

PERFECT KETO
LOW CARB EATING
STARTER PACK:
30 DELISH LOW CARB
MEALS FOR BREAKFAST,
LUNCH AND DINNER +
WEEKLY SAMPLE MENU
+ SHOPPING LIST

LOW CARB BREAKFASTS



AVOCADO BREAKFAST BOWL



**BACON, EGG, & CHEESE
BREAKFAST CASSEROLE**



**CHEESY BACON BRUSSEL
SPROUTS CASSEROLE**



**CHOCOLATE PANCAKES
WITH BLUEBERRY BUTTER**



**EASY KETOGENIC
BREAKFAST TACOS**



**FLOURLESS MATCHA
LATTE PANCAKES**



**KETO POWER BREAKFAST
WITH GREEN SAUCE**



**LOW-CARB ACAI ALMOND
BUTTER SMOOTHIE**



**SUPERFOOD PUMPKIN
WAFFLES**



**TURKEY SAUSAGE
FRITTATA**

LOW CARB LUNCHES



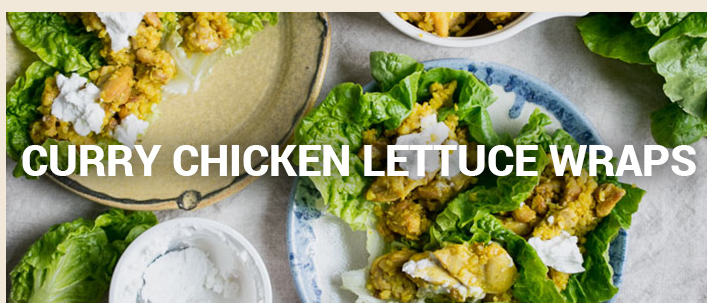
BBQ PULLED BEEF SANDO



CHEESY BROCCOLI MEATZA



CREAMY MUSHROOM CHICKEN



CURRY CHICKEN LETTUCE WRAPS



**KETO POKE WITH
AHI TUNA AND CITRUS**



**LEMON CHICKEN
AVOCADO BOATS**



**LOW CARB CRISPY
KETO "FRIED" CHICKEN**



LOW CARB KETO CHILI

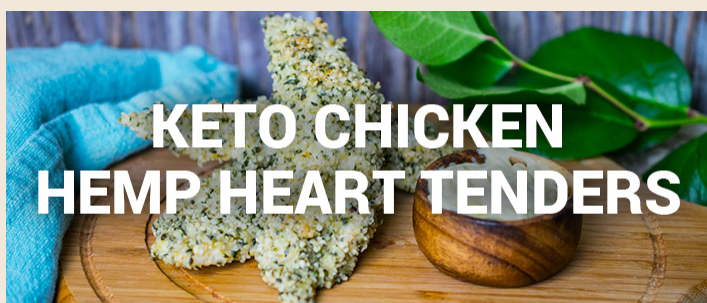
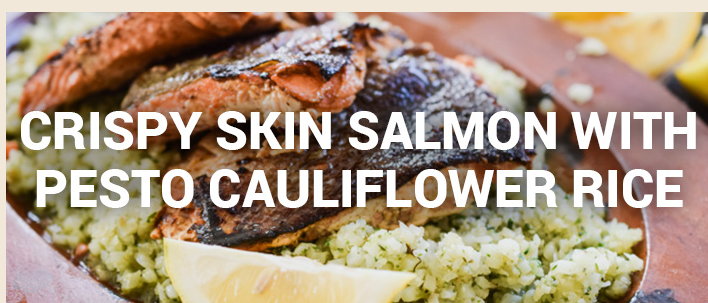


MUSHROOM BACON SKILLET



**SHRIMP STIR FRY WITH
BAKED CAULIFLOWER RICE**

LOW CARB DINNERS



EASY SAMPLE MENU (FOR ONE)

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	KETO POWER BREAKFAST WITH GREEN SAUCE	CREAMY MUSHROOM CHICKEN	LOADED CAULIFLOWER BAKE
TUESDAY	KETO POWER BREAKFAST WITH GREEN SAUCE	CREAMY MUSHROOM CHICKEN	LOADED CAULIFLOWER BAKE
WEDNESDAY	KETO POWER BREAKFAST WITH GREEN SAUCE	CRISPY SKIN SALMON WITH PESTO CAULIFLOWER RICE	EASY KETO CHICKEN SALAD
THURSDAY	KETO POWER BREAKFAST WITH GREEN SAUCE	CRISPY SKIN SALMON WITH PESTO CAULIFLOWER RICE	EASY KETO CHICKEN SALAD
FRIDAY	KETO POWER BREAKFAST WITH GREEN SAUCE	CRISPY SKIN SALMON WITH PESTO CAULIFLOWER RICE	EASY KETO CHICKEN SALAD
SATURDAY	FLOURLESS MATCHA LATTE PANCAKES	BEBERÉ ENCHILADA STYLE STUFFED PEPPERS	EASY WHITE TURKEY CHILI
SUNDAY	FLOURLESS MATCHA LATTE PANCAKES	BEBERÉ ENCHILADA STYLE STUFFED PEPPERS	EASY WHITE TURKEY CHILI

SHOPPING LIST

MEATS

- 1 Package of Sliced Bacon
- 1 Egg Carton
- 2 Pastured Chicken Cutlets
- 1 lb of Chicken Breast
- 3 Salmon Filets (4oz each)
- 1lb of Lean Pastured Ground Beef
- 1 lb Organic Ground Turkey

PRODUCE

- 1 Bundle or Bag of Baby Spinach
- 1 Bundle or Bag of Arugula
- 1 Bundle of Parsley
- 4 Bundles of Fresh Asparagus
- 2 Garlic Heads
- 1 Small Container of Blueberries
- 3 Onions
- 1 Package of Cremini Mushrooms
- 1 Small Head of Cauliflower
- 2 Bags of Frozen Riced Cauliflower
- 1 Bundle of Fresh Basil
- 1 Lemon
- 1 Bag of Celery Ribs
- 1 Bundle of Fresh Dill
- 1 Carrot
- 2 Large bell peppers
- 1 Pack of Green Onions

NUTS AND SEEDS

- 1 Bag of Hemp Hearts
- 1 Jar of Sunflower Seed Butter
- 1 Bag of Pecans

FATS

- 1 Bottle of Olive Oil
- 1 Tub of Unsalted Kerry Gold Butter
- 2 Cans of Coconut Milk
- 1 Jar of Coconut Oil

DAIRY

- 1 Small Container of Heavy Cream
- 1 Bag of Shredded Cheddar Cheese, or a Block of Cheddar Cheese
- A 1 oz Container of Cream Cheese
- 1 Small Container of Lactose-Free Sour cream

SHOPPING LIST

SUPPLEMENTS

- [Perfect Keto MCT Matcha Powder](#)

- [Perfect Keto MCT Powder](#)

SPICES

- Pink Himalayan Salt
- Dried Thyme
- Red Boat Fish Sauce
- Coconut Aminos
- Mayo

- Brown Mustard
- Beberé
- Black Pepper
- Thyme
- Garlic Powder