



Sugar-Free Mom Keto Meal Plan Sample

Naturally Sweetened Fabulous Meals for a Healthier You!



Thank you for checking out our meal plan sample! We believe you and your family will love all the meals chosen for the week. Our meal plans have two options of either a low carb menu or a keto menu. Low Carb meal plans have no more than 40 net carbs per week and the Keto meal plans have no more than 20 net carbs per week. If you choose to try out our meal planning membership, you have the option each week to switch between the two meal plans. You will also be able to customize serving sizes for your family's needs as well as swap out meals and delete or add anything else you like. [My video tutorial](#) will show you how easy it is to use our meal planning software. If you have any questions, feel free to contact us.

This sample meal plan is created for a family of four with 2 adults and 2 children. 4 servings for breakfast, dinner and a snack and 2 servings for lunch. lunch for children not included as M-F they are in school.

Weekly Meal Plan

	SUN	MON	TUE	WED	THU	FRI	SAT
breakfast	Cinnamon Coconut Flour Pancake... +28 1/2 tablespoon butter 2 slices canadian bacon 1 cup coffee 2 tablespoons heavy cream 355	Cinnamon Coconut Flour Pancake... ✓ 1/2 tablespoon butter 2 slices canadian bacon 250	Cinnamon Coconut Flour Pancake... ✓ 1/2 tablespoon butter 2 slices canadian bacon 250	2- Minute Low Carb English Muf... 1 egg, fried 1 tablespoon butter 396	1 egg, omelette 1 slice bacon 1/8 cup cheddar cheese 1 cup coffee 2 tablespoons heavy cream 433	2- Minute Low Carb English Muf... ♣ 1 egg, fried 1 tablespoon butter 1 cup coffee 2 tablespoon heavy cream 501	1 egg, omelette 1 slice bacon 1/8 cup cheddar cheese 328
lunch	Mason Jar Shrimp Cobb Salad 245	Low Carb Antipasto Stuffed Chi... ✓ 1/2 cup broccoli, sauteed 1 tablespoon butter 475	Keto Crispy Pork Cutlets ✓ 1/2 cup asparagus, sauteed 1 tablespoon butter 521	Bacon Cheeseburger Stuffed Zuc... ✓ 1/2 cup romaine lettuce 1 tablespoon red wine vinegar 1/2 tablespoon olive oil 534	Garlic Lemon Chicken Drumstick... ✓ Crispy Oven Fried Low Carb Zuc... ✓ 376	Low Carb Country Fried Steak ✓ Italian Style Coleslaw ✓ 330	Coconut-Crusted Chicken Tender... ✓ Low Carb Ratatouille ✓ 383
dinner	Low Carb Antipasto Stuffed Chi... +2 1/2 cup broccoli, sauteed 1 tablespoon butter 475	Keto Crispy Pork Cutlets +2 1/2 cup asparagus, sauteed 1 tablespoon butter 521	Bacon Cheeseburger Stuffed Zuc... +2 1/2 cup romaine lettuce 1 tablespoon red wine vinegar 1/2 tablespoon olive oil 534	Garlic Lemon Chicken Drumstick... +2 Crispy Oven Fried Low Carb Zuc... +2 376	Low Carb Country Fried Steak +2 Italian Style Coleslaw +2 330	Coconut-Crusted Chicken Tender... +2 Low Carb Ratatouille +2 383	Keto Beef Brisket 1/2 cup green beans, sauteed 1 tablespoon butter 530
snacks	Sugar-Free Low Carb Butterscot... +4 251	Sugar-Free Low Carb Butterscot... ✓ 251	No-Bake Haystack Cookies +8 144	No-Bake Haystack Cookies ✓ 144	One Minute Fudge Cookie (Low C... 215	No-Bake Haystack Cookies ✓ 144	One Minute Fudge Cookie (Low C... ♣ 215

Nutritional Information Calculated by Sugar-Free Mom.

Shopping List

Dairy and Refrigerated

- 1 1/2 cups 1% milk
- 1 cup + 12 oz cheddar cheese
- 10 2/3 oz cream cheese
- 5 egg whites
- 8 egg yolks
- 17 eggs
- 3 1/4 cups + 2 1/3 tsp heavy whipping cream
- 3 tbsp parmesan cheese
- 4 oz provolone
- 1/4 cup unsweetened almond milk

Produce

- 1/2 avocado
- 1/2 cup cherry tomato
- 1.5 tbsp cilantro
- 3 tsp fresh sage
- 2 tsp garlic
- 2 1/4 garlic cloves
- 6 cups green cabbage
- 3/4 lemon, zest
- 1 3/4 lemons
- 5 cups lettuce

- 1 1/4 limes
- 3/4 cup onion
- 3 tbsp parsley
- 8 oz red onions
- 12 oz roma tomato
- 8 oz summer squash
- 3 zucchinis
- 3 cups + 8 oz zucchinis

Meat & Poultry

- 1 1/2 pound 85% lean ground beef
- 1 1/2 pound Beef Bottom Round steak
- 2 pound beef brisket
- 24 oz boneless skinless chicken breasts
- 1 1/2 lbs chicken breast tenderloins
- 6 chicken drumsticks
- 6 pork loin chops
- 1 1/2 oz prosciutto
- 2 1/2 oz salami
- 4 oz shrimp, cooked
- 10 slices bacon
- 24 slices canadian bacon

Grains, Pasta, Bulk

- 7 1/2 oz uncured nitrate free bacon

Canned & Jarred

- 1/3 cup almond butter
- 1 cup beef bone broth
- 1/2 cup cashew butter
- 1 1/2 cups low-sodium chicken broth
- 1 oz mild banana peppers rings
- 1 oz roasted red peppers
- 3 tbsp sugar free ketchup
- 1.5 tbsp tomato paste

Other Items

- 1 tbsp almond meal
- 4 tsp chocolate liquid stevia
- 1 1/2 cups coconut flour
- 3 3/4 cup crushed pork rinds
- 8 tsp instant espresso
- 4 1/3 tsp liquid vanilla Stevia
- 2 2/3 tsp maple extract
- 3/4 cup pecans
- 1/4 cup red wine
- 1 1/3 cups scoop vanilla whey protein powder
- 1 1/2 cups shredded unsweetened coconut

- 1/3 cup + 1 tbsp + 2 1/3 tsp Sukrin Fiber Gold Syrup
- 2/3 cup Swerve confectioners sweetener
- 2 oz unsweetened baking chocolate
- 3/4 cup whey protein powder

Pantry

Spices

- black pepper
- caraway seeds
- cinnamon
- dried parsley
- fennel seed
- garlic powder
- herbes de provence
- Italian seasoning
- nutmeg
- onion flakes
- onion powder
- oregano
- paprika
- salt
- salt and pepper
- sea salt

- smoked paprika
- vanilla extract

Refrigerated

- butter
- dijon mustard
- yellow mustard

Other

- avocado oil
- baking powder
- baking soda
- black coffee
- coconut oil
- olive oil
- red wine vinegar
- unsweetened cocoa powder
- white vinegar

My Items

- 3 cups broccoli, sauteed
- 3 cups asparagus, sauteed
- 8 egg, fried
- 8 egg, omelette
- 2 cups green beans, sauteed

Quick Add-Ons

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Cinnamon Coconut Flour Pancakes

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 12

Nutritional Facts

Serving Size: 1 pancake

Amount Per Serving

Calories 110 Calories from Fat 0

Total Fat 6.6g

Saturated Fat 4.2g

Monounsaturated Fat 0g

Cholesterol 91mg

Sodium 193mg

Total Carbohydrate 6.8g


Dietary Fiber 3g

Sugars 0.2g

Protein 5.4g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 6 eggs
- 1 1/2 cups 1% milk
- 1 tbsp vanilla extract
- 3/4 cup coconut flour
- 1 1/2 tsp ground cinnamon
- 3/4 tsp ground nutmeg
- 1 tbsp vanilla liquid stevia
- 3/4 tsp salt
- 1 1/2 tsp baking soda
- 3 tbsp coconut oil

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Directions

- 1 Mix all ingredients except coconut oil together in a high powdered blender. Set aside.
- 2 Heat coconut oil on a griddle pan and ladle 1/4 cup batter onto griddle for each pancake. Cook until pancake edges look set and center bubbles. Flip over and cook a few minutes on other side.

Notes

2- Minute Low Carb English Muffin

Prep Time: 2 Min Cook Time: 2 Min Total Time: 4 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1

Amount Per Serving

Calories 222	Calories from Fat 180
	% Daily Value *
Total Fat 20g	30%
Saturated Fat 5g	25%
Monounsaturated Fat 0g	%
Cholesterol 97mg	32%
Sodium 228mg	9.5%
Total Carbohydrate 5g	1.7%
Dietary Fiber 2g	8%
Sugars 0g	

Protein 7g

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Ingredients

1/4 cup cashew butter (unsweetened, almond butter or peanut butter)

2 tbsp butter

1/4 cup almond flour (I used Bob's Red Mill)

1/4 tsp salt

1 tsp baking powder

2 tbsp unsweetened almond milk

2 egg (beaten)

Directions

- 1 Spray the ramekin you are using with olive oil cooking spray or coconut oil spray.
- 2 Add the almond butter and butter to the dish.
- 3 Microwave for 30 seconds and mix until smooth. Set aside to cool.
- 4 In a small bowl whisk the almond flour, salt and baking powder together.
- 5 Pour the milk and egg to dry ingredients and stir until combined.
- 6 Pour this mixture into a shallow ramekin with the almond butter mixture and stir to combine well.
- 7 Microwave 2 minutes.
- 8 Allow to cool a few minutes before taking it out of the ramekin and slicing in half to toast.
- 9 Toast until desired.
- 10 Enjoy!

Notes

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Mason Jar Shrimp Cobb Salad

Prep Time: 10 Min Cook Time: 1 Min Total Time: 11 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1 mason jar salad

Amount Per Serving

Calories 245 Calories from Fat 0

Total Fat 16.1g

Saturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 6.6g

Dietary Fiber 4g

Sugars 0g

Protein 19.5g

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Ingredients

- 1/2 cup cherry tomatoes
- 1 hard boiled eggs (chopped)
- 1/2 avocado
- 4 oz cooked shrimp (tails removed)
- 1/2 lime
- 2 cups romaine lettuce, chopped
- 2 slices bacon (cooked crisp)

Directions

- 1 Mason Jar Assembly: Add 1/4 cup of tomato and then 1/2 egg, 1/4 avocado, and 2 ounces of shrimp to each jar. Squirt some lime juice over shrimp and then add 1 cup of lettuce and top each jar with 1 slice of crisp bacon, crumbled.

Notes

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Low Carb Antipasto Stuffed Chicken

Prep Time: 20 Min Cook Time: 30 Min Total Time: 50 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 4


Amount Per Serving

Calories 358	Calories from Fat 245
	% Daily Value *
Total Fat 27.2g	42%
Saturated Fat 6.4g	32%
Monounsaturated Fat 0g	%
Cholesterol 75mg	25%
Sodium 703mg	29%
Total Carbohydrate 0.4g	0.13%
Dietary Fiber 0g	0%
Sugars 0.2g	

Protein 31g

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 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1/2 cup olive oil (dressing)
- 1/4 cup red wine vinegar (dressing)
- 1/2 tsp mustard (dressing)
- 1 tsp minced garlic (dressing)
- 1/2 tsp Italian seasoning (dressing)
- 1/2 tsp fennel seed (dressing)
- 24 oz boneless skinless chicken breasts
- 4 oz provolone cheese
- 2 1/2 oz salami
- 1 1/2 oz prosciutto
- 1 oz banana peppers
- 1 oz roasted red bell peppers

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Directions

- 1 Preheat the oven to 425 degrees F.
- 2 Whisk the dressing ingredients together and set aside.
- 3 Slice the chicken breasts in half horizontally, but not all the way through, opening like a book.
- 4 Add about 1 tablespoon of dressing to each open book chicken breast.
- 5 Lay a slice of cheese, salami, prosciutto, banana peppers and roasted peppers to each. Top with another slice of cheese and fold over, closing the stuffing inside the two pieces of breast.
- 6 Tie together to hold it's filling and place in a 9 by 13 dish.
- 7 Pour remaining dressing over the chicken and bake 30 minutes or until the chicken is no longer pink when sliced or an internal thermometer reads 165 degrees F.
- 8 Enjoy immediately!

Notes

Keto Crispy Pork Cutlets

Prep Time: 20 Min Cook Time: 30 Min Total Time: 50 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 1 pork chop

Amount Per Serving

Calories 406	Calories from Fat 207
	% Daily Value *
Total Fat 23g	35%
Saturated Fat 4g	25%
Monounsaturated Fat 0g	%
Cholesterol 211mg	211%
Sodium 877mg	38%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 31g	

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Note: This recipe has extra servings for planned leftovers.

Ingredients

- 6 pork loin chops (bone in or boneless)
- 1 1/2 tsp salt
- 3/4 tsp pepper
- 3 cups pork rinds (finely crushed)
- 1 1/2 tsp dried onion flakes
- 3/4 tsp onion powder
- 1 tbsp fresh sage, minced
- 3 eggs

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Directions

- 1 Season the pork chops on both sides with the salt and pepper. Mix together all of the dry ingredients in a large bowl. Beat the eggs well in a second bowl.
- 2 Dredge the pork chops through the egg and then firmly press the crumb mix over them. Set aside on a plate until all four are coated.
- 3 Heat approx. 1/2 an inch of oil in a large skillet.
- 4 Place the pork in the hot oil and cook for 7 minutes, turn and cook for another 5 minutes (cooking time will totally depend on the thickness of your pork). Pork is cooked when the internal temperature has reached 165° F.
- 5 Drain on absorbent paper and let rest for 10 minutes before slicing and serving. Store, covered, in the refrigerator for up to 3 days.
- 6 Recipe Notes: Nutrition Info does not include the oil used for frying.

Notes

Bacon Cheeseburger Stuffed Zucchini Boats

Prep Time: 10 Min Cook Time: 20 Min Total Time: 30 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 1

Amount Per Serving

Calories 467	Calories from Fat 262
% Daily Value *	
Total Fat 29.1g	44.7%
Saturated Fat 11.8g	59%
Monounsaturated Fat 0g	%
Cholesterol 131mg	43.66%
Sodium 841mg	35%
Total Carbohydrate 8.3g	2.76%
Dietary Fiber 1.9g	7.6%
Sugars 4.1g	

Protein 41.4g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Note: This recipe has extra servings for planned leftovers.

Ingredients

- 7 1/2 oz uncured nitrate free bacon
- 3 zucchini (about 1.5 pounds)
- 1.5 tbsp olive oil
- 3/4 cup chopped onion
- 1 1/2 pound 85% lean ground beef
- 3/4 tsp garlic powder
- 3/4 tsp oregano
- 3/4 tsp salt
- 1/2 tsp pepper
- 1.5 tbsp tomato paste
- 3 tbsp mustard
- 3 tbsp sugar free ketchup (or no sugar added)
- 12 oz shredded cheddar cheese (divided)

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Directions

- 1 Preheat the oven to 400 degrees F.
- 2 In a skillet, cook the bacon until crisp and set aside on a plate lined with paper towels. Chop into piece once cooled.
- 3 Slice each zucchini lengthwise and scoop out the inside seeds, leaving about 1/4 inch from the sides. Place this removed insides of zucchini in a bowl and set aside.
- 4 Rub the oil around the inside of each halved zucchini and place on a baking sheet pan.
- 5 Bake for 20 minutes.
- 6 While the zucchini is baking you can make the filling.
- 7 Remove some of the bacon grease from the skillet, leaving about a tablespoon or so in the pan.
- 8 Cook the onion until softened then add the ground beef and insides of zucchini you had scooped out.
- 9 Cook beef until browned then add seasonings, tomato paste, mustard and ketchup.
- 10 Stir to combine the stir in 1/2 cup of the shredded cheese.
- 11 Allow it to melt, turn off the heat and return half the bacon into the mixture.
- 12 Once zucchini is cooked, remove from the oven and fill each half with the filling.
- 13 Top with remaining shredded cheese and bacon.
- 14 Broil for 2 minutes to melt the cheese on top.
- 15 Enjoy!

Garlic Lemon Chicken Drumsticks

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 1 drumstick

Amount Per Serving

Calories 154	Calories from Fat 94
	% Daily Value *
Total Fat 10.4g	16%
Saturated Fat 2.5g	16%
Monounsaturated Fat 0g	
Cholesterol 61mg	20%
Sodium 356mg	15%
Total Carbohydrate 0.3g	0%
Dietary Fiber 0g	0%
Sugars 0.1g	
Protein 14.1g	

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1.5 tbsp olive oil
- 6 chicken drumsticks
- 3/4 tsp salt
- 3/4 tsp pepper
- 3/4 tsp dried Italian Seasonings
- 1 1/8 tsp butter
- 2 1/4 cloves garlic, minced
- 1 1/2 lemons, juice
- 3/4 lemon, zest
- 3 tbsp fresh parsley, chopped

Directions

- 1 Heat oil in a large sauté pan.
- 2 Season drumsticks with salt, pepper and Italian seasonings.
- 3 Cook until browned all over.
- 4 Cover and simmer for 20 minutes.
- 5 Remove drumsticks and keep warm.
- 6 On low heat, add butter and garlic and stir for 1-2 minutes.
- 7 Add lemon juice and zest and return drumsticks to pan.
- 8 Coat drumsticks with juices and place on serving plate.
- 9 Pour remaining juice from pan over drumsticks and garnish with fresh parsley.

Notes

Crispy Oven Fried Low Carb Zucchini Fries

Prep Time: 20 Min Cook Time: 25 Min Total Time: 45 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 4

Amount Per Serving

Calories 222	Calories from Fat 113
% Daily Value *	
Total Fat 12.6g	19.38%
Saturated Fat 4.3g	21.5%
Monounsaturated Fat 0g	%
Cholesterol 88mg	29.33%
Sodium 541mg	22.5%
Total Carbohydrate 4.7g	1.56%
Dietary Fiber 2.2g	8.8%
Sugars 1.1g	
Protein 20.4g	

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Note: This recipe has extra servings for planned leftovers.

Ingredients

- 3 cups zucchini, sliced
- 1 1/2 eggs (beaten)
- 3 tbsp grated parmesan
- 3/4 cup crushed pork rinds
- 3/4 tsp garlic powder
- 1 1/2 tsp dried parsley
- 6 tbsp coconut flour

Directions

- 1 Preheat oven to 425 degrees F.
- 2 Arrange 3 shallow bowls. One for the eggs, one for the coconut flour and one for the pork rinds.
- 3 Stir in the parmesan with the crushed pork rinds, set aside.
- 4 Stir in the garlic powder and parsley with the coconut flour and set aside.
- 5 Toss 3-4 sliced zucchini into the coconut flour mixture then dip in eggs and finally toss into pork rind mixture until coated well. Set aside onto a baking sheet lined with parchment paper.
- 6 Bake 25 minutes or until nicely browned.

Notes

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Low Carb Country Fried Steak

Prep Time: 15 Min Cook Time: 15 Min Total Time: 30 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 4


Amount Per Serving

Calories 255	Calories from Fat 81
	% Daily Value *
Total Fat 9g	13.84%
Saturated Fat 3g	15%
Monounsaturated Fat 0g	%
Cholesterol 107mg	35.66%
Sodium 304mg	12.66%
Total Carbohydrate 1g	0.3%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 39g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1 1/2 pound Beef Bottom Round steak
- 3/4 cup Whey Protein Powder
- 3/4 tsp smoked paprika
- 3/4 tsp garlic powder
- 3/4 tsp onion powder
- 3/4 tsp baking powder
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 1 1/2 eggs (beaten)
- 6 tbsp coconut oil
- 1 1/2 cups low sodium chicken broth (optional for gravy)
- 6 tbsp heavy cream (optional for gravy)

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Directions

- 1 Slice beef into 1/2 inch thick slices. Flatten by pounding with a meat mallet to 1/4 inch thickness. Set aside.
- 2 Whisk the next 7 dry ingredients together in a shallow bowl. Set aside.
- 3 Heat coconut oil in a large skillet, medium high heat.
- 4 Once oil is melted, dredge 1 piece of beef into protein powder mixture then into beaten eggs and again into protein powder. Place into skillet and continue process with 3 more pieces. Don't overcrowd pan.
- 5 Cook about 5-6 minutes on each side until golden brown. This will be medium (some pink in center). Cook longer for medium well. Remove to wire rack and continue with the rest.
- 6 To Make Gravy: Once done cooking beef, add chicken broth to deglaze skillet, bring to a boil. Pour in heavy cream and continue to cook until it thickens, about 10-15 minutes.

Notes

Italian Style Coleslaw

Prep Time: 10 Min Cook Time: 1 Min Total Time: 11 Min



SERVINGS: 6

Nutritional Facts


Serving Size: 1

Amount Per Serving

Calories 75	Calories from Fat 51
	% Daily Value *
Total Fat 5.7g	8.76%
Saturated Fat 0.8g	4%
Monounsaturated Fat 0g	%
Cholesterol 0mg	0%
Sodium 259mg	10.79%
Total Carbohydrate 5.9g	1.96%
Dietary Fiber 2.4g	9.6%
Sugars 3g	
Protein 1.5g	

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 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 6 cups shredded cabbage (core and outer leaves removed)
- 3/4 tsp caraway seeds
- 1 3/4 tsp garlic powder
- 3/4 tsp salt
- 1/2 tsp pepper
- 1/4 cup + 2 1/2 tsp white vinegar
- 2 tbsp + 1 1/4 tsp extra virgin olive oil
- 3/4 tsp Dijon mustard
- 1/3 lemon (optional)

Directions

- 1 Place the shredded cabbage into a large bowl.
- 2 Whisk the rest of the ingredients together.
- 3 Pour dressing over the cabbage and stir until all combined.
- 4 Taste and adjust salt and pepper if needed.
- 5 Refrigerate until chilled.
- 6 When ready to serve squeeze the lemon juice over the top and toss once more before serving.

Notes

Coconut-Crusted Chicken Tenders

Prep Time: 10 Min Cook Time: 10 Min Total Time: 20 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 4 ounces

Amount Per Serving

Calories 282

Calories from Fat 0

Total Fat 15.4g

Saturated Fat 11.2g

Monounsaturated Fat 0g

Cholesterol 65mg

Sodium 342mg

Total Carbohydrate 5.8g


Dietary Fiber 3g

Sugars 0.2g

Protein 30.1g

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 Note: This recipe has extra servings for planned leftovers.

Ingredients

6 tbsp coconut flour

3/4 tsp salt

1/2 tsp pepper

4 1/2 egg whites

3/4 lime (juice)

3/4 cup unsweetened shredded coconut

1.5 tbsp fresh chopped cilantro

1 1/2 lbs chicken breast tenderloins

3 tbsp coconut oil

Directions

- 1 Whisk coconut flour with salt and pepper in a shallow bowl and set aside. Beat egg whites with lime juice until frothy.
- 2 Mix shredded coconut with fresh cilantro in a shallow bowl. Dredge tenders first in coconut flour mixture, then in egg whites, then in shredded coconut. Be sure to coat both sides. Continue until all tenders are coated.
- 3 Heat oil in a large skillet and cook tenders, 5 minutes on each side, until golden. Drain on paper towels.

Notes

Low Carb Ratatouille

Prep Time: 20 Min Cook Time: 45 Min Total Time: 1 Hours, 5 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 3 ounces

Amount Per Serving

Calories 101	Calories from Fat 63
	% Daily Value *
Total Fat 7g	11%
Saturated Fat 1g	6%
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 202mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	

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Note: This recipe has extra servings for planned leftovers.

Ingredients

- 8 oz zucchini
- 8 oz summer squash
- 8 oz red onion
- 12 oz Roma tomatoes
- 3 tbsp extra virgin olive oil, divided
- 1 tsp minced garlic
- 1/2 tsp herbs de provence
- 1/2 tsp salt
- 1/2 tsp pepper

Directions

- 1 Preheat the oven to 375 degrees F.
- 2 Slice the zucchini, squash, onion and tomato about 1/8-1/4 inch slices. Set aside.
- 3 Brush 1 tablespoon of oil into a 9 inch cast iron skillet or round pie dish. Layer the slices of vegetables in a spiral around the skillet.
- 4 Mix the remaining oil and garlic together then brush over the layers of vegetables. Sprinkle with herbs de provence, salt and pepper and bake for 40-45 minutes until the vegetables look softened and are fork tender.
- 5 Sprinkle optional grated parmesan over the top once out of the oven before serving if desired. Store in the refrigerator for up to 5 days.

Notes

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Keto Beef Brisket

Prep Time: 20 Min Cook Time: 4 Hours Total Time: 4 Hours, 20 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 6 ounces

Amount Per Serving

Calories 412	Calories from Fat 180
	% Daily Value *
Total Fat 20g	31%
Saturated Fat 6g	38%
Monounsaturated Fat 0g	%
Cholesterol 140mg	47%
Sodium 493mg	21%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 49g	

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Ingredients

- 2 pound beef brisket
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tbs avocado oil
- 1 cup beef bone broth
- 1/4 cup red wine

Directions

- 1 The night before you'd like to have this for dinner, season the brisket liberally with coarse sea salt and refrigerate covered, overnight.
- 2 Preheat the oven to 325 degrees F. Allow the meat to sit on the counter for 1 hour before cooking. Mix the garlic powder, onion powder, paprika, salt and pepper in a small bowl and sprinkle over the brisket, patting it down all over the meat.
- 3 Heat the avocado oil over medium high heat in a Dutch oven. Sear the brisket on all sides for about 5 minutes each side.
- 4 Add broth and wine to the Dutch oven. You can also add any vegetables to the pot like onions, carrots and celery. Cover and place in the oven for 3-4 hours until the meat is fork tender. Baste every hour.

Notes

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Sugar-Free Low Carb Butterscotch Cheesecake Mousse

Prep Time: 10 Min Cook Time: 1 Min Total Time: 11 Min



SERVINGS: 8

Nutritional Facts

Serving Size: 4

Amount Per Serving

	Calories 251	Calories from Fat 170
	% Daily Value *	
Total Fat 18.9g		29%
Saturated Fat 12.2g		61%
Monounsaturated Fat 0g		%
Cholesterol 46mg		15.33%
Sodium 199mg		8.29%
Total Carbohydrate 3.5g		1.16%
Dietary Fiber 0.5g		2%
Sugars 2.5g		
Protein 9.5g		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Note: This recipe has extra servings for planned leftovers.

Ingredients

- 10 2/3 oz cream cheese (room temp)
- 2 3/4 tsp maple extract
- 1 1/2 tsp vanilla stevia
- 1/3 cup + 1 tbsp + 2 3/4 tsp Sukrin fiber gold syrup
- 1 1/3 pinch salt
- 1 1/3 cups vanilla protein powder (I used Jay Robs)
- 1 1/3 cups heavy whipping cream

Directions

- 1 Place all ingredients into a stand mixer except heavy whipping cream.
- 2 Blend on high, scrape down sides, until smooth.
- 3 Change to whisk attachment and pour in heavy cream.
- 4 Blend on high 5 minutes or until thickened and whipped in texture. (mixture will also thicken as it sets in the fridge).
- 5 Spoon into a pastry bag to swirl into glasses.
- 6 Place in the refrigerator 2-3 hours or overnight.
- 7 Keep refrigerated until ready to serve.

Notes

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No-Bake Haystack Cookies

Prep Time: 10 Min Cook Time: 30 Min Total Time: 40 Min



SERVINGS: 12

Nutritional Facts


Serving Size: 1

Amount Per Serving

Calories 144	Calories from Fat 117
	% Daily Value *
Total Fat 13g	20%
Saturated Fat 7g	35%
Monounsaturated Fat 0g	%
Cholesterol 0mg	0%
Sodium 6mg	0.25%
Total Carbohydrate 5g	1.66%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1/3 cup almond butter (I used Tahini)
- 2 oz unsweetened baking chocolate (chopped)
- 2 tbsp coconut oil
- 2/3 cup Swerve confectioners sweetener (or another powdered sugar free sweetener)
- 1/4 cup cocoa powder
- 1/2 tsp vanilla extract
- 3/4 cup unsweetened coconut flakes
- 3/4 cup pecans (I used pumpkin seeds)

Directions

- 1 Line large baking sheet with parchment paper or waxed paper.
- 2 In large saucepan over low heat, combine tahini, chocolate, and coconut oil. Stir until melted and smooth. Remove the pan from the heat.
- 3 Whisk in the sweetener, cocoa powder, and vanilla extract until smooth. Add the coconut flakes and pumpkin seeds and stir until well combined.
- 4 Drop the mixture by rounded spoonfuls onto the prepared baking sheet and refrigerate until set, about 30 minutes. Keep refrigerated until ready to serve; they will keep for up to a week.

Notes

One Minute Fudge Cookie (Low Carb and Keto)

Prep Time: 1 Min Cook Time: 1 Min Total Time: 2 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1

Amount Per Serving

Calories 215	Calories from Fat 180
	% Daily Value *
Total Fat 20g	30.76%
Saturated Fat 9g	45%
Monounsaturated Fat 0g	%
Cholesterol 225mg	75%
Sodium 402mg	16.75%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 0g	

Protein 5g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1/4 cup butter (melted)
- 1/4 cup cocoa powder (unsweetened)
- 1/4 cup almond flour
- 1 tbsp + 1 tsp instant espresso
- 1/2 tsp salt (or just a pinch)
- 2 tsp chocolate liquid stevia
- 4 egg yolk

Directions

- 1 Add the butter to a microwavable bowl or ramekin and cook 30 seconds to melt.
- 2 Stir in the cocoa, almond flour, espresso, salt and stevia, combine well. Taste and adjust sweetener if needed.
- 3 Add in the remaining ingredients, stir well then microwave 1 minute.
- 4 Allow to cool a few minutes before enjoying!

Notes

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