



LUNCH – BENTO BOX SERVES 1

INGREDIENTS

70g Cheese

50g Kabana

2 Boiled Eggs (Served with Mayo and Paprika)

1 Cup Celery Sticks

4 Olives

60g Dip (Tzatziki or similar)

METHOD

Cut up all ingredients and serve.

Carbs:8 g



DINNER

MEATLESS MONDAY - GREEK BRIAM-SERVES 6

INGREDIENT

1 small Onion, sliced (70 g)	2 small Zucchini, sliced (300 g/)
2 cloves Garlic, crushed	1/4 cup chopped Parsley
1 medium Eggplant, diced (250 g)	1 tbs chopped Oregano or 1 tsp dried Oregano
1/2 medium Cauliflower, chopped (250 g)	1/4 tsp Salt or to taste (I like Himalayan salt)
1/2 medium Broccoli, chopped (150 g)	freshly Ground Black Pepper
1 medium Green Capsicum, sliced (120 g)	1 1/2 cup crumbled Feta Cheese (225 g)
3 medium Tomatoes, chopped (300 g)	1/2 cup Olive oil (120 ml)
1/4 cup Vegetable stock or water (60 ml)	

METHOD

- Peel and slice the onion and crush the garlic. Place in a large casserole dish greased with olive oil and cook over a medium-high heat for about 5 minutes or until fragrant and lightly browned.
- Meanwhile, dice the eggplant into about 1/2-inch (1 cm) pieces. Once the onion & garlic are browned, add the eggplant. Cover with a lid, lower the heat to medium-low and cook for 3-5 minutes.
- Meanwhile, cut the cauliflower and broccoli into small florets. Peel and slice the stalks ...
- ... and add all to the casserole dish. Mix and keep cooking covered with a lid for 3-5 minutes. Slice the green pepper, ...
- .. and roughly chop the tomatoes. Add both to the casserole dish, pour in vegetable stock or water, mix and cover with a lid. Cook for another 5 minutes.
- Meanwhile, slice the zucchini. Add the slices to the dish and mix. Cover with a lid and cook for 5-10 minutes or until the zucchini is tender.
- Add freshly chopped parsley and oregano, salt and pepper. Leave some parsley for garnish. Mix and top with crumbled feta cheese.
- Place under a preheated broiler and cook for about 5 minutes or until the feta is lightly browned. Place on a cooling rack and leave to rest for 5 minutes. Finally, garnish with the reserved parsley and drizzle with olive oil.
- Enjoy hot or cold!

Carbs: 10 G



LUNCH - LEFTOVERS

DINNER - TACO TUESDAY SERVES 4

INGREDIENTS

1kg of lean Beef Mince

1 jar of pasta sauce

3 cloves of Garlic

1 tbs Herbs. You can use Italian, or my fav is basil and parsley

1 pack of Sliced Cheese

1 Cos Lettuce Sour cream

Avocado to top

METHOD

- Place minces, herbs garlic and jar of pasta sauce in slow cooker
- And 1 cup of water or bone broth
- Cook for 8hrs or till reduced
- Place a cheese slice on baking paper in microwave for 45 sec and drape over end of wooden spoon to shape
- Construct taco and enjoy

Carbs: 11 g



LUNCH

ZOODLES WITH LEFTOVER TACO MINCE SERVES 1
METHOD: USE LEFTOVER TACO MINCE AND SERVE ON A BED OF ZUCCHINI NOODLES.

Calories: g | N\ Carbs:g | Protein:g | Fats:g

DINNER

RIBIN' IT WEDNESDAY-SERVES 4

INGREDIENTS

Ribs

- 1 1/2 tbs Smoked Paprika
- 1 tbs Garlic Powder
- 1 tbs Sweetener of choice
- 2 tsp of Pink Himalayan Salt
- 2 tbs of Olive Oil or Bacon Fat
- Pork ribs – each serve is approx. 4-5 ribs

Homemade mayo

- 1 large egg
- 1 cup light Olive Oil
- 1 tbs Apple Cider Vinegar
- 1 tsp of Mustard
- Salt to taste (I use about 1/3 teaspoon)



Method Mayonnaise

Place all the mayonnaise ingredients in a medium tall glass jar and mix with a stick blender.

Ribs

Recipe place ribs in a zip lock bag with spice mix.

Leave to marinate for 24hrs in the fridge

Place pork ribs in a baking dish with oil or bacon fat and cover with foil

Bake for 40 mins or air fryer in a dish with foil for 30mins

Removing the foil for last 10mins

Serve with premade Kale slaw

Carbs: 10 g

LUNCH – LEFTOVERS SERVES 1



DINNER

THROW BACK THURSDAY CHICKEN FRIED RICE SERVES 4

INGREDIENTS

½ head of cauliflower (fresh)

1 bunch of broccoli (fresh)

2 middle rashers of bacon

2 eggs

½ onion (diced)

1 teaspoon Garlic

600g of chicken breast (or protein of choice;
e.g.: prawns)

1 tbs tamari sauce

METHOD

Grate cauliflower and broccoli (or buy premade)

Dice bacon and chicken (or protein choice)

Dice onion

Heat oil in pan

Cook onion and garlic until onion is translucent

Add chicken and cook until no longer raw

Add bacon and cook for 2-3 minutes

Move to the side and cook egg (scramble) and then remove egg

Add broccoli and cauliflower to pan and mix into existing ingredients

Cover and cook for 5 mins

Add soy sauce and mix. Continue to cook (uncovered) for a further 5 mins.

Mix in scrambled egg.

Serve



Carbs: 6 g

LUNCH

CRACKERS AND TUNA SERVES 1

INGREDIENTS

2 Low carb crackers (e.g.; Olina's Seeded Crackers, Pepita Seed No Gluten)

1 small tin of tuna

Carbs:2g



DINNER

FINO'S FISHING FRIDAY SERVES 4

INGREDIENTS

- 1 lemon
- 190g (1 1/4 cups) macadamia nuts
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh dill
- 1 garlic clove, crushed
- 4 firm white fish fillets
- 20g butter
- 300g baby spinach leaves

METHOD

- Preheat oven to 180°C. and line a baking tray with non-stick baking paper.
- Finely grate the rind of the lemon. Cut the lemon in half and remove the seeds. Juice the lemon.
- Place macadamia nuts in a mortar and crush with a pestle until they resemble coarse breadcrumbs.
- Stir in lemon rind, oil, dill and garlic. Season with salt and pepper.
- Place fish on the prepared tray. Divide macadamia nut mixture among the fish and press down firmly. Bake for 8-10 minutes or until fish flakes easily when tested with a fork in the thickest part.
- Meanwhile, heat the butter in a frying pan over medium-high heat. Add the spinach and lemon juice. Cook, stirring, for 1-2 minutes or until the spinach wilts.
- Divide the spinach among serving plates and top with the fish.



Carbs: 3 g

SATURDAY

LUNCH - WEEKEND PLATTER SERVES 4

INGREDIENTS

200g Twiggy sticks

200 grams Tasty cheese

1 cup Celery sticks

1 cup Carrot sticks

10 tablespoons grated Parmesan cheese (for parmesan crackers)

METHOD

Parmesan crackers

Measure 1 tablespoon of grated parmesan cheese and place on baking paper

Spread cheese to approx. the size of a 50c piece and bake in oven on 180c for approx. 5 mins until lightly brown.

Remove from oven and allow to cool and harden.

Platter

Dice up twiggy sticks, cheese, carrots and celery

Add parmesan crackers to platter

Carbs:6 g



DINNER - TAKEAWAY NIGHT OR BUN LESS BURGERS

SUNDAY LUNCH – BRUNCH BACON AND EGGS SERVES 2

INGREDIENTS

4 eggs

4 rashers of bacon

INSTRUCTIONS

- Cook eggs in your preferred method
- Cook bacon until to your liking
- Serve

Carbs:1g



DINNER

GNOCCHI WITH SAGE BUTTER SERVES 6

INGREDIENTS

Keto Ricotta Gnocchi

- 1 1/3 cup Almond Meal
- 2 tablespoons Coconut flour
- 2 teaspoons Xanthan gum
- 210g Ricotta cheese
- 75g Parmesan cheese freshly grated salt to taste
- 1 Egg lightly beaten

Sage Butter

- 3-4 tablespoons grass-fed butter as needed
- 1 tablespoon extra-virgin olive oil for cooking

- 2 cloves garlic thinly sliced
- 8-10 sage leaves
- black pepper freshly ground to taste

Mediterranean Yogurt Sauce (Two Servings)

- 140g Greek-style yogurt
- 1 clove garlic crushed
- 2 teaspoons extra virgin olive oil
- 1/2-1 teaspoon apple cider vinegar
- salt and black pepper freshly ground to taste

INSTRUCTIONS

Keto Ricotta Gnocchi

- Add almond flour, coconut flour and xanthan gum to a medium bowl and whisk until thoroughly combined. Set aside.



- Add ricotta and parmesan to a large bowl and mix with a spoon until well combined. Add in flour mixture and mix well. Season to taste with salt and mix in the egg. The dough should be sticky, but form into a ball easily. If it doesn't (different moisture levels in cheese etc.), feel free to add in more almond flour a little at a time. Wrap in cling film (saran wrap) and refrigerate for at least an hour.

- Remove dough from the fridge and form into rounds (roughly 1 inch big). The dough will be soft and still lightly sticky but should form into rounds with ease. Place in a tray and press down with a fork to lightly flatten them. Freeze for 15 minutes before frying, and the gnocchi can be frozen at this point for up to two months.
- Heat up butter and oil in a skillet or pan over medium/low heat. Once warm, add in garlic slivers and sage leaves. When the garlic is just lightly golden, add in the chilled gnocchi flat side down along some freshly ground black pepper. Move the pan around to keep them from sticking, basting them throughout the cooking. They will be fragile, so handle with care. When ready, the bottom will have formed a deep-golden crust (see pictures), about 4-5 minutes.
- Serve right away atop a bed of steamed spinach, yogurt sauce and a handful cherry tomatoes (optional).

Mediterranean Yogurt Sauce

Mix all ingredients together and refrigerate until needed.

Serving Suggestions spinach steamed roasted cherry tomatoes (roast cherry tomatoes in an oven proof dish with a drizzle of olive oil, seasoned with salt and dried thyme leaves)

Carbs: 4g