

VEGETARIAN  
**KETOGENIC  
MEAL PLAN**

*Weekly Meal Plan*



# Weekly Overview

	Breakfast	Lunch	Dinner	Macros
<b>Monday</b>	Cheesy Muffin	Keto Kale Salad	Crispy Brussels Sprout Salad	<b>Calories: 1427</b> <b>Fats: 132g</b> <b>Protein: 38g</b> <b>Net Carbs: 22g</b>
<b>Tuesday</b>	Cinnamon Keto Granola	Crispy Brussels Sprout Salad	Turnip Gratin	<b>Calories: 1309</b> <b>Fats: 118g</b> <b>Protein: 36g</b> <b>Net Carbs: 27g</b>
<b>Wednesday</b>	Hemp Heart Porridge	Turnip Gratin	Spicy Portobello Mushroom Tacos	<b>Calories: 1234</b> <b>Fats: 110g</b> <b>Protein: 37g</b> <b>Net Carbs: 25g</b>
<b>Thursday</b>	Cheesy Muffin	Spicy Portobello Mushroom Tacos	Keto Falafel	<b>Calories: 1411</b> <b>Fats: 119g</b> <b>Protein: 57g</b> <b>Net Carbs: 28g</b>
<b>Friday</b>	Cinnamon Keto Granola	Keto Falafel	Egg Nest on Braised Cabbage	<b>Calories: 1557</b> <b>Fats: 125g</b> <b>Protein: 76g</b> <b>Net Carbs: 32g</b>
<b>Saturday</b>	Hemp Heart Porridge	Egg Nest on Braised Cabbage	Mushroom and Kale Quiche	<b>Calories: 1561</b> <b>Fats: 124g</b> <b>Protein: 80g</b> <b>Net Carbs: 30g</b>
<b>Sunday</b>	Cheesy Muffin	Mushroom and Kale Quiche	Cheesy Zucchini Casserole	<b>Calories: 1476</b> <b>Fats: 81g</b> <b>Protein: 49g</b> <b>Net Carbs: 19g</b>

# Shopping List

Everything You'll Need For This Week

- Dairy

- Almond flour – 700 grams
- Almond Milk – 600 ml
- Brie Cheese – 90 grams
- Butter – 200 grams
- Cheddar Cheese – 700 grams
- Feta Cheese – 170 grams
- Heavy Cream – 600 ml
- Ricotta Cheese – 60 grams

- Vegetables

- Broccoli – 6 heads
- Brussels Sprout – 450 grams
- Cabbage – 1 kilogram
- Cauliflower – 2 heads
- Chive – 150 grams
- Cilantro – 60 grams
- Collard Greens – 4 piece
- Garlic – 9 cloves
- Kale – 350 grams
- Mushroom (white or button) – 140 grams
- Parsley – 30 grams
- Portobello Mushroom – 300 grams
- Red onion – 1 piece
- Tomato – 2 piece
- Turnip – 700 grams
- Yellow onion – 1 piece
- Zucchini – 3 piece large

- Fruits

- Avocado – 1 piece
- Lemon – 4 pieces
- Raisin – 60 grams

- Nuts / Seeds

- Almond – 120 grams

- Pumpkin seed – 30 grams
- Sunflower Seed – 30 grams
- Walnuts – 310 grams

- Poultry

- Eggs – 15 pieces

- Others

- Apple Cider Vinegar – 5 ml
- Baking Powder – 5 grams
- Black Pepper – 30 grams
- Cayenne Pepper – 3 grams
- Chia Seeds – 120 grams
- Chili Paste – 90 grams
- Cinnamon – 20 grams
- Coconut Flour – 90 grams
- Coriander – 3 grams
- Cumin – 20 grams
- Dijon Mustard – 10 ml
- Dried Thyme – 3 grams
- Flaxseed – 170 grams
- Ghee – 120 ml
- Hemp Hearts – 120 grams
- Italian Seasoning – 3 ml
- Kosher Salt – 15 grams
- Mayonnaise – 30 ml
- Nutritional Yeast – 45 grams
- Olive oil – 400 ml
- Onion powder – 5 grams
- Salt – 15 grams
- Sea Salt – 60 grams
- Stevia – 10 ml
- Sugar Free Maple Syrup – 40 ml
- Tahini Paste – 10 grams
- Unsweetened coconut flakes – 30 grams
- Vanilla Extract – 10 ml

# Cheesy Muffin

Calories 436 | Fats 36g | Protein 20g | Net Carbs 8g

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

## Ingredients

- 1 tablespoon ghee
- 1 cup broccoli florets, cut into bits
- 1 cups almond flour
- 1 eggs
- ½ cup almond milk
- 1 tablespoon nutritional yeast
- ¼ teaspoon baking powder
- ½ teaspoon salt

## Method

1. Preheat oven to 350F and grease large muffin tin with ghee.
2. Stir together all the ingredients in a large mixing bowl until well combined.
3. Spoon the mixture into the muffin tins. Bake for 30 minutes or until when a toothpick is inserted, it will come clean.

# Cinnamon Keto Granola

Calories 438 | Fats 38g | Protein 14g | Net Carbs 10g

- Preparation Time: 5 Mins
- Cooking Time: 20 Mins
- Servings: 1 Serving

## Ingredients

- 2 tablespoon flaxseed
- 1 tablespoon unsweetened coconut flakes
- 1 tablespoon chia seeds
- 1 ½ ounce walnuts, chopped
- 4 tablespoon sugar free maple syrup
- 1¼ teaspoon cinnamon

## Method

1. Combine all ingredients thoroughly except for the cinnamon.
2. Spread out the mixture onto a baking sheet to make one layer.
3. Sprinkle on cinnamon.
4. Bake in 350F for 20 minutes.
5. Let rest. It will harden as it cools.

# Hemp Heart Porridge

Calories 427 | Fats 35g | Protein 20g | Net Carbs 8g

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

## Ingredients

- ½ cup almond milk
- ¼ cup hemp hearts
- 1 tablespoon flaxseed
- 1 tablespoon chia seeds
- 5 drops stevia
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- ½ cup crushed walnuts

## Method

1. Add all the ingredients (except the almond) in a small saucepan. Stir until well combined, then cook until it begins to boil lightly.
2. Once boiling, stir once over and leave to cook for another 1-2 minutes.
3. Remove from the heat, stir in crushed almonds and pour into a bowl. Top with cinnamon and consume immediately.

# Keto Kale Salad

Calories 507 | Fats 51g | Protein 7g | Net Carbs 5g

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

## Ingredients

- ½ cup heavy cream
- 2 tablespoon mayonnaise
- 1 teaspoon Dijon mustard
- 2 tablespoon olive oil
- 1 garlic clove, minced
- Salt and pepper
- 2 tablespoon butter
- ½ teaspoon salt
- 8 ounces Kale
- 2 ounces blue cheese or feta cheese

## Method

1. Mix together heavy cream, mayonnaise, mustard, olive oil and garlic in a small bowl then mix. Add salt and pepper to taste
2. Rinse the kale and cut into small, bite size pieces. Remove and discard the thick stem.
3. Heat a large frying pan and add the butter. Sauté the kale quickly until it become bright in colour. Add salt and pepper to taste.
4. Place in a bowl and pour the dressing on top. Stir thoroughly and serve with crumbled cheese.

# Crispy Brussels Sprout Salad

Calories 484 | Fats 45g | Protein 11g | Net Carbs 9g

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

## Ingredients

- 1 lb Brussels sprouts
- ½ cup olive oil
- 1 lemon, juice and zest
- Salt and pepper
- ¾ cup of spice almond and seed (1 tablespoon olive oil, 2 ounces almond, 1 ounce pumpkin seeds, 1 ounce sunflower seeds, ½ teaspoon cumin or crushed fennel seeds, 1 teaspoon chili paste. 1 pinch salt)

## Method

1. Trim and rinse the Brussels sprout. Coarsely shred in a food processor or with a sharp knife then placed in a salad bowl.
2. Mix olive oil, lemon juice/zest seasoned with salt and pepper. Pour over the Brussels sprouts.
3. Marinate for 10 minutes then add the spicy almond and seed mix prior to serving.
4. Spicy almond and seed mix: Heat the oil in a large pan then add the chili, next the almonds and the seeds. Be careful not to overcook the seeds. Let cool then use on the salad.

# Turnip Gratin

Calories 387 | Fats 35g | Protein 11g | Net Carbs 8g

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

## Ingredients

- ½ yellow onion
- 1 ½ lbs turnip
- 1 garlic clove
- ½ cup fresh chives, finely chopped
- 2 tablespoon butter
- 1 cup heavy cream
- 6 ounces shredded cheddar cheese
- ½ teaspoon salt
- ¼ teaspoon black pepper

## Method

1. Preheat oven to 400F
2. Peel the onion, garlic and turnip. Slice thinly using food processor.
3. Grease a baking dish with butter and alternate slice of onion, garlic and turnip with chives and most of the cheese (saving some for toppings). Put salt and pepper to taste.
4. Add cream and remaining cheese on top. Bake for 30 minutes until golden brown.
5. 4
6. 5

# Spicy Portobello Mushroom Tacos

Calories 420 | Fats 40g | Protein 6.1g | Net Carbs 9g

- Preparation Time: 20 Mins
- Cooking Time: 6 Mins
- Servings: 2 Servings

## Ingredients

- 300 grams Portobello mushrooms
- 2 tablespoon chili paste (adjust for preference)
- 3 tablespoon olive oil, divided
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 4 collard green leaves
- Guacamole – (1 medium avocado, 2 tablespoon chopped tomatoes, 2 tablespoon choppen onion, 2 tablespoon lemon or lime juice, salt and 1 tablespoon chopped cilantro)
- Optional Topping: chopped cilantro and heavy cream

## Method

1. Remove stem of the mushrooms, rinse and pat dry.
2. Mix chilli paste, 1 ½ tablespoon olive oil, cumin and onion powder in a bowl. Brush each mushroom with the chili mixture and marinade for 15 minutes.
3. Prepare the guacamole, pit and slice the avocados, mix with the rest of the ingredients. Set aside.
4. Heat 1 ½ tablespoon of olive oil in a skillet, cook the mushroom for about 3 minutes for both sides or until brown.
5. Let the mushroom cool before slicing. Fill each collard green leaf with slices of mushroom, guacamole, chopped tomatoes, cream and cilantro.

# Keto Falafel

Calories 555 | Fats 43g | Protein 31g | Net Carbs 11g

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

## Ingredients

- 1 cup raw cauliflower, pureed
- ½ cup ground almonds
- 1 tablespoon ground cumin
- ½ tablespoon ground coriander
- 1 teaspoon Kosher salt
- ½ teaspoon cayenne pepper
- 1 clove garlic, minced
- 2 tablespoon fresh parsley, chopped
- 2 large eggs
- 3 tablespoon coconut flour
- Tahini sauce: 2 tablespoon tahini paste, 3 tablespoon water, 1 clove minced garlic, ½ teaspoon kosher salt

## Method

1. Combine the cauliflower and almonds in a medium bowl. Add the rest of the ingredients and mix until well combined.
2. Create 4 patties out of the cauliflower mixture and cook on a heated pan with olive oil.
3. Fry until golden brown on both sides and transfer into a plate lined with paper towel.
4. Serve with tahini sauce and tomato. Garnish with parsley.
5. For the tahini sauce, blend all the ingredients using a whisker or use blender for better consistency.

# Egg Nest on Braised Cabbage

Calories 564 | Fats 44g | Protein 31g | Net Carbs 11g

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

## Ingredients

- 1 tablespoon ghee
- 4 cups cabbage shredded
- 1/8 teaspoon salt
- 1 tablespoon apple cider vinegar
- Pepper to taste
- 4 eggs
- 4 ounces feta cheese, crumbled

## Method

1. Melt ghee in a large frying pan (use one with cover).
2. Add cabbage and salt to taste, cook until the cabbage turns a little brown. Add the apple cider and pepper then mix again.
3. When cooked, lower the heat and creat two small mounds. Create a well at the center for each mold as a space for the eggs.
4. Crack the egg open into each space at the cabbage.
5. Cook until the whites of the egg firms or when desired consistency is reached.
6. Put the feta cheese on top prior to serving.

# Mushroom and Kale Quiche

Calories 570 | Fats 45g | Protein 29g | Net Carbs 11g

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

## Ingredients

- 2 tablespoon butter
- 5 ounces mushrooms (white or button), sliced
- 1 small red onion, diced
- 3 cloves garlic, minced
- ½ teaspoon dried thyme
- 4 ounces kale, stems removed, chopped
- 6 large egg
- ½ cup heavy cream
- 1 teaspoon sea salt
- 2 tablespoon raisins
- 1 tablespoon lemon zest
- ½ cup cheddar cheese
- ¼ cup ricotta cheese

## Method

1. On a cast iron pot (or non stick pot), melt the butter. Add the mushroom, onion, garlic and thyme. Next add the kale and cook until wilted. Set aside
2. In a large mixing bowl, whisk the eggs and cream until it forms froth. Add sea salt, raisins and lemon zest into the mixture. Gradually adding cheddar cheese (leave some for toppings) and then mix in the kale and mushroom.
3. Put the rest of the cheddar cheese and ricotta on top and cover. Let cook for low fire until the cheese melt for about 15 minutes.
4. When cooked, flip the pot over a plate carefully and serve into slices.

# Cheesy Zucchini Casserole

Calories 478 | Fats 37g | Protein 30g | Net Carbs 6g

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

## Ingredients

- 3 medium Zucchini (sliced into ¼ inch thickness)
- Sea salt
- Black pepper
- 1 ½ cup cheddar cheese, shredded
- 3 ounce Brie cheese, edge cut off
- 1/3 cup heavy cream
- 2 tablespoon unsweetened almond milk
- 1 tablespoon butter
- 2 cloves garlic, crushed and minced
- ½ tablespoon Italian seasoning

## Method

1. Toss the zucchini slices with sea salt. Place it into a colander and set over the sink to drain for several minutes then pat dry.
2. Preheat oven to 400F.
3. In a small casserole dish, arrange the zucchini slices in several overlapping rows and sprinkle evenly with cheddar cheese between rows. Season lightly with black ground pepper.
4. Combine brie, cream, milk, butter and garlic in a small saucepan. Heat for a few minutes over low fire stirring frequently until the cheese melts. If desires, add more sea salt to taste. Pour this mixture evenly to the zucchini.
5. Sprinkle some more cheddar cheese on top and add the Italian seasoning.
6. Bake for about 30-35 minutes or until the top is golden brown and the zucchini is soft.

# 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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