



## BREAKFAST

### BACON WRAPPED EGG MUFFINS - 2 MUFFINS

#### Ingredients:

2 rashers of bacon

2 eggs

1 teaspoon chopped Chive

25 grams of grated cheese

Salt and pepper

#### Method

- Preheat the oven to 180 degrees.
- Place bacon into muffin tin.
- Crack an egg in each muffin tin, season with salt, pepper and a dash of chives.
- Sprinkle grated cheese and cook to your liking in oven.

**Carbs:2g**



## LUNCH

### Chicken Patties with Dill / Mint and Sour Cream Serves 1

#### Ingredients:

150 grams of chicken mince  
1 tablespoon of cream cheese or you can use some grated cheese (the cream cheese usually binds it all together)  
2 tablespoons of fresh dill  
2 tablespoons of mint leaves  
½ teaspoon of cayenne Pepper (if you like it spicy otherwise leave this out)  
Salt and pepper  
1 teaspoon each of garlic and onion powder  
2 tbs Sour Cream

#### Method

- Combine all ingredients.
- Heat olive oil in a pan and add spoonful of mixture to the pan.
- Cook until ready. \*\*\* You may need to add an egg depending on which method you use.
- The thermomixer mixes this into the correct consistency for me, but If you are not using one the texture of the patties may be different if using a normal processor or regular mince.
- The consistency should be like a meat patty consistency.

**Carbs:7g**



## DINNER

### Singapore Noodles with Prawns Serves 1

#### Ingredients

|                                                        |                            |
|--------------------------------------------------------|----------------------------|
| 2 medium eggs                                          | 1 cup shredded cabbage     |
| 1 Serving of Konjac Noodles                            | ½ cup zucchini diced       |
| 150 grams of Prawns (Sub for chicken or beef or mince) | 1/3 cup sliced onion       |
| 1 tablespoon of olive oil                              | ¼ cup carrots grated       |
| 1 teaspoon of chopped garlic                           | 1 teaspoon of curry powder |
|                                                        | 1 tablespoon of tamari     |

#### Method

- Whisk 2 eggs together and cook up your omelet, dice up once cooked and set aside.
- Prepare your noodles. Rinse noodles under hot water for 1 minute. Add to a bowl of boiling water from the kettle and let rest while you continue with next steps.
- In same pan you cooked your eggs, heat up coconut or olive oil
- Add onion, garlic and cook until translucent.
- Add diced zucchini and sauté for a few minutes
- Add prawns and cook for a few minutes 7. Toss cabbage into pan and sauté for about 2 minutes
- Drain, and add noodles
- Mix curry powder, tamari and 2 tablespoons of water to form a paste) – You're doing this, so you don't get that yucky powdery taste from the curry powder.
- Add to your pan and keep cooking until all cooked.
- Add cooked omelet

**Carbs:12g**



## BREAKFAST

### Keto Granola with Greek Yoghurt and Berries Serves 1

#### Granola mix (serves 10)

220g macadamia nuts  
90g Almonds  
50g Coconut  
80g Walnuts  
90g Pecans  
30g Flax seeds  
10g Psyllium Husk  
2 g cinnamon Powder

#### For Finishing touches

60g Greek yoghurt  
6 Blueberries

#### Method

- Blitz or pulse in food processor and mix together and keep in airtight container.
- Add together ½ cup of granola mix, 60g of Greek yoghurt and 6 berries.
- And ENJOY

If don't want to make granola mix from scratch, use paleo mix from Aldi for about \$6

**Carbs:6g**

**Week 1**



## LUNCH

### SNACK BOX - consisting of the following:

- 70 Grams of Cheese
- 50 G kabana
- 2 Small Eggs with Mayo and Paprika
- 1 Cup Celery Sticks
- 4 Olives
- 60 G Dip (Tzatziki or Use alternative)

Place all Ingredients on a plate and enjoy

**Carbs:11g**



## DINNER

### Chorizo and Prawn Medley Serves 1

#### Ingredients:

1/2 chorizo  
200 grams of prawns  
1 cup cabbage  
1 tablespoon of fresh garlic  
Salt and pepper

#### Method

- Dice up Chorizo
- Dice up Cabbage
- Heat up a non-stick pan until hot. Add your chorizo (you do not need any cooking oil for this one, as all the yummy chorizo fat will ooze out of this one and pretty much cooks in its own oil)
- Once cooked, add your prawns and garlic and cook until prawns are pink.
- Add cabbage and cook to your liking.

**Carbs:6g**



## **BREAKFAST**

### **Breakfast Quiches Serves 6(makes 12, cook night before)**

#### **Ingredients**

3 slices bacon  
4 eggs  
½ cup red capsicum  
½ cup raw mushrooms  
1/5 cup shredded cheese  
½ cup thickened cream  
1 tablespoon coconut oil

#### **Method**

- Chop Bacon, mushrooms, capsicum, fry in hot pan with coconut oil
- In a separate bowl whisk eggs, cream & cheese
- Once bacon, mushrooms& capsicum are cooked add to bowl with eggs, cream and cheese
- Transfer to a muffin tin and bake in a moderate heat oven for 30 mins- skewer to check cooked

**(2 quiches per serve)**

**Carbs:2g**



## LUNCH

### Chicken Cups Serves 1

#### Ingredients

2 tablespoons kewpie mayonnaise  
2 Cos Lettuce leaves  
100g chicken breast

#### Method

- Cut up and cook chicken breast
- Once cooked add chicken to washed lettuce leaves, top with mayonnaise
- Add extra salads from green list if desired, adjust macros

**Carbs:1g**





## DINNER

### Swedish Meatballs with Cauliflower Mash- Serves 2-3

#### Ingredients

|                        |                       |
|------------------------|-----------------------|
| 150g pork mince        | 2tbsp butter          |
| 150 g lean beef mince, | 80ml chicken stock    |
| 40 g grated zucchini   | 1 teaspoon on mustard |
| 1 egg,                 | 60ml cream            |
| 1/2 tsp salt,          | 1 small Cauliflower   |

#### Method

- Crumble ground meat into a large bowl
- Using a medium grater, shred zucchini until you have about 1 packed cup full (don't dry or remove water)
- Add grated zucchini to the bowl along with egg, seasoning, and salt
- Mix with hands until just combined
- Melt butter in a large heavy bottomed or cast-iron skillet
- Roll meat into 18 equal sized balls and place in skillet
- Cook for about 3-5 minutes then flip and cook another 3-5 minutes until lightly browned
- Whisk together broth, mustard, and cream
- Pour into skillet with meatballs and bring to a hard simmer for 5-10 minutes until meatballs are cooked through and the sauce has thickened slightly
- **Recipe Notes**
- Use an ice cream scooper to make measuring out equal sized meatballs easy and so that meatballs will cook evenly
- Only mix meat until everything is just combined. Overworking the meat will cause your



### **Method for Cauliflower mash**

- Either boil or steam the cauliflower (will be dependent on how many people you are serving)
- Drain well to remove excess water.
- 1 tbs of cream cheese.
- Blitz all in stick blender or food processor until lumps removed.
- Salt & Pepper to taste

**Carbs:7g**

## **BREAKFAST**

### **Chia Pudding and Berries Serves 1**

#### **Ingredients:**

1 tablespoon Aldi Paleo Mix or Keto Granola  
1 tbs chia seeds  
100ml unsweetened almond milk  
6 blueberries

#### **Method**

- Mix Chia Seeds with almond milk.
- Allow to sit for 20 minutes for Chia Seeds to absorb milk.  
Once absorbed layer your granola or paleo mix and berries.

**Carbs:3g**

## **LUNCH**

### **Chili Tuna, Salad or Veg Serves 1**

#### **Ingredients**

1 x 95g canned chili tuna in oil

**Week 1**



1 serving of Salad mix / coleslaw (Woolworths or Coles premix)  
¼ avocado  
4 baby Roma / cherry tomatoes  
¼ Cup cucumber

## Method

Mix all ingredients together.

**Carbs:4g**

## DINNER

### Keto Fajita Bowls Serves 2

## INGREDIENTS

200 g protein (chicken or beef)  
1 tsp master foods taco seasoning  
¼ Avocado  
1/3 cup cheese  
2 tbsp red capsicum diced  
2 cups salad mix  
2 tbsp sour cream

## METHOD

- Cut up beef or chicken into strips and add 1 teaspoon of taco seasoning to a bowl
- Coat the beef or chicken
- In a non-stick pan (or if you do not have, add 1 teaspoon of oil or butter) fry the beef and / or chicken until cooked
- While your protein is cooking prepare the other ingredients listed above
- Combine all together in one bowl with 1 tbsp of sour cream to finish

**Carbs:5g**

**Week 1**



## **BREAKFAST**

### **Smashed Avocado & Egg on Aldi Low Carb Toast Serves 1**

2 slices of Aldi Low Carb bread with smashed avocado and 2 eggs cooked to your liking  
Salt & Pepper to taste

\*\*NOTE you can add small amount of feta cheese if you need to fill fuller.

**Carbs:7g**

## **LUNCH**

### **Chicken Schnitzel with Coleslaw Serves 1**

#### **Ingredients**

100g of Chicken Breast  
1 teaspoon chives  
1 teaspoon parsley  
1 eggs  
¼ cup almond meal  
1 tablespoon olive oil OR coconut oil

**Week 1**



## Schnitzel Method

- pound chicken to flat, in a bowl mix your eggs.
- In another bowl add your chives and parsley to your almond meal
- Dip chicken breast into egg mix, then dip into schnitzel mix
- Cook in a moderate heat pan until you are sure chicken is fully cooked.

## Coleslaw

1 cup of Woolworths or Coles coleslaw mix, 2 tablespoons of kewpie mayonnaise, salt and pepper to taste.

Can add squeeze of lemon juice if you like (if using mayonnaise)

If you prefer no dairy, replace with apple cider vinegar and 1 teaspoon of olive oil.

**Carbs:11g**

## DINNER

### Porterhouse steak with garlic sautéed buttered green beans Serves 1

200g porterhouse steak – cook to your liking

1 ½ cups of green beans cooked in

1 tablespoon of butter and 1 teaspoon of garlic

**Carbs:7g**

## BREAKFAST

### BACON AND SCRAMBLE EGGS Serves 1

3 slices bacon

¼ cup mushrooms

**Week 1**



¼ cup spinach (can have raw or wilted)  
cooked or raw spinach and mushrooms  
2 eggs – cooked to your liking

**Carbs:2g**

## LUNCH

### **Korean Sticky Beef Cups – Serves 4**

#### **INGREDIENTS**

500g of Ground Beef  
2 cloves garlic minced  
1/4 Cup Tamari  
15-20 drops liquid stevia  
4 tsp sesame oil divided  
1/2 tbsp grated ginger or 1 tsp ground ginger  
1/4 tsp red pepper flakes  
2 tsp sesame seeds (optional)  
2 spring onions sliced (optional)  
8 Large lettuce leaves

#### **METHOD**

- Cook the ground beef with the garlic over high heat.
- Once it is no longer pink, drain the grease and return to the pan.

**Week 1**



- Continue cooking over high heat until the ground beef turns a darker shade of brown and gets a little crispy.
- Meanwhile, while the beef is cooking, combine the soy sauce, stevia, 2 tsp sesame oil, ginger, and red pepper flakes in a small bowl.
- Once the beef is finished cooking, add the soy sauce mixture, reduce heat to medium low and simmer for a few minutes until it is heated through.
- Serve over a lettuce wrap, and top with sesame oil, green onions and sesame seeds.

**Carbs:4g**

## **DINNER**

### **Grilled Protein of Choice (Beef, Chicken or Fish) Serves 1**

#### **Ingredients**

200g of protein – cook to your liking  
1 cup roasted brussels sprouts  
1 cup roasted green beans  
1 tbs olive oil

#### **METHOD**

Use frypan and cook all the above ingredients or roast in oven. Your CHOICE.

**Based on Steak: Carbs:9g**

**Week 1**



**Based on Chicken: Carbs:9g**

**Based on Fish: Calories: Carbs:9g**

## **BREAKFAST**

### **KETO PANCAKES SERVES 2**

#### **INGREDIENTS**

2 eggs large, separated  
60 ml heavy whipping cream  
pinch sea salt  
50 g almond flour finely ground  
½ tsp baking powder gluten free  
5 g unsalted butter

#### **For topping of pancakes**

¼ cup Sugar Free Maple Syrup  
¼ cup thickened Cream  
5 Blueberries





## METHOD

- In a large mixing bowl, combine the egg yolks, whipping cream
- In a small mixing bowl, combine almond flour with baking powder; whisk it into the creamy egg mixture until uniform in appearance.
- Using an electric mixer; beat the egg whites in a separate bowl until soft peaks form. Fold the egg whites into the batter.
- Melt butter in a large non-stick frying pan over medium heat, then wipe with a paper towel to evenly distribute the butter for cooking. Spoon in the batter to make your pancakes; use about 2 tablespoons (30ml) per pancake.
- Cook for 3 minutes, or until lightly browned, and then gently flip each pancake and cook for an additional 2 minutes on the other side. Take care not to agitate the pancake before it's ready to flip or disaster will ensue.

**Carbs:5g**

## LUNCH

### **BUNLESS BURGERS (your choice of protein) mince, chicken, pork** **Serves 1**

## Ingredients

150g mince (can reduce or add depending on how many you are cooking) freeze remaining  
2 large Lettuce leaves- you can use baby coz lettuce too  
1 slice of Cheese just enough to cover the meat  
¼ Avocado  
5 slices of Mushrooms  
¼ Capsicum (red or green)  
½ Tomato sliced  
¼ Onion  
1 tbs each Sour cream and No sugar BBQ sauce is optional  
If you haven't had all your fat intake for the day, then you can add bacon and egg

## METHOD

**Week 1**



- Protein of choice the mince style works better in this situation
- add salt and pepper to mix
- add 1 egg to combine
- can add in some garlic and onion salt to flavor
- chop onion small and mix in together all ingredients
- make into decent sizes patties, remembering that they will shrink when cooking
- cook in fry pan

## SALAD

- Bang lettuce head on bench to remove the stem.
- Then carefully remove your lettuce leaf (this will be the outer bun layer)
- Add in your other salads

**Carbs:11g**

## DINNER

### CURRIED SAUSAGES Serves 4

## INGREDIENTS

1-2 Tablespoons Ghee  
8 Thin beef Sausages  
1 tablespoon of kean curry powder  
2 x cups Chicken stock/bone broth  
1 teaspoon Xanthan Gum  
½ cabbage shredded  
½ broccoli chopped  
1 cup of green beans  
2 zucchinis diced  
Salt and pepper



## METHOD

- Bring a big pot of water to the boil and place sausages in the water, boil for 5 minutes. Remove and allow to cool for 5-10 minutes, then remove skin. Slice sausages
- Heat ghee until hot, quick fry the sausages to brown, remove from the pan, set aside.
- With the remaining ghee left over in the pot add the broccoli, cauliflower and cabbage. Add the curry powder and sauté until they start to caramelize 5 – 10 minutes
- Pour chicken stock into the pot and combine well. Season with salt and pepper and gently simmer for 10 minutes. In a cup stir in 1 tablespoon of hot water into the xanthan gum and don't worry too much about the lumps, they will disappear.
- Pour into the vegetable mixture and stir onto high heat until the sauce starts to thicken.
- Place the sausages and diced zucchinis into the pot, combine well and allow them to stand for 5 – 10 minutes before serving.

**Carbs:8g**