Divide the dough into 2 equal pieces. Sandwich each piece between two pieces of parchment paper and roll out until 1/8-inch thick.
6. Cover ramekins with dough, place on baking sheet and bake in preheated oven for 30 minutes, until pastry tops begin to golden.
7. Allow to cool completely. Store in the fridge for up to 3 days, or in an airtight container in the freezer for up to 2 months.

## **Mexican Zucchini Noodles**

- 1/3 cup ground beef
- 1/2 tsp chili powder
- 2 Tbsp avocado oil mayo
- 2 Tbsp fresh salsa
- 1/2 Tbsp cilantro
- 1 1/2 cups zucchini noodles
- 1/2 avocado
- Salt and ground black pepper to taste

Add ground beef and chili powder to a frying pan and cook on medium heat until no longer pink, about 8 minutes. Meanwhile, blend mayo, salt, cilantro salt & pepper. Add to a bowl with zucchini noodles and stir to coat. Layout onto a clean plate. Top noodles with cooked beef when done and sliced avocado.