

5

— TWO WEEK —
MEAL PLAN

RECIPES



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2018121911ATWMPRE

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ESSENTIAL RECIPES





Bulletproof Coffee

There are many different versions of Bulletproof Coffee out there on the internet. The Speed Keto version is simple:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

That's it!

The usual time of day to drink this coffee is first thing in the morning because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day.

Note: Some people react with loose

stools when first adding MCT oil to their diet. You will most likely be okay with just one teaspoon but if you notice a problem cut back to ½ tsp and slowly build up to 1 teaspoon in your morning Bulletproof Coffee.

Nutritional Information:

Calories/serving: 77 (with cream) ... 45 (without cream)

- Total Carbs: 0
- Fiber: 0
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0



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Ghee

Sometimes people who are sensitive to milk in their diet can tolerate ghee because the milk solids have been removed. However, if a milk allergy is present it is best to stay away from all butter — even ghee!

Ghee is a great fat to cook with because the milk solids have been removed. This fat can be used at higher temperature making it an excellent choice for stir-fry wok dishes.

Ingredients

- 1 lb grass-fed, organic butter

Preparation

Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted you will fairly quickly see it separate into three distinct layers:

- The top layer will be foamy and white in color
- The middle will be yellow. This is the deepest layer and it is called clarified butter.
- The milk solids from the butter will sink to the bottom of the pot forming the third layer





Ghee (continued)

Eventually the butter will come to a simmer. Keep the heat under the pot adjusted so that this slow simmering continues. Skim off the white foam that forms on the top every once in a while. After about 15 – 20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point the clarified butter has become ghee. The browning milk solids give distinct flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready. Now it's simply a matter of straining out the browned milk solids using a clean sieve. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter but you must be sure to remove all of the milk solids first.

Yield: 1 ½ C, Serving size: 1 tsp

Nutritional Information:

- Calories/tsp: 6
- Total Carbs: 0
- Fiber: 0
- Total Fat: 1 g
- Protein: 0



Homemade Chicken Broth

You will want to get the soup pot out in the morning because this chicken stock will spend 5-6 hours on your stove-top before it's really done. The long slow simmer maximizes the nutritional value and deepens flavor. Some of the broth will be consumed during fasting this week so you will be appreciating these amazing flavors soon!

When the internal temperature of the chicken reaches 185 F the meat is cooked. The chicken meat can be used for dinner with the bones from the carcass going back into the pot for the rest of the simmer time, 5 - 8 hours (or more).

Makes about 4 quarts of stock.

Ingredients

- 1, 4 – 5 lb chicken whole or cut into pieces
- 2 celery stalks cut in half
- 5 garlic cloves, smashed open or cut in half
- 1 large bay leaf
- 3-5 sprigs fresh thyme (or 1 ½ tsp dried)
- Handful of fresh parsley (or 2 tsp dried)



Homemade Chicken Broth (continued)

- 2 tsp sea salt
- 1 tsp black peppercorns
- 1 ½ T apple cider vinegar
- water to fill the 6 - 8 quart pot

Preparation

1. Place all ingredients into a 6 - 8 quart pot with a tight fitting lid.
2. Cover with water and continue filling the pot until almost full. Put a tight-fitting lid on the pot. Bring to a boil (this takes about 10-20 minutes) then reduce the heat under the pot until the liquid is just simmering.
3. When the internal temperature of the chicken reaches 185 F remove it from the pot and leave it to cool down a bit (about 1 hour). Once the meat has been removed from the carcass put the bones back into the pot and continue simmering. You can also add any chicken bones that have been saved in the freezer for broth making. Refrigerate the chicken meat after it has cooled.

4. Keep the soup pot covered to prevent the stock from evaporating. Regardless the level will go down and you will probably have to add a few cups of water as the day progresses if you notice the liquid reducing too much.

5. When the broth has simmered and reduced to your satisfaction strain it through a fine mesh sieve. Discard the mushy veggies and bones.
6. Cool stock and ladle into clean glass jars. The stock can be refrigerated for up to 3 days and will be fine in the freezer for up to 6 months.

Yield: About 4 quarts (16 one cup servings)

If using a slow cooker ... follow the steps outlined above.

The chicken will likely take 2 ½ - 3 hours to reach an internal temperature of 185 F in the crock pot but it may take longer. (Crock pots vary in size and temperature). Remove meat from bones and return carcass to the pot and simmer from 4 – 24 hours.



Vinaigrette

Homemade vinaigrettes are easy to make. Once you get onto how easy it is to whip one up there will be no going back to heavy-handed, fake tasting store bought salad dressings.

Ingredients

- Juice from 1 lemon or 2 limes
- 1 tsp Dijon mustard
- 3 drops of liquid stevia
- $\frac{3}{4}$ C olive oil

Preparation

1. Whisk lemon juice, mustard and liquid stevia.

2. Drizzle olive oil into the lemon juice mixture and continue whisking until all the oil has been incorporated into the dressing.

Yield: 16 servings (1 Tablespoon in each serving)

Nutritional Information:

Total Calories/serving: 90

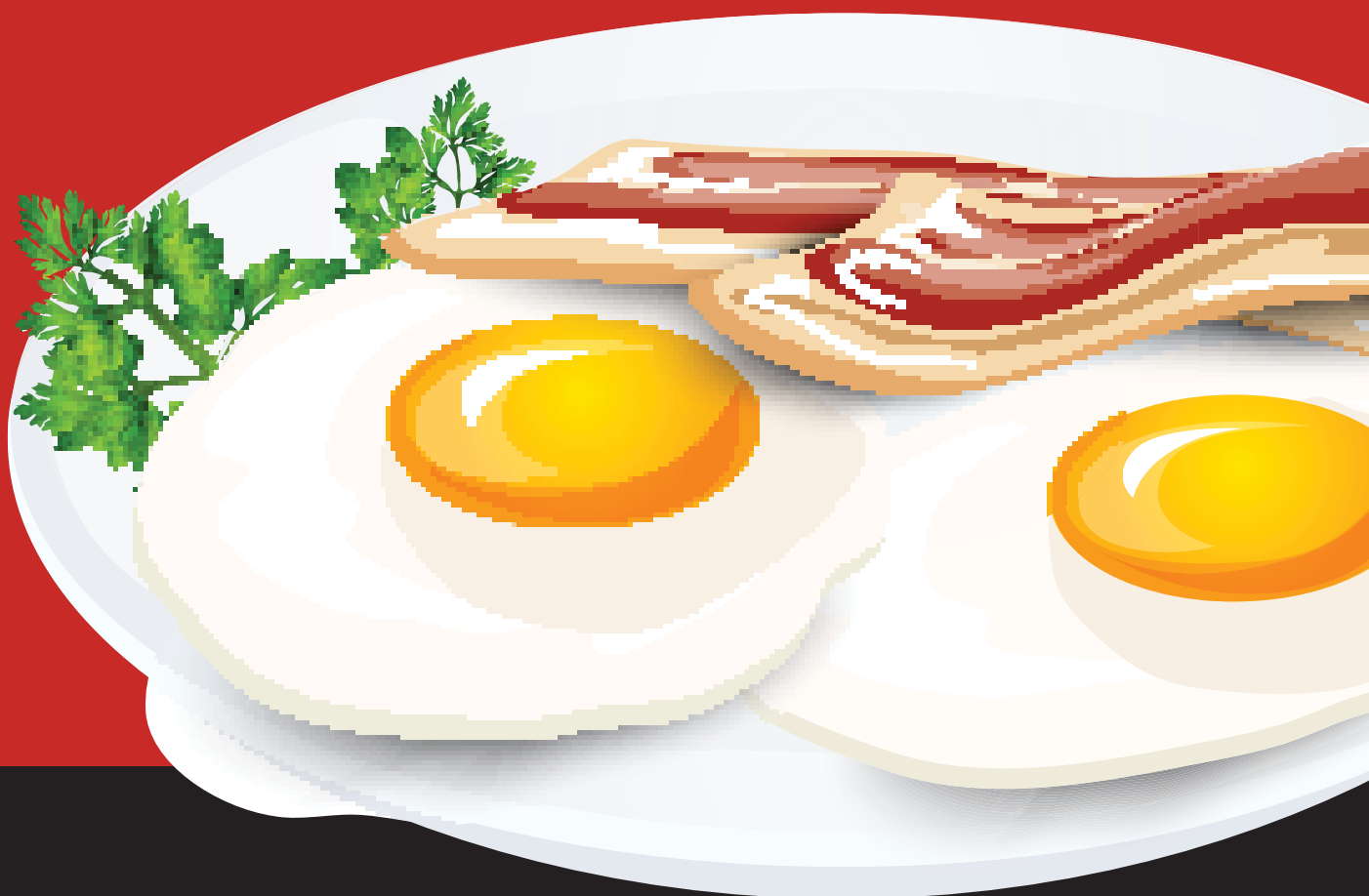
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 10 g
- Protein: 0 g



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BREAKFAST RECIPES





Mini Muffin Quiche

Spinach and ham make a hardy mini quiche that is excellent with thin slices of avocado served on the side. There's an endless list of possible ingredients and flavor profiles so you aren't likely to ever get bored eating mini quiche.

We recommend using a silicone muffin pan for this recipe. The flexible silicone makes it really easy to remove the quiche when the time comes!

Ingredients

- ½ cooking onion, medium dice
- 2 tsp ghee
- 3 oz ham
- 1 C baby spinach leaves
- 6 eggs
- ¼ C heavy cream
- ½ tsp Himalayan salt
- ¼ tsp black pepper
- ½ C cucumber slices

Preparation

1. Pre-heat the oven to 350 F
2. Melt ghee in skillet over medium high heat, add the diced onion and turn the heat under the pan down to medium. Sauté the onion until translucent and lightly caramelized (about 5 minutes).
3. Add spinach leaves and cooked ham and sauté, stirring, until the leaves all wilt.
4. Spray a muffin pan (6 individual cups) with a light coating of coconut oil.
5. Divide the caramelized onions/ham/wilted spinach mixture evenly amongst the six muffin cups.
6. Whisk the 6 eggs with the heavy cream and salt and pepper. Pour over the ingredients already distributed in the 6 muffin cups, dividing the egg mixture evenly.





Mini Muffin Quiche (continued)

7. Place on the middle rack of the pre-heated oven and bake for 30 minutes or until the egg has set and a skewer comes out clean when inserted into the middle of one of the muffin cups. Let cool for a few minutes and then slip the mini quiches out of the muffin cups and onto a plate.

Yield: 6 servings (1 mini quiche per serving)

Nutritional Information:

Calories/serving: 149

- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 11 g
- Protein: 9 g

Note: If having a mini quiche for lunch with 4 tomato wedges and ½ C of English cucumber slices add the following macros: 20 calories, 5 g carbs, 1 g Fiber and 1 g protein.

**Note:* If having with 2 strips of bacon add: 80 calories, 1 g of carbs, 7 g of fat and 5 g of protein.





Bacon & Eggs Breakfast

This recipe features classic fried eggs and bacon but feel free to cook the eggs any way you want (poached, boiled, baked or scrambled).

Ingredients

- 2 bacon strips
- 2 large eggs

Preparation

1. Heat a heavy skillet over medium high heat. Add bacon strips and fry, flipping the bacon now and then until it is nice and crispy. Remove and drain on paper towel.
2. Turn the heat under the skillet down to medium and crack the eggs into the hot grease from the bacon. Cook to your individual preference.

Yield: 1 Serving

Nutritional Information:

Calories/serving: 312

- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 27 g
- Protein: 16 g



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Garlicky Scrambled Eggs

Ingredients

- 4 eggs, whisked
- 2 T heavy cream
- 1 garlic clove, minced or pushed through press
- 1 tsp ghee
- Salt & pepper to taste

Preparation

1. Whisk eggs, heavy cream, garlic and salt & pepper. Melt ghee in a skillet over medium heat. Pour in the egg mixture and stir while eggs scramble.
2. Correct seasoning and serve immediately

Yield: 2 servings

Nutritional Information:

Total Calories/serving: 220

- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 18 g
- Protein: 13 g



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Mixed Grill Breakfast

Enjoy this breakfast with one or two fried eggs – let your appetite guide you.

Ingredients

- 2 bacon slices, cut in half
- 2 sausage links
- 2 eggs
- ½ C mushrooms, sliced
- 2 Tomato slices

Preparation

1. Fry bacon and sausage in a heavy skillet over medium high heat until the bacon is crisp and the internal temperature of the sausage reaches 165 F. Remove from skillet and keep warm. Wipe out skillet reserving 2 tsp of fat.

2. Add mushrooms to the pan and sauté until almost done. Add eggs to the pan and fry them to your liking.

3. Serve eggs, mushrooms, sausage link and bacon strip with a slice of tomato.

Yield: 2 servings

Nutritional Information:

Total Calories/serving: 249

- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 15 g
- Protein: 23 g

Note: If you have 2 eggs with your breakfast add the following macros to the above total: 70 calories, 5 g fat and 6 g protein.



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Italian Sausage & Egg Scramble

Italian sausage is our favorite but you can get these large sausages in a variety of flavors. Remember to read the label and choose a sausage with no added sugars.

Ingredients

- 1 tsp ghee
- 4 eggs
- 2 T heavy cream
- 1 sausage (3 oz), cooked and sliced into chunks
- Salt & pepper to taste

Preparation

1. Whisk eggs and cream together.

2. Melt ghee in a heavy skillet over medium high heat.
3. Add the whisked egg mixture and chunks of cooked sausage and lower the heat to medium. Scramble until cooked through and serve immediately.

Yield: 2 servings

Nutritional Information:

Total Calories/serving: 277

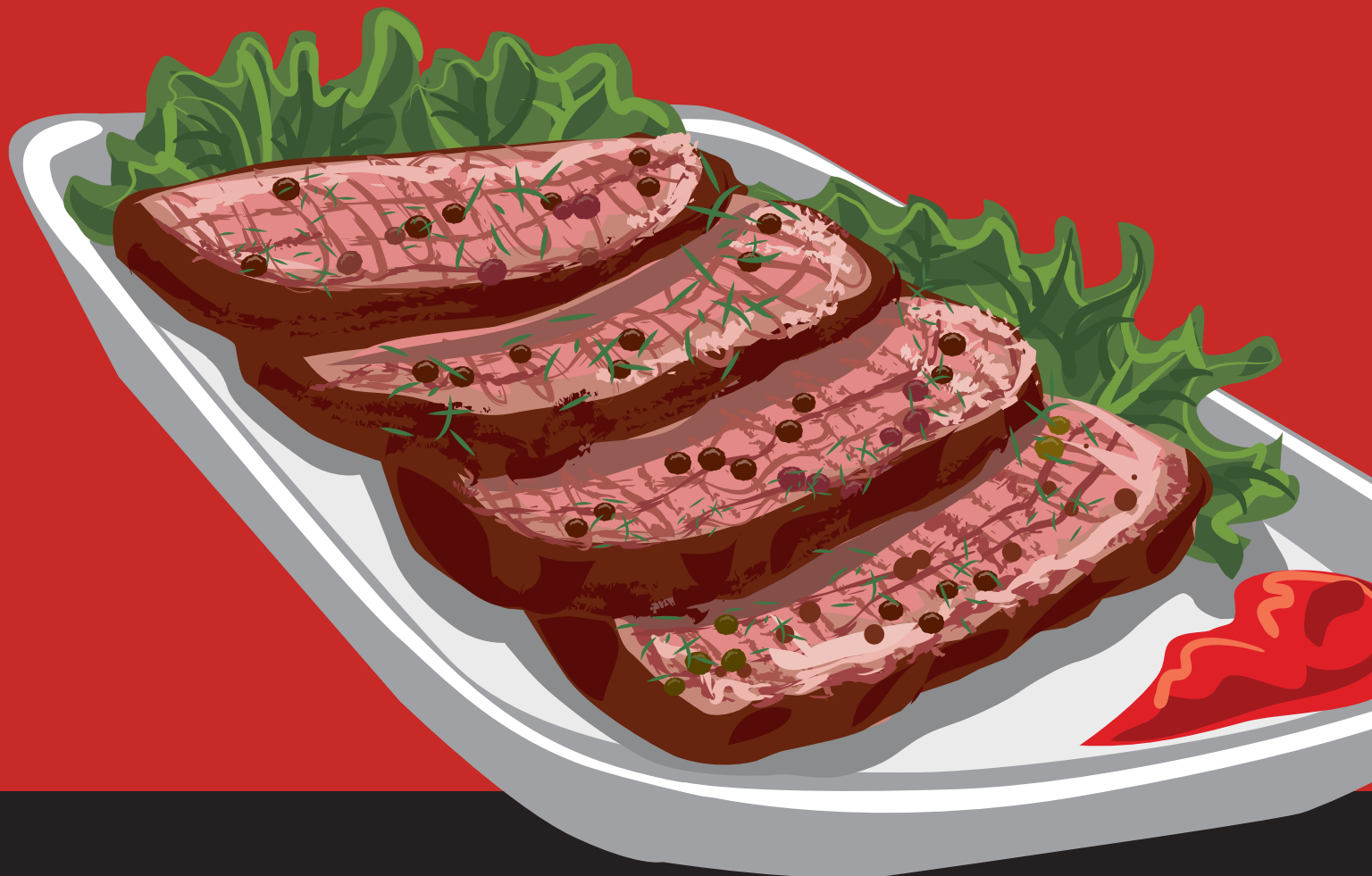
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 21 g
- Protein: 19 g



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LUNCH RECIPES





Roast Beef Cold Plate

Sliced roast beef from the deli is complimented with a mixed green salad in this easy to prepare lunch meal.

Ingredients

- 3 oz deli roast beef, thin slices
- 1 C mixed greens
- 1 T minced green onion
- 1 T extra virgin olive oil
- 1 T lemon juice

Preparation

1. Arrange beef slices on plate.
2. Toss mixed salad greens, green onion, olive oil & lemon juice and place on plate next to beef slices and serve.

Yield: 1 serving

Nutritional Information:

Total Calories/serving: 235

- Total Carbs: 2 g
- Fiber: 1 g
- Total Fat: 17 g
- Protein: 19 g



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Deviled Eggs & Cukes

Deviled eggs never go out of style. We grew up eating them and so did our grandmothers. Serve dressed up with a slice of cucumber for an elegant appetizer at your next party.

Ingredients

- 2 large eggs, hard boiled
- 1 T mayonnaise
- 1 tsp Dijon mustard
- ½ tsp onion powder
- Salt & pepper to taste
- 2 English cucumber slices, cut in half

Preparation

1. Cut hard boiled eggs in half lengthwise. Remove yolks and place them into a small bowl.

2. Add the mayo, Dijon mustard and onion powder. Mash everything together using a fork and season to taste with salt & pepper.

3. Using a teaspoon carefully mound the yolk mixture into the egg halves. Garnish each with half cucumber slice and serve or refrigerate immediately.

Yield: 2 servings

Nutritional Information:

Calories/serving: 118

- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 10 g
- Protein: 6 g



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Grilled Sausage (or Smoked) Sausage

Use the large sized sausages (about 3 oz each) for grilling or smoking. One or two links make a satisfying meal. Since they usually come in a pack of 5 or 6 sausages you will have leftovers for a meal tomorrow. They are great served cold with a bit of mustard on the side. Our favorite is Italian sausage and we like them smoked but if you don't have a smoker just grill them up in a pan on the stove-top or on the lower rack of your BBQ.

Ingredients

- 5 or 6 fresh sausages, about 3 oz each

Preparation

1. Stove-top method: Heat a heavy skillet over medium high heat, add sausages and grill them in the pan, rolling them over occasionally until they are browned on all sides and reach an internal temperature of 165 F.

2. BBQ method: Grill sausages moving them around and flipping them over until browned nicely and the internal temperature is 165 F.

3. Smoker method: Smoke for about 3 ½ - 4 hours at 225 F until the internal temperature of each sausage reaches 165 F.

Yield: 5 servings (1 sausage/serving)

Nutritional Information:

Total Calories/serving: 260

- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 21 g
- Protein: 14 g



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DINNER RECIPES





Bacon Wrapped Chicken Drumsticks

Double or triple this recipe if company is coming. These drums taste good cold too; so make enough for lunch tomorrow.

Ingredients

- ½ C sugar-free ketchup
- 2 garlic cloves, minced or pushed through a press
- ½ tsp cayenne
- 8 bacon slices
- 8 chicken drumsticks

Preparation

1. Pre-heat oven to 350 F.
2. Using a sharp knife, trim the skin away from the long bone portion of the drumstick, leaving the round fleshy part alone. Scrape the bone until it is clean. This creates an easy-to-hold handle when the drum is cooked. You can skip this step if you want ... it just means messier fingers at the table!
3. Combine sugar-free ketchup, garlic and cayenne. Brush 1 tablespoon of

this mixture onto the drumsticks.

4. Wrap the rounded portion of each drum using a single bacon strip. Brush the outside with the remaining ketchup mixture.
5. Put the bacon wrapped drums on a rimmed baking sheet lined with foil. Bake on the middle rack of the pre-heated oven until the internal temperature of each drum reaches 185 F. This will take approximately 35 minutes. To crisp up the bacon you may need to run the drums under the broiler for a few minutes before serving

Yield: Serves 4 - 2 drumsticks/serving (save one portion for lunch tomorrow)

Nutritional Information:

Calories/serving: 254 (2 drums)

- Total Carbs: 4 g
- Fiber: less than 0 g
- Total Fat: 16 g
- Protein: 28 g



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Brussels Sprout and Pork Belly Stir-fry

Make this quick stir-fry on a busy week-day night so you can get through dinner preparations and on with your evening pronto! Enjoy the rich taste of pork belly paired with the natural sweet flavors from Brussels sprouts in this no muss-no fuss meal.

Ingredients

- 1 T ghee
- ½ cooking onion, medium dice
- 1 lb skinless pork belly, cut into small chunks
- ½ lb Brussels sprouts, cut into quarters
- 2 garlic cloves, minced or pushed through a press
- Himalayan salt & grinding of pepper

Preparation

1. Melt ghee in wok or heavy skillet
2. Sauté onion for 3 minutes over medium high heat.

3. Add pork belly and continue to stir-fry until pork belly is cooked through and crispy. Remove from heat. Drain the fat and reserve.
4. Add a bit of the reserved fat back into the wok and reheat over medium high heat. Place Brussels sprouts in the hot wok and stir fry until they are almost cooked through. Add garlic and stir-fry for a few more minutes until all ingredients are heated through. Correct the seasoning with a grinding of salt & pepper. Divide into bowls and serve.

Yield: 4 servings

Nutritional Information:

Total Calories/serving: 393

- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 33 g
- Protein: 20 g



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Roast Spatchcocked Chicken

It's easy to Spatchcock a whole chicken. Use sharp poultry shears to cut along either side of the chicken backbone:

Discard the backbone and flip the chicken over. Press down on the chicken firmly to flatten it out:



Now you are ready to roast this Spatchcocked chicken in the oven. When flattened out like this, chicken cooks a bit faster and the breasts are never dry. Tuck fresh herb sprigs, some garlic cloves and lemon slices beneath the chicken as it roasts for added delicate flavoring.

Ingredients

- 1 whole chicken (5 – 6 lbs)
- Herb sprigs, thyme and oregano
- 3 garlic cloves, peeled
- ½ lemon, cut into slices
- 1 tsp extra virgin olive oil
- Grinding of Himalayan salt and pepper



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Roast Spatchcocked Chicken (continued)

Preparation

1. Pre-heat the oven to 375 F.
2. Spatchcock the whole chicken as described above.
3. Place chicken in a large heavy oven-safe skillet.
4. Tuck fresh herbs, garlic cloves, lemon slices beneath the Spatchcocked chicken.
5. Brush with olive oil and season with a grinding of salt & pepper.
6. Place on the middle rack of the pre-heated oven and bake until the internal temperature of the chicken reaches 165 F (test both white and dark meat areas). Slice and serve.

Yield: 4 servings

Nutritional Information:

Total Calories/serving: 278 (save 1 C of the roasted chicken chunks for making Chicken Caesar Salads tomorrow)

- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 7 g
- Protein: 24 g



Easy Caesar Salad for Two

A Caesar Salad on the side dresses up a meal nicely. Add leftover chicken and you have a perfect meal in one bowl for lunch or dinner.

Ingredients

- 1 ½ C romaine lettuce, torn into pieces
- ½ C arugula
- 1 clove garlic, finely minced.
- ½ tsp anchovy paste (optional)
- ¼ tsp Worcestershire sauce.
- 2 tsp fresh lemon juice
- ½ tsp Dijon mustard.
- ¼ C mayonnaise.
- Salt & Pepper to taste.

Preparation

1. Place torn romaine leaves into salad bowl.

2. In a separate bowl whisk anchovy paste, Worcestershire sauce, lemon juice, Dijon mustard and mayonnaise. Add salt & pepper to taste. Drizzle salad dressing over the romaine, toss & serve.

Yield: Serves 2

Nutritional Information:

Total Calories/serving: 194

- Total Carbs: 2 g
- Fiber: 1 g
- Total Fat: 20 g
- Protein: 1 g

Note: If using roasted chicken in your Caesar Salad add the following macros to your totals: 1 g of Carbs, 2 g of fat and 12 g of protein.



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Pork Tenderloin Medallions

When pressed for time pork tenderloin medallions are our go-to meal.

Serve with a side salad and your meal will be on the table in half an hour.

Ingredients

- 2 tsp ghee
- 1 lb pork tenderloin, cut into 2" medallions
- 2 tsp Dijon mustard
- 4 sprigs of fresh rosemary
- Salt & pepper

Preparation

1. Pre-heat oven to 400 F
2. Rub mustard into both sides of the pork tenderloin medallions.
3. Melt ghee in a heavy skillet over medium high heat.

4. Sear medallions on both sides (about 1 minute per side).
5. Remove from heat and place small sprig of rosemary on top of each medallion.
6. Place skillet with medallions on the middle rack of the pre-heated oven and bake until the internal temperature of the medallions reaches 145 F. This won't take long ... about 5 – 7 minutes. Serve immediately.

Yield: 4 servings

Nutritional Information:

Total Calories/serving: 145

- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 5 g
- Protein: 23 g



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Rib-Eye Steak

Choose rib-eye steaks that are well marbled and at least 1 ½” thick. We like to keep it simple and season with salt and pepper ... that’s all!

For indoor cooking a heavy cast iron grilling pan (the kind with ridges) works best but an oven-proof skillet will also be fine. Of course it’s hard to beat the taste of steaks grilled on the BBQ. Select the cooking method that suits you best.

Ingredients

- 2 tsp ghee
- 2 rib-eye steaks (about 6 oz each)
- Grinding of Himalayan salt & black pepper

Preparation

1. Sprinkle salt flakes over each of the steaks followed by a grinding of fresh pepper. Flip the steaks and repeat.
2. BBQ Method: Pre-heat the grill to high and sear the steaks for 2 minutes on each side with the lid open. Then lower the heat to medium, close the lid and continue grilling for 2 or 3 more minutes per side. The time will vary depending on the thickness of the steaks and your preference for “doneness”. You will want to remove the steaks from the grill when the internal temperature reaches 120 F in the center for rare or 130 F for medium-rare. Let the steaks rest for a few minutes during which time the internal temp will rise about 5 more degrees.





Rib-Eye Steak (continued)

3. Stove-top Method: We use a cast-iron grill pan for steaks cooked on the stove top. Turn the element to high and let the pan get good and hot. Melt ghee in hot pan. Quickly sear the steaks on each side then turn the heat under the pan down to medium-high. Continue frying the steaks for 2 or 3 minutes per side. When the internal temperature reaches 120F – 130 F (as described above), remove from the pan. Let rest for a few minutes before serving.

Yield: 2 servings

Nutritional Information:

Total Calories/serving: 420

- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 30 g
- Protein: 34 g



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Lamb Chops & Heirloom Tomato Salad

Lamb chops, marinated in a paste of fresh herbs then seared quickly in a grill pan, make a spectacular meal with very little fussing.

Ingredients

- 2 garlic cloves, crushed
- 1 T fresh rosemary leaves
- 1 tsp fresh thyme leaves
- ¼ tsp Himalayan salt
- 2 T extra-virgin olive oil
- 6 lamb chops, 3/4-inch thick

For the salad:

- 3 C romaine lettuce leaves, torn into pieces
- 1 C heirloom tomatoes, cut into chunks
- 1 T fresh oregano, minced
- 2 T lemon juice
- 2 T olive oil

Preparation

1. In a food processor fitted with a metal blade add the garlic, rosemary, thyme and salt. Pulse until combined.





Lamb Chops & Heirloom Tomato Salad (continued)

2. Pour in olive oil and pulse into a paste. Rub the paste on both sides of the lamb chops and let them marinate for at least 1 hour in the refrigerator.
3. Remove from refrigerator and let the chops sit on the counter top for 20 minutes so they come to room temperature.
4. Heat cast iron grill pan over medium high heat until nice and hot. Brush with ghee and sear the chops on one side for 2 minutes. Flip and cook for about 3 minutes for medium-rare (internal temperature of chops will be 145 F, 160 F for medium & 170 F for well-done).
5. Place torn lettuce and tomato chunks in a bowl. Whisk lemon juice with olive oil and drizzle over salad. Divide salad into 6 portions and serve next to the lamb chops.

Yield: 6 servings (1 chop per serving)

Nutritional Information:

Total Calories/serving: 163

- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 13 g
- Protein: 9 g





Pork Souvlaki

Here's another easy meal for a night that's busy when you need to eat and run. If you can, cut up the pork and get it into the marinade the night before or in the morning before you head out the door.

Ingredients

- 1 ½ lbs boneless pork loin or pork tenderloin
- ¼ C lemon juice
- 2 garlic cloves, minced or pushed through a press
- 2 tsp dried oregano
- ¼ C extra virgin olive oil
- ¼ tsp salt
- ¼ tsp pepper

Preparation

1. Cut pork into 1" cubes and place in a re-sealable bag.

2. Mix together lemon juice, garlic, oregano and olive oil. Pour over pork and seal bag. Refrigerate for at least an hour and up to 24 hours.

3. Remove pork cubes from marinade but don't pat them dry. Thread pork onto 8 skewers & place on a foil lined baking sheet. Discard the leftover marinade.

4. Broil 6 inches away from the heat for about 4 or 5 minutes per side. The internal temperature of the meat cubes should be 145 F when they are done. Serve immediately.

Yield: serves 4 (2 skewers per serving)

Nutritional Information:

Total Calories/serving: 353

- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 18 g
- Protein: 21 g



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Seared Tuna Salad with Sliced Avocado

This refreshing meal is perfect for any day of the week.

Prep will be quick so you can get on with your evening.

Ingredients

- 2 tsp ghee
- 2 tuna steak fillets (about 4 oz each)
- 1 T fresh lemon juice
- Grinding of salt & pepper
- 1 avocado
- 1 radish

Preparation

1. Drizzle the lemon juice over the outside of the tuna then season the steaks with salt & pepper.
2. Heat grill pan over medium high heat until good and hot.

3. Melt ghee and sear tuna steaks for 1 to 1 ½ minutes per side. The tuna should have nice dark brown grill marks on the outside but still be a dark pink on the inside.
4. Remove from pan, slice and arrange on two plates
5. Peel and slice avocado and arrange slices on the plates next to the seared tuna. Serve with Basic Green Salad garnished with razor thin radish slices.

Yield: 2 servings

Nutritional Information:

Total Calories/serving: 237

- Total Carbs: 7 g
- Fiber: 5 g
- Total Fat: 17 g
- Protein: 13 g



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Bacon Wrapped Meatloaf

We've used ground beef for this recipe but it's equally tasty with ground chicken or ground turkey. The bacon wrapping adds another layer of deliciousness to this classic comfort food.

Ingredients

- 1 lb ground beef (the more fat, the better)
- ½ C cooking onion, minced
- 1 jalapeño pepper
- 2 garlic cloves, minced or pushed through a press
- 1 tsp Himalayan salt
- Grinding of pepper

- 1 egg, lightly beaten
- 5 bacon strips
- ¼ C sugar-free BBQ sauce

Preparation

1. Preheat the oven to 350 F. Using clean hands mix together ground beef, onion, jalapeño, garlic, salt, pepper and egg until well blended.
2. Form into an oblong loaf and wrap bacon strips around the log, tucking the ends of the strips underneath.
3. Place on a foil-wrapped rimmed baking sheet and brush with half of the BBQ sauce.





Bacon Wrapped Meatloaf (continued)

4. Place on the middle rack of the pre-heated oven and bake for half an hour. Brush on the remaining BBQ sauce and return to the oven for 20 more minutes or until the internal temperature of the meatloaf reaches 165 F.
5. You may want to place the meatloaf about 6" beneath the broiler for a few minutes if the bacon still needs to crisp up; but watch closely so the bacon doesn't burn. Let the meatloaf sit for 5 minutes before slicing.

Yield: 4 servings

Nutritional Information:

Total Calories/serving: 370

- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 27 g
- Protein: 27 g



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Two Week Meal Plan Recipes



Grilled Citrus Chicken Breast

Grill these citrus chicken breasts outdoor on the BBQ or on an indoor electric grill. You can also use a heavy skillet or grill pan on your stove-top. We often use a cast iron grill pan which yields an excellent result when searing skinless chicken breasts. However you elect to cook this meal it will be ready quickly and with very little preparation.

Ingredients

- 2 tablespoons olive oil
- ¼ C fresh lime juice
- 2 T fresh chopped parsley (1 tsp dried)
- 2 garlic cloves, minced or pushed through a press
- ½ tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp Himalayan salt
- ¼ tsp ground black pepper
- 1 pound skinless & boneless chicken breasts
- 2 T sugar-free BBQ sauce (optional)
- 1 avocado, peeled and sliced



Grilled Citrus Chicken Breast (continued)

Preparation

1. Place chicken breasts in a re-sealable bag. Make a marinade by whisking olive oil, lime juice, parsley, garlic and spices; then pour over chicken breasts. Seal bag and refrigerate for at least one hour or overnight.
2. Remove chicken from bag (do not pat dry) and discard the remaining marinade.
3. BBQ & indoor electric grill method: Preheat grill to medium high and grill breasts, turning occasionally until the internal temperature reaches 165 F. If using BBQ sauce, brush both sides of the chicken towards the end of the grilling time. This will add another layer of flavor and some nice color to the grilled chicken breasts.
4. Stove top method: Spray the grill pan or skillet with coconut oil or olive oil and preheat over medium high heat. Sear the chicken breasts on both sides then turn the heat down to medium and continue cooking until the internal temperature reaches 165 F. Brush on the BBQ sauce in the last few minutes of cooking (if using). Serve immediately.

Yield: Serves 4 (1chicken breast per serving – reserve a few for dinner tomorrow)

Nutritional Information:

- Total Calories/serving: 180
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 10 g
- Protein: 22 g



SIDE DISHES





Speed Keto Slaw

Coleslaw has great “crunch” factor and satisfies the appetite when added to a meal. Make enough for lunch tomorrow!

Ingredients

- 3 C shredded cabbage
- 1 dill pickle, small dice
- 3 T onion, minced
- 3 T mayonnaise
- ½ T pickle juice
- Salt and pepper to taste

Preparation

1. Mix all ingredients together and serve.

Yield: 4 servings (reserve one portion for lunch tomorrow)

Nutritional Information:

Total Calories/serving: 91

- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 8 g
- Protein: 1 g



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Two Week Meal Plan Recipes



Mashed Turnip

Mashed turnips are a versatile side dish that works well any day of the week. It goes particularly well with pork but also pairs with meatloaf nicely.

Ingredients

- 3 C turnip (rutabaga), cubed
- 1 T butter
- Salt & pepper, to taste

Preparation

1. Boil cubed turnip until very soft.

2. Add butter and mash.

3. Season with salt & pepper and serve immediately

Yield: 4 servings (1/2 C each)

Nutritional Information:

Total Calories/serving: 51

- Total Carbs: 6 g
- Fiber: 3 g
- Total Fat: 3 g
- Protein: 1 g



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Two Week Meal Plan Recipes



Avocado & Tomato Side Salad

Ingredients

- 1 C arugula
- ½ C baby spinach leaves
- ½ avocado, thin slices
- 6 cherry tomatoes, cut in half
- ½ red bell pepper, thin slices
- 1 T lime juice
- 2 T olive oil

Preparation

1. Divide arugula, avocado slices and cherry tomatoes amongst 4 plates.
2. Whisk lemon juice and olive oil. Drizzle over salad plates and serve.

Yield: 4 servings

Nutritional Information:

Total Calories/serving: 133

- Total Carbs: 6
- Fiber: 3
- Total Fat: 15 g
- Protein: 2 g





Easy Ratatouille

This easy side dish compliments many different entrées and can be thrown together quickly.

Ingredients

- 2 tsp ghee
- 1 small yellow zucchini
- 1 small green zucchini
- 2 cloves garlic, minced or pushed through a press
- 1 tomato, cut into chunks

Preparation

1. Melt ghee in a heavy skillet over medium high heat.
2. Add the remaining ingredients and stir-fry until all the veggies are soft and cooked through (about 4 minutes). Serve immediately.

Yield: 4 servings

Nutritional Information:

Total Calories/serving: 43

- Total Carbs: 6 g
- Fiber: 1 g
- Total Fat: 3 g
- Protein: 1 g



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Two Week Meal Plan Recipes



Cauliflower Hash Browns

Cauliflower hash browns are a versatile side dish at home next to bacon and eggs in the morning and equally satisfying when served next to roast pork or beef at dinner time.

Ingredients

- 3 cups grated cauliflower (about one medium sized head)
- 2 T cooking onion, minced
- 1 egg
- 2 garlic cloves, minced or pushed through a press
- 1/2 tsp Himalayan salt
- 1/4 tsp pepper
- 2 T ghee

Preparation

1. Use a box grater or food processor to grate cauliflower; 3 cups altogether.
2. Microwave for 4 minutes and let cool. Squeeze out any excess moisture. I use folded over paper towel placed ovetop, and then press down on the microwaved cauliflower using a flat-bottomed mug. This absorbs the moisture up into the paper towel.
3. Add the remaining ingredients and combine.





Cauliflower Hash Browns (continued)

4. Stove-top method: Melt half of the ghee in a heavy bottomed skillet over medium high heat. Make three mounds of the hash brown mixture in the hot pan and flatten each mound into an oval shape. Fry for 2 or 3 minutes then flip and continue cooking until the hash brown is crispy and cooked through. Repeat with the remaining batter making 6 hash browns in all.
5. Oven method: Form into six oval shaped hash browns on a parchment-lined rimmed baking sheet.
6. Place on the middle rack of the pre-heated oven (400F) for 15-20 minutes.
7. Let cool for 10 minutes and they will firm up.

Yield: 6 hash browns (1 hash brown per serving)

Nutritional Information:

Total Calories/serving: 84

- Total Carbs: 6 g
- Fiber: 3 g
- Total Fat: 6 g
- Protein: 3 g



Basic Green Salad

Ingredients

- 2 C mixed greens
- 2 C romaine lettuce pieces
- ¼ C spring onion, thin slices
- ½ C cucumber, medium dice
- ¼ C fresh oregano leaves, chopped
- 1/4 C extra-virgin olive oil
- 2 T lemon juice

Preparation

1. Toss mixed greens, romaine lettuce, spring onion, cucumber and oregano together.
2. Whisk olive oil and lemon juice then drizzle the dressing over the green salad. Toss again and serve.

Yield: 2 servings

Nutritional Information:

Total Calories/serving: 129

- Total Carbs: 1 g
- Fiber: 1 g
- Total Fat: 14 g
- Protein: 1 g



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MEAL PLAN

RECIPES