



Date: 18 August 2018

Practitioner: Rachel Aust

Client Name: Example Plans

Meal Plan

	Monday
Breakfast	Boiled Eggs, 3 large (150 g) Parma Ham (Prosciutto), 56 g
Lunch	Beef Burgers with Cabbage, 0.5 serving (231 g)
Dinner	Baked Salmon with Lemon and Asparagus, 1 serving (368 g)
Snacks	Sardines, Canned in Oil, 0.5 can (3.75 oz) (46 g)

	Tuesday
Breakfast	Boiled Eggs, 1 large (50 g) Ham, Lunchmeat, 1 slice (23 g)
Lunch	Salmon Avocado Spinach with Blue Cheese, 0.5 serving (147 g)
Dinner	Lettuce-Wrapped Cheese Burgers, 1 serving (414 g)
Snacks	Fried Egg, 1 large (46 g) Ham, Lunchmeat, 1 slice (23 g) Cheddar Cheese, 0.5 slice (1 oz) (14 g)

	Wednesday
Breakfast	Boiled Eggs, 2 large (100 g) Ham, Lunchmeat, 2 slice (46 g)
Lunch	Salmon Avocado Spinach with Blue Cheese, 1 serving (294 g)
Dinner	Lettuce-Wrapped Cheese Burgers, 0.5 serving (207 g)
Snacks	Fried Egg, 2 large (92 g) Ham, Lunchmeat, 2 slice (46 g) Cheddar Cheese, 1 slice (1 oz) (28 g)

	Thursday
Breakfast	Fried Egg, 2 large (92 g) Bacon, 2 slice (52 g)
Lunch	Prosciutto White Fish Roast, 0.5 serving (162 g)
Dinner	Roast Mackerel Skewers with Broccoli, 1 serving (324 g)
Snacks	Fried Egg, 1 large (46 g) Ham, Lunchmeat, 1 slice (23 g) Cheddar Cheese, 0.5 slice (1 oz) (14 g)

	Friday
Breakfast	Egg, Ham, Cheese and Pickles, 1 serving (323 g)
Lunch	Beef Steak with Butter and Salad, 1 serving (265 g)
Dinner	Roast Mackerel Skewers with Broccoli, 0.5 serving (162 g)
Snacks	Egg and Tomato Omelette, 0.5 serving (115 g)

	Saturday
Breakfast	Fried Egg, 1.5 large (69 g) Parma Ham (Prosciutto), 28 g
Lunch	Salmon and Egg Salad, 0.5 serving (175 g)
Dinner	Keto Caesar Salad, 1 serving (417 g)
Snacks	Cheddar Cheese, 1 slice (1 oz) (28 g) Walnuts, 1 cup, in shell, edible yield (7 nuts) (28 g)

	Sunday
Breakfast	Fried Egg, 3 large (138 g) Parma Ham (Prosciutto), 56 g
Lunch	Salmon and Egg Salad, 0.5 serving (175 g)
Dinner	Keto Caesar Salad, 1 serving (417 g)
Snacks	Cheddar Cheese, 0.5 slice (1 oz) (14 g) Walnuts, 0.5 cup, in shell, edible yield (7 nuts) (14 g)

Meal Plan Summary

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M O	Boiled Eggs, 3 large (150 g) Parma Ham (Prosciutto), 56 g	Beef Burgers with Cabbage, 0.5 serving (231 g)	Baked Salmon with Lemon and Asparagus, 1 serving (368 g)	Sardines, Canned in Oil, 0.5 can (3.75 oz) (46 g)
T U	Boiled Eggs, 1 large (50 g) Ham, Lunchmeat, 1 slice (23 g)	Salmon Avocado Spinach with Blue Cheese, 0.5 serving (147 g)	Lettuce-Wrapped Cheese Burgers, 1 serving (414 g)	Fried Egg, 1 large (46 g) Ham, Lunchmeat, 1 slice (23 g) Cheddar Cheese, 0.5 slice (1 oz) (14 g)
W E	Boiled Eggs, 2 large (100 g) Ham, Lunchmeat, 2 slice (46 g)	Salmon Avocado Spinach with Blue Cheese, 1 serving (294 g)	Lettuce-Wrapped Cheese Burgers, 0.5 serving (207 g)	Fried Egg, 2 large (92 g) Ham, Lunchmeat, 2 slice (46 g) Cheddar Cheese, 1 slice (1 oz) (28 g)
T H	Fried Egg, 2 large (92 g) Bacon, 2 slice (52 g)	Prosciutto White Fish Roast, 0.5 serving (162 g)	Roast Mackerel Skewers with Broccoli, 1 serving (324 g)	Fried Egg, 1 large (46 g) Ham, Lunchmeat, 1 slice (23 g) Cheddar Cheese, 0.5 slice (1 oz) (14 g)
F R	Egg, Ham, Cheese and Pickles, 1 serving (323 g)	Beef Steak with Butter and Salad, 1 serving (265 g)	Roast Mackerel Skewers with Broccoli, 0.5 serving (162 g)	Egg and Tomato Omelette, 0.5 serving (115 g)
S A	Fried Egg, 1.5 large (69 g) Parma Ham (Prosciutto), 28 g	Salmon and Egg Salad, 0.5 serving (175 g)	Keto Caesar Salad, 1 serving (417 g)	Cheddar Cheese, 1 slice (1 oz) (28 g) Walnuts, 1 cup, in shell, edible yield (7 nuts) (28 g)
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Recipes

Prosciutto White Fish Roast

Prosciutto White Fish Roast 2 servings. Ready in 40 min.

Ingredients

White Fish, 2 fillet (300 g)
Asparagus, Fresh, 1 portion (133 g)
Arugula, 2 cup (56 g)
Olive Oil, 2 portion (30 g)
Parma Ham (Prosciutto), 6 slice (102 g)
Balsamic Vinegar, 1 portion (16 g)
Mustard, 0.5 portion (9 g)



Instructions/Preparation

1. Preheat the oven to 180°C/356°F.
2. Wrap each fish fillet with 3 Parma Ham slices.
3. Place the ham-wrapped fish into the oven.
4. Place the asparagus in the oven, next to the fish.
5. Add 1 tbsp of olive oil over the fish fillets and asparagus.
6. Roast for 20-25 minutes, until the ham becomes crispy and the fish inside soft.
7. Mix the remaining oil, vinegar, and mustard thoroughly in a small bowl or glass to create a sauce for the salad.
8. Serve the fish with the asparagus and some arugula leaves. Add the sauce over the arugula leaves.

Extra comments/notes

You can prepare this recipe with any white fish, including cod fish, hake, haddock, etc. Try different white fish varieties until you find your favourite.

Egg, Ham, Cheese and Pickles

Egg, Ham, Cheese and Pickles 1 serving. Ready in 15 min.

Ingredients

Raw Egg, **2 egg (86 g)**

Pickles, cucumber, sour, **2 small (74 g)**

Tomato, Fresh, **1 portion (61 g)**

Ham, Lunchmeat, **3 slice (69 g)**

Cheddar Cheese, **1 portion (28 g)**

Olive Oil, **1 portion (5 g)**



Instructions/Preparation

1. Fry the eggs in a non-stick pan with a tsp of olive oil.
2. Chop the pickles and tomato into pieces
3. Serve the eggs with ham, cheese, and the pickle and tomato salad.

Salmon and Egg Salad

Salmon and Egg Salad 1 serving. Ready in 20 min.

Ingredients

Salmon, Fresh, **1 portion (198 g)**

Fried Egg, **2 large (92 g)**

Olive Oil, **1 portion (15 g)**

Spinach, **1 cups (29 g)**

Balsamic Vinegar, **1 portion (16 g)**



Instructions/Preparation

1. Heat half the oil in a non-stick pan.
2. Place the salmon in the pan once it is hot and cook for 2 minutes on each side.
3. Make space in the pan and crack two eggs on the side of the salmon.
4. Cook for 5-7 minutes, flipping the salmon from time to time and ensuring the eggs do not get stuck to the pan.
3. Serve with fresh spinach leaves, drizzled with the rest of the olive oil and balsamic vinegar.

Egg and Tomato Omelette

Egg and Tomato Omelette 1 serving. Ready in 12 min.

Ingredients

Olive Oil, **1 portion (15 g)**

Raw Egg, **3 egg (129 g)**

Tomato, Fresh, **0.5 portion (75 g)**

Parsley, **1 portion (10 g)**



Instructions/Preparation

1. Beat the eggs in a bowl using a fork or mixer until forming a consistent mix.
2. Chop the parsley and mix with the eggs.
3. Heat the olive oil in a pan
4. Pour the eggs into the pan, stirring frequently to form an omelette.
5. Chop the cherry tomatoes in half and add to the pan on the side so that they make contact with the pan's surface.
6. Cook for 6-7 minutes and serve hot.

Beef Steak with Butter and Salad

Beef Steak with Butter and Salad 1 serving. Ready in 10 min.

Ingredients

New York Strip (Top Loin) Beef Steak, **1 steak (223 g)**

Salted Butter, **1 portion (15 g)**

Black Pepper, **1 tsp, ground (2 g)**

Green Leaf Lettuce, **5 leaf inner (25 g)**



Instructions/Preparation

1. Heat a non-stick pan with half of the butter.
2. Add the steak to the pan and cook at high heat for 4 minutes on each side. You can cook the steak for a bit longer if you want it to be more done inside.
3. Serve the steak over a bed of green leaves.
4. Add the remaining butter over the steak and let it melt.
5. Add black pepper to taste and consume immediately.

Keto Caesar Salad

Keto Caesar Salad 1 serving. Ready in 20 min.

Ingredients

Red Leaf Lettuce, **1 NLEA serving (85 g)**

Tomato, Fresh, **3 portion (45 g)**

Cucumber, **0.5 cup slices (52 g)**

Chicken, Dark Meat (Drumsticks), **1 drumstick without skin (122 g)**

Blue Cheese, **1 portion (7 g)**

Parmesan Cheese, **1 portion (6 g)**

Bacon, **2 slice (52 g)**

Mayonnaise, **2 portion (28 g)**

Coconut Oil, **1 portion (4 g)**

Anchovies, **4 anchovy (16 g)**

Instructions/Preparation

1. Heat the oil in a non-stick pan.
2. Cut the chicken into pieces with a knife.
3. Cut the bacon into pieces.
4. Cook the meat in the pan at medium to high heat for around 8–10 minutes until done.
5. Toss the lettuce leaves in a bowl or large plate.
6. Cut the tomato and cucumber and toss over the salad.
7. Add the pieces of meat on top once cooked
8. Add the anchovies to the salad.
9. Add the parmesan and blue cheese on top, cut into small pieces or grated.
10. Mix with the mayonnaise.

Salmon Avocado Spinach with Blue Cheese

Salmon Avocado Spinach with Blue Cheese 1

serving. Ready in 15 min.

Ingredients

Salmon, Fresh, **1 portion (125 g)**

Avocado, **0.5 avocado (79 g)**

Spinach, **2 cups (58 g)**

Olive Oil, **1 portion (15 g)**

Blue Cheese, **1 portion (17 g)**

Instructions/Preparation

1. Heat the oil in a non-stick pan.
2. Add the salmon fillet and spinach to the pan, side-by-side, ensuring they do not overlap.
3. Cook the ingredients over medium heat for around 8-10 minutes, flipping the salmon steak every 2 minutes to ensure it gets cooked on both sides.
4. Add the cheese to the spinach for the last 3 minutes of cooking and mix it well until it melts.
5. Cut the avocado into slices.
6. Serve the salmon with avocado slices on top, next to the spinach with cheese.

Extra comments/notes

You can replace the blue cheese with yellow cheese if you find the flavor to be too strong for you.

Beef Burgers with Cabbage

Beef Burgers with Cabbage 2 servings. Ready in 30 min.

Ingredients

Ground Beef (85/15), **1 portion (454 g)**

Raw Egg, **1 egg (43 g)**

Cheese, feta, **1 ounces (29 g)**

Table salt, **1 portion (1 g)**

Black Pepper, **0.5 tsp, ground (1 g)**

Parsley, **4 portion (16 g)**

Olive Oil, **0.5 portion (8 g)**

Butter, No Salt, **3 ounce (84 g)**

Cream, fluid, heavy whipping, **0.5 portion (60 g)**

Tomato Puree, **1 portion (16 g)**

Cabbage, **3 cup, shredded (210 g)**

Instructions/Preparation

For the burgers:

1. In a large bowl, mix together the beef, egg, and feta cheese.
2. Add to the mix half of the salt in the recipe, half of the black pepper, and half of the parsley.
3. Mix all the ingredients thoroughly with your hands and form a few burger patties.
4. Heat one-third of the butter in the recipe and the olive oil in a non-stick pan.
5. Cook the burgers at medium heat for 6 minutes, then flip them and cook them for another 6 minutes on the other side. Avoid flipping the burgers too often as they may break apart if you do.
6. Mix the heavy cream with the tomato puree, the remaining parsley, black pepper, and salt.
7. Add the cream to the pan with the burgers for the last 2–3 minutes of cooking.

For the cabbage:

1. Shred the cabbage with a knife or food processor.
2. Heat 2/3 of the butter in this recipe in a non-stick pan.
3. Cook the cabbage in butter for 15 minutes, stirring frequently

Lettuce-Wrapped Cheese Burgers

Lettuce-Wrapped Cheese Burgers 2 servings. Ready in 30 min.

Ingredients

Ground Beef (85/15), **1 pound (454 g)**
Raw Egg, **1 egg (43 g)**
Cheese, feta, **1 ounces (29 g)**
Table salt, **1 1/2 tsp (1 g)**
Black Pepper, **0.5 teaspoon (1 g)**
Parsley, **4 Tablespoon (16 g)**
Olive Oil, **0.5 tablespoon (8 g)**
Butter, No Salt, **1 ounce (28 g)**
Cream, fluid, heavy whipping, **0.5 cup, whipped (60 g)**
Tomato Puree, **1 tbsp (16 g)**
Iceberg Lettuce, **4 leaf, large (60 g)**
Cheddar Cheese, **4 portion (112 g)**

Instructions/Preparation

1. In a large bowl, mix together the beef, egg, and feta cheese.
2. Add to the mix half of the salt in the recipe, half of the black pepper, and half of the parsley.
3. Mix all the ingredients thoroughly with your hands and form a few burger patties.
4. Heat the butter in the recipe and the olive oil in a non-stick pan.
5. Cook the burgers at medium heat for 6 minutes, then flip them and cook them for another 6 minutes on the other side. Avoid flipping the burgers too often as they may break apart if you do.
6. Mix the heavy cream with the tomato puree, the remaining parsley, black pepper, and salt.
7. Add the cream to the pan with the burgers for the last 2-3 minutes of cooking.
8. Wrap the burgers in lettuce leaves, add the cheddar cheese slices, and serve immediately.

Roast Mackerel Skewers with Broccoli

Roast Mackerel Skewers with Broccoli 1 serving. Ready in 30 min.

Ingredients

Mackerel, Fresh, **2 fillet (224 g)**

Olive Oil, **1 tablespoon (15 g)**

Chili Powder, **1 teaspoon (2 g)**

Black Pepper, **0.5 teaspoon (1 g)**

Broccoli, **0.5 cup, chopped or diced (44 g)**

Parsley, **10 sprigs (10 g)**

Butter, No Salt, **1 ounce (28 g)**

Instructions/Preparation

1. Preheat the oven to 180°C/356°F.
2. Mix together the oil, chopped parsley, chili powder and black pepper in a bowl to create a marinade.
3. Rub the mackerel fillets against the marinade until all of it sticks covering the fillets.
4. Bake the mackerel fillets for 15–18 minutes. You may insert a skewer stick through each one of them if you wish.
5. In the meantime, chop the broccoli into small pieces.
6. Stir-fry the broccoli with the butter in a non-stick pan for 6–8 minutes until fully cooked.
7. Serve the mackerel fillets with broccoli

Baked Salmon with Lemon and Asparagus

Baked Salmon with Lemon and Asparagus 1

serving. Ready in 25 min.

Ingredients

Salmon, Fresh, **1 portion (170 g)**

Butter, No Salt, **2 portion (56 g)**

Asparagus, Fresh, **6 portion (120 g)**

Lemon, **3 portion (21 g)**

Black Pepper, **0.5 tsp, ground (1 g)**

Instructions/Preparation

1. Preheat the oven to 180°C/356°F.
2. Place the salmon and asparagus spears in a baking container
3. Add butter over the salmon and asparagus.
4. Place the lemon slices over the salmon fillet
5. Add the black pepper on top.
6. Bake for 18-20 minutes.
7. Serve and eat immediately. Add the melted butter from the baking container over the food in your plate.

Shopping List

Dairy and Egg Products

- Boiled Eggs, 6 large (300 g)
- Fried Egg, 12.5 large (575 g)
- Raw Egg, 4.5 egg (194 g)
- Cheddar Cheese, 7.5 portion (210 g)
- Cheese, feta, 1 ounces (29 g)
- Cream, fluid, heavy whipping, 0.5 portion (60 g)
- Blue Cheese, 1.5 portion (26 g)
- Salted Butter, 1 portion (15 g)
- Blue Cheese, 2 portion (14 g)
- Parmesan Cheese, 2 portion (12 g)

Pork Products

- Parma Ham (Prosciutto), 140 g
- Bacon, 6 slice (156 g)
- Parma Ham (Prosciutto), 1.5 slice (26 g)

Sausages and Luncheon Meats

- Ham, Lunchmeat, 10 slice (230 g)

Vegetables and Vegetable Products

- Pickles, cucumber, sour, 2 small (74 g)
- Tomato, Fresh, 1 portion (61 g)
- Parsley, 4 portion (16 g)
- Tomato Puree, 1 portion (16 g)
- Cabbage, 0.75 cup, shredded (53 g)
- Spinach, 4 cups (116 g)
- Asparagus, Fresh, 0.25 portion (33 g)
- Arugula, 0.5 cup (14 g)
- Green Leaf Lettuce, 5 leaf inner (25 g)
- Asparagus, Fresh, 6 portion (120 g)
- Iceberg Lettuce, 3 leaf, large (45 g)
- Broccoli, 0.75 cup, chopped or diced (66 g)
- Parsley, 20.01 sprigs (20 g)
- Red Leaf Lettuce, 2 NLEA serving (170 g)
- Tomato, Fresh, 6 portion (90 g)
- Cucumber, 1 cup slices (104 g)
- Tomato, Fresh, 0.25 portion (37 g)

Fats and Oils

- Olive Oil, 1 portion (5 g)
- Olive Oil, 5.5 portion (83 g)
- Butter, No Salt, 5 ounce (140 g)
- Mayonnaise, 4 portion (56 g)
- Coconut Oil, 2 portion (8 g)

Beef Products

- Ground Beef (85/15), **1 portion (454 g)**
- New York Strip (Top Loin) Beef Steak, **1 steak (223 g)**

Spices and Herbs

- Table salt, **1 portion (1 g)**
- Black Pepper, **2.75 tsp, ground (6 g)**
- Balsamic Vinegar, **1.25 portion (20 g)**
- Mustard, **0.13 portion (2 g)**
- Chili Powder, **1.5 teaspoon (3 g)**

Finfish and Shellfish Products

- Salmon, Fresh, **1.5 portion (188 g)**
- White Fish, **0.5 fillet (75 g)**
- Salmon, Fresh, **1 portion (198 g)**
- Salmon, Fresh, **1 portion (170 g)**
- Mackerel, Fresh, **3 fillet (336 g)**
- Anchovies, **8 anchovy (32 g)**
- Sardines, Canned in Oil, **0.5 can (3.75 oz) (46 g)**

Fruits and Fruit Juices

- Avocado, **0.75 avocado (119 g)**
- Lemon, **3 portion (21 g)**

Poultry Products

- Chicken, Dark Meat (Drumsticks), **2 drumstick without skin (244 g)**

Nut and Seed Products

- Walnuts, **1.5 cup, in shell, edible yield (7 nuts) (42 g)**

Other

