

The Ketogenic

KICKSTART COURSE

8 WEEK KETO MEAL PLAN COURSE



FAT FOR
WEIGHT
LOSS



Weekly Overview

	Breakfast	Lunch	Dinner	Macros
Monday	Keto Raspberry Chia Pudding	Sesame Salmon with Baby Bok Choy and Mushroom	Braised Pork Belly Noodles	Calories: 1403 Fats: 112g Protein: 75g Net Carbs: 27g
Tuesday	Steak and Eggs Brekky	Braised Pork Belly Noodles	Shrimp Avocado Salad with Tomatoes and Feta	Calories: 1588 Fats: 132g Protein: 83g Net Carbs: 23g
Wednesday	Intermittent Fast	Shrimp Avocado Salad with Tomatoes and Feta	Keto Butter Chicken	Calories: 1016 Fats: 67g Protein: 74g Net Carbs: 25g
Thursday	Zucchini and Prosciutto Egg Muffins	Keto Butter Chicken	Keto Burger Fat Bombs	Calories: 1504 Fats: 105g Protein: 103g Net Carbs: 28g
Friday	Keto Raspberry Chia Pudding	Keto Burger Fat Bombs	California Turkey and Bacon Lettuce Wrap	Calories: 1350 Fats: 106g Protein: 61g Net Carbs: 41g
Saturday	Steak and Eggs Brekky	California Turkey and Bacon Lettuce Wrap	Creamy Tuscan Chicken	Calories: 1621 Fats: 118g Protein: 106g Net Carbs: 34g
Sunday	Zucchini and Prosciutto Egg Muffins	Creamy Tuscan Chicken	Beef and Broccoli Bowls	Calories: 1332 Fats: 97g Protein: 88g Net Carbs: 28g
TOTAL	67% Fat	25% Protein	8% Carbs	9814 Calories (1402 calories per day)

Shopping List

Everything You'll Need For This Week

- Meat

- 4 slices Bacon (nitrate-free, if possible)
- 750 grams chicken breast, boneless
- 240 grams deli turkey
- 350 grams ground beef, grass-fed
- 240 grams pork belly
- 6 slices prosciutto
- 240 grams sirloin steak

- Seafoods

- 8 oz salmon fillet, skin-on
- 240 grams shrimp, deveined and shelled

- Dairy

- 6 Tbsp butter
- 120 grams cheddar cheese
- 10 large eggs
- ⅓ cup feta cheese
- 1 cup heavy cream
- ½ cup mayonnaise
- 2 Tbsp parmesan cheese
- 80 grams yogurt, unsweetened

- Fats

- 3 large avocados
- 1 tsp avocado oil
- 2 Tbsp coconut oil
- 2 Tbsp ghee
- ½ cup olive oil
- 1 tsp sesame oil
- 1 Tbsp toasted sesame seeds
- ¼ cup chia seeds

- Herbs and Spices

- Black pepper
- Sea salt
- 2 tsp coriander or cilantro
- 1 tsp cumin
- 1 tsp dried oregano
- 1 cup fresh parsley
- 1 tsp garlic powder
- 4 tsp mustard
- 1 star anise

Shopping List

- Others

- ¼ cup coconut aminos
- 1 cup coconut milk
- 2 Tbsp garam masala
- 220 grams kelp noodles
- Liquid stevia
- 2 cups Pork broth
- 2 Tbsp tamari sauce
- 1 tsp vanilla extract

- Fruits

- ½ cup fresh raspberries
- 3 lemons

- Vegetables

- 1 cup baby bok choy
- 2 cups baby spinach
- 1 cup broccoli florets
- 2 cups cherry tomatoes
- 8 tomatoes, medium
- 1 bulb garlic
- 4 tsp ginger
- 2 stalks green onions
- 1 small head Iceberg lettuce
- 4 large lettuce leaves
- 2 small onions
- ½ cup portobello mushroom
- 1 small sweet pepper
- 1 small zucchini

Zucchini and Prosciutto Egg Muffins

Calories 386 | Fats 28g | Protein 23g | Net Carbs 10g

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

Ingredients

- 1/2 Tbsp olive oil
- 1/4 onion, finely diced
- 1 garlic clove, minced
- 1/2 small sweet pepper, finely diced
- 1/2 handful baby spinach, roughly chopped
- 2 Tbsp fresh parsley, roughly chopped
- 4 large eggs
- 2 Tbsp coconut milk
- salt and pepper, to taste
- 1 small zucchini, thinly sliced
- 6 slices prosciutto
- 2 tsp olive oil to coat the muffin tin

Method

1. Preheat the oven to 350 degrees fahrenheit.
2. Heat the olive oil in a pan on medium heat and sauté the onion and garlic for a minute. Add the sweet pepper, spinach and parsley and sauté for another 2 minutes or until the spinach has wilted.
3. In a mixing bowl, whisk together the eggs, coconut milk and salt and pepper. When the veggies have finished cooking add them to the bowl along with the sliced zucchini and stir together.
4. Grease a muffin tin with olive oil and line each muffin tin cup with one slice of prosciutto.
5. Ladle the egg mixture into each muffin cup and bake for 20 minutes, or until cooked through.

Steak and Eggs Brekky

Calories 510 | Fats 36g | Protein 44g | Net Carbs 3g

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

Ingredients

- 2 Tbsp butter
- 6 eggs
- 240 grams sirloin
- 1/2 avocado, sliced
- salt and pepper, to taste

Method

1. Melt your butter in a pan and fry 3 eggs until the whites are set and yolk is to desired doneness. Season with salt and pepper.
2. In another pan, cook your sirloin (or favorite cut of steak) until desired doneness. Then slice into bite sized strips and season with salt and pepper.
3. Slice up some avocado and serve together!

Keto Raspberry Chia Pudding

Calories 223 | Fats 18g | Protein 6g | Net Carbs 12g

- Preparation Time: 5 Mins
- Cooking Time: 25 Mins
- Servings: 2 servings

Ingredients

- 1/2 cup coconut milk, full-cream
- ¼ cup water
- ½ cup fresh or frozen raspberries
- ¼ cup whole chia seeds
- 1 tsp unsweetened vanilla extract
- Liquid stevia to taste

Method

1. Place the coconut milk, water and raspberries into a blender and pulse until blended. Reserve a few raspberries for topping.
2. Mix the chia seeds, raspberry milk, vanilla and stevia.
3. Let it sit for at least 25-30 minutes, ideally overnight in the fridge. Then, spoon into serving .
4. Serve with the reserved raspberries and store in the fridge for up to 3 days.

Sesame Salmon with Baby Bok Choy and Mushroom

Calories 532 | Fats 35\1g | Protein 55g | Net Carbs 8g

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

Ingredients

For Main Dish:

- 8 oz salmon fillet, skin-on
- ½ cup portobello mushroom, sliced
- 1 cup baby bok choy
- 1 Tbsp toasted sesame seeds
- ¼ stalk green onions, sliced

For Marinade:

- 1 Tbsp olive oil
- ¼ tsp sesame oil
- ¼ Tbsp Coconut Aminos
- ¼ tsp Ginger, grated
- 1/8 lemon juice
- salt and pepper, to taste

Method

1. Whisk together all of your marinade ingredients.
2. Drizzle half of the marinade on the salmon and turn to coat. Cover and refrigerate the salmon while it marinates for one hour.
3. Preheat oven to 400F.
4. Prepare vegetables: Trim the rough ends from the bok choy and cut into halves. Slice the mushrooms into ½ inch pieces.
5. Drizzle the remaining marinade over the vegetables and lay on a lined baking sheet.
6. Place salmon, skin side down, on a lined baking sheet as well. Bake until salmon is cooked through, about 20 minutes.
7. Top with sliced green onions and sesame seeds.

Keto Butter Chicken

Calories 586 | Fats 34g | Protein 50g | Net Carbs 12g

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

Ingredients

- 440 grams chicken breast
- 4 tsp garam masala
- 2 tsp ginger, grated
- 2 tsp garlic, minced
- 80 grams yogurt, unsweetened
- 2 tsp coconut oil

For Sauce:

- 4 tsp ghee
- 1/2 onion
- 1 tsp ginger, grated
- 1 tsp garlic, minced
- 1 cup crushed tomatoes
- ½ tsp chili powder
- 2 tsp coriander
- 1 tsp cumin
- ½ cup heavy cream
- ½ tsp garam masala

Method

1. Cut chicken into 2 inch pieces and place in a large bowl with garam masala, grated ginger, and minced garlic. Add in the yogurt, stir to combine. Chill at least 30 minutes.
2. For the sauce, place the onion, ginger, garlic, crushed tomatoes and spices in a blender, and blend until smooth. Set aside.
3. Heat oil in a large skillet over medium high heat. Place the chicken in the skillet, browning 3 to 4 minutes per side. Once browned pour in the sauce cook 5 to 6 minutes longer.
4. Stir in the heavy cream and ghee, continue to cook another minute.

Braised Pork Belly Noodles

Calories 648 | Fats 63g | Protein 15g | Net Carbs 7g

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

Ingredients

For Braised Pork Belly:

- 240 grams pork belly
- 1 tsp coconut oil
- 1/2 clove garlic, minced
- 1/2 piece ginger, approximate 1/2-inch, minced
- cinnamon powder, to taste
- ½ star anise
- 1 Tbsp tamari sauce
- liquid stevia, to taste
- 4 tsp water

For Broth:

- 1 ½ cups Pork Bone Broth, homemade
- 220 grams Kelp Noodles

Method

1. Heat coconut oil then saute garlic, ginger, star anise and add cinnamon powder until fragrant.
2. Add pork belly slabs and sear on both sides.
3. In a cup combine the tamari sauce, liquid stevia and water. Mix until homogeneous.
4. Add to the pot and bring to boil then simmer until tender for about 1 1/2 hours.
5. When the meat is tender, remove from pot and set aside. Meantime, strain the braising liquid.
6. Return braising liquid to the pot and add bone broth. Simmer until hot.
7. Thoroughly rinse noodles, drain, and add to hot broth. This will allow the noodles to soften and separate.
8. Slice the pork belly thinly.
9. To serve, place noodles in bowl. Top off with broth.

Shrimp Avocado Salad with Tomatoes and Feta

Calories 430 | Fats 33g | Protein 24g | Net Carbs 13g

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

Ingredients

- 240 grams shrimp peeled, deveined
- 1 large avocado, diced
- 4 medium tomatoes, diced
- 1/3 cup crumbled feta cheese
- 1/3 cup freshly chopped cilantro or parsley
- 2 Tbsp butter, melted
- 1 Tbsp lemon juice
- 1 Tbsp olive oil
- salt and pepper, to taste

Method

1. Toss shrimp with melted butter in a bowl until well-coated.
2. Heat a pan over medium-high heat for a few minutes until hot. Add shrimp to the pan in a single layer, sear for a minute or until it starts to become pink around the edges, then flip and cook until shrimp are cooked through, less than a minute.
3. Transfer the shrimp to a plate as they finish cooking. Let them cool while you prepare the other ingredients.
4. Add all other ingredients to a large mixing bowl: diced avocado, diced tomato, feta cheese, cilantro, lemon juice, olive oil, salt, and pepper and toss to mix.
5. Add shrimp and stir to mix together. Add additional salt and pepper to taste.

Keto Burger Fat Bombs

Calories 532 | Fats 43g | Protein 30g | Net Carbs 66g

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

Ingredients

- 2 Tbsp olive oil, cooking spray, for muffin tin
- 220 grams ground beef
- garlic powder, to taste
- salt and pepper, to taste
- 1 Tbsp butter
- 120 grams cheddar cheese
- 4 Lettuce leaves, for serving
- 1 cup cherry tomatoes, thinly sliced, for serving
- 4 tsp mustard, for serving

Method

1. Preheat oven to 375F and grease a mini muffin tin with cooking spray. In a medium bowl, season beef with garlic powder, salt, and pepper.
2. Press about 1 tablespoon of beef into the bottom of each muffin tin cup, completely covering the bottom. Place a piece of butter on top then press about 1 tablespoon of beef over butter to completely cover.
3. Place a piece of cheese on top of meat in each cup then press remaining beef over cheese to completely cover.
4. Bake until meat is cooked through, about 15 minutes. Let cool slightly.
5. Carefully, use a metal offset spatula to release each burger from the tin. Serve with lettuce leaves, tomatoes, and mustard.

Creamy Tuscan Chicken

Calories 516 | Fats 37g | Protein 37g | Net Carbs 8g

- Preparation Time: 5 Mins
- Cooking Time: 40 Mins
- Servings: 2 servings

Ingredients

- 1 tsp extra-virgin olive oil
- 300 grams boneless skinless chicken breasts
- salt and pepper, to taste
- 1/2 tsp dried oregano
- 1 Tbsp unsalted butter
- 2 cloves garlic, minced
- 1 cup cherry tomatoes
- 1 cup baby spinach
- ¼ cup heavy cream
- 2 Tbsp freshly grated Parmesan
- Lemon wedges, for serving

Method

1. In a skillet over medium heat, heat olive oil. Add chicken and season with salt, pepper, and oregano. Cook until golden and no longer pink, 8 minutes per side. Remove from skillet and set aside.
2. In the same skillet over medium heat, melt butter. Stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.
3. Stir in heavy cream and parmesan and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Return chicken to skillet and cook until heated through, 5 to 7 minutes. Remove from heat, squeeze with lemon and serve.

California Turkey and Bacon Lettuce Wrap

Calories 595 | Fats 45g | Protein 25g | Net Carbs 23g

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

Ingredients

- 1 small head iceberg lettuce
- 240 grams deli turkey, in slices
- 4 slices bacon, cooked
- 1 avocado, thinly sliced
- 1 tomato, thinly sliced

For the Basil-mayo:

- 1/2 cup mayonnaise
- 1 tsp lemon juice
- 1 garlic clove, chopped
- salt and pepper, to taste

Method

1. For the Basil-Mayo: combine ingredients in a small food processor then process until smooth. Alternatively, mince basil and garlic then whisk all ingredients together.
2. Lay out two large lettuce leaves then layer on a slice of turkey and slather with Basil-Mayo. Layer on a second slice of turkey followed by the bacon, and a few slices of both avocado and tomato. Season lightly with salt and pepper then fold the bottom up, the sides in, and roll like a burrito. Slice in half then serve cold.

Beef and Broccoli Bowls

Calories 430 | Fats 32g | Protein 28g | Net Carbs 11g

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

Ingredients

For the Beef:

- 1 tsp coconut oil
- 120 grams grass fed ground beef
- salt to taste
- ¼ tsp garlic powder
- 1 tsp coconut aminos

For the Broccoli:

- 1 cup broccoli florets
- 1 tsp avocado oil
- salt to taste

For the Sunshine Sauce:

- 1 tsp coconut oil
- 1 tsp almond butter
- 2 Tbsp bone broth
- ¼ tsp ground ginger
- salt to taste
- ¼ tsp coconut aminos
- ¼ lemon juice
- 1/4 green onion, minced

Method

1. Pre-heat the oven to 400F.
2. Toss the broccoli with fat and salt on a sheet pan massaging the fat into the florets, then spread them out on the sheet pan so they are not crowded.
3. Put the sheet pan while it preheat, once it comes to temperature set a time for 20 minutes.
4. In the meantime heat a large skillet over medium heat, when it comes to temperature add in the fat.
5. Crumble the ground beef into the skillet and add in the salt and garlic. Stir, breaking up with a whisk until browned and crumbly. Add in the coconut aminos and bring the heat up to high.
6. Cook, stirring occasionally until dark brown and crispy.
7. While that cook set a small saucepan over medium heat.
8. Melt the fat then the almond butter, stirring until smooth.
9. Add in the bone broth, salt, aminos and ground ginger, stir until well combined and simmering.
10. Add in the lemon juice and stir until lightened and smooth again.
11. Mix in the green onion and remove from the heat.
12. Serve in bowls.

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.

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.

Chia seeds Alternatively, use flax seeds.

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

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

Heavy cream Use coconut cream if you have lactose intolerant.

Mayonnaise Use coconut yogurt, unsweetened if you have lactose intolerant.