



LUNCH

ROAST CHICKEN SALAD- SERVES 1

INGREDIENTS

Baby Spinach / Lettuce (70g)

Tomato (15g)

Cucumber (15g)

Avocado (40g)

Cheese: Grated / Tasty/ Feta / Goat's / Bocconcini (1 serve)

Roasted Chicken (65g / 70g)

METHOD

- For chicken, if making in bulk and serving a weeks' worth, the easiest way is to grab a roast chicken from the supermarket and discard the stuffing and the skin.
- Cut vegetables/ salad items and stack in a container.
- This salad can last for a week in the fridge when prepared on a Sunday night. If you have a container that can separate protein from salad, and items like tomatoes to stop the salad going soggy, this will prolong shelf life. Protein may need to be increased in grams for hunger.

Carbs 4 g



DINNER

PESTO SALMON AND ZUCCHINI CHIPS-SERVES 2

INGREDIENTS:

2 pieces of salmon (skin on) 100-150g ea.

Lemon Juice

½ cup Pesto

1 large zucchini

1 egg

½ cup Parmesan cheese

Garlic and onion powder (to taste and preference)

METHOD

- Preheat oven to 180'c
- Cut zucchini into chips/wedges and sprinkle a pinch of garlic & onion powder over chips
- Beat egg and dip the zucchini chips into the egg
- Roll the chips into a plate of parmesan cheese
- Place in the oven for approx. 10 min then rotate
- Place salmon into the oven after 10 min and place lemon/lemon juice onto the salmon for 10 min (or longer depending on thickness of salmon)
- Place 1-2 tablespoons of pesto on top of each piece of salmon

ALTERNATIVES • Serve with mixed roasted veg (broccoli, cauliflower, capsicum, eggplant, asparagus, Brussel sprouts etc.) dressed in coconut oil, salt and pepper • Serve with a green side salad • DON'T LIKE SALMON? Add a chicken breast in at step 6 but cut the chicken breast into tenders for ease of cooking. Continue with step 7.

Carbs 7g



LUNCH

TUNA SALAD-SERVES 1

INGREDIENTS

Baby Spinach / Lettuce (70g)

Tomato (15g)

Cucumber (15g)

Avocado (40g)

Cheese (40g): Grated / Tasty/ Feta / Goat's / Bocconcini (1 serve)

Small Can of Tuna

METHOD

- Cut vegetables/ salad items and stack in a container.
- Add the tuna close to serving.
- This salad can last for a week in the fridge when prepared on a Sunday night. If you have a container that can separate protein from salad, and items like tomatoes to stop the salad going soggy, this will prolong shelf life. Protein may need to be increased in grams for hunger.

Carbs 4 g



DINNER

CHICKEN KIEV WITH SLAW SERVES 4

If you don't have a Thermomix, but want to try using a blender, omit blended chicken breast for chicken mince.

INGREDIENTS

500-600g Chicken breast (chicken mince if not using thermomixer)

1 egg

100g almond meal

Spices teaspoon each: oregano, onion, paprika

dash salt and pepper

100g butter

4 cloves of garlic

Fresh parsley/basil (for the garlic butter)

100g parmesan cheese- finely grated

Packet of premade from supermarket (check carbs on the back, as results to vary)

Coleslaw dressing:

1/3 cup Thickened cream

1 tsp. horseradish

1 tsp. Dijon

1 tbsp. lemon juice

1 tbsp. kewpie mayo

1 tsp. garlic powder

dash salt and pepper

1 tbsp. apple cider vinegar

Coleslaw

METHOD

- In a bowl combine: almond meal, 1 tsp. ea. oregano, onion, paprika, dash of salt and pepper. Set aside
- Mix (melted) butter, garlic, parsley and finely chopped together. Place into a bowl/ container and put into the freezer to set. (for thermomixer 40/5/MC on)
- Add chicken (cubed), Parmesan and 20g of almond meal crumb and blend (40/9/MC on). If you do not have a thermomixer, simply add your chicken mince, parmesan and 20g of almond meal together and mix.
- Divide chicken mixture into 4 balls- wet hands so the mixture doesn't stick. Flatten the balls to the size of your palm
- Remove garlic butter mixture from freezer and divide into 4 portions, molding the butter into a dollop and place in the middle of the flattened chicken breast mixture.
- Fold chicken mixture around the garlic butter to resemble a 'chicken breast' shape.
- Roll the chicken breast into the remaining almond meal crumb mixture until well coated. At this stage, freeze and Kiev's you are not intending to cook for another day.
- Place Kiev into the oven for 15-20 on 180'.

ALTERNATIVES • Omit slaw for salad of choice

Carbs 12 g

Week 6



LUNCH: LEFTOVER CHICKEN KIEV

DINNER

STEAK WITH PUB TOPPERS SERVES 2

INGREDIENTS

2x Steak (Cut of preference, approx. 200g)	Creamy Garlic Sauce:
1 cup of baby spinach	50g butter
Option Topper 1:	50g cream
Half an avocado	5 cloves of garlic
Half a wheel of Brie/camembert	1 tsp. thyme
Option Topper 2:	1 tbsp. parsley
6-10 uncooked prawns, peeled	

METHOD

- Heat BBQ or fry pan until hot
- Cook steak to desire and allow a few min to rest
- **Topper 1**, cut avocado into slices as well as the cheese
- Lay the steak on a bed of spinach
- **Topper 2:** Prepare creamy garlic sauce ahead of time- can be frozen in cubes to use per serve where required. Chop herbs, mince garlic, cook butter for 5 min on low temps, add cream for a few min, and add herbs.
- Add prawns to premade creamy garlic sauce for a few min until prawns change color
- Add topper 1 or 2 to steak

ALTERNATIVES

- Serve with slaw (packed or freshly made)
- Serve with a side of Keto friendly veg
- Serve with a small green salad (spinach, cucumber, tomato bocconcini/feta)

Macros: C: 0g – Steak Your choice of topper C: 4g– With Topper 1 C: 2g - With Topper 2

Carbs 0g Plus side



LUNCH

OMELET-SERVES 2

INGREDIENTS

5 eggs

1/8 cup water

1 tbs butter

your choice of filling

METHOD

- whisk eggs and the water mix until well combined.
- in a fringe pan add 1/2 tbs of butter and melt.
- add 1/4 of the egg mixture and swirl around to get an even coating.
- then add your choices of toppings over 1/2 of the egg mixture.
- once your toppings are heated remove from the pan and plate up.
- then repeat with the rest of the mixture until you've made all 4 omelets.

CARBS:1G PLUS TOPPING



DINNER

BEEF STROGANOFF ON CAULIFLOWER MASH-4 SERVINGS

INGREDIENTS

600g blade steak (or preference)	1 tsp Paprika
1 head of broccoli	50g butter
1 head of cauliflower	50g tomato paste
200 grams of mushrooms	1 tsp xanthium gum
1 tbsp. or cube stock (beef or veg)	½ bunch of fresh parsley
1 brown onion	120g Greek yoghurt (or sour cream)

METHOD

- Cut parsley and set aside
- Chop cauliflower and broccoli into small florets and steam.
- Cut onion and add to fry pan with 30g butter and paprika for a few min
- Cut steak into strips and add to saucepan, cooking for 5 min
- Add mushrooms (sliced/diced), tomato paste, stock, xanthium gum, sour cream/Greek yoghurt to fry pan, cooking for another 5 min, then allow to simmer
- Add broccoli florets and stir into simmering pot and garnish with parsley on top.
- Cauliflower mash will need to be blended in blender, stick mixer, food processor or Thermomix.
- Add the remainder of the butter for a smooth creamy finish
- Serve the stroganoff on top of the cauliflower mash or slender noodles
- Serve on a Keto friendly noodle (slender or changs)
- Yoghurt and sour cream can be interchanged according to macros. Sour cream is low carb high fat and plain Greek yoghurt is higher in carb but low fat.

Carbs 9 g

LUNCH: LEFTOVER BEEF STROGANOFF



DINNER

CHICKEN CARBONARA SERVES 4

INGREDIENTS

4 Rashes of bacon

500g chicken breast (or thigh)

200g Mushrooms

300ml Thickened Cream

2 Egg Yolks (700-800g eggs) – To thicken (add more as required)

50g Parmesan Cheese

2 packs of Slender Fettuccini noodles

METHOD

- Dice the chicken and do the same with the bacon.
- Prepare noodles by placing in boiling water for 10 minutes while you prepare the below.
- Cook the chicken for around 5 mins. Remove from the pan.
- In a small bowl, mix the egg yolk and the Parmesan cheese together until it forms a paste.
- In the pan, add ½ the total amount of cream, and mix the Parmesan and egg mixture into the cream. This will take some mixing.
- Eventually, add the remaining cream and the (partially cooked) chicken, bacon and the sliced/ diced mushroom. Continue stirring.
- Mix the noodles into the sauce and serve.

Alternatives

- Remove meat and add a carb appropriate tofu or tempeh to make vegetarian
- Remove mushrooms and/or bacon if not a fan
- Don't have thickened cream or want to make this vegan? Try coconut cream instead and remove the egg.

NOTE The slender noodles do not reheat well after being frozen.

If you are cooking in a batch, serve up the carbonara mix up to step 6, and use the desired noodles as required.

Carbs 5g

Week 6



LUNCH: LEFTOVER CHICKEN CARBONARA

DINNER

FATHEAD PIZZA SERVES 4

INGREDIENTS

TOPPING IDEAS:

100-150g Chicken breast

Vegetables

¼ Baby spinach

75g Capsicum

5 Cherry tomatoes

2 cups Cheese to top (Feta, Tasty or mozzarella)

Tomato pasta – lowest carb available

Pizza Base:

180g shredded mozzarella

2 tbsp. cream cheese

100-150g almond meal (see note below)

1 tsp. white wine vinegar (ACV works fine also)

1 egg

METHOD

Pizza base:

- Heat mozzarella and cream cheese in microwave and stir together
- Add other pizza base ingredients and stir
- Add into the microwave for another minute to combine better
- Using silicone mats or baking paper, roll pizza into desired shape/s
- Place into a hot oven at 200g for 10-15 min until it starts to go golden
- Remove crust and flip
- Toppings:
- Dice chicken and vegetables into desired sizes.
- Add tomato paste to the base
- Cover with toppings as desired
- Heat in the oven for 5-10 more min

NOTE: I have added more almond meal based on a few different recipes as I find the base always feels too wet to roll. Start at 100g and adjust as required.



Carbs 8g

LUNCH

SCROMLETTE SERVES 2

INGREDIENTS

3- 4Eggs (1 egg per person plus one for the pot)

¼ cup of Cream

1/4 cup each of Spinach, mushrooms, capsicum, tomatoes

1 tsp Chives

Salt and pepper, to taste

50 grams Cheese (Grated)

METHOD

- Mix eggs, cream together in a jug or bowl
- Add chives, salt and pepper
- Chop vegetables and add to jug/bowl
- Pre heat fry pan on med heat (with a dollop of butter)
- Add all mixed ingredients into fry pan
- Add cheese
- Stir

Carbs 4g



DINNER

MEXICAN CHICKEN SKEWERS -SERVINGS 4

INGREDIENTS

500-600g Chicken breast (or thigh)

1 Eggplant

1 Capsicum

1 Zucchini

1 Spanish Onion (optional)

Spices: 1 tsp. ea. Chili, Paprika, Cumin, Garlic

1-2 tbsp. Coconut oil

METHOD

- Dice chicken and vegetables into desired sizes.
- In a bowl, add coconut in and coat chicken breast
- Add spices to bowl and coat chicken well
- Alternate adding a vegetable and piece of chicken to the skewer.
- Heat BBQ (or fry pan) on med/high heat, cooking for a few min each side.

- **Alternatives**

- Chili is optional and add spices to desired taste and spiciness
- Vegetables can be omitted for other low carb options as desired
- Chicken can be omitted for other meats
- Have leftovers? These make a great lunch. Skewers a pain. Remove from skewers and add to a bed of baby spinach for a perfect lunch.



Carbs 8g