KETO | ACCELERATOR MASTERCLASS

KETO MEAL PLAN NO.4

3 MEALS PER DAY AVG.
1815 kcal avg.
78/17/4 Macros



Claudia J. Caldwell

DISCLAIMER

The information provided within this book is for general informational purposes only. While we try to keep the information up-to-date and correct, there are no representations or warranties, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services, or related graphics contained in this eBook for any purpose. Any use of this information is at your own risk. The methods describe within this book are the author's personal thoughts. They are not intended to be a definitive set of instructions for this project. You may discover there are other methods and materials to accomplish the same end result. This book is not intended to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his/her health.

© 2018 Claudia J. Caldwell | Florian Funk All rights reserved.

This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the publisher, except as provided by United States of America copyright law.

For permission requests, write to the publisher, at "Attention: Permissions Coordinator," at the address below.

info@cj-caldwell.com

BACK TO TOP

MACRO OVERVIEW

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	Keto oven pancake with bacon and onion 545 kcal Protein:12% Fat: 84% Net Carbs: 4%	Keto mushroom omelet 510 kcal Protein:20% Fat: 77% Net Carbs:3%	Low-carb strawberry smoothie 418 kcal Protein: 4% Fat: 86% Net Carbs: 9%	4 Salty keto muffins 396 kcal Protein: 16% Fat: 82% Net Carbs: 2%	Keto coconut porridge 486 kcal Protein: 8% Fat: 89% Carbs: 3%	Keto turkey plate 820 kcal Protein: 12% Fat: 84% Carbs: 4%	Scrambled eggs 327 kcal Protein: 14% Fat:85% Net Carbs: 1%
lunch	1/2 amount of Keto Italian cabbage stir-fry 1003 kcal Protein: 13% Fat: 83% Net Carbs:4%	Keto prosciutto-wrapped asparagus with goat cheese 222 kcal Protein: 20% Fat: 77% Net Carbs: 2%	1/2 amount of Keto ground beef and broccoli 648 kcal Protein: 21% Fat: 76% Net Carbs: 3%	1/2 amount Chicken salad with sunflower seeds 1158 kcal Protein: 21% Fat: 75% Net Carbs: 4%	Keto pork chops with blue-cheese sauce 849 kcal Protein: 29% Fat: 69% Net Carbs: 2%	Keto chicken casserole 1/3 of amount 675 kcal Protein: 21% Fat: 75% Net Carbs: 3%	1/4 of Beef patties with creamy onion gravy and broccoli 882 Kcal Protein: 19% Fat: 74% Net Carbs: 7%
dinner	Keto deviled eggs 163 kcal Protein: 16% Fat: 83% Net Carbs:1%	Keto baked salmon with pesto 1030 kcal Protein: 19% Fat: 80% Net Carbs: 1%	Antipasto salad 821 kcal Protein:19% Fat: 74% Net Carbs: 6%	1/2 amount of Zucchini Pottage 276 kcal Protein: 15% Fat: 72% Net Carbs: 13%	Cod loin with horseradish and browned butter 435 kcal Protein: 31% Fat: 63% Net Carbs: 6%	Broccoli cheddar soup 1/3 of amount 266 kcal Protein: 12% Fat: 78% Net Carbs: 10%	1/2 amount of Grilled white fish with zucchini and kale pesto 778 kcal Protein:19% Fat: 77% Net Carbs: 3%
average per day%	Protein: 14% Fat: 83% Carbs: 3%	Protein:20% Fat: 78% Carbs: 2%	Protein: 15% Fat: 79% Carbs: 6%	Protein: 18% Fat: 76% Carbs: 6%	Protein: 15% Fat: 79% Carbs: 6%	Protein: 22% Fat: 74% Carbs: 4%	Protein: 14% Fat: 82% Carbs:4%

BACK TO TOP

Day 1 BREAKFAST

KETO OVEN PANCAKE WITH BACON AND ONION

Ingredients for 1 serving

- 1 slice of turkey or pork bacon
- 1 Tbsp of chopped yellow onion
- 1 tsp of butter to fry in
- 1 egg
- ¼ cup heavy whipping cream
- 2 tbsp cottage cheese
- 2 tbsp almond flour
- ½ tsp of ground psyllium husk powder
- Pinch of baking powder
- Pinch of salt
- ½ tsp of chopped fresh parsley, for garnish (optional)

Instructions

1. Preheat the oven to 350°F (175°C).
2. Slice the bacon and onion. Heat butter in a frying pan and add bacon and onion. Fry until the onion is soft and the bacon starts getting crispy.
3. In a bowl, whisk together eggs, cottage cheese and cream. Add almond flour, psyllium husk, baking powder and salt. Whisk until thoroughly combined. Let it rest for a couple of minutes.
4. Pour the pancake batter into a greased baking pan and sprinkle the fried bacon and onions on top.
5. Bake for 10-15 minutes. It's ready when it's puffy, golden brown and the center has set.



BACK TO TOP

Day 1 LUNCH:

KETO ITALIAN CABBAGE STIR-FRY

Ingredients for 2 serving

- ½ of smaller green cabbage
- 2 full tbsp. butter
- 10 oz. ground beef
- ½ tsp salt
- ½ tsp onion powder
- Pinch of pepper
- 1 tsp of white wine vinegar
- 1 tsp of tomato paste
- 1 garlic clove, finely chopped
- ½ of a leeks, thinly sliced
- 4 tbsp fresh basil
- ½ cup mayonnaise or sour cream, for serving

INSTRUCTIONS

- Shred the green cabbage finely with a cheese slicer, sharp knife or in a food processor.
- Fry the cabbage in about half of the butter (or substitute olive oil) in a large frying pan or wok on medium heat for about 10 minutes, or until just softened.
- Add vinegar, salt, onion powder, and pepper. Stir and fry for 2-3 minutes, or until well incorporated. Reserve sautéed cabbage to a bowl.
- Heat the rest of the butter or oil in the pan. Add the garlic and leeks, and sauté for a minute.
- Add meat, and continue frying until cooked through. Sauté until most of the liquid has evaporated.
- Add tomato paste and mix well. Lower the heat a little and add reserved cabbage and fresh basil. Stir until cooked through.
- Adjust seasoning and serve with a dollop of sour cream or mayonnaise and perhaps even a green salad.

BACK TO TOP

Day 1 DINNER

KETO DEVILED EGGS

Ingredients for 1 serving

- 1 egg
- Pinch of tabasco
- 1 tbsp mayonnaise
- pinch herbal salt
- 2 cooked and peeled shrimp or strips of smoked salmon
- fresh dill

INSTRUCTIONS

1. Start by boiling the eggs by placing them in a pot and covering them with water. Place the pot over medium heat and bring to a light boil.
2. Boil for 8-10 minutes to make sure the eggs are hardboiled.
3. Remove the eggs from the pot and place in an ice bath for a few minutes before peeling.
4. Split the eggs in half and scoop out the yolks.
5. Place the egg whites on a plate.
6. Mash the yolks with a fork and add tabasco, herbal salt and homemade mayonnaise.
7. Add the mixture, using two spoons, to the egg whites and top with a shrimp on each, or a piece of smoked salmon.
8. Decorate with dill.



BACK TO TOP

Day 2 BREAKFAST:

KETO MUSHROOM OMELET

Ingredients for 1 serving

- 3 eggs
- 1 full tbsp of butter, for frying
- 1 full tbsp of shredded cheese
- Pinch of onion powder
- 3 mushrooms
- salt and pepper

INSTRUCTIONS

1. Crack the eggs into a mixing bowl with a pinch of salt and pepper. Whisk the eggs with a fork until smooth and frothy.
2. Add salt and spices to taste.
3. Melt butter in a frying pan. Once the butter has melted, pour in the egg mixture.
4. When the omelet begins to cook and get firm, but still has a little raw egg on top, sprinkle cheese, mushrooms and onion on top (optional).
5. Using a spatula, carefully ease around the edges of the omelet, and then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelet on to a plate.



BACK TO TOP

Day 2 LUNCH

KETO PROSCIUTTO-WRAPPED ASPARAGUS WITH GOAT CHEESE

Ingredients for 1 serving

- 3 pieces of green asparagus
- 3 slices of prosciutto, in thin slices
- 3 pieces of thinner slices of goat cheese
- Pinch ground black pepper
- 1 tsp olive oil

INSTRUCTIONS

1. Mix the ingredients for the dressing with a whisk or an immersion blender. Set aside in the refrigerator.
2. Preheat the oven to 400°F (200°C). Place the chicken breasts in a greased baking dish.
3. Season the chicken with salt and pepper and drizzle olive oil or melted butter on top. Bake the chicken in the oven for about 10 min or until fully cooked through. You can also cook the chicken on the stove top if you prefer.
4. 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.
5. Finish with a generous dollop of dressing and a good grating of parmesan cheese.



BACK TO TOP

Day 2 DINNER

KETO BAKED SALMON WITH PESTO

Ingredients for 1 serving

- 8 oz. salmon
- ½ oz. green pesto
- salt and pepper

GREEN SAUCE

- ½ oz. green pesto
- 4 tbsp mayonnaise
- 2 tbsp Greek yogurt
- salt and pepper

INSTRUCTIONS

1. Place the salmon skin-side down in a greased baking dish. Spread pesto on top, and salt and pepper to taste.
2. Bake in oven at 400°F (200°C) for about 30 minutes, or until the salmon flakes easily with a fork.
3. Meanwhile, stir the sauce ingredients together. Pesto, mayonnaise and yogurt.



BACK TO TOP

Day 3 BREAKFAST

LOW-CARB STRAWBERRY SMOOTHIE

Ingredients for 1 serving)

- 1 cup coconut milk
- ½ cup fresh strawberries
- 1tsp of lime juice
- Few drops of vanilla extract



INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth. Using canned coconut milk (drain off the liquid) makes a creamier, more satisfying smoothie.
2. Add lime juice to taste.

BACK TO TOP

Day 3 LUNCH

KETO GROUND BEEF AND BROCCOLI

Ingredients for 2 serving

- 10 oz. ground beef
- 3 oz. butter
- 9 oz. broccoli
- salt and pepper
- ½ cup mayonnaise or crème fraîche (optional)

INSTRUCTIONS

1. Rinse and trim the broccoli, including the stem. Cut into small florets. Peel the stem and cut into small pieces.
2. Heat up a hearty dollop of butter in a frying pan where you can fit both the ground beef and broccoli.
3. Brown the ground beef on high heat until it is almost done. Season to taste with salt and pepper.
4. Lower the heat; add more butter and fry the broccoli for 3-5 minutes. Stir the ground beef every now and then.
5. Season the broccoli. Top with the remaining butter and serve while still hot. It's also delicious to serve with an extra dollop of crème fraiche or mayonnaise.



BACK TO TOP

Day 3 DINNER

LOW-CARB PUMPKIN SOUP

Ingredients for 2 servings

- 3 cups of Romaine lettuce
- 1 tbsp fresh parsley, chopped
- 2½ oz. mozzarella cheese
- 1 slice of Parma ham
- 1 slice of salami
- 2 canned artichokes hearts
- ½ cup of canned roasted red peppers
- ¼ cup sun-dried tomatoes in oil
- 3 tbsp olives
- 1 tbsp of fresh basil
- ½ red chili pepper, finely chopped
- ½ tsp of sea salt

INSTRUCTIONS

1. Chop or tear the lettuce into smaller pieces. Put on plates or on a large platter. Add the parsley.
2. Distribute the antipasto ingredients on top.
3. Add basil, finely chopped chili and salt in a mortar or a small bowl. Crush with a wooden spoon or use the mortar and pestle. Sprinkle over salad and drizzle with olive oil.



BACK TO TOP

Day 4 BREAKFAST

1. SALTY KETO MUFFINS

Preparation/ cooking time: 20 minutes
Number of servings: 12 pieces – 3 servings
Energy (calories): 396 kcal per serving

Ingredients

- 4 Tbsp of slightly melted butter
- 3 large eggs
- 1 cup of chopped broccoli
- 2 Tbsp of crumbled feta cheese
- 1 pork sausage, cut in smaller dices or chopped
- 2 egg whites

INSTRUCTIONS



1. Preheat the oven at 390°F or 200°C
2. Slightly grease molds for muffins with cooking spray.
3. Distribute evenly small dices of sausage in each mold
4. Prepare two mixing bowls; in the first one whisk the eggs, oil, add chopped broccoli and if it's necessary add some salt (depending on sausage, if it's already salted don't use any more salt).
5. Stir whisked eggs over the sausage.
6. In the second bowl, whisk the egg whites until they become firm
7. Equally divide the egg whites with a teaspoon in each mold and bake for about 15 minutes.
8. Let it cool a bit before you remove the muffins from the molds

BACK TO TOP

Day 4 LUNCH

CHICKEN SALAD WITH SUNFLOWER SEEDS

Preparation/cooking time: 20 minutes
Number of servings: 2
Energy (calories): 1158 kcal

Ingredients

- ½ lb of chicken white meat, bone and skin removed
- 1 cup of hard yellow cheese Gouda or Edam, shredded
- 4 Tbsp of sunflower seeds
- 2 hardboiled eggs
- 1 red bell pepper, cut into strips or chunks
- ½ a cup of mayonnaise
- 3 Tbsp of sour cream
- ¼ of a tsp of salt

INSTRUCTIONS

1. Cook white meat in a boiling water for 15 minutes or until it softens.
2. Cool and chop the meat (in food processor or with a knife).
3. Combine all ingredients in a mixing bowl, cool and serve.



BACK TO TOP

Day 4 LUNCH

ZUCCHINI POTTAGE

Preparation/Cooking time: 20 minutes
Number of servings: 2
Energy (calories): 276 kcal

Ingredients

- 2 Tbsp of olive oil
- 2 Tbsp of butter
- 1 chopped onion
- 2 cups of chopped zucchini
- 1.5 cups of whole milk
- 1 clove of chopped garlic
- 2 Eggs, large
- 2 Tbsp of sour cream
- Sea salt, pepper to taste

INSTRUCTIONS

1. Heat the olive oil and add the butter, when it melts add chopped onion
2. Sauté on medium high temperature, for couple of minutes,
3. add chopped zucchini sauté for a minute or two
4. Pour bit of water over and let it simmers for next 5 minutes. When zucchini begins to soften, add milk, spices and chopped garlic. Cook a little bit more (~ max 5 minutes), turn off the stove and pour slightly beaten eggs. Let it cool a bit and serve. Garnish with a spoon of sour cream per serving.



BACK TO TOP

Day 5 BREAKFAST

KETO COCONUT PORRIDGE

Ingredients for 1 serving

- 1 tbsp of butter or coconut oil
- 1 egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 4 tbsp coconut cream
- 1 pinch salt

INSTRUCTIONS

1. Add all ingredients to a non-stick saucepan. Mix well and place over low heat. Stir constantly until you achieve your desired texture.
2. Serve with coconut milk or cream. Top your porridge with a few fresh or frozen berries and enjoy!



BACK TO TOP

Day 5 LUNCH

KETO PORK CHOPS WITH BLUE-CHEESE SAUCE

Ingredients for 1 serving

- 1 pork chop
- 1tsp butter, for frying
- salt and pepper
- 1.5 cup of crumbled blue cheese
- 3 tbsp heavy whipping cream or crème fraîche
- 10 pieces of fresh green beans (4" long).

INSTRUCTIONS

1. Start by crumbling the cheese into a small pot over medium heat. Adjust heat as necessary to let it melt gently. Be careful not to let it burn.
2. When the cheese has melted, add the cream or crème fraîche and increase the heat a little. Let simmer for a few minutes.
3. Season the chops with salt and pepper.
4. Fry in a skillet on medium high heat for 2-3 minutes before flipping. Cook until internal temperature is 145°-160°F (63°-71°C). Set aside and cover with foil for 2-3 minutes.
5. Pour the pan juices into the cheese sauce. Stir and, if needed, heat it up again.
6. As blue cheese is often fairly salty, taste the sauce before adding any additional salt.
7. Trim and rinse the green beans. Fry them in butter for a few minutes on medium heat. Season with salt and pepper.



BACK TO TOP

Day 5 DINNER

COD LOIN WITH HORSERADISH AND BROWNED BUTTER



Ingredients for 1 serving

- 6 oz. cod
- ¼ tsp salt
- 1 tbsp fresh horseradish, grated
- 1 full tbsp butter
- 1 cup of 1/2" pieces fresh green beans
- salt and pepper
- 1 tsp. celery root, finely sliced (optional)

INSTRUCTIONS

1. Salt fish pieces and keep in refrigerator for an hour. If you don't have enough time, you can salt and fry the fish straight away, but first start with peeling and grating the horseradish.
2. Wipe the fish completely dry with paper towels. Heat one third of the butter and fry fish on medium heat for 3-4 minutes on each side. Baste the fish with the butter in the pan every now and then to prevent it from drying out.
3. Reduce the heat towards the end. Season with freshly ground pepper. Remove from the pan when just cooked through to ensure a nice, flaky result.
4. Melt the rest of the butter in a saucepan on medium heat and keep heating until it gets a nutty fragrance and light brown color.
5. Boil beans in salted water for a few minutes.
6. Place the fish on a bed of freshly cooked beans. Drizzle browned butter one the fish and top with freshly grated horseradish.

BACK TO TOP

Day 6 BREAKFAST

KETO TURKEY PLATE

Ingredients for 1 serving

- 3 slices of deli turkey
- 1 avocado
- 3 tbsp. cream cheese
- 1 cup of shredded lettuce
- 2 tbsp olive oil
- salt and pepper

INSTRUCTIONS

1. Put the turkey, sliced avocado, lettuce and cream cheese on a plate.
2. Drizzle olive oil over the vegetables and season to taste with salt and pepper.



BACK TO TOP

Day 6 LUNCH

KETO CHICKEN CASSEROLE

Ingredients for 3 serving

- ½ cup heavy whipping cream or sour cream
- 1 tbsp green pesto
- ¼ lemon, the juice
- 15 oz. chicken thighs
- 1½ tbsp butter
- ½ lb cauliflower
- ½ leek
- 3 cherry tomatoes
- 1 cup shredded cheese
- salt and pepper

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Mix cream (or sour cream) with pesto and lemon juice. Salt and pepper to taste.
3. Season the chicken thighs with salt and pepper, and fry in butter until they turn a nice golden brown.
4. Place the chicken in a greased suitable baking dish, and pour in the cream mixture.
5. Chop the leek and cherry tomatoes. Chop the cauliflower into small florets. Top chicken with leek, tomatoes and cauliflower.
6. Sprinkle cheese on top and bake in the middle of the oven for at least 30 minutes or until the chicken is fully cooked. If the casserole is at risk of burning before it's done, cover it with a piece of aluminum foil, lower the heat and let cook for a little longer.



BACK TO TOP

Day 6 DINNER

BROCCOLI CHEDDAR SOUP

Ingredients for 3 serving

- 3 cups of broccoli
- 1 tsp olive oil
- 3 tsp butter
- ½ red onion, roughly chopped
- 1 bigger garlic cloves, chopped
- ¼ tsp salt
- Pinch of ground black pepper
- Pinch of paprika powder
- Pinch of cayenne pepper (optional)
- 1 cup chicken broth or water
- 5 tbsp heavy whipping cream
- 3 tbsp of cheddar cheese

INSTRUCTIONS

1. Clean and cut the broccoli and separate the florets from the stalk. Roughly chop the stalks and cut the florets into small pieces.
2. Heat the olive oil with 1 spoon of butter in a pot or a saucepan. When melted, add the roughly chopped onion and the broccoli stalks. Fry on medium heat until they start to brown. Add garlic cloves and keep frying until it gets some color.
3. Season with salt, pepper, paprika and cayenne pepper. Combine well and cook for another minute.
4. Add broth and stir well. Cover and cook for 5 minutes.
5. Transfer the cooked vegetables into a food processor and pulse. Slowly add the broth and keep mixing until you get a smooth and creamy soup.
6. In the same pot heat the rest of the butter and fry the broccoli florets. It's best not to move the broccoli around much to get a lovely roasted flavor.
7. Pour the blended soup mixture through a sieve into the pot. For a chunkier soup you can skip the sieve. Combine well and add more salt and pepper if needed. If the soup seems to be too thick, you can add some water.

BACK TO TOP

INSTRUCTIONS CONT.

8. Allow the mixture to come to a boil and then simmer for a few minutes.
9. Add cream and cheese and mix well. Cook until the cheese has melted.
10. Serve hot and garnish with some shredded cheddar cheese.



BACK TO TOP

Day 7 BREAKFAST

SCRAMBLED EGGS

Ingredients for 1 serving

- 1 full tbsp of butter
- 2 eggs
- salt and pepper

INSTRUCTIONS

1. Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.
2. Melt the butter in a non-stick skillet over medium heat. Watch carefully — the butter shouldn't turn brown!
3. Pour the eggs into the skillet and stir for 1–2 minutes, until they are creamy and cooked just shy of how you like them. Remember that the eggs will still be cooking even after you've put them on your plate.



BACK TO TOP

Day 7 LUNCH

BEEF PATTIES WITH CREAMY ONION GRAVY AND BROCCOLI

Ingredients for 4 serving

BEEF PATTIES

- 1½ lbs ground beef
- 1 egg
- ¼ cup heavy whipping cream
- 1 yellow onion, minced
- 1 tsp salt
- ½ tsp ground black pepper
- 3 tbsp butter

ONION GRAVY

- 3 yellow onions
- 2 tbsp butter
- 1⅓ cups heavy whipping cream
- ½ tbsp tamari soy sauce
- salt and pepper

VEGGIES

- 1 lb broccoli or cauliflower

INSTRUCTIONS

1. In a bowl, combine ground beef, egg, cream, minced onion, and the spices. Use wet hands to form the flat patties.
2. Fry the patties in butter for 3-4 minutes on each side. Put the patties in an oven-proof dish and keep baking in the oven on 210-250°F (100-125°C) while you prepare the rest.
3. Whisk the cooking juices with some water and set aside for the gravy.
4. Slice the onions really thin with a sharp knife or mandolin. Fry in butter until soft and golden. Set aside.

BACK TO TOP

INSTRUCTIONS CONT.

5. In a saucepan, bring the cream, cooking juices and the rest of the ingredients for the sauce to a boil. Simmer over medium heat for 5-10 minutes or until the sauce has the desired consistency. Stir in the onions. Season with salt and pepper.
6. Rinse and cut the broccoli into smaller florets. Boil for a few minutes in lightly salted water, until crisp-tender. Drain and allow to steam for a few minutes.
7. Serve the beef patties and the onion gravy with the freshly boiled broccoli.



BACK TO TOP

Day 7 DINNER

GRILLED WHITE FISH WITH ZUCCHINI AND KALE PESTO

Ingredients for 2 serving



KALE PESTO

- 1.5 cup kale
- 1½ tbsp lemon juice or lime juice
- 14 halves of walnuts
- ½ garlic clove
- ¼ tsp salt
- Pinch of ground black pepper
- 4 tbsp of olive oil

FISH AND ZUCCHINI

- 1 zucchini
- 1 tsp lemon juice
- ¼ tsp salt
- 1 tbsp olive oil
- 3.5 oz of white fish (thawed at room temperature, if frozen)
- Pinch of ground black pepper

INSTRUCTIONS

- Start preparing the pesto by chopping the kale roughly. Place the kale, walnuts, lime and garlic in a blender or food processor, and purée until smooth. Season with salt and pepper. Add the oil towards the end and process a bit more. Set aside.
- Rinse the zucchini and cut thinly with a sharp knife, slicer or mandolin. Put the slices in a bowl. Season with salt and pepper to taste, and dress with lemon juice and olive oil. Set aside.
- Add salt on both sides and let sit for a few minutes. Wipe off excess liquid and brush with oil.
- Grill or fry for a few minutes on each side. Add pepper and serve together with the zucchini and pesto.

BACK TO TOP