

The Ketogenic

KICKSTART COURSE

8 WEEK KETO MEAL PLAN COURSE



FAT FOR
WEIGHT
LOSS



Weekly Overview

	Breakfast	Lunch	Dinner	Macros
Monday	Low Carb Pancakes with Strawberry and Cream	Keto Creamy Chicken Lettuce Wraps	Salmon with Asparagus and Pine Nuts	Calories: 1250 Fats: 82g Protein: 89g Net Carbs: 15g
Tuesday	Cheesy Keto Bacon Omelette	Salmon with Asparagus and Pine Nuts	Keto Yellow Beef Curry	Calories: 1388 Fats: 101g Protein: 103g Net Carbs: 19g
Wednesday	Intermittent Fast	Keto Yellow Beef Curry	Keto Cobb Salad	Calories: 1215 Fats: 100g Protein: 63g Net Carbs: 24g
Thursday	Keto Chia Smoothie Bowl	Keto Cobb Salad	Keto Coconut Chicken Noodle Soup	Calories: 1473 Fats: 123g Protein: 64g Net Carbs: 34g
Friday	Low Carb Pancakes with Strawberry and Cream	Keto Coconut Chicken Noodle Soup	Salmon and Cream Cheese Pinwheels	Calories: 1207 Fats: 86g Protein: 71g Net Carbs: 15g
Saturday	Cheesy Keto Bacon Omelette	Creamy Keto Slaw	Salmon and Cream Cheese Pinwheels	Calories: 1358 Fats: 107g Protein: 85g Net Carbs: 110g
Sunday	Keto Chia Smoothie Bowl	Creamy Bacon Prawns	Creamy Keto Slaw	Calories: 1571 Fats: 141g Protein: 62g Net Carbs: 23g
TOTAL	71% Fat	24% Protein	5% Carbs	9660 Calories (1380 calories per day)

Shopping List

- Meat

- 10 slices Bacon (nitrate-free, if possible)
- 120 grams Chicken breast
- 3 Chicken thighs
- 250 grams Beef, in cubes
- 340 grams Ground beef

- Seafood

- 60 grams Prawns, shelled and deveined
- 2 Salmon fillets, skin-on
- 200 grams Smoked salmon

- Dairy

- 2 cups Cream cheese
- 9 whole Eggs
- 1 cup Heavy Whipping Cream
- ½ cup Homemade mayonnaise

- Fats

- 2 Avocados
- 2 Tbsp Pine nuts
- 1 Tbsp Chia seeds
- 1 Tbsp Sesame seeds
- 2 Tbsp Coconut oil
- ½ cup Olive oil
- ¼ cup Sesame seed oil

- Herbs and Spices

- Black pepper
- Sea salt
- 1 tsp Chili powder
- 1 Tbsp Coriander or cilantro leaves
- 1 tsp Dijon mustard
- 1 tsp Italian herbs or dried oregano
- 1 tsp Ground ginger
- 2 Kaffir lime leaves
- 1 tsp Rosemary
- 2 tsp Thyme
- 2 Tbsp Yellow curry paste

Shopping List

- Other

- 400 ml Coconut cream, unsweetened
- 250 ml Coconut milk
- 1 Tbsp Desiccated coconut
- 2 tsp Erythritol (optional)
- 2 Tbsp Fish sauce
- 1 Tbsp Gluten-free soy sauce
- 200 grams Miracle noodles or shirataki pasta
- ¼ cup Protein pancake mix
- 1 tsp Sriracha sauce
- ½ tsp Vanilla extract
- 200 ml Vegetable stock

- Fruits

- ¼ cup Blueberries
- ¼ cup Strawberries
- 1 Lemon
- 2 Limes

- Vegetables

- 250 grams Asparagus
- 1 Brown onion
- 1 Red onion
- 200 grams Brussels sprouts
- 12 Cherry tomatoes
- 2 cups Cos or Romaine lettuce
- 200 grams Cabbage mix (Dry slaw)
- 2-inches Ginger
- 10 whole Green beans
- 3 large Lettuce leaves (Iceberg lettuce)
- ½ cup Mushroom

Keto Chia Smoothie Bowl

Calories 456 | Fats 45g | Protein 6g | Net Carbs 14g

- Preparation Time: 5 Mins
- Cooking Time: 0 Mins
- Servings: 1 serving

Ingredients

- 100 ml Unsweetened Coconut Cream
- 1/8 Avocado
- 1 Tbsp water
- 1/2 Tbsp Chia Seeds
- 1/4 tsp Erythritol (optional)
- 1/4 tsp Vanilla Extract
- 1/2 Tbsp Desiccated Coconut
- 1 piece Blueberry

Method

1. In a blender, place the coconut cream, avocado, water, erythritol and vanilla extract. Blend until creamy. (Depending on how large your avocado is, you may need to add a little more or less water)
2. Place the smoothie into a bowl, and place your chia seeds, blueberry, and desiccated coconut in a fancy way. Enjoy!

Cheesy Keto Bacon Omelette

Calories 428 | Fats 31g | Protein 31g | Net Carbs 3g

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

Ingredients

- 6 Large Eggs
- 60 gram Cheddar Cheese, grated
- 4 Slices bacon

Method

1. Heat a frying pan to medium-high heat, wait until you can feel the heat by hovering your hand 5 centimetres above the pan.
2. Place the bacon in the pan and cook until crispy.
3. In a regular bowl, whisk the eggs.
4. Remove the bacon along with as much grease as possible (use or save it). Pour in the whisked eggs.
5. Cook for approximately 3-4 minutes, place the cheese and bacon on one half of the omelette and flip one side over onto the cheese and bacon. Cook for another 1-2 minutes.

Low Carb Pancakes with Strawberry and Cream

Calories 411 | Fats 28g | Protein 17g | Net Carbs 2g

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

Ingredients

- 1/4 cup [Protein Pancake Mix](#)
- 1 Egg
- 50 ml Unsweetened coconut milk
- 2 Tbsp Heavy Cream
- 2 Strawberries, halved

Method

1. Combine all the ingredients in a bowl. Using a whisk, mix thoroughly. Let the mixture sit for 5 minutes to thicken slightly.
2. Lightly spray a frying pan with oil. Heat until almost smoking, this seals the pan and prevents sticking! Once hot, turn to a low heat and wait for 30 seconds.
3. Spoon the mixture into a non-stick pan on a low heat, forming 3 pancakes approximately 10 cm in diameter.
4. Once bubbles appear, flip each pancake and cook for an extra 30 seconds or until golden brown.

Keto Creamy Chicken Lettuce Wraps

Calories 499 | Fats 32g | Protein 40g | Net Carbs 10g

- Preparation Time: 10 Mins
- Cooking Time: 20 Mins
- Servings: 1 serving

Ingredients

- 120 grams Chicken breast
- 3 Large Lettuce Leaves
- 3 Cherry Tomatoes
- 1 Tbsp Red Onion
- 3 Tbsp Homemade Mayonnaise
- 1 Tbsp Coriander or cilantro
- 1 Tbsp Sesame Seed Oil
- dash Salt and Pepper

Method

1. Place the chicken breast on a baking tray, cover with some sesame seed oil and bake for 20 mins at 180C (355F).
2. Cut the 3 large leaves of lettuce from the stalks to make cups (Iceberg works best).
3. Slice the tomatoes and red onion, placing them in each lettuce cup.
4. Remove the chicken from the oven and slice into small strips.
5. Mix the mayonnaise with the coriander, add a little sesame seed oil and drop over the lettuce cups. Cover with salt and pepper.

Keto Cobb Salad

Calories 595 | Fats 52g | Protein 23g | Net Carbs 10g

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

Ingredients

- 4 Slices bacon
- 2 Whole Boiled Egg
- 1 Whole Avocado
- 60 grams Cheddar Cheese
- 2 cup Cos or Romaine Lettuce
- 8 Whole Cherry Tomatoes
- 2 tablespoon olive oil

Method

1. Cook the bacon and boil the eggs. Make it hard boiled eggs.
2. Place the lettuce into a bowl.
3. Slice the avocado, cheese, cherry tomatoes and place into the lettuce.
4. Drizzle with olive oil, and put the bacon and sliced egg on top.
5. Serve and enjoy!

Salmon with Asparagus, Brussels sprouts and Pine Nuts

Calories 340 | Fats 22g | Protein 32g | Net Carbs 2.5g

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

Ingredients

For the salmon:

- 2 Pieces Salmon (Skin On)
- 1 Tbsp Coconut Oil
- 2 Wedges Lemon, For Serving

For the baked Brussels sprouts:

- 100 grams brussels sprouts, Halved
- 1 Tbsp olive oil Oil or Spray
- salt and pepper to taste
- ½ tsp Dried Oregano or mixed Italian style herbs

For the asparagus and pine nuts:

- 250 grams Asparagus
- 2 Tbsp pine nuts
- 1 Tbsp Sesame Seeds
- 1 Tbsp olive oil

Method

For the salmon:

1. Heat a frying pan to high heat. When the pan has come up to heat, add in a little coconut oil and place salmon skin side down.
2. Cook for 5 mins on the skin side (or until the skin is very crispy. Flip the fish over, and cook for a further 5 mins for medium rare, or 7-9 mins for well done.
3. Remove from the pan, sprinkle with salt and cover with some squeezes of lemon.

For the baked Brussels sprouts:

1. Slice the brussels sprouts in half, and place them into a large bowl.
2. Cover the brussels with olive oil, and mix around until they are completely covered
3. Line a baking sheet with baking paper, and place the brussels sprouts cut side up onto the sheet. Cover with salt and pepper, and bake for 30 mins at 180 C (355 F).

For the asparagus and pine nuts:

1. Preheat your oven to 180C (355 F).
2. Remove the woody ends of the asparagus, and place onto a baking tray covered in olive oil, pine nuts and sesame seeds.
3. Cook for 15 mins. Serve with salt and pepper as a delicious side dish.

Keto Yellow Beef Curry

Calories 620 | Fats 48g | Protein 40g | Net Carbs 14g

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

Ingredients

- 1 Tbsp Coconut Oil
- 250 grams Diced Beef
- 2 Tbsp Yellow Curry Paste
- 2 Kaffir Lime Leaves
- 10 Green Beans
- 1 Tbsp Fish Sauce
- 1 Tbsp Lime Juice
- 200 ml Coconut Cream
- 1 tsp Erythritol (optional)

Method

1. Dice your beef if you have bought gravy steak or rump steak and place it in a frying pan on high heat with 1 Tbsp Coconut oil.
2. Turn until all sides of the beef are brown. This should take around 5 minutes.
3. Add the coconut cream, yellow curry paste, Kaffir lime leaves and the green beans, and cook for 10 mins on low.
4. Finally, add the fish sauce, lime juice and erythritol, and mix together well.

Keto Coconut Chicken Noodle Soup

Calories 422 | Fats 26g | Protein 35g | Net Carbs 10g

- Preparation Time: 10 Mins
- Cooking Time: 20 Mins
- Servings: 2 servings

Ingredients

- 3 Chicken Thighs
- 200 ml Coconut Milk
- 200 ml Vegetable Stock
- 1 tsp Ginger
- 2 tsp Lime Juice
- ½ tsp lime zest
- 1 packet miracle noodles or shirataki pasta

Method

1. Slice the chicken thighs into ½ inch cubes (2cm).
2. In a large saucepan, add the chicken, coconut milk, vegetable stock, sliced ginger, lime juice and zest.
3. Bring it to a boil, and simmer for 15 minutes until chicken cubes are cooked through.
4. In a separate frying pan, dry fry the miracle noodles by removing them from the packet, and simply frying them in the frying pan for 8 minutes.
5. In 2 bowls, add the miracle noodles, then the soup, dividing the chicken out between the bowls.

Creamy Keto Slaw

Calories 556 | Fats 44g | Protein 35g | Net Carbs 4g

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

Ingredients

- 340 grams Beef Mince (Ground Beef)
- 1/3 Whole Brown Onion
- ½ Tbsp Gluten Free Soy Sauce
- 4 tsp Sesame Oil
- ½ tsp ground ginger
- 1 1/2 tsp Fish Sauce
- ½ tsp Sriracha Sauce
- 200 grams Dry Slaw (Cabbage Mix)
- 3 Tbsp Homemade Mayonnaise
- 1 1/2 tsp Dijon Mustard

Method

1. Heat a frying pan up to a medium-high heat.
2. Dice the onion and add both the onion and the beef mince to the pan. Cook until the mince goes slightly brown and the onion becomes soft.
3. Add the soy sauce, ginger, sesame seed oil and fish sauce to the mince. Let it simmer for 2 minutes.
4. Add the dry slaw mix to the frying pan and let it simmer whilst the cabbage begins to break down and become soft.
5. Mix the mayonnaise and the dijon mustard together, and add to the frying pan, mix around quickly and serve.

Salmon and Cream Cheese Pinwheels

Calories 374 | Fats 32g | Protein 19g | Net Carbs 3g

- Preparation Time: 10 Mins
- Cooking Time: 0 Mins
- Servings: 2 servings

Ingredients

- 1 Cup Cream Cheese
- 200 grams Smoked salmon
- 1 tsp Thyme
- 1 tsp Rosemary

Method

1. In between two sheets of cling wrap, place the block of cream cheese and roll it out flat.
2. Take one side of the plastic off and cover with smoked salmon. Place the plastic back on, flip over and cover with herbs.
3. Roll the salmon over the cream cheese and place in the fridge for 2 hours to cool. Cut up into pinwheels and serve!

Creamy Bacon Prawns

Calories 559 | Fats 52g | Protein 21g | Net Carbs 5g

- Preparation Time: 10 Mins
- Cooking Time: 20 Mins
- Servings: 1 serving

Ingredients

- 60 grams Prawns, shelled and deveined
- ½ cup mushrooms, sliced
- 2 slices bacon, nitrate free if possible
- ½ cup heavy whipping cream
- ½ tsp Thyme, chopped
- ½ tsp Chili, chopped
- freshly ground black pepper
- Sea Salt

Method

1. Cut the bacon in 1 inch (2cm) pieces.
2. Heat a frying pan to medium heat. Begin to cook the bacon until its slightly cooked, but not crispy. This will take about 5 mins.
3. Add the sliced mushrooms and cook for 5 minutes, stirring regularly.
4. Add the prawns and saute on a high flame for about 2 minutes.
5. Add the cream, thyme, chili, salt and pepper. Lower the heat and let cook for 1 minute, or until the cream reaches a slightly thicker, browner look.
6. Serve on a plate and enjoy.

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.

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.

Coconut Oil Can be replaced with Olive Oil or Ghee 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.

Heavy cream Coconut cream can be an alternative.

Mayonnaise Coconut yogurt, unsweetened can do.

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

Pine nuts Replace with Pumpkin seeds or sunflower seeds.

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