



koia

7 Day Vegan Keto Meal Plan

in partnership w/ Thomas DeLauer





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Breakfast

1. Greek Breakfast Power Bowl



Ingredients:

3 tablespoons (45ml) extra-virgin avocado oil, divided
1 clove garlic, minced
2 teaspoons (2g) chopped fresh rosemary
1 small (200g/7oz) eggplant, roughly chopped
1 medium (200g/7oz) zucchini, roughly chopped
1 tablespoon (15ml) fresh lemon juice
2 tablespoons (6g/0.2oz) chopped mint
1 tablespoon (3g/0.1 oz) chopped fresh oregano
Salt and black pepper, to taste
6 ounces (170g) Halloumi tofu, cubed or sliced
¼ cup (25g/0.9oz) Kalamata olives

4 large eggs, soft-boiled (or hard-boiled or poached)
1 tablespoon (15ml) extra-virgin olive oil, to drizzle

2
servings

15 min
hands-on time

20 min
overall time

Directions:

- Heat a skillet (with a lid) greased with 2 tablespoons (30ml) of the avocado oil over medium heat. Add the garlic and rosemary and cook for 1 minute. Add the eggplant, zucchini, and lemon juice. Stir and cover with a lid, then reduce the heat to medium-low. Cook for 10 to 15 minutes, stirring once or twice, until tender.
- Stir in the mint and oregano. Optionally, reserve some herbs for topping. Season with salt and pepper to taste. Remove from the heat and transfer to a plate. Cover with the skillet lid to keep the veggies warm.
- Grease the same pan with the remaining 1 tablespoon (15ml) avocado oil and cook the Halloumi tofu over medium-high heat for 2 to 3 minutes per side until lightly browned. Place the slices of cooked Halloumi tofu on top of the cooked veggies. Top with the olives and cooked eggs and drizzle with the olive oil. Always serve warm, as Halloumi hardens once it cools. Reheat before serving if necessary.

2. Creamy Cinnamon Porridge



Ingredients:

¼ cup (60ml) coconut milk
¾ cup (180ml) unsweetened almond milk or water
¼ cup (63g/2.2oz) almond butter or hazelnut butter
1 tablespoon (15ml) virgin coconut oil
2 tablespoons (16g/0.6oz) chia seeds
1 tablespoon (7g/0.3oz) flax meal
1 teaspoon cinnamon
¼ cup (35g/1.2oz) macadamia nuts
¼ cup (28g/1oz) hazelnuts
4 Brazil nuts (14g/0.5oz)
Optional: low-carb sweetener, to taste
¼ cup (15g/0.5oz) unsweetened large coconut flakes
1 tablespoon (14g/0.5oz) cacao nibs

2
servings

10 min
hands-on time

10 min
overall time

Directions:

- In a small saucepan, mix the coconut milk and almond milk and heat over medium heat. Once hot (not boiling), take off the heat. Add the almond butter and coconut oil. Stir until well combined. If needed, use an immersion blender and process until smooth.
- Add the chia seeds, flax meal, and cinnamon, and leave to rest for 5 to 10 minutes. Roughly chop the macadamias, hazelnuts, and Brazil nuts and stir in. Add sweetener, if using, and stir. Transfer to serving bowls. In a small skillet, dry-roast the coconut flakes over medium-high heat for 1 to 2 minutes, until lightly toasted and fragrant. Top the porridge with the toasted coconut flakes and cacao nibs (or you can use chopped 100% chocolate). Serve immediately or store in the fridge for up to 3 days.

3. Fat Fueled Cereal Two Ways



Ingredients:

BASE: 4 cups (240g/8.5oz) flaked coconut
1 cup (134g/4.7oz) macadamia nuts, roughly chopped
Pinch of salt
2 tablespoons (30ml) virgin coconut oil, melted
GOLDEN CEREAL
2 teaspoons (4g) ground turmeric
1 teaspoon ground ginger
1 teaspoon cinnamon
1 teaspoon vanilla powder
¼ teaspoon ground black pepper
CHOCOLATE CINNAMON CEREAL
2 tablespoons (11g/0.4 oz) cacao powder
2 teaspoons (5g) cinnamon
Optional: 2 tablespoons (28g/1 oz) cacao nibs or chopped 100% chocolate

TO SERVE

Coconut milk or almond milk

10
servings

5-10 min
hands-on time

25-30 min
overall time

Directions:

- Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional.
- To make the base: Place all of the ingredients for the cereal base, except the melted coconut oil, in a bowl. Add the dry ingredients for your recipe of choice and mix.
- Drizzle in the coconut oil. Spread the mixture evenly on a large baking tray. Bake for 20 to 25 minutes, tossing the mixture and turning the tray halfway through. Remove from the oven and let cool to crisp up.
- Serve with coconut milk, almond milk, or full-fat yogurt. Store at room temperature in a sealed jar for up to 2 weeks.

Breakfast

4. Blender Cinnamon Pancakes w/ Cacao Cream Topping



Ingredients:

CINNAMON PANCAKES

2 cups (200g/7oz) pecans
4 Just Eggs
1 tablespoon (8g/0.3 oz) cinnamon
½ teaspoon baking soda
1 teaspoon fresh lemon juice
or apple cider vinegar
1 tablespoon (15ml) virgin coconut oil

CACAO CREAM TOPPING

1 cup (240ml) coconut cream
½ tablespoons (8g/0.3oz)
raw cacao powder

Optional: low-carb sweetener,
to taste

TO SERVE

9 medium (85g/3oz) strawberries,
sliced
1 tablespoon (6g/0.2oz)
unsweetened shredded coconut

4 (8 pancakes)
servings

20 min
hands-on time

20 min
overall time

Directions:

1. To make the pancakes: Place the pecans in a blender and process until powdered. Add all of the remaining ingredients apart from the coconut oil. Blend again until smooth.
2. Place a nonstick pan greased with 1 teaspoon of the coconut oil over lowheat. Using a ¼-cup (60ml) measure per pancake, cook in batches of 2 to 3 small pancakes over low heat until bubbles begin to form on the pancakes. Use a spatula to flip over, then cook for 30 to 40 seconds and place on a plate. Grease the pan with more coconut oil between batches. Transfer the pancakes to a plate.
3. To make the cacao cream topping: Place the coconut cream in a bowl. Add the cacao powder and sweetener, if using. Whisk until well combined and creamy.
4. Serve the pancakes with the cacao cream, sliced strawberries and a sprinkle of shredded coconut. You can enhance the flavor of the shredded coconut by toasting it in a dry pan for about 1 minute.

5. Crunchy Vanilla Protein Bars



Ingredients:

TOPPING

½ cup (30g/1.1oz) flaked coconut
2 tablespoons (28g/1oz) raw
cacao nibs

BARs

½ cups (150g/3.5oz) almond flour
1 cup (100g/3.5oz) collagen
powder
2 tablespoons (16g/0.6oz) ground
or whole chia seeds
1 teaspoon vanilla powder or
1 tablespoon (15ml) unsweetened
vanilla extract
¼ cup (60ml) virgin coconut oil
½ cup (120ml) coconut milk
½ teaspoons fresh lemon zest
½ cup (45g/1.6oz) macadamia
nuts, halved
Optional: low-carb sweetener,
to taste

8
servings

10 min
hands-on time

1 hr 30 min
overall time

Directions:

1. Preheat the oven to 350°F (175°C) fan assisted or 380°F (195°C) conventional.
2. To make the topping: Place the coconut flakes on a baking tray and bake for 2 to 3 minutes, until lightly golden. Set aside to cool.
3. To make the bars: In a bowl, combine all of the ingredients for the bars. Line a small baking tray with parchment paper or use a silicone baking tray. A square 8 × 8-inch (20×20cm) or a rectangular tray of similar size will work best.
4. Press the dough into the pan and sprinkle with the cacao nibs, pressing them into the bars with your fingers. Add the toasted coconut and lightly press the flakes into the dough. Refrigerate until set, for about 1 hour. Slice to serve. Store in the refrigerator for up to 1 week.

Breakfast

6. On-the-go Savory Granola Bars, Two ways



Ingredients:

BASIC BARS

2 cups (200g/7oz) pecans
½ cup (83g/3oz) tahini
¼ cup (36g/1.3 z) sesame seeds
1 Just Eggs
1 teaspoon salt
1 teaspoon black pepper

GARLIC & HERB

1 teaspoon chili flakes
1 teaspoon dried Italian herbs
½ teaspoon garlic powder
1 ounce (28g) chopped sun-dried tomatoes
1 teaspoon onion powder
2 tablespoons (24g/0.8oz) nutritional yeast
1 tablespoon (15ml) water

CURRIED

1 teaspoon ground turmeric
2 teaspoons (5g) ground cumin

½ teaspoon ground coriander
1 clove garlic, minced
1 teaspoon onion powder

8
bars

5 min
hands-on time

30 min
overall time

Directions:

1. Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional.

2. Roughly chop the pecans or place in a food processor and pulse until chopped but still chunky. Place the pecans in a bowl add the remaining ingredients for your variation of choice.

3. Use your fingers to press the mixture into a medium baking dish (about 8x8 inch [20 x 20 cm]); use a silicone baking dish or a regular baking dish lined with parchment paper. Bake for about 25 minutes or until crispy. Remove from the pan and allow to cool slightly. Slice into 8 bars with a greased sharp knife. Store in a sealed container for up to 3 days or freeze for up to 3 months.

7. Spiced Antioxidant Granola Clusters



Ingredients:

1 cup (75g/2.7oz) unsweetened fine coconut flakes
1 cup (60g/2.1oz) unsweetened large coconut flakes
¼ cup packed (38g/1.3oz) flax meal
¼ cup (38g/1.3oz) chia seeds
½ cup (50g/1.8oz) pecans, chopped
1 cup (145g/5.1oz) blanched almonds, roughly chopped, or flaked almonds
2 teaspoons (5g) cinnamon
1 teaspoon ground anise seed
½ teaspoon ground nutmeg
½ teaspoon ground cloves
1 tablespoon (6g/0.2oz) fresh lemon zest
¼ teaspoon black pepper
¼ teaspoon salt
1 cup (83g/3oz) light tahini
¼ cup (60ml) virgin coconut oil

2 1 Just Eggs
Optional: unsweetened almond milk, coconut cream or coconut yogurt to serve

10 (5 Cups)
servings

10 min
hands-on time

1 hr 20 min
overall time

Directions:

1. Preheat the oven to 265°F (130°C) conventional or 230°F (110°C) fan assisted convection. Line a baking tray with parchment paper.

2. Place all of the dry ingredients, including the lemon zest, in a large bowl. Stir to combine. In a small bowl, mix the tahini with the coconut oil, then add to the dry ingredients. Add the Just Eggs and mix to combine.

3. Spoon onto the lined baking tray and crumble all over. Bake for 1 hour and 10 minutes to 1 hour and 20 minutes, until golden. Remove from the oven and let cool completely; it will crisp up as it cools. Serve on its own or with almond milk, coconut cream or coconut yogurt. Store in a jar at room temperature for up to 2 weeks or freeze for up to 3 months.

Lunch

1. Super Green Tabbouleh



Ingredients:

1 medium (400g/14.1oz) broccoli, cut into florets
2 tablespoons (30ml) extra-virgin avocado oil
2 medium (30g/1.1oz) spring onions, sliced
1 small (60g/2.1oz) red onion, chopped
1 clove garlic, minced
1½ cups (90g/3.2oz) chopped fresh parsley
¾ cup (40g/1.4oz) chopped fresh mint
1 medium (100g/3.5oz) tomato, diced
1 small (150g/5.3oz) cucumber, peeled and diced
½ cup (120ml) extra-virgin olive oil
½ cup (120ml) fresh lemon juice
Salt and black pepper, to taste
¾ cup (85g/3oz) macadamia nuts or hazelnuts, crushed

8
servings

20 min
hands-on time

20 min
overall time

Directions:

1. Place the broccoli florets in a food processor and process using a grating blade or an S blade until it resembles rice.
2. Heat a large pan greased with the avocado oil over medium-high heat. Add the broccoli rice and cook for about 5 minutes. Remove from the heat and set aside to cool.
3. To the bowl with the cooked broccoli rice, add the spring onions, red onion, garlic, parsley, mint, tomato, and cucumber.
4. In a small bowl, whisk the olive oil with the lemon juice until it thickens slightly. Pour over the vegetables, stir to combine, and season with salt and pepper to taste. Top with the crushed nuts. Serve immediately or store in a sealed container in the fridge for up to 4 days.

2. Green Goddess Salad



Ingredients:

GREEN GODDESS DRESSING
½ cup (120ml) vegan mayonnaise
½ cup (20g/0.7oz) roughly chopped fresh herbs, such as parsley, dill, basil, tarragon, and/or chives
½ teaspoon onion powder
2 small (8g/0.3 oz) canned anchovies, chopped
1 clove garlic, minced
2 tablespoons (15ml) fresh lemon or lime juice
Salt and black pepper, to taste
SALAD
2 cups (60g/2.1oz) fresh spinach
2 cups (60g/2.1oz) watercress and/or arugula
1 small (60g/2.1oz) red onion, sliced

1 medium (120g/4.2oz) red bell pepper, sliced
1 large (200g/7oz) avocado, sliced
3 tablespoons (24g/0.9oz) pumpkin seeds, chopped
½ recipe (about 5 tablespoons) Green Goddess Dressing

2 main
servings

10 min
hands-on time

10 min
overall time

Directions:

1. To make the dressing: Place all the dressing ingredients in a food processor and process until smooth and creamy. You will only need half of the dressing for this recipe. Store the remaining dressing in a sealed jar in the fridge for up to 5 days.
2. To assemble the salad: Place the spinach and watercress in a mixing bowl. Add the onion, bell pepper and avocado. Sprinkle with the pumpkin seeds and drizzle with the prepared dressing. Toss to combine and serve. To store, refrigerate the dressed salad for up to 1 day.

3. Chilled Avocado Pesto Soup



Ingredients:

2 large (400g/14.1 oz) avocados, pitted and peeled
1 large (300g/10.6 oz) cucumber, peeled and roughly chopped
2 cloves garlic, crushed
¼ cup (60ml) fresh lime or lemon juice
2½ cups (600ml) vegetable or chicken stock
1 cup (240ml) coconut milk
Salt and black pepper, to taste
¾ cup (180ml) Pesto
¼ cup (15g/0.5oz) chopped fresh chives or spring onion

6
servings

15 min
hands-on time

15 min
overall time

Directions:

1. To make the soup: Place all the ingredients except the pesto, chives, and optional cheese in a blender. Process until smooth. Divide among serving bowls, top each with chives, and drizzle with 2 tablespoons (30g) pesto.
2. Refrigerate (without toppings) in a sealed container for up to 3 days. Serve with a slice of focaccia!

Dinner

1. Halloumi Tofu Curry Skillet



Ingredients:

2 packs (500g/1.1lb) Halloumi Tofu
2 tablespoons (30ml) extra-virgin avocado oil
1 teaspoon onion powder
½ teaspoon garlic powder
1½ tablespoons (10g/0.4oz) mild or medium curry powder
½ teaspoon ground turmeric
¼ teaspoon ground black pepper
¼ cup (60g/2.1oz) tomato paste
½ cup (120ml) coconut milk
1 cup (240ml) water
1 small (450g/1 lb) cauliflower, cut into small florets
Salt, to taste
2 tablespoons (16 g/0.6 oz) coconut flour
Fresh cilantro or parsley, to serve

4
servings

15 min
hands-on time

20 min
overall time

Directions:

1. Cut the Halloumi tofu into 8 slices, each about ¾ inch (2 cm) thick. Heat a large skillet greased with the avocado oil over medium-high heat. Cook the Halloumi tofu slices in batches, turning them so they cook on all sides. At first, they will be hard to turn, but once they develop a crispy golden crust, it's time to turn them and it will be easy to do so. When done, transfer to a plate and keep warm.
2. To the skillet in which you browned the Halloumi tofu, add the onion powder, garlic powder, curry powder, turmeric, pepper, tomato paste, coconut milk, and water. Bring to a boil and add the cauliflower. Cover with a lid and cook until fork-tender, 7 to 10 minutes. Season with salt to taste.
3. Remove the lid and mix in the coconut flour to thicken the sauce. Finally, add the browned Halloumi tofu and cook briefly to heat through. Serve warm on its own, or with cauli-rice or some Quick Keto Bread. Store in the fridge for up to 5 days.

2. Eggplant Manicotti

Ingredients:

2 medium (600g/1.3lb) eggplants
2 tablespoons (30ml) extra-virgin avocado oil, divided
Pinch of salt and black pepper
1 pack (250g/8.8oz) vegan cream cheese
Pinch of ground nutmeg
7 ounces (200g) frozen spinach, thawed and squeezed dry (weight excludes water squeezed out)
1 clove garlic, crushed
2 tablespoons (8g/0.3oz) chopped fresh basil
2 tablespoons (8g/0.3oz) chopped fresh parsley
1 cup (113g/4oz) vegan mozzarella cheese, divided
¼ cup (60ml) Marinara Sauce

4
servings

20 min
hands-on time

1 hr
overall time

Directions:

1. Preheat the oven to 400°F (200°C) fan assisted or 425°F (220°C) conventional. Line a two baking trays with parchment paper.
2. Cut the eggplants into about ¼-inch (1 cm)-thick slices; you should have a total of 12 slices. Place the slices on the baking trays. Brush with half of the avocado oil, and season with salt and pepper. Bake for 20 to 25 minutes, rotating the tray halfway through to ensure even cooking. Remove from the oven and let them cool down. Reduce the temperature to 355°F (180°C) fan assisted or 400°F (200°C) conventional.
3. Meanwhile, combine the vegan cream cheese, nutmeg, spinach, garlic, basil, and parsley in a large bowl. Add half of the vegan mozzarella. Mix well.
4. Grease a baking dish with the remaining 1 tablespoon (15 ml) avocado oil. Place 2 heaping tablespoons of the filling (about 50 g/1.8 oz) onto each eggplant slice and roll up. Repeat until all of the slices and filling are used. Place the eggplant rolls in the greased baking dish, seam-side down. Spread the marinara sauce on top of the rolls and sprinkle the remaining mozzarella.
5. Bake for 20 to 25 minutes, until the eggplant is cooked and the cheese has melted. Eat warm. To store, refrigerate for up to 5 days.

3. Tricolore Pasta Bowl



Ingredients:

1 tablespoon (15ml) extra-virgin avocado oil
2 medium (400g/14.1oz) zucchini, spiralized
¼ cup (60ml) extra-virgin olive oil
¼ cup (60ml) marinara sauce
3.5 ounces (100g) vegan mozzarella, sliced
10 pitted Kalamata or green olives (30g/1.1 oz)
Fresh basil leaves, salt, and pepper, to taste

2
servings

10 min
hands-on time

10 min
overall time

Directions:

1. Grease a skillet with the avocado oil. Once hot, add the zucchini noodles. Cook for 1 to 3 minutes, until desired doneness. (You can even skip this step and simply serve them uncooked.) Mix the "zoodles" with the olive oil, followed by all of the remaining ingredients. Serve immediately or store in the fridge for up to 1 day.

Dinner

4. Wild Mushroom Risotto



Ingredients:

1 cup (30g/1.1oz) wild dried porcini mushrooms, or 2 cups (100g/3.5oz) fresh wild mushrooms
1 cup (240ml) hot water
½ medium (360g/12.7oz) cauliflower
3 tablespoons (45ml) extra-virgin avocado oil, divided
½ small (30g/1.1oz) red onion
1 clove garlic, minced
1 cup (30g/11oz) fresh spinach, chopped
½ cup plus 2 tablespoons (57g/2 tablespoons (8g/0.3oz) chopped fresh herbs, such as parsley, basil, chives, and/or thyme
1½ teaspoons fresh lemon juice
2 tablespoons (30ml) extra-virgin olive oil

2
servings

30 min
hands-on time

30 min
overall time

Directions:

1. Place the dried mushrooms in a bowl and add the hot water. Soak for at least 30 minutes to soften, and then drain.
2. Run the cauliflower through a hand grater or food processor with the S or the grating blade. Process until the florets resemble grains of rice. Set aside.
3. Grease the same skillet in which you cooked the chicken with the remaining 2 tablespoons (30 ml) avocado oil. Add the onion and cook for 3 to 5 minutes. Add the garlic and cook for 1 minute. Add the cauli-rice and cook for 5 to 7 minutes or until crisp-tender. Add the soaked mushrooms, spinach, herbs, and lemon juice. Cook to heat through, and season with salt and pepper.
4. Remove from the heat and drizzle with the olive oil. Sprinkle with more herbs and add the remaining cheese. Serve warm, or let it cool down and refrigerate for up to 4 days.

5. Roasted Eggplant with Tahini Dressing



Ingredients:

3 medium eggplants (900g/2lb)
¼ cup (60ml) extra-virgin avocado oil
Salt and black pepper, to taste
1 Tahini Dressing of your choice
1 tablespoon (9g/0.3oz) sesame seeds
Fresh parsley, to taste, for topping
Optional: chili flakes, to taste, for topping

6
servings

10 min
hands-on time

50 min
overall time

Directions:

1. Preheat the oven to 410°F (210°C) fan assisted or 445°F (230°C) conventional.
2. Cut the eggplants in half lengthwise and score the flesh in a crisscross pattern with a sharp knife. Brush with the oil, and then sprinkle with salt and pepper. Place on a baking tray, cut-side up, and roast in the oven for 30 to 40 minutes, until the flesh is cooked through and golden.
3. Place the eggplant halves cut-side up on a serving plate. Drizzle the dressing over, and sprinkle with the sesame seeds. Top with chopped parsley and chile flakes, if using. Try it with fish, steak, or on its own.

Snacks

1. Superseed Crackers

Ingredients:

½ cup (47g/1.6oz) sunflower seeds
¼ cup (48g/1.7oz) sesame seeds
¼ cup (56g/2oz) flaxseeds
¼ cup (38g/1.3oz) chia seeds
½ cup (43g/1.5oz) pumpkin seeds
2 tablespoons (18g/0.6 oz) poppy seeds
1 teaspoon coarse black pepper
1 teaspoon salt
1 cup (240ml) water
CHEESY CRACKERS
3 tablespoons (36g/1.3oz) nutritional yeast
1 teaspoon garlic powder
2 teaspoons (3g) dried Italian herbs
4-6 pieces (28g/1oz) sun-dried tomatoes, finely chopped

GOLDEN CRACKERS

1 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon onion powder
½ teaspoon chile flakes or
¼ teaspoon chile powder
¼ teaspoon ground coriander

24
servings

10 min
hands-on time

1 hr 30 min
overall time

Directions:

1. Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional.
2. To make the basic crackers: Place all the ingredients for the basic crackers, apart from the water, in a bowl. Combine well. Place about ½ cup (75g) of the mixture into a food processor and process until finely ground, scraping down the sides of the food processor as needed. Return the ground seed mixture to the bowl.
3. Add the remaining ingredients for your recipe of choice and stir until well combined. Finally, add the water. Mix with a spoon until well combined, then let the mixture sit for 5 to 10 minutes.
4. Place a silicone mat or a piece of heavy-duty parchment paper in a 10 x14-inch (25 x 35 cm) baking tray. Transfer the dough to the tray and spread with a rubber spatula, shaping it into the rectangular shape of the silicone mat, until it is about ¼ inch (3 mm) thick. Use a pizza cutter to cut it into 24 crackers (6 rows by 4 columns).
5. Bake for 50 to 60 minutes, until crispy and golden brown. When done, remove from the oven, and cut through the precut crackers. Let them cool down and crisp up on a cooling rack for 20 to 30 minutes before serving. Store for up to 2 weeks at room temperature in a sealed container.

2. Vegan Taramasalata



Ingredients:

1 small (400g/14.1 oz) cauliflower, cut into florets
¼ cup (60ml) fresh lemon juice, divided
2 tablespoons (30ml) apple cider vinegar, divided
1 cup (240ml) plus 2 tablespoons (30ml) extra-virgin olive oil, divided
½ teaspoon black pepper

8
servings

10 min
hands-on time

30 min
overall time

Directions:

1. Place the cauliflower florets in a steamer pot filled with 1 cup (240ml) water and cover with a lid. Bring to a boil and cook over medium-high heat until soft, for 12 to 15 minutes. Remove the lid to let the steam escape and let the cauliflower cool to room temperature.
2. Place in a food processor about 2 tablespoons (30ml) of the lemon juice, 1 table-spoon (15ml) of the apple cider vinegar, and ¼ cup (60ml) of the extra-virgin olive oil. Process until combined, then add the remaining 2 tablespoons (30ml) lemon juice and 1 tablespoon (15ml) vinegar. Process again until combined.
3. Add the cooked and cooled cauliflower florets and black pepper. Start blending, slowly drizzling in ¾ cup (180ml) olive oil as you do so. The taramasalata is ready when there are no visible pieces left and the mixture is smooth and creamy.
4. Transfer to a bowl, drizzle with the remaining 2 tablespoons (30ml) olive oil, and serve. To store, place in a sealed container and refrigerate for up to 1 week.

3. Fennel Tzatziki



Ingredients:

1 medium (150g/5.3oz) cucumber
½ small (85g/3oz) fennel bulb
2 cups (500g/1.1lb) plain non dairy yogurt
5 tablespoons (75ml) extra-virgin olive oil, divided
2 tablespoons (30ml) fresh lemon juice
1 teaspoon finely grated fresh lemon zest
1 clove garlic, crushed
2 tablespoons (3g) chopped fresh dill
Salt and black pepper, to taste

6
servings

10 min
hands-on time

10 min
overall time

Directions:

1. Grate the cucumber and place it in a bowl. Drain any excess juices. Finely slice the fennel, or place in a food processor and use a slicing blade to process until finely sliced. Add it to the bowl with the cucumber. Add the yogurt, 3 tablespoons (45 ml) of the olive oil, lemon juice, lemon zest, garlic, dill, salt, and pepper. Stir to combine and drizzle with the remaining 2 tablespoons (30 ml) olive oil. Store in the fridge in a sealed jar for up to 5 days.

Snacks

4. Hummus



Ingredients:

To SOAK
1 cup (134g/4.7oz) macadamia nuts
TO ROAST
2 medium (400g/14.1oz) zucchini
2 tablespoons (30ml) extra-virgin avocado oil
TO BLEND
¼ cup (64g/2.2oz) tahini
2 cloves garlic, minced
¼ cup (60ml) fresh lemon juice
2 tablespoons (30ml) olive oil
1 teaspoon ground cumin
Fresh herbs, such as parsley or cilantro
Salt and black pepper, to taste
TOPPING
2 tablespoons (30ml) olive oil
Pinch of paprika and/or ground cumin
1 tablespoon (9g/0.3oz) white and/or black sesame seeds

12
servings

10 min
hands-on time

3 hrs
overall time

Directions:

1. TO SOAK: Place the macadamias in a bowl and add enough filtered water to cover them. Soak for about 2 hours, and then drain and discard the water.
2. TO ROAST: Meanwhile, preheat the oven to 320°F (160°C) fan assisted or 355°F (180°C) conventional. Cut off the ends of the zucchini and cut in half lengthwise.
3. Arrange on a baking tray, cut-side up, and brush with the of avocado oil. Bake for 30 minutes or until browned on top.
4. To BLEND: Add all the ingredients, apart from the topping ingredients, to a food processor. Blend until smooth. Season with salt and pepper to taste.
5. Transfer to a bowl and add the topping drizzle with the olive oil and sprinkle with paprika and sesame seeds. Store in a sealed container in the fridge for up to 5 days or freeze for up to 3 months. To defrost, place in the fridge overnight.

5. Nut Butter



Ingredients:

1½ cups (200g/7oz) macadamia nuts
1 cup (100g/3.5oz) pecans
½ cup (125g/4.4oz) coconut butter
5 tablespoons (80g/2.8oz) light tahini
2 teaspoons (5g) cinnamon
1 teaspoon vanilla powder or
1 tablespoon (15ml) unsweetened vanilla extract
¼ teaspoon salt

2
cups

10 min
hands-on time

50 min
overall time

Directions:

1. Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional. Line a baking tray with parchment.
2. Place the macadamias and pecans on the baking tray, transfer to the oven, and bake for about 30 minutes. Remove the nuts from the oven, let cool for about 10 minutes, and then transfer to a food processor while still warm.
3. Add the remaining ingredients. Blend until smooth and creamy, 2 to 3 minutes, scraping down the sides as needed with a spatula. Transfer to a jar and store at room temperature for up to 1 week or in the fridge for up to 1 month..

6. Upgraded Baba Ghanoush



Ingredients:

½ cup (67g/2.4oz) macadamias
Enough filtered water to cover the nuts
3 medium eggplants (750g/1.65 b), to yield about 600g/13 lb edible cooked parts
¼ cup (83g/3oz) tahini
¼ cup (60ml) fresh lemon juice
2 cloves garlic, roughly chopped
1 teaspoon ground cumin
1 tablespoon (9g/0.3oz) ground turmeric
½ teaspoon black pepper
¼ teaspoon chili powder
3 tablespoons (12g/0.4oz) chopped fresh parsley, plus more for topping
¼ cup (60ml) plus 1 tablespoon (15ml) extra-virgin olive oil, divided
Salt, to taste
Pinch of paprika or chile flakes, for topping

10
servings

15 min
hands-on time

3 hrs
overall time

Directions:

1. Place the macadamias in a bowl and add enough water to cover them. Soak for about 2 hours, and then drain and discard the water.
2. Place the eggplants on a baking tray lined with parchment paper. Using a fork, prick the skin of each eggplant several times. Place under a broiler for 5 to 8 minutes, until the skin is lightly charred. Turn the tray halfway through.
3. Turn the broiler off and pre-heat the oven to 430°F (220°C) fan assisted or 465°F (240°C) conventional. Bake for 30 to 40 minutes. The eggplants will be wrinkly and very soft inside when they are done. Remove from the oven and set aside until they are cool enough to handle.
4. Slit the eggplants and scoop the flesh out. Discard the skins, stems, and excess juices left in the tray. Place the cooked eggplant flesh in a food processor. Add the soaked macadamias, tahini, lemon juice, garlic, cumin, turmeric, pepper, chili powder, parsley, and ¼ cup (60ml) of the olive oil. Blend until smooth and creamy. Season with salt to taste.
5. Transfer to a bowl or a storage container, drizzle with the remaining 1 tablespoon (15ml) olive oil, and sprinkle with ground paprika and more parsley. To store, seal and refrigerate for up to 5 days.

Snacks

7. Cauli-rice two ways



Ingredients:

1 medium (720 g/1.6 lb) cauliflower
2 tablespoons (30 ml) extra-virgin avocado oil

Salt and black pepper, to taste
2 tablespoons (30 ml) extra-virgin olive oil, for topping

SPANISH RICE

½ small (30g/1.1oz) red onion, diced

½ medium (60g/2.1oz) red bell pepper, diced

1 small (85g/3oz) tomato, chopped
1 teaspoon paprika

½ cup (50g/1.8oz) sliced black olives

ITALIAN RICE

1 teaspoon fresh lemon zest
1 tablespoon (15 ml) fresh lemon juice

2 tablespoons (17 g/0.6 oz) capers

½ cup (50 g/1.8 oz) green pitted olives, sliced

¼ cup (15g/0.5oz) chopped fresh herbs, such as parsley, basil, and thyme

4 servings

15 min hands-on time

15-20 min overall time

Directions:

1. Run the cauliflower florets through a hand grater or food processor with a grating blade. Pulse until the florets resemble grains of rice.

2. To make Spanish cauli-rice: Grease a large saucepan with the avocado oil. Add the onion and bell pepper. Cook over medium heat for about 3 minutes. Add the cauliflower rice and cook for 5 to 7 minutes, stirring occasionally. Stir in the tomatoes and paprika. Cook for 2 minutes, remove from the heat, and toss through the olives. Season to taste, drizzle with the olive oil, and serve.

3. To make Italian cauli-rice: Grease a large saucepan with the avocado oil. Add the lemon zest, lemon juice, and cauliflower rice. Cook for 5 to 7 minutes, stirring occasionally, until tender. Remove from the heat, and toss through the capers, olives, and herbs. Drizzle with the olive oil and serve.

4.) Let cool and store in a sealed container in the fridge for up to 5 days

8. Green Veg & Macadamia Smash

Ingredients:

½ cup (100g) macadamia nuts
Enough water to cover and soak the macadamias

7 ounces (200g) cavolo nero or kale, stalks removed and chopped
1 medium head (500g/1.1lb) broccoli, cut into florets, or broccolini

2 cloves garlic, crushed
¼ cup (60ml) extra-virgin olive oil

2 tablespoons (30ml) fresh lemon juice

4 medium (60g/2.1oz) spring onions, sliced

¼ cup (15g/0.5oz) chopped fresh herbs, such as parsley, dill, basil, or mint

Salt and black pepper, to taste

6 servings

20 min hands-on time

2hrs 20 min overall time

Directions:

1. Place the macadamias in a small bowl and add enough water to cover them. Soak for about 2 hours, then drain. Discard the water.

2. Fill a large pot with about 1½ cups (360 ml) of water, then insert a steamer colander. Bring to a boil over high heat, then reduce to medium high. Add the cavolo nero and cook for 6 minutes. Add the broccoli and cook for 8 minutes or until fork-tender. Remove the lid, let the steam escape, and let cool slightly.

3. Place the cooked vegetables in a blender or a food processor. Add the soaked macadamias, garlic, olive oil, lemon juice, spring onions, and fresh herbs (you can reserve some for topping).

4. Process to the desired consistency (smooth or chunky). Season with salt and pepper to taste and serve. To store, let cool completely and store in a sealed container in the fridge for up to 5 days.

9. Braised Fennel

Ingredients:

2 large (500g/1.1lb) fennel bulbs
¼ cup (60ml) extra-virgin avocado oil, divided

1 small (30g/1.1oz) shallot or red onion

1 clove garlic, sliced
4 to 6 thyme sprigs

1 small bunch (15g/0.5oz) fresh parsley, leaves and stalks separated
1 cup (240ml) water

3 tbsp (45ml) fresh lemon juice
Salt and black pepper, to taste

¼ cup (60ml) extra-virgin olive oil, to drizzle

4 servings

15 min hands-on time

50 min overall time

Directions:

1. Cut off the fennel stalks where they attach to the bulb. Reserve the stalks. Cut the fennel bulb in half, trim the hard bottom part, and cut into wedges.

2. Heat a saucepan greased with 2 tablespoons (30 ml) of the avocado oil over medium-high heat. Sauté the shallot, garlic, thyme sprigs, parsley stalks, and hard fennel stalks for about 5 minutes. Add the water, bring to a boil, and simmer over medium heat for 10 minutes. Remove from the heat, set aside for 10 minutes, and then strain the stock, discarding the aromatics.

3. Preheat the oven to 355°F (180°C) fan assisted or 400°F (200°C) conventional.

4. Heat an ovenproof skillet greased with the remaining 2 tablespoons (30ml) of avocado oil over medium-high heat and add the fennel wedges. Sear until caramelized, about 5 minutes, turning once. Pour the stock and the lemon juice over the fennel wedges, and season with salt and pepper. Loosely cover with a piece of aluminum foil. Bake for about 30 minutes. When done, the fennel should be easy to pierce with the tip of a knife.

5. Remove from the oven and scatter with the chopped parsley leaves and drizzle with the olive oil. To store, let cool and refrigerate for up to 5 days.

Snacks

10. Roasted Asparagus



Ingredients:

ROMESCO SAUCE
2 large (340g/12oz) red bell peppers or 7 ounces (200g) cooked jarred red bell peppers
1 medium (100g/3.5oz) tomato, halved, or equivalent amount canned chopped tomatoes
½ cup (68g/2.4oz) peeled hazelnuts
2 cloves garlic, roughly chopped
2 tablespoons (30ml) fresh lemon juice
About 2 tablespoons (8g) chopped fresh parsley, basil, mint, or fennel
¼ cup (60ml) extra-virgin olive oil
Salt and black pepper, to taste

ROASTED ASPARAGUS
1.3 pounds (600g) asparagus, tough ends removed
2 tablespoons (30ml) extra-virgin avocado oil
Pinch of salt and black pepper
½ recipe Romesco Sauce (about 1 cup/240 ml)

4 servings

10 min hands-on time

45 min overall time

Directions:

- To make the sauce: If you're using fresh bell peppers, preheat the oven to 340°F (170°C) fan assisted or 375°F (190°C) conventional. Place the whole bell peppers and halved tomato on a baking tray lined with parchment paper and bake for 30 to 35 minutes. (If using canned chopped tomatoes, omit them here and add them to the food processor with the peeled peppers, below.) Remove from the oven and let cool for 10 minutes. Use a sharp knife to cut through the peppers and let the steam escape. Remove and discard the stems and seeds, then peel off the skins. (You can skip this step if you're using jarred peppers.)
- Transfer the peeled peppers to a food processor or blender. Add the remaining ingredients and process until smooth and creamy. You will only need half of the sauce per 4 servings. Leftover sauce can be stored in a sealed jar in the fridge for up to 1 week and served cold or warm.
- To make the asparagus: Preheat the oven to 355°F (180°C) fan assisted or 400°F (200°C) conventional. Place the asparagus spears on a baking tray lined with parchment paper. Drizzle with the avocado oil and season with salt and pepper. Bake for 8 to 12 minutes (the exact time depends on the thickness of the spears).
- Serve warm with the prepared Romesco sauce.

11. Roasted Cauliflower Shawarma



Ingredients:

1 large (1kg/2.2lb) cauliflower, cut into florets
½ cup (80ml) extra-virgin avocado oil
1 clove garlic, minced
1½ teaspoons ground cumin
1½ teaspoons ground coriander
1 teaspoon ground turmeric
1½ teaspoons smoked or sweet paprika
½ teaspoon ground cardamom
1 teaspoon cinnamon
½ teaspoon cayenne pepper
1 tablespoon (15ml) fresh lemon juice
1 teaspoon salt, or to taste
½ teaspoon black pepper, or to taste
2 tablespoons (30ml) extra-virgin olive oil

6 servings

10 min hands-on time

40 min overall time

Directions:

- Place the cauliflower in a large bowl. In a small bowl, combine all of the remaining ingredients apart from the olive oil and optional herbs. Pour the spiced oil mix over the cauliflower and toss to cover on all sides. (Wear disposable gloves to prevent your hands from staining.) Marinate for 30 minutes or refrigerate to marinate overnight.
- Preheat the oven to 400°F (200°C) fan assisted or 425°F (220°C) conventional. Line one to two baking trays with parchment paper.
- Add the cauliflower in a single layer on the baking trays. Pour any remaining marinade over the florets. Transfer to the oven and bake for 30 to 35 minutes, turning the baking dish halfway to ensure even cooking. Remove from the oven and drizzle with the olive oil. Serve warm, or let it cool down, place in a container, and refrigerate for up to 5 days.

12. Nordic Stone Age Bread



Ingredients:

½ cup (84g/3oz) flaxseeds
½ cup (76g/2.7oz) chia seeds
½ cup (72g/2.5oz) sesame seeds
¼ cup (32g/1.1oz) pumpkin seeds
¼ cup (35g/1.2oz) sunflower seeds
½ cup (72g/2.5oz) whole almonds, chopped
½ cup (68g/2.4oz) blanched hazelnuts, chopped
½ cup (50g/1.8oz) pecans or walnuts
1 teaspoon salt, or to taste
1 teaspoon coarse black pepper
4 Just Eggs
½ cup (120ml) extra-virgin olive oil

1 Loaf 14 servings

5 min hands-on time

1hr 15 min overall time

Directions:

- Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional. Line a loaf pan with parchment paper.
- In a mixing bowl, combine all of the dry ingredients. Add the Just Eggs and olive oil and stir through until well combined. Pour the dough into the loaf pan. Transfer to the oven and bake for about 1 hour or until the top is crisp.
- Remove from the oven and let cool slightly in the pan before transferring to a wire rack to cool completely before slicing. Store at room temperature for up to 3 days loosely covered with a kitchen towel, refrigerate for up to 10 days, or freeze for up to 3 months.

Desserts

1. Chocolate Hazelnut Truffles



Ingredients:

FILLING

1¾ cups (236g/8.3oz) blanched hazelnuts, divided
½ cup (125g/4.4oz) coconut butter
4 tablespoons (57g/2oz) butter or ¼ cup (60 ml) virgin coconut oil
¼ cup (25g/0.9oz) collagen powder
¼ cup (22g/0.8oz) raw cacao powder
1 teaspoon vanilla powder or cinnamon
Optional: low-carb sweetener, to taste

CHOCOLATE COATING

2.5 ounces (75g) 100% dark chocolate
1 ounce (28g) cacao butter
Pinch of salt

12
truffles

20 min
hands-on time

2 hr 30 min
overall time

Directions:

1. Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional.

2. To make the filling: Spread the hazelnuts on a baking tray and roast for 40 to 50 minutes, until lightly golden. Remove from the oven and let cool for a few minutes.

3. Place 1 cup (136g/4.8oz.) of the roasted hazelnuts in a food processor. Process for 1 to 2 minutes, until chunky. Add the coconut butter, butter, collagen powder, cacao powder, vanilla, and sweetener, if using. Process again until well combined. Place the dough in the fridge to set for 1 hour.

4. Reserve 12 hazelnuts for filling and crumble the remaining hazelnuts into small pieces.

5. To make the chocolate coating: Line a baking tray with parchment. Melt the dark chocolate and cacao butter in a double boiler, or use a heatproof bowl placed over a small saucepan filled with 1 cup (240ml) of water, placed over medium heat. Remove from the heat and let cool to room temperature before using for coating. Alternatively, use a microwave and melt in short 10- to 15-second bursts until melted, stirring in between.

6. Remove the dough from the fridge and use a spoon to scoop about 1 ounce (28g) of the dough. Press one whole hazelnut into the center and use your hands to wrap the dough around to create a truffle. Place in the freezer for about 15 minutes.

7. Gently pierce each very cold truffle with a toothpick or a fork. Working one at a time, hold the truffle over the melted chocolate and spoon the chocolate over it to coat completely. Turn the toothpick as you work until the coating is solidified. Place the coated truffles on the lined tray and drizzle any remaining coating over them. Before they become completely solid, roll them in the chopped nuts. Refrigerate the coated truffles for at least 15 minutes to harden. 8. Keep refrigerated for up to 1 week or freeze for up to 3 months.

2. Lemon Berry Cream Pops



Ingredients:

CREAM POPS

2 cups (480ml) coconut cream
1 tablespoon (15ml) unsweetened vanilla extract
Optional: low-carb sweetener to taste

2 cups (300g/10.6oz) raspberries, fresh or frozen and defrosted

COATING

1½ cups (340g/12oz) coconut butter
¼ cup (60ml) virgin coconut oil
Zest from 2 lemons, about 2 tablespoons (12g/0.4oz)
1 teaspoon unsweetened vanilla extract

8
ice pops

20 min
hands-on time

3-4 hrs
overall time

Directions:

1. To make the cream pops: In a bowl, whisk the coconut cream with the vanilla and optional sweetener until smooth and creamy. In another bowl, crush the raspberries using a fork, then add them to the bowl with the coconut cream and mix to combine.

2. Divide the mixture among eight ½ cup (80 ml) ice pop molds. Freeze until solid for 3 hours, or until set.

3. To easily remove the ice pops from the molds, fill a pot as tall as the ice pops with warm (not hot) water and dip the ice pop molds in for 15 to 20 seconds. Remove the ice pops from the molds and then freeze again.

4. Meanwhile, prepare the coating: Place the coconut butter and coconut oil in a small saucepan over low heat. Stir until smooth, remove from the heat, and add the lemon zest and vanilla. Let cool to room temperature.

5. Remove the ice pops from the freezer, two at a time, and, holding the ice pops over the saucepan, use a spoon to drizzle the coating all over. Return to the freezer until fully set, about 10 minutes. Store in the freezer in a resealable bag for up to 3 months.

3. Cholesterol Caring Nut Clusters

Ingredients:

CLUSTER BASE

1 cup (134g/4.7oz) macadamia nuts
1 cup (100g/3.5oz) pecan halves
½ cup (62g/2.2oz) pistachios
¼ cup (63g/2.2oz) tahini or coconut butter (although tahini is preferable)
1 large egg
1 teaspoon vanilla powder
2 teaspoons (5g) cinnamon

TOPPING

2 ounces (57g) dark chocolate
1 tablespoon (15ml) virgin coconut oil or cacao butter
Pinch of flaked salt

18
mini clusters

15 min
hands-on time

35 min
overall time

Directions:

1. Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional.

2. To make the cluster base: Roughly chop the nuts or place in a food processor and pulse until chopped but still chunky. Add the remaining base ingredients. Press the "dough" into 18 mini muffin cups and bake for 15 to 20 minutes, until crispy. Remove from the oven and allow to cool completely. Just before adding the chocolate topping, place them in the freezer for 5 to 10 minutes.

3. Meanwhile, make the topping: Melt the dark chocolate and coconut oil in a double boiler, or use a heatproof bowl placed over a small saucepan filled with 1 cup (240 ml) of water, placed over medium heat. Let cool to room temperature. Alternatively, use a microwave and melt in short 10-15 second bursts until melted, stirring in between.

4. Top the cooled clusters with the melted dark chocolate and flaked salt. Store in a sealed container in the fridge for up to 2 weeks or freeze for up to 3 months.

Desserts



4. Amber DeLauers Raspberry Lava Cake

6
servings

15 min
hands-on time

45 min
overall time

Vegan Option

Ingredients:

- 12oz Just Eggs
- 1/2 cup coconut cream
- 1 tsp vanilla extract
- 1/2 cup vegan butter, melted
- 2 tbsp cream cheese, room temp/warmed
- 3/4 cup granulated sweetener
- 1 cup cocoa powder
- 1.5 tsp baking powder
- 1/4 tsp salt

Raspberry Coulis

- 2 cups raspberries, fresh or frozen
- 1/2 cup Monkfruit Sweetener (or similar)
- 1/2 cup water
- 1 tbsp chia seeds

Non-Vegan Option

Ingredients:

- 6 eggs
- 1/2 cup heavy cream
- 1 tsp vanilla
- 1/2 cup butter, melted
- 2 tbsp cream cheese, room temp/warmed
- 3/4 cup granulated sweetener
- 1 cup cocoa powder
- 1.5 tsp baking powder
- 1/4 tsp salt

Raspberry Coulis

- 2 cups raspberries, fresh or frozen
- 1/2 cup Monkfruit Sweetener (or similar)
- 1/2 cup water
- 1 tbsp chia seeds

Cake Directions (applies to both options):

1. Preheat to 400
2. Grease six (6) small 3-4" cake pans or ramekins very well and set aside.
3. Whip eggs, coconut cream (or heavy) and vanilla in a standing mixer.
4. Slowly incorporate vegan melted butter (or regular) as you continue to mix on low speed. Set aside.
5. In another bowl, sift together the cocoa powder, sweetener, baking powder and salt.
6. Incorporate the cocoa powder mixture into the egg mixture, and mix on low until smooth.
7. Add the warmed vegan cream cheese (or regular) and mix again, scraping the sides of the bowl and mixing again.
8. Divide the batter evenly into the 6 cake pans.
9. Bake at 400 for 8 minutes - or until the edges are firm and the middle is jiggles when carefully shaken. *BE CAREFUL NOT TO OVERCOOK*. It will look undercooked, and continue to cook after it's removed from the oven.
10. Line a plate with raspberry coulis (optional).
11. When cakes are cooled completely, loosen edges with a butter knife and flip on top of the plate and enjoy!

Raspberry Coulis

Directions:

1. Add all ingredients to a medium saucepan.
2. Bring to a boil over medium-high heat.
3. Reduce heat to medium, and continue to boil for 6-8 minutes, or until the sauce has thickened to about the consistency of syrup, squishing the raspberries with your spoon as they cook and soften.
4. Set pan aside to cool.
5. Once cooled, add the sauce to a blender to blend until smooth (I like to use an immersion blender).
6. Place a fine strainer/sifter over a bowl, and slowly pour the mixture through the strainer to catch the seeds and pulp. You can use a spoon to gently help the sauce through the strainer.
7. Store in an airtight container and refrigerate for up to a week :)

Meal Planner

Fill in the # of what you plan to make from each category.

Day 1 : Monday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 2 : Tuesday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 3 : Wednesday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 4 : Thursday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 5 : Friday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 6 : Saturday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 7 : Sunday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Notes:

Meal Planner

Fill in the # of what you plan to make from each category.

Day 1 : Monday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 2 : Tuesday

Breakfast: _____

Lunch: _____

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Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 4 : Thursday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 5 : Friday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 6 : Saturday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Day 7 : Sunday

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Dessert: _____

Notes:

Grocery List

Use this guide to help you plan your grocery list for your meal plan.

Day 1 : Monday

Day 2 : Tuesday

Day 3 : Wednesday

Day 4 : Thursday

Day 5 : Friday

Day 6 : Saturday

Day 7 : Sunday

Notes:
