

10-DAY PVF DIET

Done for You Meal Plan





DAY 1

BREAKFAST: AVOCADO SMOOTHIE

YIELD: 2 SERVINGS

Ingredients

- 1½ cups (1¾ ounces/50 g) fresh spinach
- ½ cup (1 ounce/35 g) stemmed and chopped fresh kale
- 1 medium-sized ripe avocado, peeled and pitted
- 1½ teaspoons freshly squeezed lemon juice, or to taste
- 1 teaspoon peeled and grated fresh ginger, or to taste
- ½ cup (2½ ounces/70 g) crushed ice or ice cubes
- 1½ cups (12 fluid ounces/340 g) almond milk
- ¼ cup (2 ounces/55 g) coconut cream
- 2 tablespoons coconut oil or MCT oil
6 or 7 drops liquid stevia, or 1 to 2 teaspoons other keto sweetener of choice
- Pinch of sea salt
1 to 2 tablespoons chia seeds (optional)

Directions

- 1 Place all the ingredients except the chia seeds in a blender. Blend to combine.
- 2 Stir in the chia seeds, if using, and allow to bloom in the smoothie for about 10 minutes before serving.
- 3 Divide between 2 glasses and serve.

Note:

For the coconut cream, you can either purchase canned coconut cream or refrigerate a (13½-ounce/400-ml) can of coconut milk overnight so that the cream and water separate; drain the coconut water and scoop out the remaining coconut cream.



LUNCH: BACON WEDGE SALAD

Yield: 4 servings

This delicious salad has been regaining in popularity, and for good reason. It is a classic steakhouse salad offering, and it's very ketogenic

Ingredients

- 2 small heads iceberg lettuce, cored, 1 or 2 outer layers removed
- 1 cup (8 fluid ounces/240 ml) Blue Cheese Dressing
- 1 pound (455 g) bacon, cooked and chopped into small pieces
- 1 medium tomato, diced
- 2 tablespoons thinly sliced green onions
- 1½ cups (6 ounces/170 g) crumbled blue cheese

Directions

- 1 Chop the lettuce into 8 wedges. Place 2 wedges on each of 4 plates.
- 2 Top the lettuce wedges on each plate with one-quarter of the dressing, bacon, tomato, green onions, and blue cheese.



DINNER: STEAK ON “HONEY” MUSTARD SLAW

YIELD: 2 SERVINGS

I love this yummy dish that pairs grilled steak with crunchy, slightly sweet slaw

Ingredients

- 2 (4-ounce/115-g) boneless rib-eye steaks
- Sea salt and ground black pepper

“HONEY”-MUSTARD DRESSING:

- 1/4 cup plus 1 tablespoon (2½ ounces/70 g) mayonnaise
- 1 tablespoon prepared yellow mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon fine sea salt
- 2 to 4 drops liquid stevia, to taste
- 1½ cups (6 ounces/170 g) shredded green cabbage
- ½ cup (2 ounces/55 g) shredded red cabbage
- 1 cup (2¼ ounces/70 g) stemmed and chopped fresh kale
- 1 cup (3 ounces/85 g) broccoli slaw (thinly sliced broccoli stems)

Instructions

- 1 Prepare the steaks for grilling by seasoning them on both sides with salt and pepper. Heat a grill pan or heavy skillet (cast iron works well here) to medium-high heat. Sear the steaks for 4 to 5 minutes on each side for medium-done steaks, or to your desired level of doneness. Let rest for about 10 minutes.
- 2 In a small bowl, whisk together all the dressing ingredients.
- 3 In a separate bowl, mix together the cabbage, kale, and broccoli slaw. Pour the dressing over the slaw and toss well to coat.
- 4 Divide the slaw between 2 plates. Slice the steak into strips and serve on top of the slaw.



DAY2

BREAKFAST: BULLETPROOF COFFEE / TEA

DAY 2, DAY 4, DAY 6, DAY 8, DAY 10

Ingredients

- 1 Cup Coffee or Tea
- ½ Tbsp. Coconut Oil
- 1 Tbsp. Heavy Cream
Seasonings of your choice

Instructions

- 1 Mix it all together very well using a hand blender or stirring spoon. You are welcome to add some ingredients of your choice to change the flavor. Try ground cinnamon, nutmeg, or allspice.



LUNCH: COBB SALAD

YIELD: 2 SERVINGS

I always thought of cobb salad as an indulgent dish. On a keto diet, it's a fantastic source of healthy fats! For a bit of a kick, top this classic salad with your favorite keto hot sauce.

Ingredients

- 6 slices bacon
- 1 (6-ounce/170-g) boneless chicken breast, preferably skin-on
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 2 cups (2¾ ounces/80 g) chopped romaine lettuce
- ½ medium-sized ripe avocado, peeled and cut into ½-inch (1.25-cm) cubes
- 4 eggs, hard-boiled, peeled and sliced
- 1 medium tomato, cut into ½-inch (1.25-cm) cubes
- ½ cup (2 ounces/55 g) crumbled blue cheese
- 1 tablespoon sliced green onions, for garnish (optional)

Instructions

- 1 Fry the bacon in a pan over medium heat until cooked and slightly crispy, 6 to 7 minutes. Remove from the pan and chop, leaving the bacon fat in the pan.
- 2 Season the chicken with the cumin, paprika, salt, and pepper. Fry the chicken in the bacon fat for 6 to 7 minutes on each side, until nicely browned. Remove from the pan and cut into cubes.
- 3 Divide the lettuce between 2 plates. Arrange rows of avocado, eggs, chicken, tomato, blue cheese, and bacon on each plate. Top each plate with the green onions, if desired.



DINNER: LEMON CHICKEN

YIELD: 4 SERVINGS

I love anything with a tangy lemon flavor and it pairs so well with broccoli, cilantro, and cashews.

Ingredients

LEMON SAUCE:

- ⅓ tablespoon guar gum or xanthan gum
- ½ cup (4 fluid ounces/120 ml) filtered water
- ¼ cup (2 ounces/55 g) butter-flavored coconut oil
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons erythritol (optional)
- ½ to 1 teaspoon liquid stevia, to taste
- 1 teaspoon tamari
- ¼ teaspoon fine sea salt
- ¼ cup (2 ounces/55 g) coconut oil
- 1 clove garlic, peeled and crushed
- 1 teaspoon thinly sliced fresh ginger
- 3 green onions, sliced
- 8 boneless chicken thighs, preferably skin-on
- 2 cups (13½ ounces/385 g) small broccoli florets
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon crushed cashews (optional)

Directions

- 1 Start the sauce: In a small bowl, combine the guar gum and water; let rest for 10 to 15 minutes, until thickened.
- 2 Meanwhile, prepare the chicken: Heat the coconut oil in a large skillet over medium heat. Add the garlic, ginger, and onions; fry for 2 to 3 minutes, until fragrant.
- 3 Add the chicken to the skillet and increase the heat to medium-high. Fry for 5 to 6 minutes per side until nice and golden brown on both sides and cooked through in the center.
- 4 Complete the sauce: In a saucepan over low heat, melt the butter-flavored coconut oil. Add the lemon juice, erythritol (if using), stevia, tamari, and salt. Stir in the guar gum mixture. Increase the heat to high and bring the sauce to a boil, then reduce the heat to low and simmer the sauce until it thickens, 10 to 15 minutes.
- 5 Bring a saucepan of water to a boil. Add the broccoli florets and turn off the heat, leaving the pan on the burner. Let the broccoli sit in the hot water for 2 to 3 minutes, until very lightly cooked and still dark green. Drain.
- 6 Add the lemon sauce to the chicken in the skillet and mix until the chicken pieces are well coated.
- 7 Sprinkle the cilantro and cashews, if using, over the chicken and serve with the broccoli.



DAY 3

BREAKFAST: SEED AND NUT MIX

YIELD: 10 SERVINGS

Seeds and nuts are a portable, densely nutritious food that in ancient times would be taken on long treks to provide energy. They are also a fantastic source of fiber. This energy mix is a great option to pack with you on hikes or road trips; it can also be used as a topping in other dishes.

Ingredients

- ¼ cup (2 ounces/55 g) flax seeds
- ¼ cup (2 ounces/55 g) raw pumpkin seeds
- ¼ cup (2 ounces/55 g) raw sunflower seeds
- ¼ cup (2 ounces/55 g) hemp hearts
- ¼ cup (2 ounces/55 g) raw almonds, half coarsely chopped in a food processor and half left whole
- ¼ cup (2 ounces/55 g) raw walnuts, finely chopped in a food processor
- ¼ cup (2 ounces/55 g) unsweetened coconut flakes
- ¼ cup (2 ounces/55 g) cacao nibs

Directions

Combine all the ingredients. Store in an airtight container in the refrigerator for up to 2 weeks.



DAY 4

BREAKFAST: BULLETPROOF COFFEE / TEA
REFER TO THE RECIPE FROM DAY #2.

LUNCH: SPINACH GOMAE SALAD

YIELD: 2 SERVINGS

6 ounces (170 g) fresh baby spinach (about 6 cups)

Ingredients

GOMAE SAUCE:

- 3 tablespoons light sesame oil
- 2 tablespoons unsweetened almond butter
- 2 tablespoons filtered water
- 2 tablespoons tamari
- 1 tablespoon tahini
- 2 to 4 drops liquid stevia, to taste
- 1 tablespoon sesame seeds

Directions

- 1 Cook the spinach in boiling-hot water or steam it.
If boiling, bring a pot of salted water to a boil. Add the spinach and turn off the heat. Leave the spinach in the hot water for 2 to 3 minutes, until cooked. Drain and place in a bowl lined with paper towels to absorb the excess water.
If steaming, place a steamer basket or metal steamer insert over a pot of boiling water. Put the spinach in the basket or insert and steam for 3 to 4 minutes, until wilted. Remove from the steamer and drain.
- 2 Refrigerate the spinach for 30 minutes or place in the freezer for 10 minutes to cool.
- 3 Meanwhile, make the gomae sauce: In a small bowl, thoroughly combine the sesame oil, almond butter, water, tamari, tahini, and stevia.
- 4 In a dry pan over very low heat, toast the sesame seeds for 30 seconds to 1 minute, stirring constantly, until fragrant and lightly toasted.
- 5 Serve the cooled spinach with the gomae sauce on top, sprinkled with the toasted sesame seeds.



DINNER: STEAK WITH MUSHROOM SAUCE

YIELD: 4 SERVINGS

There's nothing like a steakhouse dinner, but grilling steak at home is much more budget-friendly than sitting down at a restaurant, which means that you can enjoy that steakhouse experience much more often! At times, home-grilled steak is even more satisfying, especially since it means you can fire up the barbecue.

Ingredients

- 4 (6-ounce/170-g) boneless rib-eye steaks
- Sea salt and ground black pepper

MUSHROOM SAUCE:

- ¼ cup (2 ounces/55 g) butter
- 1 tablespoon minced shallots
- 1 clove garlic, minced
- 2 cups (5¼ ounces/150 g) sliced brown or white mushrooms
- ¾ cup (6 fluid ounces/180 ml) beef bone broth
- 1 teaspoon Dijon mustard
- ½ cup (4 fluid ounces/120 ml) heavy whipping cream
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 2 tablespoons chopped fresh herbs, such as parsley, sage, or thyme, plus more for garnish (optional)

Instructions

- 1 Preheat a grill to medium-high heat.
- 2 Prepare the steaks for grilling by seasoning them on both sides with salt and pepper. Grill the steaks for 4 to 5 minutes on each side for medium-done steaks, or to your desired level of doneness. Let rest for about 10 minutes.
- 3 Make the mushroom sauce: In a large saucepan over medium-low heat, melt the butter. Add the shallots and garlic and cook for 2 to 3 minutes, until lightly browned and fragrant. Add the mushrooms and cook for another 6 to 8 minutes, until nicely browned. Be careful not to burn the garlic or shallots, and try not to crowd the mushrooms.
- 4 Add the broth and mustard and stir to combine. Simmer for 10 minutes to reduce the sauce.
- 5 Add the cream, salt, pepper, and herbs, if using. Simmer, stirring often, for 6 to 8 more minutes, until the sauce is nice and thick.
- 6 Serve each steak with one-quarter of the sauce and garnish with more fresh herbs, if desired.



DESSERT: PROSCIUTTO BAKED BRIE

**Yield: 4 servings as an appetizer
or 2 servings as a meal**

How delicious is baked Brie? It's even more delicious—and keto—when it's wrapped in prosciutto! This amazing starter is great to serve at a party or as a filling keto meal. The glaze recipe makes more than you'll need for the Brie. Enjoy the leftover glaze on meat, fish, vegetables, or even salads.

Ingredients

- 1 (8-ounce/225-g) wheel Brie
- 2 ounces (55 g) sliced prosciutto
- 1 cup (1½ ounces/40 g) arugula
- ¼ batch Sugar-Free Glaze
- Chopped fresh parsley, cilantro, or basil, for garnish (optional)

Instructions

- 1 Preheat the oven to 375°F (190°C).
- 2 Line a rimmed baking sheet with parchment paper. Alternatively, you can bake the Brie in an earthenware baking dish.
- 3 Wrap the Brie in the prosciutto and place on the prepared baking sheet. Bake for 12 to 14 minutes, until bubbly on top and golden brown. Remove from the oven and let cool for 3 to 4 minutes.
- 4 Plate the Brie on top of the arugula. Drizzle with the glaze and garnish with parsley, if desired.



YIELD: 2 SERVINGS

DAY 4

BREAKFAST: BULLETPROOF COFFEE / TEA
REFER TO THE RECIPE FROM DAY #2.

LUNCH: FENNEL, ASPARAGUS, AND GOAT CHEESE SALAD

The cheese that I use in this recipe is a Brie goat cheese round. This unusual cheese has a bloomy Brie rind and a creamy but firm goat cheese center. You can find it at Costco and at health-food stores and local cheese markets.

You can make this salad using any kind of firm or soft goat cheese. Baking the cheese is optional, too. With an abundance of omega-3 fatty acids, walnut oil provides one of the most important fats; however, you can also use avocado oil or MCT oil in this recipe. If you cannot locate lamb's lettuce, substitute another green lettuce. I find that a mandoline is very handy for thinly slicing the fennel

Ingredients

- 2 (4-ounce/115 g) wheels firm goat Brie cheese
- 2 asparagus spears, woody ends trimmed
- 2 cups (2¾ ounces/80 g) arugula
- 1 cup (1½ ounces/40 g) lamb's lettuce
- 1 cup (3 ounces/85 g) thinly sliced fennel
- 2 tablespoons chopped raw hazelnuts or pecans, for garnish

Instructions

- 1 Preheat the oven to 350°F (177°C).
- 2 Place the cheese rounds in a small baking pan and bake for 15 to 20 minutes, until warmed and slightly browned. If desired, broil on medium-high for 2 to 3 minutes to brown the tops.
- 3 In a bowl, whisk together the ingredients for the vinaigrette.
- 4 Using a vegetable peeler, carefully shave the asparagus into ribbons.

WALNUT VINAIGRETTE:

- 3 tablespoons walnut oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon freshly squeezed lemon juice
- 1 teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon liquid stevia
- ½ teaspoon fine sea salt

- 5 Place the arugula, lettuce, fennel, and asparagus ribbons in a bowl. Toss in the vinaigrette to coat well. Divide between 2 plates. Place a warm goat cheese round in the middle of each salad and garnish each plate with 1 tablespoon of the nuts.

Tip

To really take this salad over the top, roast the nuts in butter for 1 to 3 minutes before garnishing.



YIELD: 2 SERVINGS

DINNER: PESTO CHICKEN SKEWERS

This is one of the easiest keto recipes for entertaining and summer grilling, but it is so tasty and satiating that I often make it in the winter, too. This is a super-keto recipe, with the MCT oil generating fat-burning ketones and providing all-day fuel. The chicken is cooked on skewers; you can use metal or bamboo. If you use bamboo skewers, you will need to soak them in water for 30 minutes prior to making the recipe.

Ingredients

- 8 ounces (225 g) boneless, skinless chicken breasts
- 1 batch Pesto

Instructions

- 1 If baking the chicken skewers, preheat the oven to 350°F (177°C). If grilling the skewers, preheat a grill to medium heat.
- 2 Cut the chicken into cubes. Place the pesto in a mixing bowl.
- 3 Add the cubed chicken to the bowl and mix until all the pieces are well coated.
- 4 Slide the coated chicken breast cubes evenly onto 4 skewers.
- 5 If grilling the chicken, grill for 6 to 7 minutes, until the chicken lifts off the grill easily. Flip and grill for another 6 to 7 minutes, until white all the way through. If baking the chicken, bake for 25 to 30 minutes, until golden brown and white in the center.

Tip

Serve this dish with a tasty green side dish or salad.



DAY 5

BREAKFAST: KETO PORRIDGE

YIELD: 1 SERVING

I love using this chewy overnight breakfast cereal as a tasty oatmeal substitute. Omega-3 fats are important on a regular diet, and they're especially critical on a ketogenic diet to maintain an omega-6 to omega-3 ratio of closer to 2:1 or 1:1. The average ratio is 10:1 or even 20:1, which contributes to chronic inflammation. Omega-3 fatty acid sources such as the chia seeds, walnuts, and pumpkin seeds in this porridge are wonderfully anti-inflammatory.

Ingredients

- 2 ounces (55 g) hemp hearts
- 1 tablespoon whole or ground raw pumpkin seeds
- ½ teaspoon chia seeds
- ⅛ teaspoon fine sea salt
- ½ teaspoon ground Ceylon cinnamon or regular cinnamon, divided
- ¼ cup (2 ounces/55 g) coconut cream room temperature
- ¼ cup (2 fluid ounces/60 ml) almond milk, room temperature, plus more if needed
- 1 teaspoon powdered stevia
- 2 to 4 drops liquid stevia, to taste (optional)
- 1 teaspoon unsweetened shredded coconut
- 6 walnut halves, chopped if desired

Instructions

- 1 Combine the hemp hearts, pumpkin seeds, chia seeds, salt, and ¼ teaspoon of the cinnamon in a bowl.
- 2 In a separate bowl, whisk together the coconut cream and almond milk. Pour into the seed mixture and stir to combine. Set in the refrigerator to chill overnight.
- 3 When ready to serve, heat the porridge in a saucepan over low to medium heat for 3 to 4 minutes, until warmed through. Alternatively, heat it in the microwave for 1 minute.
- 4 Mix in the remaining ¼ teaspoon of cinnamon, powdered stevia, and liquid stevia (if using), adjusting the sweetness to your taste. Add more milk if a thinner consistency is desired.
- 5 Top with the shredded coconut and walnuts and serve.

Tip

Top the porridge with some raspberries if you are in weight-maintenance mode rather than weight-loss mode.



LUNCH: SPINACH, GOAT CHEESE, PECAN, AND STRAWBERRY SALAD

YIELD: 4 SERVINGS

This is a wonderful ketogenic meal full of rich fatty acids, vitamins, and fiber. When I first tried a spinach salad at a summer job, it was love at first bite. The poppy seed dressing is perfect with this salad—and my version doesn't contain the sugar normally found in this dressing. For a refreshing summer salad, enjoy the mushrooms raw rather than cooked.

Ingredients

- 2 tablespoons butter
- 1 cup (4 ounces/115 g) sliced white mushrooms
- ¼ cup (1 ounce/28 g) raw pecans, halved
- 2 eggs, hard-boiled
- 6 ounces (170 g) fresh baby spinach (about 6 cups)
- 10 ounces (285 g) cubed skin-on rotisserie chicken

Instructions

- 1 In a medium skillet over medium heat, melt the butter. Add the mushrooms and cook for 5 to 6 minutes, turning occasionally, until nicely browned on both sides. Remove the mushrooms from the pan.
- 2 Reduce the heat to low and add the pecans; cook for 1 to 2 minutes, until the nuts are lightly toasted and the oils release a bit. Set aside.
- 3 Peel the eggs and place in a large bowl; use a fork to crumble them.

- ½ cup (2 ounces/55 g) crumbled fresh (soft) goat cheese

- ¼ cup (1¼ ounces/35 g) thinly sliced strawberries

POPPY SEED DRESSING:

- 1T cup (5¼ fluid ounces/150 ml) MCT oil
- ¼ cup (2 fluid ounces/60 ml) apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon freshly squeezed lemon juice
- 1 teaspoon onion powder
- ½ teaspoon fine sea salt
- ¼ teaspoon garlic powder
- ¼ teaspoon liquid stevia (or to taste) or other keto sweetener of choice
- 2 tablespoons poppy seeds

- 4 Prepare the dressing: In a food processor, combine all the dressing ingredients except for the poppy seeds. Process until well combined. Stir in the poppy seeds.

- 5 Add the spinach, chicken, mushrooms, pecans, goat cheese, and strawberries to the bowl with the eggs and toss gently to combine. Divide the salad between 4 bowls. Top with the dressing or serve the dressing on the side.



DINNER: FRENCH ONION SOUP

YIELD: 4 SERVINGS

There's nothing warmer and more comforting in winter than a bowl of hot French onion soup with caramelized onions. Enjoy this version with keto "croutons"!

Ingredients

- ¾ cup (6 ounces/170 g) salted butter
- ½ cup (3 ounces/80 g) sliced yellow onions
- ¼ cup (1½ ounces/40 g) sliced green onions
- 1 teaspoon erythritol, or 2 to 4 drops liquid stevia
- 2 cloves garlic, minced
- ⅛ teaspoon guar gum or xanthan gum
- 4 cups (32 fluid ounces/1 L) beef bone broth
- 1 tablespoon apple cider vinegar
- 1 to 2 sprigs fresh thyme
- 1 bay leaf
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 2 (1¾-ounce/50-g) packages pork rinds
- ½ cup (4 ounces/115 g) shredded Gruyère cheese
- ½ cup (2 ounces/55 g) grated Parmesan cheese

Instructions

- 1 In a medium saucepan over medium-low heat, melt the butter. Add the yellow and green onions and cook for 8 to 10 minutes, until translucent. Add the erythritol and continue to cook, stirring frequently with a wooden spoon, until the onions brown, about 5 minutes.
- 2 Add the garlic and guar gum and blend well, then add the broth, vinegar, thyme, bay leaf, salt, and pepper. Cover and simmer on low heat for about 20 minutes.
- 3 Meanwhile, preheat the broiler. Cut each pork rind into 3 or 4 "croutons."
- 4 Divide the broth between 4 ovenproof bowls. Cover each bowl with one-quarter of the pork rinds and 2 tablespoons of each of the cheeses. Broil until the cheese is melted.



YIELD: 2 SERVINGS

DAY 6

BREAKFAST: BULLETPROOF COFFEE / TEA

LUNCH: ORIENTAL SALAD

Ingredients

- 8 ounces (225 g) sushi-grade salmon
- 2 cups (4 ounces/115 g) shredded iceberg lettuce
- 1 cup (4 ounces/115 g) radishes, grated
- 1 cup (5½ ounces/155 g) cucumber ribbons
- ½ medium tomato, diced
- ½ medium avocado, diced
- 1 teaspoon sesame seeds
- 1 batch Restaurant-Style Keto Japanese Ginger Dressing, chilled

Instructions

- 1 Cut the salmon into ¼-inch (6-mm) slices.
- 2 Arrange the lettuce, radishes, cucumber ribbons, and tomato on a plate or in a salad bowl. Top with the salmon and avocado and sprinkle with the sesame seeds.
- 3 Drizzle the chilled dressing over the salad. If you prefer, toss to combine.



YIELD: 4 SERVINGS

DINNER: LOBSTER BISQUE

Lobster bisque is wonderful for entertaining; it will delight and impress your guests.

Ingredients

- 8 ounces (225 g) precooked lobster meat (fresh lump or frozen, or canned lobster tails, precooked and frozen or fresh and uncooked)
- ½ cup (4 ounces/115 g) unsalted butter
- 1 medium tomato, coarsely chopped
- ½ cup (4 ounces/115 g) chopped celery
- ½ cup (1.3 ounces/40 g) chopped white or brown mushrooms
- ¼ cup (1.3 ounces/40 g) chopped yellow onions
- ¼ cup (1 ounce/30 g) sliced green onions
- 1 clove garlic, minced
- 2 cups (16 fluid ounces/480 ml) seafood or chicken bone broth

Instructions

- 1 If you are using frozen precooked lobster tails, defrost the tails by placing them in a colander and running cold water over them. When the tails are defrosted, drain and remove the meat from the shells.
- 2 Melt the butter in a medium saucepan over medium-low heat. Add the tomato, celery, mushrooms, yellow and green onions, and garlic. Cook, stirring occasionally, until softened, 8 to 10 minutes.
- 3 Add the broth and bring to a boil over high heat. Add the tarragon, thyme, bay leaf, salt, black pepper, and cayenne. Lower the heat and simmer for 10 to 12 minutes to allow the flavors to meld.
- 4 If you are using fresh uncooked lobster tails, fill a stockpot about half full with water and bring to a boil over high heat. Add the tails and simmer for 10 to 12 minutes, until they are bright red. Drain and remove the meat from the shells.

- 1 tablespoon chopped fresh tarragon
- 1 sprig thyme
- 1 bay leaf
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper
- 1 cup (8 fluid ounces/240 ml) heavy whipping cream
- 1 tablespoon apple cider vinegar
- 2 to 4 drops liquid stevia (optional)
- ¼ cup (2 fluid ounces/60 ml) olive oil

- 5 Pour the soup into a blender, add half of the lobster meat, and blend until smooth. Chop the remaining lobster meat, if desired, and set aside.
- 6 Strain the blended soup, then pour it back into the saucepan. Add the cream, vinegar, stevia (if using), and remaining lobster meat. Cook on low for 20 to 25 minutes to allow the flavors to meld.
- 7 To serve, divide the soup between 4 bowls and drizzle each bowl with 1 tablespoon of olive oil.



DESSERT: EASY VANILLA CUPCAKES

**YIELD: 10 CUPCAKES
(1 PER SERVING)**

What's not to love about sweet, fluffy cupcakes topped with a creamy frosting? This amazing version is ketogenic with all the satiety but none of the guilt!

Ingredients

CUPCAKES:

- 1 cup (4 ounces/115 g) almond flour
- 2 tablespoons coconut flour
- 1 teaspoon baking powder
- ½ teaspoon fine sea salt
- 1 cup (8 fluid ounces/240 ml) heavy whipping cream
- 2 whole eggs
- 4 egg yolks
- ¼ cup (1¼ ounces/36 g) erythritol or granulated or powdered stevia
- ½ teaspoon liquid stevia
- ½ teaspoon vanilla bean paste, or 1 teaspoon vanilla extract

Instructions

- 1 Preheat the oven to 350°F (177°C). Line 10 wells of a standard-size 12-well muffin pan with paper liners.
- 2 In a medium bowl, use a fork to stir together the almond flour, coconut flour, baking powder, and salt until well blended. Set aside.
- 3 Using a stand mixer or handheld mixer, whip the cream until stiff peaks form. Add the whole eggs and egg yolks, one at a time, beating after each addition. Add the powdered sweetener, liquid stevia, and vanilla and mix to combine.
- 4 Using a wooden spoon, fold the flour mixture into the cream mixture and combine well.
- 5 Fill each cupcake liner about three-quarters full with the batter. Bake for 20 minutes, until a toothpick inserted in the center of a cupcake comes out clean. Let cool in the pan for 20 minutes before frosting.

FROSTING:

- 1/2 cup (4 ounces/115 g) butter, softened
- 2 tablespoons coconut oil, softened
- 2 tablespoons granulated stevia or erythritol, ground in a small food processor until powdery
- 1/2 teaspoon liquid stevia
- 1/2 teaspoon vanilla bean paste, or 1 teaspoon vanilla extract

- 6 While the cupcakes are cooling, make the frosting: Using a stand mixer or handheld mixer, whip together all the frosting ingredients until creamy and fluffy.
- 7 When the cupcakes are cool, scoop the frosting into a piping bag and pipe the frosting evenly onto the cupcakes. Alternatively, use a knife to spread frosting on each cupcake.

TIPS

Almond flour is similar to almond meal, but is much more finely ground; you can make it at home by grinding raw almonds in a food processor to a near-powdery texture. Be careful not to process it for too long, though, or you'll end up with almond butter!



DAY 7

BREAKFAST: SEED AND NUT ENERGY BARS

YIELD: 10 BARS

This is a variation of the Dark Chocolate and Coconut Energy Bars but is baked, so it is more portable. Use 10½ to 12½ ounces (300 to 350 grams) of your favorite seeds and nuts. I love the combination called for in this recipe because the flax seeds, walnuts, and pumpkin seeds are full of omega-3 fat, which we need all the more on a keto diet. Also, the hemp hearts are low in carbs, and the fiber is ample.

Ingredients

- ¾ cup (6 ounces/170 g) butter or coconut oil
- 3 tablespoons granulated stevia or erythritol
- 1 teaspoon vanilla extract
- ½ teaspoon liquid stevia
- ¼ teaspoon ground Ceylon cinnamon or regular cinnamon
- ½ cup (3 ounces/85 g) hemp hearts
- ¼ cup (2 ounces/55 g) raw sunflower seeds
- ¼ cup (2 ounces/55 g) whole or ground raw pumpkin seeds

Instructions

- 1 Preheat the oven to 350°F (177°C). Grease a 13 by 9-inch (33 by 23-cm) baking pan. Line the bottom of the pan with parchment paper.
- 2 In a medium saucepan over low heat, melt the butter. Stir in the granulated stevia, vanilla, liquid stevia, and cinnamon.
- 3 Remove from the heat and stir in the hemp hearts, seeds, nuts, almond butter, and salt. Add the eggs and mix well.
- 4 Pour the mixture into the prepared pan. Cover with another sheet of parchment paper and use your hands to press the mixture firmly into the pan.



- ¼ cup (2 ounces/55 g) flax seeds
- ¼ cup (2 ounces/55 g) raw almonds, coarsely chopped in a food processor
- ¼ cup (2 ounces/55 g) raw walnuts, finely chopped in a food processor
- 2 tablespoons unsweetened almond butter
- ¼ teaspoon fine sea salt
- 2 eggs, whisked

- 5 Bake for 20 to 25 minutes, until lightly browned. Let cool in the pan overnight.
- 6 Remove from the pan and cut into 10 bars. Store in an airtight container for up to a week, or freeze for longer storage

Tip

I like to grind the almonds and walnuts together so they are broken up a bit, but you can still identify what they are in the bar.



YIELD: 1 SERVING

LUNCH: BACON BURGER SALAD

Who would have imagined a burger salad could be such a healthy meal? When prepared ketogenically, it is a whole-food meal with nourishing greens and avocado, and it provides essential fatty acids, essential amino acids, and plenty of key nutrients, like vitamin E and potassium.

Ingredients

- 2 cups (4 ounces/115 g) shredded butter lettuce, iceberg lettuce, or romaine lettuce
- ¼ medium tomato, cut into ½-inch (1.25-cm) cubes
- ½ medium-sized ripe avocado, peeled and chopped
- 3 slices bacon, cooked and chopped
- 1 (4-ounce/115-g) beef burger patty (meat only; no breadcrumbs or other additives), grilled and cooled to room temperature
- 2 tablespoons Burger Sauce

Instructions

- 1 Arrange the lettuce, tomato, and avocado in a salad bowl.
- 2 Top with the bacon and burger patty.
- 3 Dress the salad with the burger sauce and enjoy!



DINNER: STEAK

YIELD: 2 SERVINGS

This super-tasty dinner involves minimal prep work. The tabbouleh uses cauliflower rather than bulgur wheat as a base for a healthy, grain-free treat. Serve this dish with a little bit of melted butter or butter-flavored coconut.

Ingredients

2 (5-ounce/170-g) boneless steaks
(3/4 inch/2 cm thick)

Sea salt and ground black pepper

KETO TABBOULEH:

- 2 cups (8 ounces/225 g) cauliflower florets
- 1 cup (1 ounce/28 g) finely chopped fresh parsley
- 2 tablespoons thinly sliced green onions
- 1 tablespoon finely chopped fresh mint
- ¼ cup (2 fluid ounces/60 ml) olive oil
- Grated zest of 1 lemon
- 2 tablespoons freshly squeezed lemon juice
- Pinch of cayenne pepper (optional)
- Sea salt and ground black pepper
- 1/2 cup (2 ounces/55 g) crumbled fresh (soft) goat cheese (optional)

Instructions

- 1 Prepare the steaks for grilling by seasoning them on both sides with salt and pepper.

Make the tabbouleh: Place the cauliflower in a food processor and pulse until chopped into small crumbles. Put the cauliflower, parsley, green onions, and mint in a bowl. Add the olive oil, lemon zest, lemon juice, cayenne (if using), and salt and pepper to taste. Mix together.

- 2 Heat a grill pan or heavy skillet (cast iron works well here) to medium-high heat. Sear the steaks for 5 to 6 minutes on each side for medium-done steaks, or to your desired level of doneness. Let rest for about 10 minutes.
- Serve each steak with half of the tabbouleh, topped with goat cheese, if desired.



DAY 8

BREAKFAST: BULLETPROOF COFFEE / TEA

LUNCH: KETO BOWL

YIELD: 2 SERVINGS

This is keto twist on a traditional Indonesian comfort food; it's a great way to incorporate the flavors of Southeast Asia into a ketogenic dish!

Ingredients

ALMOND BUTTER DRESSING:

- ¼ cup (2 fluid ounces/60 ml) MCT oil
- 2 tablespoons unsweetened almond butter
- 2 tablespoons tamari
- 1 tablespoon freshly squeezed lime juice
- ½ teaspoon ginger juice, or 1 teaspoon grated fresh ginger
- ½ teaspoon liquid stevia, erythritol, or xylitol
- ½ teaspoon fine sea salt
- ¼ teaspoon garlic powder
- ¼ teaspoon hot sauce, or a pinch of cayenne pepper or chili powder
- 2 cups (2½ ounces/70 g) mixed spring lettuces
- ½ cup (1¾ ounces/50 g) Braised Red Cabbage, or 1 cup (4 ounces/115 g) shredded raw red cabbage
- 4 eggs, hard-boiled, peeled and halved
- ½ English cucumber, sliced
- 1 tablespoon crushed almonds, for garnish
- 1 tablespoon chopped fresh cilantro, for garnish

Instructions

- 1 Place the dressing ingredients in a small food processor and process until well blended. Alternatively, place the ingredients in a bowl and whisk by hand.
- 2 Divide the lettuces, cabbage, eggs, and cucumber slices between 2 bowls.
- 3 Pour half of the dressing over each salad. Garnish each bowl with half of the almonds and cilantro.



YIELD: 1 SERVING

DINNER: SUPERFOOD BOWL

Filled with prebiotics and cruciferous veggies, this bowl is a powerful meal for gut health! The recipe makes more tahini sauce than you will need for the bowl—you will use only about one-fifth of the sauce as prepared. Refrigerate the extra sauce and enjoy it on salads, as a dip for vegetables, or over seafood. It will keep for up to a week.

Ingredients

TAHINI SAUCE:

- ½ cup (4 ounces/115 g) mayonnaise
- ½ cup (2½ ounces/70 g) tahini
- ¼ cup (2 fluid ounces/60 ml) freshly squeezed lemon juice
- ¼ cup (2 fluid ounces/60 ml) olive oil
- 3 tablespoons filtered water
- 1 to 3 cloves garlic, to taste
- ½ teaspoon fine sea salt
- ½ teaspoon paprika
- ¼ teaspoon turmeric powder
- ¼ teaspoon ground black pepper
- ½ cup (1 ounce/30 g) chopped broccoli florets
- 3 tablespoons filtered water

Instructions

- 1 Make the sauce: Place the mayonnaise, tahini, lemon juice, olive oil, 3 tablespoons of water, and garlic in a blender and blend until smooth. Add the salt and spices and blend to combine. Set aside.
- 2 Bring a saucepan of water to a boil over high heat. Add the broccoli, then turn off the heat. Leave the broccoli in the hot water for 3 to 4 minutes, until the broccoli is bright green. Drain, then plunge into a bowl of ice water to stop the cooking. When chilled, drain again and set aside.
- 3 Meanwhile, place 3 tablespoons of water in a bowl with the dried wakame and let it sit for 5 to 6 minutes to rehydrate. Drain the wakame well.
- 4 In a bowl, arrange the shredded lettuce as a bed; top with the cabbage, sauerkraut,

- 1 ounce (28 g) dried wakame seaweed, broken into pieces
- 1 cup (2 ounces/55 g) shredded iceberg lettuce
- ¼ cup (1 ounce/28 g) shredded red cabbage
- 2 tablespoons sugar-free sauerkraut
- ¼ avocado, peeled and sliced
- 2 medium radishes, thinly sliced
- 1 tablespoon chopped fresh cilantro
- ¼ teaspoon sesame seeds

avocado, radishes, and wakame. Sprinkle with the cilantro and sesame seeds. Drizzle with one-fifth of the tahini sauce.

Note

This salad will keep in the refrigerator for up to 4 days.



DESSERT: CHEESECAKE

**YIELD: ONE 9-INCH (23-CM)
CAKE (12 SERVINGS)**

Use vanilla extract for a traditional cheesecake flavor or substitute your preferred flavoring—my favorite is blueberry!

Ingredients

CRUST:

- 12 ounces (340 g) raw pecans
- ½ cup (2 ounces/55 g) almond flour or raw almonds
- 1 tablespoon coconut flour (optional)
- ½ cup (4 ounces/115 g) butter or coconut oil
- 1 teaspoon baking powder
- Pinch of sea salt

FILLING:

- 3 (8-ounce/225-g) packages cream cheese, softened, or 3 cups (24 ounces/680 g) coconut butter, room temperature
- 1 cup (8 ounces/225 g) sour cream (omit for dairy-free)
- 4 egg yolks
- ¼ cup (13/4 ounces/50 g) erythritol or powdered stevia
- 1 teaspoon liquid stevia
- 1 teaspoon vanilla extract or other flavored extract of choice
- Pinch of sea salt
- ¼ cup (1 ounce/28 g) raw pecan halves, some left whole and some crushed, for garnish (optional)

Instructions

- 1 Preheat the oven to 350°F (177°C). Grease a 9-inch (23-cm) springform pan with butter or coconut oil.
- 2 Make the crust: Place the crust ingredients in a food processor and pulse to combine. Press into the bottom of the prepared pan and bake for 10 to 12 minutes, until browned, being careful not to let it burn. Remove from the oven and let cool in the pan.
- 3 Meanwhile, make the filling: Beat the cream cheese and sour cream in the bowl of a stand mixer. Add the egg yolks one at a time, beating well after each addition. Beat in the sweeteners and vanilla and finally the salt.
- 4 Pour the filling into the cooled crust and bake for 30 to 45 minutes, until the center is firm. Let cool in the pan, then place in the refrigerator to chill for 4 hours or overnight.
- 5 Just before serving, run a knife or offset spatula around the sides of the cake. Gently remove the side of the springform pan and place the cake on a plate. If desired, decorate the top of the cake with pecan halves and crushed pecans, as shown. Store in the refrigerator for up to 5 days.



YIELD: 10 BARS

DAY 9

BREAKFAST: ENERGY BARS

This recipe uses a seed and nut base but adds dark chocolate and coconut to make it more of a dessert bar. I love the combination of omega-3-rich flax seeds, walnuts, and pumpkin seeds, low-carb hemp hearts, and abundant fiber. This is probably the healthiest dessert on the planet! These bars need to be kept in the refrigerator or they will melt, but they can be taken on the go in a cooler with ice packs.

Ingredients

- $\frac{3}{4}$ cup (6 ounces/170 g) butter or coconut oil
- 3 tablespoons granulated stevia or erythritol
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon liquid stevia
- $\frac{1}{4}$ teaspoon ground Ceylon cinnamon or regular cinnamon
- $\frac{1}{2}$ cup ($2\frac{3}{4}$ ounces/80 g) hemp hearts
- $\frac{1}{4}$ cup (2 ounces/55 g) flax seeds
- $\frac{1}{4}$ cup (2 ounces/55 g) whole or ground raw pumpkin seeds
- $\frac{1}{4}$ cup (2 ounces/55 g) raw almonds, coarsely chopped in a food processor
- $\frac{1}{4}$ cup (2 ounces/55 g) raw walnuts, finely

Instructions

- 1 Line the bottom of a 13 by 9-inch (33 by 23-cm) pan with parchment paper.
- 2 In a medium pan over low heat, melt the butter. Stir in the granulated stevia, vanilla, liquid stevia, and cinnamon.
- 3 Remove from the heat and stir in the hemp hearts, seeds, nuts, almond butter, coconut, and salt.
- 4 If you prefer large chunks of chocolate in the bar, let the mixture cool in the refrigerator for 10 to 15 minutes or on the counter for about 30 minutes. When it is completely cool, gently fold in the chocolate. If you prefer a chocolate-flavored bar, add the chocolate while the mixture is still hot and stir until completely melted.

- chopped in a food processor
- 2 tablespoons unsweetened almond butter
- 2 tablespoons unsweetened shredded coconut
- ¼ teaspoon fine sea salt
- 1¾ ounces (50 g) unsweetened baking chocolate (100% cacao) or dark chocolate (99% cacao), chopped into small pieces

4 Pour the mixture into the prepared pan. Cover with another sheet of parchment paper and use your hands to press the mixture firmly into the pan. Place in the refrigerator to chill for 1 to 2 hours.

5 Remove from the pan and cut into 10 bars. Store in an airtight container in the refrigerator for up to 2 weeks.

Tip

You can also make these bars without the dark chocolate. Simply omit the chocolate and skip Step 4.

Note

I like to grind the almonds and walnuts together so they are broken up a bit, but you can still identify what they are in the bar.



YIELD: 2 SERVINGS

LUNCH: NIÇOISE SALAD

Tuna is a great source of omega-3 fatty acids, which are important for balancing out the omega-6 fats in our diets. This recipe combines olive oil with walnut or flax oil—two top sources of omega-3s. With the oil, eggs, tuna, and olives, this salad contains so many healthy fats! Look for organic tuna with low levels of mercury.

Ingredients

- 2.6 ounces (75 g) French green beans, whole or chopped
- 2 cups (2¾ ounces/80 g) chopped romaine lettuce or butter lettuce, mixed spring lettuces, or arugula
- 1 (5-ounce/142-g) can tuna, drained and flaked
- ½ cup (2¼ ounces/65 g) pitted black olives, drained
- ½ cup (2½ ounces/70 g) grape or cherry tomatoes, quartered
- 4 medium radishes, quartered
- 2 eggs, hard-boiled and peeled
- 1 tablespoon sliced green onions

Instructions

- 1 Bring a saucepan of water to a boil over high heat. Add the green beans and turn off the heat, leaving the pan on the burner. Let the beans sit in the hot water for 2 to 4 minutes, until crisp-tender and bright green in color. Drain the beans and plunge into a bowl of ice water to stop the cooking and keep the beans crisp. When chilled, drain again and set aside.
- 2 Place the vinaigrette ingredients in a food processor and process until well blended.
- 3 Divide the lettuce, tuna, olives, tomatoes, radishes, eggs, green onions, and green beans between 2 plates. Pour half of the vinaigrette over each salad and serve.

VINAIGRETTE:

- ½ cup (½ ounce/15 g) fresh parsley leaves, chopped
- ¼ cup (2 fluid ounces/60 ml) olive oil
- ¼ cup (2 fluid ounces/60 ml) walnut or flax oil
- 3 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped fresh tarragon
- 1 clove garlic, minced or crushed in a garlic press
- ½ teaspoon onion powder
- 4 anchovies



YIELD: 4 SERVINGS

DINNER: POACHED EGG SOUP

This comforting soup traditionally has a potato base, but I have replaced the potatoes with low-carb cauliflower, and the result is just as creamy as the original. I am so excited to share this beautiful Czech dish with you.

Ingredients

- ¼ cup plus 2 tablespoons (3 ounces/85 g) salted butter
- 1 small head (about 10½ ounces/300 g) cauliflower, diced
- ¼ cup (1.3 ounces/40 g) finely chopped yellow onions or thinly sliced green onions
- 2 quarts (64 fluid ounces/2 L) filtered water
- 7 ounces (200 g) fresh wild porcini mushrooms, or 1 ounce (25 g) dried wild porcini mushrooms, cleaned and sliced
- 4 sprigs fresh dill, plus more for garnish
- 2 bay leaves
- 1 teaspoon ground cumin

Instructions

- 1 In a large saucepan over low heat, melt the butter. Add the cauliflower and onions and cook for 5 to 6 minutes, until the onions are translucent.
- 2 Add the water, mushrooms, dill, bay leaves, cumin, and salt. Bring to a boil over high heat, then reduce the heat to low and simmer for about 1 hour to thicken the soup.
- 3 In a mixing bowl, whisk the coconut flour into the sour cream. Stir in the lemon juice. Add this mixture to the soup and whisk until well combined, then turn off the heat.
- 4 Poach the eggs: Bring some water to a boil in a small saucepan. Meanwhile, crack an egg into a small bowl. When the water is boiling, remove the saucepan from the

- 1 teaspoon fine sea salt
- 1 tablespoon coconut flour, or ½ teaspoon guar gum or xanthan gum
- 1 cup (8 ounces/225 g) sour cream
- 1 tablespoon freshly squeezed lemon juice
- 4 eggs
- 1 tablespoon apple cider vinegar or white wine vinegar
- ¼ teaspoon ground black pepper

heat and use a spoon to swirl the water clockwise around the pan. Slide the egg into the “whirlpool” you created in the pan. Poach for 3 to 4 minutes, until the white is set. Spoon out the egg and keep warm in a warm water bath while you repeat with the remaining eggs.

- 5 Using an immersion blender, blend the soup to a creamy consistency. Add the vinegar and pepper and combine well.
- 6 Divide the soup between 4 serving bowls. Serve hot with one poached egg per bowl, garnished with fresh dill.

Note

If you can't find porcini mushrooms, feel free to substitute another type. The soup will still be delicious!



YIELD: 4 SERVINGS

DAY 10

BREAKFAST: BULLETPROOF COFFEE / TEA

LUNCH: COBB SALAD

SEE RECIPE FROM DAY #2.

DINNER: SHRIMP SOUP

This soup is so delicious, I could eat it every night! It is creamy, satisfying, and filling. This version of the Thai classic features shrimp instead of chicken. To make it a full meal, add some shirataki noodles.

Ingredients

- 5 cups (40 fluid ounces/1.2 L) chicken bone broth
- 2 (1- to 2-inch/2.5- to 5-cm) pieces galangal, sliced
- 2 shallots, sliced
- 2 stalks lemon grass, sliced
- 6 kaffir lime leaves
- 6 white mushrooms, sliced
- 24 medium-sized raw shrimp, thawed if frozen, peeled and deveined
- 3 cups (24 ounces/680 g) coconut cream
- 1 red chili pepper, sliced in half lengthwise (optional)
- 1 tablespoon freshly squeezed lime or lemon juice
- 1 tablespoon fish sauce
- 2 to 4 drops liquid stevia, to taste
- ¼ cup (1 ounce/30 g) fresh cilantro leaves

Instructions

- 1 Bring the broth and galangal to a boil in a medium saucepan over high heat. Reduce the heat to a simmer and cook until the broth absorbs the flavor of the galangal, 25 to 30 minutes.
- 2 Add the shallots, lemon grass, and lime leaves. Reduce the heat to medium-low and add the mushrooms; simmer for 20 to 30 minutes, until the mushrooms are tender.
- 3 Add the shrimp, coconut cream, chili pepper (if using), lime juice, fish sauce, and stevia. Simmer for 4 to 5 minutes more, until the shrimp is cooked and the flavors are well combined. Remove from the heat and top with the cilantro.

Tip

Galangal is a root similar to ginger; you can find it at most markets and at Asian food stores.