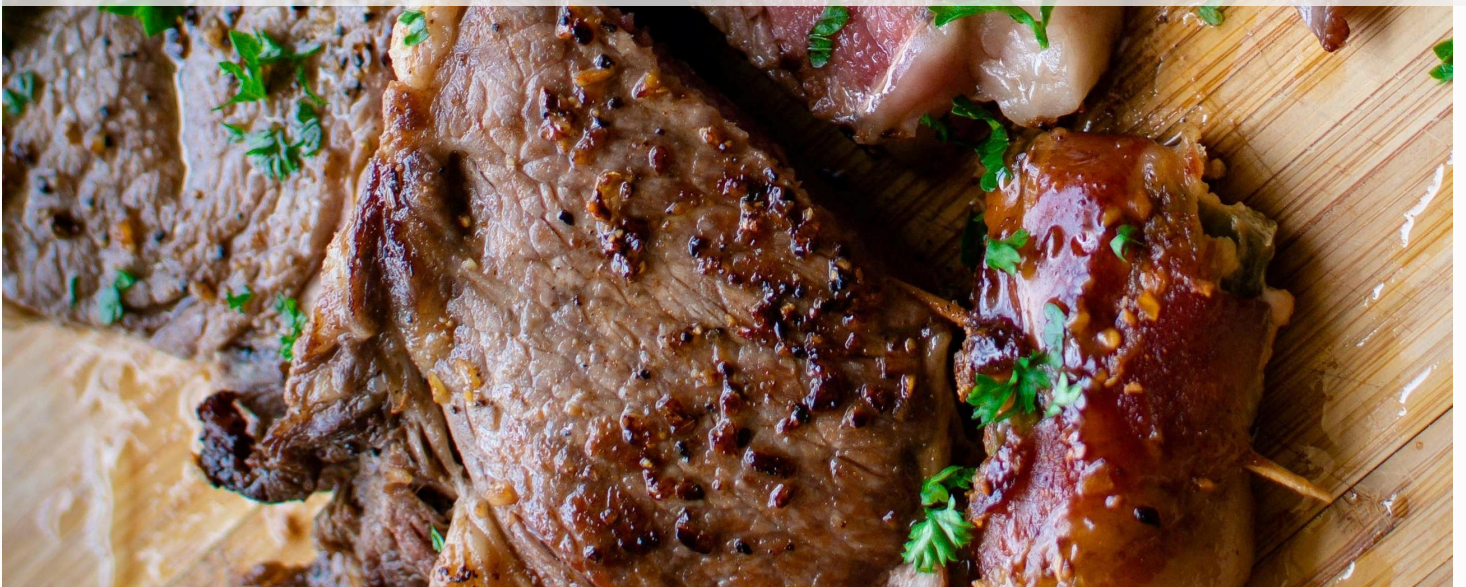




14-DAY KETO MEAL PLAN

WITH RECIPES AND SHOPPING LISTS



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DAY 1

B: 2 eggs with avocado & roasted broccoli

L: Sushi, no rice, with seaweed salad

D: Italian meatballs with zoodles

DAY 2

B: Breakfast salad

L: Leftover meatballs with zoodles

D: Steak with mushrooms, onions & creamed spinach

DAY 3

B: Sliced cucumbers with smoked salmon & avocado

L: Cobb salad

D: Keto chicken parm & sauteed spinach

DAY 4

B: Eggs and bacon

L: Salad topped with dill chicken salad

D: Blackend salmon with guacamole, roasted broccoli

DAY 5

B: 2 eggs & prosciutto wrapped asparagus

L: Big ol' keto salad

D: Ultimate burger & salad

DAY 6

B: Steak & eggs

L: Salad topped with leftover burger

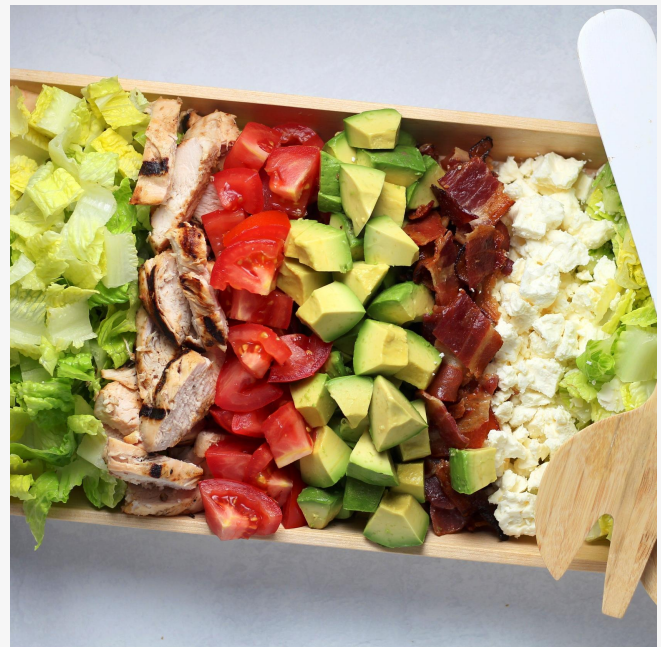
D: Taco salad

DAY 7

B: Cauliflower fried rice with a fried egg

L: Leftover taco salad

D: Grilled salmon with pesto & cauliflower mash



DAY 8

B: Omelet with spinach, pine nuts, and swiss cheese

L: Poke bowl, no rice

D: Sausage & roasted vegetables

DAY 9

B: Baked avocado

L: Burger, no bun, avocado, bacon, lettuce, mayo

D: Chicken & Chorizo Paella

DAY 10

B: Frittata

L: Avocado stuffed with curry chicken salad

D: Salmon & roasted vegetables

DAY 11

B: Sausage and eggs with roasted broccoli

L: Cucumber avocado salad with leftover salmon

D: Sheet pan Philly cheesesteak

DAY 12

B: Frittata with leftover roasted vegetables

L: Big ol' keto salad

D: Steak with chimicurri & roasted cauliflower

DAY 13

B: Omelet with spinach, mushrooms, olives, & feta

L: Greek salad with gyro meat

D: Lasagna stuffed peppers

DAY 14

B: 2 eggs, bacon, & sauteed spinach

L: Leftover stuffed peppers

D: Baked buffalo chicken with ranch & celery



BREAKFAST SALAD

INGREDIENTS

2 strips Cooked Bacon, chopped

3 cups Baby Spinach

2 Green Onions, sliced

1/2 Avocado, chopped

2 Eggs, fried

For the Dressing:

1 tbsp Olive Oil

1 tbsp Aged White Balsamic Vinegar

1 tbsp Water

1/2 tbsp Dijon Mustard

1 tbsp Shallots, minced

1/2 tsp Dried Thyme

Salt

Black Pepper

INSTRUCTIONS

1. Place all ingredients for the dressing in a bowl and whisk together. Season to taste with salt and pepper.
2. Place spinach, bacon, green onions, avocado, and dressing in a bowl. Toss to combine.
3. Top with two fried eggs.

CAULIFLOWER FRIED RICE

INGREDIENTS

1 cup Cooked Grass-Fed Ground Beef
2 tbsp Toasted Sesame Oil
1 Bell Pepper, finely diced
2 Green Onions, finely chopped
12 oz bag cauliflower rice
1 tsp Ginger, minced
1 tsp Garlic, minced
3 tbsp Coconut Aminos
1 Egg, fried
Salt
Black Pepper

INSTRUCTIONS

1. Place toasted sesame oil in medium skillet over medium heat. When the oil is warm, add the bell pepper and green onions. Sauteed until softened, about 3-5 minutes.
2. Add cauliflower rice, ginger, and garlic to the skillet. Cook for 5-7 minutes until the cauliflower rice softens. Stir in the coconut aminos.
3. Add the cooked ground beef to the skillet and cook for an additional 3 minutes.
4. Check for seasoning and season with salt and pepper. Top with a fried egg.

FRITTATA

INGREDIENTS

1lb Italian Sausage, sliced
1/2 Yellow Onion, chopped
4 cups Baby Spinach
1 Tomato, chopped
6 Eggs, beaten
1 Avocado, sliced
Olive Oil
1/2 tsp Salt
1/4 tsp Black Pepper

INSTRUCTIONS

1. Preheat the oven to 350F.
2. Heat 1 tbsp olive oil in a medium skillet over medium heat. When the oil is hot, add the chopped onion to the pan and cook for 2 minutes.
3. Add the sliced sausage to the pan, cook for 5-7 minutes, until the sausage is cooked through.
4. Add the spinach and tomatoes to the pan. Cook for about 5 minutes until the spinach is wilted and the tomatoes are soft. Turn off the heat and set aside.
5. In a separate bowl, whisk together eggs, salt, and pepper. Combine egg mixture with sausage and vegetables.
6. Grease an oven safe pie plate and pour in egg, sausage, and vegetable mixture.
7. Cook for 25 – 30 minutes until cooked through.
8. Top with sliced avocado.

BAKED AVOCADO

INGREDIENTS

1 Avocado, cut in half with pit removed

2 Eggs

4 slices Cooked Bacon, chopped

2 Green Onions, sliced

Salt

Black Pepper

INSTRUCTIONS

1. Preheat the oven to 400F.
2. Place the avocado halves on a baking sheet. Crack one egg into each hole.
3. Top with bacon, salt, and pepper.
4. Bake in the preheated oven for 15 minutes.
5. Top with green onions.

DILL CHICKEN SALAD

INGREDIENTS

2 cups Pre-Cooked Roast Chicken, chopped

3 tbsp Mayo

1 tbsp Dijon Mustard

2 tbsp Dill, roughly chopped

1/4 cup Celery, diced

1/2 tsp Salt

1/4 tsp Black Pepper

INSTRUCTIONS

Place all ingredients in a large bowl and mix until combined.

BIG OL' KETO SALAD

INGREDIENTS

3 cups Greens of your choice (Baby Spinach, Arugula, Romaine, etc.)

Choose your Protein:

Hard Boiled Egg

Grilled Salmon

Tuna Salad

Grilled Steak

Seared Scallops

Chicken Salad

Choose your Toppings:

Avocado

Cucumber

Red Onion

Radish

Olives

Cheese

Bell Pepper

Artichokes

Brussels Sprouts

Mushrooms

Nuts

Asparagus

Broccoli

Roasted Red Peppers

Celery

For the Dressing:

1 tbsp Oil of your choice

1 tbsp Vinegar of your choice

1/4 tsp Onion Powder

1/4 tsp Garlic Powder

1/2 tsp Dried Basil, Oregano, Italian Herbs, or Thyme

1/4 tsp Salt

INSTRUCTIONS

1. Place selected dressing ingredients in bowl and whisk together.
2. Place greens, protein, and chosen toppings in bowl and top with dressing. Toss to combine.

AVOCADO STUFFED WITH CURRY CHICKEN SALAD

INGREDIENTS

1/4 cup Mayo
1 tbsp Curry Powder
1/2 tsp Turmeric
1 tsp Onion Powder
1 tsp Lemon Juice
1/2 tsp Salt
1/4 tsp Black Pepper
2 cups Pre-Cooked Roast Chicken, chopped
1/4 cup Celery, diced
1/2 Avocado

INSTRUCTIONS

1. Place mayo, curry powder, turmeric, onion powder, lemon juice, salt, and pepper in a bowl. Whisk until combined.
2. Add chicken and celery to mayo mixture. Mix until combined.
3. Top half an avocado with the chicken salad.

ULTIMATE BURGER

INGREDIENTS

1 lb Grass-Fed Ground Beef

1 large Yellow Onion, sliced

1 Tomato, sliced

1 Avocado, sliced

Chipotle Mayo

Olive Oil

Salt

INSTRUCTIONS

1. Generously salt the ground beef and form into four patties. Set aside.
2. Add 2 tablespoons of olive to a medium skillet and heat over medium-low heat. When the oil is hot, add the sliced onions. Sprinkle with 1/2 tsp of salt. Cook over low heat, stirring occasionally, for 10-15 minutes until the onions are caramelized. They will be a golden brown color.
3. While the onions are cooking, coat a second medium skillet in olive oil and heat over medium heat. When the oil is hot, add the burgers. Cook for 5-15 minutes depending on the size of the burgers and how you like your burgers cooked.
4. To build your burger, start with a slice of tomato. Smear chipotle mayo on top. Place the burger on top of the tomato. Top the burger with avocado and caramelized onions.

ROASTED BROCCOLI

INGREDIENTS

1 bag of Frozen Broccoli
5 Garlic Cloves, minced
2 tbsp Olive Oil
1/2 tsp Salt

INSTRUCTIONS

1. Preheat the oven to 400F.
2. On a baking sheet, place the broccoli, garlic, olive oil, and salt.
Toss with your hands to combine.
3. Roast in preheated oven for 25 minutes.

PROSCIUTTO WRAPPED ASPARAGUS

INGREDIENTS

2 bunches Asparagus, ends trimmed

1/2lb Proscitto

2 tbsp Olive Oil

2 tbsp Balsamic Vinegar

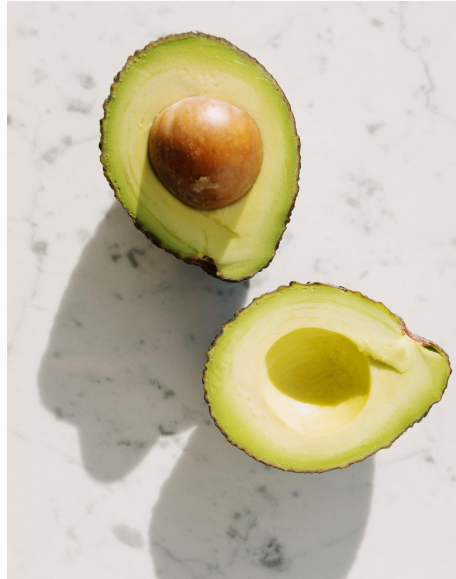
1/2 tsp Salt

1/4 tsp Black Pepper

INSTRUCTIONS

1. Preheat the oven to 425F.
2. Wrap the asparagus in bundles of 2-3 stalks with one piece of prosciutto per bundle.
3. Place the wrapped asparagus on a large baking sheet. Drizzle with olive oil and vinegar, sprinkle with salt and pepper.
4. Place the baking sheet in the preheated oven and cook for 25 minutes.

KETO DIET SHOPPING LIST



PROTEIN

Grass-Fed Ground Beef
Grass-Fed Steak
Eggs
Boneless Chicken Breast
Pre-Cooked Roast Chicken
Chicken Legs or Wings
Salmon
Smoked Salmon
Sugar-Free Bacon
Prosciutto
Sausage
Chorizo

FATS

Toasted Sesame Oil
Grass-Fed Butter
Mayo
Chipotle Mayo
Olive Oil

VEGETABLES

Avocado
Zucchini
Baby Spinach
Mushrooms
Onions
Shallots
Garlic
Ginger
Cucumber
Romaine
Dill
Red Onion
Asparagus
Bell Pepper
Cauliflower
Green Onion
Tomato
Celery
Parsley
Broccoli

SPICES

Paprika
Cayenne Pepper
Garlic Powder
Onion Powder
Thyme
Italian Seasoning
Turmeric
Curry Powder
Salt
Black Pepper

PANTRY STAPLES

Marinara Sauce
Almond Flour
White Balsamic Vinegar
Dijon Mustard
Coconut Aminos
Lemon Juice
Nuts
Olives
