



LUNCH PREP THE DAY BEFORE

EASY PEASY CAULIFLOWER SOUP-SERVES 6

INGREDIENTS

- 1/2 Tbsp. olive oil
- 2 garlic cloves minced
- 1 onion diced
- 1 cauliflower chopped
- 900 ml vegetable stock
- 1 tsp. salt grated parmesan (for serving if desired)
- finely sliced green onions (for serving if desired)

METHOD

- In a saucepan, heat olive oil over medium heat. Add onion and garlic. cook until softened, about 5 minutes.
- Add cut up cauliflower and vegetable broth. Bring to a boil then cover and simmer for 15-20 minutes until cauliflower is softened.
- Use a stick blender and blitz or carefully use a food processor. Add salt.
- Serve in bowls with grated parmesan cheese on top (if desired) and/ or sliced green onions. Enjoy!

Carbs: 6 g



DINNER

STUFFED CHICKEN-SERVES 4

INGREDIENTS

- 4 Chicken Breasts
- 1 Zucchini cut in halved and finely sliced
- 2 Tomatoes thinly sliced
- 1 Capsicum cored and finely sliced
- 1/2 red onion peeled and finely sliced
- 2 tbs Olive Oil
- 1 tsp Italian Seasoning
- Pink Himalayan Salt and Pepper to taste
- 1 cup Mozzarella Cheese
- Fresh Parsley for Garnish

METHOD

- Preheat oven to 180 degrees
- Carefully make 4 slits in the chicken breasts. be super careful; I not to go all the way through the breast.
- Insert a piece of zucchini, tomato, capsicum and onion in-between each slit and continue until all the slits are full.
- Place the stuffed chicken breasts onto a baking tray. • Drizzle with olive oil and sprinkle with Italian herbs, salt and pepper to taste.
- Cover the chicken breasts with mozzarella cheese.
- Bake in the oven until the chicken is completely cooked around 25 mins. Garnish with parsley just before serving.

Serve with your choice of either steamed vegetables or a simple green salad.

Carbs: 8 g



LUNCH LEFTOVER EASY PEASY CAULIFLOWER SOUP

DINNER

BEEF FRITTATA-SERVES 6

INGREDIENTS

500 grams beef mince

8 eggs beaten

1 cup grated tasty cheese

1/2 cup Keto friendly salsa

1 capsicum diced

1 tomato sliced

3 spring onions sliced

1 tbs olive oil

1 tsp pepper and pink Himalayan salt

1/2 tsp Paprika, oregano, cumin, garlic powder

1/4 tsp onion powder

chopped parsley to garnish

METHOD

- Mix all the spices together in a small bowl.
- Pre heat the oven to 180 degrees
- Heat oven proof frying pan over a med-high heat and add the oil and fry the capsicum till soft and remove setting aside while you cook the mince.
- Brown the mince in the frying pan breaking any lumps.
- Add the seasoning and 1,2 of the salsa to the mince and combine well.
- Once the meat is fully cooked, cover the met with the cooked capsicum, spring onions and tomatoes.
- Pour over the beaten eggs and sprinkle with the grated cheese.
- Bake in the oven for 30 mins or until the eggs are cooked and the cheese is golden.
- Carefully remove and allow to cool for a few mins and the serve

Carbs: 5 g

Week 10



LUNCH: LEFTOVERS BEEF FRITTATA

DINNER

PIZZA CASSEROLE SERVES 4

INGREDIENTS

80 grams cup cream

4 eggs

115 grams grams of cream cheese

1/2 tsp garlic

1/2 tsp dried oregano

125 grams parmesan cheese (reserve 100 grams for the topping)

2 cups mozzarella cheese

125 grams Keto friendly pizza sauce

your choice of toppings

METHOD

- Pre heat the oven to 180n degrees
- In a food processor or beaters, combine cream cheese and eggs till smooth. Add cream, 25 grams of parmesan, garlic and oregano. Mix until all ingredients are mixed well.
- Sprinkle 100 grams of parmesan cheese and 1 cup of mozzarella over the base of a greased oven tray. Then pour the egg mixture over the cheeses.
- Bake for around 30 mins and remove from the oven.
- Place your choice of toppings and the rest of the cheese on tops and either place under the grill or back into the oven till the cheese is golden. Let the pizza rest for a few mins before cutting.

Carbs: 6 g not including topping

Week 10



LUNCH LEFTOVER PIZZA CASSEROLE

DINNER

CAULIFLOWER MAC SERVES 6

INGREDIENTS

1 large cauliflower

250 grams cream

65 grams cream cheese

125 grams grated tasty cheese

125 grams grated Gouda cheese

1 tsp salt

1/2 tsp pepper

1 1/4 tsp paprika

METHOD

- Pre heat the oven and spray oven dish with olive oil spray.
- cut up the cauliflower into small pieces and steam till tender. drain well.
- in a small saucepan add all the other ingredients and over a medium heat mix till smooth.
- Add the well drain cauliflower to the oven proof dish and pour over the cheese sauce.
- Place into the oven for 25 mins or until golden.

Carbs: 10 g



LUNCH LEFTOVER CAULIFLOWER MAC

DINNER

OMELET-SERVES 4

INGREDIENTS

10 eggs

1/4 cup water

2 tbs butter

your choice of filling

METHOD

- whisk eggs and the water mix until well combined.
- in a fringed 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

LUNCH: YOUR CHOICE



DINNER

GARLIC AND LEMON CHICKEN SERVES 6

INGREDIENTS

10-12 boneless chicken thighs, skinless or with skin

sea salt and pepper to taste

1/2 teaspoon garlic powder

1/2 teaspoon smoked paprika

1/2 teaspoon red chili flakes (optional or to taste)

2 Tablespoons olive oil

3 Tablespoons butter (swap with ghee)

1/2 small onion chopped

4 garlic cloves sliced or crushed

Juice of 1 lemon and zest of half a lemon

2 tsp Italian seasoning

1/2 cup chicken stock

2 tbs heavy cream OR coconut cream

Chopped fresh parsley and lemon slices for garnish, if desired

Pressure Cooker Instructions

- Season the chicken with salt, pepper, garlic powder, paprika, and chili flakes.
- To cook in the Pressure cooker:
- Use the Sautee function on the Pressure cooker and add the olive oil to the pot.
- Place chicken in the Pressure cooker and cook on each side for 2-3 minutes, or until golden brown. This helps to seal in the juices and keep it tender. (You may have to do this in batches). Once browned, remove from Pressure cooker and set aside. Melt butter in Pressure cooker and stir in the onions and garlic. Add lemon juice to deglaze pan and cook for 1 minute. Add Italian seasoning, lemon zest, and chicken broth. Place the chicken back into the Instant Pot, lock the lid, and turn the valve to SEALING. Adjust the timer to 7 minutes. It will take about 5-10 minutes to come to pressure and start counting down. When done, release the pressure after 2 minutes, then remove your Pressure cooker lid.
- Remove chicken from Pressure cooker using tongs and set aside on a large serving plate.
- Stir in cream in the Pressure cooker. Press off and turn Instant Pot to SAUTE function. Cook and allow the sauce to bubble and thicken.
- Turn off and add chicken back to the Pressure cooker to coat with sauce. Spoon sauce over chicken and sprinkle with chopped parsley.
- Serve with your favorite sides and garnish with lemon slices, if desired.



To cook on the stove (just in case you don't have a Pressure cooker)

- In a medium saucepan over medium-high heat add olive and cook chicken for 4-5 on each side, or until it reaches 165 degrees. Transfer chicken to plate and set aside.
- Return pan back to heat and melt butter. Stir in onion and garlic. Add lemon juice to deglaze the pan and cook for 1 minute. Add Italian seasoning, lemon zest, and chicken broth. Stir in heavy cream
- Once the sauce has bubbled and thickened up slightly, add the chicken back into the pan until hot. Spoon sauce over chicken and sprinkle with chopped parsley.
- Serve with your favorite sides and garnish with lemon slices, if desired.

Carbs: 5 g

LUNCH: LEFT OVER GARLIC LEMON CHICKEN



DINNER

CHINESE BBQ PORK -SERVES 6

INGREDIENTS

1 kilo Pork Neck cut into 3 even sized long strips

1/4 cup Low Carb Sweet Soy Sauce (if you're stuck there is a recipe is below)

2 tsp sesame oil

1 tsp garlic powder

1 tsp Chinese five spice powder

Approx. 10 drops red food coloring (optional)

METHOD

- combine the sweet soy, sesame oil, garlic, five spice and a few drops of food coloring (if using) • Place the pork slices into a dish (one that won't stain possible a glass dish) and pour half the marinade over the pork. Massage the marine into the pork. (you may wish to use food safe gloves for this step)
- cover and leave to marinate in the fridge overnight. store the remaining marinade in the fridge covered.
- Pre heat the oven to 200 degrees
- line your roasting rack with AL foil and spay lightly with olive oil.
- place the pork into the rack and baste with the leftover marinade and pop it into the oven.
- cook for around 30-40 mins. flip the pork over basting with the marinade that may have dripped into the foil. This may be needed to do a few tills to get an even coverage.
- remove from the oven and rest for 10 mins to let the juices settle.
- Serve with steamed greens or cauliflower rice.



Carbs: 3 g

HOMEMADE SOY SAUCE- SERVES 16

If you can't find any low carb sweet soy sauce

INGREDIENTS

230 mls of Tamari sauce

1 1/4 cup of Erythritol

METHOD

- Place both the ingredients in a saucepan over low heat.
- Heat for 15-20 mins till the erythritol has dissolved and slightly thickened.
- Store in an airtight container in the fridge.

Note it will solidify once it's been in the fridge but once heated again it'll become liquid

Carbs: 1 g