

Q trimdownclub



14-Day Keto Meal Plan

K Easy-to-Follow Menus



Introduction

The Keto* 14-Day Meal Plan is an easy starting point to help you learn about foods that our ketogenic-friendly program recommends to keep you satiated all day long, as well as proper portions and meal scheduling to maintain a steady flow of energy while right-sizing your weight.

The ratio of major nutrients is about 65-75% of energy from fat, 15-20% from protein, and 10-15% from carbohydrates, with a ratio of between 1:1 to 1.5:1 fat:protein+carbohydrates.

While some might choose to start the program exactly according to this plan, others might find it easier to begin by adding only several meals from the list to their daily routine.

Start with whatever you feel most comfortable. If these food choices are new to you, then you do not have to follow everything exactly from day one. Try adding a few meals out of this list and slowly add more foods then whole meals while you learn what is working best for you.

Meals can be swapped with one another within the same day, or even between days. Days can also be repeated during the week, but we do encourage variety in protein and produce foods, to ensure your nutritional needs can be met. Try to make nutritious, minimally processed selections.

Because this type of dietary plan tends to limit certain food groups, daily intake of nutritional supplements may be helpful. These include a vitamin/mineral multiple, calcium/vitamin D formula, and omega-3 fatty acid product. A sugar-free fiber beverage may be supportive of normal digestive function. Be sure to discuss any such decisions with your healthcare provider.

It is also recommended to drink plenty of water, approximately 12 glasses per day. If your healthcare provider approves, it is best to avoid low-salt versions of foods, as a keto diet may increase the need for electrolytes such as sodium. Don't overdo, though!

If something is not working as well as you expected or even if you just want to try other alternatives, you can combine foods with this list from the online Menu Planner. Due to the nature of the diet, we recommend discussing use with your healthcare provider before embarking on this journal. Do be prepared for some flu-like symptoms as you begin.

Please note! These menus are based on set amounts of proteins, carbohydrates, and fats that may or may not match your specific nutritional needs. If you find that the amounts are not ideal, consider building menus through the Menu Planner, which utilizes your measurements.

Disclaimers:

***These menus are intended for weight management, and may not be suitable for medical purposes.**

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Day 1

<p>Breakfast</p>	<p>1 cup Chia Coconut Porridge: ¼ cup warm water, blended in food processor with 2 Tbsp Shredded Coconut (unsweetened) 1½ Tbsp Light Coconut Milk (canned) 2 tsp Chia Seeds 1 Tbsp Inulin Sweetener or Stevia/Erythritol, or more to taste Pinch of Nutmeg ½ cup fresh or ¼ cup frozen/unsweetened Raspberries 1 Egg, omega-3 or free-range/grass-fed cooked in ½ Tbsp Olive Oil</p>
<p>Snack #1</p>	<p>2 Simple Almond-Flaxseed Crackers* 2 Tbsp Avocado</p>
<p>Lunch</p>	<p>Low-Carb Macaroni & Cheese: 2 cups Shirataki (Konjac) Noodles, cooked 1½ ounces Cheddar Cheese 2 cups of Mixed Green Salad Salad Dressing: 2 Tbsp Olive Oil + 1 Tbsp Plain or Wine Vinegar</p>
<p>Snack #2</p>	<p>¼ cup Nuts and/or Seeds</p>
<p>Dinner</p>	<p>3 ounces of Beef Loin sautéed in 2 tsp Olive Oil + Spices Low-Carb Asian-Style “Rice”: 2 cups Shirataki (Konjac) “Rice”, cooked 1 tsp Sesame Oil 1 tsp Soy Sauce + Ginger and Garlic, to taste Olive Slaw: 1 cup of Cabbage, raw, shredded 5 Green Olives, extra-large, sliced or chopped 1 Tbsp Mayonnaise</p>
<p>Snack #3</p>	<p>2 Tbsp of Tahini 1 small Cucumber, sliced</p>

Day 2

Breakfast	<p>Creamy Nut Yogurt: ½ cup Greek Yogurt, full-fat, plain ¼ cup Sour Cream 1 tsp Nut Oil 1 tsp Nuts or Seeds, chopped No-Carb Sweetener, e.g. Stevia/Erythritol, to taste ½ cup Strawberries, fresh or frozen, unsweetened</p>
Snack #1	<p>1 Egg, omega-3 or free-range/grass-fed, “deviled” with 1 tsp Mayonnaise + spices 1 cup Red or Yellow Pepper Strips</p>
Lunch	<p>3 ounces Turkey (with skin) roasted in 1 Tbsp Olive Oil + herbs and spices 1 cup Zucchini, roasted with ½ cup Cherry Tomatoes in 1 Tbsp Olive Oil</p>
Snack #2	<p>¼ cup of Avocado, mashed 1 ounce Goat Cheese, semi-soft 2 medium Celery Stalks, cut into sticks for dipping</p>
Dinner	<p>4 ounces Salmon with lemon juice, dill weed, and garlic roasted with 1 Tbsp Olive Oil 1 cup Mixed Vegetables (non-starchy), steamed seasoned with 2 tsp Butter or Olive Oil and herbs plus 3 Tbsp Parmesan Cheese, grated</p>
Snack #3	<p>6 Dark Chocolate-Covered Walnuts</p>

Day 3

Breakfast	<p>Coconut Porridge (cook the following together until thick):</p> <ul style="list-style-type: none"> 2 Tbsp Shredded Coconut, unsweetened (best toasted!) 1 Tbsp Flax Seeds, freshly ground 2 tsp Coconut Flour 1½ tsp Nut Oil ⅔ cup Light Coconut Milk, for cooking (not beverage) 2 Tbsp Dried Goji Berries Natural No-Carb Sweetener, such as Stevia and/or Erythritol
Snack #1	<ul style="list-style-type: none"> 2 Tbsp Pumpkin Seeds 1 Kiwi Fruit 1 cup Chai Tea with 3 Tbsp Light Cream + 1 tsp Nut Oil and Natural No-Carb Sweetener, to taste
Lunch	<p>Tuna-Egg Salad:</p> <ul style="list-style-type: none"> 2 ounces of Tuna Canned in Olive Oil, not drained 1 Egg, hardboiled 2 tsp Mayonnaise, preferable omega-3 or olive oil type Herbs and Spices <p>2 cups Mixed Green Salad, with Dressing:</p> <ul style="list-style-type: none"> 1 Tbsp Olive Oil 1 tsp Plain or Wine Vinegar + Herbs and Spices
Snack #2	<ul style="list-style-type: none"> 4 ounces Greek Yogurt, full-fat, plain with ¼ tsp Olive Oil + Herbs and Spices, to taste 1 medium Carrot, cut into sticks for dipping
Dinner	<ul style="list-style-type: none"> 3 ounces of Chicken (with skin) coated with 1 Tbsp Tahini + 1 clove Garlic baked in 1 tsp Olive Oil 1 cup Cauliflower, cooked mashed with 1 Tbsp Light Cream and 2 tsp Butter 1 cup Watercress sprinkled with Red Wine Vinegar
Snack #3	<ul style="list-style-type: none"> 1 ounce Cheddar Cheese <p>Coco-Nut Cocoa:</p> <ul style="list-style-type: none"> 1 cup Coconut Milk Beverage, fortified 2 tsp Cocoa Powder, unsweetened 1 tsp Nut Oil Natural No-Carb Sweetener, to taste

Day 4

<p>Breakfast</p>	<p>Omelette or Scramble: 1 Egg, omega-3 or free-range/grass-fed 2 Tbsp Light Cream 1 Tbsp Fresh Herbs, chopped 1 Tbsp Olive Oil 1½ ounces Breakfast Steak (thinly cut and pounded beef) cooked in 1½ tsp Olive Oil 1 cup Sweet Red Pepper, sliced</p>
<p>Snack #1</p>	<p>1 ounce of Almonds ½ cup fresh or ¼ cup frozen/unsweetened Raspberries</p>
<p>Lunch</p>	<p>Cream of Broccoli Soup (blend together the following): ¾ cup Broccoli, chopped 2 Tbsp Fresh Chives, chopped ¼ cup Light Cream 1 tsp Butter 1 cup Vegetable Broth Green Sardine Wraps: 3 ounces of Sardines, canned 1 Tbsp of Cream Cheese, light 4 large Green Olives, sliced 2 leaves Lettuce</p>
<p>Snack #2</p>	<p>2 Simple Almond-Flaxseed Crackers* 2 Tbsp Ricotta Cheese, whole milk</p>
<p>Dinner</p>	<p>2 cups Shirataki (Konjac) Noodles, cooked 3 ounces of Ground Beef sautéed in 1 Tbsp Olive Oil seasoned with 1 cup Tomato Sauce + Herbs and Spices ¾ cup Spinach, cooked seasoned with 1½ tsp Butter</p>
<p>Snack #3</p>	<p>3 Tbsp Pumpkin Seeds 2 Tbsp Goji Berries, dried</p>

Day 5

Breakfast	1 Egg, omega-3 or free-range/grass-fed cooked in 1 tsp Olive Oil 1 ounce of Uncured Turkey Bacon cooked in 1 tsp Olive Oil 1 medium Tangerine Tea/Coffee with 1 Tbsp Light Cream + Natural No-Carb Sweetener
Snack #1	¼ cup Pecans 1 Fresh or 2 Dried Figs
Lunch	Cheesy Vegetable Bake: 1 cup Zucchini (raw), sliced 1 cup fresh or ½ cup frozen Spinach (thawed) ¼ cup Mushrooms (raw), sliced steamed until tender, then sautéed together with 1 clove Garlic, mashed + 4 tsp Basil, chopped, in 2 tsp Olive Oil; placed in baking pan and covered with ½ cup Cheddar Cheese then baked at 350°F/180°C until cheese has melted
Snack #2	2 Tbsp Tahini 2 medium Celery Stalks, cut into sticks for dipping
Dinner	3 ounces of Fresh/Frozen Tuna cooked in 2 tsp Olive Oil with Lemon Zest + Garlic 1 cup of Green Beans, steamed Then sautéed with ¼ cup Onions and 2 Tbsp Toasted Pine Nuts in 2 tsp Olive Oil
Snack #3	Chocolate Avocado Mousse: ¼ medium Avocado, soft pureed with 1 Tbsp Pure Cocoa Powder, unsweetened folded into 2 Tbsp Whipping Cream, whipped to firm peaks with No-Carb Sweetener, to taste

Day 6

Breakfast	<p>½ cup Almond Meal cooked in 1 cup Coconut Milk Beverage, fortified with 1 Tbsp Raisins Natural No-Carb Sweetener, such as Stevia/Erythritol</p>
Snack #1	<p>1 ounce Brie Cheese, full fat ¼ cup Avocado, sliced ⅓ cup fresh or ¼ cup frozen/unsweetened Blueberries</p>
Lunch	<p>2 ounces Turkey (with skin) coated with 1 Egg, 2 Tbsp Ground Hazelnuts, 2 Tbsp Parmesan sautéed in 2 tsp Olive Oil 2 cups Mixed Green Salad with Dressing: 1 tsp Olive Oil + 1 Tbsp Wine Vinegar + Spices</p>
Snack #2	<p>6 Walnuts 1 medium Tangerine</p>
Dinner	<p>3 ounces of Chicken (with skin), sliced sautéed in 2 tsp Olive Oil + 1 tsp Sesame Oil with 1 Tbsp Soy Sauce + 2 cloves Garlic 2 cups Shirataki (Konjac) “Rice” ½ cup of Chinese Greens (steamed from 1 cup raw) with 2 Brazil nuts, chopped and lightly toasted seasoned with 1 tsp Sesame Oil</p>
Snack #3	<p>Coco-Nut Cocoa: 1 cup Coconut Milk Beverage, fortified 1 tsp Nut Oil 2 tsp Pure Cocoa Powder Whipped Cream, unsweetened Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste</p>

Day 7

Breakfast	<ul style="list-style-type: none"> ¾ cup Greek Yogurt, full fat, plain 1 tsp Nut Oil 2 Tbsp Flax Seeds, freshly ground 1 fresh or 2 dried/unsweetened halves Apricot Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste
Snack #1	<ul style="list-style-type: none"> ¾ cup Strawberries with 2 Brazil Nuts, chopped topped with 2 Tbsp Mascarpone Cheese + Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste
Lunch	<p>Creamy Mushroom Soup:</p> <ul style="list-style-type: none"> ½ cup Light Cream 1 cup Vegetable Broth 1 cup Mushrooms, sliced 1 clove Garlic, roasted and mashed ¼ tsp Ground Black Pepper 1 Tbsp Parmesan Cheese <ul style="list-style-type: none"> 1 slice Coconut Bread 2 Tbsp Avocado 1 Egg, hardboiled
Snack #2	<p>Vegetable Rolls:</p> <ul style="list-style-type: none"> 2 large Lettuce Leaves 1½ Tbsp Tahini ½ cup White Mung Bean Sprouts ½ cup Cabbage, shredded ½ medium Carrot, julienned
Dinner	<ul style="list-style-type: none"> 3 ounces of Trout Zest and juice from one small Lemon 1 Tbsp Butter <p>Cauliflower Patties:</p> <ul style="list-style-type: none"> 1 cup Cauliflower, steamed and mashed ¼ cup Chickpeas, cooked or canned, mashed 2 Tbsp Flaxseeds, freshly ground Herbs and Spices to taste Combined and formed into patties Baked in 1 Tbsp Olive Oil at 375°F/190°C for 40 minutes
Snack #3	<ul style="list-style-type: none"> 5 Dark Chocolate-Covered Walnuts

Day 8

<p>Breakfast</p>	<p>1 cup Almond-Flax-Coconut Porridge: $\frac{1}{4}$ cup warm water, blended in food processor with 1 Tbsp Shredded Coconut (unsweetened) 1 Tbsp Ground Almond 1 Tbsp Light Cream 1 tsp Almond Oil 2 tsp Flaxseeds, freshly ground 1 Tbsp Inulin Sweetener or Stevia/Erythritol, or more to taste Pinch of Cinnamon $\frac{1}{2}$ cup fresh or $\frac{1}{4}$ cup frozen/unsweetened Raspberries 1 Egg, omega-3 or free-range/grass-fed cooked in $\frac{1}{2}$ Tbsp Olive Oil</p>
<p>Snack #1</p>	<p>1 cup Tea or Coffee with 3 Tbsp Light Cream + 1 tsp Nut Oil and Natural No-Carb Sweetener, to taste 2 Simple Almond-Flaxseed Crackers* 2 tsp Cream Cheese</p>
<p>Lunch</p>	<p>1 cup Cream of Watercress Soup: $\frac{1}{2}$ cup Vegetable Broth 5 Tbsp Light Cream 1 cup Watercress, chopped Ground Black Pepper and Garlic, to taste <i>Cook together until watercress is tender, then puree.</i> 1 Slice Coconut Bread 3 ounces Smoked Salmon $\frac{1}{8}$ medium Avocado, sliced 1 small Cucumber 1 Tbsp Lemon Juice</p>
<p>Snack #2</p>	<p>$\frac{1}{4}$ cup of Pumpkin Seeds 2 Kumquats</p>
<p>Dinner</p>	<p>4 ounces of Loin Steak coated with Spice Rub cooked in 1 Tbsp Olive Oil 2 cups of Shirataki (Konjac) "Rice", cooked 1 cup of Chinese Greens (steamed) 1 tsp Soy Sauce</p>
<p>Snack #3</p>	<p>$\frac{1}{2}$ cup Lactose-Free No-Sugar-Added Ice Cream, full fat topped with 1 tsp Nut Oil and 3 Tbsp Whipped Cream, sweetened with Stevia/Erythritol</p>

Day 9

<p>Breakfast</p>	<p>Omelette or Scramble: 1 Egg, omega-3 or free-range/grass-fed 2 Tbsp Light Cream 1 stalk Green Spring Onion (Scallion), chopped 1½ tsp Olive Oil 1 Simple Almond-Flaxseed Cracker* 1 tsp Goat Cheese, soft 1 Kiwi Fruit</p>
<p>Snack #1</p>	<p>¼ cup Mixed Nuts 1 fresh or 2 halves dried Apricot</p>
<p>Lunch</p>	<p>3 ounces Natural Turkey Sausage, uncured sautéed in 1 tsp Olive Oil with ¼ cup Onions, chopped served with ½ cup Sauerkraut topped with Mustard 1 cup Zucchini, steamed topped with 1 tsp Butter</p>
<p>Snack #2</p>	<p>2 medium-large Celery Stalks 1 filled with 3 Tbsp Ricotta Cheese, full fat 1 filled with 3 Tbsp Sour Cream</p>
<p>Dinner</p>	<p>3 ounces of Tuna, fresh baked in 2 tsp Olive Oil + Herbs and Spices 1 cup Cauliflower, cooked mashed with 2 Tbsp Light Cream and 1 tsp Butter 1 cup Mixed Baby Greens dressed with 1½ tsp Olive Oil + 1 tsp Wine Vinegar</p>
<p>Snack #3</p>	<p>6 ounces Greek Yogurt, full fat, plain Natural No-Carb Sweetener, such as Stevia/Erythritol ⅓ cup fresh or ¼ cup frozen/unsweetened Blueberries</p>

Day 10

Breakfast	1 Egg cooked in 2 tsp Olive Oil 1½ ounces Breakfast Steak (thinly cut and pounded beef) cooked in 2 tsp Olive Oil 1 medium Tomato, roasted
Snack #1	¼ cup Pecans ¾ cup Melon
Lunch	1 ounce Kale Chips topped with 2 ounces Cheddar Cheese, melted 2 cups Mixed Green Salad with dressing: 1½ tsp Olive Oil + 1 Tbsp Vinegar + Spices, to taste
Snack #2	2 tsp Goat Cheese, soft 2 Almond Flax Crackers
Dinner	3 ounces of Chicken (dark meat, with skin) coated with 1 Tbsp Parmesan Cheese baked in 1 Tbsp Olive oil ½ cup of Spinach, steamed 1 tsp Butter
Snack #3	6 Walnuts 2 fresh or 4 dried halves Apricots

Day 11

Breakfast	1 slice Coconut Bread 2 medium Sardines 3 Tbsp of Ricotta Cheese, full fat ½ cup Sweet Red Bell Pepper drizzled with 1 tsp Olive Oil
Snack #1	1 Egg, omega-3 or free-range/grass-fed, hardboiled with Herbs and Spices, to taste 1 small Cucumber, sliced in ¼ cup Sour Cream with 1 tsp Dill Weed, chopped
Lunch	Cream of Avocado Soup: ¼ cup Avocado, pureed ¼ cup Greek Yogurt, full fat whisked into 1 cup Vegetable Broth 1 Tbsp Cilantro or Parsley, chopped with 1 clove Garlic + chili pepper or sauce to taste 3 ounces Poultry Offal (heart, gizzard, gible) sautéed with 1 cup Beet or other Greens in 1 Tbsp Olive Oil + spices
Snack #2	1 ounce String Cheese, full fat ½ cup Blueberries topped with 2 Tbsp Shredded Coconut, unsweetened
Dinner	3 ounces of Ground Beef cooked in 1 Tbsp Olive Oil 2 cups Shirataki (Konjac) Noodles topped with ½ cup Tomato Sauce and 2 Tbsp Parmesan Cheese ½ cup of Broccoli, cooked seasoned with 1 tsp Coconut Oil
Snack #3	2 Almond-Flax Crackers* 2 tsp Brie Cheese, full fat

Day 12

Breakfast	<p>Almond-Coconut Porridge:</p> <ul style="list-style-type: none"> ¼ cup Almond Meal 3 Tbsp Shredded Coconut, unsweetened Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste 1 Tbsp Raisins 1 cup of Coconut Milk Beverage, fortified 1 small Tangerine
Snack #1	<ul style="list-style-type: none"> 2 tsp Goat Cheese, soft 2 Almond-Flax Crackers*
Lunch	<ul style="list-style-type: none"> 3 ounces Salmon, cut into bite-sized pieces sautéed in 1 Tbsp Olive Oil with 1 clove Garlic and ¼ cup Light Cream 2 cups Shirataki (Konjac) “Rice” 1 cup Zucchini, cooked dressed with 1 tsp Butter
Snack #2	<ul style="list-style-type: none"> 2 Tbsp Tahini 2 large stalks Celery
Dinner	<ul style="list-style-type: none"> 3 ounces of Turkey (dark meat, with skin) coated with 1 Egg 2 Tbsp Almond Meal oven-fried in 1 Tbsp Olive Oil 2 cups Mixed Green Salad dressed in 1 Tbsp Olive Oil and 2 Tbsp Wine Vinegar
Snack #3	<ul style="list-style-type: none"> ⅔ cup fresh or ⅓ cup frozen Raspberries, unsweetened in 3 Tbsp Greek Yogurt, full fat mixed with 1 Tbsp Whipping Cream, unsweetened and Natural No-Carb Sweetener, to taste

Day 13

Breakfast	Omelette/Scramble: 1 Egg 3 Tbsp Light Cream ¼ cup Mushrooms, sliced cooked in 1½ tsp Olive Oil ½ slice Coconut Bread with 1 tsp Butter
Snack #1	8 ounces of Greek Yogurt, full fat 1 Tbsp Flax Seeds, freshly ground 5 Tbsp fresh or 3 Tbsp frozen/unsweetened Strawberries Natural No-Carb Sweetener, such as Stevia/Erythritol, to taste
Lunch	½ Keto Pizza* 2 cups Mixed Green Salad dressed with 1 tsp Olive Oil and 1 Tbsp Wine Vinegar
Snack #2	½ slice Coconut Bread 1 Tbsp Tahini 2 fresh or 4 halves dried/unsweetened Apricots
Dinner	3 ounces of Tuna, fresh pan-seared with ¼ Avocado, sliced and 1 Tbsp Soy Sauce + 1 clove Garlic + ½ tsp fresh Ginger in 4 tsp Olive Oil 2 cups Shirataki (Konjac) “Rice” 1 cup Kale, steamed with 1 tsp Butter
Snack #3	1 cup Chai Tea with 2 Tbsp Light Cream + 1 tsp Nut Oil and Natural No-Carb Sweetener, to taste 2 small fresh or dried/unsweetened Figs

Day 14

Breakfast	2 Keto Pancakes* with 3 Tbsp Berry Topping
Snack #1	2 Almond-Flax Crackers* 2 Tbsp Ricotta Cheese, full fat
Lunch	2 Keto Tacos: ½ cup Soy Granules moistened in 1 cup Vegetable Broth seasoned with 1 tsp Taco Seasoning, no-sugar-added sautéed together in 1 Tbsp Olive Oil then placed over 2 large leaves Lettuce each topped with 1 Tbsp each Mozzarella and Cheddar Cheeses plus each with 1 Tbsp each Sour Cream and Avocado
Snack #2	3 Tbsp Mixed Nuts 2 tsp Raisins, unsweetened
Dinner	3 ounces of Chicken, dark meat, with skin coated with 1½ tsp Tahini and 1 Tbsp Parmesan Cheese + Herbs and Spices baked in 1 Tbsp Olive Oil ½ cup Collard Greens, steamed 1 tsp Butter
Snack #3	4 Dark Chocolate-Covered Walnuts Herbal Tea with Natural No-Carb Sweetener, such as Stevia/Erythritol

*Recipes

Simple Almond-Flaxseed Crackers

An easy, healthy, and delicious staple for diets that are keto, paleo, vegan, gluten-free, and raw.

Preparation Time: 25 minutes

Baking Time: 20 minutes

Serves: 12

Ingredients

- ¼ cup / 42 g whole flaxseeds
- ½ cup / 120 ml warm water
- 1½ Tbsp. / 28 ml olive oil + ½ tsp. / 2½ ml
- 2 cups / 280 g almonds
- 2 Tbsp. / 4 g fresh or 1 Tbsp. / 2½ g dried rosemary
- ½ tsp. / 3 g salt substitute (optional)



Directions

1. Preheat oven to 325°F / 160°C. Mist or brush baking sheet with ½ teaspoon / 2½ ml olive oil.
2. In a food processor or high-speed chopper, grind the flaxseeds to a fine powder. Combine with warm water in a small bowl, and set aside for 15 minutes.
3. Place almonds and rosemary in the processor or chopper, and grind to a fine meal. Be careful to stop before it becomes too buttery.
4. Place all ingredients with remaining olive oil in a medium-size bowl and combine well.
5. Shape into a ball and place on prepared baking sheet. Roll out with a rolling pin over the top sheet to flatten to a thickness of approximately 2 mm.
6. Slice into rectangles of 4×2 inches / 10×5 cm. Top with salt substitute, if desired.
7. Bake at the above temperature for 20 minutes, until golden.
8. Allow to cool before serving. Keep refrigerated or frozen.

Serving Size: 2 crackers

Exchanges per Serving: ½ Carb, 1 Protein, 1 Fat
(can be substituted in Menu Planner menu for 1 Carb, 1 Protein)

Classic Keto Pizza

Adapted from Fat Head Pizza, by Tom Naughton

Preparation Time: 25 minutes **Baking Time:** 10-15 minutes **Serves:** 6

Ingredients

Crust

- 1½ cups mozzarella cheese, full fat, shredded
- ¾ cup almond flour
- 2 Tbsp cream cheese, full fat
- 1 tsp white wine vinegar
- 1 egg
- ½ tsp salt
- 1 tsp olive oil

Toppings

- ½ cup tomato sauce
- ¾ cup each cheddar and mozzarella cheese, full fat, shredded
- 6 oz Italian sausage, fresh and uncured, sliced or crumbled
- 1 Tbsp olive oil
- 2 Tbsp fresh or 1 Tbsp dried herbs (e.g., oregano and basil) + 2 cloves garlic, chopped
- 6 large olives, sliced



Directions

1. Preheat oven to 400°F/200°C.
2. Melt mozzarella and cream cheese over medium heat or in a microwave oven.
3. Add remaining crust ingredients, and mix well.
4. Flatten dough between two sheets of parchment, to 8 inches / 20 cm in diameter.
5. Remove top sheet and prick crust in multiple places. Bake 10-12 minutes until golden.
6. While crust is baking, sauté sausage in olive oil.
7. Spread tomato sauce on baked crust. Top with sausage, cheese, herbs, garlic, and olives.
8. Bake for 10-15 minutes, or until cheese has melted.

Serving Size: ⅙ pizza **Exchanges per Serving:** ⅓ Carb, 3 Protein, 2½ Fat
(can be substituted in Menu Planner menu for 2 Carb, 3 Protein, 1 Fat)

Keto Pancakes

Adapted from Cream Cheese Pancakes, by Melissa Sevigny

Preparation Time: 25 minutes **Cooking Time:** 20 minutes **Makes:** 4 pancakes

Ingredients

Pancakes

- ¼ cup cream cheese
- 2 eggs
- 1 tsp no-carb sweetener, e.g. Stevia/erythritol
- 2 tsp Butter

Topping

- 2 tsp nut oil
- 2 tsp no-carb sweetener, e.g. Stevia/erythritol
- ¼ cup Raspberries, frozen/unsweetened



Directions

1. Mix first three pancake ingredients together in a blender until smooth.
2. Set aside to rest for two minutes, until bubbles have settled.
3. Meanwhile, combine topping ingredients until sweetener has fully dissolved.
4. Melt butter in non-stick skillet over high heat.
5. Pour batter into prepared pan in four circles.
6. Cook for two minutes until golden, then flip and cook for 1 minute on the other side.
7. Serve with prepared topping.

Serving Size: 2 pancakes **Exchanges per Serving:** ¼ Carb, 1 Protein, 5¾ Fat
+ 3 Tbsp topping (can be substituted in Menu Planner menu for 1 Carb, 2 Protein, 1 Fat, 1 Fruit)