

WEEK 2 MEAL PLAN:

Meal 1: Ham & Egg White Bake

- 35 egg whites
- 2 1/8 cup 2% cottage cheese
- 22 slices Canadian bacon

Instructions:

1. Preheat oven to 350 degrees
2. Grease 9x13 pan with either butter, olive oil or avocado oil.
3. Cut Canadian bacon into tiny pieces (or purchase pre-diced ham in equivalent quantity)
4. Mix all ingredients together in mixing bowl and pour into greased baking dish.
5. Bake in heated oven until eggs are thoroughly cooked, and no longer "jiggly". Begin watching at around 30 minutes, and keep checking back every 3-5 minutes until desired doneness is reached.

- Makes 12 servings -

Nutrition information:

Calories per serving: 139

Protein: 24 grams, Carbs: 4.5 grams, Fat: 2.7 grams

- Melt 1 slice of cheese on top for 30-60 seconds in microwave (kcal: 80, protein: 5 g, carbs: 1 g, fat: 7g)
- Serve with 150 grams of cucumbers (kcal: 22, protein: 1g, carbs: 5.4, fat: .2)





Meal 2: Oatmeal & Berries

- *¼ cup uncooked old-fashioned oats (kcal: 75, protein: 3 g, carbs: 13.5 g, fat: 1.2g)*
- *½ cup 2% cottage cheese (kcal: 90, protein: 5 g, carbs: 5 g, fat: 2.5g)*
- *50 grams sliced strawberries (kcal: 16, protein: .3 g, carbs: 3.8g, fat: .2g)*
- *Lakanto Monkfruit sweetener, as needed*
- *150 grams fresh carrot (kcal: 62, protein: 1.3 grams, carbs: 15 grams, fat: .3 grams)*

Instructions: Prepare oatmeal as directed on container. Add cottage cheese, sliced strawberries, and monkfruit sweetener.

- *Serve with fresh carrot*

Meal 3: Mushroom Cap Pizza



- 6 large Portabella mushroom caps
- 6 T butter, olive oil, avocado oil, or ghee
- $\frac{3}{4}$ c. Muir glen organic tomato basil marinara sauce (or any marinara sauce that has no added sugar)
- 12 ounces shredded chicken breast
- 25 black olives
- 1 $\frac{1}{2}$ cups shredded mozzarella

Instructions:

1. Preheat oven to 400 degrees
2. Boil, instant pot, bake or grill chicken breast until thoroughly cooked.
3. Rinse, dry, place 1 T. of fat/oil of choice and salt and pepper to taste on each mushroom cap.
4. Bake mushroom caps in oven for 10 minutes. While mushrooms are cooking:
5. Shred chicken breast with electric mixer
6. After 10 minutes, remove mushrooms from oven and Spoon 2 T. of marinara sauce onto each mushroom cap
7. Place 2 oz shredded chicken on each mushroom cap
8. Measure 1 oz of mozzarella and place on top of each mushroom cap
9. Top with 5 olives, sliced, on each mushroom cap
10. Place back in oven and bake for additional 10 minutes.

Nutrient information: Calories: 341, Protein: 24 grams, carbs, 9 grams, fat: 23 grams

Meal 4: Mini Turkey Salad & Toast

- 4 Oz. nitrate free pre-cooked turkey breast or lunch meat, cut up
- 100 grams Tomato, chopped up
- Fresh basil, a few leaves chopped up
- 1 T balsamic vinegar
- ½ T avocado oil or olive oil

1 slice Keto bread or Dave's killer bread
(Powerseed, or Good Seed- thin sliced)

½ T jam or fruit spread (look for one that has around 5 grams, or less, of added sugar, also containing around 30 calories per serving).

Instructions:

1. Mix salad ingredients together
2. Toast bread, and spread jam on top

Nutrient information (with keto bread):

Calories: 251, Protein: 23 grams, Carbs: 27 grams, Fat: 10 grams

Or:

(with Dave's killer bread- Powerseed, thin sliced):

Calories: 271, Protein: 22 grams, carbs: 27 grams, fat: 10 grams)



Meal 5: Bone Broth and Cashews

- 2 c Bone broth
- ¼ c Raw cashews
- 200 g. Celery sticks

Instructions:

1. Either make your own bone broth (<https://livelytable.com/slow-cooker-bone-broth/>). Or pick some up at the store and just add hot water.
2. Measure out your cashews and celery and enjoy!

Nutrient information:

(Calories: 292, Protein: 25 grams, Carbs: 22 grams, fat: 12 grams)



Meal 6: PICK A MEAL

4 different meals to choose from to make for both you and the rest of the family:

- *Pick a different recipe to make each night. These are all low carb meals.*
- *Make a pasta, rice, etc. for the rest of the family, while you stick with just the main dish and veggies.*
- *Nutrition facts will vary. You'll have to be mindful of serving sizes.*

Turkey meatballs served over zucchini spirals:

<https://www.wellplated.com/whole30-meatballs/>

Grain free chicken nuggets:

<https://thenaturalnurturer.com/grain-free-oven-baked-chicken-nuggets/>

This is a family favorite recipe in my house!

Serve with:

- *Steamed broccoli*
- *Primal kitchen BBQ sauce*





P.F. Chang's copy-cat lettuce wraps:

<https://thegirlonbloor.com/pf-changs-chicken-lettuce-wraps/>

Also loved by all the picky eaters in my house!

I usually make rice for the family, and stick with the main dish for myself.

Bean-less chili:

<https://nomnompaleo.com/2017052320170523instant-pot-ground-beef-chili>

Another family favorite!

- *My family will add beans, sour cream, cheese, etc. I'm always plenty satisfied with the recipe as is!*