

VEGETARIAN  
**KETOGENIC  
MEAL PLAN**

*Weekly Meal Plan*



# Weekly Overview

	Breakfast	Lunch	Dinner	Macros
<b>Monday</b>	Eggplant Breakfast Pizzas	Mushroom Risotto	Mediterranean Zucchini Pasta	<b>Calories: 1410</b> <b>Fats: 119g</b> <b>Protein: 63g</b> <b>Net Carbs: 21g</b>
<b>Tuesday</b>	Keto Egg Salad	Mediterranean Zucchini Pasta	Cabbage Roast Vegetable Salad	<b>Calories: 1365</b> <b>Fats: 119g</b> <b>Protein: 55g</b> <b>Net Carbs: 20g</b>
<b>Wednesday</b>	Carrot CheeseCake Bites	Cabbage Roast Vegetable Salad	Cold Roast Vegetable Salad	<b>Calories: 1197</b> <b>Fats: 100g</b> <b>Protein: 54g</b> <b>Net Carbs: 21g</b>
<b>Thursday</b>	Eggplant Breakfast Pizzas	Cold Roast Vegetable Salad	Walnut and Hemp Seed Lettuce	<b>Calories: 1264</b> <b>Fats: 97g</b> <b>Protein: 75g</b> <b>Net Carbs: 22g</b>
<b>Friday</b>	Keto Egg Salad	Walnut and Hemp Seed Lettuce	Broccoli Cheesy Soup	<b>Calories: 1387</b> <b>Fats: 122g</b> <b>Protein: 51g</b> <b>Net Carbs: 20g</b>
<b>Saturday</b>	Carrot CheeseCake Bites	Broccoli Cheesy Soup	Green Bean Casserole	<b>Calories: 1417</b> <b>Fats: 126g</b> <b>Protein: 46g</b> <b>Net Carbs: 22g</b>
<b>Sunday</b>	Eggplant Breakfast Pizza	Green Bean Casserole	Cucumber Salad with Sour Cream	<b>Calories: 1293</b> <b>Fats: 75g</b> <b>Protein: 50g</b> <b>Net Carbs: 15g</b>

# Shopping List

Everything You'll Need For This Week

- Poultry

- Eggs – 6 pieces

- Dairy

- Butter – 90 grams
- Cheddar cheese – 120 grams
- Cream cheese - 65 grams
- Feta cheese – 135 grams
- Heavy cream – 310 ml
- Mozzarella – 300 grams
- Parmesan – 235 grams
- Spur Cream – 120 grams

## Vegetables

- Artichoke – 30 grams
- Black Olives – 8 pieces
- Cabbage small – 150 grams
- Capers – 30 grams
- Cauliflowers – 5 heads
- Cherry tomatoes – 5 pieces
- Cucumber – 4 pieces
- Eggplant small – 2 pieces
- Fresh basil - 8 leaves
- Fresh dill – 30 grams
- Garlic – 8 cloves
- Green beans – 120 grams
- Kalamata olives – 5 pieces
- Lettuce outer leaves – 6 pieces
- Mushroom – 300 grams
- Onion – 3 pieces small
- Parsley – 60 grams
- Red sweet pepper – 1 pieces
- Carrot – 2 pieces small
- Shallot -1 piece small
- Tomato – 1 piece small
- Spinach – 60 grams
- Sun dried tomato – 30 grams
- Zucchini – 2 piece medium size

- Fruits

- Avocado – 1 piece small
- Lemon – 2 pieces

- Nuts / seeds

- Hemp seeds – 60 grams
- Walnut ground – 45 grams

- Others

- Almond Flour – 65 grams
- Basil Pesto – 45 grams
- Chicken broth – 750 ml
- Cinnamon ground – 3 grams
- Dijon Mustard – 2.5 grams
- Erythritol – 5 grams
- Garlic powder – 3 grams
- Mayonnaise 0 30 grams
- Olive oil – 105 ml
- Sea salt – 3 grams
- Sugar free maple syrup – 5 ml
- Tamari seasoning – 5 grams
- Unsweetened apple saice – 5 ml
- Vanilla extract – 3 grams

# Eggplant Breakfast Pizzas

Calories 441 | Fats 30g | Protein 35g | Net Carbs 7g

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

## Ingredients

- 1 pc baby eggplant, sliced into 1 inch rounds (around 45grams)
- 2 eggs, yolk and whites separated
- ¼ cup parmesan cheese
- Pizza toppings: 8 pcs black olives, 2 cherry tomatoes (halves), 1 tablespoon shredded mozzarella
- Basil and Chili flakes (optional) for garnish

## Method

1. Heat the oven to 350F (a cast iron pan will also do), and spray a baking sheet with non stick spray.
2. Separate the eggs and reserve the yolks.
3. Dip the sliced eggplant in the eggwhite and then in the parmesan cheese and place on the baking sheet bake for 10-15 minutes or until the cheese browns.
4. Beat the egg yolk with pizza toppings of choice and put on top of each eggplant slice.
5. Add mozzarella and sprinkle with Italian seasoning. Return to oven until the cheese is melted.
6. Garnish with fresh basil.

# Keto Egg Salad

Calories 491 | Fats 47g | Protein 13g | Net Carbs 4g

- Preparation Time: 10 Mins
- Cooking Time: 15 Mins
- Servings: 1 Serving

## Ingredients

- 1 piece Avocado (small)
- 2 eggs
- 2 tablespoon mayonnaise
- ½ teaspoon Dijon Mustard
- Squeeze of lemon juice
- 1/8 teaspoon dill
- 2 teaspoon fresh chopped parsley, optional
- Salt and pepper to taste

## Method

1. Boil the eggs in a saucepan, rest in hot water for 10-15 minutes.
2. Run under cold water and peel the shells.
3. Chop the eggs into small pieces, sprinkle with salt and pepper, set aside.
4. Mash the avocado and sprinkle with salt and pepper.
5. In a medium bowl, mix the mayo, eggs, avocado mustard, lemon juice and dill.
6. Chill then serve.

# Carrot CheeseCake Bites

Calories 441 | Fats 40g | Protein 14g | Net Carbs 6g

- Preparation Time: 5 Mins
- Cooking Time: 0 Mins
- Servings: 4 Servings

## Ingredients

- 1/3 cup almond flour
- 1 teaspoon unsweetened applesauce
- 1/3 cup cream cheese
- 1 piece small carrot (~30 grams), shredded
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 1 teaspoon erythritol
- 4 tablespoon grated parmesan cheese

## Method

1. Combine the almond flour, ½ cup of water, applesauce, cream cheese and vanilla extract in a mixing bowl then stir.
2. Add in cinnamon, sweetener and carrots into the almond flour mixture and mix until well combined.
3. Refrigerate for 15 minutes. After chilling, made into balls the carrot dough and sprinkle parmesan cheese.
4. Serve.

# Mushroom Risotto

Calories 448 | Fats 44g | Protein 7g | Net Carbs 6g

- Preparation Time: 10 Mins
- Cooking Time: 40 Mins
- Servings: 2 Servings

## Ingredients

- 3 tablespoon butter
- 2 tablespoon olive oil
- 3 cloves garlic, chopped
- 1 small onion, chopped
- 1 small shallot, minced
- 200 grams mushroom
- ½ cup riced cauliflower
- ½ cup heavy cream
- ¼ cup parmesan cheese
- Chopped parsley for garnish
- Salt and pepper to taste

## Method

1. In a medium pan, heat the butter and olive oil. Add the garlic, onion and shallot. Sauté until cook.
2. Then add the mushroom and 1 cup water. Cover until mushroom are soft.
3. Add the cauliflower and add more water, stir and cover for 10 minutes.
4. Lower the fire and add in heavy cream, parmesan cheese, salt and pepper to taste. Simmer for 10 minutes then add parsley before serving.

# Mediterranean Zucchini Pasta

Calories 520 | Fats 45g | Protein 21g | Net Carbs 8g

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

## Ingredients

- 1 piece zucchini, spiralled
- 60 grams spinach
- 2 tablespoon olive oil
- 2 tablespoon butter
- 3 cloves garlic
- 2 tablespoon sun dried tomatoes
- 2 tablespoon capers
- 2 tablespoon parsley
- 5 pieces Kalamata olives
- ¼ cup parmesan cheese, grated
- ¼ cup feta cheese, crumpled

## Method

1. In a medium sauce pan, add olive oil and garlic.
2. Mix in zucchini, spinach, salt and pepper to taste. Saute until zucchini is soft. Drain excess liquid.
3. Then add sun dried tomatoes, capers, parsley and olives. Cook for 2-3 minutes
4. Remove from heat and toss in parmesan and feta cheese before serving.

# Cabbage Roast with Feta And Basil

Calories 354 | Fats 27g | Protein 21g | Net Carbs 8g

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

## Ingredients

- 90 grams cabbage, sliced into quarters
- 3 tablespoon basil pesto
- ½ cup parmesan cheese, grated
- 2 tablespoon feta cheese, crumpled
- 1 small tomato, sliced
- 30 grams artichoke
- Fresh basil
- Optional toppings: mozzarella cheese, olives, red pepper

## Method

1. Heat the oven to 400F and spray a large sheet pan with non stick spray.
2. Arrange the cabbage in a single layer on the sheet pan and spread pesto on each cabbage piece.
3. Top with cheese and tomato, bake for 20 minute or until cabbage are crisp.
4. Sprinkle with seasoning and basil, Serve with extra pesto for dip.

# Cold Roast Vegetable Salad

Calories 402 | Fats 33g | Protein 19g | Net Carbs 7g

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

## Ingredients

- 10 cauliflower florets
- ½ medium zucchini (sliced)
- 1 medium red sweet pepper (sliced)
- 1 small eggplant (sliced)
- 3 small cherry tomatoes
- 3 tablespoon olive oil
- 90 grams mozzarella cheese
- 2 hard boiled eggs
- Sea salt
- Black pepper

## Method

1. Preheat oven to 400F. Arrange the vegetables on a single layer in a large baking sheet. Drizzle with olive oil and sprinkle with sea salt and black pepper.
2. Roast in the oven for 20 minutes.
3. Flip the eggplant and cauliflower, then return into the oven for 20 minutes more until browned.
4. Transfer into a bowl or container, cover and chill until cold.
5. To serve, add mozzarella cheese on top and hard boiled eggs on the side.

# Walnut and Hemp Seed Lettuce Wraps

Calories 420 | Fats 34g | Protein 21g | Net Carbs 8g

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

## Ingredients

- 1/3 cup ground walnut
- 4 tablespoon hemp seeds
- ½ cup cucumber, sliced
- ¼ cup carrot, sliced
- 1 tablespoon sesame oil
- 1 teaspoon sugar free maple syrup
- 1 teaspoon tamari seasoning
- 90 grams mozzarella, cubed
- 6 lettuce leaves (outer leaf)

## Method

1. On a medium bowl, mix the sesame oil, maple syrup and tamari seasoning. Mix in the hemp seed, cucumber and carrots. Then sprinkle the ground walnuts.
2. Wash the lettuce leaves, pat dry excess water.
3. Pile the mixture on to the lettuce leaves and top with cubed mozzarella.
4. Optional: sesame seeds as extra topping

# Broccoli Cheesy Soup

Calories 476 | Fats 41g | Protein 17g | Net Carbs 8g

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

## Ingredients

- 2 cups broccoli florets
- 2 cloves garlic
- 1 tablespoon butter
- 3 cups chicken broth
- 1 cup heavy cream
- 1 cup cheddar cheese, grated

## Method

1. In a large pot over a medium fire, heat the butter and saute garlic until brown.
2. Add the chicken growth, heavy cream and chopped broccoli, increase the fire and bring to a boil.
3. After boiling, reduced fire then add the cheddar cheese while gradually stirring until melted.
4. Remove from heat immediately once the cheese melts. Cool down a little then serve. (Optional: top with chopped parsley)

# Green Bean Casserole

Calories 500 | Fats 45g | Protein 15g | Net Carbs 8g

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

## Ingredients

- 1 tablespoon olive oil
- 1 small onion, chopped
- 100 grams mushroom
- 120 grams green beans, cut into 2-inch length
- 1 cup heavy cream
- 90 grams mozzarella cheese, crumpled

## Method

1. Sauté the mushrooms and onion on a skillet with olive oil for about 7 minutes or until mushroom is soft. Set aside.
2. Cook the green beans on a small pan drizzled with olive oil until crisp – tender in texture. (option: cook in microwave for 2 minutes in a bowl with ½ cup water)
3. Place the cooked beans and mushroom-onion mixture and cream in a glass baking dish. Stir together until well combined.
4. Top with mozzarella cheese and bake for 15 minutes or until topping is golden brown.

# Cucumber Salad with Sour Cream

Calories 351 | Fats 34g | Protein 8g | Net Carbs 5g

- Preparation Time: 20 Mins
- Cooking Time: 0 Mins
- Servings: 2 Servings

## Ingredients

- 120 grams sour cream
- 2 tablespoon fresh dill
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 3 cups cucumber sliced
- 1 small red onion, chopped
- ½ cup feta cheese

## Method

1. In a large bowl, whisk together the sour cream, dill, olive oil, lemon juice and garlic powder. Season with sea salt and black pepper.
2. Stir in cucumber and onion. Top with feta cheese before serving.

# 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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