



LUNCH

BROCCOLI & CHICKEN FRITTERS WITH SIDE SALAD – SERVE WITH LEAFY GREENS AND A DOLLOP OF SOUR CREAM (MAKES 4 FRITTERS/ 2 FRITTERS PER PERSON)

INGREDIENTS

- 1 large head broccoli cut into pieces
- 500g chicken breast or thigh – finely chopped
- ½ cup of almond meal
- ½ cup of parmesan cheese
- 2 eggs
- 2 teaspoons of minced garlic
- ½ teaspoon salt
- 1-2 teaspoon pepper depending on your taste

METHOD

- Steam broccoli until tender, let cool slightly.
- Mix broccoli, chicken, and other ingredients to a bowl and mix well
- Add enough oil to cover base of frying pan (medium heat)
- Add good size dollops in oil and pat down with egg flip
- Cook 2.5 minutes or until golden brown, then flip and cook for another 2 minutes
- Drain excess oil with paper towel

NOTE: serve with a cup of salad mix of your choice, if you would like to serve with a side of aioli, use 2 tablespoons of whole egg mayonnaise and ½ teaspoon of garlic salt - this meal can be made the day before

Carbs 4 g



DINNER

CAULIFLOWER & BROCCOLI BAKE (SAVE EXTRA FOR LUNCH THE NEXT DAY) SERVES 6

INGREDIENTS

225 G bacon

700g cauliflower

700g broccoli

250ml sour cream

350g shredded tasty cheese

4 tablespoons fresh chives, chopped fine

2 teaspoons garlic powder

Salt and pepper

METHOD

- Preheat Oven to 175d
- Chop bacon into small pieces, Fry until crispy in a hot frying pan
- Break cauliflower and broccoli into florets, boil until tender
- Drain completely
- In a bowl combine bacon, cauliflower and broccoli (chopped roughly)
- Add sour cream, garlic powder and $\frac{3}{4}$ of the shredded cheese into a bowl and combine well
- Once combined, pour mix into a grease proof baking dish, layer top with remaining cheese and bake until golden brow

Note: IF you don't want to oily, leave some cheese off top, also serve with a side salad of your choosing

Carbs 13 g

LUNCH

CAULIFLOWER & BROCCOLI BAKE (LEFT OVER FROM PREVIOUS NIGHT'S DINNER)



DINNER

MOUSSAKA SERVES 6

INGREDIENTS

450 g eggplant

6 tbsp olive oil

1½ yellow onions

3 garlic cloves, chopped

1½ tsp ground cinnamon

1½ tbsp paprika powder

1½ tbsp dried oregano

½ tsp salt

¾ tsp ground black pepper

850 g chicken mince, or any other meat

175 ml Passata

Cheese sauce

125 g cream cheese

175 ml heavy whipping cream

1½ garlic cloves, pressed

pinch salt

300 g tasty cheese, shredded

pinch ground nutmeg (optional)

METHOD

- Preheat the oven to 360°F (185°C).
- Cut the eggplant into small dices, around half an inch (1x1 cm), no need to peel it. In a large frying pan, fry eggplant in olive oil on medium heat. Salt and pepper.
- Add chopped onion, garlic and spices. Fry for a few minutes until the onion and eggplant start to soften and get some color.
- Add ground meat and fry until cooked through. Stir in Tinned tomatoes and simmer for a few minutes.
- In a saucepan, mix the ingredients for the cheese sauce - save half of the cheese for the top! Let simmer for a few minutes until it thickens. Add ground nutmeg if you're using any and stir well.
- Transfer the meat into a large baking dish or several small ones. Pour the sauce on top and top with the remaining cheese.
- Place in the oven for about 20 minutes or until the cheese gets a nice golden color.
- Serve with leafy greens.

Carbs 13 g



LUNCH

KETO MOUSSAKA (LEFTOVERS FROM PREVIOUS NIGHT) WITH LEAFY GREEN SALAD

DINNER

CHICKEN PATTIES WITH WARM NOODLE SALAD SERVES 4

INGREDIENTS

500g Chicken Mince	1 carrot, cut into matchsticks
1 garlic clove, crushed	1 cucumber, seeded, thinly sliced
1 tablespoon minced or finely grated ginger	1/2 cup coriander leaves
1 tablespoon lemongrass paste	2 tablespoons Keto friendly sweet chili sauce (check your local supermarket for selections)
4 spring onions, thinly sliced	1 tablespoon Fish sauce
1 tablespoon coconut oil	1 tablespoon lime juice
2 packets Changs Lo Cal Traditional Noodles	

METHOD

- Combine the chicken, garlic, ginger, lemongrass paste and half the spring onion in a large bowl. Season. Shape 1 tablespoon portions of mixture into patties.
- Heat the oil in a large frying pan over medium-high heat. Cook the patties, in batches, for 3 mins each side or until browned and cooked through.
- Meanwhile, cook the noodles following packet directions. Drain well. Combine the noodles, carrot, cucumber, coriander and remaining spring onion in a large bowl.
- Place the sweet chili sauce and lime juice in a screw-top jar or bowl and mix or shake to combine.
- Pour over noodle mixture. Toss to combine.
- Serve the chicken patties with the noodle salad. Tip for noodles – Remove from packet, rinse under hot water for roughly a minute.
- Once rinsed add to a saucepan or bowl and cover with boiling water from kettle. Once all your other ingredients are ready, drain well and serve warm

Carbs 11 g



LUNCH -CHICKEN PATTIES WITH WARM NOODLE SALAD (FROM PREVIOUS NIGHTS DINNER)

DINNER – DAY 4 HERB CRUSTED LAMB CHOPS WITH VEG -6 GRAMS NET CARBS SERVES 4 (2 CHOPS / CUTLET PER PERSON)

INGREDIENTS

8 Lamb Chops

1tsp parsley, mint, rosemary, salt, and pepper (of each)

1 tbs seeded mustard (or your choice of mustard)

2 ½ tbs olive oil

METHOD

- Preheat to 180 c
 - Stir dry ingredients in a bowl, then drizzle with 2 1/2 tablespoons oil and toss until combined well.
 - Put oven rack in middle position and.
 - Spread fatty sides of each rack with mustard.
 - Roll the fatty side of the lamb chop or cutlet in your herb mix
 - Bake until cooked
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- Serve with Cauliflower Mash (1 cup per person)
 - 1 head of cauliflower (if serving 4) cook until tender Drain well.
 - Using a blender, blitz the cauliflower until smooth consistency.
 - Add in 2 tablespoons of cream cheese and blitz Salt and Pepper to taste
 - If you need more vegetable intake steam or roast some Brussel sprouts to add as a side

Carbs 8 g



LUNCH

CAESAR SALAD (PREPARE NIGHT BEFORE)-SERVES 4

INGREDIENTS

4 rashers of Bacon – diced and cooked

1 whole lettuce (I prefer cos) shredded

500g Chicken – diced and cooked (can use a precooked BBQ chicken from supermarket -200g per person)

4 eggs soft boiled

4 tablespoons whole egg mayonnaise

1 teaspoon of garlic salt

1 cup of cherry tomatoes – quartered

2 Avocados

METHOD

- Dice and cook your chicken and bacon in a hot frying pan until fully cooked Shred your lettuce, dice tomatoes and avocado and add to a bowl to mix
- Once eggs are boiled peel and slice in half In a separate bowl add your mayonnaise and garlic salt and mix well to combine
- Assembling your salad: add salad mix to your container, top with cooked chicken and bacon, add 1 egg per serving to container – dollop your garlic aioli over the top

Carbs 6 g



DINNER

TORTILLAS WITH MINCE AND SALSA – SERVES 6

INGREDIENTS

Tortillas

3 eggs
3 egg whites
225 g cream cheese, softened
¼ tsp salt
2¼ tsp (6 g) ground psyllium husk powder
1½ tbsp (10 g) coconut flour

Mince Filling

650 grams of beef mince
3 tbsp olive oil
3 tbsp Taco seasoning
175 ml water

salt and pepper

Salsa

3 avocados, diced
1½ tomatoes, diced
1½ limes, the juice
1½ tbsp olive oil
2 Tablespoons fresh coriander, chopped
salt and pepper

For serving

550 grams Grated Cheese
125 g shredded lettuce

METHOD

- Preheat the oven to 200°C Using an electric mixer, whisk the eggs and egg whites until fluffy, preferably for a few minutes.
- In a separate large bowl, beat the cream cheese until smooth.
- Add the eggs to the cream cheese and whisk until the eggs and cream cheese form a smooth batter.
- Mix salt, psyllium husk and coconut flour in a small bowl. Add the flour mix one spoon at a time into the batter and continue to whisk some more. Let the batter sit for a few minutes, or until the batter is thick like a pancake batter.
- How fast the batter will swell depends on the brand of psyllium husk – some trial and error might be needed.



- Bring out two baking trays and place baking paper on each. Using a spatula, spread the batter thinly (no more than ¼ inch thick) into 4–6 circles or 2 rectangles.
- Bake on upper rack for about 5 minutes or more, until the tortilla turns a little brown around the edges.

- Carefully check the bottom side so that it doesn't burn.

Filling Bring the ground beef out of the refrigerator a while before frying. Cold ground beef will cool down the frying pan and the ground beef will be boiled and not fried. The latter tastes a lot better. Place a large frying pan over medium high heat and heat up some oil. Add the ground beef and fry until cooked through. 1 Add the seasoning – I use Master foods Taco Seasoning, but you can prepare your own if you prefer and water and stir. Let simmer until most of the water is gone. Taste to see if it needs additional seasoning. 2 Salsa In the meantime, make the salsa from diced avocado, tomatoes, freshly squeezed lime juice, olive oil and a couple of handfuls of fresh coriander. Salt and pepper to taste and mix till well combined.

Serve beef filling in a tortilla, with shredded cheese, salsa and shredded leafy greens.

Carbs 12 G

LUNCH – LEFTOVERS FROM LAST NIGHTS DINNER



DINNER

CHICKEN GARAM MARSALA WITH STEAMED CAULIFLOWER RICE SERVES 4

INGREDIENTS

1 tsp ground cumin	650 g chicken breast
1 tsp coriander seed, ground	3 tbsp butter or ghee
1 tsp ground cardamom (green)	1 tsp salt
1 tsp turmeric, ground	1 red capsicum, finely diced
1 tsp ground ginger	300 ml coconut cream or heavy whipping cream
1 tsp paprika powder	1 tbsp fresh parsley, finely chopped
1 tsp chili powder	
1 pinch ground nutmeg	

METHOD

- Preheat the oven to 400°F (200°C).
- Mix the spices for Garam masala.
- Cut the chicken breasts lengthwise. Place a large skillet over medium high heat and fry the chicken in butter until golden brown.
- Add half the garam masala mix to the pan and stir thoroughly.
- Season with salt, and place the chicken, including the juices, in a baking dish.
- Finely chop the capsicum and add that to a small bowl along with the coconut cream and remaining garam masala mix.



- Pour over the chicken. Bake in oven for about 20 minutes.
- Garnish with parsley and serve.
- Serve with a side of steamed Cauliflower rice (1 cup per person)

Carbs 7 g

BRUNCH

EASY CHEESY SCRAMBLED EGGS WITH BACON -SERVES 4

INGREDIENTS

4 large eggs

1 cup of shredded cheese

1 tablespoon of chives

4 rashers of Bacon

8 cherry tomatoes

Spinach – 1 cup per person (serve wilted or raw)

2 avocados

1 cup of sliced brown mushrooms

METHOD

- Mix your eggs, cheese and chives in a saucepan and cook over a low heat stirring consistently
- Cook your bacon, tomato, mushrooms and spinach
- Cut your avocado (1/2 per person)
- Once all cooked, assemble on your plate and eat

Carbs: 5g



DINNER

SLOW COOKED ROAST WITH CREAMY GRAVY AND ROASTED VEG – SERVES 4

1kg pork shoulder or pork roast – or if you prefer swap for another protein, i.e. beef, lamb or chicken- if you chose an alternative protein please roast as normal

CREAMY GRAVY

350 ml pure whipping cream

juices from the roast

½ tbsp salt

1 bay leaf

5 black peppercorns

600 ml water

2 tsp dried thyme or dried rosemary

2 garlic cloves

40 g fresh ginger

1 tbsp olive oil or coconut oil

1 tbsp paprika powder

½ tsp ground black pepper

METHOD

- Preheat the oven to a low heat: 200°F (100°C).
- Place the meat in a deep baking dish and season with salt. Add water to cover 1/3 of the meat. Add bay leaf, peppercorns, and thyme. Place the baking dish in the oven for 7–8 hours, covered with aluminum foil.
- If you're using a slow cooker, do the same thing in step 2 but only add 1 cup of water. Cook for 8 hours on low or 4 hours on high.
- Remove the meat from the baking dish and reserve the pan juices in a separate pan.
- Turn the oven up to 220°C
- Grate or finely chop garlic and ginger in a small bowl. Add oil, herbs and pepper and stir well to combine.



- Rub the meat with the garlic/herb mixture.
- Return the meat to the baking dish, and roast for about 10–15 minutes, or until golden brown.
- Cut the meat into thin slices and serve with the creamy gravy and side dishes of your choice.

Gravy

- Strain the reserved pan juices to remove any solids. Boil and reduce to about half the volume, about 1 cup.
- Pour into a pot with the whipping cream and bring to a boil. Reduce the heat and let simmer for about 20 minutes or to your preferred consistency.
Serve with Roasted Brussel Sprouts, Cauliflower. If your macros allow you can add roasted pumpkin. Please note: Pumpkin is on the moderate vegetable list so you must limit your portion and track in your macro app.

Carbs 5 g