

speed KETO



VEGAN

31 DAY PROGRAM



Dr. Harlan Kilstein

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Publisher CompletelyKeto Corp.

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Chapter 1

Introduction

Welcome!

We're so glad you've decided to join us on this Speed Keto journey. Our program is designed for dramatic results in just one month. If you follow the clearly laid out daily instructions, in just 31 days, there's going to be a revitalized, radiant and healthier you!

I have often been asked if I have a Speed Keto Program for vegans. The answer is a resounding YES! The benefits of being keto adapted are most definitely possible for vegans. You can become keto adapted, enjoy good health and achieve significant weight-loss by:

- Limiting net carbohydrate consumption to 35 grams (or less) per day
- Making sure calories come from a properly balance daily menu of plant based plant-based carbohydrates, plant-based fats and plant-based proteins
- Supplementing daily intake with specific nutrients (vitamins D3, B12, & B6, DHA & EPA, iron, zinc, and taurine)
- Eating the foods, with an emphasis on a varied selection of leafy green vegetables, from the Allowed Foods List



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Answers to some often-asked questions follow:

I can't eat some of the foods in the Speed Keto weekly meal plans. What should I do?

We do understand there are people who do not like certain foods or have specific sensitivities and allergies. Lists of the “allowed foods” are provided in chapter 6. You can simply swap out any item that you don’t want to eat for an alternative, as long as the food you switch in is on the allowed list.

Are snacks allowed?

No snacking for the 31 days of Speed Keto. You won’t need snacks. The balanced meals, stressing appropriate amounts of fats, protein and carbohydrates will keep you satiated.

So, how does a Keto Diet work?

Here’s a quick overview of how a ketogenic eating plan works ...

The body is fueled by glucose which is derived from carbohydrates in foods we eat. Foods such as baked goods (bread, buns, cakes and cookies), fruit, and potatoes are high in carbohydrates. But here’s something interesting: the body can only store small amounts of glucose at a time, just enough to last a few days.

So, if carbohydrates aren’t available what happens in the body then? The process of evolution has allowed human beings to develop other pathways for producing energy in response to times of famine when easy carbs are not available in the environment.

Once the body’s store of glucose is used up, through a process known as ketogenesis, we start to burn stored body fat for energy. When this is happening, the liver is breaking down stored fat into a source of energy the body can easily use; ketone bodies.





As ketone levels become higher the body moves into a state we call ketosis where stored fat is being burned as the main source of fuel. A ketogenic eating plan purposefully limits the amount of carbohydrates consumed while allowing for the consumption of moderate amounts of protein and a higher consumption of fats.

How do you know when you are in ketosis?

It can take anywhere from 3 or 4 days to 2 weeks for your body to start producing enough ketones for them to show up in a blood or a urine test. Everyone is different. By far the simplest way of testing for ketones is using the urine sticks that are available over the counter in most pharmacies.

Each stick has a small beige patch on one end. You simply hold the stick so this beige patch is in the urine stream for a second or two then watch it quickly change color. After about half a minute take note of the color of the small patch on the end of the stick. Your urine will have changed the color of this patch if you are in ketosis.



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The color can vary from a light pink to very deep purple depending on the amount of ketones present in your urine. If the patch stays the same light beige color it was before the test then you are most likely not in ketosis. The level of ketones present doesn't really matter. The most important thing for a ketogenic diet is to be in ketosis.

Now having said that, there are some important factors that could be at play when you are losing inches but don't appear to be in ketosis according to your keto stick results. If you are losing weight or your clothes are becoming looser and your belt can be moved in a notch or two yet you are not turning your keto stick pink or purple don't think your keto diet plan isn't working.

Remember, these sticks are measuring ketones that are being expelled out of your body in urine. That means they are excess ketones that aren't being used by your body. It is possible that your body is simply super-efficient and burning up all of the ketones your liver is producing. We know people who never turn a keto stick even slightly pink yet they successfully lose a great deal of weight following a ketogenic eating program.

The whole point of testing for ketones is to provide visual encouragement that tells you your ketogenic eating plan is working. However, using a tape measure to take measurements of your waist, hips, arm and thigh circumferences once a month will be the best indicator of how you are really doing. Losing inches should be your most important indicator of success.

A Few Final Words About Measuring Success

Here's another common trap dieters fall into ... jumping on the scales too often can be counter-productive and even downright discouraging. Our weight fluctuates naturally from day to day, so try to keep your weigh-in as a weekly, or even monthly, activity. We recommend you take your measurements and weigh yourself on day #1 then put the scales and tape measure away until the end of the month.





Measure your:

- waist
- hips
- thighs (around both when standing with them together and then around one thigh alone)
- upper arm (just one)

In just 31 days you're going to be amazed at the physical changes you see!

Once again, welcome to Speed Keto. Your transformation journey begins ...



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Chapter 2

Supplementation — Your Body Needs These Electrolytes

An electrolyte is a chemical that is capable of conducting electricity when mixed with water. Electrolytes necessary for normal bodily functions include:

- Sodium
- Potassium
- Calcium
- Bicarbonate
- Magnesium
- Chloride
- Phosphate

Here's an example ... muscles use calcium, sodium, and potassium when they contract. Each time your heart beats it's actually contracting in a specific rhythm. If electrolytes become too imbalanced, it can lead to weakness in muscles. Excessive contraction (as in muscle cramps) can also occur. It's easy to deduce that where the heart is concerned; we need electrolytes to survive and we need them in the proper proportions.

Leg cramps are common during or after a work-out and athletes often replenish electrolytes lost through sweat by having an electrolyte drink after exertion. While it's good to take in electrolytes when depletion is suspected it's important to read labels as electrolyte drinks are often full of hidden sugars.



Sodium

Drinking water at regular intervals during the day is extremely important during Speed Keto. In fact, you will probably need to find ways of reminding yourself to take in another sip of H₂O. Keeping a water container close by will quickly become a habit.

But along with drinking more water comes and following a ketogenic diet comes a need to urinate more often and with that there may be a need for more sodium. This may be especially true since you will have eliminated all that excess salt from packaged foods and much of your daily intake will come from the sodium you add to your meals in the form of salt.

When selecting a salt look for either sea salt or rock salt. We are particularly fond of the pink Himalayan salt that can be found in most supermarkets today. Both sea salt and rock salt will add other important minerals to your daily diet.

Potassium can also be depleted just like sodium due to the diuretic effect that is part of any diet low in carbohydrate content. Your tasty bone broth will help add the much-needed sodium and potassium to your daily intake.

This brings us to magnesium because it's needed in order for your body to be able to absorb potassium properly. Often potassium levels are low in the body because there is an insufficient level of magnesium present.

Magnesium

Most people are deficient in magnesium from the get go. This is true for a number of reasons:

- For city dwellers, the available drinking water goes through a filtering process which ends up removing most of its magnesium content; the same is true for bottled waters





- The process of “softening” water removes magnesium
- While magnesium is present in some foods it is not there in sufficient quantities making it hard to take in adequate magnesium through diet alone

While on the Speed Keto program it is recommended that you take 400-800 milligrams of magnesium daily. There are different types of magnesium available on drugstore and health food shop shelves but we recommend taking magnesium glycinate because it is easier for the body to absorb in this form.

Magnesium can cause loose stools for some people. If this is the case then split your daily dose up, taking 400 milligrams in the morning with food and another 400 at lunchtime; again with food. If this dosage still proves to be too much then switch to taking a smaller dose each time.

Cramping muscles can also be soothed by a good soak in a warm tub with a few cups of Epsom salts added in as the bath water is running.

If you have any concerns at all, be sure to consult with your family doctor.



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Vitamin D

Exposure to the sun is by far the best (and most economical) way to raise vitamin D levels in the body. Many North Americans are deficient in Vitamin D. Those living the farthest distance from the equator are the ones most likely to be afflicted. Today we all wear brimmed hats and protective clothes in an effort to protect our eyes and skin from UV rays; this, along with sunscreens that are lathered on liberally further complicate the problem.

According to a WebMD article: “Exposure of the hands, face, arms, and legs to sunlight two to three times a week for about one-fourth of the time it would take to develop a mild sunburn will cause the skin to produce enough vitamin D.”¹

If you don't get enough time in the sun then it may be prudent to take a vitamin D supplement. Correct dosages vary according to body weight and current vitamin D levels in the body.

Enzymes

Enzymes work to speed up chemical reactions and many chemical reactions in your body are regulated by enzymes. They work to catalyze the pathways of cell metabolism including the digestion of large molecules like carbohydrates, proteins and fats. Enzymes assist with breaking them down into smaller more easily absorbed molecules:

- Simple sugars (glucose) from carbohydrates
- Amino acids from protein
- Cholesterol from fats

Many of these digestive enzymes are produced by the pancreas and intestines as well as in the salivary glands and stomach. It's possible to have a healthy diet yet be deficient in nutrients if digestive enzymes are not present in high enough quantity.

1. WebMD website. Article title: Vitamin D. Retrieved from <https://www.webmd.com/vitamins/ai/ingredientmono-929/vitamin-d> on 20/05/2018.



Enzyme deficiency can be caused by certain diseases as well as inflammation in the digestive tract. Food allergies and sensitivities, IBS, diverticulitis, leaky gut, aging, low stomach acid and stress are only a few of the things that could contribute to insufficient digestive enzymes with chronic stress being a major contributor.

Finding ways to reduce stress and eating a healthy balanced diet can help restore normal digestion but sometimes supplementation with digestive enzymes is beneficial.

If you choose to supplement with digestive enzymes choose a product that includes a variety of enzymes. Read the label and look for a product that includes:

- proteases for breaking down proteins
- lipases for breaking down fats
- carbohydrases (amylase) for breaking down carbohydrates

Probiotics

Inside the digestive tract, we have trillions (yes, trillions!) of bacteria. We call this “gut flora”. A healthy and functioning gut flora:

- helps in the digestion of food
- assists in detoxifying harmful compounds
- produces vitamins as well as other nutrients
- balances the immune system

These good bacteria can be decimated when antibiotics are introduced. They are wiped out along with the bad bacteria that the antibiotic is actually targeting. This, along with chronic stress, is one of the biggest culprits for disrupting a healthy gut flora population.





Probiotics can be taken to restore gut flora and come in powdered form, usually in a capsule. The last 10 years have seen an uptick on understanding gut health and its importance for overall health, but there are still many questions that need answering. Research is ongoing.

If you decide to take probiotics look for a reputable brand that includes both *Lactobacillus* and *Bifidobacterium*.

Triphala

Triphala is an Ayurvedic herbal powder made from three fruits:

- Amalaki
- Bibhitaki
- Haritaki

Used for thousands of years in Ayurvedic medicine practice Triphala is beneficial for digestion and elimination. It acts as a mild laxative and digestive tonic, stabilizes blood sugar and provides a source of antioxidants and vitamin C.

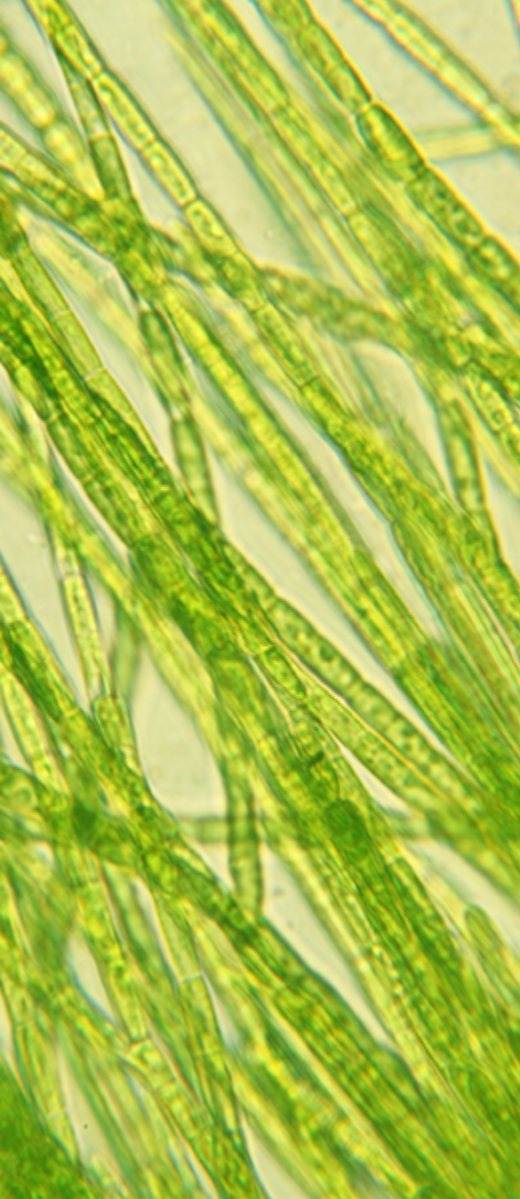
Triphala can be taken in powder form but due to its taste which is very bitter, sour, pungent, and astringent all at the same time, you may prefer to take it in a capsule.



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DHA and EPA from Algae Oil

Omega-3 fats provide some of the necessary components for building cellular structures throughout the body. They also aid in the prevention of cardiovascular disease. Fish oil is the most common source of DHA and EPA; however, fish oil is not on the menu for vegans. But a good vegan source and it's a source that actually offers a better concentration of DHA, is algae.

Algae of course, is where oily fish get their omega-3s from in the first place so doesn't it just make sense to go straight to the source? By supplementing with algae oil, you're effectively cutting out the middle-fish. Supplement with approximately 300mg each day.

**As always, we recommend that everyone consult with their physician or primary health care provider before starting any new diet or program of supplementation.*



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Chapter 3

What to Eat on the Speed Keto Vegan Program

Choose Local & Organic

Because we recommend consuming only 35 net carbs (or less) we want those carbohydrates to be as nutritious as possible. The majority of carbs on your diet will be coming from the vegetables on our YES list and we urge you to choose organic and fresh produce whenever possible ...

We love Saturday morning at the local Farmer's Market. A great selection of freshly picked, in-season organic veggies always awaits; at least during the growing season. We know the nutrients are better-preserved in these foods because they were just picked!

Our local supermarket also has an ever-growing selection of organic produce and this is our second choice during winter months. In a pinch, we also use organic frozen vegetables but always stay away from canned versions of our listed veggies.

Read Labels

When purchasing pre-packaged products always read labels and be on the look-out for hidden sugars and hidden grains (especially wheat & corn). It is possible to find commercially prepared foods like vegan mayonnaise, ketchup, boxed vegetable broth, tomato paste and sauces that are sugar free.

There are also specialty on-line low carb grocery stores that offer products that may interest you. Again, be wary of hidden sugars



The Speed Keto Vegan Program Approved Food Lists

Fats

On the Speed Keto 31-day program it is important to eat the right (healthy) kind of fats. We burn healthy fats as fuel. Look for and use fats that contain a high amount of saturated fatty acids, also called SFA's. Avoid those higher in polyunsaturated fat (PUFA) content whenever you can. The essential fatty-acids contained in PUFA's are important in a healthy diet but it's also important that these "essentials" be eaten in the correct proportions, one part omega-6 to 4 parts omega-3 (1:4). Most seed and vegetable oils are higher in Omega -6 and so we recommend avoiding them.

Our recommended list of fats high in saturated fatty acids and lower in polyunsaturated fats follows:

- MCT oil (97% SFA, less than 1% PUFA) Can be heated - use at low to moderate temperature, no higher than 320 F
- Coconut oil (92% SFA, 1.9% PUFA) Can be heated - use for cooking at higher temperatures
- Cocoa butter (60% SFA, 3% PUFA) Can be heated - use for cooking at higher temperatures
- Extra-virgin olive oil (14% SFA, 9.9% PUFA) Use only at low heat temperatures or at room temperature as in salad dressings
- Palm Kernel Oil (82% SFA, 2% PUFA) Can be heated - use for cooking at higher temperatures





Seeds

- Sesame seeds
- Poppy seeds
- Flax seeds
- Sunflower seeds
- Pumpkin seeds

Nuts

- Almonds
- Walnuts
- Cashews
- Brazil nuts
- Macadamia nuts
- Pecans

Nut butters (no sugar added)

- Almond butter
- Cashew butter
- Peanut butter
- Tahini

Keto “Flours”

- Almond flour (also known as almond meal)
- Psyllium husk powder
- Coconut flour
- Ground flax seed





Fruit

In truth, the majority of fruit is very high in natural sugars so their carbohydrate count is too high for them to be included in a ketogenic eating plan. However, there are a few fruits we can include and mostly they are the ones we don't usually think of when considering fruit. Here's a list of the fruits you can include on your Speed Keto Vegan Program:

- Avocado
- Lemon
- Lime
- Eggplant
- Capers
- Olives
- Zucchini
- Tomato (keep this to a minimum)
- Mixed Berries, Strawberries, blueberries, blackberries and raspberries (keep these to a minimum)



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Vegetables

- Arugula
- Asparagus
- Bok Choy
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Endive
- Garlic
- Kale
- Kelp
- Lettuce
- Mushrooms
- Onions (scallions, red, yellow, white)
- Peppers
- Radishes
- Seaweed
- Spinach
- Swiss chard
- Watercress



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Vegetables to Eat in Smaller Quantities

We've included the following vegetables but urge you to use them in smaller amounts as they are higher in carbohydrates than the veggies in the above list.

- Brussels sprouts
- Green beans
- Pumpkin

Beverages

Coffee drinking should be kept to a minimum; no more than three cups a day. Caffeine can interfere with weight-loss for some people. If you are in a stall try cutting out caffeine completely (this means coffee and green teas). Make sure to drink plenty of water daily. If you can, drink reverse osmosis water.

- Electrolyte drinks, no sugar
- Green tea
- Herbal tea
- Organic regular coffee
- Organic water processed decaffeinated coffee
- Mineral water
- Water
- Organic vegetable broth
- Nut milks — coconut, almond, cashew





Natural Sweeteners

We allow two sweeteners on Speed Keto: Stevia and Erythritol. They both come in several forms.

Stevia is processed from the leaf of a plant. It's important to note that some granulated stevia is mixed with maltodextrin which has an extremely high glycemic index. So, read labels and avoid this type of mix.

Erythritol is a sugar alcohol that is found in some fruits and fermented foods. Commercially available Erythritol is made from corn. Look for a non-GMO Erythritol if you choose to use this sweetener. It's worth noting that not everyone tolerates erythritol well. It can cause diarrhea, headache and stomach ache in some people. So, if you are new to using Erythritol use it sparingly until you see how you react.

- Erythritol
- Granulated Stevia & erythritol mix
- Liquid Stevia
- Stevia Glycerate (has a thick honey-like texture and tends to not have a bitter after-taste like some other forms of stevia)
- Powdered stevia (very concentrated powder — a little bit goes a long way!)



Herbs and Spices

Herbs and spices provide superb nutritional value and add flavor. Use them often!

- Anise
- Basil
- Bay leaf
- Black pepper
- Caraway
- Cardamom
- Cayenne pepper
- Celery seed
- Chervil
- Chinese five spice
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry
- Dill
- Fenugreek
- Galangal
- Garlic
- Ginger
- Lemongrass
- Liquorice/Licorice
- Mace
- Marjoram
- Mint
- Mustard seeds
- Oregano
- Paprika
- Smoked paprika
- Smoked chipotle powder
- Chili powder
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla beans
- Pure vanilla extract
- Pure vanilla powder
- Zaatar



Flavor Enhancers, Sauces and Other Canned Goods

Learn to read labels and then read them all the time. Choose products with no added sugars. It's possible to find things like basic tomato sauce and tomato paste that are made with simple keto-friendly ingredients but you have to be vigilant!

- Apple cider vinegar
- Coconut vinegar
- Rice vinegar (unseasoned)
- Wheat free soy sauce
- Boxed organic vegetable broth
- Canned coconut milk (full-fat)
- Capers
- Fermented pickles (no sugar added)
- Fermented sauerkraut (no sugar added)
- Tomato sauce, no sugar
- Tomato paste, no sugar
- Olives, varied varieties of black and green olives including those that are packed in oil

No Alcohol

When alcohol is consumed, it is converted by your body into acetate which can then be burned for energy. In fact, your body will switch from burning ketones to using up the acetate in order to get rid of it as soon as possible. Acetate can't be stored so body fat burning stops, ketone production slows down and acetate becomes the prime source of fuel until you stop feeding your body the alcohol.



And here's something else to consider. If you happen to be having a glass of wine with your meal your liver will be busy making acetate from the alcohol. That will be its priority, so guess what that means? The food you eat will have to be converted to body fat while your liver is otherwise occupied.

A few suggestions to get you successfully started ...

- Get rid of tempting foods that are not keto recommended: remove them from the refrigerator, your pantry and your freezer
- Get all foods off your countertops (even the keto approved ones) so they aren't visible every time you walk through the kitchen ... the old saying "out of sight, out of mind" really is true
- Make sure you have the right kind of snacks in your pantry, fridge and freezer ... when a craving hits you will be ready
- Use supplementation — Bifidobacterium (probiotics), magnesium and zinc can help quell some of the cravings you are suffering
- Get 8-10 hours of sleep every night ... lack of sleep creates stress and in response to this stress your body goes into "survival mode," slowing down your metabolism to protect resources while simultaneously producing ghrelin, the hormone that stimulates appetite – double whammy!
- If you are not hungry, don't eat ... forget the old adage that breakfast is the most important meal of the day and break your overnight fast only when you are truly hungry, ready to eat and actually want a meal
- Don't drink alcohol ... it literally stops the body from burning fat for fuel and switches it into a process of burning the alcohol you just ingested instead.





Chapter 4

The Speed Keto Vegan Program Meal Plan — 31 Day Menu Plan

Introduction

On this program, we count net carbs as opposed to total carbs. The daily menu plan provides up to 35 net carbs per day. Additional nutritional information, including calorie counts, total carbs, fiber, total fats and protein counts can be found listed at the end of each recipe in the recipe section.

A daily menu plan for 31 days of delicious vegan meals is provided in this section. I suggest you start the program on a Monday. Make use of the week-end before you start the program to sort through your fridge and pantry. Get rid of tempting foods that may lead you astray. If you live outside a larger center some of the items on the basics list, like MCT oil and psyllium husk powder, may be difficult to find but can be easily purchased online, so planning ahead is important.



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Sunday is "Prep" Day ...

I think of Sunday as the day of preparation. You may already have purchased what you need for the week but if not, today's the day to go shopping. For those with busy weeks some of the meals on the menu can be made ahead and frozen in individual portions for easy use. On your first prep day, you will also have a few extra chores:

- Weigh yourself, record your weight then put your scales away for the month!
- Measure yourself around the chest, waist, hips, thigh (around both when standing with them together), around one thigh alone and around the upper arm. You will do this again at the end of the 31 days.

A Word About Substitutions ...

I want everyone embarking on the Vegan Speed Keto program to enjoy each mouthful eaten during this 31-day program, so substitutions are allowed; with one caveat. You must only substitute using recipes that are provided on the program. If you prefer one meal over another then that's what you should have. If the spice profile of a dish doesn't suit, then change it up for something that does appeal. Swap mixed greens for baby spinach leaves in a salad if that tickles your fancy. The main thing here is to enjoy the meals you eat.

Substitutions will definitely alter the macros (nutritional content) of your meals and may impact your net carb intake for the day, but I wouldn't be too concerned about that. As long as you exchange for allowed food items the substitutions shouldn't be overly significant.



Daily Menu Plan — Day #1: Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Granola with ¼ C coconut milk & mixed berries
- Lunch: Olive Tahini Pate with Flax Crackers and Favorite Green Salad (no avocado)
- Dinner: Portobello Mushroom & Nutty Stuffing and Roasted Brussels Sprouts
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #2: Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Cinnamon Breakfast Cereal with ¼ C coconut milk & mixed berries
- Lunch: Leftover Olive Tahini Pate and Tomato Slices on a Keto Bagel



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- Dinner: Vegetable Tagine
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #3: Wednesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Granola with berries & ¼ C of coconut milk
- Lunch: Crispy Avocado Wedges
- Dinner: Cauliflower Steak with Roasted Red Pepper Sauce
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #4: Thursday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired



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Menu for the day:

- Breakfast: Keto Bagel with nut butter & sugar free strawberry jam
- Lunch: Mediterranean Avocado Boats
- Dinner: Stir-fry Supreme
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #5: Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Ketogenic Waffles with sugar-free syrup
- Lunch: Keto Style Pesto & “Noodles” (save a portion for lunch tomorrow) with Arugula, Avocado & Tomato Side Salad
- Dinner: Humus & Salsa Rolls with Baked Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



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Day #6: Saturday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Morning Coffee Smoothie
- Lunch: Keto Style Pesto & “Noodles” (leftover)
- Dinner: Dolmades and Keto Couscous
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #7: Sunday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Cinnamon Breakfast Cereal with ¼ C Coconut milk & mixed berries
- Lunch: Avocado & Tomato Waffle Sandwich (make enough waffles for breakfast tomorrow)
- Dinner: Mushroom Ragout



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- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Week II — Day #8: Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Waffles with sugar free syrup (waffles leftover from lunch yesterday)
- Lunch: Vegan Creamy Broccoli Soup with Flax Crackers (make enough for lunch tomorrow)
- Dinner: Cabbage Roll Casserole
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day # 9: Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired



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Menu for the day:

- Breakfast: Keto Granola with ¼ C coconut milk & mixed berries
- Lunch: Vegan Creamy Broccoli Soup with Flax Crackers (leftover from lunch yesterday)
- Dinner: Avocado, Walnut & Basil Pesto with Keto “Noodles”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #10: Wednesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Bagel with nut butter and sugar-free strawberry jam
- Lunch: Roasted Red Pepper Humus on Flax Seed Crackers with Favorite Green Salad
- Dinner: Vegetable Tagine with Cauliflower “Rice”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



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Day #11: Thursday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Granola with ¼ C coconut milk & mixed berries
- Lunch: Red Pepper Humus & Avocado Waffle Sandwich (use leftover humus from yesterday)
- Dinner: Vegan Dinner Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day # 12: Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Cinnamon Breakfast Cereal with coconut milk & mixed berries (if desired)
- Lunch: Mediterranean Avocado Boat
- Dinner: Thai Coconut, Avocado & Ginger Soup with Fettuccine “Miracle” Noodles (make enough for lunch tomorrow)



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- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #13 Saturday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Spinach & Cuke Smooth Start with 1 scoop vegan pea protein powder
- Lunch: Thai Coconut, Avocado & Ginger Soup with Flax Crackers (leftover)
- Dinner: Hemp Patties with Marinated Cherry Tomato Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #14: Sunday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired



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Menu for the day:

- Breakfast: Keto Bagel with nut butter and sugar free strawberry jam
- Lunch: Walnut Taco Bowl
- Dinner: Speed Keto Sushi Rolls
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Week III — Day #15: Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Granola with ¼ C coconut milk & mixed berries
- Lunch: Olive Tahini Pate with Flax Crackers and Favorite Green Salad (no avocado)
- Dinner: Portobello Mushroom & Nutty Stuffing and Roasted Brussels Sprouts
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



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Day #16: Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Flax Crackers with nut butter & sugar free strawberry jam
- Lunch: Leftover Olive Tahini Pate and Tomato Slices on a Keto Bagel
- Dinner: Vegetable Tagine with Cauliflower "Rice"
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #17: Wednesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Granola with berries & ¼ C of coconut milk
- Lunch: Crispy Avocado Wedges
- Dinner: Cauliflower Steak with Roasted Red Pepper Sauce
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



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Day #18: Thursday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Bagel with nut butter & sugar free strawberry jam
- Lunch: Mediterranean Avocado Boats
- Dinner: Stir-fry Supreme
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #19: Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Ketogenic Waffles with sugar-free syrup
- Lunch: Keto Style Pesto & “Noodles” (save a portion for lunch tomorrow) with Arugula, Avocado & Tomato Side Salad
- Dinner: Humus & Salsa Rolls with Baked Asparagus



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- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #20: Saturday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Morning Coffee Smoothie
- Lunch: Keto Style Pesto & “Noodles” (leftover)
- Dinner: Dolmades and Keto Couscous
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



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Day #21: Sunday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Cinnamon Breakfast Cereal with ¼ C Coconut milk & mixed berries
- Lunch: Avocado & Tomato Waffle Sandwich
- Dinner: Mushroom Ragout
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Week IV — Day #22: Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Waffles with sugar free syrup (waffles leftover from lunch yesterday)
- Lunch: Vegan Creamy Broccoli Soup with Flax Crackers (save enough for lunch tomorrow)



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- Dinner: Cabbage Roll Casserole
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #23: Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Granola with ¼ C coconut milk & mixed berries
- Lunch: Vegan Creamy Broccoli Soup with Flax Crackers (leftover from lunch yesterday)
- Dinner: Avocado, Walnut & Basil Pesto with Keto “Noodles”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #24: Wednesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired



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Menu for the day:

- Breakfast: Keto Bagel with nut butter and sugar-free strawberry jam
- Lunch: Roasted Red Pepper Humus on Flax Seed Crackers with Favorite Green Salad (save some humus for lunch tomorrow)
- Dinner: Vegetable Tagine with Cauliflower “Rice”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #25: Thursday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Granola with ¼ C coconut milk & mixed berries (if desired)
- Lunch: Red Pepper Humus & Avocado Waffle Sandwich (use leftover humus from yesterday)
- Dinner: Vegan Dinner Salad with Tahini Salad Dressing
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



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Day # 26: Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Cinnamon Breakfast Cereal with coconut milk & mixed berries
- Lunch: Mediterranean Avocado Boat
- Dinner: Thai Coconut, Avocado & Ginger Soup with Fettuccine “Miracle” Noodles (save some soup for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #27 Saturday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Spinach & Cuke Smooth Start with 1 scoop vegan pea protein substitute
- Lunch: Thai Coconut, Avocado & Ginger Soup with Flax Crackers (leftover)



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- Dinner: Hemp Patties with Marinated Cherry Tomato Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #28: Sunday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Bagel with nut butter and sugar free strawberry jam
- Lunch: Walnut Taco Bowl
- Dinner: Speed Keto Sushi Rolls
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Week V — Day #29: Monday

Congratulations, you are almost done; just 3 more days!

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired



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Menu for the day:

- Breakfast: Keto Granola with ¼ C coconut milk & berries of your choice
- Lunch: Olive Tahini Pate on Flax Seed Crackers (save some pate for lunch tomorrow)
- Dinner: Humus & Salsa Rolls
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #30: Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Morning Coffee Smoothie with 1 scoop of vegan pea protein
- Lunch: Leftover Olive Tahini Pate on a toasted Keto Bagel
- Dinner: Stir-fry Supreme (make enough for tomorrow's lunch)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*





Day #31: Wednesday – Last Day

Don't forget to weigh yourself and take your measurements again. Celebrate your success!

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired

Menu for the day:

- Breakfast: Keto Cinnamon Cereal with ¼ C coconut milk & mixed berries
- Lunch: Stir-fry Supreme (leftover)
- Dinner: Vegan Dinner Salad with Totally Keto Green Goddess Salad Dressing
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



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Chapter 5

Speed Keto Vegan Program Shopping Lists

Introduction

You will have to have a look in your pantry to check out what you already have in stock before heading out to the grocery store and/or the Farmer's Market. This week's shopping list will be larger than next weeks because you may have to purchase some basic menu items like cooking oils (& MCT oil), mayonnaise, specific spices, Himalayan salt, peppercorns, some canned goods, electrolyte drinks, coffee, tea and herbal teas, etc. Keep in mind many of the items you purchase this week (like a bag of cooking onions) will also be used next week. Try your best to find organic products.

Keep in mind there are some items that may be harder to find, especially if you live outside of a larger urban center. Things like MCT oil, psyllium husk powder, almond flour and nutritional yeast (to name a few) may need to be purchased online.

Throughout the Speed Keto Vegan program, you will be drinking plenty of fluids so make sure to stock up on organic teas, coffees and sugar free electrolyte drinks. Staying hydrated is important.

Please Note: The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. If you are cooking for yourself you may also have to adjust some of the recipes (and what you need to purchase) accordingly. For this reason, I haven't included amounts for some items listed. When amounts do appear, they reflect the actual amounts used in the recipes for the weekly menu.



Weekly Shopping Lists — Week 1

Basics

- MCT oil
- Electrolyte drinks (sugar free)
- Teas (green, regular, herbal)
- Coffee (regular & decaffeinated)
- Vegan Pea Protein Powder
- Coconut oil
- Extra virgin olive oil
- Olive oil or coconut oil cooking spray
- Dark Asian sesame oil
- Vegan mayonnaise, full fat
- Rice vinegar (unseasoned)
- White wine vinegar
- Apple cider vinegar
- 1 bottle tamari sauce or coconut aminos
- Swerve, erythritol, stevia or other approved sweetener of choice
- Almond flour
- Coconut flour
- Cocoa powder
- Nutritional yeast
- Psyllium husk powder
- Ground flax seeds
- Xanthan gum (or guar gum)
- Baking powder
- Pure vanilla extract
- Vanilla powder (for keto granola recipe, if you can find it!)
- Tahini
- Pink Himalayan salt
- Black pepper, buy pepper corns if you use a grinder
- Dried thyme leaves
- Dried basil
- Dried oregano
- Dried dill
- Cinnamon
- Cumin
- Cayenne pepper or smoked chipotle pepper
- Turmeric
- Garlic powder (or granules)
- Onion powder
- Chinese five spice
- Herbs de Province
- Vegan butter substitute
- Coconut milk, carton



Vegetables & Fruits

- Mixed berries of choice, blueberries, raspberries, strawberries or blackberries
- 3 lemons
- 1 lime
- 4 avocados
- Bag of yellow cooking onions
- 1 red onion
- 2 Garlic bulbs
- Brussels sprouts
- 2 or 3 (depending on size) heads cauliflower
- Cabbage, one whole or buy pre-shredded
- Zucchini, 6 small
- 2 Red bell peppers
- Fresh ginger root, small piece
- 3 tomatoes
- 1 container of red cherry tomatoes
- 2 English cucumbers
- 1 small red chili pepper
- 1 bunch green onions
- 1 bunch Celery
- Swiss chard, 1 bunch
- Fresh Basil, enough for 2 cups
- Fresh cilantro, small bunch
- Fresh mint leaves
- Fresh dill
- Fresh parsley
- Baby spinach leaves, large bag
- Mixed greens, 1 bag
- Arugula, 1 bag
- Boston, Butter or Bib head of lettuce
- Portobello mushrooms, 6 large mushroom caps
- $\frac{3}{4}$ lb cremini mushrooms (baby Portobello)
- Japanese eggplant
- 1 lb asparagus (14 spears)





Other Items

- Mediterranean black olives (packed in oil)
- Green olives
- 1 jar roasted red pepper, if not using a bell pepper to make your own
- 2 Small cans tomato paste, no sugar
- Canned full fat coconut milk
- Organic vegetable broth, 1 quart tetra box (or bouillon cubes)
- 8 oz bottle grape vine leaves
- 1 jar sugar free peanut butter and/or other nut butters of choice
- 2 C unsweetened coconut chips
- 2 C Sunflower seeds
- 2 C Pecans
- 2 C Brazil nuts
- 2 C Hazelnuts(filberts) plus small package
- 2 C Pumpkin seeds
- Raw almonds
- Walnut pieces
- Sesame seeds, small package
- Pine nuts, small package
- Sugar free syrup, maple flavored
- Sugar free strawberry jam



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Week II

Once again, it's a good idea to have a look in the fridge and pantry before heading out to do your shopping for week II. You may have some veggies, etc. leftover and will have to alter this shopping list accordingly. I expect you will have some Keto Granola leftover but if you are feeding a family there may be none left! If you need to make more have a look at the recipe and add the necessary ingredients to this list. The same goes for other menu repeats like Keto Bagels and Flax Crackers. Most items on the Basics list should last throughout the month but if you are feeding several people who are all doing the Speed Keto Vegan program then you may need to replenish what's been used up.

Basics

Most basic items were purchased last week so this week there's only a few new additions.

- Electrolyte drinks
- Coffee (regular and decaf), if needed
- Variety of teas (regular & herbal), if needed
- Hulled Hemp Hearts
- Almond flour, if needed
- Ground flax seeds, if needed
- Paprika
- Smoked chipotle powder
- Vegan mayonnaise, if needed
- Tahini, if needed
- Coconut milk in carton, if needed



Vegetables & Fruits

- Blueberries, raspberries, strawberries & black berries, choose your favorites
- 6 avocados
- 2 garlic bulbs
- Fresh basil, 1 bunch
- Fresh cilantro, small bunch
- Swiss chard, 1 bunch
- 1 head romaine lettuce\
- 1 bag mixed greens salad mix
- 1 bag baby kale leaves
- 1 bag baby spinach leaves
- Ginger root, small piece if needed
- 1 lime
- 3 lemons
- Cooking onions, if needed
- 1 red onion, if needed
- Cherry tomatoes, 1 large container
- 3 English cucumbers
- 1 jalapeño
- 3 red bell peppers
- 1 head of cabbage
- 3 heads of cauliflower
- Broccoli, 2 bunches
- 4 small zucchini

Other Items

- 2 boxes of vegetable broth, tetra pack carton
- ½ C raw cashew pieces
- 3 ½ C walnut pieces
- ½ C raw almonds
- ½ C sunflower seeds
- 1 small can tomato paste
- 1 can coconut milk, full fat
- Nori sheets
- Wasabi paste
- 2 packages fettuccine style “Miracle” Konjac noodles
- Small jar of red Thai curry paste
- Small jar salsa, no sugar





Week III

It may be time to make Keto Granola again, so I've included the necessary ingredients on this week's list. I think it may also be time for another bag of cooking onions!

The amount of the following items you need to purchase is dependent on the number of people who are on this food plan in your family. If it's just yourself then you may not need to replenish any of the Basics. If you are doubling a recipe or cutting it in half then alter what you purchase accordingly.

Basics

- Electrolyte drinks
- Coffees and teas, as needed
- MCT oil, if needed
- Cooking oils (extra virgin olive oil & coconut oil), if needed
- Tahini, if needed
- Nutritional yeast, if needed
- Almond flour, if needed
- Coconut flour, if needed
- Ground flax seeds, if needed
- Coconut milk
- 1 lb Vegan butter substitute



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Fruit & Vegetables

- Mixed berries, blueberries, strawberries, raspberries or blackberries
- 3 lemons
- 5 avocados
- 1 bag cooking onions
- 1 bulb of garlic
- 1 bunch green onions (scallions)
- Small piece of ginger root
- 1 head Romaine lettuce
- 1 head Boston (or Bibb) lettuce
- 1 bag mixed greens salad mix
- 1 bag baby spinach leaves
- 1 bag baby arugula
- 1 bunch Swiss chard
- 1 bunch celery (if needed)
- 1 bunch fresh basil
- Fresh mint
- Fresh parsley
- Fresh dill
- 3 or 4 heads of cauliflower (depending on size)
- 1 head of cabbage (or 4 C pre-shredded cabbage)
- 1 lb asparagus spears (about 1 lb)
- 1 red onion
- 1 English cucumber
- 2 tomatoes
- 1 container cherry tomatoes
- 6 large Portobello mushrooms caps
- $\frac{3}{4}$ lb cremini mushrooms
- Small red chili pepper
- 1 red bell pepper
- Brussels Sprouts (purchase what you need for one meal)
- 6 small zucchini
- 1 Japanese eggplant



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Other

- Black & green olives, if needed
- Small can tomato paste
- 1 box organic vegetable broth
- 2 C unsweetened coconut chips
- 2 C Sunflower seeds
- 2 C Pecans
- 2 C Brazil nuts
- 2 ¼ C Hazelnuts
- 2 C Pumpkin seeds
- ½ C raw almonds
- ½ C walnut pieces
- Pine nuts (if needed)
- 1 bottle grape leaves

Week IV

It's possible you are getting low on some of the basics like the oils, mayonnaise, Keto "Flours"s, etc. Check the menu for this week then have a careful look in your pantry and fridge before heading out on a shopping trip. You may need to add a few items to the list provided here.

Basics

- Electrolyte drinks
- Coffees and teas, as needed
- Coconut milk, from carton (if needed)



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Fruit & Vegetables

- Mixed berries, blueberries, strawberries, raspberries or blackberries
- 6 avocados
- 2 lemons
- 1 lime
- 1 garlic bulb
- 1 red onion
- Small piece of ginger root, (if needed)
- Broccoli, 1 bunch (enough for 6 C florets)
- 1 Cabbage (or 4C pre-shredded cabbage)
- 3 English cucumbers
- 1 container cherry tomatoes
- 3 heads cauliflower
- 3 small zucchini
- 1 bunch Swiss chard
- 1 head Romaine lettuce, if needed
- 1 bag mixed green salad mix
- 1 bag baby spinach leaves
- 1 bag baby kale leaves
- 3 red bell peppers
- 1 jalapeño
- Fresh basil (2 C)
- Small bunch fresh cilantro
-

Other

- 1 C raw cashews pieces
- 3 C walnut pieces
- ½ C sunflower seeds
- ½ C raw almonds
- 1 box organic vegetable broth
- 1 can tomato sauce, no sugar
- 1 can coconut milk, full fat
- 2 packages fettuccine style “Miracle” konjac noodles
- Salsa, if needed
- Nori sheets, if needed





Week V

The last three days! Have a close look at your pantry and fridge. You probably have most of the basics in stock and will have a few vegetables leftover for this week too.

Congratulations; you are almost done your month long, Speed Keto program!

Basics

- Electrolyte drinks
- Coffees or teas (if needed)
- Coconut milk in a carton (if needed)

Fruit & Vegetables

- Mixed berries, (if needed)
- 3 lemons
- 1 lime
- 4 avocados
- 1 head cauliflower
- 1 cabbage, or 4 C pre-shredded cabbage
- 1 tomato
- 1 bunch green onions (scallions)
- 1 head Boston (or Bibb) lettuce
- 1 bag of baby kale
- 1 English cucumber
- Celery, (if needed)
- 1 C broccoli florets
- Fresh dill
- Fresh parsley

Other

- Roasted red pepper, 1 jar (if needed)
- ½ C sunflower seeds, (if needed)



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Chapter 6

Essential Recipes





Bullet Proof Coffee

There are many different recipes for bullet proof coffee out there on the internet. The Speed Keto version is simple:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) plus you can add 1 tsp of unsweetened coconut, almond, or cashew milk (vanilla is ok too) if desired and, if desired, nut milk of your choice from the allowed food list

Be sure to use MCT oil and not the powdered version as the powder sometimes includes whey.

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!

Yield: 1 serving

Nutritional Information:

- Calories/serving: 45 (without nut milk addition)
- Total Carbs: 0
- Fiber: 0
- Total Fats: 5 g
- Protein: 0



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Poppy Seed Crackers

These crispy crackers are flavorful plus they are low carb and keto friendly. They are a staple item in our pantry and make a quick and allowable snack when hunger strikes.

Ingredients

- 1 cup almond meal
- 2 T nutritional yeast
- 2 T poppy seeds
- 1 tsp garlic granules
- 1 tsp onion powder
- ¼ tsp salt
- 3 T warm water plus 1 T ground flax seed, or your choice of egg replacement
- ½ tsp Dijon mustard
- 1 T soft vegan butter



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Preparation

1. Preheat oven to 325 F
2. Add flax seed to warm water and let rest for 5 minutes while the mixture thickens.
3. Whisk almond flour, nutritional yeast, garlic powder, onion powder, salt and poppy seeds until blended evenly.
4. Add flax seed mixture, Dijon mustard and soft vegan butter to the dry ingredients mixing everything together using a flat spatula.
5. Place small mounds, about 1 tsp each, of the mixture onto two small parchment lined cookie sheets. Flatten each mound by placing a small piece of parchment paper that has been sprayed with cooking oil over top the mound. Press down on the mound with a flat-bottomed glass to create a flat round cracker-sized disc. Repeat with each mound until all the mixture has been used.
6. Place cookie sheets on the middle rack of the pre-heated oven and bake for 8 minutes until the crackers begin to brown around their outer edges.
7. Cool on a wire rack and store in an air-tight container.

Yield: 10 servings

Nutritional Information:

- Calories/serving: 137
- Total Carbs: 3 g
- Fiber: 2 g
- Total Fat: 11 g
- Protein: 7 g



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Flax Seed Crackers

Flax Seed crackers are good to have on hand. They fit nicely into a lunch kit and pair well with many different lunch and snack items. When making them, be sure to spread the batter as thinly as possible so the resulting cracker is nice and crisp.

Ingredients

- 1 C ground flax seeds
- $\frac{1}{4}$ C nutritional yeast
- 1 tsp garlic powder
- 1 tsp onion powder
- $\frac{3}{4}$ C water
- Grinding of pink Himalayan salt
- 1 T sesame seeds, for garnish if desired



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Preparation

1. Pre-heat the oven to 350 F.
2. Mix together ground flax, nutritional yeast, garlic powder and onion powder.
3. Add water and stir to form a batter.
4. Line a flat baking sheet with parchment paper and spread the batter out over the surface of the pan. I spray the back of a large spoon with a bit of cooking oil and use the spoon to spread the batter out right to the edges and as thinly as possible.
5. Grind a bit of salt across the top and sprinkle on the sesame seeds. Score the cracker into squares shapes.
6. Bake on the middle rack of the pre-heated oven for 35 minutes or until crackers are browning along the edges. Let them sit in the pan to crisp up as they cool for a few minutes, then remove to a wire rack. Break apart and store in a container that has a tight lid.

Yield: 10 servings

Nutritional Information:

- Total Calories/serving: 74
- Total Carbs: 5 g
- Fiber: 4 g
- Net Carbs: 1 g
- Total Fat: 5 g
- Protein: 4 g



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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



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



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Tahini Salad Dressing

Here's a quick and easy salad dressing that is a staple item in my refrigerator. I always have some on hand to make getting a salad together for lunch or dinner a quicker process.

Ingredients

- ¼ cup Tahini (ground sesame seed paste)
- 2 T fresh lemon juice
- 1 T unfiltered apple cider vinegar
- 2 cloves garlic, minced or pushed through a press
- Sweetener of your choice, to taste
- Salt & pepper, to taste
- Water to thin (if needed)



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Preparation

1. Pour all ingredients into a small jar with a tight-fitting lid and shake. Adjust the seasonings to your taste. You can also whisk the ingredients until smooth. Some brands of are thicker than others so you may need to thin the dressing with a wee bit of water. Use immediately or store in refrigerator.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 94
- Total Carbs: 4 g
- Fiber: 2 g
- Net Carbs: 2 g
- Total Fat: 8 g
- Protein: 3 g



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Completely Keto Green Goddess Dressing

This dressing was invented and served to me by a friend. I begged for the recipe. Use this dressing for a change on any of the salads we have listed on the menu.

Ingredients

- 2 ripe avocados, peeled and stone removed
- 2 garlic cloves, minced or pushed through a press
- ½ C green onions (scallions), chopped
- 1 ½ T fresh dill, chopped
- ¼ C parsley, chopped
- 1 T fresh lemon juice
- ½ T fresh lime juice
- 1 ½ T extra virgin olive oil
- Freshly ground pink Himalayan salt & black pepper, to taste



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Preparation

1. Put all ingredients in food processor and process until creamy.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 161
- Total Carbs: 9 g
- Fiber: 6 g
- Net Carbs: 3 g
- Total Fat: 14 g



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Breakfast





Coconut, Ginger & Avocado Smoothie

If you are in a hurry and a bit behind schedule this morning smoothie will get you out the door quickly! Add a scoop of protein powder if desired. The recipe makes 2 servings.

Ingredients

- ½ Hass avocado, ripe
- ¾ C full-fat coconut milk, canned or from carton
- 1 tsp fresh ginger, finely grated
- ½ tsp turmeric
- 1 tsp lemon juice
- 1 C crushed ice



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Preparation

1. Blend avocado, coconut milk, ginger, turmeric and lemon juice on low-speed until smooth.
2. Add crushed ice then blend on high speed until smooth.
3. If using sweetener taste and adjust sweetness and tartness as per your preference.

Yield: 2 servings

Nutritional Information:

- Calories/serving: 208
- Total Carbs: 5 g
- Fiber: 1 g
- Net Carbs: 4 g
- Total Fat: 21 g
- Protein: 1 g

Nutritional Information:

with pea protein powder (1 scoop/serving)

- Calories/serving: 328
- Total Carbs: 6 g
- Fiber: 1 g
- Net Carbs: 5 g
- Total Fat: 23 g
- Protein: 25 g



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Morning Coffee Smoothie

Sleep in this morning? Throw these ingredients in the blender then grab this coffee smoothie on your way out the door.

Sometimes my coffee gets cold in the cup when I am busy but I don't pour it down the drain. Instead, I put it in a bottle and keep it in the fridge for busy mornings when I need to make this smoothie in a hurry. You could also just freeze leftover coffee into ice cubes for an extra-thick smoothie.

Ingredients

- ½ C cold coffee
- ½ ripe avocado
- ½ T cocoa powder
- ½ C coconut milk
- ½ C crushed ice



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Preparation

1. Blend all ingredients; pour into beverage bottle and go!

Yield: Serves 1

Nutritional Information:

- Total Calories/serving: 173
- Total Carbs: 5 g
- Fiber: 1 g
- Net Carbs: 4 g
- Total Fat: 14 g
- Protein: 2 g

Nutritional Information:

with 1 scoop pea protein powder

- Total Calories/serving: 293
- Total Carbs: 6 g
- Fiber: 1 g
- Net Carbs: 5 g
- Total Fat: 16 g
- Protein: 26 g



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Spinach and Cuke Smooth Start

We call this breakfast smoothie “the Smooth Start” because it supplies the energy you need to get going first thing in the morning. You can choose to add your morning dose of MCT oil to this smoothie instead of putting it in your morning coffee if you prefer.

Ingredients

- 2 C baby spinach leaves
- 1 C peeled and diced English cucumber
- ½ ripe avocado
- 1 scoop pea protein powder
- 5 ice cubes
- 1 C coconut milk
- Sweetener, to taste



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Preparation

1. Place all ingredients except the sweetener into a blender and process on high until smooth and creamy.
2. Add sweetener, a bit at a time, until the smoothie tastes the way you want.

Yield: Serves 1

Nutritional Information:

- Total Calories/serving: 292
- Total Carbs: 18 g
- Fiber: 9 g
- Net Carbs: 9 g
- Total Fat: 18 g
- Protein: 22 g



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Crispy Avocado Wedges with Dip

Who says you can't have these crispy wedges with dip for breakfast? Nobody I know!

Ingredients

- 1 ripe avocado
- ½ C finely ground almond flour
- ½ tsp pink Himalayan salt
- Grinding of black peppercorns
- ½ tsp garlic powder or granules
- ½ tsp paprika
- Cayenne pepper, to taste
- 3 T coconut milk, from a carton
- Olive oil (or coconut oil) cooking spray
- 1 T regular full fat vegan mayonnaise
- ½ tsp smoke chipotle powder
- 1 tsp tomato paste



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Preparation

1. Pre-heat the oven to 350 F.
2. Cut avocado into slices, remove outer skin and discard the stone. Set aside.
3. Mix together the almond flour, salt & pepper and spices. Spread mixture out on a flat plate. Pour coconut milk into a bowl.
4. Dip the avocado slice into the coconut milk then roll the slice in the almond flour mixture until it is well coated. Spray all sides with cooking oil and place on a parchment lined baking sheet. Repeat with the remaining slices.
5. Bake on the middle rack of the pre-heated oven for 12 minutes. Flip the avocado wedges and bake for 12 more minutes or until the coating is crispy and a nice golden brown color.
6. While the wedges are baking make a dip by mixing together the mayo, chipotle powder and tomato paste. Serve next to the hot and crispy avocado wedges.

Yield: serves 2

Nutritional Information:

- Total Calories/serving: 348
- Total Carbs: 15 g
- Fiber: 8 g
- Net Carbs: 7 g
- Total Fat: 30 g
- Protein: 9 g



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Keto Bagels

This is one of my favorite breakfasts ... and also makes an excellent lunch item as these bagels are versatile and can be used for sandwiches. The bagels freeze well so double or triple this recipe and keep some handy in the freezer. The bagels taste fantastic when toasted.

Ingredients

- ½ C ground flax seeds
- ¼ C psyllium husk powder
- ¾ tsp baking powder
- ½ tsp pink Himalayan salt
- ½ C Tahini
- 1 C warm water
- Sesame seeds or poppy seeds for garnish, if desired



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Preparation

1. Pre-heat oven to 375 F.
2. Combine ground flax and psyllium husk powder with baking powder and salt.
3. Mix the Tahini and water together and add to the dry ingredients. Stir until a ball of dough forms. Let the dough rest for a few minutes and it will thicken up nicely.
4. Lightly oil the palms of your hands to prevent sticking when forming the bagels. Divide the dough into six portions. Make each portion into a ball then flatten each ball with the palm of your hand. Poke your finger through the center of each dough circle to make a bagel shape.
5. Place bagels on a parchment lined baking sheet and bake on the middle rack of the pre-heated oven for 40 minutes.
6. Cool on a wire rack. Cut each bagel in half and toast before serving.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 266
- Total Carbs: 13 g
- Fiber: 12 g
- Net Carbs: 1 g
- Total Fat: 21 g
- Protein: 10 g



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Nutritional Information:

with 1 T sugar-free peanut butter & 1 T sugar-free strawberry jam

- Total Calories/serving: 294
- Total Carbs: 23 g
- Fiber: 12 g
- Net Carbs: 3 g
- Total Fat: 20 g
- Protein: 10 g

Nutritional Information:

with ½ Hass avocado and 2 tomato slices

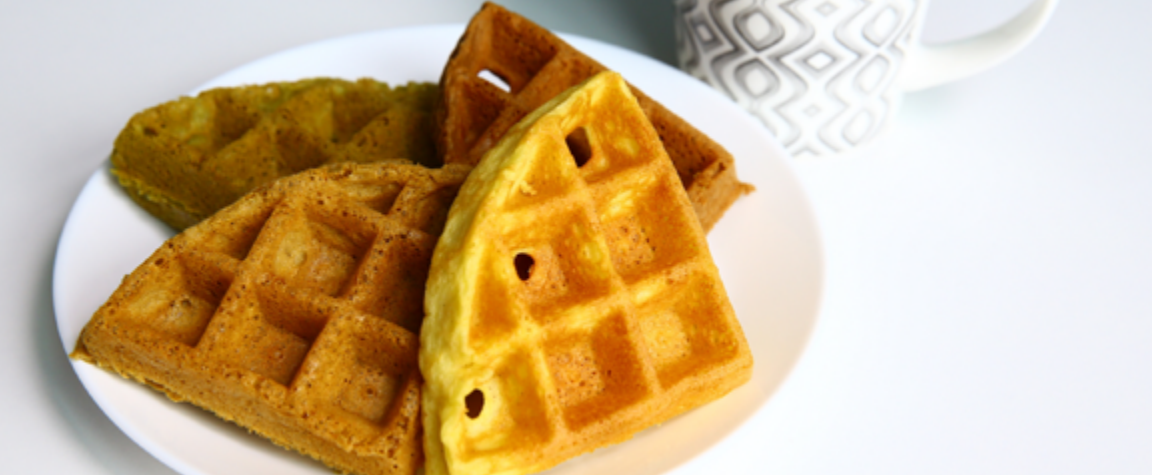
- Total Calories/serving: 309
- Total Carbs: 14 g
- Fiber: 13 g
- Net Carbs: 1 g
- Total Fat: 23 g
- Protein: 10 g



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Keto Waffles

Keto waffles are eaten in the morning with syrup and also in the afternoon as a bread replacement when making sandwiches. They also freeze well so make a big batch and always have some handy in the freezer. Just pop a frozen waffle in the toaster for an instant and easy breakfast.

Ingredients

- $\frac{3}{4}$ C almond flour
- $\frac{1}{4}$ C coconut flour
- $\frac{1}{2}$ tsp salt
- 2 tsp baking powder
- $\frac{1}{4}$ tsp xanthan gum (or $\frac{1}{2}$ tsp guar gum)
- $\frac{3}{4}$ C coconut milk from a carton, or other nut milk of your choice
- 3 T warm water mixed with 1 T ground flax seeds
- 2 T melted vegan butter substitute
- 1 tsp pure vanilla extract (omit for sandwich waffles)



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Preparation

1. Plug in the waffle maker and turn it on.
2. Warm water and ground flax seed. Set aside for 5 minutes while the mixture thickens.
3. Combine the almond flour, coconut flour, salt, baking powder and xanthan gum.
4. Whisk the coconut milk, ground flax mixture, melted butter substitute and vanilla (if using).
5. Make a well in the center of the dry ingredients and pour in the wet mixture. Combine by hand, using a spoon.
6. Make waffles using $\frac{1}{4}$ C of batter in each section of the waffle maker. Cook according to waffle maker directions. It takes 7 minutes in my machine.
7. Serve with zero carb syrup.

Yield: Serves 3 (2, 4" square waffles/serving)

Nutritional Information:

- Total Calories/serving: 210
- Total Carbs: 8 g
- Fiber: 5 g
- Net Carbs: 3 g
- Total Fat: 18 g
- Protein: 5 g



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Keto Granola

I suggest you make a batch of this granola on your first prep day so you can enjoy it in the morning over the next month of your Speed Keto program. For mornings when you need to get out the door in a hurry, pair the granola with nut milk of your choice for a quick and satisfying breakfast. Berries make a nice addition too!

Ingredients

- 2 C unsweetened coconut chips
- 2 C Sunflower seeds
- 2 C Pecans
- 2 C Brazil nuts
- 2 C Hazelnuts
- 2 C Pumpkin seeds
- 2 Tsp pure vanilla powder (use pure vanilla extract if you can't find the vanilla powder)
- 2 T Swerve or erythritol
- 2 Tsp Cinnamon
- ½ Cup cold pressed coconut oil



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Preparation

1. Pre-heat oven to 350 F
2. Line two baking sheets with parchment paper and set aside.
3. Mix sunflower, pumpkin seeds with two teaspoons of pink Himalayan salt in a roasting pan and place on the middle rack of the pre-heated oven for 8 minutes. Remove from oven and allow to cool for 5 minutes.
4. Using a food processor coarsely chop all the nuts, seeds and coconut chips in small batches adding them to a large mixing bowl as they are done.
5. Add in the vanilla powder, swerve and cinnamon and mix well.
6. Melt the coconut oil and pour over-top the nut mixture and mix until everything is evenly coated.
7. Use your hands to pick up the granola, squeezing small handfuls together. Drop the compressed handfuls on the parchment lined pans spreading them out evenly.
8. Place the two pans in the oven for 20 minutes or more until the granola is a light golden color and smells like heaven!
9. Remove from oven and allow the granola to cool completely before storing in airtight containers.

Yield: 12 cups of granola, ¼ C per serving

Nutritional Information:

- Total Calories/serving (¼ cup): 234
- Total Carbs: 7g
- Fiber: 4 g
- Net carbs: 3 g
- Total Fat: 22 g
- Protein: 10 g

Nutritional Information:

(with ¼ C blueberries & ¼ C coconut milk)

- Total Calories/serving (¼ cup): 234
- Total Carbs: 7g
- Fiber: 4 g
- Net carbs: 3 g
- Total Fat: 22 g
- Protein: 10 g



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Keto Cinnamon Breakfast Cereal

Your breakfast cereal eating days are NOT over! Enjoy these totally keto friendly, cinnamon squares with mixed berries and nut milk any morning you want. They are a bit fiddly to make but definitely worth the effort.

Ingredients

- 1 T of ground flax seed that's been soaked in 3 T warm water
- 1 C almond flour
- ¼ C coconut flour
- ½ C sugar free sweetener, (I use stevia/erythritol blend)
- ¼ tsp pink Himalayan sea salt
- 2 tsp cinnamon
- 2 ½ T coconut oil, melted



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Preparation

1. Pre-heat oven to 400 F
2. Combine flax seed and warm water and let soak for 5 minutes.
3. In a bowl combine almond flour, coconut flour, sweetener, salt and cinnamon. Mix well.
4. Add ground flax mixture and melted coconut oil. Stir with a fork until a crumbly dough forms then use your hands to gather the dough and press it into a ball. Divide the dough ball into two smaller balls.
5. Cut two pieces of parchment paper to the same size as your baking sheets and place a dough ball on one of the sheets. Flatten the ball down into a disc.



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6. Spray one side of the other piece of parchment lightly with cooking oil. Place this paper, oil side down on top of the dough disc. Roll the dough out flat, filling the rectangular piece of paper, beneath the dough completely. The dough should be very thin when you are done.
7. Remove the top piece of parchment and slide the dough and parchment paper beneath onto your baking sheet. Repeat this process with your other ball of dough.
8. Cut the dough into $\frac{3}{4}$ " squares and place the baking sheets on the middle rack of the pre-heated oven. Bake for 5 minutes or until the squares are a nice golden brown. Keep a close eye on them as they burn quickly at this higher temperature. The squares will become crunchier as they cool. Allow them to cool in the pan for a few minutes before sliding them (still on the parchment) over to a wire cooling rack. Break the squares apart when they are cool and have crisped up. Store in an air-tight container until ready for use at breakfast time.

Yield: 6 servings

Nutritional Information:

Total Calories/serving: 140

- Total Carbs: 15 g
- Fiber: 8 g
- Net Carbs: 7 g
- Total Fat: 9 g
- Protein: 2 g



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Lunch





Keto-Style Pesto & Noodles

For a quick meal, you can throw the pesto together in the blender and make your zucchini “noodles” in less than 20 minutes. Make it even easier by substituting Shirataki noodles for the zucchini noodles and lunch or dinner will be on the table in even less time!

Ingredients

For the “noodles:”

- 4 medium zucchinis
- 1 T extra virgin olive oil
- 2 garlic cloves, minced or pushed through a press

For the pesto:

- 2 C fresh basil leaves
- ½ C walnut pieces
- 2 cloves garlic, minced or pushed through a press
- 1 lemon, zest and juice
- 2 T Tahini
- 4 T nutritional yeast
- ½ C extra virgin olive oil
- 1 teaspoon Pink Himalayan salt flakes



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Preparation

1. Make a pesto by blending together all the listed ingredients except the olive oil. When a smooth paste has formed slowly add the oil in a steady stream. Set aside when all the oil has been incorporated into the pesto.
2. Next, make zucchini noodles using a spiralizer or, alternatively use a vegetable peeler to make flat zucchini noodle ribbons.
3. Heat olive oil in a heavy bottomed skillet and sauté the zucchini noodles and garlic until soft but not mushy. This will take about 3 minutes.
4. Toss hot noodles with the pesto and portion onto four plates.
5. Garnish with a few fresh basil leaves if desired. Serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 489
- Total Carbs: 13 g
- Fiber: 5 g
- Net Carbs: 8 g
- Total Fat: 46 g
- Protein: 9 g



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Mediterranean Avocado Boat

This is a filling lunch that will fuel your afternoon and won't leave you feeling sluggish.

Ingredients

- 1 ripe avocado
- 8 cherry tomatoes, small dice
- 1/3 English cucumber, cut into small dice
- 2 T red onion, fine dice
- 8 Mediterranean style black olives (packed in oil), pitted and sliced
- 1 T extra virgin olive oil
- 2 tsp fresh lemon juice
- ½ tsp dried oregano (or ½ T fresh oregano leaves)



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Preparation

1. Cut avocado in half and remove seed. Dice avocado from one half and leave the other half intact with skin on.
2. Combine the diced tomato, cucumber, red onion and black olive.
3. Whisk olive oil, lemon juice and oregano. Pour over diced vegetables and toss. Spoon mixture into the intact avocado half. Serve immediately.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 243
- Total Carbs: 19 g
- Fiber: 7 g
- Net Carbs: 12 g
- Total Fat: 24 g
- Protein: 3 g



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Olive Tahini Pate

I like to smear this pate onto a toasted Keto Bagel and then top the pate with tomato slices ... a grinding of pink Himalayan salt and black pepper makes this open-faced lunch sandwich impossible to resist!

Ingredients

- Juice from ½ lemon
- 1 T butter or vegan butter substitute, softened
- 12 pitted black olives
- 2 T Tahini
- ¼ C almond flour



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Preparation

1. Place all ingredients in the bowl of a small food processor or blender. Process on high until blended well but still slightly textured.
2. Serve on a toasted Keto Bagel with tomato slices.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 285
- Total Carbs: 9 g
- Fiber: 4 g
- Net Carbs: 5 g
- Total Fat: 26 g
- Protein: 8 g

Nutritional Information:

with a toasted bagel & two tomato slices/serving

- Total Calories/serving: 461
- Total Carbs: 22 g
- Fiber: 11 g
- Net Carbs: 11 g
- Total Fat: 38 g
- Protein: 14 g



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Avocado & Tomato Keto Waffle Sandwich

When I make waffles for breakfast I often save a few for a tasty sandwich later in the day. The waffles also freeze well so I keep a stash frozen and ready. Just pop them in a toaster then make a sandwich using your favorite toppings. Today I'm opting for Avocado, tomato and vegan mayo ...

Ingredients

- 2 Keto Waffles sections
- 1 T vegan full fat mayo
- ½ avocado
- ½ medium sized tomato
- Lettuce leaf



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Preparation

1. Assemble sandwich, cut in half and enjoy!

Yield: serves 1

Nutritional Information:

- Total Calories/serving: 386
- Total Carbs: 15 g
- Fiber: 10 g
- Net Carbs: 5 g
- Total Fat: 35 g
- Protein: 6 g



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Creamy Broccoli Soup

This creamy soup uses no dairy, making it perfect for vegans. Make sure to make enough so you can have it again, for lunch tomorrow!

Ingredients

- 1 C raw cashew pieces
- 1 T extra virgin olive oil
- ½ cooking onion, medium dice
- 1 tsp dried thyme leaves
- 1 tsp powdered garlic
- ½ tsp paprika
- 2 C vegetable broth
- 4 C broccoli florets
- 1 C water
- ¼ C nutritional yeast
- ½ C coconut milk, from carton (or other nut milk of choice)
- 1 tsp pink Himalayan salt, or to taste



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Preparation

1. Soak cashews in water for a minimum of 4 hours.
2. Heat olive oil in a heavy bottomed pot over medium high heat until translucent. Stir in the garlic powder, thyme and paprika and sauté for one minute more.
3. Add the broccoli florets to the pot and pour in the vegetable broth. Simmer the contents of the pot until the broccoli is cooked through (about 10 minutes).
4. Place the cashews in the bowl of a food processor or blender and add the water, nutritional yeast, coconut milk (or other nut milk of choice) and salt. Process until a smooth creamy texture is achieved.
5. Combine the creamy cashew mixture with the soup in the pot and using a hand-held blender stick process until the broccoli florets and the cashew mixture are creamed together. Heat to the simmering point and remove from heat. Serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 263
- Total Carbs: 18 g
- Fiber: 3 g
- Net Carbs: 15 g
- Total Fat: 17 g
- Protein: 14 g



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Thai Coconut, Avocado & Ginger Soup

A fragrant and comforting soup that nourishes your body and soul; you may find you want this soup often!

Ingredients

- 2 T coconut oil
- 1 cooking onion, medium dice
- 4 garlic cloves, minced or pushed through a press
- 1" piece of ginger root, peeled and minced
- 1 T red Thai curry paste
- ½ tsp curry powder
- 1 tsp turmeric
- 1 quart vegetable broth
- 2 C florets cauliflower, riced
- 1 C full fat coconut milk, from a can
- 1 ripe avocado
- 2 T wheat free soy sauce
- ½ lime, juice only
- 2-7 ounce packages of konjac fettuccine-style "Miracle" noodles
- ¼ C Cilantro, finely chopped
- A few cilantro leaves, for garnish



Preparation

1. Melt coconut oil in a heavy bottomed pot over medium high heat. Add onions and sauté for 3 minutes until translucent. Add garlic and continue sautéing for one minute more.
2. Stir in the ginger, red Thai curry paste, curry powder and turmeric.
3. Pour in the vegetable stock and add the riced cauliflower. Bring the soup up to the simmering point and adjust the heat so it continues to simmer for 15-20 minutes.
4. Place the coconut milk, avocado, wheat free soy sauce and lime juice in a blender and process until smooth.
5. Add the coconut milk mixture to the soup and stir in the chopped cilantro.
6. Drain and rinse the konjac fettuccine noodles under running water. Divide the noodles between wide flat bowls and ladle hot soup over-top. Garnish with cilantro leaves, if desired and serve immediately.

Yield: Serves 5

Nutritional Information:

- Total Calories/serving: 232
- Total Carbs: 16 g
- Fiber: 5 g
- Net Carbs: 11
- Total Fat: 17 g
- Protein: 6 g



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Roasted Red Pepper Humus

Lovely as a dip for veggies, perfect for slathering on a cracker, or layer the spread into a sandwich. This easy to make version of humus is versatile

Ingredients

- 2 red bell peppers
- ¼ C olive oil
- 1 T fresh lemon juice
- ½ C walnut pieces
- 1 jalapeño, seeded and cut into chunks
- 2 garlic cloves, minced or pushed through a press
- 1 T Tahini
- Grinding of pink Himalayan salt and black pepper, to taste



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Preparation

1. Core and seed the red peppers and cut them into 3 or 4 sections. Lay the pepper pieces out flat on a foil lined baking sheet. Place on a rack in the upper oven and broil until the skins are blackened. Wrap the peppers up in the foil from the pan when you remove them from the oven and let rest for five minutes. This will cause the roasted peppers to sweat and when you open the foil packet the blackened skins will slip off easily. Set roasted pepper chunks aside.
2. Place roasted pepper, olive oil. Lemon juice, walnut pieces, jalapeño, garlic and Tahini in a food processor or blender and process until a smooth spread forms. Correct seasoning with salt and pepper before serving.

Yield: 6 servings (1/3 C/serving)

Nutritional Information:

- Total Calories/serving: 179
- Total Carbs: 6 g
- Fiber: 2 g
- Net Carbs: 4 g
- Total Fat: 17 g
- Protein: 3 g



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Harlan's Decadent Macadamia Nut Humus

Not so easy on the pocket book because of the macadamia nuts, but definitely worth every penny! My family loves this version of humus which is impossible to distinguish from the traditional version made with chick peas.

Ingredients

- 1 C macadamia nuts
- ¼ C Tahini
- Juice from 1 lemon
- 3 cloves garlic, minced or pushed through press
- ½ tsp cumin
- ½ tsp zaatar
- ½ tsp smoked paprika
- ½ tsp pink Himalayan salt, or to taste
- 1 T extra virgin olive oil



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Preparation

1. First, you **MUST** soak the macadamia nuts for 24 hours. If you don't you're going to create a nut butter not humus. Drain well when done.
2. Add all ingredients to blender, Vita Mix or Food Processor. Pulse until the texture of humus is achieved.
3. Garnish with chopped parsley, if desired, and serve.

Yield: Serves 10 (2 T/serving)

Nutritional Information:

- Total Calories/serving: 215
- Total Carbs: 5 g
- Fiber: 2 g
- Net Carbs: 3 g
- Total Fat: 21 g
- Protein: 5 g



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Humus & Avocado Waffle Sandwich

Ingredients

- 2 Keto Waffles
- 1 T vegan full fat mayonnaise
- 1/3 C Roasted Red Pepper Humus (or 2 T Harlan's Decadent Macadamia Nut Humus)
- ½ avocado, sliced
- ¼ C baby spinach leaves

Preparation

1. Spread mayo on both waffle slices
2. Layer remaining ingredients on one waffle and top with the other waffle.
3. Slice in half and serve

Yield: Serve 1



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Nutritional Information:

with 1/3 C Roasted Red Pepper Humus

- Total Calories/serving: 389
- Total Carbs: 14 g
- Fiber: 7 g
- Net Carbs: 7 g
- Total Fat: 35 g
- Protein: 11 g

Nutritional Information:

with 2 T Harlan's Decadent Macadamia Nut Humus

- Total Calories/serving: 425
- Total Carbs: 11 g
- Fiber: 7 g
- Net Carbs: 4 g
- Total Fat: 39 g
- Protein: 11 g

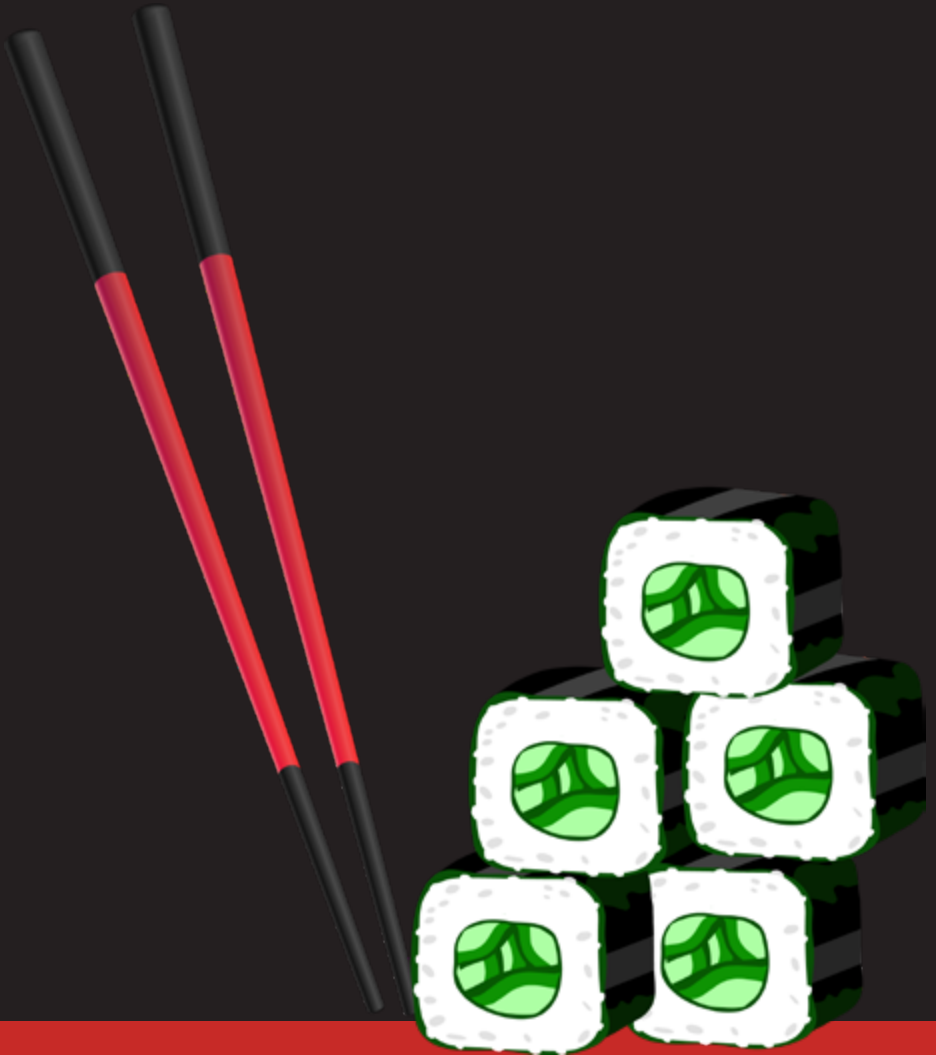


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Dinner





Stir-fry Supreme

My family is a big fan of stir-fry meals so we have them often. Be sure to make extra so you can enjoy this meal again tomorrow, at lunch time.

Ingredients

- ¼ coconut oil
- 2 yellow cooking onions, thin vertical slices
- 1 C celery, thin diagonal slices
- 2 Portobello mushrooms, chopped
- 4 C shredded cabbage
- 4 C riced cauliflower
- ¼ C roasted red bell pepper, use jarred or make your own
- 1/3 C full fat vegan mayonnaise, sugar-free
- ¼ C wheat free soy sauce
- 2 tsp garlic powder
- 1 tsp Asian sesame seed oil
- ½ tsp Chinese five spice (if desired)



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Preparation

1. Heat coconut oil in a wok over medium high heat. When the oil is hot, add the cooking onion and celery. Stir fry for 3 minutes until the onion is translucent and golden in color.
2. Add the Portobello mushroom and stir-fry for 2 more minutes then add the shredded cabbage and riced cauliflower. Continue to stir-fry until the cabbage and cauliflower rice are cooked through.
3. Whisk the vegan mayo, soy sauce, garlic powder, sesame oil and five-spice. Add this sauce along with the roasted red pepper to the veggies in the wok and stir-fry until everything is heated through. Garnish with sesame seeds if desired and serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 293
- Total Carbs: 19 g
- Fiber: 6 g
- Net Carbs: 13 g
- Total Fat: 23 g
- Protein: 6 g



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Portobello Mushrooms & Nutty Stuffing

Hearty and satisfying, this meal makes a perfect ending to a busy day!

Ingredients

- 4 large Portobello mushrooms
- 1 T extra virgin olive oil
- ½ small yellow cooking onion, minced
- 1 small red chili pepper, seeded and minced
- 1 tsp dried thyme leaves
- ½ tsp dried basil
- 2 C baby spinach leaves
- ¼ C ground almonds (almond flour)
- ¼ C hazelnuts, toasted and then finely chopped
- ½ C full fat vegan mayonnaise, no sugar
- 1 T Tahini
- 1 T nutritional yeast
- sprinkle of sesame seeds, if desired

Preparation

1. Pre-heat the oven to 350 F.
2. Wipe mushrooms clean and remove the stems. Chop the stems (The part that isn't woody) into small dice.



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3. Heat olive oil in a heavy bottomed skillet and sauté the minced shallot and chopped mushroom stem for 2 or 3 minutes. Add the pepper, thyme, and dried basil and continue sautéing for another 2 minutes.
4. Add the spinach and stir the mixture as the spinach wilts. Sauté for another 2 or 3 minutes to release some of the excess moisture from the spinach leaves. Remove from the heat.
5. Mix the ground almonds, toasted hazelnuts and mayonnaise into the spinach mixture and set aside.
6. In a small separate bowl combine the Tahini and the nutritional yeast using the back of a spoon to make a thick and crumbly textured paste. Set aside.
7. Place the mushroom caps, top side down, on a parchment lined baking sheet. Spoon the spinach mixture into the mushroom caps cavity dividing the mixture evenly amongst the mushrooms. Sprinkle the Tahini/yeast crumble overtop the filling and garnish with sesame seeds, if desired. Place on the middle rack of the pre-heated oven and bake for 30 minutes or until the filling is hot and the mushrooms are cooked through. Serve with Roasted Brussels Sprouts or Baked Asparagus on the side.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 277 (1 mushroom/serving)
- Total Carbs: 11 g
- Fiber: 4 g
- Net Carbs: 7 g
- Total Fat: 24 g
- Protein: 8 g



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Cauliflower Steak

We've paired these cauliflower steaks with a roasted red pepper sauce for a flavor packed meal. The steaks can be grilled on the barbecue or baked in the oven; your choice. Either way they make a satisfying entrée without having to fuss too much.

Ingredients

- 1 head cauliflower (about 3 lb)
- 3 T extra virgin olive oil
- 2 T rice vinegar
- ½ tsp dried thyme leaves
- Grinding of pink Himalayan salt and black pepper, to taste
- 1/3 C toasted chopped almonds
- ¼ C roasted red peppers (you can use jarred or make your own)
- 1 clove garlic, minced or pushed through a press
- 2 T fresh minced parsley leaves for garnish, if desired



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Preparation

1. Place cauliflower stem side down on a cutting board and using a sharp knife, cut it in half. Cut a 1 ½" thick slab of cauliflower to form two cauliflower steaks. There will be cauliflower florets left over from the outside portion of the cauliflower halves which can be saved for a different use at another meal.
2. Whisk 2 T of the olive oil with 1 T of the rice vinegar. Add the thyme and whisk again. Brush one side of the cauliflower steaks with this oil mixture.
3. Grill over medium high heat for about 8 minutes or until the steaks are slightly charred and beginning to soften. Flip and brush with remaining oil mixture. Continue grilling for another 5 minutes or until the cauliflower is cooked through but not yet mushy. Remove from the grill and keep warm. (Alternatively, you can bake these steaks in the oven at 375 F for about 35 minutes until they are nicely browned and cooked through)
4. To make a sauce place the remaining oil and vinegar, half of the toasted almonds, roasted red peppers, garlic and parsley in a small food processor and process until a smooth sauce forms.
5. Place the steaks on separate plates and spoon the sauce over-top. Garnish with parsley and the remaining toasted almonds. Serve immediately.

Yield: serves 2

Nutritional Information:

- Total Calories/serving: 401
- Total Carbs: 20 g
- Fiber: 11 g
- Net Carbs: 9 g
- Total Fat: 32
- Protein: 8 g



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Humus & Salsa Rolls

Ingredients

For the humus:

- 4 C cauliflower florets
- 2 garlic cloves, minced or pushed through a press
- 4 T extra virgin olive oil
- ½ tsp pink Himalayan salt
- ¼ tsp cayenne pepper (or smoked chipotle pepper)
- 2 T Tahini
- 1 T fresh lemon juice

For the salsa:

- ¼ C chopped tomato, small dice
- ¼ C green onion (scallion), thinly sliced
- ½ ripe avocado, small dice
- ¼ C sliced black olives
- 1 T fresh lemon juice
- Grinding of salt & pepper, to taste

For serving:

- 6 large Boston (butter) lettuce leaves



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Preparation

1. Preheat oven to 350 F
2. Toss the cauliflower florets with 2 T of the olive oil and sprinkle on the pink Himalayan salt. Spread the florets out on a parchment lined baking sheet and bake on the middle rack of the pre-heated oven for 30-35 minutes until lightly brown and soft.
3. To make the humus, process the roasted cauliflower along with the remaining 2 T olive oil, Tahini, and lemon juice in a food processor until a smooth paste forms. Use a spatula to transfer the humus to a bowl and set aside.
4. Combine all the salsa ingredients in a separate bowl.
5. Wash and dry the lettuce leaves and set them out in front of yourself. Divide the humus and the salsa between the leaves. Roll each leaf into an oblong bundle tucking in the sides as you roll. You may want to add a few drops of hot sauce to each roll before rolling. Place 2 rolls, seam side down on three plates and serve with Keto Couscous on the side.

Yield: Serves 3

Nutritional Information:

- Total Calories/serving: 356
- Total Carbs: 15 g
- Fiber: 7 g
- Net Carbs: 8 g
- Total Fat: 32 g
- Protein: 6 g



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Keto Dolmades

Dolmades are perfect finger food for parties but also make a nice change of pace in a lunch box. We've changed out the rice that's usually used in making dolmades for our keto version of rice made using cauliflower. No one at your party will notice the difference and you can snack, guilt-free! If you are cooking dinner pair these dolmades with our Keto Couscous.

Ingredients

- 2 tsp extra virgin olive oil
- ½ yellow cooking onion, fine dice
- 1 tomato, small dice
- ¼ C fresh parsley, minced
- ¼ C fresh mint, minced
- ¼ C fresh dill, minced
- 1 tsp salt pink Himalayan salt flakes
- ¼ tsp ground black pepper
- ¼ C pine nuts, finely chopped
- Bottled grape leaves, drained (8.8 oz bottle)
- 3-4 C water
- ¼ C extra virgin olive oil





Preparation

1. Place cauliflower rice in a microwavable bowl and microwave on high until the bits of cauliflower are slightly soft and partially cooked. This can take between 2-7 minutes depending on the power level of your microwave. Blot out excess moisture by pressing down on the partially cooked “rice” using paper towel. The moisture will wick up into the towel.
2. Melt ghee (or heat olive oil) over medium high heat and sauté onions until soft and translucent.
3. Add the cauliflower “rice”, tomato, parsley, mint, dill, pine nuts, salt & pepper and sauté for 4 more minutes or until the cauliflower and pine nuts begin to brown. Remove from heat and set the filling aside.
4. Drain, rinse and carefully separate the grape vine leaves. Cover the bottom of a large pan or enameled cast iron casserole with some of these leaves.



5. Place a single leaf, shiny side down, on a clean surface. Remove the stem and place a tablespoon of the filling towards the bottom part of the leaf. Fold this part of the leaf up and over the filling. Next, tuck both sides of the leaf inwards over the filling and then roll it up to create a log shaped dolmades. Place the dolmades, seam side down in the leaf covered casserole. Repeat the whole process layering the dolmades in the casserole as they are completed.
6. Pour the water into the casserole making sure all the dolmades are completely covered. You may have to weigh the dolmades using a plate that fits inside the casserole. Bring to the simmering point over medium high heat then cover and lower the heat under the casserole to medium. Simmer for 25-30 minutes.
7. Carefully drain the dolmades and allow them to cool for 20 minutes then pour the olive oil over-top. When completely cooled refrigerate until ready to serve. The dolmades can be re-heated or served at room temperature. Serve with Keto Couscous on the side

Yield: serves 4

Nutritional Information:

- Total Calories/serving: 312
- Total Carbs: 21 g
- Fiber: 10 g
- Net Carbs: 11 g
- Total Fat: 25 g
- Protein: 7 g



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Mushroom Ragout

This hearty ragout is perfect for a cool evening when something comforting is needed to lift your spirits.

Ingredients

- 2 T extra-virgin olive oil
- ½ C yellow cooking onion, small dice
- 3 garlic cloves, minced or pushed through a press
- ¾ lb cremini mushrooms, sliced
- 1 Japanese eggplant, medium dice
- 1 small zucchini, medium dice
- 1 tsp herbs de Province
- ½ tsp pink Himalayan salt
- ¼ tsp black pepper
- 1 T tomato paste
- 2/3 C organic vegetable broth
- ¼ C cream coconut cream (from the top of the can)
- ¼ C chopped black olives



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Preparation

1. Heat olive oil in a heavy bottomed pot over medium high heat. Add onions and sauté for 3 minutes or until the onions are translucent. Add the minced garlic and sauté for one more minute.
2. Add the sliced mushrooms and sauté for 4 more minutes.
3. When the mushrooms are cooked, mix in the cubed eggplant and zucchini and add the herbs de Provence, salt & pepper. Sauté for 3 more minutes.
4. Stir in the vegetable broth and tomato paste and bring the ragout to the simmering point. Adjust the heat under the pot to medium low and continue simmering until the eggplant and zucchini are soft and cooked through (about 5 minutes).
5. Add the heavy cream (or coconut cream) and stir until the ragout begins to simmer again. Divide into 4 portions and serve over Cauliflower Rice.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 165
- Total Carbs: 9 g
- Fiber: 2 g
- Net Carbs: 7 g
- Total Fat: 14 g
- Protein: 2 g



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Vegetable Tagine

Ingredients

- 1 red bell pepper
- 2 T extra virgin olive oil
- 1 cooking onion, medium dice
- 3 garlic cloves, minced or pushed through a press
- 2 tsp fresh ginger peeled and minced.
- ½ tsp cinnamon
- ½ tsp oregano
- ¼ tsp cumin
- Grinding of pink Himalayan salt & black pepper
- 1 zucchini cut onto medium dice
- 1 T sugar free tomato paste
- 1 C organic vegetable broth
- 1 C Swiss chard, roughly chopped
- ¼ C green olives, cut in half
- ½ C almonds, chopped and toasted

Preparation

1. Turn on broiler. Seed pepper and cut into large sections. Lay sections, skin side up, on a foil lined baking sheet and place on an upper rack in the oven beneath the broiler element. Broil until the pepper skins are evenly blackened.



2. Remove from the oven and wrap the foil from the baking sheet up and around the blackened pepper pieces. Set aside to cool for a few minutes. The peppers will sweat inside the foil packet and you will be able to easily slip the charred skins off the pepper pieces when they are cool enough to handle. Slice the roasted pepper into long thin pieces. Set aside for later use.
3. Heat olive oil in a heavy bottomed skillet. Sauté cooking onion for 3 minutes until translucent then add the minced garlic, minced ginger, cinnamon, oregano, cumin, salt & pepper. Turn the heat down to medium and sauté for one more minute.
4. Add the cubed zucchini and continue to sauté until it's cooked through (about 3 more minutes).
5. Stir in the tomato paste and pour in the vegetable broth. Stir until the tomato paste has dissolved into the broth. Adjust the heat to medium high and bring the mixture to the simmering point. Simmer for 10 minutes.
6. Add the chopped Swiss chard leaves, olives and roasted red pepper. Stir until the chard wilts and softens and the mixture is heated through (about 3 more minutes. Serve in bowls garnished with the toasted almonds. Sometimes we have this Tagine over konjac noodles or Cauliflower "Rice" when something a bit more filling is desired.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 228
- Total Carbs: 18 g
- Fiber: 5 g
- Net Carbs: 13 g
- Total Fat: 17 g
- Protein: 5 g



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Keto Cabbage Roll Casserole

Cabbage Roll Casserole is a classic comfort food that has become a go-to recipe in our household. We've made it keto compatible by replacing the rice that's usually used in this dish with finely chopped, rice-sized cauliflower. It's a bit of a fiddly job when done by hand but a food processor makes short work of the cauliflower prep work. The long slow cook time allows the cabbage and cauliflower to soften and mellow into the comforting texture that characterizes this casserole.

Ingredients

- 1 C walnut pieces
- 1 large cooking onion, medium dice
- 1 T olive oil
- 4 C shredded cabbage
- 2 C Cauliflower, chopped in to rice-sized bits using a food processor or box grater
- 1 can of tomato sauce (no sugar)
- 1 T dried dill (or 2 T fresh dill)
- ¼ C vegetable broth
- Grinding of pink Himalayan salt and black pepper



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Preparation

1. Cover walnut pieces with boiling water and set aside for half an hour. Drain and place in the bowl of a food processor or in a blender. Pulse until the walnuts are the consistency of ground beef. Set aside.
2. Preheat oven to 350 F
3. Sauté onions in oil over medium high heat until the onion is soft.
4. In a large mixing bowl combine sautéed onions, tomato sauce, shredded cabbage, cauliflower “rice”, chopped dill, processed walnuts, salt & pepper.
5. Transfer mixture into a casserole dish with tight fitting lid that has been sprayed lightly with cooking oil.
6. Cover with lid and place on the middle rack of the pre-heated oven. Bake for an hour. Remove lid and continue baking for another 15 minutes or until the cabbage and cauliflower bits are soft and the liquid has all been absorbed.
7. Serve with a dollop of regular or vegan sour cream, if desired.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 294
- Total Carbs: 16 g
- Fiber: 7 g
- Net Carbs: 9 g
- Total Fat: 24 g
- Protein: 8 g



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Avocado, Walnut & Basil Pesto with Keto 'Noodles'

Ingredients

- 3 small zucchini
- 2 ripe avocados, pitted, peeled and chopped into chunks
- 2 C fresh basil leaves
- ½ C walnut pieces
- 4 garlic cloves, minced or pushed through a press
- 1 large lemon, juiced
- 1/3 C nutritional yeast
- ½ C water, added a bit at a time as needed
- 1 T extra virgin olive oil



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Preparation

1. Wash zucchini, pat dry and trim the ends. Spiralize into noodles. If you don't have a spiralizer slice zucchini lengthwise into ribbons (use a sharp knife or vegetable peeler). Lay each slice flat and cut, lengthwise into flat fettuccine noodle style strips about 1/3" wide. You can also leave the ribbons intact for wide profile "noodle. It's up to you. You will have about 5-6 cups of "veggie pasta" when done.
2. Place the avocado, basil, walnut pieces, garlic and nutritional yeast in the bowl of a food processor. Reserve 1 T of the nutritional yeast and a few Basil leaves for garnish. Pour in the lemon juice and process until a paste forms. Add water, a wee bit at a time, if the pesto consistency is too thick.
3. Heat olive oil in a large, heavy bottomed skillet over medium high heat. Add the zucchini noodles and sauté for 4 minutes or until the noodles are softened and cooked (but not yet mushy!). Remove from heat.
4. Add the pesto to the hot cooked "noodles" and toss very gently. Divide into 4 portions and serve, garnished with the nutritional yeast and basil leaves.

Yield: serves 4

Nutritional Information:

- Total Calories/serving: 326
- Total Carbs: 19 g
- Fiber: 7 g
- Net Carbs: 12 g
- Total Fat: 27 g
- Protein: 11 g



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Vegan Dinner Salad

When you don't feel like whole lot of fussing, try this Vegan Dinner Salad. Easy to throw together in just a few minutes; it's also hearty enough to be the lone star on the dinner table.

Ingredients

- 1 C broccoli florets, steamed and chilled
- 6 C baby kale leaves
- 1 English cucumber, cut into cubes
- 1 avocado, peeled, seeded & cut into cubes
- ½ C toasted sunflower seeds
- ½ C Tahini Salad Dressing
- 1 T nutritional yeast for garnish, if desired



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Preparation

1. Combine in a large salad bowl and toss.
2. Make a salad dressing by combining the
3. Add Tahini Salad Dressing, toss again and divide into 4 portions. Serve immediately

Yield: Serves 4

Nutritional Information:

without Tahini dressing

- Total Calories/serving: 195
- Total Carbs: 15 g
- Fiber: 7 g
- Net Carbs: 8 g
- Total Fat: 14 g
- Protein: 8 g

Nutritional Information:

with Tahini dressing

- Total Calories/serving: 289
- Total Carbs: 19 g
- Fiber: 9 g
- Net Carbs: 10 g
- Total Fat: 22 g
- Protein: 11 g



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Speed Keto Vegan Sushi Rolls

You can still enjoy sushi! This speed keto vegan version makes a great snack, appetizer or can be the center of a special meal; lunch or dinner. It's worth it to purchase a bamboo roller so you can make nice tight rolls. The end result will hold together much better when it's time to slice the rolls. Serve with wheat free soy sauce mixed with a bit of wasabi on the side for dipping.

Ingredients

- 1 lb Cauliflower, cut into florets
- 1 tsp. Rice Vinegar (unseasoned)
- 1 T wheat free soy sauce
- 5 nori sheets
- 1 medium Hass avocado



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Preparation

1. Using a food processor, process cauliflower, in batches, into rice-sized bits.
2. Place in microwaveable bowl and drizzle the soy sauce over-top. Microwave, on high, until the cauliflower is cooked through. Length of time will vary depending on the wattage of your microwave. My commercial strength microwave took only 3 minutes but it may take 6 or 7 minutes in a home model.
3. Remove $\frac{3}{4}$ C of the cooked cauliflower to a separate bowl and mash it into a paste.
4. Press out as much moisture from the remaining cooked cauliflower as possible using paper towel. Place towel on top of the cauliflower and use a flat-bottomed cup to press downwards. The moisture from the cauliflower will wick upwards into the paper towel. Take your time and get as much moisture out of the veggie as possible.
5. Mix the mashed cauliflower back into the cauliflower rice and stir well. The idea is to make this cauliflower rice a bit sticky and the mashed cauliflower should do the trick! Add the tablespoon of unseasoned vinegar and mix well. Refrigerate the cauliflower mixture to cool it completely.
6. Once the rice mixture is cool, slice the avocado in half and remove the seed. Cut one half into thin strips lengthwise and remove the slices from the shell. Do the same with the other half and discard the seed and shell.
7. To make the rolls: Cover the bamboo roller with a piece of plastic wrap. Place a sheet of nori on top. Spread $\frac{1}{5}$ of the cooled cauliflower mixture over the nori, leaving about $\frac{3}{4}$ inches of space at the top. Place the avocado slices beside each other about 2 inches from the bottom edge and roll tightly. If this is your first time making rolls watch this YouTube video for some helpful tips: <https://www.youtube.com/watch?v=XKUSI8ElgRc>





8. Slice each roll into six round pieces that are each about 1 inch thick. Serve the keto sushi with a mixture of wheat free soy sauce and wasabi on the side for dipping.

Yield: Serves 2 (2 ½ rolls/serving)

Nutritional Information:

- Total Calories/serving: 213
- Total Carbs: 23 g
- Fiber: 13 g
- Net Carbs: 10 g
- Total Fat: 11 g
- Protein: 8 g



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Walnut Taco Bowl

It turns out Tex Mex and keto do go together!

Ingredients

- 1 C walnut pieces
- ¼ C vegetable broth
- 1 tsp Chili powder
- ¼ tsp Smoked chipotle powder
- ½ tsp dried oregano
- ¼ tsp cumin
- 1 tsp garlic powder or granules
- ½ tsp paprika
- 2 C mixed greens
- 2 C torn Romaine pieces
- 2 C baby spinach leaves
- 1/3 C salsa, no sugar
- ¼ C full fat vegan mayo
- ½ avocado
- Juice of 1 lime
- 1 tsp hot sauce
- ½ tsp paprika



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Preparation

1. Cover the walnut pieces with boiling water and let them soak for at least 30 minutes. Drain and place in a blender or food processor. Pulse until the nuts have a consistency similar to ground meat.
2. Transfer the walnut meat to a small heavy bottomed pot and add the vegetable broth and seasonings. Stir and bring the contents of the pot up to the simmering point. Adjust heat under the pot and simmer for 5 minutes or until the walnut has absorbed all of the liquid. Remove from heat and set aside.
3. Toss together the romaine and spinach. Divide between 3 bowls and top with equal portions of the walnut mixture and salsa.
4. Rinse out the blender and add the mayo, avocado, lime juice, hot sauce and paprika. Blend until smooth. Place a nice sized spoonful of the avocado/mayo mixture on top of each salad. Serve and enjoy!

Yield: Serves 3

Nutritional Information:

- Total Calories/serving: 352
- Total Carbs: 14 g
- Fiber: 5 g
- Net Carbs: 9 g
- Total Fat: 31 g
- Protein: 10 g



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Hemp Patties

If you are missing nuggets on the menu miss them no more. These hemp patties are a great substitute and are totally vegan and Speed Keto approved! I've used curry and turmeric in this recipe but feel free to change the flavor profile with your own spice picks.

Ingredients

- $\frac{3}{4}$ C hulled hemp seeds
- $\frac{1}{2}$ C vegetable broth
- 1 T Tahini
- 2 T nutritional yeast
- $\frac{1}{2}$ tsp curry powder
- $\frac{1}{2}$ tsp turmeric
- Grinding of pink Himalayan salt & black pepper
- 2 T psyllium husk powder



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Preparation

1. Process the hulled hemp seeds, vegetable broth, Tahini, nutritional yeast and spices in a blender. The mixture should still be a bit chunky when done.
2. Transfer the hemp mixture to a bowl and stir in the psyllium husk powder. Correct the seasoning with a grinding of salt & pepper.
3. Use damp hands (so the dough won't stick) to form the dough into nine small patties.
4. Place patties on a parchment lined baking sheet and bake, on the middle rack of the pre-heated oven for 10 minutes. Flip the patties and continue baking for 10 minutes more. Serve with salad on the side

Yield: Serves 3 (3 patties/serving)

Nutritional Information:

- Total Calories/serving: 312
- Total Carbs: 7 g
- Fiber: 5 g
- Net Carbs: 2 g
- Total Fat: 24 g
- Protein: 17 g



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Sides & Salads





Marinated Cherry Tomato Salad

Put this salad together quickly and pour on the dressing then let it marinate at room temperature while your entrée is in the oven. We love the natural sweetness in these little cherry tomatoes combined with the lightly pickled red onions. The addition of sun-dried black olives adds some salty zest.

Ingredients

- 6 cherry tomatoes, cut in half lengthways
- ¼ C red onion, extra-thin slices
- 6 sun-dried black olives, pitted and coarsely chopped
- 2 tbsp, fresh lemon juice
- 2 tbsp, extra virgin olive oil
- ¼ C baby spinach leaves



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Preparation

1. Mix together the cherry tomatoes, red onion and dried black olives.
2. Whisk the lemon juice and olive oil. Pour over salad and toss, making sure to coat all the ingredients.
3. Set aside on the counter at room temperature to marinate for ½ - 1 hour before serving.
4. Arrange the baby spinach leaves on two plates and spoon the marinated tomato salad over-top dividing the dressing between the portions.

Yield: 2 servings

Nutritional Information:

- Total Carbs: 5 g
- Fiber: 1 g
- Net Carbs: 4 g
- Total Fat: 14 g
- Protein: 1 g



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Favorite Green Salad

Ingredients

- 2 C mixed greens salad mix
- 2 C romaine lettuce pieces
- ¼ C red onion, thin slices
- ½ C cucumber, medium dice
- 5 cherry tomatoes, halved
- 1 avocado, thin slices (if desired)
- ¼ C extra-virgin olive oil
- 2 T lemon juice



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Preparation

1. Toss spring green mix and romaine lettuce together in a salad bowl
2. Sprinkle scallions, cucumber, tomato and avocado over-top.
3. Whisk olive oil and lemon juice until well blended and pour over salad
4. Toss and serve immediately.

Yield: Serves 4

Nutritional Information:

with avocado

Total Calories/serving: 189

- Total Carbs: 4 g
- Fiber: 3 g
- Net Carbs: 1 g
- Total Fat: 20 g
- Protein: 2 g

Nutritional Information:

without avocado

- Total Calories/serving: 129
- Total Carbs: 2 g
- Fiber: 1 g
- Net Carbs: 1 g
- Total Fat: 14 g
- Protein: 1 g



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Arugula, Avocado & Tomato Side Salad

Ingredients

- 2 C arugula
- 1 avocado, thin slices
- 12 cherry tomatoes, cut in half
- ¼ C Red pepper, thin slices
- ¼ C cucumber, thin slices
- 1 T lime juice
- 2 T olive oil



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



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Roasted Brussels Sprouts

Baking Brussels sprouts deepens the flavors and brings out the sweetness of these mini cabbage wonders. But if you don't have time for baking; steaming is good too!

Ingredients

- 2 C Brussels sprouts
- 1 T extra-virgin olive oil
- Salt & pepper to taste



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Preparation

1. Pre-heat oven to 350 F
2. Toss Brussels sprouts with olive oil and place in an ovenproof casserole dish. Salt & pepper to taste.
3. Bake on the middle rack of the pre-heated oven for about 35 - 40 minutes or until the Brussels sprouts are slightly browned and soft all the way through.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 50
- Total Carbs: 3 g
- Fiber: 2 g
- Net Carbs: 1 g
- Total Fat: 4 g
- Protein: 2 g



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Steamed Cauliflower & Broccoli Florets

Steamed lightly and served with butter (or vegan butter substitute) melting over-top this combo can accompany a variety of entrées.

Ingredients

- 3 C broccoli florets
- 3 C cauliflower florets
- 2 T vegan butter substitute
- Salt & pepper to taste

Preparation

1. Fill the bottom of a large pot with about 2" of water. Place steamer over the water put in the cauliflower and broccoli florets. Cover the pot with a tight-fitting lid and steam over medium-high heat. Steam for 5-7 minutes until, the florets are tender but still slightly crunchy.
2. Serve immediately with butter substitute melting over-top!

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 95
- Total Carbs: 8 g
- Fiber: 4 g
- Net Carbs: 4 g
- Total Fat: 6 g
- Protein: 4 g



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Stir-fried Cabbage

Stir-fried cabbage can be served beside many different entrées.

Ingredients

- 1 T extra virgin olive oil
- 1 tsp dark Asian sesame oil
- ½ cooking onion, small dice
- 1 bag pre-shredded cabbage

Preparation

1. Melt ghee in a wok over medium high heat.
2. Add the sesame oil and onion. Stir fry until the onion becomes translucent.
3. Add the shredded cabbage and stir-fry for several minutes until the cabbage is soft and cooked through. Serve immediately.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 78
- Total Carbs: 5 g
- Fiber: 0 g
- Net Carbs: 5 g
- Total Fat: 5 g
- Protein: 2 g



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Garlic Zucchini Noodles

Ingredients

- 3 zucchini, small size
- 2 cloves of garlic, minced
- 1 T ghee, butter or vegan butter substitute
- Grinding of salt & pepper, to taste

Preparation

1. Wash zucchini, pat dry and trim the ends. Spiralize into noodles. If you don't have a spiralizer slice zucchini lengthwise into very thin slices. Lay each slice flat and cut, lengthwise into flat fettuccine noodle style strips about 1/3 " wide. You will have about 5-6 cups of "veggie pasta" when done.



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2. Melt ghee in a wok or flat-bottomed skillet over medium high heat.
3. Add minced garlic and cook, stirring until the garlic becomes translucent.
4. Add the zucchini noodles and continue stir-frying until the zucchini is softens and is cooked. This will only take a few minutes. Careful not to over-cook or the noodles will become mushy. Serve immediately

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 50
- Total Carbs: 3 g
- Fiber: 1 g
- Net Carbs: 2 g
- Total Fat: 4 g
- Protein: 1 g



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Baked Asparagus

Ingredients

- 14 asparagus spears, washed and trimmed
- 2 tsp vegan butter substitute
- 2 tsp coconut oil
- Salt & pepper to taste

Preparation

1. Pre-heat oven to 375 F
2. Line a rimmed sheet with parchment paper and place asparagus spears on the prepared sheet.
3. Melt ghee and coconut oil and brush onto asparagus spears. Sprinkle with salt & pepper.
4. Bake on the middle rack of the pre-heated oven for 20 minutes. Serve immediately.

Serves: 2

Nutritional Information:

- Calories/serving: 113
- Total Carbs: 6 g
- Fiber: 3 g
- Net Carbs: 3 g
- Total fat: 10 g
- Protein: 3



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Cauliflower “Rice”

You can use a variety of different spices and herbs to create different flavor profiles for this tasty “rice”. It’s a versatile side-dish that works well with many different entrées.

Ingredients

- 2 T extra virgin olive oil
- 2 C cauliflower, chopped in to rice-sized bits using a food processor or box grater
- ¼ C onion, fine dice
- 2 garlic cloves, minced



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Preparation

1. Heat olive oil in a wok or heavy skillet over medium/high heat.
2. Sauté onion for 3 minutes or until soft.
3. Add minced garlic and sauté for one more minute.
4. Add grated cauliflower and stir-fry for about 4 or 5 minutes until the rice is soft and cooked through. Remove from heat and serve immediately.

Yield: 4 servings (1/2 C each)

Nutritional Information:

- Total Calories/serving: 86
- Total Carbs: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Total Fat: 8 g
- Protein: 1 g



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Keto Couscous

When company is coming serve this keto version of the Mediterranean classic salad, couscous, next to Keto Dolmades for an exceptional meal that will “wow” your guests!

Ingredients

- ½ head cauliflower, riced in a food processor or grated using a box grater
- 3 T fresh lemon juice
- ¼ C extra virgin olive oil
- ½ tsp salt
- ½ tsp pepper
- ½ tsp cumin
- ¼ C cilantro leaves
- ¼ C chopped almonds
- 3 T hemp hearts
- 3 green onions, sliced thinly
- 1 T fresh mint leaves, minced (or 1 tsp dried mint)



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Preparation

1. Place cauliflower “rice” in a microwaveable bowl and microwave, on high until the cauliflower softens and is cooked. You want it to be al dente, not mushy, so check it every few minutes while it’s cooking. The length of time this takes will vary from one microwave to the next (anywhere from 2 – 7 minutes).
2. This next step is crucial for a successful couscous. Make sure to blot out the excess moisture from the cauliflower. Fold up a clean kitchen towel or some paper towel and place it over-top the cauliflower. Now press down on top of the folded towel using a flat-bottomed glass. The moisture will wick up into the towel as you press downwards. Fluff the cauliflower with a fork and allow it to cool completely before proceeding.
3. Make a dressing by whisking the lemon juice and olive oil. Set aside.
4. Add the remaining ingredients to the cauliflower and toss. Pour the dressing over-top and toss again. Chill in the refrigerator until ready to serve.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 224
- Total Carbs: 8 g
- Fiber: 3 g
- Net Carbs: 5 g
- Total Fat: 20 g
- Protein: 7 g



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Chapter 7

Intermittent Fasting (IF)

The Bariatric Surgery Solution

The takeaway lesson learned from the rapid weight-loss bariatric surgery patients enjoy in the months immediately after their surgery is: fasting works for weight-loss. Of course, people who have had this surgery literally can't eat post-surgery and only slowly heal enough so that for quite a few months only very small amounts of food can be ingested. The result is rapid weight-loss. However, while this surgery can be life-saving for some, for most of us battling the bulge, it's a drastic solution.

We believe a ketogenic approach to eating integrated with a program of intermittent fasting will not only kick start weight-loss for those just getting started but will also help break through a stubborn plateau. We also believe the keto lifestyle when combine with intermittent fasting (IF) can actually reverse pre-diabetes, insulin resistance and even full-blown Type 2 diabetes.

Having said this, we also have to stress the importance of consulting your physician before embarking on any new eating plan, including the one we are outlining in this book. Careful monitoring by your doctor will be necessary for anyone with a diagnosed medical condition(s).



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Feast and Famine

In days gone by, think way back before we humans had figured out agriculture, food might be plentiful in the warmer seasons and scarcer or non-existent during winter and early spring. Add to this, war, pestilence, injury, illness, well any number of other factors and a pattern of feast (times of plenty) followed famine (little or no food available) and you have a pretty good idea of what early humans were facing. And yet the human body was able to adapt to this pattern and we survived as a species.

Eventually we figured out planting and harvesting crops and while there were still times of plenty and lack, the availability of food became less sporadic. Unplanned food shortage was replaced by periods of voluntary fasting. Evidence suggests that cultures from around the world incorporated periods of fasting for health and healing as well for spiritually held beliefs.

Fast forward to today. Now we are told to eat within an hour of getting up in the morning and admonitions to never skip breakfast prevail. Eating “healthy” snacks is actively encouraged with the end result being most people in the western world are eating five to seven times a day.

And we like to get these eating habits started early in life. You know the drill: I’m talking about the bed-time snack ritual that signals to most North American children that bed-time approaches.

The All-Day Feast

The end result; many of us are eating every two or three hours all day long. So, if our bodies are constantly in the process of digesting and processing the last ingestion of food when can they possibly switch over to using fat, stored in adipose tissue for energy? The short answer is they can’t and they won’t.



The liver will be tied up all day processing glucose and guess what? Any extra will be converted to fat molecules and shipped off with the aid of insulin for storage as new body fat. Eating three meals a day plus three or four snacks isn't working as a strategy for maintaining a healthy weight and body.

Intermittent Fasting: What Is It?

Simply defined, intermittent fasting (IF) describes periods of fasting interspersed with periods of eating normally. The length of the fasting periods and eating periods can vary. In his book, *The Complete Guide to Fasting*, Dr. Fung categorizes fasting periods as: “short, (less than 24 hours) or long, (more than 24 hours).”² A person undertaking a short fast will still be eating at least once a day. It isn't as hard as it sounds and works well for ongoing and sustained weight loss.

Types of Intermittent Fasts You Can Use on the Speed Keto Vegan Program

Longer fasting periods will accelerate weight loss but it's best to undertake long intermittent fasts less often. In Speed Keto Vegan, you can combine both short and long intermittent fasts with a ketogenic meal plan. During the month-long program, you are encouraged to employ the following short fasting strategies at different times:

- *12 hour fast:* This is the usual over-night fast that happens every night. We break this fast in the morning, breakfast. If you finished your supper at 7:00 p.m. and ate breakfast the next morning the time in between these meals would be 12 hours.
- *16 hour fast:* Many people living a ketogenic lifestyle use this form of intermittent fasting on a daily basis. This means they just skip breakfast. In the scenario where dinner is finished at 7:00 p.m. the first meal of the day would be taken no sooner than 11:00 a.m.

2. Fung, Jason MD & Moore, Jimmy. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting*, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc., p.199



- *24 hour fast:* Also referred to as one meal a day or OMAD. Using the supper over at 7:00 p.m. model, a person practicing OMAD would skip both breakfast and lunch the next day and eat only the evening meal at 7:00 p.m.

Speed Keto Vegan Also Encourages Including 3 Long Fasts:

- *36 hour fast:* This one starts at the end of a meal, 7:00 pm, and continues throughout the next day and night ending with breakfast at 7:00 a.m. the following day. There will be one full day where no eating occurs, just hydration.
- *48 hour fast:* This is the same as the 36 hour fast except you don't eat until 7:00 p.m. on the last day of the fast.
- *72 hour fast:* Three days of fasting with hydration.

What to Consume While Fasting

While you will abstain from eating meals during Speed Keto Vegan fasting periods, you will always be allowed to drink water. In addition, Bulletproof Coffee, tea, and an electrolyte drink are allowed.

Vegetable and seaweed broth can also be taken during the fasting period as desired. The goal is that this is easy for you, and those recipes are included below. If you purchase store-bought vegetable broth, remember to check for SK approved ingredients and no sugar added.

We've already led thousands of people through fasts, and most are able to make it through fine.

In fact, the number one response we hear is that "I could have gone on longer."

BUT ... if you feel ill for any reason, tired, or just not 100%, you should stop and eat immediately. You should also consult with your physician before starting this process.



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Vegetable Broth Recipe

This recipe can be varied according to taste (using SK approved ingredients):

Ingredients

- 4 unpeeled cloves garlic, halved
- 4 mushrooms
- 1 onion cut into chunks
- 1 zucchini cut into chunks
- 1 leek, both white and green parts, cut into chunks
- 1 handful fresh spinach
- 1 small bunch of celery including the heart, cut into chunks
- 4 - 6 cups water (make sure all vegetables are submerged)
- 1 1/2 tsp sea salt
- 1 tbsp wheat-free tamari
- Cilantro (optional)

In a large stock or soup pot, combine all the ingredients listed above (or varied using SK approved ingredients to suit your taste). Fill the pot to 2 inches below the rim with water, cover, and bring to a boil. Decrease the heat to a medium/low simmer for 2 hours. As the stock simmers, some of the water will evaporate; add more water if the vegetables become exposed. Simmer until the full flavors of the vegetables can be tasted. Strain the stock and pour into glass storage jars. Refrigerate unused portions.





Seaweed Broth Recipe

This recipe can be varied according to taste (using SK approved ingredients):

Ingredients

- 2 x 5-inch strips of dried Kombu (or Wakame) seaweed (no sugar added)
- 4 cups chopped greens such as kale, chard, spinach, etc.
- 5 unpeeled cloves garlic, halved
- 2 medium onions cut into chunks
- 1 leek, both white and green parts, cut into chunks
- 1 small bunch of celery including the heart, cut into chunks
- 5-inch piece of fresh ginger, sliced
- 6 dried Shiitake mushrooms
- ½ bunch fresh flat-leaf parsley
- 1 tbsp wheat-free tamari

In a large stock or soup pot, combine all the ingredients listed above (or varied using SK approved ingredients to suit your taste). Fill the pot to 2 inches below the rim with water, cover, and bring to a boil. Decrease the heat to a medium/low simmer for 2 hours. As the stock simmers, some of the water will evaporate; add more water if the vegetables become exposed. Simmer until the full flavors of the vegetables can be tasted. Strain the stock and pour into glass storage jars. Refrigerate unused portions.



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Speed Keto Vegan is a 31-day plan to double or even triple your weight loss, break through a stall, and burn away those stubborn pounds with just a few simple tweaks to the Keto diet.

Whether you're new to Keto, or have been doing it for a while. Whether you have lots of weight to lose, or are close to your goal. Whether your priority is healing your body or getting your ideal body ... this will totally transform the way you look and eat with a quick blast of action.

In Just 31 Days ...

- You won't recognize yourself in the mirror.
- You'll look years younger.
- You'll have more energy than you've ever had.
- Your blood work will stun your doctors.
- You'll feel a sense of accomplishment and confidence because you did it!

Speed Keto Vegan includes a day by day eating plan, simple, delicious recipes, food lists and a complete explanation of how and why this works (when nothing else has).

Take back control and start loving your body and your life again with Speed Keto Vegan.

Dr. Harlan Kilstein leads a large online community of people following the Keto way of life, has published the Completely Keto Cookbook, and reversed his own weight gain and pre-diabetes diagnosis by following a Ketogenic diet.

Get a Free Keto Recipe Daily. Just go to CompletelyKeto.com and enter your email address. And while you are there look over the hundreds of delicious recipes including Cheesecakes, Thanksgiving dinners (with all the trimmings), Pies, Brownies, Barbecued Ribs and more. All kitchen tested and delicious. (And don't miss our Bye Bye Rye - you'll think it's real rye bread!)

Connect with Harlan Kilstein



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