

# the total keto guide

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40 APRONS | EASY HEALTHY RECIPES



Everything You Need to  
Succeed on Keto

# Chapters

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# Chapter One

## THE BASICS OF KETO

While the keto diet may vary slightly from person to person based on weight and health goals, there are a few rules that you need to stick with. Because the goal of keto is to go into ketosis, there are some rules you need to follow in order. These rules allow you to hit ketosis quickly and sustain it. There are also a few other things you should be aware of, such as how your body will initially react to such a drastic diet change.

# One

## HOW MANY CARBS SHOULD I EAT?

Typically with keto, most people eat between 20 and 30 grams net carbs per day. With other low carb diets, you may eat no more than 100 grams net carbs per day, but with keto, you need a significantly lower intake in order to reach ketosis. Many people on keto try to stay under 20g, but this may be more difficult when you're first starting out.

So what is a net carb? You may be thinking net carbs may be the amount of carbohydrates in a food or meal, but it's actually a bit more complicated than that. A net carb is the amount of carbohydrates minus the grams of fiber and sugar alcohol.

For instance, if your meal has 20 grams of carbs but 18 grams of fiber, you are only eating 2 grams net carbs.

## WHAT SHOULD I EXPECT IN THE FIRST 30 DAYS OF KETO?

After starting a keto diet, you will notice way more than just weight loss! In the first 30 days, many people on keto report not only significant weight loss, but also healthier skin, more brain clarity, more ability to tolerate stress, better digestion, less hunger, and better sleep. However, these benefits tend to come in waves, and the first week or so of keto can be a bit more uncomfortable.

For the first one to two weeks of keto, most people report what is called “keto flu,” which includes lethargy, muscle aches, irritability, headaches, brain fog, strong carb cravings, and just overall not feeling great. (A friend of mine apparently threw a tantrum while watching her sister eat a cheeseburger and fries.)

This keto flu happens while your body is adjusting to burning fat for energy instead of carbs. You may also notice that you are urinating more frequently as your body adapts to your new diet.

This sounds like a lot, and fear of the keto flu can be enough to discourage some people from the diet completely - but don't worry! The keto flu is temporary.

After the first week or so, you will probably notice that not only have your keto flu symptoms decreased, but you also are sleeping more soundly, are less hungry, and your cravings for carbs have decreased significantly. You may notice some constipation as your body adjusts to keto, but it's usually temporary, and increasing your water and fiber intakes can help.

If weight loss is your ultimate goal, you may be amazed by how much weight you lose in that first month! Many people on keto lose about 4-10 pounds per month, with some losing even more! (That same friend who cried over french fries lost 20 pounds in her first month.)

## WHAT ABOUT CHEAT MEALS?

Since ketosis is the goal, you'll need to avoid "cheating", especially when you're first starting out.

What do we mean by "cheating"? Cheating (or treating!) on your diet basically means bending or breaking the rules for one meal or one day. The logic behind "cheat meals" and "cheat days" is that, by allowing yourself a dedicated meal or day to indulge in foods that aren't part of your typical meal plan, you'll be better able to sustain a strict way of eating long-term. This definitely works for some people and some diets, but it's not encouraged on the keto diet.

For keto to really work, your body needs to be in a prolonged state of ketosis, and cheat meals (especially high-carbohydrate ones) can kick you out of that fat-adapted metabolic state. You may notice that after a cheat day, your body experiences "keto flu" symptoms like lethargy and irritability again, and that your cravings come back with a vengeance.

In addition to the post-treat re-adjustment period, cheat days can also lead to general overindulgence, and too much of that can undo weight loss of any kind.

The longer you've followed a keto way of eating, the easier it can be for you to rebound after a cheat meal. If you can, give

the keto diet at least a solid 30 days before introducing any treats.

If you do indulge, enjoy it, but get back to the basics as soon as possible. Intermittent fasting after a treat day can help jumpstart ketosis again.

## WHEN WILL I SEE RESULTS?

Patience, grasshopper.

You'll feel noticeable changes within days of switching to a ketogenic way of eating, and physical changes generally follow not long after.

Everyone's body is different, and the length of time it takes for your body to enter ketosis varies depending on several factors - including your height, your weight, your age, your

metabolism, and your typical activity levels. Some people will enter ketosis within 3 or 4 days, and some people won't get there until at least day 7 or 10 or 14. If your carb consumption was typically high before starting keto, it will take you longer to reach ketosis because your body has to work through the existing glycogen stores first.

Restricting your carb intake will generally lead to weight loss, regardless of whether or not you're officially in ketosis. A burst of weight loss shortly after cutting down your carbs is pretty normal, and while it's exciting, it's important to remember that this initial whoosh is typically water weight. It is completely normal to experience weight-loss plateaus as your body adjusts to

your new lifestyle. I don't say this to discourage you, but to help you deal with it when it happens! The scale lies sometimes, so focus on how your body feels and how your clothes fit, even if the scale looks like nothing's happening.

If you genuinely aren't seeing any results after at least 30 dedicated days, start with reevaluating what you're eating - it's possible you're consuming more carbs than you realize! Weighing portions and tracking macros will make you aware of exactly what you're putting in your body. It won't be forever - eventually you'll be able to eat intuitively, recognize portion sizes, and identify keto-friendly foods. These tools will just help you learn the basics faster!

## WHAT ARE THE PHYSICAL SIDE EFFECTS?

### KETO FLU

The biggie. Some lucky individuals get through the first two weeks of keto with mild or even no keto flu symptoms at all. Others may experience the whole she-bang. If you previously consumed a high-carb, high-starch, high-processed diet, your symptoms may be more severe. Bodies love consistency and are resistant to change. Basically your body doesn't like to be told "no" and now it's throwing a tantrum.

The main thing to keep in mind is that the keto flu is temporary. It's a result of your body becoming acclimated to a new way of functioning. It's called the "keto flu" because the symptoms kind of mimic the actual flu. You may experience anything from nausea, constipation, diarrhea, stomach pain, headaches, or irritability to dizziness, muscle cramps, lack of concentration, fatigue, difficulty sleeping, and intense sugar cravings. Your body is in withdrawal, and you have to just get through it.

Symptoms generally set in around day 2 or 3 and last up to a week, though individual experience can vary. Staying very hydrated can help reduce the symptoms, so up that water intake immediately and consume plenty of electrolytes!

Avoid intense workouts that will stress your body even more, and make sure you are getting plenty of sleep.

Eating enough fat is crucial to general success on the keto diet, but also to surviving flu week. Enough fat will help with the carb cravings and keep you from feeling hungry.

If you're having a really hard time and just can't get through the keto flu phase, you might try easing into keto more slowly. By gradually reducing your carb intake rather than cutting out carbs cold turkey, your body can adjust to the changes you're making before it realizes what you're doing.

## HAIR LOSS

This temporary side-effect can be distressing, especially if

you're not expecting it. Keto differs from other popular low-carb diets in that there is a big emphasis on fats, and only a moderate emphasis on proteins. Eating less protein pushes your body to focus on burning fat for fuel, but there are some initial drawbacks.

The first time I tried a keto diet, I was about 2 weeks in when I noticed way more loose hair in the shower than usual. I completely panicked. Lots of "What's wrong with me? Why is my hair falling out? Am I sick?" followed by an evening with WebMD. It never occurred to me it might be a result of what I was eating - and not eating.

Well, I'm here now with a full head of hair to tell you not to panic, it's just the keto.

Rapid weight loss, stress, and a major change in hormones and diet can affect your hair temporarily. Cutting back on protein has a huge impact on your hair. Hair is literally protein. Once your body adjusts to your new way of eating, though, you'll go back to your usual shedding.

## KETO CROTCH

Yes, you read that right. Keto crotch is a real thing. Well, it's unofficially, anecdotally real. During the first few months on keto, you might notice that your discharge has a stronger-than-usual odor. It's not anything concerning, though. What you eat affects the pH levels in your body, including your vagina. Even a slight change in vaginal pH will change the odor. The scent should go away over time. If it doesn't, or if you notice

other issues, see your medical professional.

## DIGESTION DIFFICULTIES

Making any sudden and drastic diet change can shock your gastrointestinal tract. While your body processes the carbohydrates, proteins, and sugars that are already present in your system, and adjusts to using digesting fat instead, you may notice some stomach discomfort.

Constipation is completely normal, and it's usually only temporary. It makes sense - you've cut out foods that contain fiber and water, which keep your digestive system regular. Make sure the carbs you are consuming come from fibrous, nutrient-dense whole

foods like vegetables, and consider a fiber supplement. Remember, fiber content can be subtracted from your daily carb intake! Drinking a lot of water and exercising can also help regulate your digestion.

If nothing works, or your constipation doesn't get better after some time, you may need to see your medical professional. They can recommend any adjustments that need to be made, or prescribe a medication to assist.

## CLEAR SKIN

Some keto dieters report a noticeable improvement in their complexion after cutting out sugars. It makes sense! The old wives tale that chocolate bars cause acne has a little kernel of truth behind it.

High insulin levels, and the related hormones, can make acne worse. Regulating the glucose and hormones in your body can calm your skin and reduce breakouts.

## RELIABLE ENERGY LEVELS

One of the great benefits of regulating your blood sugar levels is that you no longer experience the spikes and crashes that can cause sudden bursts of energy followed quickly by the strong urge to take a nap. Say goodbye to that 2pm slump! A steady glucose level means steady energy. After you've become keto-adapted, you may notice that you'll wake up more easily, fall asleep more easily, and get through your day without struggling (with your energy, at least).

## SEASONAL ALLERGIES LESSENER

There's no official science surrounding this yet, but logic and anecdotal evidence indicate keto can relieve allergy sufferers simply because you're cutting out processed, gut-unhealthy foods. A healthy gut leads to a healthy immune system.

## WHAT ARE THE MENTAL SIDE EFFECTS?

### MENTAL HEALTH

In-depth studies on the connection between a low-carb diet and mental health conditions are still new, but emerging science suggests people who suffer from anxiety and depression may see noticeable improvements when

carb intake is reduced. Since brain chemistry can be influenced by the foods we eat, it makes sense that a diet full of nutrient-dense foods and lacking refined sugars could elevate your mood and improve your mental health. We're not suggesting you ditch any medications you might be taking and just cut out cake instead. Always seek guidance from a medical professional before making any drastic changes.

## MENTAL CLARITY

You've probably experienced "brain fog" without realizing that's what was happening. Those days where you feel exceptionally disorganized, can't focus, keep forgetting things, have trouble putting thoughts into words, and just generally feel like a zombie?

That's brain fog.

It can be exacerbated by lifestyle factors like not sleeping enough, being super stressed, or drinking too much caffeine or alcohol. It can also come from health conditions like depression or hypothyroidism.

Ketosis can improve brain fog by reducing oxidative stress in the brain, boosting neurotransmitters that help your brain function better, and giving neurons in the brain more energy. Research on this is still new, and not everyone who follows a keto diet may experience these changes. You may notice brain fog worsening during the keto flu phase, too.

# Chapter Two

## KETO MEAL PLAN

So now you know the basics, and you're ready to get started. But where do you begin? What do you eat? What should you shop for?

Don't worry! The rest of this book contains a 28-day meal plan, weekly shopping lists, and a convenient list of all our keto recipes to-date.

# two

## 28-DAY MEAL PLAN

If you're having trouble deciding what you'll eat on your keto diet, or if you're new to meal planning and feel overwhelmed, let me help.

The next few pages are a 4-week meal plan that lays out breakfast, lunch, and dinner every day for 28 days. Print it, hang it on the fridge, take it to the store, download it to your phone - whatever will help you most!

With each weekly plan is a shopping list that includes everything you'll need to make each meal. Use these resources as a strict menu to take all of the work out of planning your meals, or use it as a general guide and make recipe swaps or substitutions wherever you like

based on your preferences and schedules.

Of course, some things like spices and condiments will only need to be purchased once or twice. They're listed on each shopping list, though, so you can gauge how much you'll need for the week.

Things like snacks, desserts, and utensils are not included in the shopping lists, so be sure to account for those in your plans if you need to.

This meal plan is compiled with two people in mind, so some recipes will make enough servings to have leftovers. If you're cooking for more, be sure to adjust the quantities. Links to the recipes can be found in chapter three.

# Keto Meal Plan - Week One

WEEK OF \_\_\_\_\_

|       | BREAKFAST                                                                        | LUNCH                                                      | DINNER                                                                       |
|-------|----------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------------------|
| MON   | Healthy Sous Vide Egg Bites with Bacon                                           | Buffalo Chicken Salad in Lettuce Wraps                     | Magic Keto Lasagna                                                           |
| TUES  | Breakfast Bowl with 2 Eggs Your Favorite Way, Avocado Slices, and 2 Slices Bacon | Magic Keto Lasagna*                                        | Everything Bagel Chicken with Scallion Cream Cheese Sauce                    |
| WED   | Healthy Sous Vide Egg Bites with Bacon*                                          | Buffalo Chicken Salad in Lettuce Wraps*                    | Keto Alfredo Sauce on Miracle Noodles                                        |
| THURS | Breakfast Bowl with 2 Eggs Your Favorite Way, Avocado Slices, and 2 Slices Bacon | Magic Keto Lasagna*                                        | Quick Chimichurri Shrimp Skewers + a small salad with Cilantro-Lime Dressing |
| FRI   | Healthy Sous Vide Egg Bites with Bacon*                                          | Buffalo Chicken Salad in Lettuce Wraps*                    | Egg Roll in a Bowl                                                           |
| SAT   | Keto French Toast + Air Fryer Bacon                                              | Quick Chimichurri Shrimp Skewers*                          | Keto Ramen                                                                   |
| SUN   | Keto Granola + Unsweetened Yogurt                                                | Everything Bagel Chicken with Scallion Cream Cheese Sauce* | Lemon Garlic Salmon + Instant Pot Broccoli                                   |

- SNACKS**
- Keto Granola
  - Soft Keto Peanut Butter Cookies
  - Keto Cheese Chips
  - Bacon Guacamole
  - Avocado Chips
  - Keto Fries
  - Keto Coleslaw
  - Air Fryer Hard Boiled Eggs

## DAILY CARB TOTALS

- **MONDAY**  
14g net carbs total
- **TUESDAY**  
19g net carbs total
- **WEDNESDAY**  
14g net carbs total
- **THURSDAY**  
13g net carbs total
- **FRIDAY**  
14g net carbs total
- **SATURDAY**  
10g net carbs total
- **SUNDAY**  
15g net carbs total

Carb counts shown are based on 40 Aprons recipes and do not reflect any alterations (differences in brands, product substitutions or eliminations, etc.) or additions (i.e. keto buns, keto bread, etc.) you might make. For the most accurate nutritional information, be sure to log your food and specific ingredients in a tracker.

Snacks are optional! Consider them if you're feeling hungry and you're under your daily carb goals. If not, don't worry about them!

\*indicates leftovers

# Keto Meal Plan - Week One

## SHOPPING LIST

### PRODUCE

- Asparagus (1 pound)
- Avocado (2)
- Baby bok choy (1 small head)
- Broccoli (florets, uncooked, 1 pound)
- Celery (.75 cups)
- Cilantro (.25 cup)
- Fresh Basil (4 tablespoons)
- Garlic (2 heads)
- Ginger (1 knob)
- Grated ginger (1 tablespoon)
- Green beans (1.5 pounds)
- Green onions (2 bunches)
- Lemon (1)
- Lemon juice (12 tablespoons)
- Lettuce (for small salad)
- Lime juice (5 tablespoons)
- Mushrooms (1 handful)
- Parsley (1 bunch)
- Spinach (4 cups)
- Sweet onion (½ cup)

### SPICES & BAKING

- Baking powder (.5 teaspoon)
- Black pepper (4 teaspoons)
- Black sesame seeds (optional)
- Cinnamon (.5 teaspoon)
- Coconut flour (2 tablespoons)
- Crushed red pepper flakes (2 tablespoons)
- Everything But the Bagel Seasoning (5 tablespoons)

- Ground cumin (.5 teaspoon)
- Oregano (1 tablespoon)
- Salt (3.5 tablespoons)
- Swerve Granular (1 cup)
- Vanilla extract (2.5 teaspoons)

### DAIRY

- Butter (1.25 cups)
- Eggs (20)
- Full fat mozzarella (4 cups)
- Grated parmesan (1.66 cups)
- Half-and-half (.25 cup)
- Heavy cream (2 cups)
- Philadelphia cream cheese (8 ounces)
- Ricotta (15 ounces)
- Unsweetened yogurt (1 single-serve container)

### MEAT & SEAFOOD

- Bacon (35 slices)
- Chicken (cooked, 4 cups)
- Chicken Breasts (6) (or 4 breasts and 2 thighs)
- Ground pork (1 pound)
- Italian sausage (.5 pounds)
- Large shrimp (peeled, 1 pound)
- Salmon filets (4)

### CONDIMENTS

- Apple cider vinegar (1 teaspoon)
- Avocado oil (1 tablespoon)
- Buffalo sauce (½ cup)
- Extra Virgin Olive Oil (1 tablespoon)

- Hot Sauce (Frank's or Louisiana) (3 tablespoons)
- Low-sodium Soy Sauce (.75 cups)
- Marinara sauce (1.5 cups)
- Mayonnaise (2 cups)
- Olive oil (1.75 cups)
- Rice wine vinegar (4 tablespoons)
- Sesame oil (3 tablespoons)
- Tahini (1 teaspoon)

### OTHER

- Almonds (1 cup)
- Chia seeds (.25 cup)
- Chicken broth (.75 cups)
- Chicken stock (4 cups)
- Cremini Egg Thins with Cauliflower (small, 12)
- Flaked coconut (.5 cup, optional)
- Flaxseed meal (.5 cup)
- Miracle noodles (3 packages)
- Pecans (1 cup)
- Raw Cashews (½ cup)
- Spray coconut or avocado oil
- Sunflower seeds (.5 cup)
- Vital Proteins Collagen Peptides (2 scoops, optional)
- Walnuts (1 cup)

# Keto Meal Plan - Week Two

WEEK OF \_\_\_\_\_

|       | BREAKFAST                                | LUNCH                    | DINNER                                                                      |
|-------|------------------------------------------|--------------------------|-----------------------------------------------------------------------------|
| MON   | Italian Breakfast Casserole              | Egg Roll in a Bowl*      | Fajita Salad with Steak                                                     |
| TUES  | Keto Granola*<br>+<br>Unsweetened Yogurt | Lemon Garlic Salmon*     | Keto Meatloaf<br>+<br>Roasted Cauliflower Steaks                            |
| WED   | Italian Breakfast Casserole*             | Fajita Salad with Steak* | Brined Chicken Wings + Celery + Low-carb Ranch                              |
| THURS | Keto Granola*<br>+<br>Unsweetened Yogurt | Keto Meatloaf*           | Baked Shrimp<br>+<br>Cilantro-Lime Cauliflower Rice                         |
| FRI   | Italian Breakfast Casserole*             | Brined Chicken Wings*    | Easy Seared Scallops + Balsamic Brussels Sprouts with Bacon                 |
| SAT   | Keto Granola*<br>+<br>Unsweetened Yogurt | Keto Meatloaf*           | Keto Egg Drop Soup                                                          |
| SUN   | Italian Breakfast Casserole*             | Baked Shrimp*            | Buffalo Chicken Meatballs + Celery + Low-carb Ranch or Blue Cheese Dressing |

- SNACKS**
- Cauliflower Chips
  - Air Fryer Fried Pickles
  - Air Fryer Hard Boiled Eggs
  - Bacon Chips
  - Buttery Toasted Pecans
  - Avocado Chips
  - Keto Cheese Chips
  - Perfect Deviled Eggs with Bacon

## DAILY CARB TOTALS

- **MONDAY**  
22g net carbs total
- **TUESDAY**  
19g net carbs total
- **WEDNESDAY**  
19g net carbs total
- **THURSDAY**  
14g net carbs total
- **FRIDAY**  
20g net carbs total
- **SATURDAY**  
17g net carbs total
- **SUNDAY**  
14g net carbs total

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Snacks are optional! Consider them if you're feeling hungry and you're under your daily carb goals. If not, don't worry about them!

\*indicates leftovers

# Keto Meal Plan - Week Two

## SHOPPING LIST

### PRODUCE

- Artichoke hearts (2 cups)
- Avocado (1)
- Avocado oil (8 tablespoons)
- Brussels sprouts (2 pounds)
- Cauliflower (1 head)
- Celery
- Cilantro (2 tablespoons)
- Fresh herbs (optional)
- Garlic (15 cloves)
- Grape or cherry tomatoes (2 cups)
- Green onions (1 bunch)
- Lemon (1)
- Lemon juice (2 tablespoons)
- Lime (1)
- Lime juice (.66 cup)
- Onion (half)
- Parsley (1 bunch)
- Red onion (half of one)
- Red or orange bell pepper (2, medium)
- Riced cauliflower (3 cups, fresh or frozen)
- Romaine lettuce heart (1, medium)
- Spinach (frozen, chopped, 12 ounces)
- Sun dried tomatoes (.5 cup)
- Zucchini (shredded, 2 cups)

### SPICES & BAKING

- Almond Flour (.75 cup)
- Black pepper (1.25 tablespoons)
- Cayenne pepper (1 teaspoon)

- Chili powder (1 teaspoon)
- Crushed red pepper flakes (2 teaspoons)
- Dried basil (1 tablespoon)
- Dried chili pepper (1 tablespoon)
- Dried oregano (1 tablespoon)
- Garlic powder (2 teaspoons)
- Ground cumin (1.5 teaspoon)
- Ground ginger (.5 teaspoon)
- Nutritional yeast (.25 cup)
- Paprika (1 tablespoon)
- Salt (1 cup)
- Smoked paprika (1 teaspoon)
- Sweet paprika (.5 teaspoon)
- Swerve Brown (2 tablespoons)

### DAIRY

- Butter (.25 cup)
- Eggs (16)
- Grated parmesan (2 tablespoons)
- Mozzarella (shredded, .5 cup)
- Unsweetened yogurt (3 single-serve containers)

### MEAT & SEAFOOD

- Bacon (.5 pound)
- Chicken wings (1.5 pounds)
- Flank or skirt steak (1 pound)
- Ground beef (1.5 pounds)
- Ground chicken (2 pounds)

- Italian sausage (1 pound)
- Scallops (1 pound)
- Shrimp (1 pound)

### CONDIMENTS

- Hot sauce (Frank's or Louisiana, 1.25 cup)
- Keto Maple Syrup (Lakanto or Walden Farms, 2 tablespoons)
- Low-carb ranch dressing
- Low-sodium soy sauce (1 tablespoon)
- Marinara sauce (1 cup)
- Mustard (2 tablespoons)
- Olive oil (1 cup)
- Sugar-free ketchup (.33 cup)

### OTHER

- Chicken broth (4 cups)
- Coconut cream (full fat, 1.25 cups)

# Keto Meal Plan - Week Three

WEEK OF \_\_\_\_\_

|       | BREAKFAST                                                               | LUNCH                                                                                    | DINNER                                                                                        |
|-------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| MON   | Bacon Guacamole<br>+<br>2 Hard-Boiled Eggs                              | Easy Seared<br>Scallops*                                                                 | Keto Meat Pie                                                                                 |
| TUES  | 2 Eggs (your favorite<br>way) + 3 Easy<br>Breakfast Sausage<br>Patties  | Buffalo Chicken<br>Meatballs* + Celery +<br>Low-carb Ranch or<br>Blue Cheese<br>Dressing | Reverse Sear Filet<br>Mignon with Garlic<br>Herb Compound<br>Butter + Instant Pot<br>Broccoli |
| WED   | Bacon Guacamole*<br>+<br>2 Hard-Boiled Eggs*                            | Keto Meat Pie*                                                                           | Chicken Tacos in<br>Lettuce Wraps                                                             |
| THURS | 2 Eggs (your favorite<br>way) + 3 Easy<br>Breakfast Sausage<br>Patties* | Chicken Tacos in<br>Lettuce Wraps*                                                       | Sheet Pan Fajitas<br>with Steak                                                               |
| FRI   | Bacon Guacamole*<br>+<br>2 Hard-Boiled Eggs*                            | Keto Meat Pie*                                                                           | Lemon Pepper<br>Wings                                                                         |
| SAT   | Breakfast<br>Casserole                                                  | Chicken Tacos in<br>Lettuce Wraps*                                                       | Creamy Shrimp<br>Salad<br>+<br>Heirloom Tomato<br>Salad                                       |
| SUN   | Keto French Toast<br>+<br>Air Fryer Bacon                               | Sheet Pan Fajitas<br>with Steak*                                                         | Everything Bagel<br>Chicken with<br>Scallion Cream<br>Cheese Sauce                            |

## SNACKS

- Keto Granola
- Air Fryer Zucchini Chips
- Bacon Chips
- Buttery Toasted Pecans
- Avocado Chips
- Cream Cheese Fat Bombs
- Keto Coleslaw
- Keto Chocolate Pudding
- Perfect Deviled Eggs with Bacon

## DAILY CARB TOTALS

- MONDAY  
18g net carbs total
- TUESDAY  
20g net carbs total
- WEDNESDAY  
20g net carbs total
- THURSDAY  
18g net carbs total
- FRIDAY  
15g net carbs total
- SATURDAY  
13g net carbs total
- SUNDAY  
18g net carbs total

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Snacks are optional! Consider them if you're feeling hungry and you're under your daily carb goals. If not, don't worry about them!

\*indicates leftovers

# Keto Meal Plan - Week Three

## SHOPPING LIST

### PRODUCE

- Avocados (7)
- Avocado oil (.25 cups)
- Basil (1 tablespoon)
- Basil leaves
- Bell peppers (3)
- Bibb lettuce (2 heads)
- Broccoli (1 pound)
- Button mushrooms (3 cups)
- Cilantro (1 bunch)
- Cucumber (.5 cup)
- Dill (2 tablespoons)
- Garlic (1 head)
- Green onions (2 bunches)
- Jalapeño pepper (half of one)
- Lemon juice (2 tablespoons)
- Lime juice (.5 cup)
- Mushrooms (8 ounces)
- Onion (half of one)
- Parsley (.25 cup)
- Radishes (optional)
- Red onion (2)
- Roma tomatoes (3)
- Shallots (1)
- Spinach (frozen, chopped, 16 ounces)
- Sunset Heirloom tomatoes (4)
- Crushed red pepper flakes (.25 teaspoons)
- Dried sage (2 teaspoons)
- Everything But the Bagel Seasoning (.5 cups)
- Garlic powder (1.5 teaspoons)
- Ground cloves (1 teaspoon)
- Ground cumin (1 teaspoon)
- Lemon pepper seasoning (1.5 tablespoons)
- Onion powder (1 teaspoon)
- Oregano (1 teaspoon)
- Pepper (2 tablespoons)
- Poultry seasoning (.5 teaspoon)
- Salt (.25 cup)
- Taco seasoning (1 tablespoon)
- Vanilla extract (1 teaspoon)
- Xanthan gum (.75 teaspoon)

### DAIRY

- Butter (3.5 sticks)
- Eggs (24)
- Feta (.5 cup, optional)
- Half-and-half (.25 cup)
- Heavy cream (.5 cup)
- Mozzarella (shredded, 2 cups)
- Philadelphia cream cheese (6.5 ounces)

### SPICES & BAKING

- Almond flour (.5 cup)
- Baking powder (.5 teaspoon)
- Black pepper (2 teaspoons)
- Chili powder (2 teaspoons)
- Cinnamon (1 teaspoon)
- Coconut flour (1.5 cups)

### MEAT & SEAFOOD

- Bacon (8 slices)
- Breakfast sausage (1 pound)
- Chicken breasts (6)
- Filet mignon (2 8-ounce steaks)
- Ground beef (1 pound)

- Ground pork (2 pounds)
- Party chicken wings (4 pounds, about 20)
- Shrimp (1 pound)
- Steak (flank or "fajita", 1 pound)

### CONDIMENTS

- Apple cider vinegar (2.5 teaspoons)
- Balsamic vinegar (1 tablespoon)
- Extra Virgin Olive Oil (1 tablespoon)
- Mayonnaise (.33 cup)
- Olive oil (.75 cup)
- Salsa (1 cup)
- Tomato Paste (2 tablespoons)

### OTHER

- Coconut milk (full fat, .5 cup)

# Keto Meal Plan - Week Four

WEEK OF \_\_\_\_\_

|       | BREAKFAST                                                  | LUNCH                                                      | DINNER                                                    |
|-------|------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|
| MON   | Breakfast Casserole*                                       | Lemon Pepper Wings*                                        | Keto Ramen                                                |
| TUES  | 4 Cream Cheese Sausage Balls + 2 Eggs (your favorite way)  | Creamy Shrimp Salad*                                       | Chimichurri Flank Steak + Bacon Wrapped Asparagus         |
| WED   | Breakfast Casserole*                                       | Everything Bagel Chicken with Scallion Cream Cheese Sauce* | Keto Tuna Salad in Lettuce Cups + Avocado Chips           |
| THURS | 4 Cream Cheese Sausage Balls* + 2 Eggs (your favorite way) | Chimichurri Flank Steak*                                   | Keto White Chicken Chili                                  |
| FRI   | Breakfast Casserole*                                       | Keto Tuna Salad* in Lettuce Cups                           | Keto Egg Drop Soup                                        |
| SAT   | 4 Cream Cheese Sausage Balls* + 2 Eggs (your favorite way) | Keto White Chicken Chili*                                  | Lemon Garlic Salmon + Roasted Radishes in Browned Butter  |
| SUN   | Keto French Toast + Oven-Cooked Bacon                      | Chimichurri Flank Steak*                                   | Buffalo Chicken Casserole with Ranch and Cauliflower Rice |

- SNACKS**
- Air Fryer Fried Pickles
  - Air Fryer Hard Boiled Eggs
  - Bacon Guacamole
  - Cauliflower Chips
  - Avocado Chips
  - Keto Truffles
  - Keto Coleslaw
  - Keto Buckeyes
  - Perfect Deviled Eggs with Bacon

## DAILY CARB TOTALS

- **MONDAY**  
7g net carbs total
- **TUESDAY**  
11g net carbs total
- **WEDNESDAY**  
10g net carbs total
- **THURSDAY**  
13g net carbs total
- **FRIDAY**  
13g net carbs total
- **SATURDAY**  
15g net carbs total
- **SUNDAY**  
17g net carbs total

Carb counts shown are based on 40 Aprons recipes and do not reflect any alterations (differences in brands, product substitutions or eliminations, etc.) or additions (i.e. keto buns, keto bread, etc.) you might make. For the most accurate nutritional information, be sure to log your food and specific ingredients in a tracker.

Snacks are optional! Consider them if you're feeling hungry and you're under your daily carb goals. If not, don't worry about them!

\*indicates leftovers

# Keto Meal Plan - Week Four

## SHOPPING LIST

### PRODUCE

- Asparagus (1 pound)
- Avocado (1)
- Baby bok choy (1 head)
- Cauliflower rice (frozen, 3 cups)
- Celery (.25 cups)
- Cilantro (.25 cup)
- Diced green chilis (2 4-ounce cans)
- Garlic (2.5 heads)
- Ginger (1)
- Green onions (3 bunches)
- Lemon (1)
- Lemon juice (.75 cup)
- Lemon zest (.25 teaspoon, optional)
- Lettuce (1 head)
- Mushrooms (1 handful)
- Parsley (.5 cup)
- Radishes (2 bunches)
- Thyme sprig (1, optional)

### SPICES & BAKING

- Almond flour (1 cup)
- Baking powder (3 teaspoon)
- Black pepper (2 tablespoon)
- Chili powder (1.5 teaspoons)
- Cinnamon (.5 teaspoon)
- Coconut flour (.5 cup)
- Crushed red pepper flakes (1 tablespoon)
- Cumin (1 tablespoon)
- Dried oregano (1 tablespoon)
- Garlic powder (2.5 teaspoons)

- Ground ginger (.5 teaspoon)
- Ground pepper (.25 teaspoon)
- Onion powder (1.75 teaspoons)
- Paprika (.25 teaspoon)
- Pepper (2 teaspoons)
- Salt (.25 cup)
- Swerve Granular (2.5 tablespoons)
- Vanilla extract (.5 teaspoon)

### DAIRY

- Butter (2.5 sticks)
- Cream cheese (4 ounces)
- Eggs (21)
- Heavy cream (2.5 cups)
- Monterey Jack (shredded, 1.5 cups)
- Parmesan cheese (.75 cups)
- Philadelphia cream cheese (8 ounces)
- Sharp cheddar cheese (shredded, 2 cups)

### MEAT & SEAFOOD

- Bacon (1.5 pound)
- Breakfast sausage (1 pound)
- Chicken (2 thighs or 1 breast)
- Chicken (cooked, 8 cups)
- Flank steak (2 pounds)
- Salmon filets (4)
- Tuna (2 5-ounce cans)

### CONDIMENTS

- Avocado oil (1.25 cup)
- Dill relish (.5 tablespoon)
- Extra Virgin Olive Oil (1 tablespoon)
- Hot sauce (Frank's or Louisiana, .5 cup)
- Low-sodium soy sauce (.75 cup)
- Mayonnaise (1.75 cup)
- Ranch dressing (.25 cup)
- Rice vinegar (3 tablespoons)
- Sesame oil (1 tablespoon)

### OTHER

- Avocado oil (1 tablespoon)
- Black sesame seeds (optional)
- Chicken broth (9 cups)
- Coconut cream (full fat, .33 cup)
- Miracle noodles (2 packages)

# Chapter Three

MY  
FAVORITE  
KETO  
RECIPES

I can't just kick you out of the nest to navigate a keto diet all on your own. Not yet!

In this chapter you'll find all of the keto recipes I've created, so you *know* they're delicious. They're separated into category by course to make browsing easier.

# three

## BREAKFAST

- [20 Delicious Keto Breakfast Recipes](#)
- [Air Fryer Bacon](#)
- [Breakfast Casserole](#)
- [Easy Breakfast Sausage](#)
- [Healthy Sous Vide Egg Bites with Bacon](#)
- [Italian Breakfast Casserole](#)
- [Keto Granola](#)
- [Keto French Toast](#)
- [Oven-Cooked Bacon](#)
- [Perfect Easy Peel Hard & Soft Boiled Eggs](#)
- [Perfect Sous Vide Eggs](#)

## LUNCH

- [Buffalo Chicken Meatballs](#)
- [Buffalo Chicken Salad](#)
- [Buffalo Chicken Ranch Meal Prep](#)
- [Chicken Tacos in Lettuce Wraps](#)

- [Creamy Shrimp Salad](#)
- [Deviled Egg Salad](#)
- [Fajita Salad with Steak](#)
- [Instant Pot Shredded Chicken](#)
- [Keto Broccoli Salad](#)
- [Keto Egg Drop Soup](#)
- [Keto Egg Salad](#)
- [Keto Grilled Cheese](#)
- [Keto Tuna Salad](#)
- [Slow Cooker Buffalo Dip](#)
- [Tarragon Chicken Salad with Almonds](#)

## DINNER

- [15 Keto Crockpot Recipes](#)
- [20 Keto Instant Pot Recipes](#)
- [Air Fryer Chicken Breast](#)
- [Air Fryer Chicken Legs](#)
- [Air Fryer Pork Chops](#)
- [Air Fryer Shrimp with Comeback Sauce](#)
- [Air Fryer Steak with Easy Herb Butter](#)
- [Baked Shrimp](#)
- [Brined Chicken Wings](#)

- [Buffalo Chicken Casserole with Ranch and Cauliflower Rice](#)
- [Chimichurri Flank Steak](#)
- [Easy Prime Rib with Au Jus and Horseradish](#)
- [Easy Seared Scallops](#)
- [Easy Sous Vide Chicken Breast Recipe](#)
- [Everything Bagel Chicken with Scallion Cream Cheese Sauce](#)
- [Healthy Swedish Meatballs](#)
- [Instant Pot Beef with Peppers](#)
- [Instant Pot Frozen Chicken Breast](#)
- [Instant Pot Frozen Chicken Thighs](#)
- [Keto Meat Pie](#)
- [Keto Meatloaf](#)
- [Keto Ramen](#)
- [Keto White Chicken Chili](#)
- [Lemon Garlic Salmon](#)
- [Lemon Pepper Wings](#)
- [Magic Keto Lasagna](#)

- [Quick Chimichurri Shrimp Skewers](#)
- [Reverse Sear Filet Mignon with Garlic Herb Compound Butter](#)
- [Sheet Pan Fajitas with Steak](#)
- [Sous Vide Shrimp](#)
- [Spanish Chicken and Cauliflower Rice Stew](#)

## SNACKS & SIDES

- [Addictive Crab Dip](#)
- [Air Fryer Fried Pickles](#)
- [Air Fryer Hard Boiled Eggs](#)
- [Air Fryer Mushrooms](#)
- [Air Fryer Zucchini Chips](#)
- [Avocado Chips](#)
- [Bacon Chips](#)
- [Bacon Guacamole](#)
- [Bacon Wrapped Asparagus with Garlic Aioli](#)
- [Balsamic Brussels Sprouts with Bacon](#)
- [Buttery Toasted Pecans](#)
- [Cauliflower Chips](#)
- [Cilantro-Lime Cauliflower Rice](#)

- [Cream Cheese Sausage Balls](#)
- [Green Beans with Bacon](#)
- [Heirloom Tomato Salad](#)
- [Instant Pot Broccoli](#)
- [Instant Pot Cauliflower](#)
- [Keto Buffalo Chicken Dip](#)
- [Keto Cheese Chips](#)
- [Keto Coleslaw](#)
- [Keto Cranberry Sauce](#)
- [Keto Green Beans](#)
- [Oven-Roasted Brussels Sprouts with Bacon](#)
- [Perfect Deviled Eggs with Bacon](#)
- [Roasted Cauliflower Steaks](#)
- [Roasted Radishes with Browned Butter](#)

## DESSERTS

- [Cream Cheese Fat Bombs](#)
- [Easy Keto Pumpkin Pie](#)
- [Flourless Keto Chocolate Torte Dessert](#)
- [Keto Buckeyes](#)
- [Keto Chocolate Milk](#)
- [Keto Chocolate Mousse](#)

- [Keto Chocolate Pudding](#)
- [Keto Cream Cheese Frosting](#)
- [Keto Hot Chocolate](#)
- [Keto Mug Brownie](#)
- [Keto Pumpkin Cheesecake](#)
- [Keto Shortbread Cookies](#)
- [Keto Truffles](#)
- [Keto Whipped Cream](#)
- [Soft Keto Peanut Butter Cookies](#)

## SAUCES

- [Avocado Salsa](#)
- [Bearnaise Sauce](#)
- [Buffalo Sauce](#)
- [Cilantro Lime Dressing](#)
- [Creamy Horseradish Sauce](#)
- [Keto Alfredo Sauce](#)
- [Microwave Hollandaise Sauce](#)

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