

*The Ketogenic*

# KICKSTART COURSE

8 WEEK KETO MEAL PLAN COURSE



FAT FOR  
WEIGHT  
LOSS



# Weekly Overview

	Breakfast	Lunch	Dinner	Macros
<b>Monday</b>	Coconut Blueberry Vanilla Smoothie	Creamy Mushroom Chicken	Blackened Salmon with Avocado Salsa	<b>Calories: 1320</b> <b>Fats: 99g</b> <b>Protein: 95g</b> <b>Net Carbs: 29g</b>
<b>Tuesday</b>	Bacon Spinach Frittata	Blackened Salmon with Avocado Salsa	Savory Shrimp Keto Stir-fry	<b>Calories: 1291</b> <b>Fats:96g</b> <b>Protein: 111g</b> <b>Net Carbs: 18g</b>
<b>Wednesday</b>	Intermittent Fast	Savory Shrimp Keto Stir-fry	Tasty Chili Lime Steak	<b>Calories: 866</b> <b>Fats: 61g</b> <b>Protein: 66g</b> <b>Net Carbs: 19g</b>
<b>Thursday</b>	Keto Egg Butter with Smoked Salmon	Tasty Chili Lime Steak	Bacon Wrapped Stuffed Zucchini	<b>Calories: 1415</b> <b>Fats: 102g</b> <b>Protein: 90g</b> <b>Net Carbs: 26g</b>
<b>Friday</b>	Coconut Blueberry Vanilla Smoothie	Bacon Wrapped Stuffed Zucchini	Buttered Cod in Skillet	<b>Calories: 1292</b> <b>Fats: 99g</b> <b>Protein: 79g</b> <b>Net Carbs: 31g</b>
<b>Saturday</b>	Bacon Spinach Frittata	Buttered Cod in Skillet	Taco Stuffed Avocado	<b>Calories: 1307</b> <b>Fats: 95g</b> <b>Protein: 112g</b> <b>Net Carbs: 19g</b>
<b>Sunday</b>	Keto Egg Butter with Smoked Salmon	Taco Stuffed Avocado	Keto Curried Tuna Salad	<b>Calories: 1440</b> <b>Fats: 106g</b> <b>Protein: 115g</b> <b>Net Carbs: 18g</b>
<b>TOTAL</b>	65% Fat	30% Protein	5% Carbs	<b>8931 Calories</b> <b>(1276 calories per day)</b>

# SNACKS

Snack options with caloric variations

*The list below gives you an indication of what you might be able to add to your meal plan if the calories don't quite suit your needs.*

## 50 Calories

- 10 Cherry Tomatoes
- 4 Pickles / Gherkins – Also watch for added sugar.
- 1 Portion Laughing Cow cheese (full fat only)
- 2 Sticks Celery and 1 Tbsp Cream Cheese
- 1 Tbsp Guacamole
- 30g Seaweed Sheets (nori sheets)
- 1 Tbsp Sunflower Seeds
- 1 Tbsp Pumpkin Seeds
- 1 Tbsp Chia Seeds
- 1 Tbsp Cocoa Nibs – A quick alternative to chocolate bars

## 100 Calories

- 30g Cheddar Cheese
- 30g Brie
- 1 Tbsp Nut Butter
- 1 Tbsp MCT Oil Powder (or liquid)
- 1 Boiled Egg
- Single Serve String cheese
- 150 Calories
- 30g Almonds
- 1/2 Avocado
- 15 Kale chips with Olive Oil
- Cheesecake Fat Bombs
- 1/4 Cup Frozen berries blended with 2 tablespoons of heavy cream
- 30g Beef Jerky – Mind there is no added sugar

- 30g Dark chocolate or any Stevia sweetened chocolate
- Single Serve Canned Tuna
- 30g Pepperoni / Ham Slices
- Canned Sardines

## 200 Calories

- 2 Rashers Bacon
- 30g Walnuts
- 30g Pecans
- 30g Brazil Nuts
- 30g Macadamia Nuts
- 1 X Quest bars / Low Carb Protein Bars
- 1 Cup Bone Broth
- Protein shake with Almond Milk (24g Protein)
- 10 Pork rinds

## 300 Calories

- Whole Avocado
- 1 Keto Coffee / Bulletproof coffee

# Shopping List

- Meat

- 12 slices Bacon (0.3 oz per slice)
- 150 grams Chicken breast
- 300 grams Ground beef
- 250 grams Rump steak

- Seafood

- 300 grams Cod fillet
- 300 grams Salmon fillet
- 300 grams Shrimp
- 4 slices Smoked salmon (1 oz each slice)

- Dairy

- 11 Tbsp Butter
- 2 Tbsp Cream cheese
- 10 whole Eggs
- 3 Tbsp Mayonnaise
- ½ cup Mozzarella cheese
- 1 cup Parmesan cheese

- Fats

- 3 1/2 cups Avocado
- 4 tsp Coconut oil
- 4 Tbsp Olive oil
- ¼ cup Almonds

- Herbs and Spices

- Black pepper
- Sea salt
- 2 tsp Cajun seasoning
- 3 tsp Chili flakes or red pepper flakes
- 1 tsp Chili powder
- 2 Tbsp Coriander
- 2 tsp Cumin powder
- 1 tsp Curry powder
- 1 tsp Dried thyme
- 1 tsp Dried oregano
- 2 tsp Garlic powder
- 1 tsp Onion powder
- 2 Tbsp Parsley

# Shopping List

- Other

- ½ cup Almond milk
- 1 1/2 cups Coconut milk
- 2 Tbsp Tomato sauce
- 1 tsp Vanilla powder

- Vegetables

- 4 Tbsp Artichoke hearts
- 2 cups Asparagus
- 2 cups Cauliflower
- 1 cup Crimini mushroom
- 2 cups Mushroom
- 1/2 cup Frozen spinach
- 2 cups Fresh spinach
- 4 cloves Garlic
- 2-inches Ginger
- 4 stalks Green onion
- ½ Jalapeno
- ½ Lettuce
- 2 onions
- 1 Red onion
- ½ cup Tomatoes
- 200 grams Zucchini

- Fruits

- ½ cup Blueberries
- 2 Limes
- 2 Lemons

# Bacon Spinach Frittata

Calories 429 | Fats 34g | Protein 31g | Net Carbs 3.5g

- Preparation Time: 5 Mins
- Cooking Time: 20 Mins
- Servings: 2 servings

## Ingredients

- 4 eggs
- ½ cup almond milk
- 2 Tbsp onion
- ½ cup tomatoes
- ½ cup spinach
- 4 slices bacon (0.3 oz each slice)
- 2 Tbsp olive oil

## Method

1. Preheat your oven to 200 C (400 F)
2. In a frying pan, cook the bacon until cooked through. Dice into small chunks and set aside.
3. In a medium bowl, whisk the eggs, and and almond milk together.
4. In the leftover bacon fat, dice and cook the onions until tender (around 3 minutes). Add tomato (diced) and cook for a further 3 minutes.
5. Wilt the spinach, then add the whisked eggs and milk. Cook for 5 minutes over medium heat until eggs begin to set.
6. Place in the oven for 5-10 minutes, and serve

# Keto Egg Butter with Smoked Salmon

Calories 544 | Fats 49g | Protein 32g | Net Carbs 6g

- Preparation Time: 5 Mins
- Cooking Time: 15 Mins
- Servings: 2 servings

## Ingredients

- 4 eggs
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 2 Tbsp butter, at room temperature
- 1 cup avocados, sliced
- 2 tsp olive oil
- 1 tbsp fresh parsley, chopped
- 2 slices smoked salmon (2 oz per slice)

## Method

1. Bring a pot of water to the boil, and place your eggs in for 5 minutes. Remove and place into ice water.
2. Peel and mix the eggs with the butter, season with salt and pepper to taste.
3. Serve with diced avocado, olive oil, parsley, smoked salmon and some more salt if desired.

# Coconut Blueberry Vanilla Smoothie

Calories 400 | Fats 37g | Protein 7g | Net Carbs 16.5g

- Preparation Time: 5 Mins
- Cooking Time: 5 Mins
- Servings: 1 serving

## Ingredients

- 1/2 cup coconut milk, canned
- 1/2 cup water
- 1/8 tsp vanilla powder
- pinch finely ground sea salt
- 2 Tbsp almonds
- 1/4 cup organic blueberries
- 8 ice cubes

## Method

1. Combine all ingredients and place it in a blender.



# Creamy Mushroom Chicken

Calories 504 | Fats 31g | Protein 50g | Net Carbs 6g

- Preparation Time: 5 Mins
- Cooking Time: 20 Mins
- Servings: 1 serving

## Ingredients

- 150g / 5 oz Chicken Thigh
- ½ small onion
- 1 cup Mushrooms
- sea salt to taste
- 1/4 tsp dried thyme
- 1 Tbsp butter
- 1/4 cup coconut milk

## Method

1. Heat a medium frying pan, dice and cook the onion for 3 minutes until translucent, add butter, mushrooms, sauté until browned. Remove from the frying pan.
2. Add the chicken, cook either side for 5 minutes until cooked all the way through. Add the thyme, coconut and onion mushroom mixture back into the pan, cook for a further 7 minutes until coconut cream turns a nice golden colour.
3. Serve warm.

# Tasty Chili Lime Steak

Calories 419 | Fats 28g | Protein 25g | Net Carbs 10.5g

- Preparation Time: 10 Mins
- Cooking Time: 10 Mins
- Servings: 2 servings

## Ingredients

- 1 Tbsp olive oil
- 2 Tbsp freshly squeezed lime juice
- 1 Tbsp fresh chopped cilantro
- 1 clove garlic , crushed
- red pepper flakes to taste
- ¼ tsp ground Cumin
- sea salt to taste
- 250 grams rump steak
- ½ cup avocado, sliced, to serve

## Method

1. Mix the olive oil, lime juice, cilantro (coriander), garlic, cumin, salt and red pepper flakes. Add in the raw steak, and marinate for 30 minutes covered in the fridge.
2. Heat a frying pan to high heat, and sear the steak either side for 3-4 minutes.
3. Serve with Avocado

# Blackened Salmon with Avocado Salsa

Calories 416 | Fats 30g | Protein 39g | Net Carbs 6g

- Preparation Time: 5 Mins
- Cooking Time: 10 Mins
- Servings: 2 servings

## Ingredients

For the blackened salmon:

- 2 tsp coconut oil
- 300 grams salmon fillet
- 2 tsp Cajun seasoning

For the avocado salsa:

- 1 cup avocado, diced
- 2 Tbsp red onion, diced
- 1/2 jalapeno, finely diced
- 2 tsp cilantro, chopped
- 2 tsp lime juice
- salt to taste

## Method

For the blackened salmon:

1. Heat a frying pan to medium, add oil and salmon skin side down, and season the underneath with the Cajun seasoning.
2. Flip once the skin is crispy, cook for a further 2-3 minutes

For the avocado salsa:

1. Combine the salsa ingredients in a bowl, squasing it all together with a fork, and serve with the salmon.

# Savory Shrimp Keto Stir-fry

Calories 447 | Fats 33g | Protein 41g | Net Carbs 8.5g

- Preparation Time: 10 Mins
- Cooking Time: 15 Mins
- Servings: 2 servings

## Ingredients

- 300 grams shrimp, shelled and deveined
- 2 inches ginger, diced
- 2 stalks green onion, sliced
- 2 garlic cloves, crushed
- 2 cups mushroom, sliced
- ½ lemon zest
- ½ tsp sea salt to taste
- 4 Tbsp butter, melted
- 2 cups cauliflower, roughly chopped.
- 2 tsp coconut oil

## Method

1. Preheat oven to 180 C (355 F)
2. On a baking tray, add the cauliflower and coconut oil. Cook for 10 minutes.
3. In a bowl, add the ginger, green onion, garlic, mushrooms, zest and butter. Stir to combine, then add shrimp and coat generously.
4. On the same baking tray, add the marinated shrimp and cook for 20 minutes.
5. Serve and enjoy.

# Bacon Wrapped Stuffed Zucchini

Calories 452 | Fats 25g | Protein 34g | Net Carbs 9g

- Preparation Time: 10 Mins
- Cooking Time: 30 Mins
- Servings: 2 servings

## Ingredients

- 1 zucchini, halved lengthwise (200 grams)
- 2 Tbsp cream cheese, softened
- 4 Tbsp finely chopped artichoke hearts
- 1/2 cup frozen spinach, defrosted, drained, and chopped
- 1/2 cup shredded mozzarella
- 1/2 cup freshly grated Parmesan
- 1 Garlic clove, minced
- 1 tsp Chilli flakes
- sea salt to taste
- Freshly ground black pepper
- 8 slices bacon (0.3 oz each slice)

## Method

1. Preheat your oven to 180 C (355 F).
2. Deseed the zucchini using a spoon (or slice out with a knife).
3. Combine cream cheese, artichoke hearts, mozzarella, spinach, parmesan, garlic and chilli flakes in a bowl. Spoon this mixture into the insides of the zucchini.
4. Wrap each slice of zucchini with bacon, and bake for 35 minutes
5. Serve and enjoy.

# Taco Stuffed Avocado

Calories 439 | Fats 25g | Protein 43g | Net Carbs 10.5g

- Preparation Time: 5 Mins
- Cooking Time: 20 Mins
- Servings: 2 servings

## Ingredients

- 300 g / 10 oz ground beef (mince)
- ½ tsp chili powder
- sea salt to taste
- ¼ tsp cumin
- ¼ tsp dried oregano
- garlic powder to taste
- onion powder to taste
- 2 Tbsp Tomato sauce
- 1 cup avocado, sliced
- 1/2 cup parmesan cheese, shredded
- 1/2 cup lettuce shredded

## Method

1. In a medium frying pan, cook the beef until brown.
2. Add the tomato sauce, and remaining spices, cook for 4 minutes.
3. Half the avocados and fill with ground beef and lettuce, season with parmesan

# Buttered Cod in Skillet

Calories 440 | Fats 36g | Protein 38g | Net Carbs 5g

- Preparation Time: 5 Mins
- Cooking Time: 5 Mins
- Servings: 2 servings

## Ingredients

- 300 g / 10 oz cod fillet
- 4 Tbsp butter
- 2 cups asparagus, to serve

## Seasoning:

- 1/4 tsp garlic powder
- salt to taste
- ground pepper to taste
- 1/4 tsp paprika
- Few lemon slices
- Herbs parsley or cilantro

## Method

1. Mix all seasoning ingredients together.
2. In a medium frying pan, add butter and cod, cook on one side, then cover both sides of fish with seasonings, and continue to cook the other side.
3. Drizzle cod with fresh lemon juice. Serve with steam or baked asparagus.

# Keto Curried Tuna Salad

Calories 457 | Fats 31g | Protein 40g | Net Carbs 2g

- Preparation Time: 5 Mins
- Cooking Time: 5 Mins
- Servings: 1 serving

## Ingredients

- 1 cup tuna, drained
- 3 Tbsp mayonnaise
- 2 tsp curry powder
- 1 tsp dried parsley
- Salt and pepper, to taste
- 1 cup fresh spinach, to serve

## Method

1. Drain the tuna, and place into a medium mixing bowl.
2. Mix with mayonnaise and remaining seasonings
3. Serve on a bed of spinach, or mix in with the tuna if desired.



# Substitutions

## Common Substitutions For Common Allergies

Below are the best ways to substitute common ingredients. As there are many different types of allergens, I've tried to include as many as I think is necessary for you to pursue any of my included recipes with ease. As always, if there is something that is not on this list, [please contact me](#) for any further enquiries.

**Almonds** Replace with Pumpkin seeds or sunflower seeds.

**Almond Milk** Replace it with Coconut milk 4:1 since coconut milk is higher in calories.

**Cheese** Cheese is hard to simply replace, unless you find a good product that tastes like cheese. I really like Bio Cheese – which can be found here: <http://www.mylifebio.net.au/> - Otherwise omit cheese from your recipe.

**Butter** Can be replaced by Ghee, Olive oil or Coconut Oil in most cases. 1:1 Ratio

**Coconut Oil** Can be replaced with Olive Oil, Ghee or Butter at a ratio of 1:1

**Cream Cheese** Usually the sour cream substitutes above will also work for cream cheese.

**Eggs** For every egg required, add 2 Tbsp. chia seeds or flax seeds soaked in 3 Tbsp. water.

**Milk** Coconut Milk or Almond Milk work best for this. Make sure they are unsweetened and say so on the packaging. Ratio 1:1

**Shellfish** If you are allergic to shellfish, I recommend either replacing the protein source with another type, like chicken or beef. If you are vegetarian, try having tempeh or tofu. I'll go for tempeh since it's less processed than tofu.

**Yoghurt** Coconut Yoghurt or Soy Yoghurt. As above, I usually don't recommend using soy products, but If dairy is a bigger issue, you're definitely better off. Ratio of 1:1