

VEGETARIAN  
**KETOGENIC  
MEAL PLAN**

*Weekly Meal Plan*



# Weekly Overview

	Breakfast	Lunch	Dinner	Macros
<b>Monday</b>	Keto Eggnog Smoothie	Keto Halloumi Avocado Plate	Keto Superfood Salad	<b>Calories: 1156</b> <b>Fats: 105</b> <b>Protein: 31g</b> <b>Net Carbs: 23g</b>
<b>Tuesday</b>	Chia Smoothie Bowl	Keto Superfood Salad	Keto Teriyaki Tofu	<b>Calories: 1225</b> <b>Fats: 112g</b> <b>Protein: 29g</b> <b>Net Carbs: 24g</b>
<b>Wednesday</b>	Cauliflower Hash Brown	Keto Teriyaki Tofu	Cabbage Casserole	<b>Calories: 1329</b> <b>Fats: 109g</b> <b>Protein: 58g</b> <b>Net Carbs: 23g</b>
<b>Thursday</b>	Keto Eggnog Smoothie	Cabbage Casserole	Keto Mushroom Fritata	<b>Calories: 1194x</b> <b>Fats: 103g</b> <b>Protein: 48g</b> <b>Net Carbs: 21g</b>
<b>Friday</b>	Chia Smoothie Bowl	Keto Mushroom Fritata	Grilled Zucchini	<b>Calories: 1283</b> <b>Fats: 111g</b> <b>Protein: 61g</b> <b>Net Carbs: 15g</b>
<b>Saturday</b>	Cauliflower Hash Brown	Grilled Zucchini	Broccoli Cheese Fritters	<b>Calories: 1271</b> <b>Fats: 107g</b> <b>Protein: 95g</b> <b>Net Carbs: 17g</b>
<b>Sunday</b>	Keto Eggnog Smoothie	Broccoli Cheese Fritters	Baked Eggplant Parmesan	<b>Calories: 1186</b> <b>Fats: 100g</b> <b>Protein: 80g</b> <b>Net Carbs: 24g</b>

# Shopping List

Everything You'll Need For This Week

- Poultry

- Eggs – 9 pieces
- Eggwhites – 2 cups

- Dairy

- Butter – 60 grams
- Coconut Cream – 100 ml
- Coconut Oil – 200 ml
- Feta Cheese – 80 grams
- Halloumi Cheese – 85 grams
- Heavy Cream – 45 ml
- Mozzarella – 200 grams
- Parmesan – 350 grams
- Sour Cream – 200 grams
- Whipping Cream – 80 ml

- Vegetables

- Alfalfa Sprouts – 50 grams
- Bok Choy – 120 grams
- Broccoli – 2 heads
- Cauliflower – 2 heads
- Cilantro – 1 bunch
- Cucumber – 1 piece
- Garlic – 5 cloves
- Ginger – 10 grams
- Zucchini – 200 grams
- Cabbage – 280 grams
- Green Onion – 2 stalks
- Kale – 240 grams
- Lettuce – 400 grams
- Mushroom – 200 grams
- Portobello Mushroom – 300 grams
- Onion – 1 pc
- Parsley – 1 stalk
- Shallot – 1 piece
- Yellow Onion – 1 piece

- Fruits

- Avocado – 2 pieces
- Lemon – 2 pieces

- Others

- Almond Flour – 80 grams
- Baking Powder – 5 grams
- Chia Seeds – 30 grams
- Clove – 5 grams
- Dill – 15 grams
- Erythritol – 20 grams
- Fresh Red Chili – 1 piece
- Ground Flaxseed – 120 grams
- Italian Seasoning – 20ml
- Kosher salt – 50 grams
- Maple Syrup Sugar Free – 10 ml
- Mayonnaise – 15 ml
- Olive Oil – 70 ml
- Onion Powder – 3 grams
- Peanut Butter – 15 grams
- Pepper – 10 grams
- Pine Nuts – 90 grams
- Pistachio – 15 grams
- Ranch Seasoning – 5 ml
- Rice Wine Vibegar – 15 ml
- Sesame Oil – 15 ml
- Sesame seeds - 5 grams
- Soy Sauce – 55 ml
- Stevia – 7 ml
- Toamto sauce – 120 ml
- Vanilla Extract – 5 ml

# Keto Eggnog Smoothie

Calories 320 | Fats 30g | Protein 6g | Net Carbs 8g

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

## Ingredients

- ¼ cup heavy whipping cream
- 4 ground cloves (¼ tsp)
- ½ tsp cinnamon
- 1 large egg
- 1 tsp Erythritol
- 1 tsp Sugar Free Maple Syrup (optional)

## Method

1. Place all ingredients in a blender, and blend on high for 30 seconds – 1 minute until frothy on top.

# Keto Chia Smoothie Bowl

Calories 391 | Fats 37g | Protein 6g | Net Carbs 8g

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

## Ingredients

- 100 ml unsweetened coconut cream
- ½ of 1 piece avocado
- 1-2 teaspoon water
- ½ tablespoon chia seeds
- ¼ teaspoon Erythritol (So Nourished) *optional*
- ¼ *teaspoon vanilla extract*
- 1 *tablespoon blueberries*

## Method

1. In a blender, place the coconut cream, avocado, water, erythritol and vanilla extract. Blend until creamy. (depending on how large the avocado, it may need a little more or less water)
2. Place the smoothie into a bowl and place your chia seeds, blueberries and dessicated coconut in a fancy way.

# Cauliflower Hash Browns

Calories 452 | Fats 33g | Protein 32g | Net Carbs 5g

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

## Ingredients

- ¼ of large cauliflower, grated
- 3 tablespoon cup grated mozzarella
- 1/6 cup parmesan cheese
- 1 of large egg
- ½ teaspoon onion powder
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon coconut oil

## Method

1. Grate the cauliflower into a large bowl. Add the egg and mix until fully combined.
2. Add the mozzarella, parmesan cheese, onion powder, salt and pepper into the bowl. Mix well.
3. Heat a large frying pan to a medium high heat. Right before you're ready to cook, add the coconut oil and wait until it starts to bubble.
4. Shape the cauliflower mixture into hash brown shape before putting into the pan and cook each side for 5 minutes or until golden brown.
5. Serve with eggs.

# Keto Halloumi Vegetable Plate

Calories 461 | Fats 41g | Protein 13g | Net Carbs 8g

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

## Ingredients

- 2 oz halloumi cheese
- 2 tbsp olive oil for frying
- 1 tablespoon pine nuts
- 1 pc avocado, pitted and sliced
- ¼ cucumber (medium sized)
- 1/4 cup sour cream
- 1 teaspoon olive oil for drizzle
- Salt and pepper

## Method

1. Slice the cheese into serving –sized portions and fry it in olive oil over medium heat until golden brown.
2. Serve with avocado, cucumber, sour cream, pistachios and lemon.
3. Drizzle olive oil over the vegetables. Season with salt and pepper

# Keto Superfood Salad

Calories 375 | Fats 34g | Protein 12g | Net Carbs 7g

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

## Ingredients

- ½ cup fresh kale
- ½ cup lettuce leaves
- ½ head broccoli
- 1 small sized avocado
- 2 tablespoon cup pine nuts
- 1 tablespoon chia seeds
- 1 small handful alfalfa
- 60 g Danish Feta Cheese
- 1 fresh red chili
- 2 tbsp salt
- 1 tsp pepper

## Method

1. Preheat an oven to 180C (355F). Slice the kale into “chip” sized pieces, place them on a baking tray, cover with olive oil and bake for 10-15 mins until crispy.
2. Slice the broccoli into florets and slice those florets in half, In a frying pan lined with oil, cook the broccoli cut side down for 10 mins, adding the pine nuts in for the last 5 mins.
3. Remove the kale from the oven, and place in a bowl with the sliced lettuce leaves.
4. Add in the broccoli and pine nuts once sufficiently browned.
5. Slice the avocado and red chili, crumble the feta cheese. Serve warm.

# Keto Teriyaki Mushroom

Calories 459 | Fats 41g | Protein 11g | Net Carbs 9g

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

## Ingredients

- 250 grams portobello mushroom (2 large piece)
- 1/3 cup coconut oil
- 1 teaspoon ginger grated
- 1 medium onion thinly sliced
- 2 tbsp teriyaki seasoning
- 1 tbsp erythritol
- 1 teaspoon sesame oil
- ½ cup water
- 1 shallot chopped
- 1 teaspoon toasted sesame seeds
- ½ medium cauliflower
- 2 tablespoon feta cheese

## Method

1. Slice the cauliflower into small pieces (rice sized pieces) and place in the steamer basket above water. Cook for 10-15 mins .
2. Place the coconut oil into a frying pan, and fry the mushroom, turning onto each side until crispy.
3. Remove the mushroom from the pan and add the onion and grated ginger. Cook until transparent.
4. Then, add the teriyaki sauce, erythritol, sesame seed oil, water and the pre-cooked tofu.
5. Let it simmer for 5 mins on low. Serve with cauliflower rice. Top with 2 tablespoon feta cheese.

# Cabbage Casserole

Calories 425 | Fats 38g | Protein 15g | Net Carbs 6g

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

## Ingredients

- 8 oz green cabbage
- 1/3 yellow onion
- 1 garlic clove
- 2 teaspoon olive oil
- 1 cup heavy cream
- 2 tablespoon cream cheese
- 2 cups eggwhites
- 1 teaspoon ranch seasoning
- salt and pepper

## Method

1. Preheat oven to 400F. Shred onion, garlic and cabbage or use the food processor.
2. On a heated frying pan, put the olive oil and sauté the vegetable until softened. Add heavy cream, cream cheese and spices. Mix and let simmer for 10—15 minutes.
3. Add to a greased baking dish and mix the eggwhites while adding. Bake for 20 minutes or until it turned golden color.

# Keto Mushroom Fritata

Calories 456 | Fats 38g | Protein 27g | Net Carbs 4g

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

## Ingredients

- 1 cup mushroom
- 1 ½ tablespoon olive oil for sautéing
- ½ tablespoon parsley
- ½ teaspoon salt + ¼ teaspoon ground pepper
- 100 grams cheddar cheese
- 2 cups lettuce
- 2 eggs
- 1 cup eggwhites
- 2 teaspoon olive oil

## Method

1. Preheat oven to 350F.
2. Slice the mushrooms into small pieces then sauté on medium high with olive oil until golden brown. After cooking, set aside and use the excess oil for greasing the baking dish.
3. Chop the scallions and mix with fried mushrooms. Add salt and pepper to taste, then mix the parsley.
4. Mix the egg, eggwhites and cheese in a separate bowl seasoned with salt and pepper
5. Add the mushrooms and scallions then pour into the grease baking dish. Bake for 30-40 minutes or until brown.
6. Let cool for 5 minutes and serve with lettuce.

# Zucchini Grilled Cheese

Calories 436 | Fats 36g | Protein 28g | Net Carbs 3g

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

## Ingredients

- 1 cups grated zucchini
- 1 large egg
- 2 green onion, sliced thinly
- ¼ cup parmesan cheese
- ¼ cup ground flaxseed
- Kosher salt + fresh ground black pepper
- 3 teaspoon coconut oil for cooking
- 1 cup shredded cheddar cheese

## Method

1. Squeeze excess moisture out of the zucchini with a clean towel. In a medium bowl, combine it with egg, parmesan, green onion and flaxseed.
2. In a skillet, pour coconut oil to grease the pan. Scoop about ¼ cup of zucchini mixture into the pan and shape into small square. Repeat to form another patty.
3. Cook until golden on both sides. Remove from heat to drain on paper towels. Then wipe the pan clean.
4. Place two zucchini patties on the same pan over medium heat. top both with shredded cheese then place two more on top to form sandwiches. Cook until cheese has melted
5. Repeat with the remaining ingredients, Serve immediately.

# Broccoli Cheese Fritters

Calories 383 | Fats 38g | Protein 35g | Net Carbs 9g

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

## Ingredients

- 1/2 cup almond flour
- 1 tablespoon + 3 tablespoon flaxseed meal
- 100 grams broccoli (around 3-4 stalks)
- 4 ounces mozzarella cheese
- 4 large egg
- 1 teaspoon baking powder
- Salt and pepper to taste

The Sauce: 1 tablespoon mayonnaise, 1 tablespoon chopped dill. ¼ tablespoon lemon juice, salt and pepper to taste

## Method

1. Add broccoli to a food processor or blender and process until broccoli is well ground.
2. Mix together the cheese, almond flour, flaxseed and baking powder with the broccoli. Additional seasoning can be added.
3. Add the eggs and mix well. Roll the batter into the balls and then coat with 3 tablespoon of flaxseed meal.
4. Heat the deep fat fryer (or deep pan with enough oil) and lay the fritters inside the basket and not overcrowd it.
5. Fry until golden brown (3-5 minutes). Once done, lay on paper towel to drain extra oil.
6. Make zesty dill and lemon mayo for a dip. Serve.

# Bok Choy Salad

Calories 540 | Fats 48g | Protein 19g | Net Carbs 7g

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

## Ingredients

- 120 grams bok choy
- 2 stalk green onion
- 2 tablespoon chopped cilantro
- 1 ½ tablespoon coconut oil
- 1 teaspoon soy sauce
- 1 tablespoon peanut butter
- ½ of lime juice
- 1 tablespoon erythritol
- 2 boiled eggs
- 2 tablespoon pine nuts
- 1/3 c feta cheese

## Method

1. Mix all of the salad dressing ingredients (except bokchoy) in a bowl then add cilantro and spring onion.
2. Chop the bok choy into small strips. Remove the shell of the egg and slice. Assemble salad with egg, bokchoy and sauce.
3. Top with pine nuts and feta cheese before serving.

# Baked Eggplant Parmesan

Calories 483 | Fats 32g | Protein 39g | Net Carbs 7g

- Preparation Time: 30 Mins
- Cooking Time: 20 Mins
- Servings: 2 Servings

## Ingredients

- 1 large sized eggplant, sliced into 8 half inch slices
- Generous sprinkle of salt
- 1 large egg
- ¼ cup grated parmesan cheese
- ¼ tablespoon Italian seasoning
- ½ cup tomato sauce
- ¼ cup mozzarella cheese
- 2 tablespoon butter

## Method

1. Preheat the oven to 400 degrees. Place the eggplant slices on a baking sheet lined with paper towel and sprinkle both sides with salt. Let sit for 30 minutes to allow the moisture to release.
2. Combine parmesan cheese and Italian seasoning in a small bowl, then set aside. Beat the egg in a separate bowl, set up breading station with egg.
3. Melt the butter and pour into the bottom of a rectangular baking dish. Pat the eggplant dry and dip each slice into the egg, then parmesan cheese mixture then place the eggplant into the baking dish.
4. Bake for 20 minutes. Flip the eggplant pieces over and bake until golden brown.
5. Top the eggplant with tomato sauce and shredded mozzarella. Return to the oven for an additional 5 minutes or until the cheese has melted.

# 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 enquires.

<b>Almonds</b>	Replace with Pumpkin seeds or sunflower seeds
<b>Almond Flour</b>	Can be replaced with Coconut Flour at a ratio of 4:1 (for example, 1 cup of almond flour is equal to 1/4 cups coconut flour).
<b>Heavy Cream</b>	Can be replaced with coconut cream at 1:1 ratio. Make sure you use the full fat version.
<b>Cheese</b>	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: <a href="http://www.mylifebio.net.au/">http://www.mylifebio.net.au/</a> - Otherwise omit cheese from your recipe.
<b>Butter</b>	Can be replaced by Olive or Coconut Oil in most cases. 1:1 Ratio
<b>Sour Cream</b>	Coconut Yoghurt or Soy Yoghurt can be a good replacement for sour cream. I usually don't recommend using soy products, but If dairy is a bigger issue, you're definitely better off. Ratio of 1:1
<b>Cream Cheese</b>	Usually the sour cream substitutes above will also work for cream cheese.
<b>Milk</b>	Coconut Milk or Almond Milk work best for this. Make sure they are unsweetened and say so on the packaging. Ratio 1:1
<b>Yoghurt</b>	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
<b>Eggs</b>	For every egg required, add 2 Tbsp. chia seeds or flaxseeds soaked in 3 Tbsp. water.
<b>Coconut Oil</b>	Can be replaced with Olive Oil or Butter at a ratio of 1:1
<b>Coconut Flour</b>	Can be replaced with Almond Flour at a ratio of 1:4 (for example, 1 cup of coconut flour is equal to 4 cups almond flour).
<b>Shellfish</b>	If you are allergic to shellfish, I recommend either replacing the protein source with another type, like chicken or beef.

COMPLETE KETO DIET

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