

VEGETARIAN  
**KETOGENIC  
MEAL PLAN**

*Weekly Meal Plan*



# Weekly Overview

	Breakfast	Lunch	Dinner	Macros
<b>Monday</b>	Keto Eggnog Smoothie	Keto Halloumi Avocado Plate	Crispy Brussels Sprout Salad	<b>Calories: 1265</b> <b>Fats: 116g</b> <b>Protein: 30g</b> <b>Net Carbs: 25g</b>
<b>Tuesday</b>	Cheesy Muffin	Crispy Brussels Sprout Salad	Keto Teriyaki Mushroom	<b>Calories: 1379</b> <b>Fats: 122g</b> <b>Protein: 42g</b> <b>Net Carbs: 26g</b>
<b>Wednesday</b>	Hemp Heart Porridge	Keto Teriyaki Mushroom	Spicy Portobello Mushroom Tacos	<b>Calories: 1306</b> <b>Fats: 116g</b> <b>Protein: 37g</b> <b>Net Carbs: 26g</b>
<b>Thursday</b>	Keto Eggnog Smoothie	Spicy Portobello Mushroom Tacos	Keto Mushroom Fritata	<b>Calories: 1196x</b> <b>Fats: 108g</b> <b>Protein: 78g</b> <b>Net Carbs: 23g</b>
<b>Friday</b>	Cheesy Muffin	Keto Mushroom Fritata	Egg Nest on Braised Cabbage	<b>Calories: 1456</b> <b>Fats: 118g</b> <b>Protein: 78g</b> <b>Net Carbs: 23g</b>
<b>Saturday</b>	Hemp Heart Porridge	Egg Nest on Braised Cabbage	Broccoli Cheese Fritters	<b>Calories: 1374</b> <b>Fats: 117g</b> <b>Protein: 86g</b> <b>Net Carbs: 28g</b>
<b>Sunday</b>	Keto Eggnog Smoothie	Broccoli Cheese Fritters	Cheesy Zucchini Casserole	<b>Calories: 1173</b> <b>Fats: 68g</b> <b>Protein: 41g</b> <b>Net Carbs: 17g</b>

# Shopping List

Everything You'll Need For This Week

- Poultry

- Eggs – 16 pieces

- Dairy

- Almond Milk – 510 ml
- Brie Cheese – 90 grams
- Butter – 15 grams
- Cheddar Cheese – 320 grams
- Feta cheese - 150 grams
- Halloumi cheese – 60 grams
- Heavy cream – 220 ml
- Mozzarella – 120 grams

- Vegetables

- Alfalfa Sprouts – 50 grams
- Broccoli – 2 ½ heads
- Brussels sprouts – 450 grams
- Cabbage medium size – 2 heads
- Cauliflower – ½ of 1 head
- Cilantro – 15 grams
- Collard leaves – 4 pieces
- Garlic – 2 cloves
- Ginger – 5 grams
- Lettuce – 120 grams
- Mushroom – 240
- Onion – 2 pieces
- Parsley – 5 grams
- Portobello mushroom – 550 grams
- Shallot – 1 piece
- Tomato – 2 pieces
- Zucchini – 3 pieces medium size

- Nuts / Seeds

- Almond – 60 grams
- Cloves seeds – 15 grams
- Fennel seeds – 3 grams
- Flaxseeds – 120 grams
- Hemp hearts – 120 grams

- Pine nuts – 15 grams

- Pumpkin seeds – 28 grams

- Sesame seeds – 5 grams

- Sunflower seeds – 28 grams

- Walnuts – 120 grams

- Fruits

- Avocado – 2 pieces

- Lemon – 2 pieces

- Others

- Almond Flour – 320 grams

- Apple Cider Vinegar – 15 ml

- Baking Powder – 11 grams

- Chili paste - 35 grams

- Cinnamon – 16 grams

- Coconut oil – 80 grams

- Cumin – 5 grams

- Erythritol – 30 ml

- Ghee – 45 grams

- Italian seasoning – 3 grams

- Nutritional yeast – 30 grams

- Olive oil – 275 ml

- Onion powder – 5 grams

- Sea salt – 5 grams

- Sesame oil – 5 grams

- Stevia – 10 grams

- Sugar free maple syrup – 15 grams

- Teriyaki seasoning – 30 ml

- Vanilla Extract – 10 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 cloves ground, approx. ¼ teaspoon
- 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.
2. Transfer on a jar, consume immediately.

# 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.
4. Best serve when warm.

# 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 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

# 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.

# 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.

# 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 then serve.

# 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.

# 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 create two small mounds. Create a well at the center for each mound 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.

# 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.

# 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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