KETO ACCELERATOR MASTERCLASS

KETO MEAL PLAN NO.3

2 MEALS PER DAY AVG.
1836 kcal avg.
80/17/3 Macros



Claudia J. Caldwell

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MACRO OVERVIEW

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I meal	Bulletproof coffee, Keto frittata with fresh spinach 995 kcal Protein:16% Fat: 90% Net Carbs: 2%	Keto Croque Madame 1246 kcal Protein:19% Fat: 77% Net Carbs:3%	Judy's fabulous low-carb oatmeal 621 kcal Protein: 7% Fat: 88% Net Carbs: 5%	Keto cheese omelet 897kcal Protein: 18% Fat: 81% Net Carbs: 2%	Keto French pancakes 688 kcal Protein: 9% Fat: 89% Carbs: 2%	Keto salmon-filled avocados 911 kcal Protein: 26% Fat: 71% Net Carbs: 3%	1/2 amount of Keto mushroom and cheese frittata 1061 kcal Protein: 12% Fat:86% Net Carbs: 2%
II Meal	Keto chicken burgers with tomato butter 743 kcal Protein: 17% Fat: 79% Net Carbs:4%	1/2 amount of Greek salad 586 kcal Protein: 12% Fat: 78% Net Carbs: 10%	Keto sandwich with smoked salmon and horseradish cream 1025 kcal Protein: 27% Fat: 71% Net Carbs: 2%	1/2 amount of Keto Caesar salad 993 kcal Protein: 19% Fat: 79% Net Carbs: 2%	1/2 amount of Keto chicken and cabbage plate 1041kcal Protein: 14% Fat: 84% Net Carbs: 3%	Keto pizza 1057 kcal Protein:20% Fat: 77% Net Carbs: 3%	Keto lasagna 1/3 of amount 901 kcal Protein: 19% Fat: 77% Net Carbs: 4%
average per day%	Protein: 17% Fat: 85% Carbs: 3%	Protein: 16% Fat: 78% Carbs: 7%	Protein: 17% Fat: 80% Carbs: 4%	Protein: 19% Fat: 80% Carbs: 2%	Protein:16% Fat: 80% Carbs: 4%	Protein: 23% Fat: 74% Carbs: 3%	Protein: 16% Fat: 82% Carbs: 3%

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Day 1 | I MEAL

BULLETPROOF COFFEE, KETO FRITTATA WITH FRESH SPINACH

Ingredients for 1 serving

- 1 cup hot coffee freshly brewed
- 2 tbsp unsalted butter
- 1 tbsp MCT oil or coconut oil

Instructions

1. Combine all ingredients in a blender. Blend until smooth and frothy.
2. Serve immediately.



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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:

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



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INSTRUCTIONS

- Preheat the oven to 220°F (100°C). Mix all ingredients for the patties in a bowl.
- Shape 2 or 3 patties and fry in butter on medium high heat until golden brown and fully cooked through.
- Place in the oven to keep warm.
- Shred the cabbage using a sharp knife, mandolin slicer or food processor.
- 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.
- Place all ingredients for the tomato butter in a small bowl and whip them together using an electric hand mixer. Place the chicken patties and fried cabbage and place a dollop of tomato butter on top.



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Day 2 I MEAL

KETO CROQUE MADAME

Ingredients for 2 serving

- 4 oz. cottage cheese
- 2 eggs
- ½ tbsp ground psyllium husk powder
- 2 tbsp butter or coconut oil
- 2 slices of smoked deli ham
- 2 slices of cheddar cheese or other cheese of your liking
- ¼ finely chopped red onion

TOPPINGS

- 1 egg
- 1 tbsp butter
- 2 cups of baby spinach
- 2 tbsp olive oil
- ¼ tbsp red wine vinegar
- salt and pepper

INSTRUCTIONS

1. Whisk the eggs in a bowl. Mix in the cottage cheese. Add ground psyllium husk powder while stirring to incorporate it smoothly, without lumps. Let the mixture rest for five minutes until the batter has thickened.
2. Place a frying pan over medium heat. Add a generous amount of butter and fry the batter like small pancakes for a couple of minutes on each side, until they are golden. Make two pancakes per serving.
3. Assemble a sandwich with sliced ham and cheese between two of the warm pancakes. Add finely chopped onion on top.
4. Rinse and dry spinach. Mix oil, vinegar, salt and pepper into a simple vinaigrette.
5. Add more butter to the frying pan and fry an egg to serve atop each sandwich.
6. Serve each Croque Madame warm beside spinach dressed with the simple vinaigrette.

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II meal:

GREEK SALAD

Ingredients for 2 serving

- 3 ripe tomatoes
- ½ cucumber
- ½ red onion
- ½ green bell pepper
- 7 oz. feta cheese
- 10 black Greek olives
- 4 tbsp olive oil
- ½ tbsp red wine vinegar
- salt and pepper
- 2 tsp dried oregano

INSTRUCTIONS

1. Cut the tomatoes and cucumber into bite-sized pieces. Thinly slice the bell pepper and the onion. Arrange on a serving platter or, if possible, plate the salad on individual salad plates.
2. Add feta cheese and olives, and drizzle olive oil and vinegar over the salad.
3. Season with salt and pepper according to taste. Sprinkle with crumbled oregano and serve.



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Day 3 | I MEAL

LOW-CARB OATMEAL

Ingredients for 1 serving

- 1 cup coconut milk or unsweetened almond milk
- 1 tbsp flaxseed, whole
- 1 tbsp chia seeds
- 1 tbsp sunflower seeds
- 1 pinch salt

INSTRUCTIONS

1. Mix all ingredients in a small sauce pan. Bring to a boil. Lower the heat and let simmer until desired thickness is reached. This shouldn't take more than a couple of minutes.
2. Top with butter and coconut milk – or almond milk and cinnamon – or fresh, unsweetened berries. The possibilities are endless!



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II meal:

KETO SANDWICH WITH SMOKED SALMON AND HORSERADISH CREAM

INGREDIENTS

- 3½ oz. smoked salmon
- 4 tbsp mayonnaise or sour cream
- 2 tbsp. of fresh horseradish, grated

MUG BREAD

- 1 tbsp almond flour
- 1 tbsp coconut flour
- ¾ tsp baking powder
- Pinch of salt
- 1 egg
- 1 tbsp heavy whipping cream
- ½ tsp butter

SERVING

- 1 tbsp butter
- 1 inner leaf of lettuce
- 2 slices of zucchini, finely sliced (optional)



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INSTRUCTIONS

- Chop the salmon into small pieces and mix with mayonnaise and freshly grated horseradish. Set aside in the refrigerator until it's time to serve.
- Mix together all dry ingredients for the bread. Crack in the egg and stir in the cream. Combine until smooth. Pour into well-greased mugs or glass molds. 1 egg equals one portion / mug.
- Microwave on high (approximately 700 watts) for 2 minutes. Check if the bread is done in the middle – if not, microwave for another 15-30 seconds.
- Let cool and remove from the mug. Slice in half and toast for best taste and texture.
- Spread butter on each slice, add lettuce leaves, thinly sliced zucchini and a generous dollop of the salmon and horseradish cream. Top with crushed pink peppercorns.



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Day 4 | I MEAL

KETO CHEESE OMELET

Ingredients for 1 serving

- 2.5 tbsp of butter
- 3 eggs
- 1 cup of shredded cheddar cheese
- salt and pepper to taste

INSTRUCTIONS

1. Whisk the eggs until smooth and slightly frothy. Blend in half of the shredded cheddar. Salt and pepper to taste.
2. Melt the butter in a hot frying pan. Pour in the egg mixture and let it set for a few minutes.
3. Lower the heat and continue to cook until the egg mixture is almost cooked through. Add the remaining shredded cheese. Fold and serve immediately.



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II meal:

KETO CAESAR SALAD

INGREDIENTS FOR 2 SERVING

- 10 oz. chicken breasts
- 1 tbsp olive oil
- salt and pepper
- 3 oz. bacon
- 7 oz. Romaine lettuce
- 1 oz. freshly grated parmesan cheese

DRESSING

- ½ cup mayonnaise
- 1 tbsp Dijon mustard
- ½ lemon, zest and juice
- 2 tbsp grated parmesan cheese
- 2 tbsp finely chopped filets of anchovies
- 1 garlic clove, pressed or finely chopped. (optional)
- salt and pepper

INSTRUCTIONS

- Mix the ingredients for the dressing with a whisk or an immersion blender. Set aside in the refrigerator.
- Preheat the oven to 400°F (200°C). Place the chicken breasts in a greased baking dish.
- Season the chicken with salt and pepper and drizzle olive oil or melted butter on top. Bake the chicken in the oven for about 20 min or until fully cooked through. You can also cook the chicken on the stove top if you prefer.
- Fry the bacon until crisp. Shred the lettuce and place as a base on two plates. Place sliced chicken and the crispy, crumbled bacon on top.
- Finish with a generous dollop of dressing and a good grating of parmesan cheese.

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Day 5 I MEAL

KETO FRENCH PANCAKES

Ingredients for 3 serving

- 2 eggs
- ½ cup heavy whipping cream
- 2 tbsp water
- Pinch of salt
- ½ tbsp ground Psyllium husk powder
- 2 Tbsp of butter

INSTRUCTIONS

1. In a bowl, mix together eggs, cream, water and salt with a hand mixer.
2. Gradually whisk in the Psyllium husk while you continue mixing until you get a smooth batter. Let rest for at least 10 minutes.
3. Fry in butter just like regular pancakes. You should count with ½ cup (1 dl) batter per pancake. Make sure your frying pan is neither too big nor too hot; keep it on medium-high heat. Don't be impatient; wait until the top is almost dry before flipping.



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II meal:

KETO CHICKEN AND CABBAGE PLATE

Ingredients for 2 servings

- 1 lb rotisserie chickens
- 7 oz. fresh green cabbage
- ½ red onion
- 1 tbsp olive oil
- ½ cup mayonnaise
- salt and pepper

INSTRUCTIONS

1. Shred the cabbage using a sharp knife or a mandolin and place on a plate.
2. Slice the onion thinly and add it to the plate, together with the rotisserie chicken and a hearty dollop of mayonnaise.
3. Drizzle olive oil over the cabbage and add some salt and pepper to taste.



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Day 6 | I MEAL

KETO SALMON-FILLED AVOCADOS

Ingredients for 1 serving

- 1 avocado
- 3 oz. smoked salmon
- 8 tbsp of crème fraîche or sour cream or mayonnaise
- salt and pepper
- 1 tbsp lemon juice (optional)

INSTRUCTIONS

1. Cut avocados in half and remove the pit.
2. Place a dollop of crème fraiche or mayonnaise in the hollow of the avocado and add smoked salmon on top.
3. Season to taste with salt and a squeeze lemon juice for extra flavor (and to keep the avocado from turning brown).



II meal:

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 7 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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