

VEGETARIAN
**KETOGENIC
MEAL PLAN**

Weekly Meal Plan



Weekly Overview

	Breakfast	Lunch	Dinner	Macros
Monday	Keto Pancakes	Mushroom Risotto	Broccoli Salad	Calories: 1312 Fats: 117g Protein: 45g Net Carbs: 19g
Tuesday	Basil and Mushroom Fritata	Broccoli Salad	Cabbage Roast Vegetable Salad	Calories: 1236 Fats: 99g Protein: 69g Net Carbs: 16g
Wednesday	Keto Egg Salad	Cabbage Roast Vegetable Salad	Asparagus and Lemon Ricotta	Calories: 1275 Fats: 100g Protein: 72g Net Carbs: 23g
Thursday	Keto Pancakes	Asparagus and Lemon Ricotta	Walnut and Hemp Seed Lettuce	Calories: 1309 Fats: 96g Protein: 84g Net Carbs: 27g
Friday	Basil and Mushroom Fritata	Walnut and Hemp Seed Lettuce	Zucchini Pasta with Creamy Avocado Pesto	Calories: 1335 Fats: 112g Protein: 72g Net Carbs: 17g
Saturday	Keto Egg Salad	Zucchini Pasta with Creamy Avocado Pesto	Green Bean Casserole	Calories: 1429 Fats: 135g Protein: 44g Net Carbs: 18g
Sunday	Keto Pancakes	Green Bean Casserole	Keto Club Salad	Calories: 1445 Fats: 81g Protein: 40g Net Carbs: 16g

Shopping List

Everything You'll Need For This Week

- Poultry

- Eggs – 14 pieces

- Dairy

- Almond milk – 15 ml
- Butter – 45 grams
- Cheddar cheese – 120 grams
- Cottage cheese – 60 grams
- Cream cheese – 90 grams
- Feta cheese – 30 grams
- Heavy cream – 600 ml
- Mozzarella – 180 grams
- Parmesan cheese – 240 grams
- Ricotta cheese – 60 grams
- Sour cream – 30 grams

Vegetables

- Artichoke – 30 grams
- Asparagus – 320 grams
- Basil Leaves – 60 grams
- Broccoli – 2 heads
- Cabbage small – 1 head
- Carrot small – 1 piece
- Cauliflower – 1 head
- Cherry tomatoes – 60 grams
- Cucumber – 2 piece medium
- Dill – 6 grams
- Garlic – 5 cloves
- Green beans – 120 grams
- Lettuce leaves – 6 large
- Mushroom white – 400 grams
- Onion small – 2 piece small
- Parsley – 30 grams
- Romaine Lettuce – 180 grams
- Shallot small – 1 piece
- Tomato – 3 piece medium
- White onion – 3 pieces
- Zucchini medium – 4 pieces

- Fruits

- Avocado – 4 piece small
- Lemon – 6 piece

- Nuts / seeds

- Flaxseeds – 255 grams
- Hemp seeds – 60 grams
- Pine nuts – 60 grams
- Walnut – 75 grams

- Others

- Almond Flour – 65 grams
- Basil pesto – 45 grams
- Coconut oil – 45 ml
- Dijon mustard – 21 grams
- Dried parsley – 5 grams
- Garlic powder – 3 grams
- Light Soy sauce – 15 ml
- Mayonnaise – 90 grams
- Mustard – 5 grams
- Olive oil – 90 ml
- Onion powder – 3 grams
- Peanut oil – 15 ml
- Sesame oil – 30 ml
- Sherry vinegar – 30 ml
- Sugar free maple syrup – 5 ml
- Tamari seasoning – 5 ml

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)

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)

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.

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.

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.

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.

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.

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

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.

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.

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.

Almonds	Replace with Pumpkin seeds or sunflower seeds
Almond Flour	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).
Heavy Cream	Can be replaced with coconut cream at 1:1 ratio. Make sure you use the full fat version.
Cheese	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: http://www.mylifebio.net.au/ - Otherwise omit cheese from your recipe.
Butter	Can be replaced by Olive or Coconut Oil in most cases. 1:1 Ratio
Sour Cream	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
Cream Cheese	Usually the sour cream substitutes above will also work for cream cheese.
Milk	Coconut Milk or Almond Milk work best for this. Make sure they are unsweetened and say so on the packaging. Ratio 1:1
Yoghurt	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
Eggs	For every egg required, add 2 Tbsp. chia seeds or flaxseeds soaked in 3 Tbsp. water.
Coconut Oil	Can be replaced with Olive Oil or Butter at a ratio of 1:1
Coconut Flour	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).
Shellfish	If you are allergic to shellfish, I recommend either replacing the protein source with another type, like chicken or beef.

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