

VEGETARIAN  
**KETOGENIC  
MEAL PLAN**

*Weekly Meal Plan*



# Weekly Overview

	Breakfast	Lunch	Dinner	Macros
<b>Monday</b>	Pan Portobello Mushroom Toast	Scrambled Egg in Spinach	Mediterranean Zucchini Pasta	<b>Calories: 1428</b> <b>Fats: 113g</b> <b>Protein: 83g</b> <b>Net Carbs: 20g</b>
<b>Tuesday</b>	Eggplant Breakfast Pizza	Mediterranean Zucchini Pasta	Cauliflower and Cheese	<b>Calories: 1380</b> <b>Fats: 107g</b> <b>Protein: 82g</b> <b>Net Carbs: 21g</b>
<b>Wednesday</b>	Carrot CheeseCake Bites	Cauliflower and Cheese	Cold Roast Vegetable Salad	<b>Calories: 1261</b> <b>Fats: 105g</b> <b>Protein: 59g</b> <b>Net Carbs: 19g</b>
<b>Thursday</b>	Pan Portobello Mushroom Toast	Cold Roast Vegetable Salad	Taco Shells Spinach	<b>Calories: 1276</b> <b>Fats: 99g</b> <b>Protein: 75g</b> <b>Net Carbs: 21g</b>
<b>Friday</b>	Eggplant Breakfast Pizza	Taco Shells Spinach	Broccoli Cheesy Soup	<b>Calories: 1345</b> <b>Fats: 102g</b> <b>Protein: 84g</b> <b>Net Carbs: 20g</b>
<b>Saturday</b>	Carrot CheeseCake Bites	Broccoli Cheesy Soup	Caprese Grilled Eggplant	<b>Calories: 1377</b> <b>Fats: 117g</b> <b>Protein: 54g</b> <b>Net Carbs: 25g</b>
<b>Sunday</b>	Pan Portobello Mushroom Toast	Caprese Grilled Eggplant	Cucumber Salad with Sour Cream	<b>Calories: 1258</b> <b>Fats: 71g</b> <b>Protein: 47g</b> <b>Net Carbs: 20g</b>

# Shopping List

Everything You'll Need For This Week

- Poultry

- Eggs – 22 pieces

- Dairy

- Butter – 45 grams

- Cheddar Cheese – 300 grams

- Cheddar Cheese Slice – 6 slices

- Cream cheese – 180 grams

- Feta Cheese – 150 grams

- Heavy cream – 240 grams

- Mozzarella – 240 grams

- Parmesan cheese – 620 grams

- Sour cream – 120 grams

- Vegetables

- Baby Eggplant – 3 pieces

- Baby Spinach – 360 grams

- Basil leaves – 8 pieces

- Black olives – 16 pieces

- Broccoli – 2 heads

- Cauliflower – 4 heads

- Cherry tomatoes – 7 pieces

- Cucumber – 3 pieces medium

- Dill – 35 grams

- Eggplant – 2 pieces large

- Fresh Thyme – 60 grams

- Garlic – 11 cloves

- Kalamata olives – 5 pieces

- Parsley – 60 grams

- Portobello Mushroom – 3 pieces large

- Red sweet pepper – 1 piece medium

- Carrot – 1 piece medium

- Spinach – 180 grams

- Tomato – 2 pieces large

- Tomato – 6 pieces small

- Zucchini – 2 pieces medium

- Fruits

- Lemon – 2 pieces

- Nuts / Seeds

- Flaxseed – 9

- Others

- Almond flour – 280 grams

- Capers – 30 grams

- Chicken broth powder – 45 grams

- Cinnamon – 5 grams

- Erythritol – 10 ml

- Garlic powder – 6 grams

- Ghee – 5 grams

- Mixed herbs – 5 grams

- Olive oil – 340 ml

- Red pepper flakes – 5 grams

- Sea salt – 8 grams

- Sun dried tomatoes – 30 grams

- Unsweetened applesauce – 10 ml

- Vanilla extract – 5 ml

# Pan Portobello Mushroom Toast

Calories 447 | Fats 35g | Protein 24g | Net Carbs 9g

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

## Ingredients

- 1 portobello mushrooms, cut in half
- 2 small tomatoes, cut in half
- 2 large eggs
- 2 slices cheddar cheese
- Fresh thyme, for sprinkling
- Olive oil for cooking
- 3 cloves garlic

## Method

1. Heat a large fry pan with olive oil.
2. Cook the mushrooms in the pan for 10 minutes over medium heat until soft and crisp then set aside.
3. Cook next the tomatoes with enough olive oil then set aside. Sauté the garlic until brown and crispy.
4. Next fry the eggs then layer and assemble on the mushroom on top of the cheese. Put in fresh thyme as garnish. Serve with tomatoes on the side.

# 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.

# 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.

# Scrambled Eggs in Spinach

Calories 461 | Fats 33g | Protein 38g | Net Carbs 3g

- Preparation Time: 0 Mins
- Cooking Time: 10 Mins
- Servings: 2 Serving

## Ingredients

- 6 cups baby spinach leaves
- 4 large eggs
- 4 tablespoon parmesan cheese, grated
- 2 teaspoon olive oil
- Salt and pepper to taste
- Red pepper flakes

## Method

1. On a small bowl, beat the eggs well and seasoned with salt and pepper. Set aside.
2. Heat 1 teaspoon olive oil in a medium sized skillet, add the baby spinach and cook, tossing until wilted.
3. Add the eggs and stir occasionally until set for about 1 minute.
4. Stir in the parmesan cheese and sprinkle with red pepper flakes 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.

# Cauliflower and Cheese

Calories 418 | Fats 32g | Protein 26g | Net Carbs 6g

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

## Ingredients

- 2 heads cauliflower cut into florets
- 1 teaspoon salt
- 1 teaspoon mixed herbs
- ½ teaspoon ground black pepper
- 1 tablespoon olive oil
- ½ cup cheddar cheese
- 4 eggs (yolk removed)
- 1 teaspoon ghee
- 1 pinch nutmeg
- 2 tablespoon chopped parsley

## Method

1. On a heated pan, put olive oil, cook the cauliflower until toasted and sprinkle with salt, mixed herbs and pepper. Set aside.
2. On the same pan, mix cheddar cheese, ghee, eggwhites and nutmeg.
3. Simmer until bubbly then pour in the cauliflower.
4. Mix well and top with parsley prior to serving.

# 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.

# Taco Shells Spinach

Calories 427 | Fats 31g | Protein 32g | Net Carbs 5g

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

## Ingredients

- 4 ounces fresh spinach leaves
- 4 cups boiling water
- 2 eggs
- 4 tablespoon almond flour
- ½ cup mozzarella
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

## Method

1. Preheat oven to 390F (200C).
2. Place the fresh spinach leaves into a large mixing bowl and pour in boiling water, cover then set aside for 2 minutes.
3. In a separate bowl, put ice cubes (2 trays) then transfer the drained spinach from hot water. Drenched the leaves carefully with ice cubes.
4. Remove the spinach leaves from the ice water after a while and formed it into a compact ball. Pat dry some excess water.
5. Chopped the cooled spinach and put in a large mixing bowl together with cheese, eggs, and almond flour. Add in the garlic powder and salt. Mix until it form a batter.
6. Divide the batter into 4 scoops and flatten it out using your hands.
7. Bake at 390 F for 15 minutes or until golden brown. Serve with tomatoes, white onion, cheese sauce, cilantro or any toppings of your choice.

# 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)

# Caprese Grilled Eggplant

Calories 472 | Fats 36g | Protein 23g | Net Carbs 11g

- Preparation Time: 10 Mins
- Cooking Time: 8 Mins
- Servings: 2 Serving

## Ingredients

- 2 large eggplant aubergine
- 2 tablespoon salt
- 6 ounces mozzarella
- 2 large tomato, sliced
- 4 basil leaves, or as needed
- Olive oil

## Method

1. Cut the eggplant lengthwise into thin slices (  $\frac{1}{4}$  cm thick) and rub with salt. Set aside.
2. Slice the mozzarella and tomato very thinly as well then chopped the basil leaves finely.
3. Heat a griddle pan and lightly brushed the eggplant with olive oil. Drizzle more olive oil on the pan and place the eggplant. Cook both sides until with griddle marks.
4. Place the eggplant on a plate, top with slice of tomato, add with sheets of mozzarella then sprinkle with basil leaves.
5. Prior to serving, you can warm it again on the top of the griddle pan to let the cheese melt a little.

# 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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