KETO ACCELERATOR MASTERCLASS

KETO MEAL PLAN NO.2

2 MEALS PER DAY AVG.
1831 kcal avg.
81/16/4 Macros



Claudia J. Caldwell

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info@cj-caldwell.com

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MACRO OVERVIEW

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I meal	Keto frittata with fresh spinach 661 kcal Protein:16% Fat: 81% Net Carbs: 2%	Half amount of Keto pancakes with berries 425 kcal Protein:12% Fat: 83% Net Carbs:4%	Keto egg muffins 336 kcal Protein: 28% Fat: 70% Net Carbs: 2%	Keto porridge 642 kcal Protein: 7% Fat: 90% Net Carbs: 3%	Classic bacon and eggs with Keto cheese roll-ups 607 kcal Protein: 19% Fat: 79% Carbs: 2%	Low-carb chia pudding 461 kcal Protein: 7% Fat:87% Net Carbs: 6%	1/2 amount of Keto mushroom and cheese frittata 1061 kcal Protein: 12% Fat:86% Net Carbs: 2%
II Meal	1/2 amount Creamy low-carb broccoli and leek soup, Keto chicken burgers with tomato butter 1249 kcal Protein: 14% Fat: 80% Net Carbs:6%	Spicy keto pork and kale soup and 1 Keto Argentine caramel sandwiches as dessert 1403 kcal (together) Protein: 11% Fat: 82% Net Carbs: 3%	1/2 amount Low-carb pumpkin soup and Keto fried salmon with asparagus 1456 kcal Protein: 11% Fat: 85% Net Carbs: 4%	Keto zucchini pizza boats with goat cheese and 8 - 10 Parmesan chips 995 kcal Protein: 21% Fat: 75% Net Carbs: 4%	Yogurt chicken kebabs with beet carpaccio and 1/2 amount of Lemon-lime poppy seed cheesecakes as a dessert 1208 kcal Protein: 13% Fat: 81% Net Carbs: 6%	1/2 amount of Low-carb Philly cheesesteak soup and 1/2 amount Keto pizza 1413 kcal Protein:26% Fat: 70% Net Carbs: 4%	Keto lasagna 1/3 of amount 901 kcal Protein: 19% Fat: 77% Net Carbs: 4%
average per day%	Protein: 15% Fat: 81% Carbs: 4%	Protein: 13% Fat: 82% Carbs: 5%	Protein: 13% Fat: 84% Carbs: 3%	Protein: 22% Fat: 76% Carbs: 3%	Protein: 16% Fat: 80% Carbs:4%	Protein: 17% Fat: 78% Carbs: 5%	Protein: 16% Fat: 82% Carbs: 3%

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Day 1 | I MEAL

KETO FRITTATA WITH FRESH SPINACH

Ingredients for 1 serving

- 1.5 slice of diced bacon or chorizo
- 1 tsp butter, for frying
- 2 cups of fresh spinach
- 2 eggs
- ¼ cup heavy whipping cream
- 4 Tbsp. shredded cheese
- salt and pepper to taste

Instructions

1. Preheat the oven to 350°F (175°C).
2. Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
3. Whisk the eggs and cream together and pour into a greased baking dish (9x9 inches) or in individual ramekins.
4. Add the bacon, spinach and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.



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II MEAL

CREAMY LOW-CARB BROCCOLI AND LEEK SOUP AND KETO CHICKEN BURGERS WITH TOMATO BUTTER



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CREAMY LOW-CARB BROCCOLI AND LEEK SOUP

Ingredients for 2 serving

- ½ leek
- 4 cups broccoli, chopped
- 1 cup water
- ½ vegetable bouillon cube
- ¾ cup cream cheese
- 7 tbsp heavy whipping cream
- ¼ tsp ground black pepper
- 4 tbsp fresh basil
- ½ garlic clove, pressed
- salt

CHEESE CHIPS

- 4 dices of cheddar cheese or edam cheese
- ¼ tsp paprika powder

INSTRUCTIONS FOR BROCCOLI SOUP 2 SERVINGS

1. Rinse the leek thoroughly and chop finely, both the green and the white parts. Cut off the core of the broccoli and slice thinly. Divide the rest of the broccoli into smaller florets, and reserve.
2. Place the leek and the sliced broccoli core in a pot and cover with water. Add bouillon cube. Season with salt, and bring to a boil for a few minutes on high heat until the broccoli stem is just easily pierced with a knife.
3. Add the broccoli florets. Lower the heat and simmer for a few minutes, until the broccoli is bright green and tender. Add cream cheese, cream, freshly ground pepper, basil and garlic.
4. Blend with an immersion blender until desired consistency.
5. If the soup is too thick, thin it out with water. If you'd like it to have a slightly thicker consistency, add a touch of heavy cream.

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CHEESE CHIPS

1. Fit a large, rimmed baking sheet with parchment paper. Grate the cheese, and place mounds by the tablespoon on the parchment. Leave 1 inch between the cheese mounds.
2. Top each cheese mound with paprika.
3. Bake in oven at 400°F (200°C) until the cheese has melted, about 5-6 minutes. Enjoy with a soup or as a snack.



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KETO CHICKEN BURGERS WITH TOMATO BUTTER

Ingredients for 1 serving

CHICKEN PATTIES

- 5⅓ oz. ground chicken or ground turkey
- ½ egg
- 1 Tbsp of yellow onion, grated or finely chopped
- ¼ tsp kosher or ground sea salt
- Pinch of ground black pepper
- ¼ tsp dried thyme or crushed coriander seed

FRIED CABBAGE

- 6 oz. green cabbage
- 1.5 Tbsp butter
- ¼ tsp salt
- Pinch of ground black pepper

WHIPPED TOMATO BUTTER

- 2 Tbsp of butter
- 1 tsp tomato paste
- ¼ tsp red wine vinegar (optional)
- sea salt and pepper to taste

INSTRUCTIONS

1. Preheat the oven to 220°F (100°C). Mix all ingredients for the patties in a bowl.
2. Shape 2 or 3 patties and fry in butter on medium high heat until golden brown and fully cooked through.
3. Place in the oven to keep warm.
4. Shred the cabbage using a sharp knife, mandolin slicer or food processor.
5. Fry the cabbage in a generous amount of butter on medium high heat until browned on the edges, but still has some body. Stir occasionally to make sure it cooks evenly. Season with salt and pepper. Lower the heat towards the end.
6. Place all ingredients for the tomato butter in a small bowl and whip them together using an electric hand mixer. Plate the chicken patties and fried cabbage and place a dollop of tomato butter on top.

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Day 2 | I MEAL

KETO PANCAKES WITH BERRIES AND WHIPPED CREAM

Ingredients for 1 serving

- 2 eggs
- ¾ cup of cottage cheese
- 1 tsp ground psyllium husk powder
- 2 Tbsp butter or coconut oil

TOPPINGS

- 4 tbsp fresh raspberries or fresh blueberries or fresh strawberries
- ½ cup heavy whipping cream

INSTRUCTIONS

1. Add eggs, cottage cheese and ground psyllium husk powder to a medium size bowl and mix together. Let sit for 5-10 minutes to thicken up a bit.
2. Heat up butter or oil in a non-stick skillet. Fry the pancakes on low to medium heat for 3–4 minutes on each side. Don't make them too big or they will be hard to flip.
3. Add heavy whipping to a separate bowl and whip it until soft peaks form.
4. Serve the pancakes with whipped cream and berries of your choice.



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II MEAL

SPICY KETO PORK AND KALE SOUP AND 1 KETO ARGENTINE CARAMEL SANDWICHES (ALFAJORES)



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SPICY KETO PORK AND KALE SOUP

Ingredients for 1 serving

- 1 cup kale
- 1 tbsp coconut oil
- 5½ oz. ground pork
- 1 chicken bouillon cube
- 1 cup water
- ½ scallion

SPICES

- ½ tbsp fresh ginger, chopped
- ½ tsp garlic powder
- ½ tsp ground cumin
- ¼ tsp chili flakes
- 1 tsp tamari soy sauce

SAVORY ASIAN FAT BOMBS

- 1.5 Tbsp butter
- 1 tsp sesame oil
- ¼ tsp sea salt
- Pinch chili flakes
- 1 tsp sesame seeds, roasted

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INSTRUCTIONS

1. Mix butter, sesame oil, chili flakes and salt in a small bowl. Place in the fridge for at least 15 minutes.
2. When cooled, shape the butter mixture into balls the size of walnuts. Roll them in the sesame seeds and set aside.
3. Heat oil in a large pot or skillet. Add ground pork and fry until golden brown. Add spices and ginger and stir.
4. Rinse and trim the kale. Chop coarsely and add to the pork. Cook for a couple of more minutes.
5. Add water, bouillon cubes, and soy sauce and bring to a boil. Lower the heat and let it simmer for 5-10 minutes. Season with salt and pepper to taste.
6. Serve with finely chopped scallions and drop in a savory Asian fat bomb for flavor and satiety.

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KETO ARGENTINE COOKIE AND CARAMEL SANDWICHES (ALFAJORES)

Ingredients for 12 servings or 6 filled cookies. Makes 6 large cookies, use 1 filled cookie as a serving

FOR 12 PIECES OF COOKIES

- 1 cup butter, softened
- 1⁄3 cup erythritol or carob
- 1 tsp vanilla extract
- 1 pinch salt
- 2 cups fine ground, blanched almond flour

CARAMEL

- 2 tbsp butter or ghee
- 1⁄3 cup heavy whipping cream or coconut cream
- ½ cup erythritol or carob
- 1 tbsp nut butter (optional)

INSTRUCTIONS

SHORTBREAD COOKIES

1. In a large bowl, beat the butter and sweetener until smooth.
2. Add in the vanilla and salt and beat to combine.
3. Add in the almond flour and mix until well incorporated then use a spatula to smooth it out.
4. Transfer the dough to a piece of parchment paper and roll into a log.
5. Wrap it up and let cool in the fridge to harden for one hour. In the meantime, let's prepare the caramel!

CARAMEL

1. In a small sauce pot or skillet on medium heat melt the butter or ghee until browned.
2. Add in cream and sweetener and bring to a simmer.
3. Reduce heat to medium low and stir occasionally until the sweetener is dissolved and the liquid is thick and sticky and easily coats a spoon inserted in the mix.

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CARAMEL Cont.

4. Remove from the heat and transfer it to a jar and let it cool at room temperature.
5. Stir it as it cool every few minutes to make sure it does not separate.
6. If your caramel does not thicken enough to spread on the cookies, mix in the nut butter!

BAKING

1. Preheat the oven to 325°F (160°C).
2. Line a sheet pan with parchment paper.
3. Cut ¼ inch thick rounds of dough and lay each slice carefully on the sheet pan, using your fingers to shape the cookie to an even round shape with smooth edges. Make 12 cookies, you need an even number for the sandwiches.
4. Leave 1-2 inches (3-5 cm) between them and bake for 15 minutes or until the edges are golden brown.
5. Remove from the oven and let them cool before transferring to a wire rack.
6. When the cookies are room temperature, turn them over.
7. Add a heaping tablespoon of caramel to every other cookie, then top the sandwich, gently pressing down until the spread reaches the edges.



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Day 3 | 1 MEAL

KETO EGG MUFFINS

Ingredients for 1 serving (2 muffins per serving)

- 2 eggs
- 1/3 scallion, finely chopped
- 1 slice of air-dried chorizo or salami or cooked bacon
- 2 Tbsp shredded cheese
- 1 tsp red pesto or green pesto (optional)
- salt and pepper

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Grease a muffin tin thoroughly with butter.
3. Chop scallions and chorizo and add to the bottom of the tin.
4. Whisk eggs together with seasoning and pesto. Add the cheese and stir.
5. Pour the batter on top of the scallions and chorizo.
6. Bake for 15–20 minutes, depending on the size of the muffin tin.



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II meal:

LOW-CARB PUMPKIN SOUP AND KETO FRIED SALMON WITH ASPARAGUS

INGREDIENTS FOR 2 SERVINGS

- 1 shallot
- 1 garlic clove
- 1.5 cups of shredded pumpkins
- 1 cup rutabaga, cubes
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 cup vegetable broth
- 4 oz. butter
- ¼ lime, the juice

TOPPINGS

- 6 tbsp mayonnaise
- 2 tbsp pumpkin seeds, preferably roasted

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Peel the pumpkin and cut the flesh into cubes. Do the same with the rutabaga. Peel the shallot and cut into wedges. Peel the garlic cloves.
2. Put everything in a baking dish. Add olive oil, salt and pepper.
3. Roast in the oven for 25-30 minutes. As an alternative, you can also fry on medium heat in a large pan until the pumpkin and the turnip are soft.
4. Place the roasted vegetables in a pot. Add vegetable stock or water, and bring to a boil. Let simmer for a couple of minutes. Remove from the stove.
5. Add the butter, divided into cubes. Mix the soup with a hand blender. Add lime juice, herbs, salt and pepper to taste.

Serve the soup with mayonnaise, roasted pumpkin seeds or our delicious parmesan croutons.

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KETO FRIED SALMON WITH ASPARAGUS

Ingredients for 1 serving

- 7 medium sized spears of green asparagus
- 3 Tbsp of butter
- 4½ oz. salmon, in pieces
- salt and pepper

INSTRUCTIONS

1. Rinse and trim the asparagus.
2. Heat up a hearty dollop of butter in a frying pan where you can fit both the fish and vegetables.
3. Fry the asparagus over medium heat for 3-4 minutes. Season with salt and pepper. Gather everything in one half of the frying pan.
4. If necessary, add more butter and fry the pieces of salmon for a couple of minutes on each side. Stir the asparagus every now and then. Lower the heat towards the end.
5. Season the salmon and serve with the remaining butter.



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Day 4 | I MEAL

KETO PORRIDGE

Ingredients for 1 serving

- 1 tbsp chia seeds
- 1 tbsp sesame seeds
- 1 egg
- 1⁄3 cup heavy whipping cream
- 1 pinch salt
- 1 oz. butter or coconut oil

INSTRUCTIONS

1. Mix all ingredients except the butter in a bowl. Let sit for 2-3 minutes.
2. Melt butter or oil on medium heat in a small pan.
3. Pour in the other ingredients and continue to stir until the porridge firms up. Let the porridge simmer, but do not let it boil.
4. Serve immediately with melted butter like in the picture, or perhaps with our low-carb raspberry jam.



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II MEAL

KETO ZUCCHINI PIZZA BOATS WITH GOAT CHEESE AND PARMESAN CHIPS



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KETO ZUCCHINI PIZZA BOATS

Ingredients for 1 serving

- ½ medium-sized zucchini
- 1 garlic clove
- 2 tbsp olive oil
- 1 cup of baby spinach
- salt and pepper to taste
- 1 tbsp unsweetened marinara sauce
- 4 oz. goat cheese

INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Slice the zucchini in half length-wise and use a spoon to scrape out the seeds (don't throw them away!). Put the zucchini boats on a baking sheet.
3. Peel the garlic cloves and slice them thinly with a knife. Fry the garlic in about half of the olive oil in a skillet over medium heat until it gets a little bit browned. Add the baby spinach and zucchini seeds. Fry until soft. Season with a pinch of salt and ground black pepper.
4. Spread out the marinara sauce over the zucchini boats and top with the fried baby spinach and garlic. Sprinkle the goat cheese on top.



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PARMESAN CHIPS

Ingredients for 1 serving

- 7 Tbsp of parmesan cheese, grated
- 1Tbsp chia seeds
- 1 Tbsp flaxseed
- 1.5 Tbsp pumpkin seeds

INSTRUCTIONS

1. Preheat the oven to 350°F (180°C).
2. Line a baking sheet with parchment paper.
3. Mix the cheese and seeds in a bowl.
4. Spoon small mounds of the mixture onto the baking sheet, leaving some space between them. Do not flatten the mounds. Bake for 8 to 10 minutes. Check often. The chips should be light brown, but certainly not dark brown.
5. Remove from the oven and let cool before removing the chips from the paper and serving.

NOTE: This recipe makes about 8-10 pieces per serving.



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Day 5 I MEAL

CLASSIC BACON AND EGGS AND KETO CHEESE ROLL-UPS



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CLASSIC BACON AND EGGS

Ingredients for 1 serving

- 2 eggs
- 1.5 slices of bacon, thin
- 1 cherry tomatoes (optional)
- fresh parsley (optional)

INSTRUCTIONS

1. Fry the bacon in a pan on medium high heat until crispy. Put aside on a plate. Leave the rendered fat in the pan.
2. Use the same pan to fry the eggs. Place it over medium heat and crack your eggs into the bacon grease (you can also crack them into a measuring cup and carefully pour into the pan to avoid splattering of hot grease).
3. Cook the eggs any way you like them. For sunny side up - leave the eggs to fry on one side and cover the pan with a lid to make sure they get cooked on top. For eggs cooked over easy - flip the eggs over after a few minutes and cook for another minute. Cut the cherry tomatoes in half and fry them at the same time.
4. Salt and pepper to taste.



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KETO CHEESE ROLL-UPS

Ingredients for 1 servings

- 2 slices cheddar cheese or provolone cheese or edam cheese, in slices
- 1 Tbsp of butter

INSTRUCTIONS

1. Place the cheese slices on a large cutting board. Slice butter with a cheese slicer or cut really thin pieces with a knife.
2. Cover every cheese slice with butter and roll up.



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II MEAL

YOGURT CHICKEN KEBABS WITH BEET CARPACCIO AND LEMON-LIME POPPY SEED CHEESECAKES



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YOGURT CHICKEN KEBABS WITH BEET CARPACCIO

Ingredients for 1 serving

- 6 oz. boneless chicken thighs
- 2 tbsp Greek yogurt or sour cream
- 1tsp of curry powder or paprika powder
- ½ tsp of light olive oil
- ¼ tsp salt
- Pinch of ground black pepper

BEET CARPACCIO

- 1 beet, red and/or yellow
- pinch sugar snaps
- 1/4 of red onion, chopped

CILANTRO VINAIGRETTE

- 2 tbsp light olive oil
- 2 tbsp fresh cilantro, chopped
- 1 tsp lemon juice
- ¼ garlic clove
- salt and ground black pepper

INSTRUCTIONS

1. Cut chicken into smaller pieces. Preheat outdoor grill or oven — with the grill function on — to 450°F (225°C).
2. Mix yogurt, curry, olive oil, pepper and salt in a bowl. Cover chicken with marinade and let sit for at least 10 minutes. Place in refrigerator overnight if you want to prepare the day before. Thread chicken pieces onto skewers just before you start grilling.
3. Scrub and rinse beets properly. Peel and cut into paper-thin slices, preferably with a mandolin. Remove strings from sugar snaps. Place vegetables and finely chopped onion on a plate.
4. Mix ingredients for vinaigrette with a hand blender. Drizzle over beet salad.
5. Grill chicken kebabs for 3-4 minutes on each side or until fully cooked and inner temperature is 160°F (72°C).
6. Serve with beet carpaccio.

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LEMON-LIME POPPY SEED CHEESECAKES

Ingredients for 2 serving

- 5 oz. cream cheese
- 5 Tbsp of crème fraîche or sour cream
- 1 egg
- 1 tbsp erythritol
- ¼ tsp vanilla extract
- ¼ lemon, grated zest and juice
- ¼ lime, grated zest and juice
- 1 tsp poppy seeds

TOPPING

- 3 Tbsp of crème fraîche or sour cream
- Pinch vanilla extract
- ½ tsp erythritol, preferably powdered or carob powder
- 2 Tbsp of fresh raspberries (optional)
- ½ tsp poppy seeds

INSTRUCTIONS

1. Preheat the oven to 300°F (150°C)
2. Add all the ingredients (except toppings) to a bowl and mix with a hand mixer until smooth and fluffy.
3. Pour the mixture into glass jars or other small, heat-resistant portion molds.
4. Bake in the oven for 25 minutes. Shake gently to see if they have stabilized.
5. Let them cool. Put them in the refrigerator for a few hours until they are completely cold.
6. Mix the crème fraîche with vanilla and sweetener. Add a spoonful of the mixture on top of each mini cheesecake. Garnish with raspberries, poppy seeds and a sprig of fresh mint.

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Day 6 | 1 MEAL

LOW-CARB CHIA PUDDING

Ingredients for 1 serving

- ¾ cup coconut milk
- 2 tbsp chia seeds
- ½ tsp vanilla extract

INSTRUCTIONS

1. Mix all of the ingredients in a glass bowl or jar.
2. Cover, place in the fridge to let gel overnight (or for at least 4 hours). Before you dig in, check to be sure the pudding has thickened and the chia seeds have gelled.
3. Serve the pudding with cream, coconut milk or some fresh or frozen berries.



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II MEAL

LOW-CARB PHILLY CHEESESTEAK SOUP AND KETO PIZZA



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LOW-CARB PHILLY CHEESESTEAK SOUP

Ingredients

- 1 tbsp butter
- Half of small red onion, thinly sliced
- 1⁄3 green bell pepper, thinly sliced
- ½ cup mushrooms, thinly sliced
- salt and pepper
- 5 oz thinly sliced deli roast beef, coarsely chopped
- 1 1⁄3 cups beef broth
- 2 Tbsp cream cheese, softened
- 3 Tbsp shredded white cheddar cheese, or other mild cheese
- 2 Tbsp sliced provolone cheese (optional)

INSTRUCTIONS

1. In a suitable saucepan over medium heat, melt the butter. Once hot, add the onions and sauté until tender but not browned, about 2 minutes. Stir in the peppers and mushrooms and sprinkle with salt and pepper. Cook another 3 to 4 minutes, until tender.
2. Add the roast beef and toss to mix well. Stir in the broth and bring to a simmer. Cook 10 minutes.
3. Place the cream cheese in a blender and add about ¼ of the hot broth from the pan. Blend until smooth and the cream cheese is melted. Pour the mixture back into the pan and stir in the shredded cheese until melted.
4. Preheat the broiler. Ladle the soup into oven safe bowls or ramekins and top with a piece of provolone. Set on a baking sheet and place under the broiler until the cheese is melted and bubbly, 2 to 4 minutes.
5. Serve immediately.

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KETO PIZZA

Ingredients for 1 serving

CRUST

- 2 eggs
- ½ cup shredded cheese, preferably mozzarella or provolone

TOPPING

- 1½ tbsp tomato paste
- ½ tsp dried oregano
- 2½ oz. shredded cheese
- ¾ oz. pepperoni
- olives (optional)

FOR SERVING

- 2 Tbsp leafy greens
- 2 tbsp olive oil
- sea salt and ground black pepper

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.
3. Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.
4. Increase the oven temperature to 450°F (225°C).
5. Spread tomato paste on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.
6. Bake for another 5-10 minutes or until the pizza has turned a golden brown color.
7. Serve with a fresh salad on the side.

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Day 7 | I MEAL

KETO MUSHROOM AND CHEESE FRITTATA

Ingredients for 2 serving

FRITTATA

- 8 oz. mushrooms
- 2.5 Tbsp butter
- 3 scallions
- 1 tsp fresh parsley
- ½ tsp salt
- ¼ tsp ground black pepper
- 5 eggs
- ½ cup shredded cheese
- ½ cup mayonnaise
- 1 cup leafy greens

VINAIGRETTE

- 2 tbsp olive oil
- 1tsp white wine vinegar
- ¼ tsp salt
- Pinch ground black pepper

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). First, prepare the vinaigrette and set aside.
2. Slice the mushrooms anyway you like, small or big—whatever your preference.
3. Sauté the mushrooms on medium high with most of the butter until golden. Lower the heat. Save some of the butter for greasing the baking dish.
4. Chop the scallions and mix with the fried mushrooms. Add salt and pepper to taste, and mix in the parsley.

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INSTRUCTIONS CONT.

5. Mix eggs, mayonnaise and cheese in a separate bowl. Salt and pepper to taste.
6. Add the mushrooms and scallions and pour everything into a well-greased baking dish. Bake for 30–40 minutes or until the frittata turns golden and the eggs are cooked.
7. Let cool for 5 minutes and serve with leafy greens and the vinaigrette.



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Day 5 II MEAL

KETO LASAGNA

Ingredients for 3 serving

- 1 tbsp olive oil
- ½ yellow onion
- ½ garlic clove
- 10 oz. ground beef
- 1½ tbsp tomato paste
- 1 tsp dried basil
- ½ tsp salt
- Pinch ground black pepper
- ¼ cup water

KETO PASTA OR LASAGNA SHEETS

- 4 eggs
- ½ cup. cream cheese
- ½ tsp salt
- 2½ tbsp ground psyllium husk powder

CHEESE TOPPING

- 1 cup crème fraîche or sour cream
- ¼ cup shredded cheese
- 1 Tbsp of grated parmesan cheese
- ¼ tsp salt
- Pinch of ground black pepper
- 4 tbsp fresh parsley, finely chopped



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INSTRUCTIONS

1. Start with the ground beef mixture, perhaps even the day before, for a more flavorful result.
2. Peel and finely chop onion and garlic and fry in olive oil until soft. Add the ground beef and fry until golden. Add tomato paste and spices.
3. Stir thoroughly and add water. Bring to a boil, lower the heat, and let simmer for at least 15 minutes or until most of the water has evaporated. Since the lasagna sheets used here don't soak up as much liquid as regular ones, the mixture should be quite dry.
4. Meanwhile, make the lasagna sheets according to instructions below.
5. Preheat the oven to 400°F (200°C). Mix shredded cheese with sour cream and most of the Parmesan cheese. Reserve a bit for topping. Add salt and pepper and stir in the parsley.
6. Place lasagna sheets and pasta sauce in layers in a greased smaller baking dish.
7. Spread the crème fraîche mixture and the remaining Parmesan cheese on top.
8. Bake in the oven for about 20 minutes or until the lasagna has a nicely browned surface. Serve with a green salad and your favorite dressing.

LASAGNA SHEETS

1. Preheat the oven to 300°F (150°C). Add eggs, cream cheese and salt to a medium-sized bowl and mix into a smooth batter. Continue to whisk while adding in the ground psyllium husk powder, a little at a time. Let sit for a few minutes.
2. Spread the batter on a baking sheet lined with parchment paper using a spatula. Place another parchment paper on top and flatten with a rolling pin until the batter is at least 13" x 18" (33 x 45 cm). You can also divide into two batches and use another baking sheet for an even thinner pasta.
3. Let both pieces of parchment paper remain in place. Bake for about 10-12 minutes. Let cool and remove the paper, slice into sheets that fit your baking dish.



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