

MEAL PLAN

KETOGENIC

Free 7-day

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ARE YOU READY?

Hi, it's Louise here, and I'm so glad you found our Free Ketogenic Diet Meal Plan.

I know starting a keto diet can be daunting...what can you eat? How much can you eat? What if it doesn't work? Is it healthy to eat fats?

This meal plan will hopefully answer some of your questions and give you a concrete plan to follow for the next 7 days.

However, before we jump into the meal plan, here are 3 steps you should take to get yourself ready for keto:

3 STEPS TO TAKE BEFORE STARTING KETO

STEP 1. Read our Guide To The Ketogenic Diet here:

<http://paleoflourish.com/ultimate-guide-ketogenic-diet> Make sure you understand what a ketogenic diet is (and isn't). And in particular, read the section on Who Shouldn't Go On A Ketogenic Diet?

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STEP 2. Clear out your pantry and fridge.

Most of us are pretty addicted to our carbohydrates, so if you have any lying around when you're trying to go keto, then it's going to derail you! And then restock with ingredients from this meal plan.

STEP 3. Get a Blood Ketone Meter and Track

It's been shown in numerous studies that tracking your progress helps you lose weight. Tracking gives you a sense of the progress you've made, lets you see your achievements in concrete terms, and helps you troubleshoot when things aren't going to plan.

So, while it's not necessary to use a ketone meter on a ketogenic diet, it does help a lot of people stick to the diet and optimize it for their body.

I know the general advice is to use something like [Ketostix](#) (which are sticks you dip into your urine to give you a vague indicator of ketone levels), but I find the [Precision Xtra blood ketone meters](#) provide way more information when it comes to tracking your progress. The downside of course is that they are more expensive.



Even if you don't track your ketone levels, just keep a simple journal of what you're eating daily and how you're feeling.

BONUS STEP. Get your family and friends on board.

You probably already know this, but having your family and friends support you can be super helpful. And that can be especially true on days when you just want to give up and eat a cookie....

However, I know that trying to convince your friends and family can often be tough. They'll often want to argue back about whether carbs are good or whether fats are good. Try to keep in mind that what you're asking them to do is not believe in a ketogenic diet, but to simply support you in your life and your choices.

Make small suggestions about what they can do to help - perhaps not bringing pizza to the office or sending you any good recipes they spot on Pinterest.

For more strategies and expert advice about exactly what you need to do to start your ketogenic diet the best way possible and avoid all the mistakes other people make, check out our new book, [*The Ketogenic Diet for Beginners: A Practical Approach for Losing Weight, Boosting Energy, and Feeling Great.*](#)



YOUR FIRST WEEK ON KETO

Let me be blunt and to the point. Your first week on a ketogenic diet is likely to suck!

Now, there are definitely some things you can do to lessen the pain (and I'll tell you those below), but just be aware that it will take at least a week (and often 2-3 weeks) for you to adjust.

You'll typically feel tired, moody and have flu-like symptoms. In fact, it's often called Carb Flu or Keto Flu. Just understand that this is your body re-adjusting. You've been so reliant on sugars and other carbohydrates as your main energy source for such a long time that it takes a bit of time for your body to switch gears and start burning ketones efficiently.

HOW TO CURE KETO FLU

Below are some things you can do to get rid of that keto flu as quickly as possible:

1. Eat More Fats (especially [coconut oil](#) and [MCT oil](#))
2. Eat More Calories (expand the serving size of recipes in this meal plan)
3. Add In Some Clean Carbs (e.g., fruits and more vegetables)
4. Add Salt To Your Food (sodium deficiency is common)
5. Drink Enough Water
6. Do Some Exercise (even if it's just walking)



ABOUT THIS KETO MEAL PLAN

This meal plan is designed to act as a guide for helping you with your ketogenic diet. However, the exact amount of calories as well as micronutrient and macronutrients each person needs to consume will differ and so we suggest modifying the plan to suit your needs.

All recipes are in this book or else free on our website - you can access those recipes by clicking the blue links in this document. Nutritional data for each recipe can be found at the bottom of each recipe.

If you're accessing this meal plan on a phone or tablet, then we suggest downloading the Kindle or epub version of this meal plan instead and opening those versions on your device in the Kindle or ebook reader apps.



WANT MORE KETO RECIPES AND MEAL PLANS?

We know having easy recipes and simple meal plans can really help you to stick to a ketogenic diet, so we've put together a Ketogenic cookbook and meal plan bundle to save you time and money!

You can check it out here:

<http://paleoflourish.com/keto-cookbook-bundle>

You'll find 150+ recipes and 6 weeks worth of meal plans!





DAY I



Breakfast:

[Ketogenic Green Smoothie](#)

Lunch:

[15-Minute Tamari Marinated Steak Salad](#)



Dinner:

[Garlic Ghee Pan-Fried Cod](#)

[Cauliflower Tabouli \(Tabbouleh\) Salad](#)



DAY 2



Breakfast:

[Guacamole Topped Scrambled Eggs](#)

Lunch:

[Garlic Bacon Wrapped Chicken Bites](#)



Dinner:

[Lemon Black Pepper Tuna Salad](#)



OPTIONAL SNACK:

[Almond Butter Fudge](#)



DAY 3



Breakfast:

[Bacon Lemon Thyme Breakfast Muffins](#)

Lunch:

[Mustard Sardines Salad](#)



Dinner:

[Beef Curry](#)



OPTIONAL SNACK

(leftovers from Day 2):

[Almond Butter Fudge](#)



DAY 4



Breakfast:
[Matcha Smoothie Bowl](#)

Lunch:
[Chicken Noodle Soup](#)



Dinner:
[Thai Chicken and Rice](#)



DAY 5



Breakfast:

[Super Quick Scramble](#)

(or leftover [muffins](#) from Day 3)

Lunch:

[Mini Zucchini Avocado Burgers](#)



Dinner:

[Pan-Fried Pork Tenderloin](#)

[Spinach Almond Stir-Fry](#)



DAY 6



Breakfast:

[Ghee & Coconut Coffee](#)

(or leftover [muffins](#) from Day 3)

Lunch:

[Broccoli Bacon Salad with Onions and Coconut Cream](#)



Dinner:

[Grilled Chicken Skewers with Garlic Sauce](#)



DAY 7



Breakfast:

[Spring Soup with Poached Egg](#)

Lunch:

[Easy Zucchini Beef Saute with Garlic and Cilantro](#)



Dinner:

[Creamy Tomato Basil Chicken Pasta](#)



RECIPES

You'll find all the recipes on the following pages. Please pay attention to yields and adjust how much you make of each recipe to suit your needs.

As I noted in the section titled "Your First Week On Keto," you might need to eat a bit more and to add in some extra coconut oil to your meals initially.

You can also view all the recipes on our website by clicking on the blue website link. You can purchase some ingredients online as well - that's why some of the ingredients are in blue. Those links are clickable.



Ketogenic Green Smoothie





See Full Recipe here: <http://paleoflourish.com/ketogenic-green-smoothie-recipe>

YIELD: 1

INGREDIENTS

- 2 cups spinach (or kale)
- 10 [almonds](#) (raw)
- 2 [brazil nuts](#)
- 1 cup [coconut milk](#) (unsweetened – from refrigerated cartons not cans)
- 1 scoop [Amazing Grass Greens Powder](#)

INSTRUCTIONS

1. Place the spinach, almonds, brazil nuts, and coconut milk into the [blender](#) first.
2. Blend until pureed.
3. Add in the rest of the ingredients and blend well.

NUTRITION INFORMATION

Calories: 380 Fat: 30 g Carbohydrates: 13 g Sugar: 3 g Fiber: 8 g Protein: 12 g



15-Minute Tamari Marinated Steak Salad





See Full Recipe here: <http://paleoflourish.com/tamari-steak-salad>

YIELD: 2

INGREDIENTS

- 2 large handfuls (2.5 oz or 75 g) salad greens
- ½ red bell pepper, chopped into slices
- 6-8 grape or cherry tomatoes, chopped into halves
- 4 radishes, sliced
- 1 Tablespoon [olive oil](#)
- ½ Tablespoon fresh lemon juice
- [Salt](#) to taste
- ½ lb (250 g) steak
- ¼ cup (60 ml) [gluten-free tamari soy sauce](#)
- Olive or [avocado oil](#) to cook steak in

INSTRUCTIONS

1. Marinade the steak in the tamari soy sauce.
2. Prepare the salad by tossing the bell pepper, tomatoes, radishes, and salad greens with the olive oil, lemon juice, and salt to taste.
3. Divide salad between 2 plates.
4. Place avocado oil (or olive oil) into a frying pan on high heat and cook the marinated steak (or grill the steak) to the level of doneness you like.
5. Place the steak on a plate for 1 minute. Cut the steak into slices, and place half of the slices on top of each salad.

NUTRITION INFORMATION

Calories: 500 Fat: 37 g Carbohydrates: 4 g Sugar: 1 g Fiber: 2 g Protein: 33 g



Garlic Ghee Pan-Fried Cod





See Full Recipe here: <https://paleoflourish.com/garlic-ghee-pan-fried-cod-recipe>

YIELD: 4

INGREDIENTS

- 4 cod filets (approx 0.3 lb each)
- 3 Tablespoons [ghee](#)
- 6 cloves of garlic, minced
- 1 Tablespoon [garlic powder](#) (optional)
- [Salt](#) to taste

INSTRUCTIONS

1. Melt the ghee in a frying pan.
2. Add in half the minced garlic to the pan.
3. Place the cod filets into the pan and cook on medium to high heat. Sprinkle with salt and garlic powder.
4. As the fish cooks, it'll turn from translucent to a solid white color. Wait for the white color to creep half-way up the side of the fish and then flip the fish and add the rest of the minced garlic.
5. Cook until the whole filet turns a solid white color (it should also flake easily).
6. Serve with some of the garlic and ghee from the pan.

NUTRITION INFORMATION

Calories: 160 Fat: 7 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g Protein: 21 g



Cauliflower Tabouli (Tabbouleh) Salad





See Full Recipe here: <https://paleoflourish.com/cauliflower-tabouli-salad-recipe-paleo-keto-aip>

YIELD: 2

INGREDIENTS

- 100 g (3.5 oz) cauliflower florets
- 2 Tablespoons parsley, finely diced
- 3 mint leaves, finely diced
- 2 cherry tomatoes, diced
- 1 slice lemon diced
- 1 Tablespoon [olive oil](#)
- Salt and pepper to taste

INSTRUCTIONS

1. Food process the cauliflower florets to form a couscous like texture. Make sure the florets and the food processor is dry to prevent a mash from forming instead.
2. Mix the food processed cauliflower florets with the finely diced herbs, tomatoes, lemon slice, olive oil, and salt and pepper to taste.

NUTRITION INFORMATION

Calories: 80 Fat: 7 g Carbohydrates: 5 g Sugar: 2 g Fiber: 2 g Protein: 1 g



Guacamole Topped Scrambled Eggs





See Full Recipe here: <https://paleoflourish.com/guacamole-topped-scrambled-eggs-breakfast-recipe>

YIELD: 1

INGREDIENTS

- 3 eggs
- 1 Tablespoon [coconut oil](#)
- $\frac{1}{4}$ cup guacamole (you can make it – [recipe here](#) – or buy a brand like Wholly Guacamole)
- [Salt](#) to taste

INSTRUCTIONS

1. Place the coconut oil into a pan. Add the eggs and scramble over a low heat.
2. Place the scrambled eggs into a bowl and top with the guacamole. If you want, you can add salt.

NUTRITION INFORMATION

Calories: 370 Fat: 23 g Carbohydrates: 4 g Sugar: 1 g Fiber: 2 g Protein: 18 g



Garlic Bacon Wrapped Chicken Bites





See Full Recipe here: <https://paleoflourish.com/garlic-bacon-wrapped-chicken-bites-recipe>

YIELD: 4

INGREDIENTS

- 1 large chicken breast, cut into small bites (approx 22-27 pieces)
- 8-9 thin slices of bacon, cut into thirds
- 3 Tablespoons [garlic powder](#) (or 6 crushed garlic if preferred)

INSTRUCTIONS

1. Preheat oven to 400F (205C) and line a baking tray with aluminum foil.
2. Place the garlic powder into a bowl and dip each chicken bite into the garlic powder.
3. Wrap each short bacon piece around each garlic chicken bite. Place the bacon wrapped chicken bites on the baking tray. Try to space them out so they're not touching.
4. Bake for 25-30 minutes until the bacon turns crispy. Turn the pieces after 15 minutes if you can remember.

NUTRITION INFORMATION

Calories: 230 Fat: 13 g Carbohydrates: 5 g Sugar: 2 g Fiber: 1 g Protein: 22 g



Lemon Black Pepper Tuna Salad





See Full Recipe here: <https://paleoflourish.com/lemon-black-pepper-tuna-salad-keto-paleo-aip/>

YIELD: 1

INGREDIENTS

- 1/3 cucumber, diced small
- 1/2 small avocado, diced small
- 1 teaspoon lemon juice
- 1 can (4-6 oz or 100-150 g) of [tuna](#)
- 1 Tablespoon [Paleo mayo](#)
- 1 Tablespoon [mustard](#)
- [Salt](#) to taste
- Salad greens (optional)
- [Black pepper](#) to taste

INSTRUCTIONS

1. Mix together the diced cucumber and avocado with the lemon juice.
2. Flake the tuna and mix well with the mayo and mustard.
3. Add the tuna to the avocado and cucumber. Add salt to taste.
4. Prepare the salad greens (optional: add olive oil and lemon juice to taste).
5. Place the tuna salad on top of the salad greens.
6. Sprinkle black pepper on top.

NUTRITION INFORMATION

Calories: 480 Fat: 40 g Carbohydrates: 11 g Sugar: 2 g Fiber: 8 g Protein: 45 g



Almond Butter Fudge





See Full Recipe here: <https://paleoflourish.com/almond-butter-fudge-recipe-paleo-keto>

YIELD: 12

INGREDIENTS

- 1 cup [almond butter](#) (unsweetened)
- 1 cup [coconut oil](#)
- $\frac{1}{4}$ cup [coconut milk](#)
- 1 teaspoon [vanilla extract](#)
- [Stevia](#) to taste

INSTRUCTIONS

1. Melt the almond butter and coconut oil so that they're soft.
2. Blend all the ingredients together well.
3. Pour the mixture into a baking pan and refrigerate for 2-3 hours for it to set.
4. Cut into chunks and serve.

NUTRITION INFORMATION

Net carbs – approx. 3g net carbs per serving.



Bacon Lemon Thyme Breakfast Muffins





See Full Recipe here: <https://paleoflourish.com/paleo-bacon-thyme-breakfast-muffins-recipe-gf>

YIELD: 12

INGREDIENTS

- 3 cups [almond flour](#)
- 1 cup bacon bits
- ½ cup [ghee](#), melted
- 4 eggs
- 2 teaspoons lemon thyme
- 1 teaspoon [baking soda](#)
- ½ teaspoon [salt](#) (optional)
- EQUIPMENT – [muffin pan](#) and muffin liners

INSTRUCTIONS

1. Preheat oven to 350F.
2. Melt the ghee in a mixing bowl.
3. Add in the almond flour and baking soda.
4. Add in the eggs.
5. Add in the lemon thyme (use other herbs if you prefer) and the salt.
6. Mix everything together well.
7. Lastly, add in the bacon bits.
8. Line a muffin pan with muffin liners. Spoon the mixture into the muffin pan (to around $\frac{3}{4}$ full).
9. Bake for 18-20 minutes until a toothpick comes out clean when you insert it into a muffin.

NUTRITION INFORMATION

Calories: 300 Fat: 28 g Carbohydrates: 7 g Sugar: 1 g Fiber: 3 g Protein: 11 g



Mustard Sardines Salad





See Full Recipe here: <https://paleoflourish.com/mustard-sardines-salad-recipe>

YIELD: 1

INGREDIENTS

- 1 can (4-5 oz) [sardines in olive oil](#)
- 1/4 cucumber, peeled and diced small
- 1 Tablespoon lemon juice
- 1/2 Tablespoon [mustard](#)
- [Salt](#) and pepper to taste.

INSTRUCTIONS

1. Drain most of the olive oil from the sardines.
2. Mash up the sardines.
3. Combine the sardines, diced cucumbers, lemon juice, mustard, and salt and pepper. Mix well.

NUTRITION INFORMATION

Calories: 260 Fat: 20g Carbohydrates: 0g Protein: 25g



Beef Curry





See Full Recipe here: <https://paleoflourish.com/paleo-beef-curry/>

YIELD: 4

INGREDIENTS

- 1 lb beef round or other boneless cut, cut into 1-inch cubes (I like to use boneless short-ribs)
- 1 medium onion, sliced
- 1 Tablespoon [curry powder](#)
- 1 teaspoon [ground cumin](#)
- 1 teaspoon [ground coriander](#)
- 1 teaspoon ground [turmeric](#)
- 1 teaspoon [cardamom](#)
- $\frac{3}{4}$ cup of [coconut milk](#) (the solid part of a can of refrigerated coconut milk)
- 2 carrots, sliced (optional)
- 1 bell pepper, diced (optional)
- 10 button mushrooms, diced (optional)
- 1 Tablespoon [fish sauce](#)
- 1 teaspoon freshly grated ginger
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup fresh basil leaves, chopped
- [Salt](#) to taste
- [Coconut oil](#) to cook in

INSTRUCTIONS

1. In a saucepan, saute the beef and onions in coconut oil on medium heat for 5-6 minutes until the beef is browned.
2. Add the spices, coconut milk, carrots, bell peppers, mushrooms, and fish sauce. Bring to the boil, then cover and simmer for 1 hour until the beef is tender.
3. Add the chopped basil, garlic, ginger, and salt to taste and simmer for 10 more minutes.

NUTRITION INFORMATION

Calories: 440 Fat: 33 g Carbohydrates: 11 g Sugar: 2 g Fiber: 4 g Protein: 25 g



Matcha Smoothie Bowl





See Full Recipe here: <https://paleoflourish.com/matcha-ketogenic-smoothie-bowl-recipe-paleo-keto-dairy-free>

YIELD: 1

INGREDIENTS

- 1 teaspoon [matcha powder](#)
- 1 scoop [greens powder](#) (optional)
- 8 oz (240 ml) coconut yogurt (or regular Greek yogurt if you're ok with dairy)
- 1 Tablespoon [chia seeds](#)
- 1 Tablespoon [goji berries](#)
- 1 Tablespoon [coconut flakes](#)
- 1 Tablespoon [cacao nibs](#)
- [Stevia](#) to taste (optional)

INSTRUCTIONS

1. Blend the matcha powder with the yogurt. Add in stevia to sweeten it if you want.
2. Pour the smoothie into a bowl.
3. Top with the chia seeds, goji berries, coconut flakes, and cacao nibs.
4. Enjoy with a spoon.

NUTRITION INFORMATION

Calories: 420 Fat: 28 Carbohydrates: 25 Sugar: 6 Fiber: 17 Protein: 13



Chicken Noodle Soup





See Full Recipe here: <https://paleoflourish.com/paleo-chicken-noodle-soup-recipe>

YIELD: 2

INGREDIENTS

- 3 cups chicken broth (approx 720ml)
- 1 chicken breast, chopped into small pieces (approx 240g or 0.5 lb)
- 2 Tablespoons [avocado oil](#)
- 1 stalk of celery, chopped (approx 57g)
- 1 green onion, chopped (approx 10g)
- ¼ cup cilantro, finely chopped (approx 15g)
- 1 zucchini, peeled (approx 106g)
- [Salt](#) to taste.

INSTRUCTIONS

1. Dice the chicken breast.
2. Add the avocado oil into a saucepan and saute the diced chicken in there until cooked.
3. Add chicken broth to the same saucepan and simmer.
4. Chop the celery and add it into the saucepan.
5. Chop the green onions and add it into the saucepan.
6. Chop the cilantro and put it aside for the moment.
7. Create zucchini noodles – I used a potato peeler to create long strands, but other options include using a [spiralizer](#) or a food processor with the shredding attachment.
8. Add zucchini noodles and cilantro to the pot.
9. Simmer for a few more minutes, add salt to taste, and serve immediately.

NUTRITION INFORMATION

Calories: 310 Fat: 16 g Carbohydrates: 6 g Sugar: 3 g Fiber: 2 g Protein: 34 g



Thai Chicken and Rice





See Full Recipe here: <https://paleoflourish.com/paleo-thai-chicken-and-rice/>

YIELD: 4

INGREDIENTS

- 1 head of cauliflower
- 1 Tablespoon freshly grated ginger
- 3 eggs
- 3 chilies – pick your favorite
- 3 cloves of garlic, crushed
- Meat from a whole chicken (or use 3-4 cooked chicken breasts), shredded
- Salt to taste
- [Coconut oil](#) to cook with
- 1 Tablespoon [coconut aminos](#) or [tamari soy sauce](#) (optional)
- ½ cup cilantro, chopped (for garnish)

INSTRUCTIONS

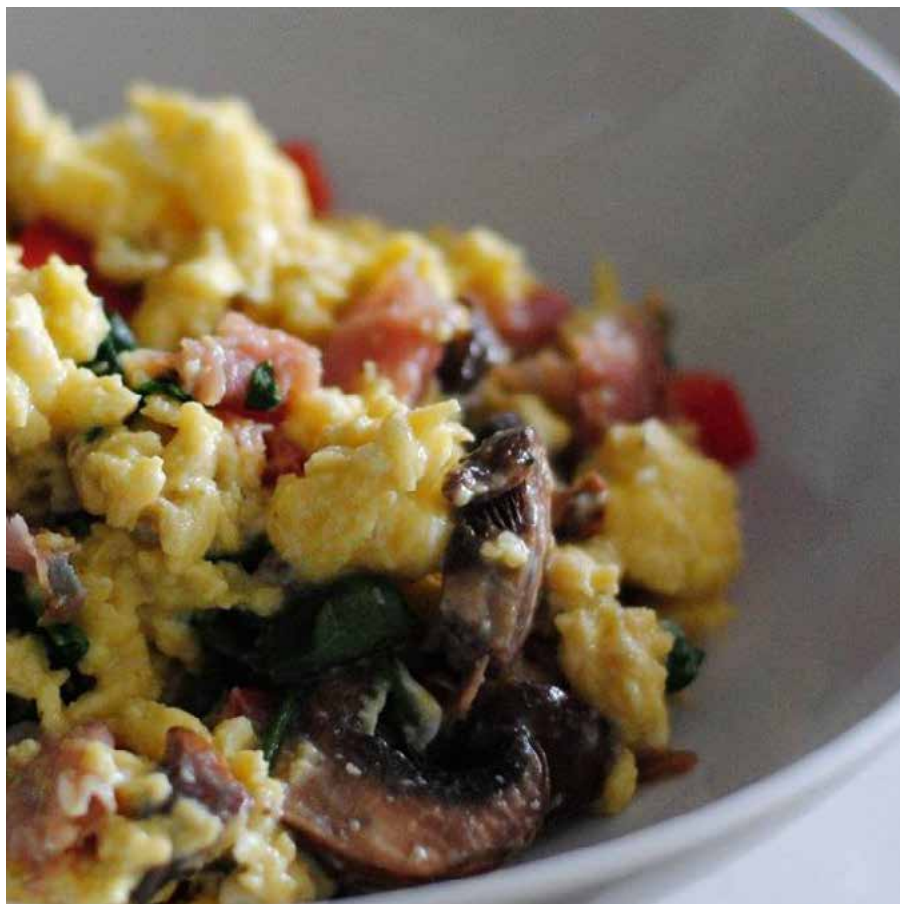
1. Break the cauliflower into florets and food process until it forms a rice-like texture (may need to be done in batches).
2. Place the cauliflower into a large pan with coconut oil and cook the cauliflower rice (may need to be done in 2 pans or in batches). Keep the heat on medium and stir regularly.
3. In a separate pan, scramble the eggs in some coconut oil. Add the scrambled eggs to the cauliflower rice.
4. Add in the ginger, garlic, and the chopped chilies.
5. When the cauliflower rice is soft, add in the shredded chicken meat.
6. Add in the coconut aminos/tamari soy sauce and salt to taste. Mix well.
7. Garnish with cilantro.

NUTRITION INFORMATION

Calories: 350 Fat: 11 g Carbohydrates: 9 g Sugar: 4 g Fiber: 4 g Protein: 55 g



Super Quick Scramble





See Full Recipe here: <https://paleoflourish.com/super-quick-scramble/>

YIELD: 1

INGREDIENTS

- 3 eggs, whisked
- 4 baby bella mushrooms
- $\frac{1}{4}$ cup red bell peppers
- $\frac{1}{2}$ cup of spinach
- 2 slices of deli ham
- 1 tablespoon of [coconut oil](#) or [ghee](#)
- [Salt](#) and pepper to taste

INSTRUCTIONS

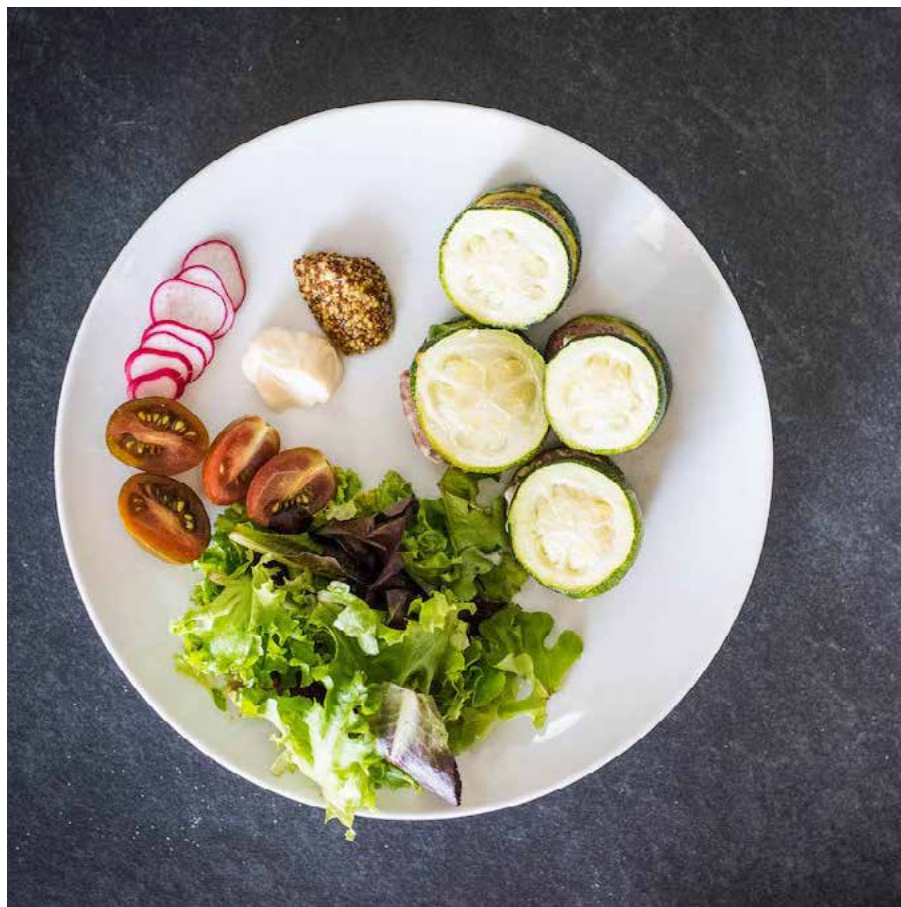
1. Chop up the vegetables and the ham.
2. Place $\frac{1}{2}$ tablespoon of butter into a frying pan and melt. Saute the vegetables and ham.
3. Place the whisked eggs into a separate frying pan with the other $\frac{1}{2}$ tablespoon of butter. Cook on medium heat and keep stirring to prevent overcooking.
4. Once the eggs are cooked, season them with salt and pepper to taste.
5. Lastly, add the sauteed vegetables and ham in with the eggs and mix. Serve immediately.

NUTRITION INFORMATION

Calories: 350 Fat: 29 g Carbohydrates: 5 g Sugar: 3 g Fiber: 1 g Protein: 21 g



Mini Zucchini Avocado Burgers





See Full Recipe here: <https://paleoflourish.com/mini-zucchini-avocado-burgers-recipe>

YIELD: 2

INGREDIENTS

- 1 large zucchini, chopped into 1/2-inch (1 cm) thick slices (around 14-16 slices)
- 1/2 lb (225 g) ground beef
- 1/4 avocado, cut into small slices
- 2 Tablespoons (30 ml) [olive](#) or [avocado oil](#) for greasing baking tray
- 2 teaspoons (10 g) [salt](#)
- 1 Tablespoon [Paleo mayo](#)
- 1 Tablespoon [mustard](#)

INSTRUCTIONS

1. Preheat oven to 400F (200C).
2. Grease a baking tray with olive or avocado oil and sprinkle 1 teaspoon of salt across it.
3. Place the zucchini slices on the baking tray.
4. Form small balls from the ground beef and press into patties – around 7 or 8 patties – and place on the baking tray.
5. Place baking tray into oven and bake for 15 minutes. Alternatively, instead of baking them, you can grill the zucchini and beef patties or pan-fry them in some olive or avocado oil.
6. Meanwhile, slice the avocado into small thin slices.
7. Put the mini burgers together using the zucchini slices as buns – add a slice of avocado to each burger and top with condiments like Paleo mayo and mustard.

NUTRITION INFORMATION

Calories: 370 Fat: 30 g Carbohydrates: 9 g Sugar: 4 g Fiber: 6 g Protein: 23 g



Pan-Fried Pork Tenderloin





See Full Recipe here: <https://paleoflourish.com/pan-fried-pork-tenderloin/>

YIELD: 2

INGREDIENTS

- 1 lb pork tenderloin
- [Salt](#) and pepper to taste
- 1 tablespoon [coconut oil](#)

INSTRUCTIONS

1. Cut the 1 lb pork tenderloin in half (to create 2 equal shorter halves).
2. Place the 1 tablespoon of coconut oil into a frying pan on a medium heat.
3. After the coconut oil melts, place the 2 pork tenderloin pieces into the pan.
4. Leave the pork to cook on its side. Once that side is cooked, turn using tongs to cook the other sides. Keep turning and cooking until the pork looks cooked on all sides.
5. Cook all sides of the pork until the [meat thermometer](#) shows an internal temperature of just below 145F (63C).
6. The pork will keep on cooking a bit after you take it out of the pan.
7. Let the pork sit for a few minutes and then slice into 1-inch thick slices with a sharp knife.

NUTRITION INFORMATION

Calories: 330 Fat: 15 g Carbohydrates: 0 g Sugar: 0 g Fiber: 0 g Protein: 47 g



Spinach Almond Stir-Fry





See Full Recipe here: <https://paleoflourish.com/spinach-almond-stir-fry/>

YIELD: 2

INGREDIENTS

- 1 lb spinach leaves
- 3 Tablespoons [almond slices](#)
- Salt to taste
- 1 Tablespoon [coconut oil](#) for cooking

INSTRUCTIONS

1. Place the 1 tablespoon coconut oil into a large pot on medium heat.
2. Add in the spinach and let it cook down.
3. Once the spinach is cooked down, add the salt to taste and stir.
4. Before serving, stir in the almond slices.

NUTRITION INFORMATION

Calories: 150 Fat: 11 g Carbohydrates: 10 g Sugar: 1 g Fiber: 6 g Protein: 8 g



Ghee & Coconut Coffee





See Full Recipe here: <https://paleoflourish.com/the-ultimate-paleo-coffee/>

YIELD: 1

INGREDIENTS

- ½ Tablespoon (7 g) [ghee](#)
- ½ Tablespoon (7 g) [coconut oil](#)
- 1-2 cups (240-480 ml) of whatever coffee you like (or black or rooibos tea)
- 1 Tablespoon (15 ml) almond milk or coconut milk

INSTRUCTIONS

1. Put the ghee, coconut oil, almond milk (or coconut milk), and the coffee into a blender.
2. Blend for 5-10 seconds. The coffee turns a foamy, creamy color. Pour it into your favorite coffee cup and enjoy!
3. If you don't have a blender, then try using a [milk frother](#).

NUTRITION INFORMATION

Calories: 150 Fat: 15 g Carbohydrates: 0 g Sugar: 0 g Fiber: 0 g Protein: 0



Broccoli Bacon Salad with Onions and Coconut Cream





See Full Recipe here: <https://paleoflourish.com/paleo-broccoli-bacon-salad-with-onions-coconut-cream>

YIELD: 6

INGREDIENTS

- 1 lb broccoli florets
- 4 small red onions or 2 large ones, sliced
- 20 slices of bacon, chopped into small pieces
- 1 cup coconut cream
- Salt to taste

INSTRUCTIONS

1. Cook the bacon first, and then cook the onions in the bacon fat.
2. Blanche the broccoli florets (or you can use them raw or have them softer by boiling them).
3. Toss the bacon pieces, onions, and broccoli florets together with the coconut cream and salt to taste.
4. Serve at room temperature.

NUTRITION INFORMATION

Calories: 280 Fat: 26 g Carbohydrates: 8 g Sugar: 2 g Fiber: 3 g Protein: 7 g



Grilled Chicken Skewers with Garlic Sauce





See Full Recipe here: <https://paleoflourish.com/grilled-chicken-skewers-recipe-with-garlic-sauce>

YIELD: 2

INGREDIENTS

For the Skewers

- 1 lb chicken breast, cut into large cubes (approx 1-inch)
- 1 onion, chopped
- 2 bell peppers, chopped
- 1 zucchini

For the Garlic Sauce

- 1 head garlic, peeled

- 1 teaspoon salt
- Approx. $\frac{1}{4}$ cup lemon juice
- Approx. 1 cup [olive oil](#)

Additional ingredients for the marinade

- $\frac{1}{2}$ cup [olive oil](#)
- 1 teaspoon salt

INSTRUCTIONS

1. Heat up the grill to high. If using wooden skewers, soak them in water first.
2. For the Garlic Sauce, place the garlic cloves and salt into the blender. Then add in around $\frac{1}{8}$ cup of of the lemon juice and $\frac{1}{2}$ cup of olive oil.
3. Blend well for 5-10 seconds, then slow your blender down and drizzle in more lemon juice and olive oil alternatively until you hear the blender sound shift a bit (it's subtle!). The consistency will then change into mayo-like consistency. If it doesn't work, don't worry – the sauce won't look amazing, but it'll still taste good!
4. Keep half the garlic sauce to serve with. Take the other half of the garlic sauce and add in the additional $\frac{1}{2}$ cup of olive oil and teaspoon of salt. Mix well – this makes the marinade.
5. Chop the chicken, onion, bell peppers, and zucchini into approximate 1-inch cubes or squares. Mix them in a bowl with the marinade.
6. Place the cubes on skewers and grill on high until the chicken is cooked (usually, we grill on the bottom for a few minutes to get the charred look and then move the skewers to a top rack with the lid down to cook the chicken well).
7. Serve with the garlic sauce you kept.

NUTRITION INFORMATION

Calories: 580 Fat: 33 g Carbohydrates: 11 g Sugar: 1 g Fiber: 2 g Protein: 55 g



Spring Soup with Poached Egg





See Full Recipe here: <https://paleoflourish.com/anytime-spring-soup-with-poached-egg-paleo-gluten-free-dairy-free/>

YIELD: 2

INGREDIENTS

- 2 eggs
- 32 oz (1 quart) chicken broth
- 1 head of romaine lettuce, chopped
- Salt to taste

INSTRUCTIONS

1. Bring the chicken broth to a boil.
2. Turn down the heat and poach the 2 eggs in the broth for 5 minutes (for a slightly-runny egg).
3. Remove the eggs and place each into a bowl.
4. Add the chopped romaine lettuce into the broth and cook for a few minutes until slightly wilted.
5. Ladle the broth with the lettuce into the bowls.

NUTRITION INFORMATION

Calories: 150 Fat: 5 g Carbohydrates: 11 g Sugar: 5 g Fiber: 7 g Protein: 16 g



Easy Zucchini Beef Saute with Garlic and Cilantro





See Full Recipe here: <https://paleoflourish.com/zucchini-beef-saute-recipe>

YIELD: 2

INGREDIENTS

- 10 oz (300 g) beef, sliced into 1-2 inch strips (against the grain if you can)
- 1 zucchini (approx. 300 g), cut into 1-2 inch long thin strips
- ¼ cup cilantro, chopped
- 3 cloves of garlic, diced or minced
- 2 Tablespoon [gluten-free tamari sauce](#)
- [Avocado oil](#) to cook with (or [coconut oil](#) or [olive oil](#))

INSTRUCTIONS

1. Place 2 tablespoons of avocado oil into a frying pan on high heat.
2. Add the strips of beef into the frying pan and saute for a few minutes on high heat.
3. When the beef is browned, add in the zucchini strips and keep sauteing.
4. When the zucchini is soft, add in the tamari sauce, garlic, and cilantro.
5. Saute for a few minutes more and serve immediately.

NUTRITION INFORMATION

Calories: 500 Fat: 40 g Carbohydrates: 5 g Sugar: 2 g Fiber: 1 g Protein: 31 g



Creamy Tomato Basil Chicken Pasta





See Full Recipe here: <https://paleoflourish.com/paleo-creamy-pasta-recipe>

YIELD: 2

INGREDIENTS

- 2 chicken breasts, cubed
- 2 Tablespoons ghee or coconut oil to cook in
- 1 can diced tomatoes (14 oz or 400g)
- ½ cup basil, chopped
- ¼ cup coconut milk
- 6 cloves garlic, minced
- Salt to taste
- 1 zucchini, shredded or [spiralized](#) (for the pasta) or spaghetti squash

INSTRUCTIONS

1. Saute the diced chicken in the ghee or coconut oil until cooked and slightly browned.
2. Add in the can of diced tomatoes and add in salt to taste. Place on a simmer and cook the liquid down.
3. In the meantime, prepare the pasta. If using zucchinis, shred them in the food processor or use a julienne peeler or a spiralizer. If using spaghetti squash, chop it in half, remove the seeds, cover lightly with some coconut oil and microwave each half for 7 minutes.
4. Add the basil, garlic and coconut milk to the chicken and cook for a few minutes longer.
5. Place half of the pasta into each bowl and top with the creamy tomato basil chicken.

NUTRITION INFORMATION

Calories: 540 Fat: 27 g Carbohydrates: 15 g Sugar: 8 g Fiber: 4 g Protein: 59 g



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