

speed KETO



VEGETARIAN

31 DAY PROGRAM



Dr. Harlan Kilstein

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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 vegetarians. The answer is a resounding YES! The benefits of being keto adapted are most definitely possible for vegetarians. 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 balanced daily menu of plant based carbohydrates, plant-based fats and plant-based proteins
- Supplementing daily intake with specific nutrients
- 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 III. 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 body 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.



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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 workout 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 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.

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.



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



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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 over-all health but there are still many questions that need answering. Research is ongoing.

If you decide to take a probiotic 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.

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 vegetarians. But a good vegetarian source (and it's a source that actually offers a better concentration of DHA) is algae. Algae is the place 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 Speed Keto Vegetarian

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 daily menu plan will be coming from the vegetables on our “allowed” 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 lookout for hidden sugars and hidden grains (especially wheat & corn). It is possible to find commercially prepared foods like full fat mayonnaise, ketchup, boxed vegetable broth, tomato paste and sauces that are sugar free.

There are also specialty, online, low carb grocery stores offering products that may interest you. Again, be wary of hidden sugars.





The Speed Keto Vegetarian Approved Foods

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 SFAs. Avoid those higher in polyunsaturated fat (PUFA) content whenever you can. The essential fatty-acids contained in PUFAs 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
- Ghee: High in SFA, ghee is perfect for cooking at higher temperatures
- Cocoa butter (60% SFA, 3% PUFA) Can be heated - use for cooking at 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

- Walnuts
- Cashews
- Brazil nuts
- Macadamia nuts
- Pecans
- Peanuts

Nut & Seed butters (no sugar added)

- Almond butter
- Cashew butter
- Peanut butter
- Tahini
- Brazil nut butter (sometimes mixed in with other nut butters)

Keto Flours

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



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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 Vegetarian 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)





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





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
- Pea Protein Powder (can be mixed with water, nut milk or added to other drinks and smoothies)



Eggs

We understand that some of you may be sensitive to eggs and will need to employ an egg replacer. Make a keto-friendly egg replacer by dissolving 1 tablespoon of ground flax seed in 3 T of warm water.

- Duck eggs
- Goose eggs
- Ostrich eggs
- Quail eggs

Dairy

- *Heavy Cream*: use only 2 tsp heavy cream in coffee (no more than 3 times per day). We have a few recipes that use larger amounts of cream but they are featured on the menu plan sparingly.
- *Butter*: Look for the grass-fed variety.
- *Ghee*: Since the whey has been removed and only the butterfat remains, ghee can be used in place of other cooking oils when cooking at higher temperatures. Make sure to use grass-fed butter when making your own ghee.
- *Cheese*: Cheese is allowed but must be used sparingly. It shows up on the menu here and there, but not too often. Select full fat cheeses.
- Goat milk

Sensitivity to dairy is a common issue and often people aren't aware that their body isn't tolerating this food group. If you suspect this is the case, taking the month away from eating dairy daily allows inflammation to lessen throughout the body and gives the gut a chance to heal.

Here's how to test for dairy intolerance if you are suspecting it may be an issue:



- Weigh first thing in the morning
- Eat a small amount of dairy
- Weigh again in the evening

If you see a weight gain (which will be water retention), it's highly likely that dairy products are problematic for you. When a dieter's weight loss stalls often dairy foods are the culprit. Eliminating dairy is one of the diet tweaks we suggest when a plateau lasts for too long. You can try this test once again after another month of dairy-free eating. If you get the same result then it's best for you to avoid dairy altogether.

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 (no maltodextrin)
- 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
- 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 & 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

Speed Keto Vegetarian Menu Plan

Getting Ready to Start ...

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 vegetarian meals is provided in this section. I suggest you start the program on a Monday. Use the week-end before to go through your fridge and pantry and 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 powder may be difficult to find but can be easily purchased online so planning ahead is important.

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 Vegetarian Speed Keto program to enjoy each mouthful eaten during this 30-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.

Week I — Day #1: Monday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Mini Quiche
- Lunch: Ricotta Stuffed Tomato with Favorite Green Salad
- Dinner: Portobello Mushroom & Nutty Stuffing with 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



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Day # 2: Tuesday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Mini Quiche (leftover from yesterday)
- Lunch: Olive Tahini Pate with tomato slices on toasted Keto Bagel
- 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



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Day #3: Wednesday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Keto Granola with ¼ C plain, full fat yogurt (or nut milk) and berries, if desired
- Lunch: Curried Egg Salad on Cloud Bread Sandwich
- 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #4: Thursday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Garlicky Scrambled Eggs with toasted Keto Bagel
- Lunch: Mediterranean Avocado Boats (with goat cheese crumbles)
- 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #5: Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)

Menu for the day:

- Breakfast: Ketogenic Waffles with sugar-free syrup
- Lunch: Keto Style Pesto & “Noodles” 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #6: Saturday

Start your day with Bullet Proof Coffee:

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



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Menu for the day:

- Breakfast: Morning Coffee Smoothie (with 1 scoop of whey protein isolate)
- Lunch: Avocado Havarti Rolls with Marinated Cherry Tomato Salad
- 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #7: Sunday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Spinach & Cuke Smooth Start with 1 scoop of whey protein isolate powder
- Lunch: Halloumi Cheese Salad with Hazelnuts
- Dinner: Mushroom Ragout (with soft poached egg)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week II — Day #8: Monday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Keto Waffles with sugar free syrup
- Lunch: Toasted Keto Bagel Sandwich with Harlan's Decadent Macadamia Nut Humus, tomato slice, lettuce & mayo.
- 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day # 9: Tuesday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Crispy Avocado Wedges
- Lunch: Olive Tahini Pate with Flax Crackers
- Dinner: Keto Pizza with Favorite Green Salad (without avocado)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



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**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #10: Wednesday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Keto Granola with ¼ C full fat yogurt (or nut milk) and berries, if desired
- Lunch: Keto Pizza (leftover)
- 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



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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) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Perfectly Boiled Eggs with toasted Keto Bagel
- Lunch: Olive Pate (leftover) with Flax Crackers (leftover)
- Dinner: Hemp Patties with Arugula, Avocado & Tomato Side Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day # 12: Friday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Coconut, Ginger & Avocado Smoothie with 1 scoop of whey isolate protein powder
- Lunch: Creamy Broccoli Soup with Parmesan Poppy Seed Crackers (save some for lunch tomorrow)
- Dinner: Vegetarian Dinner Salad with 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #13 Saturday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Keto Granola with ¼ plain full fat yogurt (or nut milk) and berries, if desired
- Lunch: Creamy Broccoli Soup (leftover) with Parmesan Poppy Seed Crackers (leftover)
- Dinner: Walnut, Avocado & Basil Pesto with Zucchini “Noodles”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #14: Sunday

Start your day with Bullet Proof Coffee:

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



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Menu for the day:

- Breakfast: Mini Quiche with toasted Keto Bagel (reserve some quiche for lunch tomorrow)
- Lunch: Avocado Havarti Roll Ups and Flax Seed Crackers
- Dinner: Keto Vegetarian Lasagna with salad of your choice (save some 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week III — Day #15: Monday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Mini Quiche (leftover) with toasted Keto Bagel
- Lunch: Vegetarian Lasagna (leftover) and salad of your choice
- Dinner: Portobello Mushroom & Nutty Stuffing with 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*





Day #16: Tuesday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Keto Granola with ¼ C full fat, plain yogurt (or nut milk) & berries
- Lunch: Creamy Roasted Pepper Soup (save some for lunch tomorrow) with Parmesan Poppy Seed Crackers
- 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #17: Wednesday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Morning Coffee Smoothie with 1 scoop of whey protein powder isolate



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- Lunch: Creamy Roasted Pepper Soup (leftover) with Parmesan Poppy Seed Crackers (leftover)
- Dinner: Humus & Salsa Rolls with Favorite Green Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #18: Thursday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Garlicky Scrambled Eggs with Keto Bagel
- Lunch: Ricotta Stuffed Tomato
- Dinner: Mushroom Ragout 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #19: Friday

Start your day with Bullet Proof Coffee:

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



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Menu for the day:

- Breakfast: Ketogenic Waffles with sugar free syrup
- Lunch: Deviled Eggs with Arugula, Avocado & Tomato Side Salad
- Dinner: Pesto with Zucchini “Noodles”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #20: Saturday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Spinach and Cuke Smooth Start (Smoothie) with 1 scoop whey protein isolate
- Lunch: Curried Egg Salad Sandwich
- Dinner: Cabbage Casserole
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #21: Sunday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Keto Bagel with nut butter & sugar free strawberry jam
- Lunch: Mediterranean Avocado Boats
- Dinner: Keto Dolmades with 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week IV — Day #22: Monday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Keto Granola with ¼ C full fat plain yogurt (or nut milk) & mixed berries
- Lunch: Walnut Taco Bowl
- Dinner: Cauliflower Steak with Red Pepper Sauce and 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #23: Tuesday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Coconut, Ginger & Avocado Smoothie with 1 scoop whey protein isolate powder
- Lunch: Olive Tahini Spread with Flax Seed Crackers
- Dinner: Avocado Walnut 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #24: Wednesday

Start your day with Bullet Proof Coffee:

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



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Menu for the day:

- Breakfast: Garlicky Scrambled Eggs with Parmesan Poppy Seed Crackers
- Lunch: Keto Zucchini Boats with Favorite Green Salad
- Dinner: Portobello Mushroom & Nutty Stuffing 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #25: Thursday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Mini Quiche with tomato slices
- Lunch: Creamy Roasted Pepper Soup (save some for tomorrow's lunch) with Parmesan Poppy Seed Crackers
- Dinner: Keto Vegetarian Pizza with Favorite Green Salad (no avocado)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #26: Friday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Mini Quiche (leftover)
- Lunch: Creamy Roasted Pepper Soup (leftover) with Flax Seed Crackers
- Dinner: Vegetarian 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #27: Saturday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Morning Coffee Smoothie with 1 scoop whey protein Isolate powder
- Lunch: Toasted Keto Bagel with mayonnaise, tomato slice, avocado & lettuce leaf
- Dinner: Mushroom Ragout with Favorite Green Salad



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

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #28: Sunday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Keto Waffles with sugar free syrup
- Lunch: Olive Tahini Pate with Flax Crackers
- Dinner: Walnut Taco Bowl
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

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) and, if desired, 2 tsp heavy cream.



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Menu for the day:

- Breakfast: Keto Granola with full fat yogurt & berries
- Lunch: Deviled Eggs with Marinated Cherry Tomato Salad
- 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 ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #30: Tuesday

Start your day with Bullet Proof Coffee:

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

Menu for the day:

- Breakfast: Garlicky Scrambled Eggs with toasted Keto Bagel
- Lunch: Olive Tahini Pate (leftover) with Flax Crackers (leftover)
- Dinner: Pesto with Zucchini “Noodles”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*





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) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Coconut, Ginger & Avocado Smoothie with 1 scoop of whey isolate protein powder
- Lunch: Curried Egg Salad Sandwich
- Dinner: Hemp Patties with Stir Fried Cabbage
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



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Chapter 5

Speed Keto Vegetarian Shopping Lists

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.

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

Throughout the Speed Keto 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.



Week I

Basics

- MCT oil
- Electrolyte drinks (sugar free)
- Teas (green, regular, herbal)
- Coffee (regular & decaffeinated)
- Pea Protein Powder, large container
- Coconut oil
- Extra virgin olive oil
- Olive oil or coconut oil cooking spray
- Dark Asian sesame oil
- Rice vinegar (unseasoned)
- White wine vinegar
- Apple cider vinegar
- 1 bottle tamari sauce or coconut aminos
- Almond flour
- Coconut flour
- Cocoa powder
- Nutritional yeast
- Psyllium husk powder
- Ground flax seeds
- Xanthan gum (or guar gum)
- Baking powder
- Hazelnuts (filberts, small package)
- Raw almonds
- Walnut pieces
- Sesame seeds
- Pine nuts
- Tahini
- Pink Himalayan salt
- Black pepper, buy 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)
- Chinese five spice
- Herbs de Province





Vegetables & Fruits

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



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Dairy Section

- Heavy cream, for coffee (if using) and for some recipes
- 2 lb butter, (1 lb is for making homemade ghee)
- 2 dozen eggs, large size
- Ricotta cheese, small container(full fat)
- Crumbled goat cheese
- Full fat cream cheese (for cloud bread)
- Parmesan cheese, small block
- Havarti cheese
- Halloumi cheese
- Nut milk, if using

Other Items

- Mediterranean black olives (packed in oil)
- Green olives
- Sun-dried tomatoes (packed in oil)
- Canned full fat coconut milk
- Small can sugar free tomato paste
- Organic vegetable broth, 1 quart tetra box (or bouillon cubes)
- 8 oz bottle grape vine leaves

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 a few eggs, butter, some veggies, maybe a bit of cheese, etc. leftover and will have to alter this shopping list accordingly. I expect you will have some Keto Granola left-over 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. Similarly, you may need extra eggs if there are several people in your household doing this 31-day program.



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, if needed
- Almond flour, if needed
- Ground flax seeds, if needed
- Paprika
- Smoked chipotle powder
- Onion powder
- Mayonnaise, if needed
- Tahini, if needed

Vegetables & Fruits

- Blueberries, raspberries, strawberries & black berries, choose your favorites
- 7 avocados
- Fresh basil, 2 bunches
- Ginger root, small piece if needed
- 1 lime
- 4 lemons
- Cooking onions
- 1 red onion
- 2 garlic bulbs
- Tomatoes
- Cherry tomatoes, 1 large container
- 2 English cucumbers
- 1 large head of cabbage (or buy 2 pre-shredded bags for easy use, if desired)
- 2 heads of cauliflower
- Broccoli florets (or 1 bunch)
- 1 red bell pepper
- Celery
- Baby arugula, 1 bag
- Baby spinach leaves, 2 bags
- Mixed spring greens, 1 bag
- 1 head Romaine lettuce
- 4 Portobello mushrooms
- 3 small zucchini





Dairy Section

- Heavy cream
- 2 dozen eggs
- Butter
- Full fat plain yogurt
- Shredded mozzarella cheese, 1 large bag
- 15 ounces full fat ricotta cheese
- Nut milk, carton

Other Items

- 3 cans tomato sauce, sugar free
- 3 cans tomato paste, sugar free
- 1 can baby artichokes
- 1 can or bottle of roasted red peppers (if not making from scratch)
- Vegetable stock, 2 tetra packs
- Poppy seeds, 1 package
- Sunflower seeds
- Walnut pieces
- 1 C Macadamia nuts
- Hulled hemp seeds
- 1 C Cashew pieces

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! Also, if you are making homemade ghee you may need more.

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. The amounts on this list reflect the recipes as written. If you are doubling a recipe or cutting it in half then alter what you purchase accordingly.



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Basics

- Electrolyte drinks
- Coffees and teas (if needed)
- Ghee (if not making your own)
- Almond flour (if needed)
- Full fat mayonnaise (if needed)
- Psyllium husk powder (if needed)
- Ground flax seed (if needed)
- Tahini (if needed)
- Chili pepper flakes

Vegetables & Fruits

- Blueberries, raspberries, strawberries & black berries, choose your favorites
- 2 Lemons
- 1 lime
- 3 avocados
- 1 bag of cooking onions (if needed)
- 1 bunch Green onions (scallions)
- 1 red onion
- 1 ginger root, small piece
- 2 garlic bulbs
- 2 Tomatoes
- 1 large carton cherry tomatoes
- 1 head of cabbage (or buy the pre-shredded, if desired)
- 2 large heads of cauliflower (or 3 smaller ones)
- 1 head Boston (or Bibb lettuce)
- 1 head Romaine lettuce
- 1 Japanese eggplant
- 1 bag Spring green salad mix
- 2 bags Baby spinach leaves
- 1 bag or container of arugula
- 4 Portobello mushroom caps
- ¾ lb Cremini mushrooms
- 1 red chili pepper
- 9 red bell peppers
- 2 English cucumbers
- 4 small zucchini
- 1 bunch Fresh parsley
- 1 bunch Fresh mint
- 1 bunch fresh dill
- 1 bunch Fresh basil leaves
- 1 bunch Fresh cilantro
- ½ lb Brussels sprouts
- 1 bunch Swiss chard





Dairy Section

- Heavy cream
- 2 dozen eggs
- Full fat plain yogurt, if needed
- Nut milk, if needed
- Crumbled goat cheese, if needed
- Parmesan cheese block, if needed
- Ricotta cheese, small container if needed

Other Items

- 2 C unsweetened coconut chips (if more keto granola is needed)
- 2 C Sunflower seeds (if more keto granola is needed)
- 2 C Pecans (if more keto granola is needed)
- 2 C Brazil nuts (if more keto granola is needed)
- 3 C Hazelnuts (if more keto granola is needed)
- 2 C Pumpkin seeds (if more keto granola is needed)
- 1 can tomato paste
- 1 can tomato sauce, sugar free
- Hazelnuts, small package (for meals and not for granola)
- 2 C Walnut pieces
- Flaked almonds, small package
- Pine nuts (if needed) 1 small bag
- Vegetable broth, 1 tetra pack box
- Black olives and green olives (if needed)
- 1-8 oz bottle grape leaves



Week IV

Basics

- Electrolyte drinks
- Coffees and teas, as needed
- Nutritional yeast, if needed

Vegetables & Fruits

- Blueberries, raspberries, strawberries & black berries, choose your favorites
- 6 Avocados
- 3 lemons
- 1 bag mixed greens
- 1 bag baby spinach leaves
- 1 head Romaine lettuce
- 1 red onion, if needed
- 1 head cauliflower
- 14 asparagus spears
- 9 red bell peppers, if making your own roasted pepper
- 1 red chili pepper
- 1 English cucumber
- 4 Portobello mushroom caps, large
- ½ lb cremini mushrooms
- 1 Japanese eggplant
- 1 garlic bulb
- 1 bunch fresh parsley
- 1 bunch fresh basil (you need enough for 2 cups)
- 1 lemon
- Cherry tomatoes, 1 large container
- 2 tomatoes
- 11 small zucchini





Dairy Section

- Heavy cream
- 2 dozen eggs
- Ricotta cheese, large container
- Mozzarella cheese, 2 packages of shredded pizza cheese
- Nut milk (if needed)
- Cheddar cheese, small shredded package
- Full fat sour cream, small container

Other Items

- Hazelnuts (Filberts), small package
- Raw almonds, small package if needed
- 1 C Walnut pieces
- 1 can tomato paste
- Roasted red pepper in a jar (if not making your own)
- Black & green olives, if needed
- Vegetable broth, 1 tetra pack box
- 2 cans tomato sauce, sugar free
- 1 can artichokes



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Week V

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

Vegetables & Fruits

- Blueberries, raspberries, strawberries & black berries, choose your favorites
- 1 lemon
- 1 avocado
- 1 bag baby spinach leaves
- 1 bunch of fresh basil
- 1 bulb of garlic, if needed
- 2 small zucchini
- 1 small piece of ginger root, if needed
- 1 head cauliflower
- 1 bag shredded cabbage

Dairy Section

- Heavy cream, if needed
- Full fat plain yogurt, if needed
- Nut milk, if needed
- Cheddar cheese, if needed
- 1 dozen eggs

Other Items

- 1 C Walnut pieces



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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) and, if desired, 2 tsp heavy cream.

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: 77 (with cream) ... 45 (without cream)
- Total Carbs: 0
- Fiber: 0
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0



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Ghee

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

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

Ingredients

- 1 lb grass-fed, organic butter

Preparation

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

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



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

Yield: 1 ½ C, Serving size: 1 tsp

Nutritional Information:

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



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Parmesan 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 (almond flour)
- ¼ C finely grated Parmesan cheese
- 2 T poppy seeds
- 1 tsp garlic granules
- 1 tsp onion powder
- ¼ tsp salt
- 1 egg white
- ½ tsp Dijon mustard
- 1 T soft butter



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Preparation

1. Preheat oven to 325 F
2. Whisk almond flour, Parmesan cheese, garlic powder, onion powder, salt and poppy seeds until blended evenly.
3. Add egg white, Dijon mustard and soft butter to the dry ingredients mixing everything together using a flat spatula. (If using the vegan egg replacement of water & ground flax, mix these two items together and let the mixture rest for a few minutes so it has a chance to thicken up.)
4. 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.
5. 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.
6. 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

Nutritional Information:

with one ounce of old cheddar cheese

- Calories/serving: 250
- Total Carbs: 3 g
- Fiber: 2 g
- Net carbs: 1 g
- Total Fat: 20 g
- Protein: 14 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



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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

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





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 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

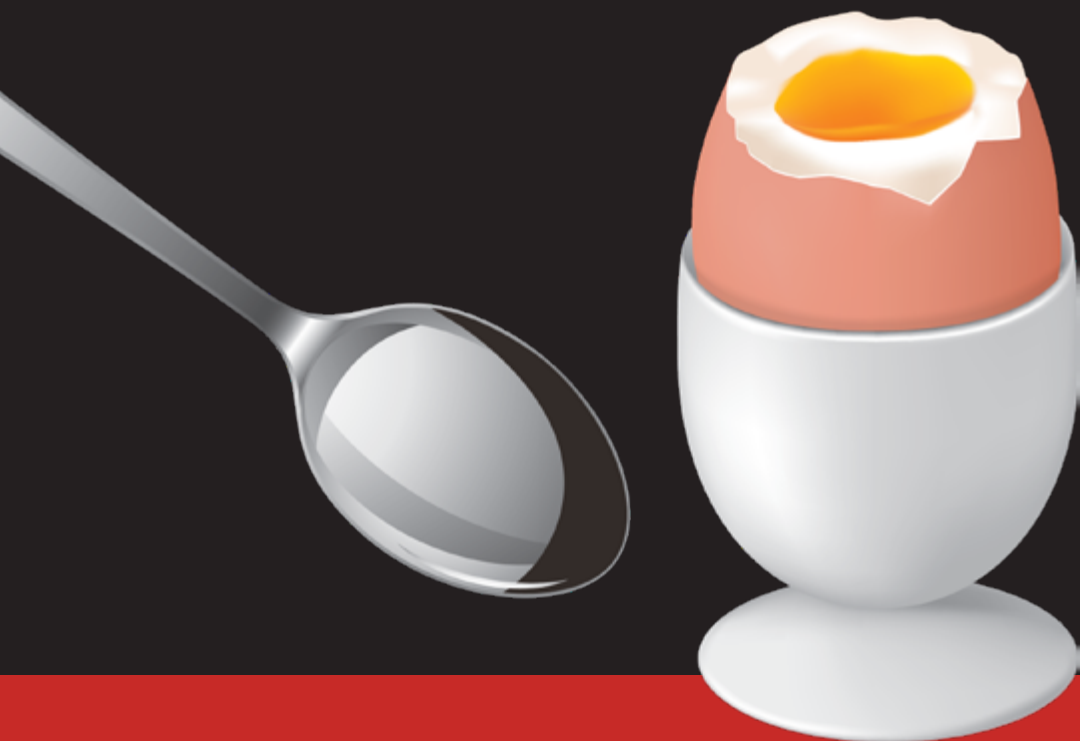


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Breakfast





Garlicky Scrambled Eggs

Creamy scrambled eggs with a hint of garlic; so delicious! Pair with a toasted Keto Bagel and you have an easy breakfast on a busy morning.

Ingredients

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



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Preparation

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

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 220
- Total Carbs: 2 g
- Fiber: 0 g
- Net Carbs: 2 g
- Total Fat: 18 g
- Protein: 13 g



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Mini Quiche

We call these breakfast quiches but really, they are great for any meal of the day. And bonus ... they taste great cold or at room temperature. So, make extra and have some for a meal tomorrow. They will keep in the fridge when wrapped up tight for three days.

This recipe uses black olives, sun-dried tomatoes and caramelized onions but you should feel free to change it up and use whatever you have on hand. Spinach and ham make a hardy mini quiche that is excellent with thin slices of avocado served on the side. There's an endless list of possible ingredients and flavor profiles so you aren't likely to ever get bored eating mini quiche.

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

Ingredients

- ½ large cooking onion, medium dice
- 2 tsp ghee
- 2 T finely diced sun-dried tomato
- 4 Mediterranean dried black olives
- ¼ C soft goat cheese (chevre)
- 6 eggs
- ¼ C nut milk
- ½ tsp Himalayan salt
- ¼ tsp black pepper



Preparation

1. Pre-heat the oven to 350 F
2. Melt ghee in skillet over medium high heat, add the diced onion and turn the heat under the pan down to medium. Sauté the onion until translucent and lightly caramelized (about 5 minutes).
3. While the onions are cooking prepare a muffin pan (6 individual cups) with a light coating of coconut oil.
4. Remove the olive meat from the pits and chop coarsely. Discard the pits.
5. Divide the caramelized onions, chopped black olives and diced sun-dried tomatoes evenly amongst the six muffin cups.
6. Whisk the 6 eggs together with the nut milk, salt and pepper and pour over the ingredients already distributed in the 6 muffin cups, dividing the egg mixture evenly.
7. Place on the middle rack of the pre-heated oven and bake for 30 minutes or until the egg has set and a skewer comes out clean when inserted into the middle of one of the muffin cups. Let cool for a few minutes and then slip the mini quiches out of the muffin cups and onto a plate.

Yield: 2 servings (2 mini quiche/serving) with 1 serving leftover for breakfast tomorrow

Nutritional Information:

- Calories/serving: 318
- Total Carbs: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Total Fat: 28 g
- Protein: 17 g



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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
- 1 scoop pea protein powder



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Preparation

1. Blend avocado, coconut milk, ginger, turmeric, lemon juice and pea protein powder 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 vegan 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 left-over 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 (or other nut milk of your choice)
- 1 scoop pea protein powder
- 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 (30g) of vegan 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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Perfectly Boiled Eggs

Keep a stash of ready to eat hard boiled eggs in the fridge for a quick snack if the need arises. I make boiled eggs using large sized eggs that come straight out of the fridge. Simply place eggs in a heavy bottomed pot that comfortably fits the number of eggs you are boiling. Cover the eggs with water (1" above the tops of the eggs in the pot) using cold water from the kitchen tap.

Hard Boiled Eggs:

Set your timer for 15 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at as rapid a rate.

When 15 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Refrigerate the eggs when cool enough to handle. Hard boiled eggs can be stored in the fridge for up to a week.





Soft Boiled Eggs:

Set your timer for 7 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at a rapid a rate.

When 7 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Take the top off the egg or peel and serve with butter to add some saturated fat to your breakfast. Season with salt and pepper.

Yield: 1 large egg per serving

Nutritional Information:

- Total Calories/serving: 70
- Total Carbs: 0 g
- Fiber: 0 g
- Net Carbs: 0 g
- Total Fat: 2 g
- Protein: 6 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 & 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 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

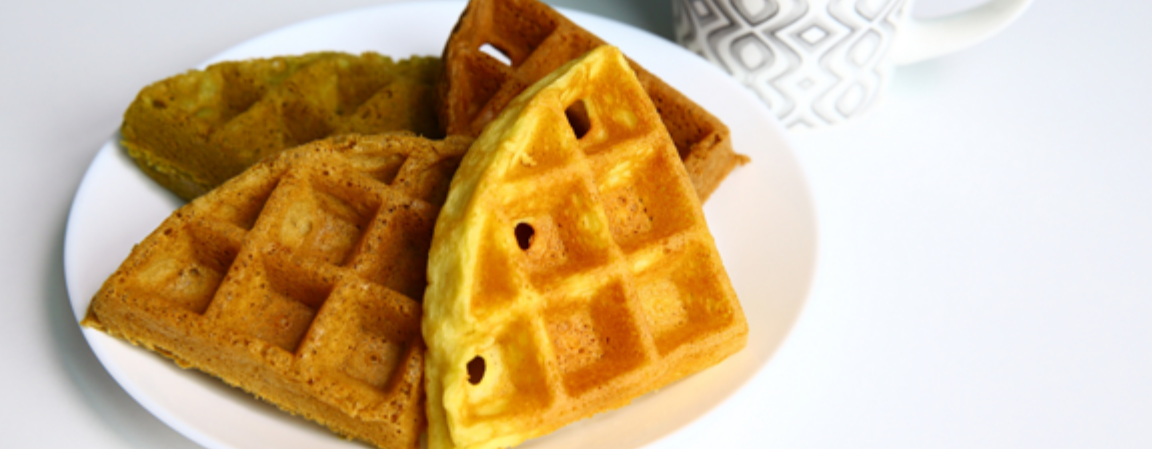
- Total Calories/serving: 309
- Total Carbs: 14 g
- Fiber: 13 g
- Net Carbs: 1 g
- Total Fat: 23 g
- Protein: 10 g



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Ketogenic Waffles

Keto waffles are eaten in the morning with syrup and also in the afternoon as our 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)
- $\frac{1}{4}$ C heavy cream plus $\frac{1}{2}$ C water (for vegan version use $\frac{3}{4}$ C coconut milk from a carton)
- 1 egg
- 2 T melted butter or 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. Combine the almond flour, coconut flour, salt, baking powder and xanthan gum.
3. Whisk the coconut milk, egg, melted butter and vanilla (if using).
4. Make a well in the center of the dry ingredients and pour in the wet mixture. Combine by hand, using a spoon.
5. 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.
6. 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 the Keto Success program. For mornings when you need to get out the door in a hurry, pair the granola with Greek yogurt or coconut milk 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 of ¼ cup: 234
- Total Carbs: 7g
- Fiber: 4 g
- Net carbs: 3 g
- Total Fat: 22 g
- Protein: 10 g



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Nutritional Information:

with ¼ C blueberries & ¼ C coconut milk)

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

Nutritional Information:

(with ½ C of full fat, plain, Greek yogurt)

- Total Calories/serving: 344
- Total Carbs: 12 g
- Fiber: 4 g
- Net carbs: 8 g
- Total Fat: 15 g
- Protein: 30 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 C almond flour
- ¼ C coconut flour
- 1/2 C sweetener (sugar free)
- ¼ tsp pink Himalayan sea salt
- 2 tsp cinnamon
- 1 large egg white
- 2 ½ T coconut oil, melted

Preparation

1. Pre-heat oven to 400 F
2. In a bowl combine almond flour, coconut flour, sweetener, salt and cinnamon. Mix well.
3. Add egg white 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.



4. 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.
5. 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.
6. 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.
7. 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





Deviled Eggs

My granny used to serve deviled eggs at lunch-time and today, it's still a favorite comfort food for my own family. These tasty eggs make a great snack at any time of the day for those on a ketogenic eating plan.

Ingredients

- 2 large eggs, hard boiled
- 1 T mayonnaise
- 1 tsp Dijon mustard
- ½ tsp onion powder
- Salt & pepper to taste



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Preparation

1. Cut hard boiled eggs in half lengthwise. Remove yolks and place them into a small bowl.
2. Add the mayo, Dijon mustard and onion powder. Mash everything together using a fork and season to taste with salt & pepper.
3. Using a teaspoon carefully mound the yolk mixture into the egg halves. Garnish with a sprinkle of paprika and serve or refrigerate immediately.

Yield: 2 servings

Nutritional Information:

- Calories/serving: 118
- Total Carbs: 1 g
- Fiber: 0 g
- Net Carbs: 1 g
- Total Fat: 10 g
- Protein: 6 g



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Cloud Bread

This bread keeps well in the fridge for three days. If you freeze it make sure to slip a piece of parchment paper between the slices to make sure they won't stick together. It's a good idea to always have this cloud bread available for a quick lunch sandwich.

Recipes for this Cloud bread, also known as Oopsie bread are all over the internet with no one really being clear about where it originated. Here's our favorite version ...

Ingredients

- 3 large eggs, separated
- 3 oz cream cheese, softened (or 2 T full fat mayonnaise)
- 1/8 tsp cream of tartar



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Preparation

1. Pre-heat oven to 300 F.
2. Whip egg white with a hand-held mixer until they thicken slightly.
3. Sprinkle the cream of tartar over the whites and continue to whip until stiff peaks form.
4. Using the mixer blend the egg yolks and soft cream cheese (or vegan mayo) until light and creamy.
5. Gently fold the egg white and yolk mixtures together by hand to form a batter, using a spatula.
6. Make 6 separate mounds of the batter on a parchment lined baking sheet, leaving a bit of space between each of the round pancake shapes.
7. Bake until lightly golden in color (about 30 minutes). Cool on a wire rack.

Yield: 6 pieces of cloud bread (one piece/serving)

Nutritional Information:

- Total Calories/serving: 85
- Total Carbs: 1 g
- Fiber: 0 g
- Net Carbs: 1 g
- Total Fat: 7 g
- Protein: 4 g





Avocado Havarti Roll-ups

Easy to make and perfect for lunch. Make them often and change up the flavor profile by using different types of full fat cheese.

Ingredients

- 1 ripe avocado
- 6 oz Havarti cheese

Preparation

1. Cut avocado in half, remove the round stone, and score the avocado flesh into 6 large slices, lengthwise. Remove from the outer skin.
2. Lay one slice of cheese out flat and place an avocado slice on top then roll it up. Repeat with remaining cheese and avocado slices.
3. Serve immediately.

Yield: Serves 2

Nutritional Information:

(using thinly sliced Havarti cheese)

- Calories/serving: 337
- Total Carbs: 8 g
- Fiber: 5 g
- Net Carbs: 3 g
- Total Fat: 29 g
- Protein: 13 g



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Creamy Roasted Pepper Soup

This soup is elegant enough to start your next dinner party or can simply make a satisfying lunch served with keto crackers and a chunk of your favorite cheese on the side. Roasting the peppers quickly under the broiler deepens their flavor and the chili pepper flakes add a bit of subtle heat to the soup.

Ingredients

- 8 red peppers
- 2 T ghee (or extra virgin olive oil)
- ½ C yellow onion, fine dice
- 2 garlic cloves, minced or pushed through a press
- 2 tsp chili pepper flakes
- 1 C vegetable broth
- ½ C heavy cream
- 2 C nut milk
- pink Himalayan salt & black pepper, to taste
- 4 T Parmesan cheese



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. Melt ghee in a heavy bottomed pot over medium high heat and sauté onions until they turn a nice golden color. Adjust the heat under the pot so the onions don't scorch during this process. When almost done add in the minced garlic and pepper flakes. Continue to sauté for a few more minutes. Puree in a blender along with the roasted red pepper and vegetable broth.
3. Return the puree to the soup pot and heat over medium heat until the puree reaches the simmering point. Whisk in the heavy cream and nut milk. Bring back up to the simmer while stirring constantly. Allow the soup to reduce slightly and thicken while continuing to simmer and stir.
4. Remove from heat and serve immediately garnished with Parmesan cheese.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 208
- Total Carbs: 17 g
- Fiber: 5 g
- Net Carbs: 12 g
- Total Fat: 15 g
- Protein: 5 g



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Keto-style Pesto & Noodles

For 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 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
- ½ C finely grated Parmesan
- 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:

(vegetarian version using Parmesan)

- Total Calories/serving: 444
- Total Carbs: 10 g
- Fiber: 3 g
- Net Carbs: 7 g
- Total Fat: 44 g
- Protein: 8 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)
- 2 oz crumbled goat cheese, simply omit for vegan version



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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. Garnish with goat cheese (if using). Serve immediately.

Yield: Serves 2

Nutritional Information:

with goat cheese

- Total Calories/serving: 309
- Total Carbs: 19 g
- Fiber: 7 g
- Net Carbs: 12 g
- Total Fat: 29 g
- Protein: 7 g

Nutritional Information:

without goat cheese

- 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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Keto Zucchini Boats

These cheesy zucchini boats make a nice side-dish at dinnertime or you can pair them with a salad of your choice for lunch. Experiment with different herb and spice combos for variety. The recipe that follows will feed six for dinner as an entree or 12 as a side-dish.

Ingredients

- 3 whole zucchini cut in half
- 1 tsp pink Himalayan salt
- 1 ½ T extra virgin olive oil
- 1 T Keto Worcestershire sauce
- 2 tsp Smoked Paprika
- 1 tsp dried oregano
- ½ lb mushrooms, cleaned and chopped
- ½ C cheddar cheese, shredded
- 3 T full fat sour cream
- 2 T green onion, sliced thinly



Preparation

1. Pre-heat oven to 375 F.
2. Scrape seeds out of the central area of each zucchini half. Discard seeds. Sprinkle the cavities with salt and set aside for 5 minutes. Using a clean paper towel wipe the excess moisture and salt from the surface of each zucchini boat.
3. Place the boats on a no-stick (or foil-lined) baking sheet. Mix 1 T of the oil with the keto Worcestershire sauce. Brush on the zucchini boats and sprinkle the smoked paprika and dried oregano over-top. Place on the middle rack of the pre-heated oven and bake for 10 minutes.
4. Heat remaining oil in a heavy bottomed skillet over medium high heat. Add the chopped mushrooms and stir fry until the mushrooms are cooked all the way through. Remove from heat.
5. Remove the zucchini boats from the oven and divide the cooked mushrooms between the boats evenly. Top with the shredded cheese and return to the oven for 8 – 10 more minutes or until the cheese has melted and the zucchini is cooked through. The cheese should be bubbly and lightly browned on top.
6. Top each boat with a dollop of sour cream and sprinkle on the green onion garnish. Serve immediately.

Yield: Serves 3 as a meal (or 6 as a side-dish)

Nutritional Information:

- Total Calories/serving: 140 per zucchini boat
- Total Carbs: 10 g
- Fiber: 4 g
- Net Carbs: 6 g
- Total Fat: 9 g
- Protein: 7 g





Olive Tahini Pate

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

Ingredients

- Juice from ½ lemon
- 1 T butter, 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 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





Ricotta Stuffed Tomato

It looks elegant and doesn't take much time; perfect for lunch!

Ingredients

- 1 tomato (or several cherry tomatoes)
- ¼ C spinach leaves (or baby kale)
- 2 tsp extra virgin olive oil
- 1 t fresh lemon juice
- ¼ C full fat Ricotta cheese
- 1 green onion (scallion), thinly sliced
- 3 olives (black or green)



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Preparation

1. Cut top off tomato and scoop out the pulp
2. To make the filling mix the pulp with the ricotta cheese, olive oil, lemon juice, torn kale (or spinach) and green onion.
3. Stuff the tomato cavity with the filling and serve with the olives on the side.

Preparation

Yield: Serve 1

Nutritional Information:

- Total Calories/serving: 289
- Total Carbs: 13 g
- Fiber: 2 g
- Net Carbs: 11g
- Total Fat: 22 g
- Protein: 9 g



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Grilled Halloumi Cheese Salad with Hazelnut

Halloumi is a brined and un-ripened cheese. It has a slightly salty flavor and is made from goat or sheep's milk; however, the majority of Halloumi cheese you find in American supermarkets is made using cow's milk. I like to serve grilled Halloumi on a bed of mixed greens drizzled with a homemade vinaigrette for an easy lunch or light dinner.

Ingredients

- 2 tsp Dijon mustard
- 2 garlic cloves, crushed through a garlic press
- Grinding of pepper
- 2 T C white wine vinegar
- 3 T extra virgin olive oil
- 2 C mixed greens
- 2 C baby spinach leaves
- ¼ C red onion, very thinly sliced
- ¼ C chopped & toasted hazelnuts
- 8 oz Halloumi cheese, cut into 2" cubes
- 1 T extra virgin olive oil



Preparation

1. Make the dressing by whisking Dijon mustard, garlic, vinegar and pepper. Slowly drizzle in the olive oil while continuing to whisk. Set aside.
2. Toss together the baby spinach leaves, mixed greens, red onion and toasted nuts. Divide between four salad bowls or plates.
3. Toss the cheese cubes with the olive oil making sure they are coated with the oil completely.
4. Pre-heat ridged grill pan or cast iron fry pan over medium high heat until the pan is very hot. Place the cheese cubes in the pan and grill for 3-5 minutes or until the cheese has flattened out a bit and is slightly crusty and golden brown. Flip the cheese and grill for another 2 – 3 minutes.
5. Serve on top of the mixed greens & spinach salad, drizzled with the vinaigrette.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 390
- Total Carbs: 3 g
- Fiber: 1 g
- Net Carbs: 2 g
- Total Fat: 35 g
- Protein: 16 g



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Curried Egg Salad Sandwich

I love a bit of curry in my egg salad but skip this spice if it's not on your list of favorites.

Ingredients

- 2 Cloud Bread pieces (you can use Keto Waffles too!)
- 1 Perfectly Hard Boiled Egg
- 1 T full fat mayonnaise
- ¼ tsp Dijon mustard
- 1 green onion (scallion), thinly sliced
- Grinding of pink
- ½ tsp curry powder
- 1 Romaine lettuce leaf
- Himalayan salt & black pepper (to taste)



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Preparation

1. Mash hardboiled egg with a fork and mix in the mayonnaise, Dijon mustard, green onion and curry powder. Correct the seasoning with salt & pepper.
2. Spread the egg mixture on one piece of cloud bread. Top with the Romaine lettuce and cover with the second piece of Cloud Bread. Cut in half and serve.

Yield: Serves 1

Nutritional Information:

- Total Calories/serving: 245
- Total Carbs: 6 g
- Fiber: 5 g
- Net Carbs: 1 g
- Total Fat: 20 g
- Protein: 10 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 (or Cloud Bread)
- 1 T full fat mayonnaise
- ½ avocado
- ½ medium sized tomato
- Lettuce leaf

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

Remember to soak the cashews overnight or for at least for 4 hours before making the soup. Make enough so you can have this creamy soup 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



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, 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





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 Mayonnaise
- Roasted Red Pepper Spread
- 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

Nutritional Information:

- Total Calories/serving:
- Total Carbs:
- Fiber:
- Net Carbs:
- Total Fat:
- Protein:



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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 (or 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 (or vegan) mayonnaise
- 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





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



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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 (one from each side) 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

Roasting the cauliflower adds a depth of flavor to the finished humus filling in these lettuce rolls. Feel free to swap in either of our other delicious humus recipes if preferred: Roasted Red Pepper Humus or Harlan's Decadent Macadamia Nut Humus. Adjust the macros accordingly.

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

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 ghee (for the vegan version use 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





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 heavy cream (for vegan version use coconut cream)
- ¼ C chopped black olives
- 4 soft poached eggs, (omit for vegan version)



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 Province, 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.
6. If making the vegetarian version, keep the ragout warm over low heat while you soft-poach the eggs. Serve an egg on top each bowl of the ragout.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: (no egg)
- Total Carbs: 9 g
- Fiber: 2 g
- Net Carbs: 7 g
- Total Fat: 14 g
- Protein: 2 g

Nutritional Information:

Total Calories/serving: 237 (with 1 soft poached egg)

- Total Carbs: 10 g
- Fiber: 2 g
- Net Carbs: 8 g
- Total Fat: 19 g
- Protein: 8 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. Remove from the oven and wrap the foil from the baking sheet up and around the blackened pepper pieces.



2. 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.

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





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 full fat 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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Keto Vegetarian Pizza

Celebrate; pizza is still on the menu!

Ingredients

For the crust:

- 3 C grated cauliflower
- 1 egg, lightly beaten
- 1 ½ C mozzarella cheese, grated
- 2 T Parmesan cheese, finely grated

For the toppings:

- ½ C tomato sauce (sugar free)
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 cooking onions, sliced into thin wedges
- ½ C canned artichokes
- ½ C roasted red pepper (from can or make from scratch)
- 1 T olive oil
- ¼ C black olives (dried & cured in olive oil), stone removed & cut into small pieces
- ½ C mozzarella cheese
- 2 T Parmesan cheese
- ½ C baby arugula leaves, for garnish



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Preparation

1. Use a box grater to grate the cauliflower. Place the grated cauliflower into a glass measuring cup and microwave on high until it's beginning to soften. It only took 3 minutes in my microwave but it's a powerful commercial version so the amount of time will depend on the microwave you have in your kitchen. Most will probably require 7 or 8 minutes on high.
2. This next step is crucial for a successful crust. Make sure to blot out the excess moisture from the cauliflower using a clean kitchen towel before proceeding.
3. Now mix the partially cooked cauliflower with the beaten egg, mozzarella and 2 T of the parmesan cheese.
4. Line a round pizza pan with a piece of parchment paper, cut to size. Coat with a quick spray of cooking oil. Spread the cauliflower/cheese mixture around evenly in the pan and place on the middle rack of your preheated oven.



5. Bake for 25 minutes until the crust begins to turn a nice golden brown color. Don't turn off the oven yet!
6. Start to layer your toppings on the crust beginning with the sauce. Sprinkle with the oregano & basil and then layer the rest of the ingredients on top ending with the mozzarella cheese. Sprinkle the reserved 2 T of Parmesan cheese on top of everything and place the pizza back in the oven for another 10 minutes.
7. Remove from the oven and let cool for a bit before cutting into wedges

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 294
- Total Carbs: 17 g
- Fiber: 4 g
- Net Carbs: 13 g
- Total Fat: 24 g
- Protein: 12 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
- ½ C Parmesan cheese, finely shredded
- ½ C water, added a bit at a time as needed
- 1 T extra virgin olive oil

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 Parmesan in the bowl of a food processor. Reserve 2 T of Parmesan 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 Parmesan 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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Vegetarian Dinner Salad

This basic salad with hardboiled eggs and cheese is hardy enough to grace the table, all by itself, at dinnertime. You can pair the salad with a sugar free dressing of your choice but we recommend that you give either our Completely Keto Green Goddess or Tahini dressing a try.

Ingredients

- 4 ounces Havarti cheese, cut into cubes (or other full fat cheese of choice)
- 4 C romaine lettuce, torn into pieces
- 1 C cherry tomatoes, cut in half
- 1 C English cucumber, cut into cubes
- ¼ C toasted sunflower seeds
- 4 large hardboiled eggs, each egg quartered lengthwise
- Totally Keto Green Goddess Dressing or Tahini Salad Dressing



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Preparation

1. Combine everything but the hardboiled eggs in a large salad bowl and toss.
2. Add salad dressing of your choice, toss again and divide into 4 portions.
Garnish each portion with the hardboiled egg sections. Serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 246
- Total Carbs: 7 g
- Fiber: 2 g
- Net Carbs: 5 g
- Total Fat: 18 g
- Protein: 2 g



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Easy Ketogenic Vegetarian Lasagna

I've substituted thin lengthwise slices of zucchini for the traditional flat noodles used in lasagna. There isn't a lot of fussing when putting this lasagna together, especially if you splurge and buy the ready to use grated cheeses. This recipe will make a large 9" x 13" casserole so there will definitely be left-overs to enjoy tomorrow. You can also freeze well-wrapped left-overs for reheating later in the week or month.

Ingredients

- 4 zucchini
- 1 T extra virgin olive oil
- ½ cooking onion, small dice
- 2 garlic cloves, minced or pushed through a press
- 3 C baby spinach leaves
- 2 eggs
- 15 ounces full fat ricotta cheese
- 1 T dried basil
- 1 T dried oregano
- 2 tsp garlic powder
- 1 tsp pink Himalayan salt
- 1 ½ C mozzarella cheese, shredded
- 1 ½ C tomato sauce, sugar free





Preparation

1. Preheat the oven to 350 F.
2. Grease the bottom of the glass rectangle casserole dish with a light spray of olive oil.
3. Slice off the ends of the zucchini, then in half lengthwise and again until you have 4 or 5 long slices from each one of them. Line the bottom of the pan with one layer of zucchini.
4. In a bowl mix the ricotta, eggs, spice, salt and $\frac{1}{2}$ C of the Parmesan cheese until well combined.
5. Heat oil in a heavy bottomed skillet and sauté the onion and garlic until translucent. Add the spinach and continue to sauté for 3 or four more minutes until the spinach is cooked and some of the excess moisture has evaporated.
6. Stir the spinach mixture into the ricotta mixture.



7. Spread $\frac{1}{2}$ C of tomato sauce evenly over the zucchini slices. Place $\frac{1}{3}$ of the ricotta/spinach mixture on top and use a spatula to spread it out until all the zucchini is covered.
8. Place one-third of the shredded mozzarella cheese on top.
9. Repeat this process until all the zucchini, tomato sauce, ricotta/spinach mixture and sliced cheese has been used. It should make three layers altogether. Sprinkle the remaining $\frac{1}{2}$ C of grated Parmesan on top.
10. Bake for 60-70 minutes uncovered on the middle rack of the pre-heated oven. Remove from oven and let the lasagna rest on the counter for 20 minutes before, cutting it into 9 pieces. Serve immediately with a green salad on the side.

Yield: serves 9

Nutritional Information:

- Total Calories/serving: 233
- Total Carbs: 10 g
- Fiber: 1 g
- Net Carbs: 9 g
- Total Fat: 15 g
- Protein: 16 g



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Speed Keto Sushi Rolls

You can still enjoy sushi! This speed keto vegetarian 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
- ½ English cucumber
- 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. Cut the English cucumber in half lengthwise and scoop out the seeds from the middle of both halves. Slice each half into long thin pieces, lengthwise. Refrigerate until ready to make the rolls.
7. 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.
8. To make the rolls: Cover the bamboo roller with a piece of plastic wrap. Place a sheet of nori on top. Spread 1/5 of the cooled cauliflower mixture over the nori, leaving about ¾ inches of space at the top. Place the cucumber and 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>
9. 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





Ground Walnut Taco Bowl

It turns out Tex Mex and keto do go together! We have this salad for dinner and sometimes for lunch.

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 mayonnaise
- ½ avocado
- Juice of 1 lime
- 1 tsp hot sauce
- ½ tsp paprika



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





Hemp Patties

If you are missing nuggets on the menu miss them no more. These hemp patties are a great substitute and are 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



Salads & Sides





Marinated Cherry Tomato Salad

Put this salad together quickly and pour on the dressing then let it marinate at room temperature while your entree 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

This salad is delicious as is but if you are looking for a lighter version to use as a side-salad on the dinner table, just omit the avocado.

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)
- 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

This fresh salad reminds you of summer but tastes good all year long!

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

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



Steamed Cauliflower & Broccoli Florets

Steamed lightly and served with butter melting over-top this combo can accompany a variety of entrees.

Ingredients

- 3 C broccoli florets
- 3 C cauliflower florets
- 2 T butter or Vegan 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 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 entrees. It's filling and delicious!

Ingredients

- 1 T ghee (or vegan butter substitute)
- 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



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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 very thin slices. Lay each slice flat and cut, lengthwise into flat fettuccini noodle style strips about 1/3 "wide. You will have about 5-6 cups of "veggie pasta" when done.
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 ghee
- 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
- Protein: 3





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 ghee or vegan butter substitute
- 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. Melt ghee 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 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
- 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
- 1 T fresh mint leaves, minced (or 1 tsp dried mint)



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



Chapter 7

Intermittent Fasting (IF)

The Bariatric Surgery Solution

The take-away 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).

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 bedtime 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.



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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 Vegetarian Program

Longer fasting periods will accelerate weight loss but it’s best to undertake long intermittent fasts less often. In Speed Keto Vegetarian, 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 overnight 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.
- *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.

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



Speed Keto Vegetarian also encourages including three 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 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.





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 Vegetarian 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 Vegetarian 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 Vegetarian.

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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