

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 – 23 pieces

- Dairy

- Feta cheese or blue cheese – 60 grams
- Butter – 90 grams
- Cheddar Cheese – 560 grams
- Cream cheese – 30 grams
- Danish Feta cheese – 60 grams
- Feta cheese – 60 grams
- Heavy cream – 580 grams
- Mayonnaise – 30 grams
- Mozzarella – 45 grams
- Parmesan – 30 grams
- Ricotta cheese – 60 grams

- Vegetables

- Alfalfa Sprouts – 30 grams
- Bokchoy – 120 grams
- Broccoli – ½ of 1 head
- Cabbage – 320 grams
- Cauliflower – 2 ½ heads
- Chives – 60 grams
- Cilantro – 30 grams
- Garlic – 8 cloves
- Green onion – 4 pieces
- Kale – 420 grams
- Lettuce – 60 grams
- Mushroom white – 150
- Parsley – 30 grams
- Red chili – 1 piece
- Red onion – 2 pieces small
- Turnip – 700 grams
- Yellow onion – 1 piece
- Zucchini – 1 piece medium

- Fruits

- Avocado – 3 pieces medium piece
- Blueberries – 45 grams
- Lemon – 2 pieces

- Nuts / Seeds

- Almonds – 60 grams
- Chia seeds – 70 grams
- Pine Nuts – 60 grams
- Walnuts – 90 grams

- Others

- Cayenne Pepper – 3 grams
- Cinnamon – 14 grams
- Coconut flour – 45 grams
- Coconut oil – 85 ml
- Coriander, ground – 8
- Cumin, ground – 15 grams
- Dijon mustard – 5 grams
- Dried Thyme – 3 grams
- Erythritol – 21 ml
- Kosher salt – 13 grams
- Olive oil – 40 ml
- Onion powder – 6 grams
- Peanut butter – 15 grams
- Pepper – 30 grams
- Raisins – 30 grams
- Ranch seasoning – 5 grams
- Sea salt – 5 grams
- Soy sauce – 5 ml
- Sugar Free Maple syrup – 60 ml
- Tahini Paste – 30 grams
- Unsweetened coconut cream – 300 ml
- Unsweetened coconut flakes – 30 grams
- Vanilla Extract – 6 grams

# 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.

# 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.

# 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 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 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.

# 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.

# 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. Can be serve warm or chilled.

# 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 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.

# 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.

# 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.

# 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.

# 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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