



The Keto Option

EASY LOW CARB RECIPES

7 Day Sample Keto Meal Plan



THIS GUIDE IS JUST A SAMPLE.

MAKE SURE TO INCLUDE SNACKS, SIDES AND ADDITIONS AS NEEDED!
AND ADJUST PORTIONS ACCORDING TO YOUR MACROS.

THERE ARE LEFTOVER DAYS BECAUSE, LET'S FACE IT, WHO WANTS
TO COOK EVERY MEAL?

NOTE - APPROXIMATE NUTRITION INFO HAS BEEN INCLUDED FOR
MOST RECIPES.

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Monday	Lemon Poppy Seed Muffins	Warm Alfredo Salad	Pizza
Tuesday	Chocolate Bulletproof Coffee	Eggs and Bacon	Cabbage and Kielbasa
Wednesday	Sausage Breakfast Bake	Fried Kale Salad	Veggie and Beef Stew
Thursday	Sausage Breakfast Bake (leftovers)	Veggie and Beef Stew (leftovers)	Cajun Drumsticks
Friday	Sesame Bagels	Almond Butter Smoothie	Beef Casserole
Saturday	Eggs and Bacon	Free Lunch	Crock Pot Chicken
Sunday	Chocolate Bulletproof Coffee	Crock Pot Chicken (leftovers)	Free Night

BREAKFAST

LEMON POPPY SEED MUFFINS

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by Trina Krug - The Keto Option

Ingredients

- 1 cup almond flour
- 2 tablespoons coconut flour
- 1/3 cup erythritol
- 1 teaspoon baking powder
- 2 tablespoons poppy seeds
- 1/4 cup melted, salted butter
- 1/2 cup heavy cream
- 3 large eggs
- 1 tablespoon lemon zest
- 1.5 tablespoons fresh lemon juice
- 5 drops liquid stevia

Directions

- Preheat oven to 350 degrees F.
- Line muffin tin with muffin liners.
- Add almond flour, coconut flour, erythritol, baking powder and poppy seeds to a medium bowl. Mix well.
- Add melted butter and continue mixing.
- Finally, add heavy cream, eggs, lemon zest, lemon juice and liquid stevia.
- Using hand beaters, blend for 10-15 seconds. Don't over blend.
- Add batter equally to muffin tins.
- Bake for 27-30 minutes or until lightly golden.
- Let cool on a cooling rack.

Serving Size 1 muffin. Calories 120, Fat 12g, Net Carbs 1g, Protein 3g



CHOCOLATE BULLETPROOF COFFEE

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Ingredients

- One cup of high quality brewed coffee
- 1 Tablespoon MCT oil
- 1 Tablespoon grass-fed butter
- 1 teaspoon unsweetened cocoa powder
- 3 drops liquid stevia (optional)

Directions

- Brew your beautiful coffee (ground the beans if needed first)
- Pour your cup of coffee and all ingredients into a small blender cup.
- Blend well OR you can use a frother.
- Drink and enjoy your day!

Serving Size 1 cup. Calories 232, Fat 26g, Net Carbs .5g, Protein .76g



SAUSAGE BREAKFAST BAKE



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Ingredients

- 1 pound ground sausage
- 1 green pepper, finely diced
- 1 red pepper, finely diced
- 2 cups cauliflower rice
- 2 tablespoons + 1 teaspoon coconut oil
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 8 large eggs
- 1/4 cup unsweetened almond milk
- 1 tablespoon sour cream
- 3/4 cup mozzarella shredded cheese, divided
- 1/8 teaspoon ground black pepper

SAUSAGE BREAKFAST BAKE

(CONTINUED)

Directions

- Preheat oven to 350 degrees. Grease 8x8 pan with 1 teaspoon of coconut oil.
- In a large skillet, brown ground sausage.
- Meanwhile, heat 2 tablespoons coconut oil in medium pan over medium heat.
- Saute peppers for 5 minutes.
- Add cauliflower rice, onion, and garlic to peppers and continue sauteing for 7 more minutes.
- The sausage should be done by now. When it is done, add pepper mixture and combine well.
- In a medium bowl, add eggs, sour cream, almond milk and 1/2 cup mozzarella cheese.
- Pour meat mixture into the bottom of the 8x8 pan.
- Pour egg mixture over the top of the meat mixture.
- Add remaining 1/4 cup mozzarella and pepper on top.
- Bake for 40 minutes or until eggs are done.

SESAME BAGELS



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Ingredients

- 2 ¼ cups mozzarella cheese
- 2 tablespoons butter
- 1 ¼ cups almond flour
- 2 tablespoons ground flax
- 1/8 teaspoons Pink Himalayan sea salt
- 2 teaspoons baking powder
- 2 eggs
- Sesame Seeds (optional)
- Cream Cheese Topping (optional)

Directions

- Preheat oven to 375 degrees.
- Mix flour, flax, salt and baking powder together.
- In separate bowl, add mozzarella and butter. Melt in microwave for 90 seconds, stir.
- Immediately combine with eggs and almond flour mixture and knead with hands. Squish through fingers. Don't be shy, get your hands dirty!
- Roll into 6 inch logs and make circles. Makes 8
- Top with sesame seeds
- Bake 375 for 17 minutes.
- Let cool and serve with optional topping such as cream cheese!

Serving Size 1 bagel. Calories 251, Fat 21g, Net Carbs 2.5g, Protein 12.5g



BACON AND EGGS

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Ingredients

- 1 teaspoon coconut oil
- 3 eggs
- 1 tablespoon unsweetened almond milk (optional)
- salt and pepper to taste
- 2-3 slices of bacon

Directions

- Preheat oven to 425
- Line baking sheet with aluminum foil.
- Place bacon on baking sheet and bake for 12-14 minutes.
- Remove and let cool.
- While cooling - cook eggs.
- In a small bowl, beat eggs, almond milk, salt and pepper
- Heat coconut in a small sauce pan over medium heat.
- Add egg mixture.
- Stir and cook until eggs.
- Plate and serve!

Serving Size ALL. Calories 334, Fat 27g, Net Carbs 1g, Protein 23g



LUNCH



ALMOND BUTTER SMOOTHIE

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Ingredients

- 8-10 ounces unsweetened almond milk
- 1 ice cube
- 2 tablespoons unsweetened almond butter
- 1 scoop Perfect Flavored Collagen Powder(Chocolate, Vanilla and Salted Caramel are all amazing)

Directions

- Mix all ingredients into a blender (I use a Ninja) and blend until well mixed.
- Enjoy cold!



FRIED KALE SALAD

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Ingredients

- 2 tablespoons ginger root, minced
- 4 garlic cloves, minced
- 1.5 Tablespoons coconut oil
- 4 chicken thighs (no bone or skin), cut into thin strips
- 1 red pepper, cut into strips
- 1 orange pepper, cut into strips
- 1.5 cups mustard greens, chopped
- 2 cups collard greens, chopped
- 1/2 cup purple kale, chopped

Directions

- Add coconut oil to large pan (a wok type pan works nicely) along with ginger and garlic.
- Saute for 2-3 minutes or until nice and fragrant.
- Add chicken and cook until done, stirring often.
- When the chicken is done, add red and orange pepper and cook for an additional 5 minutes.
- Finally, add the greens and saute until desired tenderness.
- Salt and pepper to taste (optional)

Serving Size 1 bowl (4 servings). Calories 283, Fat 16g, Net Carbs 3,75g, Protein 35g



WARM ALFREDO SALAD

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Ingredients

- 1 red pepper, cut into 1 inch slices
- 1 bunch asparagus, cut into 1 inch slices
- 1/4 cup pitted olives, diced
- 4 chicken sausages (3 oz each), sliced
- 4 oz precooked smoked salmon, chopped into small chunk
- 4 zucchini, spiraled
- 2 tablespoons avocado oil
- 1 teaspoon sage
- 1 teaspoon basil
- 1 teaspoon Italian seasoning
- 1/4 teaspoon pepper
- 15 oz Alfredo sauce (homemade or keto approved store bought Alfredo sauce)

WARM ALFREDO SALAD (CONTINUED)

Directions

- Warm avocado oil in a wok over medium heat.
- Add peppers, asparagus and spices. Saute for 5 minutes, stirring often.
- Add remaining ingredients, stir well, and saute for 15 more minutes.
- Serve warm and enjoy!

Serving Size 1 bowl (4 servings). Calories 203, Fat 13g, Net Carbs 6g, Protein 15g

**Does not include alfredo sauce since that is wildly variable.*

DINNER

A close-up photograph of a rustic, light-colored ceramic bowl filled with a hearty beef and vegetable stew. The stew contains chunks of browned beef, sliced carrots, celery, and onions. The bowl sits on a thick wooden cutting board. In the background, a red placemat and a silver fork are visible.

VEGGIE AND BEEF STEW

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Ingredients

- 2.5 pounds beef stew meat, cut into 1 inch chunks
- 2-4 tablespoons olive oil
- 9 cups bone broth
- 4 rainbow carrots, sliced
- 4 celery stalks, sliced
- 1/2 onion, sliced
- 1 shallot, sliced
- 1 bay leaf
- 2 tablespoons minced garlic
- 1 tablespoon rubbed sage
- 1 tablespoon oregano
- 1/2 tablespoon thyme
- 1 teaspoon pepper

Directions

- Heat 2 tablespoons of olive oil over medium/medium-high heat. In groups, brown the outside of the 1 inch meat chunks. IT won't fit all in one pan at a time. Add additional olive oil as needed.
- Add meat to Instant Pot once browned
- Add ALL remaining ingredients and stir until spices are well combined.
- Pressure Cook on high for 90 minutes with a quick release at the end.

Serving Size 1 bowl (8 servings). Calories 321, Fat 10g, Net Carbs 4g, Protein 57g

PERFECT KETO PIZZA

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Ingredients

Crust:

- 1 1/2 cups low moisture, shredded mozzarella cheese
- 2 ounces cream cheese
- 3/4 cup almond flour
- 1 egg, beaten
- 1 tablespoon butter, melted
- 2 teaspoons Italian seasoning

Sauce:

- 1/4 - 1/2 cup Keto Pizza Sauce] (See Sauces/Spices Section. I use 1/2 cup at least because I love sauce, but to keep the carbs down, you should minimize sauce. The nutrition info is is for 1/4 cup)

Ingredients:

- 1/2 cup + 1 tablespoon low moisture, shredded Mozzarella cheese
- Any other toppings you wish! I used pepperoni and Italian Sausage.

PERFECT KETO PIZZA

(CONTINUED)

Directions

- Prepare sauce per instructions and set aside when complete.
- When ready, preheat oven to 425 degrees and heat up pizza stone or baking sheet.
- In a medium bowl, combine beaten egg and almond flour. Set aside.
- In a small microwave safe bowl, combine Mozzarella cheese and cream cheese. Heat for 60 seconds, stir and heat for about 30 more seconds. You can melt over the stove if you wish as well.
- Add cheese mixture to egg mixture.
- Using your hands (be mindful that it is hot and do not burn your hands), squeeze dough through your fingers to combine. It will feel like it won't combine, but eventually it will.
- Put in fridge for 10 minutes to cool.
- Between 2 pieces of parchment paper, roll out dough to a rough circle (or square).
- Roll in edges to make a slightly thicker edge.
- In a small bowl, combined melted butter and Italian Seasoning and paint onto crust.
- Keep dough on the bottom sheet of parchment paper and place on heated pizza stone or baking sheet.
- Bake for 13 minutes. Check often. If you see a bubble forming, poke it with your fork.
- Remove from oven and reduce temperature to 350 degrees.
- Pour sauce onto hot pizza crust and spread evenly. Remember, use as much or as little sauce as you want. Just be mindful of your carbs.
- Report this ad
- Add 1/2 cup Mozzarella cheese.
- Load up with toppings.
- Top with final tablespoons of Mozzarella cheese.
- Bake for 8 more minutes.
- Serve hot!

Serving Size 1 slice (6 slices). Calories 266, Fat 12g, Net Carbs 4g, Protein 13g

BEEF CASSEROLE



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Ingredients

- 1-1.5 pounds of ground beef
- 2 tablespoons fajita seasoning (see sauces & spices)
- 1/2 cup toasted almond flour
- 2 cups cooked broccoli florets
- 1 cup frozen cauliflower rice
- 1/4 large white onion, chopped
- 2 cups shredded cheddar cheese, divided
- 1/2 cup shredded mozzarella cheese
- 1/2 cup heavy whipping cream
- 1 tablespoon coconut oil

Directions

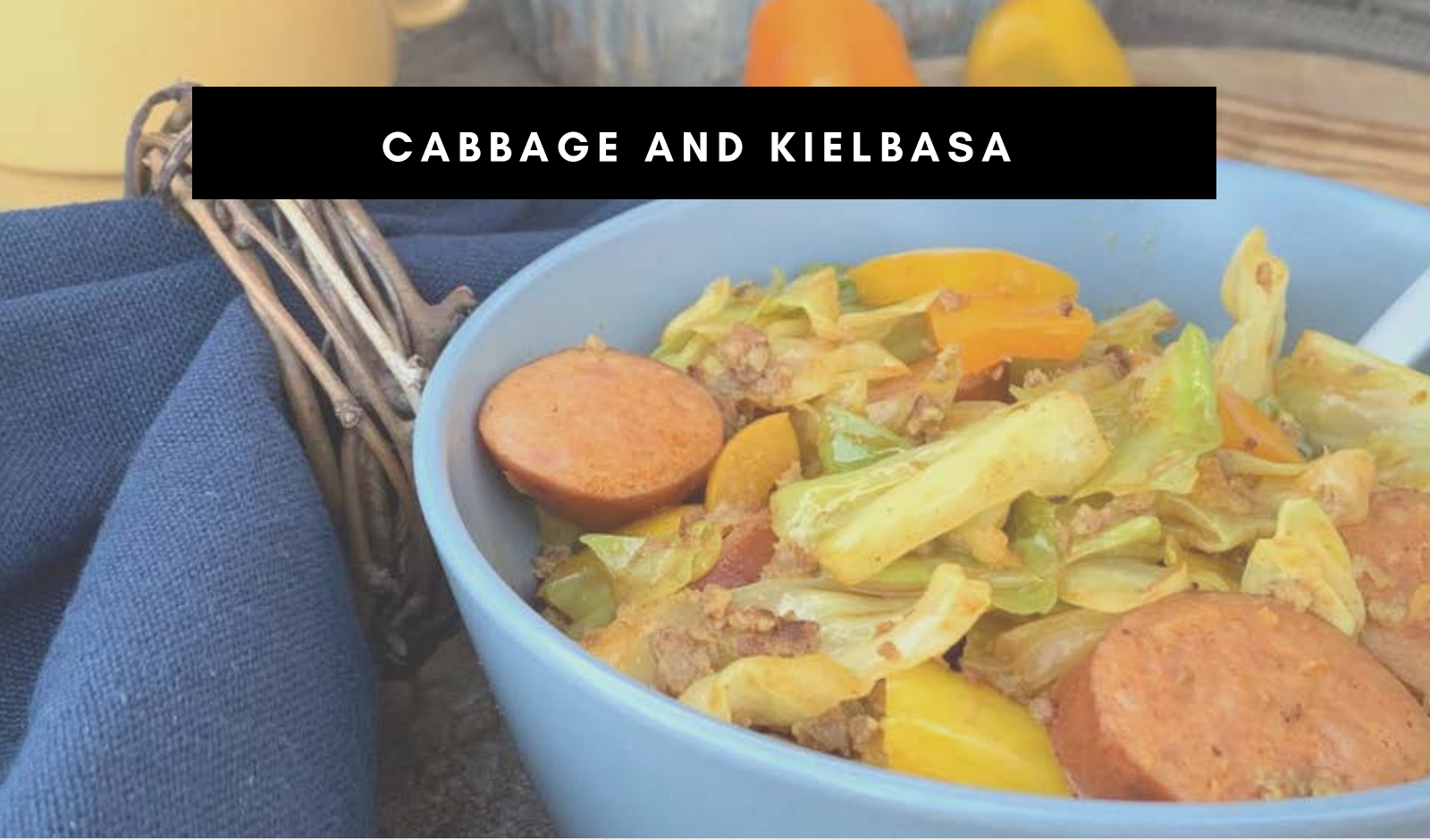
- Preheat oven to 350 degrees and grease 8x8 glass baking dish with your choice of grease.
- Brown ground beef and add 2 tablespoons fajita seasoning once cooked. Mix well.
- Add ground beef to the baking dish and set aside.
- In a medium bowl, add 1.5 cups of cheddar cheese and mozzarella cheese. Set aside.
- Boil broccoli for 2 minutes or until bright green.
- Remove from heat and water, chop and measure 2 cups
- (continued below...)

BEEF CASSEROLE

(CONTINUED)

- Add broccoli to cheese mixture.
- Heat 1 tablespoon coconut oil over medium heat.
- Saute chopped onion and cauliflower rice for 7 minutes, stirring often.
- When done, add to cheese mixture.
- Add heavy whipping cream to cheese mixture and combine well.
- Place cheese mixture on top of ground beef in the glass baking dish.
- Top with remaining 1/2 cup cheddar cheese and toasted almond flour.
- Bake for 30 minutes.
- Serve hot!

CABBAGE AND KIELBASA



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Ingredients

- 1 pound ground pork sausage
- 2 14-ounce kielbasa sausages, sliced thinly
- 1 small head of cabbage, chopped
- 1 yellow pepper, diced (1 inch)
- 1 orange pepper, diced (1 inch)
- 1 teaspoon Turmeric
- 1 teaspoon oregano
- 1.5 teaspoons paprika
- 2 tablespoons fresh ginger, minced

Directions

- In a large wok, brown pork sausage.
- Add chopped cabbage and saute for 10 minutes, stirring often.
- Add remaining ingredients and saute for 20 minutes, stirring often, or until desired tenderness.
- Serve hot!

Serving Size 1 bowl (8 servings). Calories 484, Fat 38g, Net Carbs 6.5g, Protein 25g



CAJUN DRUMSTICKS

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Ingredients

- 15 chicken drumsticks (or desired amount)
- 1/4 cup coconut oil, melted
- 2 tablespoons keto Cajun spice (see sauces and spices)

*Add a keto side of
your choice!*

Directions

- Preheat oven to 425 degrees.
- In a small bowl, combine melted coconut oil and Cajun spice.
- Line a baking sheet with aluminum foil for easy cleanup.
- Place raw chicken drumsticks on prepared baking sheet.
- Using a brush, paint drumsticks with Cajun spice mix.
- Bake for 45-60 minutes or until chicken is THOROUGHLY cooked.



CROCK POT CHICKEN

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Ingredients

- 6 chicken breasts
- 1-2 tablespoons fajita seasoning
(see sauces & spices)
- 4 carrots, chopped
- 4 celery, chopped
- 1 onion, chopped
- 1 cup petite diced tomatoes
- 1 cup (hot) salsa
- 1/2 cup water
- 1/4 cup sour cream

Directions

- Lay chicken in the bottom of the crockpot and top with taco seasoning.
- Cut, chop, dice (whatever you fancy) the carrots, celery, and onion and add to the crockpot.
- Add tomatoes, salsa, and water.
- Cover and cook on low for 8 hours or, really, however long you want at whatever temperature you want so long as the chicken cooks!
- When done, shred the chicken (still in the crockpot) with 2 forks. Add sour cream and mix well.
- Serve

I serve over cauliflower rice!

Serving Size 1 bowl (8 servings). Calories 197, Fat 5g, Net Carbs 6g, Protein 29g

SAUCES & SPICES



PIZZA & MARINARA SAUCE

PIZZA & MARINARA SAUCE

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Ingredients

- 1 14.5 ounce can fire roasted tomatoes
- 1 8 ounce can tomato sauce
- 1 tablespoon tomato paste
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon Pink Himalayan sea salt
- 1/2 teaspoon pepper

Directions

- Add fire roasted tomatoes, tomato sauce, and tomato paste to a food processor or blender.
- Blend well to remove the chunks.
- Pour into a sauce pan and add remaining ingredients.
- Simmer for 15 minutes, stirring often.
- Use or store in an airtight container.

Serving Size 1/4 cup. Calories 14, Fat .2g, Net Carbs 1.75g, Protein .65g



CAJUN SPICE

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Ingredients

- 1.5 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon parsley
- 1 tablespoon cayenne
- 2 teaspoons onion powder
- 2 teaspoons thyme
- 2 teaspoons oregano
- 2 teaspoons pepper
- 1 teaspoon Pink Himalayan sea salt

Directions

- Mix ingredients together well!
- Store in an airtight container.

Serving Size 1 teaspoon. Calories 5, Fat .12g, Net Carbs .6g, Protein .23g



FAJITA SPICE

FAJITA SPICE

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Ingredients

- 1.5 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon parsley
- 1 tablespoon cayenne
- 2 teaspoons onion powder
- 2 teaspoons thyme
- 2 teaspoons oregano
- 2 teaspoons pepper
- 1 teaspoon Pink Himalayan sea salt

Directions

- Mix ingredients together well!
- Store in an airtight container.

Serving Size 1 tablespoon. Calories 19, Fat .8g, Net Carbs 1.75g, Protein .9g

DISCLAIMER:

**NUTRITION INFORMATION IS
CALCULATED USING A THIRD PARTY
TOOL.**

**SOME NUMBERS ARE ROUNDED.
ALWAYS DOUBLE CHECK.**