



# Healthy Keto Meal Plan

# Meal Plan

	Breakfast	Lunch	Dinner	Snack
<b>Mon, Jul 11</b>	Blueberry & coconut 'cheesecake' smoothie	Zesty tuna zoodles	Bunless turkey cheddar burgers with green bean 'fries'	Vegetables & fruits snack
<b>Tue, Jul 12</b>	Baked lemon ricotta with tomatoes	Tri-bean salsa salad	Steak with garlic cauli smash & mustard marinated mushrooms	Vegetables & fruits snack
<b>Wed, Jul 13</b>	Blueberry & coconut 'cheesecake' smoothie	Leftover Zesty tuna zoodles	Leftover Bunless turkey cheddar burgers with green bean 'fries'	Vegetables & fruits snack
<b>Thu, Jul 14</b>	Leftover Baked lemon ricotta with tomatoes	Leftover Tri-bean salsa salad	Mexican chicken sheet pan bake	Vegetables & fruits snack
<b>Fri, Jul 15</b>	Turkey stuffed bell peppers	Shrimp salad with peanut dressing	Leftover Mexican chicken sheet pan bake	Vegetables & fruits snack
<b>Sat, Jul 16</b>	Blueberry & coconut 'cheesecake' smoothie	Leftover Shrimp salad with peanut dressing	Steak with garlic cauli smash & mustard marinated mushrooms	Vegetables & fruits snack
<b>Sun, Jul 17</b>	Leftover Turkey stuffed bell peppers	Chicken & beans with cream cheese dressing	Skillet chicken with avocado mash	Vegetables & fruits snack

# Prep steps and tips for this week

Here's your checklist to help you prepare for the week:

- 1. Swap meals to suit your preferences.** If you don't like a particular meal, go to your [Meal Plan](#) and click the "Swap" button to select a different recipe.
- 2. Shop for all the ingredients.** Review the [Grocery List](#) at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
- 3. Freeze zucchini and blueberries for the Blueberry & coconut 'cheesecake' smoothie\*.** You can purchase frozen zucchini and blueberries or freeze them. Frozen zucchini and blueberries in smoothies add a refreshing and smooth texture.
- 4. Prepare your fruits and vegetables.** Wash, chop, shred and slice any fruits and vegetables you need for your meals and snacks this week and store them in separate airtight containers in the fridge. Alternately, you can buy pre-packaged cut fruit and vegetables at most supermarkets.
- 5. Get a head start on lunch the night before.** Make the mayo dressing for the Zesty tuna zoodles\*. Chop the vegetables for the Tri-bean salsa salad\*. Make the peanut dressing and chop the vegetables for the Shrimp salad with peanut dressing\*. Make the cream cheese dressing for the Chicken & beans with cream cheese dressing\*. This allows you to simply assemble quick-and-easy lunches the next day.
- 6. Cook once, eat twice.** When preparing your breakfasts and dinners, make a double batch of the recipes that appear twice. Store the second serving in an airtight container in the fridge for a quick reheat-and-eat meal later in the week.
- 7. Dried mixed herbs.** If you're unable to find the premixed seasoning blend in the supermarket, you can make your own using this recipe ([Dried mixed herbs](#)).



\*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.

# Breakfast meals

## Turkey stuffed bell peppers

### Turkey stuffed bell peppers, makes 2 servings

Red bell pepper, 4 pepper(s), halved lengthwise, seeds discarded (1lb)

Extra Lean Ground Turkey, raw, 9 oz(s) (9oz)

Dried mixed herbs, 1 tsp(s) (0.1oz)

Green onion, 2 medium, thinly sliced (1.1oz)

Cheddar cheese, reduced fat, ¼ cup(s), shredded (1oz)

Walnuts, 7 walnut(s), chopped (½oz)

Extra virgin olive oil, 2 tsp(s) (0.3oz)

### Method

Preheat oven to 425°F and line a large sheet pan with parchment paper, then place the bell peppers onto the sheet pan, cut side facing up.

Place the turkey, dried herbs, and green onions in a bowl and season with pepper, then mix well to combine. Loosely fill the bell peppers with the turkey mixture and sprinkle tops evenly with cheese, then the walnuts. Drizzle the tops evenly with oil and season with pepper.

Bake in the oven for 25 to 30 minutes or until cooked and golden brown, then serve warm with salad leaves, if using.

TIP: If you prefer, you can cook the bell peppers in an air fryer instead of the oven. If using an air fryer, cook at medium-high heat for 20 to 35 minutes. For best results, adapt cooking time and temperature to suit your specific air fryer.

Each serve of 'Turkey stuffed bell peppers' provides: 2.8 Vegetables, 2.1 Protein/Dairy, 1.9 Fats, 380 calories, 30.4g protein.



# Lunch meals

## Shrimp salad with peanut dressing

### Shrimp salad with peanut dressing, makes 2 servings

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Extra virgin olive oil, 5 tsp(s) (0.8oz)

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Sesame oil, 1 tsp(s) (0.2oz)

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Lime, 1 lime(s), zest finely shredded, then juiced (2.4oz)

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Peanut butter, reduced sugar & salt, 1 tbsp(s), crunchy or smooth (½oz)

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Red cabbage, raw, 5 oz(s), finely shredded (5oz)

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Baby spinach, raw, 4 cup(s) (2.6oz)

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Cooked shrimp, 6 oz(s), peeled (6oz)

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Basil, fresh, ½ cup(s), whole leaves, larger leaves torn, smaller leaves left whole (0.4oz)

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### Method

Place the oils, lime zest and juice and peanut butter into a bowl and season with pepper, then whisk together until well combined.

Divide the cabbage, spinach, shrimp, and basil leaves among serving bowls, drizzle with the peanut dressing.

Each serve of 'Shrimp salad with peanut dressing' provides: 1.2 Vegetables, 0.2 Fruit, 0.9 Protein/Dairy, 3.7 Fats, 307 calories, 23.7g protein.



# Dinner meals

## Steak with garlic cauli smash & mustard marinated mushrooms

Cauliflower, raw, 1 cup(s), chopped, florets (3.8oz)

Garlic, 2 clove(s), peeled (0.2oz)

Extra virgin olive oil, 4½ tsp(s), divided (0.7oz)

Dijon mustard, 2 tsp(s) (0.4oz)

Red wine vinegar, 2 tbsp(s) (1.1oz)

Parsley, fresh, ¼ cup(s), Italian flat leaf, chopped (½oz)

Mushrooms, raw, 5½ oz(s), halved (5½oz)

Beef tenderloin steak, any grade, very lean, 4 oz(s) (4oz)

Black pepper, 1 dash(es)

### Method

Place the cauliflower and garlic into a small saucepan of water and bring to a boil over high heat. Cook for 10 to 12 minutes or until tender. Drain well and return to the pan. Add 1 teaspoon of the oil and roughly mash together with a fork. Season with pepper.

Meanwhile, place the Dijon, vinegar, parsley, and 2 teaspoons of the oil in a heatproof bowl. Season with pepper and whisk together to combine. Set aside.

Heat a non-stick skillet over a medium-high heat and cook the mushrooms for 3 to 5 minutes or until tender and golden brown. Immediately transfer the mushrooms to the parsley mixture in bowl and stir to combine and coat well in the mixture. Set aside.

Reheat the remaining 1 teaspoon of the oil in the same skillet over a medium-high heat and cook the steak for 2 to 3 minutes on each side for medium, or until cooked to your liking. Transfer the steak to a board to rest for 5 minutes and then slice.

Spoon the cauliflower smash onto a plate, add the sliced steak, and spoon over the marinated mushrooms and serve.

**Makes 1 serve.** Each serve provides: 3.0 Vegetables, 1.6 Protein/Dairy, 3.8 Fats, 444 calories, 33.6g protein.



# Snack meals

## Vegetables & fruits snack

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup(s) (4oz)

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Berries, any type, 2 cup(s) (10.2oz)

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### Method

Choose vegetables such as bell peppers, cucumber, and celery, and low-carb fruits such as raspberries, blackberries and strawberries.

**Makes 1 serve.** Each serve provides: 1.0 Vegetables, 1.6 Fruit, 119 calories, 3g protein.



# Grocery List

## Fruits & Vegetables

- Avocado 14.2oz
- Baby spinach, raw 3.9oz
- Basil, fresh 1.3oz
- Berries, any type, 14 cup(s) (4.4lb)
- Blueberries 5.2oz
- Cauliflower, raw, 2 cup(s), chopped (7.5oz)
- Cauliflower, raw, 1 head(s), small (9.3oz)
- Cherry tomatoes 5oz
- Cucumber, 1 medium (7.1oz)
- Cucumber, 1 small (5.6oz)
- Garlic 0.5oz
- Green beans 8.8oz
- Green onion 4.2oz
- Iceberg lettuce 1.4lb
- Lemon, 2 medium (5.9oz)
- Lime, 3 lime(s) (7.1oz)
- Mixed salad leaves 5oz
- Mushrooms, raw 11oz
- Parsley, fresh 2.4oz
- Red bell pepper, 5 pepper(s) (1.3lb)
- Red cabbage, raw 5oz
- Vegetable sticks (carrot, celery, cucumber, bell pepper), 7 cup(s) (1.8lb)
- Zucchini, 1 large (11.4oz)

- Zucchini, 3 small (12.5oz)
- Zucchini, noodles 4.8oz

## Pantry Items

- Almonds, unsalted 1oz
- Black pepper
- Coconut flakes 0.2oz
- Dijon mustard 1.2oz
- Dried mixed herbs 0.1oz
- Extra virgin olive oil 4.9oz
- Flaxseed 0.8oz
- Light mayo 2.1oz
- Peanut butter, reduced sugar & salt 0.5oz
- Pepitas 1.7oz
- Red wine vinegar 5.6oz
- Sesame oil 0.2oz
- Taco seasoning 0.3oz
- Tri-bean blend, canned 6.3oz
- Tuna, canned in water 6.1oz
- Vanilla extract 0.4oz
- Walnuts 0.5oz

## Meat, Poultry, Seafood

- Beef tenderloin steak, any grade, very lean, 8 oz(s) (8oz)
- Chicken breast, cooked 2oz