

VEGETARIAN  
**KETOGENIC  
MEAL PLAN**

*Weekly Meal Plan*



# Weekly Overview

	Breakfast	Lunch	Dinner	Macros
<b>Monday</b>	Basil and Mushroom Frittata	Scrambled Egg in Spinach	Broccoli Salad	<b>Calories: 1343</b> <b>Fats: 105g</b> <b>Protein: 86g</b> <b>Net Carbs: 11g</b>
<b>Tuesday</b>	Pan Portobello Mushroom Toast	Broccoli Salad	Cauliflower and Cheese	<b>Calories: 1270</b> <b>Fats: 104g</b> <b>Protein: 63g</b> <b>Net Carbs: 20g</b>
<b>Wednesday</b>	Keto Pancakes	Cauliflower and Cheese	Asparagus and Lemon Ricotta	<b>Calories: 1307</b> <b>Fats: 94g</b> <b>Protein: 89g</b> <b>Net Carbs: 25g</b>
<b>Thursday</b>	Basil and Mushroom Frittata	Asparagus and Lemon Ricotta	Taco Shells Spinach	<b>Calories: 1334</b> <b>Fats: 92g</b> <b>Protein: 105g</b> <b>Net Carbs: 19g</b>
<b>Friday</b>	Pan Portobello Mushroom Toast	Taco Shells Spinach	Zucchini Pasta with Creamy Avocado Pesto	<b>Calories: 1312</b> <b>Fats: 109g</b> <b>Protein: 72g</b> <b>Net Carbs: 20g</b>
<b>Saturday</b>	Keto Pancakes	Zucchini Pasta with Creamy Avocado Pesto	Caprese Grilled Eggplant	<b>Calories: 1357</b> <b>Fats: 115g</b> <b>Protein: 64g</b> <b>Net Carbs: 25g</b>
<b>Sunday</b>	Basil and Mushroom Frittata	Caprese Grilled Eggplant	Keto Club Salad	<b>Calories: 1423</b> <b>Fats: 71g</b> <b>Protein: 58g</b> <b>Net Carbs: 14g</b>

# Shopping List

Everything You'll Need For This Week

- Nuts / Seeds

- Walnuts – 4 ounces
- Pine Nuts – 3 ounces

- Dairy

- Almond Milk – 15 ml
- Cheddar cheese - 12 ounces
- Cottage cheese – 4 ounces
- Cream cheese - 4 ounces
- Heavy cream – 8 ounces
- Mozzarella – 10 ounces
- Parmesan cheese – 10 ounces
- Ricotta – 4 ounces
- Sour Cream – 10 ounce

- Vegetables

- Asparagus – 8 ounces
- Basil Leaves – 24 ounces
- Broccoli – 2 heads
- cauliflower – 6 heads
- Cherry tomatoes – 4 ounces
- Cucumber – 1 piece medium size
- Garlic – 8 cloves
- Large eggplant – 2 pieces
- Leeks – 4 ounces
- Lettuce – 16 ounces
- Parsley – 3 ounces
- Portobello Mushrooms – 2 pieces
- Spinach – 12 ounces
- Thyme – 1 ounce
- Tomato – 9 pieces
- White onion – 4 pieces
- Zucchini – 4 pieces

- Fruits

- Avocado – 2 pieces
- Lemon – 5 pieces
- 3
- 4

- Others

- Almond flour – 4.5 ounces
- Coconut oil – 2 ounce
- Dijon mustard – 5 ml
- Dried parsley – 5 grams
- Flaxseed – 135 grams
- Garlic powder – 15 grams
- Ghee – 5 ml
- Mayonnaise – 2 ounces
- Mixed Herbs – 5 grams
- Mustard – 5 grams
- Nutmeg – 5 grams
- Olive oil – 8 ounces
- Onion powder – 5 grams
- Peanut oil – 1 ounce
- red chili flakes – 1 ounce
- Sesame oil – 1 ounce
- Sherry vinegar – 2 ounce
- Soy sauce – 1 ounce

- Dairy

- Eggs – 25 pieces

# Basil and Mushroom Frittata

Calories 477 | Fats 35g | Protein 35g | Net Carbs 3g

- Preparation Time: 5 Mins
- Cooking Time: 8 Mins
- Servings: 1 Serving

## Ingredients

- 2 teaspoon olive oil
- ½ of white onion, thinly sliced
- 1 large egg
- 2 tablespoon parmesan cheese, grated
- 50 grams white mushroom, sliced
- 1 piece medium size tomato, thinly sliced
- Salt and pepper to taste
- 5 large basil leaves

## Method

1. On a heated cast iron pan with olive oil, cook onion until softened then set aside.
2. Beat the egg and add the cheese on a small bowl, add salt if desired.
3. Pour into the pan put the onion, bacon and mushroom evenly.
4. Arrange the tomato and basil leaves on top. Cover with foil until set.
5. (Option: Cook until runny then remove the foil, put into the oven and cook until lightly brown for about 2 minutes)

# Pan Portobello Mushroom Toast

Calories 447 | Fats 35g | Protein 24g | Net Carbs 9g

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

## Ingredients

- 1 portobello mushrooms, cut in half
- 2 small tomatoes, cut in half
- 2 large eggs
- 2 slices cheddar cheese
- Fresh thyme, for sprinkling
- Olive oil for cooking
- 3 cloves garlic

## Method

1. Heat a large fry pan with olive oil.
2. Cook the mushrooms in the pan for 10 minutes over medium heat until soft and crisp then set aside.
3. Cook next the tomatoes with enough olive oil then set aside. Sauté the garlic until brown and crispy.
4. Next fry the eggs then layer and assemble on the mushroom on top of the cheese. Put in fresh thyme as garnish. Serve with tomatoes on the side.

# Keto Pancakes

Calories 459 | Fats 36g | Protein 25g | Net Carbs 8g

- Preparation Time: 0 Mins
- Cooking Time: 10ins
- Servings: 1 Serving

## Ingredients

- 2 ounces cream cheese
- 2 large eggs
- 4 tablespoon ground flaxseed
- 1 tablespoon coconut oil

## Method

1. On a medium sized bowl, mix all ingredients.
2. Heat a non stick pan and pour  $\frac{1}{4}$  cup of pancake mixture.
3. Serve with butter. (Optional: sugar free maple syrup)

# Scrambled Eggs in Spinach

Calories 461 | Fats 33g | Protein 38g | Net Carbs 3g

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

## Ingredients

- 6 cups baby spinach leaves
- 4 large eggs
- 4 tablespoon parmesan cheese, grated
- 2 teaspoon olive oil
- Salt and pepper to taste
- Red pepper flakes

## Method

1. On a small bowl, beat the eggs well and seasoned with salt and pepper. Set aside.
2. Heat 1 teaspoon olive oil in a medium sized skillet, add the baby spinach and cook, tossing until wilted.
3. Add the eggs and stir occasionally until set for about 1 minute.
4. Stir in the parmesan cheese and sprinkle with red pepper flakes before serving.

# Broccoli Salad

Calories 405 | Fats 37g | Protein 13g | Net Carbs 5g

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

## Ingredients

- 1 tablespoon peanut oil
- 1 tablespoon sesame oil
- ½ of lemon juice
- 2 tablespoon sherry vinegar
- 1 teaspoon mustard
- 3 teaspoon light soy sauce
- ½ cup white onion, chopped
- 2 broccoli crown, divided into florets, steamed for 5 minutes, drained
- ¼ cup toasted pine nuts
- ½ cup cottage cheese, chilled cut into cubes

## Method

1. Combine all the first six ingredients to make a dressing
2. Place all salad ingredients in a large bowl, pour on dressing.
3. Can be serve chilled or warm.

# Cauliflower and Cheese

Calories 418 | Fats 32g | Protein 26g | Net Carbs 6g

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

## Ingredients

- 2 heads cauliflower cut into florets
- 1 teaspoon salt
- 1 teaspoon mixed herbs
- ½ teaspoon ground black pepper
- 1 tablespoon olive oil
- ½ cup cheddar cheese
- 4 eggs (yolk removed)
- 1 teaspoon ghee
- 1 pinch nutmeg
- 2 tablespoon chopped parsley

## Method

1. On a heated pan, put olive oil, cook the cauliflower until toasted and sprinkle with salt, mixed herbs and pepper. Set aside.
2. On the same pan, mix cheddar cheese, ghee, eggwhites and nutmeg.
3. Simmer until bubbly then pour in the cauliflower.
4. Mix well and top with parsley prior to serving.

# Asparagus and Lemon Ricotta

Calories 430 | Fats 26g | Protein 38g | Net Carbs 11g

- Preparation Time: 0 Mins
- Cooking Time: 10ins
- Servings: 1 Serving

## Ingredients

- 8 ounces asparagus, trimmed
- ½ cup ricotta cheese
- ¼ cup parmesan cheese, grated
- 2 tablespoon basil, chopped
- 2 tablespoon lemon zest
- Salt and pepper to taste
- 1 tablespoon olive oil
- 2 tablespoon lemon juice
- 1 tablespoon ground flaxseed

## Method

1. On a heated non stick pan, pour the olive oil and cook the asparagus stems for about 3 minutes. Seasoned with salt and pepper then set aside.
2. On the same pan, melt the ricotta then add the basil, lemon zest, juice and flaxseed. Cook until well mixed then removed from pan.
3. Pour the cheese mixture on the plated asparagus. Topped with parmesan cheese then serve.

# Taco Shells Spinach

Calories 427 | Fats 31g | Protein 32g | Net Carbs 5g

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

## Ingredients

- 4 ounces fresh spinach leaves
- 4 cups boiling water
- 2 eggs
- 4 tablespoon almond flour
- ½ cup mozzarella
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

## Method

1. Preheat oven to 390F (200C).
2. Place the fresh spinach leaves into a large mixing bowl and pour in boiling water, cover then set aside for 2 minutes.
3. In a separate bowl, put ice cubes (2 trays) then transfer the drained spinach from hot water. Drenched the leaves carefully with ice cubes.
4. Remove the spinach leaves from the ice water after a while and formed it into a compact ball. Pat dry some excess water.
5. Chopped the cooled spinach and put in a large mixing bowl together with cheese, eggs, and almond flour. Add in the garlic powder and salt. Mix until it form a batter.
6. Divide the batter into 4 scoops and flatten it out using your hands.
7. Bake at 390 F for 15 minutes or until golden brown. Serve with tomatoes, white onion, cheese sauce, cilantro or any toppings of your choice.

# Zucchini Pasta with Creamy Avocado Pesto

Calories 483 | Fats 43g | Protein 16g | Net Carbs 6g

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

## Ingredients

- 2 ripe avocado, pitted
- 1 cup heavy cream
- 2 cloves garlic
- 1 tablespoon lemon juice
- $\frac{3}{4}$  cup fresh basil leaves, chopped finely
- 2 tablespoon olive oil
- Salt and pepper to taste
- 4 zucchini spiralized into noodle-like shape

## Method

1. On a food processor, blend the avocado, garlic, basil leaves and lemon juice until smooth then add the heavy cream. Add salt and pepper, mix until thick in consistency.
2. Sauté the zucchini noodles with olive oil on a pan until soft and bright green, drain excess water then set aside.
3. In a large bowl, toss the zucchini with sauce then top with parmesan cheese. Add more sauce depend on your preference.

# Caprese Grilled Eggplant

Calories 472 | Fats 36g | Protein 23g | Net Carbs 11g

- Preparation Time: 10 Mins
- Cooking Time: 8 Mins
- Servings: 2 Serving

## Ingredients

- 2 large eggplant aubergine
- 2 tablespoon salt
- 6 ounces mozzarella
- 2 large tomato, sliced
- 4 basil leaves, or as needed
- Olive oil

## Method

1. Cut the eggplant lengthwise into thin slices (  $\frac{1}{4}$  cm thick) and rub with salt. Set aside.
2. Slice the mozzarella and tomato very thinly as well then chopped the basil leaves finely.
3. Heat a griddle pan and lightly brushed the eggplant with olive oil. Drizzle more olive oil on the pan and place the eggplant. Cook both sides until with griddle marks.
4. Place the eggplant on a plate, top with slice of tomato, add with sheets of mozzarella then sprinkle with basil leaves.
5. Prior to serving, you can warm it again on the top of the griddle pan to let the cheese melt a little.

# Crunchy and Nutty Cauliflower Salad

Calories 459 | Fats 36g | Protein 25g | Net Carbs 8g

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

## Ingredients

- 3 cups finely chopped cauliflower
- 4 tablespoon leeks (green part)
- ½ cup chopped walnuts
- 1 cup sour cream
- Sea salt to taste

## Method

1. On a bowl, mix all ingredients until fully coated with cream.
2. Divide into two and transfer in airtight container.
3. Refrigerate before serving. (For full flavor, refrigerate for 3 hours before serving).

# Keto Club Salad

Calories 486 | Fats 38g | Protein 27g | Net Carbs 9g

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

## Ingredients

- 2 tablespoon sour cream
- 2 tablespoon mayonnaise
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried parsley
- 1 tablespoon almond milk
- 4 large hard boiled eggs
- 4 ounce cheddar cheese, cubed
- 3 cups romain lettuce, cut into pieces
- ½ cup cherry tomatoes, halved
- 1 cup diced cucumber
- 1 tablespoon Dijon mustard

## Method

1. Prepare the dressing by mixing the sour cream, mayonnaise and dried herbs until well combined.
2. Add the milk and continue to mix.
3. Layer the salad with fresh veggies, cheese, and sliced egg. Add Dijon mustard at the center.
4. Drizzle the prepared dressing then toss to coat the salad evenly. Serve.

# 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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