

## Breakfast – Keto

### SALMON AVOCADO

**\$3.82/SERVING EST**



Ingredients and groceries scaled from original 2 servings

3 avocado halved

9 oz. smoked salmon sliced

$\frac{3}{4}$  cup sour cream

$\frac{3}{4}$  cup red onion chopped

1  $\frac{1}{2}$  lemon juiced

3 dashes pepper

#### **Prep: 7 mins**

1. Cut the avocado in half, remove pit.
2. Fill each half of the avocado with sour cream.
3. Top with smoked salmon.
4. Garnish with pepper and squeeze of lemon.

## Dinner Keto

### CHICKEN-STUFFED AVOCADO and SPINACH, TOMATO & MOZZARELLA SIDE SALAD

\$4.34/SERVING EST



Ingredients and groceries scaled from original 2 servings

1 1/8 lb. rotisserie chicken

3 cooking sprays

3 avocados

3 tablespoons walnuts crushed

6 tablespoons red onion minced

12 cups mixed greens

#### LEMON VINAIGRETTE

1/3 cup olive oil

3 teaspoons lemon juiced

3 dashes salt

1 1/2 cloves garlic minced

3 pinches black pepper

**Prep: 15 mins**

**Cook: 10 mins**

1. Cut avocado in half and carefully remove pit.
2. Grease a skillet with cooking spray and cook avocados cut side down on skillet over medium-high heat for 1 minute or until nicely browned.
3. Place chicken in a bowl and use two forks to pull the meat apart into shreds. Set aside.
4. Place walnuts and onion in a large bowl.
5. Whisk together all vinaigrette ingredients in a small bowl. Pour half over walnut mixture. Toss lightly to coat, then gently stir in chicken.
6. Scoop mixture into avocado halves.
7. Mix remaining vinaigrette into mixed greens. Serve avocados with mixed greens on the side.

## **SPINACH, TOMATO & MOZZARELLA SIDE SALAD**

**\$2.28/SERVING EST**

Ingredients and groceries scaled from original 1 serving

10 cups raw spinach

2 ½ cups cherry tomatoes

5 oz. mozzarella balls

5 teaspoons white wine vinegar

1/3 cup olive oil

5 dashes freshly ground black pepper

## **Prep: 5 mins**

1. Wash tomatoes and slice in half if you wish.
2. To make dressing, whisk vinegar, oil, and pepper in a small bowl.
3. Mix salad ingredients in a large bowl, add dressing, and serve.

## Dinner Keto

### PESTO CHICKEN and SPRING SALAD WITH AVOCADO

**\$3.86/SERVING EST**



Ingredients and groceries scaled from original 2 servings

2 lbs. skinless boneless chicken breasts

1 cup basil pesto

3 dashes salt

3 dashes pepper

1 ½ lbs. cherry tomatoes

#### **TO SERVE**

6 tablespoons basil pesto

**Prep: 5 mins**

**Cook: 50 mins**

1. Smother chicken fillets in the pesto on all sides (about 2 tablespoons of pesto for each chicken breast, depending on your taste). Season with salt and pepper, if desired.
2. Grill: Preheat a barbecue plate, grill pan or skillet over medium-high heat. Cook for 5-6 minutes each side or until

completely cooked through. Transfer to a warm plate. Grill the tomatoes, rotating once, until soft and beginning to brown. Top chicken with extra pesto. Serve with tomatoes.

3. Oven: Preheat the oven to 350°. Line a baking dish with aluminum foil or parchment paper. Arrange the coated chicken breasts in the baking dish and bake in a preheated oven for 30 minutes. At 30 minutes, remove the chicken from the oven and arrange the tomatoes around each fillet. Place the chicken back in the oven and cook for another 20 minutes, or until the chicken is done.

## **SPRING SALAD WITH AVOCADO**

**\$2.58/SERVING EST**

Ingredients and groceries scaled from original 1 serving

15 cups spring mix lettuce

2 ½ cups cherry tomatoes

1 ¼ avocados peeled, sliced

1/3 cup Italian Dressing

5 dashes salt

5 dashes freshly ground black pepper

**Prep: 2 mins**

1. Wash spring mix and tomatoes.
2. Peel and slice avocado. Mix salad ingredients in a large bowl, add dressing, salt, and pepper and serve.



## Dinner Keto

### PORK CHOP WITH CAULIFLOWER RICE and VEGGIES & DIP

**\$2.27/SERVING EST**



Ingredients and groceries scaled from original 1 serving

2 ¼ lb. Pork Chops (Bone-In)

9 cups cauliflower rice

7/8 cup olive oil

**Prep: 5 mins      Cook: 15 mins**

1. Heat a skillet over medium high heat. Once hot, add pork chop and cook 3-4 minutes on the first side. Flip and cook another 3-4 minutes until golden brown and cooked through. Remove to a plate.
2. Heat olive oil in skillet over medium heat. Add cauliflower and sauté until heated through, about 3-4 minutes.
3. Serve pork chop with cauliflower rice.

## **VEGGIES & DIP**

**\$0.70/SERVING EST**

Ingredients and groceries scaled from original 1 serving

**Prep: 2 mins**

1. Wash celery and baby carrots.
2. Slice celery into bite size pieces. Serve altogether with ranch dressing.

## Dinner Keto

### ROAST CHICKEN IN UNDER AN HOUR and CAESAR KALE SALAD

**\$0.75/SERVING EST**



3 ¼ lbs. whole chicken

1 teaspoon rosemary, optional

1 teaspoon cumin, optional

1 teaspoon smoked paprika, optional

1 teaspoon oregano, optional

1 dash salt

1 dash freshly ground black pepper

1 tablespoon neutral vegetable oil

**Prep: 10 mins**

**Cook: 50 mins**

**1.** Preheat oven to 450°.

**2.** Cut out the backbone of the chicken. Place the bird breast side down on a cutting board. Using a sharp pair of kitchen shears, cut along one side of the backbone, then along the other side to remove it completely.

- 3.** Turn the chicken breast side up and press down on the breast to flatten it. Next, tuck the wings under the breast.
- 4.** Rub the spice mix under the skin. Season the chicken with salt and freshly ground black pepper. Let the chicken sit at room temperature for a few minutes to come to room temperature.
- 5.** Heat vegetable oil in a heat-proof heavy-bottomed skillet, preferably cast iron, over medium-high heat. There should be just enough oil to lightly coat the bottom of the pan.
- 6.** Once the oil is shimmering, place the chicken in the pan, breast side down. Let the chicken cook, undisturbed, for 4-6 minutes, or until the skin is golden brown and releases easily from the bottom of the pan.
- 7.** Flip the chicken over so that it's breast side up, then slide the whole pan into the oven. Roast for 20-30 minutes, or until the chicken juices run clear (the internal temperature of the thigh should read 165-170°).
- 8.** If the skin starts getting too dark before the chicken is cooked through, tent it with foil.
- 9.** Transfer the chicken to a cutting board, and let it cool for 10 minutes before carving. Serve the chicken with a drizzle of pan juices.

## **CAESAR KALE SALAD**

**\$2.05/SERVING EST**

Ingredients and groceries scaled from original 1 serving

15 cups baby kale

2 ½ cups cucumber sliced

1 ¼ cups cherry tomatoes

10 tablespoons Parmesan cheese

5/8 cup Caesar dressing

### **Prep: 5 mins**

1. Wash kale and tomatoes, and slice cucumber.
2. Mix salad ingredients in a large bowl, add dressing, and serve.

## Dinner Keto

### ROASTED CHICKEN THIGHS and MIXED CUCUMBER SALAD

**\$0.94/SERVING EST**



Ingredients and groceries scaled from original 2 servings

6 chicken thighs (bone-in, skin-on)

3 tablespoons olive oil

3 pinches salt

3 pinches pepper

**Prep: 10 mins**

**Cook: 35 mins**

1. Preheat oven to 475°.
2. Preheat cast iron skillet on the stove until hot but not smoking. Add olive oil.
3. Season chicken thighs with salt and pepper. Place skin side down in the cast iron skillet.
4. Cook over medium to medium-high heat for 12-15 minutes, rearrange chicken every once in awhile to make sure they cook evenly.
5. Transfer to oven and cook an additional 15 minutes.

6. Flip chicken over and cook for 3-5 minutes until skin is crispy.

## **MIXED CUCUMBER SALAD**

**\$2.10/SERVING EST**

Ingredients and groceries scaled from original 1serving

10 cups romaine lettuce chopped

2 ½ cups cucumber sliced

1/3 cup white wine vinegar

1/3 cup olive oil

5 dashes Dijon mustard

5 dashes freshly ground black pepper

### **Prep: 2 mins**

1. Wash and chop romaine lettuce.
2. Wash and slice cucumber.
3. To make dressing, whisk vinegar, oil, mustard, and pepper in a small bowl.
4. Mix salad ingredients in a large bowl, add dressing and serve.

## Lunch Keto

### BEEF, MOZZARELLA, AND ZUCCHINI NOODLES and GUACAMOLE DIP WITH VEGGIES

\$1.59/SERVING EST



Ingredients and groceries scaled from original 1 serving

10 tablespoons butter

5 oz. ground beef

5 cups zucchini spiralized

2 ½ cups Shredded Mozzarella Cheese

5 pinches oregano

**Prep: 5 mins      Cook: 15 mins**

1. Melt half the butter in a pan over medium-high heat. Add beef and cook until browned and cooked through. Remove from pan.
2. Melt remaining butter over medium heat. Add zucchini noodles and cook about 1 minute until just tender. Add

cheese, oregano, and beef and stir to combine. Reduce heat to low and cook covered until cheese is melted.

## **GUACAMOLE DIP WITH VEGGIES**

**\$1.49/SERVING EST**

Ingredients and groceries scaled from original 1 serving

1 ¼ cups guacamole

2 ½ cups celery

2 ½ cups cucumbers

**Prep: 5 mins**

1. Slice the celery and cucumber into sticks for dipping. Serve with guacamole.

## Lunch Keto

### PORK CHOP WITH CAULIFLOWER RICE and VEGGIES & DIP

**\$2.27/SERVING EST**



Ingredients and groceries scaled from original 1 serving

2 ¼ lb. Pork Chops (Bone-In)

9 cups cauliflower rice

7/8 cup olive oil

**Prep: 5 mins      Cook: 15 mins**

1. Heat a skillet over medium high heat. Once hot, add pork chop and cook 3-4 minutes on the first side. Flip and cook another 3-4 minutes until golden brown and cooked through. Remove to a plate.
2. Heat olive oil in skillet over medium heat. Add cauliflower and sauté until heated through, about 3-4 minutes.
3. Serve pork chop with cauliflower rice.

## **VEGGIES & DIP**

**\$0.70/SERVING EST**

Ingredients and groceries scaled from original 1 serving

**Prep: 2 mins**

1. Wash celery and baby carrots.
2. Slice celery into bite size pieces. Serve altogether with ranch dressing.

## Lunch Keto

### SPINACH AND CHEESE OMELET and CHERRY TOMATOES

**\$2.86/SERVING EST**



Ingredients and groceries scaled from original 1 serving

1/3 cup olive oil

5 cups spinach chopped

10 eggs beaten

1 ¼ cups cheddar shredded

5 pinches oregano

2 ½ avocados sliced

**Prep: 5 mins      Cook: 15 mins**

1. Heat half the oil in a pan over medium heat. Add spinach and cook until wilted. Remove from pan and set aside.
2. Heat remaining oil over medium heat. Add in the beaten eggs and tilt the pan so the eggs evenly cover the bottom of the pan. Cook until eggs are almost set, about 2 minutes.

3. Sprinkle cheese and oregano over the eggs and add the spinach to one side. Using a spatula, fold the opposite edge of the omelet over the spinach and gently press down.
4. Turn off the heat and slide the omelet onto a plate. Top with avocado slices.

## **CHERRY TOMATOES**

**\$1.57/SERVING EST**

Ingredients and groceries scaled from original 1 serving

5 cups cherry tomatoes

## Snacks Keto

### CHEESE STICK

**\$0.38/SERVING EST**



Ingredients and groceries scaled from original 1 serving

5 string cheeses

**Prep: 1 min.**

1. Open cheese stick and serve.

## Snacks Keto

### CUCUMBER, GOAT CHEESE, AND SMOKED SALMON

**\$4.10/SERVING EST**



#### **Ingredients and groceries scaled from original 1 serving**

5 cups cucumber sliced

5 oz. goat cheese

10 oz. Smoked Salmon chopped

#### **Prep: 5 mins**

1. Place cucumber slices on a plate. Sprinkle salmon over and crumble goat cheese on top.

## Snacks Keto

### HIGH-ENERGY TRAIL MIX and TUNA SALAD (MINI PORTION)

**\$0.93/SERVING EST**



Ingredients and groceries scaled from original 2 servings

3 oz. macadamia nuts

3 oz. almonds

6 tablespoons coconut flakes

6 tablespoons stevia sweetened chocolate chips

1. Combine all ingredients and serve. Store in an airtight container to maintain freshness.

### TUNA SALAD (MINI PORTION)

**\$0.61/SERVING EST**

Ingredients and groceries scaled from original 1 serving

10 oz. tuna drained

5 teaspoons mayonnaise

5 dashes salt

5 dashes pepper

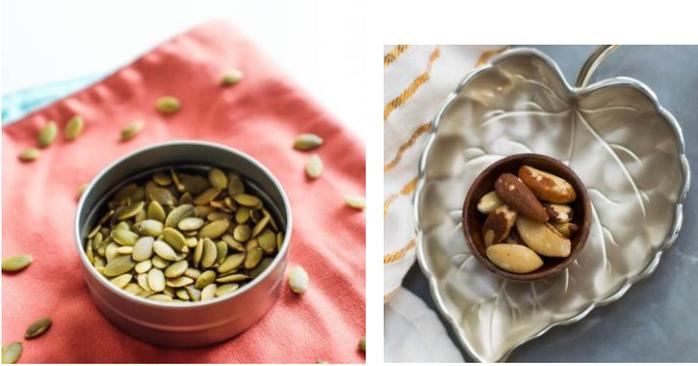
**Prep: 5 mins**

1. Drain tuna. In a bowl, add mayonnaise, salt and pepper to tuna and mix.

## Snacks Keto

### PUMPKIN SEEDS AND BRAZIL NUTS

**\$0.45/SERVING EST**



Ingredients and groceries scaled from original 1 serving

5 oz. pumpkin seeds

**Prep: 1 mins**

1. Pour pumpkin seeds into a bowl and serve.

### BRAZIL NUTS

**\$0.75/SERVING EST**

Ingredients and groceries scaled from original 1 serving

5 oz. brazil nuts

**Prep: 1 mins**

1. Pour brazil nuts into a bowl and serve.

## Snacks Keto

### VEGAN BOUNTY BARS 2 PORTIONS and TUNA SALAD

**\$0.69/SERVING EST**



2 cups Unsweetened Shredded Coconut

¼ cup Coconut Oil

2 tablespoons Maple Syrup

½ cup Dark Chocolate Chips

1 pinch salt

**Prep: 15 mins**

**Cook: 1 hour and 30 mins**

1. Add shredded coconut, melted coconut oil or softened coconut butter, and maple syrup or honey to a food processor and blend until a sticky mixture forms. Do not over-process coconut or the bars will feel sandy. You can also mix this by hand in a bowl with a spatula.
2. Press the coconut mixture firmly into a pan lined with parchment paper and place in the freezer until completely hard, about 1 hour.

3. Cut into 12 bars. If your bars start to fall apart press it back together and freeze again for another hour before cutting.
4. Melt your chocolate in a microwave or in a heat-proof bowl over a small pot of simmering water.
5. Dip your bars into the chocolate one by one and place on a wire rack or pan lined with parchment paper. Top with a sprinkle of sea salt. Allow to set in the fridge for at least 30 minutes. Enjoy cold or store in an airtight container in the fridge for up to 7 days.
6. \*Berry flavored: Instead of using honey or maple syrup, add ½ cup of berries, blended in a blender or food processor.
7. \*More toppings: Add toppings as a dried fruit, nuts, or seeds for added zinc and iron.

## **TUNA SALAD**

**\$0.78/SERVING EST**

Ingredients and groceries scaled from original 1 serving

2 ½ can (5 oz.) tuna drained

10 teaspoons mayonnaise

5 dashes salt

5 dashes pepper

**Prep: 5 mins**

1. Drain tuna. In a bowl, add mayonnaise, salt and pepper to tuna and mix.