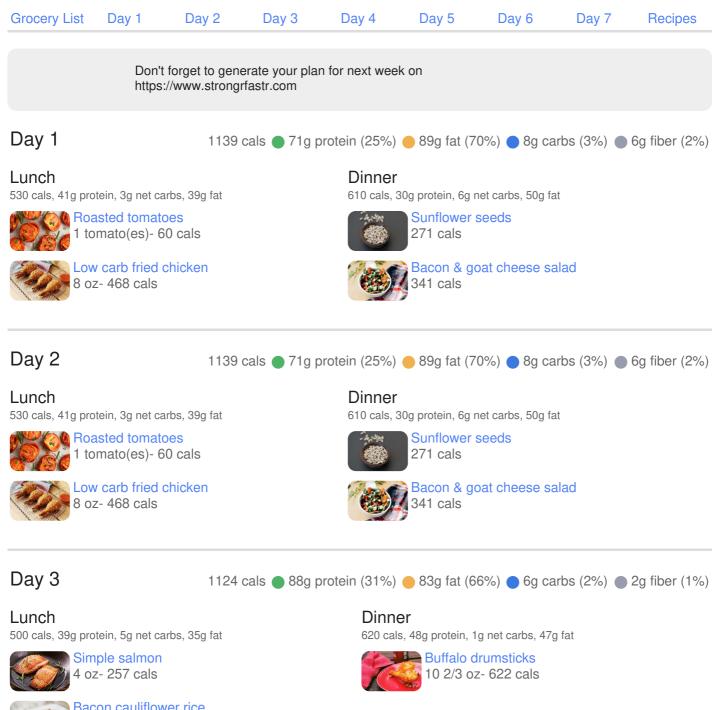
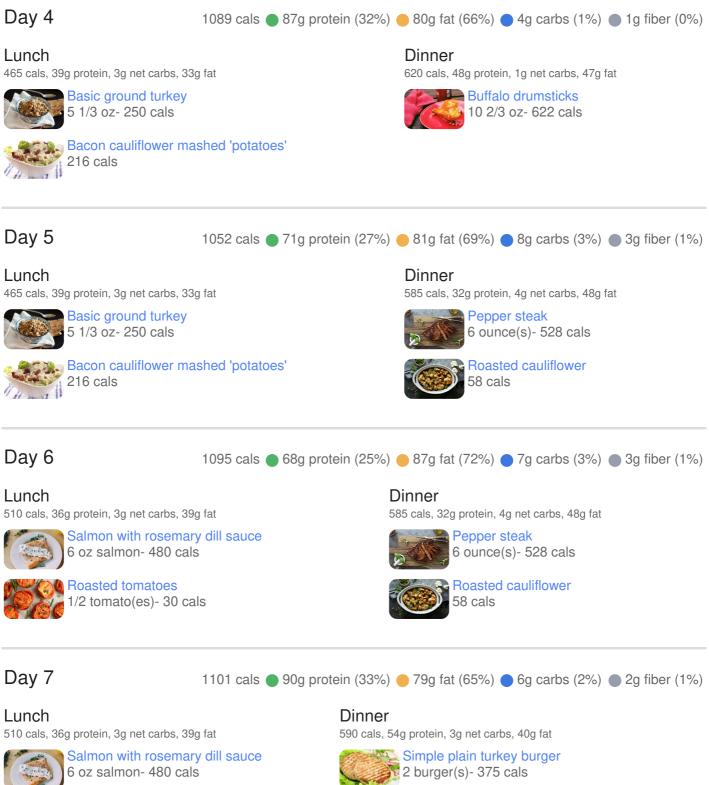
# Meal Plan - 1100 calorie keto and intermittent fasting meal plan







Bacon cauliflower rice 1 1/2 cup(s)- 245 cals





Roasted tomatoes 1/2 tomato(es)- 30 cals





Bacon cauliflower mashed 'potatoes' 216 cals



# **Vegetables and Vegetable Products**

tomatoes 3 small whole (2-2/5" dia) (273g)

- garlic
  - 1 1/4 clove (4g)
  - cauliflower
  - 1/2 head medium (5-6" dia.) (293g)

# Fats and Oils



# Other



# **Spices and Herbs**



### Soups, Sauces, and Gravies

- hot sauce
- 1 tbsp (15mL)
- Frank's Red Hot sauce 1/4 cup (53mL)

## **Nut and Seed Products**

sunflower kernels 1/4 lbs (97g)

## **Pork Products**

- bacon

- 3 slice(s) (30g)

bacon, raw 3 3/4 slice(s) (106g)

# **Dairy and Egg Products**

	goat cheese 3 oz (85g)
	heavy cream 2 tbsp (29mL)
	butter 3 tbsp (43g)
$\square$	sour cream

2 3/4 tbsp (38g)

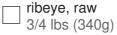
## **Finfish and Shellfish Products**

salmon 1 lbs (454g)

## **Poultry Products**

ground turkey, raw 18 2/3 oz (529g)

## **Beef Products**



# Recipes



# Lunch 1 🗹

Eat on day 1, day 2

#### **Roasted tomatoes**

1 tomato(es) - 60 cals 
1 g protein 
5 g fat 
2 g carbs 
1 g fiber



For single meal:

tomatoes 1 small whole (2-2/5" dia) (91g) oil 1 tsp (5mL) For all 2 meals:

tomatoes 2 small whole (2-2/5" dia) (182g) oil 2 tsp (10mL)

- 1. Preheat oven to 450°F (230°C).
- 2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
- 3. Bake for 30-35 minutes until soft. Serve.

#### Low carb fried chicken

8 oz - 468 cals 
40g protein 
34g fat 
0g carbs 
0g fiber



For single meal:

Chicken, drumsticks, with skin 1/2 lbs (227g) pork rinds, crushed 1/4 oz (7g) cajun seasoning 1/3 tsp (1g) hot sauce 1/2 tbsp (8mL) For all 2 meals:

Chicken, drumsticks, with skin 1 lbs (454g) pork rinds, crushed 1/2 oz (14g) cajun seasoning 1/4 tbsp (1g) hot sauce 1 tbsp (15mL)

- 1. Preheat oven to 400 F (200 C).
- 2. Mix crushed pork rinds in a bowl with the cajun seasoning.
- 3. Coat each piece chicken with hot sauce on all sides.
- 4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
- 5. Place the chicken on a wire rack in a sheet pan.
- 6. Cook for 40 minutes or until done. Briefly broil the thighs to crispen up the skin.

Lunch 2 🗹

Eat on day 3

Simple salmon

4 oz - 257 cals 
23g protein 
18g fat 
0g carbs 
0g fiber



Makes 4 oz salmon 4 oz (113g) oil 1/4 tbsp (3mL)

- 1. Rub salmon in oil and season with some salt and pepper.
- 2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
- 3. Serve.

#### Bacon cauliflower rice

1 1/2 cup(s) - 245 cals 🔵 16g protein 🔴 17g fat 🔵 5g carbs 🌑 2g fiber



Makes 1 1/2 cup(s)

frozen cauliflower 1 1/2 cup (170g) bacon, raw 1 1/2 slice(s) (43g)

- 1. Cook frozen cauliflower rice and bacon according to package instructions.
- 2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
- 3. Season with salt and pepper to taste. Serve.

# Lunch 3 🗹

Eat on day 4, day 5

#### Basic ground turkey

5 1/3 oz - 250 cals 
30g protein 
15g fat 
0g carbs 
0g fiber



For single meal: oil 1/4 tbsp (3mL) ground turkey, raw 1/3 lbs (151g) For all 2 meals:

oil 1/2 tbsp (7mL) ground turkey, raw 2/3 lbs (302g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.

2. Serve.

#### Bacon cauliflower mashed 'potatoes'

216 cals 
9g protein 
18g fat 
3g carbs 
1g fiber



For single meal:

bacon, raw 3/4 slice(s) (21g) garlic, minced 1/4 clove (1g) black pepper 1/2 dash, ground (0g) heavy cream 2 tsp (10mL) butter 1/2 tbsp (7g) salt 1 dash (1g) cauliflower 1/2 cup chopped (54g) For all 2 meals:

bacon, raw 1 1/2 slice(s) (43g) garlic, minced 1/2 clove (2g) black pepper 1 dash, ground (0g) heavy cream 4 tsp (20mL) butter 1 tbsp (14g) salt 2 dash (2g) cauliflower 1 cup chopped (107g)

- 1. Combine all ingredients except bacon in a microwave-safe bowl.
- 2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
- 3. Meanwhile cook the bacon in a skillet, chop it up, and set the grease aside.
- 4. Once the cauliflower mixture is soft, pour the bacon grease and chopped up bacon over it, and mash and mix with a fork.
- 5. Serve.

# Lunch 4 🗹

Eat on day 6, day 7

#### Salmon with rosemary dill sauce

6 oz salmon - 480 cals 🔵 35g protein 😑 37g fat 🔵 1g carbs 🔵 0g fiber



mayonnaise 1 tbsp (15mL) garlic, diced 1/4 clove (1g) dried dill weed 2 dash (0g) sour cream 4 tsp (19g) rosemary 2 dash (0g) salmon 6 oz (170g)

For single meal:

For all 2 meals:

mayonnaise 2 tbsp (30mL) garlic, diced 1/2 clove (2g) dried dill weed 4 dash (1g) sour cream 2 1/2 tbsp (38g) rosemary 4 dash (1g) salmon 3/4 lbs (340g)

- 1. Preheat oven to 350 F (180 C).
- 2. Line a baking sheet with parchment paper and place the salmon on top. Season with salt/pepper.
- 3. Bake for 20 minutes or until done.
- 4. Meanwhile, in a small bowl, combine the remaining ingredients and stir until well-mixed.
- 5. When salmon is done, plate it and top with rosemary dill sauce.

#### **Roasted tomatoes**

1/2 tomato(es) - 30 cals Og protein Og fat O 1g carbs Ig fiber



For single meal:

tomatoes 1/2 small whole (2-2/5" dia) (46g) oil 1/2 tsp (3mL) For all 2 meals:

tomatoes 1 small whole (2-2/5" dia) (91g) oil 1 tsp (5mL)

- 1. Preheat oven to 450°F (230°C).
- 2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
- 3. Bake for 30-35 minutes until soft. Serve.

# Dinner 1 🗹

Eat on day 1, day 2

#### Sunflower seeds

271 cals 
13g protein 
21g fat 
3g carbs 
4g fiber



For single meal:

sunflower kernels 1 1/2 oz (43g) For all 2 meals:

sunflower kernels 3 oz (85g)

1. This recipe has no instructions.

# Bacon & goat cheese salad

341 cals 
17g protein 
29g fat 
2g carbs 
2g fiber



For single meal:

sunflower kernels 1/2 tbsp (6g) bacon 1 1/2 slice(s) (15g) olive oil 1/2 tbsp (8mL) goat cheese 1 1/2 oz (43g) mixed greens 1 1/2 cup (45g) For all 2 meals:

sunflower kernels 1 tbsp (12g) bacon 3 slice(s) (30g) olive oil 1 tbsp (15mL) goat cheese 3 oz (85g) mixed greens 3 cup (90g)

- 1. Cook bacon according to package. Set aside.
- 2. Meanwhile toss together greens, sunflower kernels, goat cheese, and olive oil.
- 3. When bacon has cooled, crumble it on top of the greens and serve.

# Dinner 2 🗹

Eat on day 3, day 4

#### **Buffalo drumsticks**

10 2/3 oz - 622 cals 🔵 48g protein 🔴 47g fat 🔵 1g carbs 🔵 0g fiber



For single meal: Frank's Red Hot sauce 1 3/4 tbsp (27mL) oil 1 tsp (5mL) salt 1 1/3 dash (1g) black pepper 1 1/3 dash, ground (0g) Chicken, drumsticks, with skin 2/3 lbs (302g) For all 2 meals:

Frank's Red Hot sauce 1/4 cup (53mL) oil 2 tsp (10mL) salt 1/3 tsp (2g) black pepper 1/3 tsp, ground (1g) Chicken, drumsticks, with skin 1 1/3 lbs (605g)

- 1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
- 2. Preheat oven to 400 F (200 C).
- 3. Place wings on large baking sheet, and season with salt and pepper.
- 4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
- 5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
- 6. Take wings out of the oven when done and toss with the hot sauce to coat.
- 7. Serve.

# Dinner 3 🗹

Eat on day 5, day 6

#### Pepper steak

6 ounce(s) - 528 cals 🔵 30g protein 🛑 44g fat 🔵 1g carbs 🔵 1g fiber



For single meal:

ribeye, raw 6 oz (170g) salt 2 dash (2g) butter 3/4 tbsp (11g) rosemary 2 dash (0g) black pepper 1/2 tbsp, ground (3g) For all 2 meals:

**ribeye, raw** 3/4 lbs (340g) **salt** 4 dash (3g) **butter** 1 1/2 tbsp (21g) **rosemary** 4 dash (1g) **black pepper** 1 tbsp, ground (7g)

- 1. Coat both sides of steaks with pepper and rosemary.
- 2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
- 3. Remove steaks from skillet and sprinkle with salt. Serve.

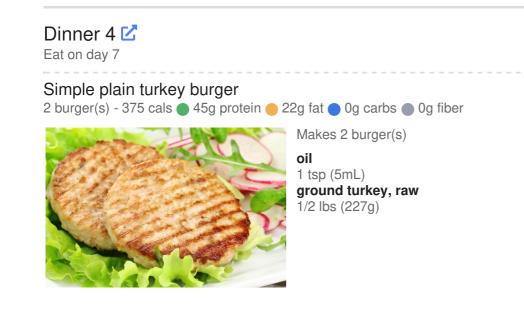


For single meal:

thyme, dried 1 dash, leaves (0g) cauliflower, cut into florets 1/4 head small (4" dia.) (66g) oil 1/4 tbsp (4mL) For all 2 meals:

thyme, dried 2 dash, leaves (0g) cauliflower, cut into florets 1/2 head small (4" dia.) (133g) oil 1/2 tbsp (8mL)

- 1. Preheat oven to 450°F (230°C).
- 2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.



- In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
- 2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

Bacon cauliflower mashed 'potatoes' 216 cals • 9g protein • 18g fat • 3g carbs • 1g fiber



bacon, raw 3/4 slice(s) (21g) garlic, minced 1/4 clove (1g) black pepper 1/2 dash, ground (0g) heavy cream 2 tsp (10mL) butter 1/2 tbsp (7g) salt 1 dash (1g) cauliflower 1/2 cup chopped (54g)

- 1. Combine all ingredients except bacon in a microwave-safe bowl.
- 2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
- Meanwhile cook the bacon in a skillet, chop it up, and set the grease aside.
- 4. Once the cauliflower mixture is soft, pour the bacon grease and chopped up bacon over it, and mash and mix with a fork.
- 5. Serve.