

Intro Menu

Whatever you do, don't stop carbs cold turkey! You'll get what is called the Keto Flu and it feels terrible. Just trust me. The main idea right now is to wean off carbs, learn more about what is okay and what to avoid, learn to pay attention to your body's needs and prepare for fat-adaption (this is when your body uses fat for energy instead of carbs).

You'll notice there are carbs, grains and a few items that aren't keto, but this is on purpose for now. Remember, if you're hungry eat more, preferably fat. I'm particularly fond of avocado, nuts and cheese. After this first week, you will notice a few changes in the menu as we will rid it of foods that will cause glucose spikes and crashes. Also, if you aren't hungry, don't eat. You can always skip meals, snacks, desserts, etc.

MONDAY

Breakfast: Scrambled eggs with butter, cheese, ½ avocado or guacamole, sauteed mushrooms, bacon. Fatty coffee.

Snack: Salted, roasted nuts (macadamia nuts, almonds or pecans), fruit of choice.

Lunch: Lunch meat rollups/pinwheels with your favorite meats, cheeses, mayo or ranch, side salad with tomatoes and ranch or blue cheese dressing, coffee.

Snack: Meat, cheese and almond crackers.

Dinner: Keto Instant Pot Chili w/ sour cream, shredded cheese, onions and cornbread.

Dessert: Whipped cream and berries.

TUESDAY

Breakfast: 2 Sausage, eggs, cheese McMuffins without bread, medium sugar-free vanilla iced coffee.

Snack: Salted, roasted nuts and seeds (I love pumpkin seeds with the shell on), fruit of choice.

Lunch: Leftover bowl of chili, cornbread and salad with dressing and ½ avocado. Coffee.

Snack: Quest bar or cookie.

Dinner: Pan fried chicken thighs, greens with bacon, roasted cauliflower

Dessert: Vanilla chia pudding.

WEDNESDAY

Breakfast: Spinach and cheese omelette, avocado slices, hollandaise sauce. Fatty coffee.

Snack: Chomp beef stick and guacamole.

Lunch: Which Wich sandwich salad - Wicked Wich with double meat, bacon, eggs, avocado, spinach, caramelized onions, any other veggies you want, mayo and/or mustard and/or ranch, salt and pepper. Coffee.

Snack: Siete salted tortilla chips with guacamole.

Dinner: Leftover chicken dinner from Tuesday evening.

Dessert: Whipped cream and berries.

THURSDAY

Breakfast: Hard boiled eggs, salt and pepper, bacon. Fatty coffee.

Snack: Nuts and berries.

Lunch: Lunch meat rollups/pinwheels with your favorite meats, cheeses, mayo or ranch, side salad with tomatoes and ranch or blue cheese dressing. Coffee.

Snack: Veggie tray and ranch dip (celery, carrots, broccoli, cauliflower, radishes)

Dinner: Beef tacos using Siete almond tortillas, side salad.

Dessert: Vanilla chia pudding.

FRIDAY

Breakfast: Scrambled eggs with butter, cheese, ½ avocado or guacamole, sauteed mushrooms, bacon. Fatty coffee.

Snack: Salted, roasted nuts, fruit of choice.

Lunch: Taco salad with dressing of choice. Coffee.

Snack: Siete tortilla chips and guacamole.

Dinner: Unbreaded chicken wings or chicken tenders, bacon and ranch.

Dessert: ½ Lily's chocolate bar.

SATURDAY

Breakfast: Scrambled eggs, ½ avocado, steamed broccoli and hollandaise sauce. Fatty coffee.

Snack: Quest cookie or bar.

Lunch: Double bacon, guacamole cheeseburger (no bun). Coffee.

Snack: Veggies tray and ranch dip.

Dinner: Steak, steamed broccoli with butter and salad with dressing of choice.

Dessert: Vanilla chia pudding.

SUNDAY

Breakfast: Spinach and cheese omelette, avocado slices, hollandaise sauce, coffee with cream or butter.

Snack: Chomp beef stick and guacamole.

Lunch: Leftover steak salad, coffee with cream or butter.

Snack: Meat, cheese and/or almond crackers.

Dinner: Salmon with pesto butter and asparagus, cauliflower rice with garlic, onions, parsley and lemon.

Dessert: ½ Lily's chocolate bar.

How did the week go? Did you eat everything each day or did you find yourself full and unable to eat everything? Most likely you weren't able to eat everything every day and that's okay. I just wanted to make sure you had enough choices of something to eat when you were hungry. Lastly, and most importantly, how are you feeling? Next week we will cut back on the carbs and adjust to what you liked and didn't like from this menu.

Additional Information for Success During the Intro Week

Breakfast:

It's common to eat eggs, bacon and avocado in any variety for most any meal. It's full of great fats and proteins. But, you don't need to have breakfast unless you're hungry. Many people skip breakfast or just have a fatty coffee or tea. You can make your fatty coffee with healthy fats, such as heavy whipping cream, butter, coconut oil or MCT oil, and a sugar-free sweetener of your choice (or no sweetener at all). Once you're fat adapted, you may even skip the morning fat in the coffee altogether several times per week as you'll be fasting in the morning. The options I have provided do not need to be followed but are just ideas to help you get enough fat and protein in to meet your nutritional needs while also beginning to decrease your keto-unfriendly carbs.

Lunch/Dinner:

This is a great time to get in some fat, protein and carbs in. In fact, we still eat carbs on keto, but most of the time it comes from nuts and vegetables. You can consume a wide variety of vegetables, but you'll want to begin to steer clear from most root vegetables, starchy veg and anything that begins to seem to have too many carbs. Eventually you'll be consuming only 20 carbs a day, so keeping that in mind may help you to decide what to choose. Now, you don't have to have another coffee, but I find that a nice afternoon coffee is really something I love. If you aren't hungry but would still like the coffee, simply skip the additional fats.

Snacks/Desserts:

Consume sparingly and only if you're hungry. Need something crunchy? Have some nuts. Need something sweet? Have some berries. Want some protein and fat? Try a beef stick with guacamole (it's better than it sounds). This is generally where I make the most trades to create a keto-friendly choice, like using stevia or monk fruit instead of regular sugar. Feel free to skip this if you'd like as it's not at all necessary...I just added it as I am not sure if you're hungry and would like the option. No one is trying to starve here!

Special Recipes and Info:

- Fatty coffee - coffee, 1-2 tbsp fat (butter, cream, coconut oil, or mct oil), sugar free sweetener (splenda/sucralose, stevia, monk fruit, erythritol or a blend)
- Lunch meat rollups/pinwheels - stack a 2-3 slices of your favorite lunch meat, a slice of cheese, some mayo, ranch or mustard. Roll it all up and slice into sections like sushi. Enjoy!
- Keto Instant Pot Chili recipe can be found here - <https://beckdoes.com/2018/02/26/ip-keto-chili>
- Whipped cream is made with 1-2 cups of very cold heavy whipping cream, 1-2 tbsp sugar free powdered sweetener (I like Lakanto and Swerve brands), and a dash of vanilla. Whip it using a hand mixer until thick enough to hold a peak.

- Favorite keto-friendly sweeteners include splenda, truvia, swerve and lakanto. Most are blends and taste similar to sugar. However, some people may have various levels of gastrointestinal distress when consuming too much, so start off slow and gauge what you can handle.
- Crackers are a big no-no on keto, unless they're made with almond or coconut flours. I am fond of the Simple Mills almond crackers. Be cautious about eating too many because the carb count will add up. However, they are so good when you really need something crunchy, salty, and yummy to go with your meat and cheese trays. They're also good alone. My favorite flavors are Farmhouse Cheddar and Rosemary and Sea Salt. So good!!
- Quest has amazing protein cookies and bars! I highly recommend trying some. I am partial to the cookies, but the bars are great too. Often I will eat a cookie as a dessert and I don't feel too guilty about it because the macros are really good.
- Vanilla Chia Pudding recipe can be found here - <https://lowcarbyum.com/simple-chia-seed-vanilla-pudding/>
- Pan fried chicken thighs should be made with the skin on and in either lard, bacon grease, or avocado oil. It's not necessary to have the bones still attached, but it's up to you. You can also choose another area of the chicken but the thighs are very fatty and delicious.
- Siete makes great tortilla chips and tortillas but some are higher in carb than others. Even the almond tortillas are kind of high, but just enjoy a couple and relax as you aren't eating them every day. The trick to the tortillas is to microwave them for about 20 seconds before trying to eat them to make them more pliable. You can find these on Amazon or at Whole Foods.
- Chomp beef sticks are really good and don't have sugar, making them ideal for Keto. I buy them at Trader Joe's but I think you can find them at Amazon too.
- Guacamole can be made or purchased just about anywhere. I'm fond of the Wholly Guacamole mini cups and the best price I've found is at Costco, but you can find these just about anywhere.
- You can eat any berries on keto, but like vegetables you need to be mindful of the carb count as they add up quickly.
- Sometimes you just need chocolate, but not all chocolate is sugar free. Of those that I have tried, Lily's and ChocZero are the best and worth the extra cost. The darker, the better. But our favorites are the Lily's Creamy Milk bar from Whole Foods or Mother's Market. Sometimes I can even find Lily's at Sprouts. ChocZero can only be purchased on Amazon, but I am in love with the dark chocolate almond bark.
- Salmon with pesto can be homemade but they sell it in the deli section at Costco and it's so good. I prefer to buy a big bag of asparagus and place it in the baking pan beneath the salmon and bake it altogether. It usually makes 5-6 meals depending upon how hungry everyone is. I've tried this with broccoli instead of asparagus and I really like this as well. I think you could probably put a bunch of veggies with the salmon and it could work well.
- While you're at Costco, grab yourself a frozen bag of organic, riced cauliflower. You cook this the same as you would rice and add something with flavor. I often like to add parmesan cheese and heavy whipping cream, salt and pepper, garlic and onions, and some herbs, like parsley. You can make this like a creamy risotto, a light rice, etc. It's very versatile and has very little flavor on it's own.