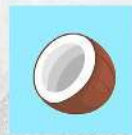


The Ketogenic

KICKSTART COURSE

8 WEEK KETO MEAL PLAN COURSE



FAT FOR
WEIGHT
LOSS



Weekly Overview

	Breakfast	Lunch	Dinner	Macros
Monday	Keto Egg Wrap	Lime and Pepper Grilled Chicken	Bacon and Egg Salad	Calories: 1365 Fats: 99g Protein: 86g Net Carbs: 30g
Tuesday	Keto Toast with Butter and Jam	Bacon and Egg Salad	Keto Fathead Pizza	Calories: 1371 Fats: 105g Protein: 78g Net Carbs: 28g
Wednesday	Intermittent Fast	Keto Fathead Pizza	Keto Taco Salad	Calories: 1084 Fats: 82g Protein: 78g Net Carbs: 13g
Thursday	Keto Fried Eggs with Chili Sauce	Keto Taco Salad	Keto Green Chicken Curry	Calories: 1462 Fats: 120g Protein: 80g Net Carbs: 24g
Friday	Keto Egg Wrap	Keto Green Chicken Curry	Keto Beef and Coconut Soup	Calories: 1414 Fats: 100g Protein: 104g Net Carbs: 26g
Saturday	Keto Toast with Butter and Jam	Keto Beef and Coconut Soup	Bunless Chicken Burger	Calories: 1322 Fats: 87g Protein: 100g Net Carbs: 34g
Sunday	Keto Fried Eggs with Chili Sauce	Bunless Chicken Burger	Thyme Butter Basted Rib Eye	Calories: 1575 Fats: 130g Protein: 81g Net Carbs: 17g
TOTAL	67% Fat	25% Protein	8% Carbs	9613 Calories (1373 calories per day)

Shopping List

- Meat

- 4 slices Bacon (nitrate-free, if possible)
- 6 slices salami
- 340 grams ground or minced beef
- 500 grams beef, cubes
- 170 grams rib-eye steak
- 1 fillet of chicken breast
- 4 pieces of chicken thighs, skin-on

- Dairy

- 2 Tbsp butter
- 100 grams cheddar cheese
- 1 Tbsp cream cheese
- 15 large eggs
- 1 ½ cups Mozzarella cheese
- ½ cup sour cream

- Fats

- 1 whole avocado
- 1 Tbsp chia seeds
- 1 cup coconut oil
- 1 Tbsp olive oil

- Herbs and Spices

- Black pepper
- Sea salt
- 2 tsp dried oregano
- ½ cup fresh coriander or cilantro leaves
- 1 sprig fresh thyme
- 1 tsp garlic powder
- 1 tsp paprika
- 1 packet taco seasoning
- 2 Tbsp green curry paste
- 2 Kaffir lime leaves

Shopping List

- Others

- ½ cup almond flour
- 1 tsp baking powder
- 4 pieces beef stock cubes
- 200 ml coconut cream, unsweetened
- 1 Tbsp coconut flour
- 500 ml coconut milk, unsweetened
- ½ cup Erythritol
- 1 Tbsp fish sauce
- 1 Tbsp liquid aminos
- 1 Tbsp mustard, sugar-free
- ¼ cup Passata sauce or tomato sauce, sugar-free
- 2 Tbsp salsa, sugar-free
- 30 grams whey protein powder
- ¼ cup white wine vinegar

- Fruits

- 1 lemon
- 2 limes
- 1 cup strawberries

- Vegetables

- 1 brown onion
- 1 white onion
- 2 red onions
- 1 shallot
- 100 grams Brussels sprouts
- 2 whole carrots
- 1 cup cauliflower
- 1 cup cherry tomatoes
- 2 whole tomatoes
- 3 cups lettuce
- 2 large lettuce leaves
- 5 cloves of garlic
- 2-inch ginger
- 10 whole green beans
- 1 cup red cabbage
- 3 whole red chilies

Keto Fried Eggs with Chili Sauce

Calories 418 | Fats 39g | Protein 12g | Net Carbs 2g

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

Ingredients

- 4 Tbsp Coconut Oil
- 2 Tbsp Chilli Sauce (see recipe below)
- 4 Large Eggs

Low Carb Chili Sauce

- 2 Red Chillies, Chopped
- 1 Diced Tomato
- 1/4 cup Erythritol
- 1/4 cup White Wine Vinegar
- 2 Cloves garlic, crushed
- 1 tsp Ginger, crushed
- 1/2 teaspoon Salt

Method

1. Heat a frying pan to medium-high, adding the refined coconut oil into the pan.
2. Once the oil is hot, stir in the chill sauce, and crack your eggs into the pan, letting them cook for 4 -5 mins.
3. Remove from the pan and place on top of a slice of keto bread, pouring the remaining cooking oil over the eggs as a chilli dressing.

For Low Carb Chili Sauce

1. Place all ingredients into a small saucepan and bring to a boil.
2. Reduce to a simmer, stirring frequently for 7 mins.
3. Remove from the heat and place into a glass container. Keep refrigerated.

Keto Toast with Butter and Jam

Calories 391 | Fats 32g | Protein 13g | Net Carbs 17g

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

Ingredients

Bread:

- 1 Tbsp Coconut Flour
- 1/4 Cup Almond Flour
- 1 Egg
- 1/2 tsp baking powder
- 1 Tbsp Butter

Jam:

- 1 cup Strawberries
- 1 1/2 Tbsp Lemon Juice
- 1 Tbsp Erythritol
- 1 Tbsp Chia Seeds, ground

Method

Bread:

1. Place all the ingredients into a mug. Mix until combined with a fork. Microwave for 90 seconds. Cut and enjoy.

Jam:

1. Place the berries into a saucepan or bowl, and mash with a potato masher (or a fork).
2. Add in the lemon juice and chia seeds and place on the stove.
3. Bring to the boil and simmer for 1 minute.
4. Add in the sweetener and remove from the stove. Let it cool and place in jam jars.

Keto Egg Wrap

Calories 411 | Fats 31g | Protein 25g | Net Carbs 3g

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

Ingredients

- 3 Large Eggs
- 1 Tbsp Keto Tomato Sauce (low carb tomato sauce)
- 30 grams Shredded Cheese
- 6 Slices Salami

Method

1. In a large non-stick frying pan, heat the pan to medium heat.
2. Crack the eggs into a bowl and whisk with a fork until smooth in colour
3. Slowly pour the egg mixture into the medium heated pan, allowing the mixture to go right to the edges.
4. Cook until the edges begin to lift off the frying pan. Attempt to remove the wrap from the bottom of the pan using a spatula all the way around.
5. Flip, and cook on the other side for 30 seconds.
6. Remove from the pan, fill with tomato sauce, shredded cheese and sliced salami. Serve and enjoy!

Lime and Pepper Grilled Chicken

Calories 518 | Fats 35g | Protein 44g | Net Carbs 9g

- Preparation Time: 15 Mins
- Cooking Time: 15 Mins
- Servings: 1 serving

Ingredients

- 1 Tbsp Lime Juice
- ½ garlic clove
- ½ Tbsp Erythritol
- Ground pepper and salt to taste
- ½ Tbsp Coconut Oil
- ½ Tbsp Liquid Aminos
- 2 Medium Chicken Thighs, with skin
- 1 shallot, small, for toppings

Method

1. Mix together the Lime juice, garlic (crushed), erythritol, pepper and liquid aminos in a bowl.
2. Flatten the chicken thighs by bashing them with meat tenderiser. Thi is to ensure that they will cook evenly.
3. Place the thighs into a bowl with the mixture made in the previous step. Soak for at least 2 hours, covered in the refrigerator.
4. Heat a large frying pan to medium-high heat and add the coconut oil to the pan.
5. Cook the chicken thighs for 4-5 mins each side, serve and top with chopped shallots and salt.

Keto Taco Salad

Calories 560 | Fats 41g | Protein 42g | Net Carbs 6g

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

Ingredients

For Salad:

- 1/3 cup Grated Cheese
- 1 ½ cups Chopped Lettuce
- ½ Avocado
- 1/3 Lime
- 1/3 cup Sour Cream
- 1 1/2 Tbsp Red Onion, Chopped
- 2 Tbsp Salsa (Sugar free - Optional)

For Beef:

- 334 grams Beef Mince (Ground Beef)
- 1/3 Packet Taco Seasoning (Watch out for sneaky carbohydrates with this one! Alternatively use 1/4 tsp Garlic Powder, 1/4 tsp Dried Oregano, 1/2 tsp Paprika, 1 1/2 tsp Ground Cumin)
- 1/2 cup water

Method

1. Heat a frying pan and add the minced beef to the pan. Cook until brown. Add the seasoning and water. Let it simmer for 5 minutes.
2. Grab a plate and cover with the chopped lettuce, avocado, cheese, sour cream, onion and salsa. Squeeze some lime juice on it.

Bacon and Egg Salad

Calories 456 | Fats 32g | Protein 29g | Net Carbs 4g

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

Ingredients

- 4 Eggs
- 4 Slices bacon
- 1 cup Lettuce, Thinly Sliced
- 1 cup Red Cabbage, Thinly Sliced

Method

1. Cook the bacon for about 5-7 minutes or until it's cooked.
2. Fry the eggs and keep them sunny side up.
3. Thinly slice the lettuce and red cabbage, line the container or plate with these ingredients, and place the bacon and eggs on top. If you cooked your eggs a little longer, feel free to drizzle some olive oil over the salad.

Keto Fathead Pizza

Calories 524 | Fats 41g | Protein 36g | Net Carbs 7g

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

Ingredients

Base

- 1 cup Grated Mozzarella
- 1 Tbsp Almond Flour
- 1 Tbsp Cream Cheese
- 2 Medium Eggs
- salt and pepper to taste

Toppings

- 2 Tbsp Grated Mozzarella
- 2 Tbsp Passata Sauce
- 2 tsp Dried Oregano

Method

1. Preheat the oven to 390 F (200 C).
2. Put the base mozzarella cheese into a microwave safe bowl and microwave for 90 seconds.
3. Mix in the rest of the base ingredients with a fork. Roll out with a rolling pin between 2 sheets of baking paper.
4. Put the base in the oven for 7 minutes, flip the base and cook the other side for 3 minutes.
5. Take the pizza out of the oven. Using a tablespoon, smother the pizza base with the tomato sauce.
6. Cover with cheese and oregano and place in the oven for another 7 minutes.

Keto Green Chicken Curry

Calories 484 | Fats 40g | Protein 26g | Net Carbs 16g

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

Ingredients

- 1 Tbsp Coconut Oil
- ½ medium Onion
- 200 ml Coconut Cream
- 200 ml Coconut Milk
- 2 Tbsp Green Curry Paste
- 1 Chicken Breast Fillet
- 10 Green Beans, Halved
- 4 Kaffir Lime Leaves
- 1 Tbsp Fish Sauce
- 1 tsp Erythritol optional
- 1/2 Cup Fresh Coriander, chopped
- 1 Red Chili, to serve

Method

1. Dice the onion and place into a frying pan with the coconut oil. Cook until the onion is translucent.
2. Add the coconut cream in with the onion and cook for 5 minutes.
3. Add the Green Curry Paste and cook for another 2 minutes.
4. Dice the chicken into 1-inch pieces and place into the pan along with the halved green beans, coconut milk, fish sauce and kaffir lime leaves. Cook for 15 minutes or until the chicken is cooked.
5. Add the erythritol, chopped coriander and red chili. Mix well and serve with Riced Cauliflower.

Bunless Chicken Burger

Calories 412 | Fats 26g | Protein 34g | Net Carbs 10g

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

Ingredients

For the Chicken:

- 2 Chicken Thighs
- 1 Egg
- 30 ml unsweetened coconut milk
- 30 grams Whey Protein Powder
- salt and pepper to taste
- 1 tsp Garlic Powder
- 1/2 tsp Paprika
- 1/4 Cup Frying Oil (Lard) (of Refined Coconut Oil)

For the Burger:

- 2 Large Lettuce Leaves
- 1/2 Whole Avocado
- 30 grams Cheddar Cheese
- 3 slices tomato
- 1 Tbsp Mustard, sugar-free

Method

1. In a small bowl, mix together the whey protein powder, garlic powder, pepper, paprika and salt
2. In a separate small bowl, mix together the coconut milk and the egg to make an egg wash.
3. Prepare the chicken thighs on a plate, pat dry, and dip from the egg wash, then into the protein powder, making sure each piece is well coated with the batter.
4. Heat oil in a large frying pan until its very hot, around 140 C (280 F) which is perfect frying.
5. Place the whey protein into a bowl and one by one place each chicken into the mixture before adding it to the pan. Make sure you coat these well!
6. Cook for 5-7 minutes each side to ensure they are thoroughly cooked.
7. Combine into a burger using the lettuce leaves, cheese, tomato and avocado. Put mustard and enjoy.

Keto Beef and Coconut Soup

Calories 519 | Fats 29g | Protein 53g | Net Carbs 7g

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

Ingredients

- 4 Beef Stock Cubes
- 500 grams Diced Beef
- 200 ml Coconut Milk
- 600 ml water
- 1 tsp Ginger, grated
- 1 tsp garlic, minced
- 2 Carrots
- 1 Brown Onion
- 1 Cup Cherry Tomatoes

Method

1. Add all the ingredients to a large pot except the tomatoes.
2. Bring to the boil (should take around 5 minutes), add the tomatoes, then simmer for 25 minutes.
3. Let it cool slightly and serve!

Thyme Butter Basted Rib Eye

Calories 745 | Fats 65g | Protein 35g | Net Carbs 5g

- Preparation Time: 5 Mins
- Cooking Time: 15 Mins
- Servings: 1 serving

Ingredients

- 170 grams ribeye steak
- 1 Tbsp Butter
- 1 sprig fresh thyme
- 100 grams brussels sprouts
- 1 Tbsp olive oil
- salt to taste

Method

1. Salt steak liberally 4 hours before cooking.
2. Coat Brussels sprouts with olive oil and roast for 25 minutes at 375F. (180C).
3. Heat up a lightly-oiled skillet until hot. Cook steak for 4 minutes on first side (medium rare).
4. Flip, add butter and thyme. Baste for 4 minutes..
5. Let steak rest covered for 5 minutes and enjoy with roasted Brussels sprouts.

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.

Almond flour This can be replaced by coconut flour.

Butter Ghee or coconut oil if you want it dairy-free.

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.

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

Sour cream This can be replaced with coconut yogurt, unsweetened if you want it dairy-free.