



3 DAY KETO MEAL PLAN



ROAD TO FAT LOSS &
HEALTH

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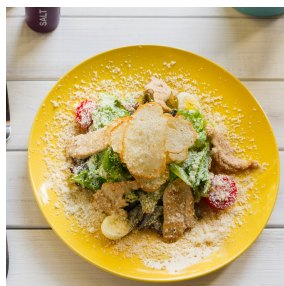
DAY 1

Breakfast



CRUSTLESS BACON & CHEDDAR QUICHE

Lunch



BLT CHICKEN SALAD

Dinner



PORK CHOPS ALFREDO

Desserts / Snacks: 1 square 85% dark chocolate / 1 string cheese / 1 piece bacon / 1/2 Avocado

Totals: 1589 calories, 14g carbs, 85g protein, 134g fat

DAY 2

Breakfast



Simple Bacon Egg Omelette

1/2 cucumber

Coffee or tea with 1 serving heavy cream

Lunch



BACON & CHEDDAR QUICHE with a Green Salad

Dinner



2 Roasted Chicken Thigh with skin on

2 cups baby spinach with 2 tbsp olive oil

Desserts/ Snacks: 1 square 85% dark chocolate/ 1 string cheese ;1 piece bacon/ 1/2 Avocado

Totals: 1449 calories, 17g carbs, 72g protein, 126g fat

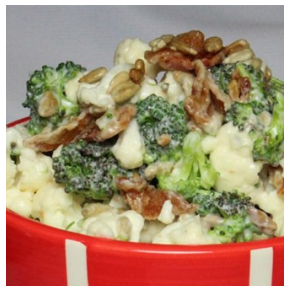
DAY 3

Breakfast



Cream cheese pancakes with sugar-free syrup
Coffee or tea with heavy cream

Lunch



Fast Salad

Dinner



Grilled salmon with
1 cup green beans cooked in 1 tbsp butter

Desserts/ Snacks: 1 square 85% dark chocolate/ 1 string cheese ;1 piece bacon/ 1/2 Avocado

Totals: 1485 calories, 19g carbs, 68g protein, 127g fat

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ACCELERATED WEIGHT LOSS & HEALING KETO
MEAL PLAN



CRUSTLESS BACON & CHEDDAR QUICHE

• Prep Time: 10 minutes • Cook Time: 35-40 minutes • 6 Servings

Ingredients

- 3-4 **slices bacon**, chopped
- 6 **eggs**
- 1 cup **heavy cream**
- 8 oz **cheddar cheese**, shredded
- **Salt & Pepper** to taste

Instructions

- 1** Fry the bacon until brown and crispy.
Arrange the cheese and bacon evenly in the bottom of a greased 9 1/2" glass pie plate.
- 2**
- 3** In a large bowl whisk the eggs with the heavy cream and add salt and pepper to taste.
- 4** Pour the egg mixture evenly over the cheese and bacon.
- 5** Bake at 350° 35-40 minutes, until a knife inserted in the center comes out clean Enjoy!

Per Serving: **382 Calories**; **35g Fat**; **18g Protein**; **2g Carbohydrate**; **0g Dietary Fiber**; **2g Net Carbs**



BLT CHICKEN SALAD

• Prep Time: 10 minutes • Cook Time: 5-10 minutes • 1 Servings

Ingredients

- 3.5 oz **chicken thigh** with skin, cooked
- 4 ounces **lettuce** (about 2 cups)
- 1/2 small tomato
- 2 oz **cheddar cheese**
- 2 crisp pieces **bacon**, crumbled
- 1 **hard-boiled egg**, sliced
- 2 tbsp **olive oil**
- 2 tbsp **sour cream**
- **Salt & Pepper to taste**
- 1 tbsp fresh parsley, chopped

Instructions

- 1** Slice the meat thinly.
- 2** Arrange the lettuce on a large plate.
- 3** Top with the chicken and the remaining ingredients.
- 4** Toss well to coat.
- 5** Enjoy!

Per Serving: 378 **Calories**; 19g **Fat**; 18g **Protein**; 6g **Carbohydrate**; 2g **Dietary Fiber**; 4g **Net Carbs**



PORK CHOPS ALFREDO

• Prep Time: 10 minutes • Cook Time: 25-30 minutes • 6 Servings

Ingredients

- 6 **pork chops**
- 1 tbsp butter
- 8 oz **fresh mushrooms**, sliced
- 1/2 batch **Homemade Alfredo Sauce**
- 1 tsp **garlic powder**
- 1/2 tsp thyme, optional
- Salt and pepper, to taste

Instructions

- 1** Season the pork chops with garlic powder, salt and pepper and brown well on both sides.
- 2** Heat the butter in a large skillet over medium-high heat.
- 3** Pour the Alfredo sauce into the skillet and stir to coat well the meat and mushrooms!
- 4** Toss well to coat.
- 5** Enjoy!

Per Serving: 499 **Calories**; 41 g **Fat**; 25g **Protein**; 6g **Carbohydrate**; 1g **Dietary Fiber**; 6g **Net Carbs**



HOMEMADE ALFREDO SAUCE

• Prep Time: 10 minutes • Cook Time: 5 minutes • 8 Servings

Ingredients

- ½ cup butter
- cups whipping cream
- 4 ounces cream cheese
- 1 cup grated parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- ¼ tsp salt
- ¼ tsp pepper

Instructions

- 1** In a medium saucepan combine butter, heavy whipping cream, and cream cheese.
- 2** Cook over medium heat and whisk until melted.
- 3** .Add the minced garlic, garlic powder, italian seasoning, salt and pepper.
- 4** Continue to whisk until smooth.
- 5** Add the grated parmesan cheese.

Per Serving: 390 **Calories**; 40g **Fat**; 6g **Protein**; 3g **Carbohydrate**; 0g **Dietary Fiber**; 3g **Net Carbs**



SIMPLE BACON EGG OMLETTE

• Prep Time: 10 minutes • Cook Time: 5 minutes • 8 Servings

Ingredients

- 2 eggs
- 4-5 slices of bacon
- 1 tbsp whipping cream
- 1 oz cheese
- fresh basil and chives to garnish

Instructions

- 1** Cook the bacon until crispy.
- 2** In a bowl beat the eggs with the whipping cream. Add salt and pepper.
- 3** Pour the eggs over the bacon. Cook for 2 minutes on each side!
- 4** Sprinkle the cheese, chives and basil on top.
- 5** Enjoy!

Per Serving: 401 **Calories**; 36g **Fat**; 21g **Protein**; 3g **Carbohydrate**; 0g **Dietary Fiber**; 3g **Net Carbs**



CREAM CHEESE PANCAKES WITH SUGAR-FREE SYRUP

• Prep Time: 3 minutes • Cook Time: 10 minutes • 1 Serving

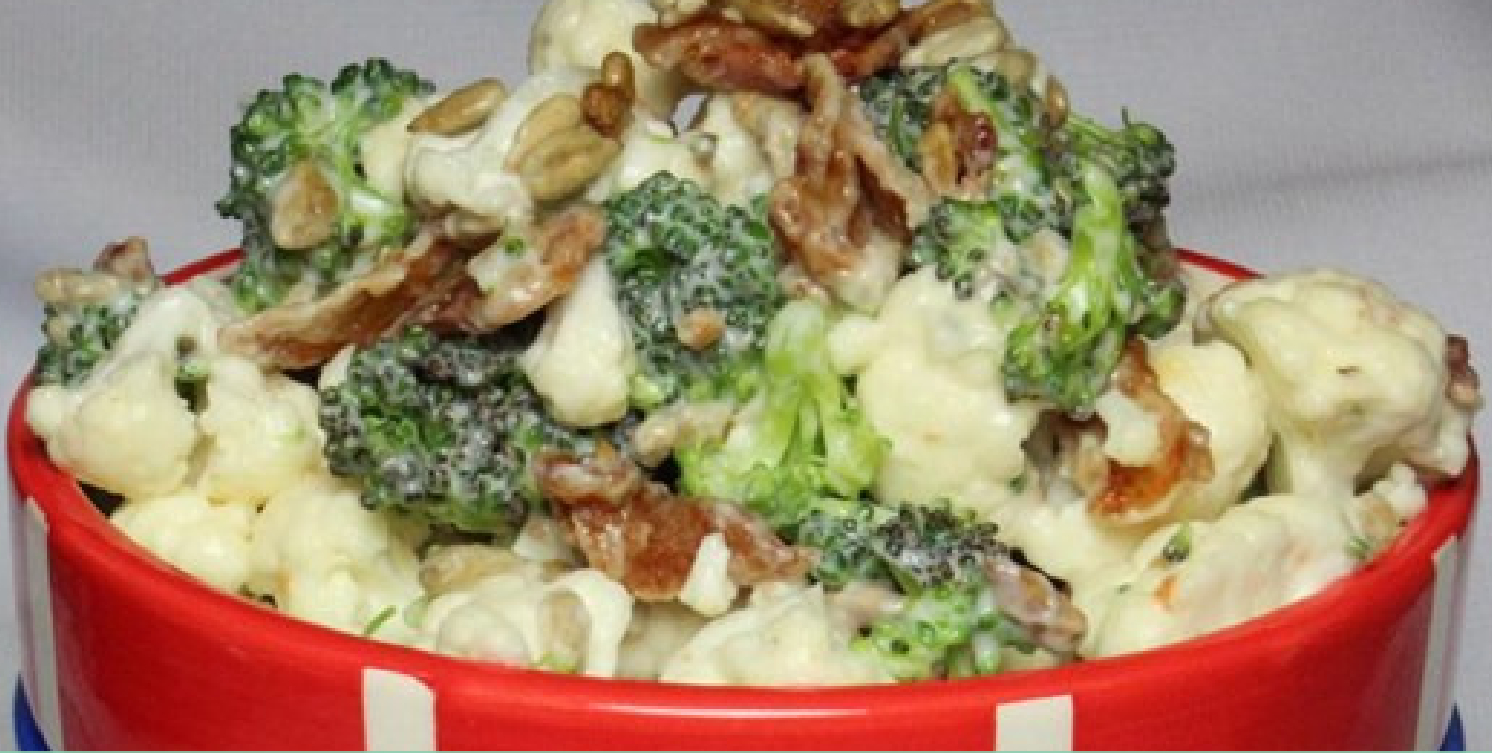
Ingredients

- 2 oz cream cheese, room temperature
- 2 eggs
- 1 tsp **sugar substitute**
- 1 tsp coconut oil
- ½ tsp Ceylon Cinnamon
- **Sugar-free Maple Syrup**

Instructions

- 1** Mix all the ingredients in a blender or whisk them well until smooth.
Let the mixture sit 2-3 minutes until the air bubbles disappear.
- 2** Heat a pan and add 1 tsp of coconut oil. Pour ¼ of the batter in the pan. Cook for 2 minutes until golden, flip and cook 1 minute on the other side. Repeat with the rest of the batter.
- 3** Serve with sugar free syrup
- 4** Enjoy!

Per Serving: 360 **Calories**; 30g **Fat**; 19g **Protein**; 5g **Carbohydrate**; 1g **Dietary Fiber**; 4g **Net Carbs**



FAST SALAD

• Prep Time: 10 minutes • Cook Time: 0 minutes • 2 Servings

Ingredients

- 8oz frozen broccoli florets thawed and drained
- 8 oz frozen cauliflower, thawed and drained
- 1/2 cup Ranch dressing, prepared
- 2 oz cheddar cheese, shredded
- 2-3 pieces bacon, fried until crisp and crumbled
- 2 green onions
- 1 tbsp chopped walnuts or almonds
- Salt and pepper, to taste

Instructions

- 1** Chop all the broccoli and cauliflower into bite sized pieces.
- 2** In a large mixing bowl, combine all the ingredients.
- 3** Enjoy!

Per Serving: 490 **Calories**; 42g **Fat**; 19g **Protein**; 7g **Carbohydrate**; 3g **Dietary Fiber**; 4g **Net Carbs**

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TO DO LIST

DATE:

IMPORTANT TASKS

HEALTHY EATING

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EXERCISE



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CLOSER TO YOUR GOAL



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BREAKFAST

LUNCH

DINNER

WATER



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EXERCISE



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CLOSER TO YOUR GOAL



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BREAKFAST

LUNCH

DINNER

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HEALTHY EATING

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EXERCISE



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CLOSER TO YOUR GOAL



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BREAKFAST

LUNCH

DINNER

WATER



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