



**2000 calories:**

**2 meals  
+ coffee**



**BY YOUR DIETITIAN  
ANETA FLORCZYK**

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# Weekly meal planner

## Monday

**BREAKFAST:** OMELETTE WITH VEGETABLES AND CHEESE  
**LUNCH:** BULLETPROOF COFFEE  
**DINNER:** PANCAKE WITH LETTUCE AND PARMA HAM

## Tuesday

**BREAKFAST:** COCONUT "OATMEAL"  
**LUNCH:** BULLETPROOF COFFEE  
**DINNER:** STEW SOUP - KETO, GREEN SALAD

## Wednesday

**BREAKFAST:** CLASSIC EGGS ON BACON AND CUCUMBER  
**LUNCH:** BULLETPROOF COFFEE  
**DINNER:** GOULASH SOUP - KETO, GREEN SALAD

## Thursday

**BREAKFAST:** EGGS WITH BACON AND AVOCADO  
**LUNCH:** BULLETPROOF COFFEE  
**DINNER:** KETO CARBONARA

## Friday

**BREAKFAST:** KETO PANCAKES  
**LUNCH:** BULLETPROOF COFFEE, STRAWBERRY COCKTAIL  
**DINNER:** MOZZARELLA PIZZA

## Saturday

**BREAKFAST:** KETO PITA SANDWICH  
**LUNCH:** BULLETPROOF COFFEE, ALMONDS  
**DINNER:** MOZZARELLA PIZZA

## Sunday

**BREAKFAST:** CHEESE WAFFLES, LETTUCE, MAYONNAISE, RADISH  
**LUNCH:** BULLETPROOF COFFEE  
**DINNER:** CAULIFLOWER SOUP WITH PRAWNS

## Makros:

MONDAY: CAL: 1985.2, P: 77.2, F: 178.3, C:16.4  
TUESDAY: CAL: 2017.3, P: 62.2, F: 182.1, C: 30.7  
WEDNESDAY: CAL: 2016.4, P: 87.5, F: 174.4, C: 22.4  
THURSDAY: CAL: 2000.6, P: 74.6, F: 178.0, C: 20.2  
FRIDAY: CAL: 1990.8, P: 90.1, F: 164.3, C: 29.5  
SATURDAY: CAL: 2007.2, P: 95.2, F: 171.4, C: 17.8  
SUNDAY: CAL: 1992.1, P: 94.2, F: 165.1, C: 22.8

# Monday

## Breakfast

CAL: 832.5,  
P: 45.4, F: 68.5, C: 7.7

### OMELETTE WITH VEGETABLES AND CHEESE

WHOLE HEN EGGS - 168 G (3 X PIECE)  
TOMATO - 60 G (0.5 X PIECE)  
CULTIVATED MUSHROOM, FRESH - 60 G (3 X PIECE)  
CHEESE, FATTY GOUDA - 45 G (3 X SLICE)  
COTTAGE CHEESE, FAT - 40 G (0.2 X PACKAGE)  
CREAM 36% - 40 G (4 X SPOON)  
SPINACH - 30 G (1.2 X HANDFUL)  
CLARIFIED BUTTER - 23 G (1.5 X SPOON)  
OREGANO (DRIED) - 4.5 G (1.5 X TEASPOON)  
GROUND BLACK PEPPER - 1.5 G (1.5 X PINCH)  
HIMALAYAN SALT - 1.5 G (1.5 X PINCH)

### Recipe

MIX THE EGGS, CURD AND CREAM IN A BOWL.  
SEASON WITH SALT AND PEPPER.  
TOMATO AND MUSHROOMS - DICE AND FRY IN HOT BUTTER, ADD SPINACH.  
CAREFULLY POUR IN THE EGGS AND REDUCE THE HEAT.  
FRY COVERED UNTIL THE EGGS ARE SET.  
SPRINKLE WITH GRATED CHEESE AND FRY FOR A WHILE.  
PLACE ON A PLATE AND SPRINKLE WITH OREGANO.

## Lunch

CAL: 220.8,  
P: 0.5, F: 23.9, C: 0.7

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER.  
BLEND UNTIL FOAM IS FORMED.  
COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

## Dinner

CAL: 931.9,  
P: 31.3, F: 85.9, C: 8.0

### PANCAKE WITH LETTUCE AND PARMA HAM

WHOLE HEN EGGS - 112 G (2 X PIECE)  
CREAM CHEESE, 30% FAT - 60 G (3 X SPOON)  
PARMA HAM (PROSCIUTTO) - 60 G (4 X SLICE)  
AVOCADO - 50 G (0.4 X PIECE)  
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)  
RED PEPPERS - 30 G (0.2 X PIECE)  
SPINACH - 20 G (0.8 X HANDFUL)  
OLIVE OIL - 20 G (2 X SPOON)  
LETTUCE - 10 G (2 X LEAF)

### Recipe

COMBINE THE EGGS WITH THE CREAM AND SPINACH USING A BLENDER.  
FRY THE PANCAKES IN THE OLIVE OIL.  
SPREAD THE PANCAKES WITH MAYONNAISE, PLACE LETTUCE LEAF AND HAM, ADD AVOCADO AND PEPPERS.  
WRAP.



# Tuesday

## Breakfast

CAL: 821.8,  
P: 18.7, F: 77.0, C: 13.2

### COCONUT "OATMEAL"

COCONUT MILK (21%) - 200 G (10 X SPOON)  
RASPBERRIES - 60 G (1 X HANDFUL)  
WHOLE HEN'S EGGS - 56 G (1 X PIECE)  
EXTRA BUTTER - 20 G (4 X TEASPOON)  
FLAKED ALMONDS - 20 G (2 X SPOON)  
COCONUT FLOUR - 15 G (1 X SPOON)  
EGGPLANT HUSK (SHELL) - 5 G (0 X PORTION)  
HIMALAYAN SALT - 1 G (1 X PINCH)

### Recipe

IN A SMALL BOWL, MIX TOGETHER THE EGG, COCONUT FLOUR, EGG PLANT HUSK AND SALT.  
MELT THE BUTTER AND COCONUT MILK OVER A LOW HEAT, ALMOST TO BOIL. SLOWLY ADD THE EGG MIXTURE, STIRRING UNTIL CREAMY AND THICK. COOK FOR A MINUTE.  
ADD THE FRUIT.

## Lunch

CAL: 220.8,  
P: 0.5, F: 23.9, C: 0.7

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

## Dinner

CAL: 974.7,  
P: 43.0, F: 81.2, C: 16.8

### GOULASH SOUP - KETO (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS  
PORK, NECK - 260 G (2.6 X PIECE)  
BEEF BOUILLON (HOMEMADE) - 250 G (1 X CUP)  
AVOCADO - 140 G (1 X PIECE)  
YELLOW PEPPERS - 55 G (0.4 X PIECE)  
RED PEPPERS - 55 G (0.4 X PIECE)  
CHEESE, GOUDA FAT - 40 G (2.7 X SLICE)  
ONION - 30 G (0.3 X PIECE)  
OLIVE OIL - 20 G (2 X SPOON)  
CREAM, 18% FAT - 20 G (0.8 X SPOON)  
TOMATO PASSATA (PUREE) - 10 G (0.1 X PORTION)  
LIGHT SOY SAUCE - 10 G (1 X SPOON)  
PARSLEY, LEAVES - 6 G (1 X TEASPOON)  
GARLIC - 5 G (1 X CLOVE)  
CORIANDER (DRIED LEAVES) - 2 G (0.5 X TEASPOON)  
GROUND BLACK PEPPER - 1 G (1 X PINCH)  
HIMALAYAN SALT - 1 G (1 X PINCH)

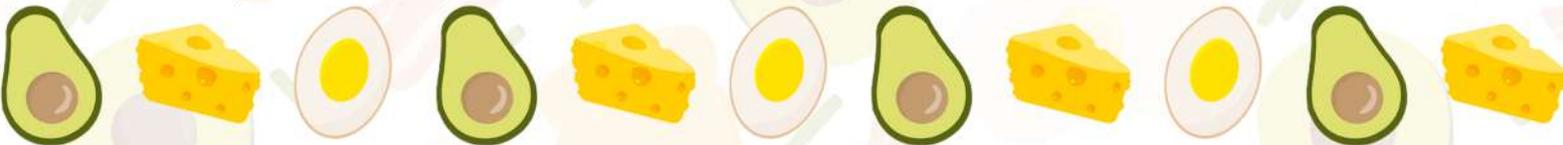
### Recipe

FINELY DICE THE MEAT, MARINATE IN THE SPICES AND SOY SAUCE. SET ASIDE FOR APPROXIMATELY 1H.  
IN A POT, HEAT THE FAT, FRY THE CHOPPED GARLIC AND ONION. ADD THE FINELY CHOPPED MEAT AND FRY FOR A WHILE.  
ADD THE STRIPED PEPPERS TO THE POT - FRY.  
THEN ADD THE STOCK AND COOK THE WHOLE THING UNTIL THE MEAT IS TENDER.  
ADD WATER IF NECESSARY.  
ADD THE SMOKED PAPRIKA FOR AN INTENSE FLAVOUR.  
THEN ADD THE TOMATO PUREE. SERVE THE SOUP WITH GRATED CHEESE, SOUR CREAM, DICED AVOCADO AND PARSLEY.

### GREEN SALAD

TOMATO - 60 G (0.5 X ART)  
CUCUMBER - 40 G (1 X PIECE)  
ICEBERG LETTUCE - 40 G (2 X LEAF)  
OLIVE OIL - 30 G (3 X SPOON)  
CHEESE, MOZZARELLA - 20 G (1.3 X PIECE)  
BLACK OLIVES - 15 G (1 X SPOON)  
LAMB'S LETTUCE - 15 G (0.8 X HANDFUL)  
ARUGULA - 15 G (0.8 X HANDFUL)

MIX THE SALAD MIX, MIX WITH THE REMAINING INGREDIENTS. POUR OLIVE OIL OVER ALL, SEASON TO TASTE.



# Wednesday

## Breakfast

CAL: 785.1,  
P: 37.7, F: 68.6, C: 3.5

### CLASSIC EGGS ON BACON AND CUCUMBER

WHOLE HEN EGGS - 168 G (3 X PIECE)  
PICKLED CUCUMBER - 120 G (2 X PIECE)  
BONELESS SMOKED BACON - 100 G (1 X PORTION)  
OLIVE OIL - 30 G (3 X SPOON)  
CHIVES - 7.5 G (1.5 X TEASPOON)  
GROUND BLACK PEPPER - 1.5 G (1.5 X PINCH)  
HIMALAYAN SALT - 1.5 G (1.5 X PINCH)

### Recipe

FRY THE BACON IN A FRYING PAN OVER A MEDIUM HEAT UNTIL THE MEAT IS CRISPY. SET ASIDE ON A PLATE. LEAVE THE FAT IN THE PAN, ADD THE OLIVE OIL AND FRY THE FRIED EGGS IN THE PAN SO THAT THE YOLK IS LIQUID. ADD SALT AND PEPPER TO TASTE. SERVE WITH PICKLED CUCUMBER.

## Lunch

CAL: 220.8,  
P: 0.5, F: 23.9, C: 0.7

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

## Dinner

CAL: 1010.5,  
P: 49.3, F: 81.9, C: 18.2

### GOULASH SOUP - KETO (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS  
THE DISH SHOULD BE READY BY NOW.  
YOU CAN FIND THE RECIPE ABOVE.

### Recipe

MIX THE SALAD MIX, MIX WITH THE REMAINING INGREDIENTS. POUR OLIVE OIL OVER ALL, SEASON TO TASTE.

### GREEN SALAD

TOMATO - 50 G (0.4 X ART)  
ICEBERG LETTUCE - 50 G (2.5 X LEAF)  
CHEESE, MOZZARELLA (BALLS) - 50 G (7.1 X PIECE)  
BLACK OLIVES - 40 G (2.7 X SPOON)  
CUCUMBER - 40 G (1 X PIECE)  
OLIVE OIL - 20 G (2 X SPOON)  
ARUGULA - 20 G (1 X HANDFUL)



# Thursday

## Breakfast

CAL: 755.2,  
P: 29.8, F: 66.5, C: 6.7

### EGGS WITH BACON AND AVOCADO

WHOLE HEN EGGS - 168 G (3 X ART)  
AVOCADO - 140 G (1 X PIECE)  
BONELESS SMOKED BACON - 40 G (0.4 X PORTION)  
OLIVE OIL - 20 G (2 X SPOON)  
HIMALAYAN SALT - 1 G (1 X PINCH)

### Recipe

FRY THE BACON IN A PAN, WHEN YOU GET THE FAT, ADD THE AVOCADO AND FRY ON A MEDIUM HEAT.  
THE BACON NEEDS TO BE CRISPY.  
REMOVE THE BACON AND AVOCADO AND SET ASIDE, FRY THE EGGS IN THE REMAINING FAT.  
SEASON TO TASTE.

## Lunch

CAL: 220.8,  
P: 0.5, F: 23.9, C: 0.7

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER.  
BLEND UNTIL FOAM IS FORMED.  
COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

## Dinner

CAL: 1024.6,  
P: 44.3, F: 87.6, C: 12.8

### KETO CARBONARA

ZUCCHINI - 250 G (0.8 X PIECE)  
BONELESS SMOKED BACON - 140 G (1.4 X PORTION)  
CREAM CHEESE, 30% FAT - 70 G (3.5 X SPOON)  
CULTIVATED MUSHROOM, FRESH - 50 G (2.5 X PIECE)  
CHEESE, PARMESAN - 30 G (3.8 X SPOON)  
MASCARPONE CHEESE - 24 G (1 X SPOON)  
ONION - 20 G (0.2 X PIECE)  
EGG YOLK - 20 G (1 X PIECE)  
CLARIFIED BUTTER - 10 G (0.7 X SPOON)  
PARSLEY, LEAVES - 6 G (1 X TEASPOON)  
GARLIC - 5 G (1 X CLOVE)  
HIMALAYAN SALT - 3 G (3 X PINCH)  
GROUND BLACK PEPPER - 2 G (2 X PINCH)

### Recipe

WASH THE MUSHROOMS AND CUT INTO THIN SLICES.  
USE A VEGETABLE SHARPENER OR SHARP KNIFE TO PREPARE THE ZUCCHINI NOODLES.  
SALT AND SET ASIDE FOR 5MIN.  
IN A FRYING PAN, FRY THE BACON CUT INTO THIN STRIPS UNTIL CRISPY.  
ADD BUTTER, MUSHROOMS, CHOPPED ONION, GARLIC AND PEPPER.  
WHEN THE VEGETABLES HAVE SOFTENED, ADD THE MASCARPONE, MIX THOROUGHLY.  
MIX THE CREAM WITH THE EGG YOLK AND 2/3 OF THE PARMESAN CHEESE.  
ADD THE DRAINED COURGETTE TO THE PAN, FRY FOR 1-2 MINUTES.  
POUR THE CREAM SAUCE OVER THE ZUCCHINI AND FRY FOR A FEW SECONDS, SEASON TO TASTE.  
WHEN READY, PLACE THE DISH ON A PLATE, SPRINKLE WITH THE REMAINING PARMESAN CHEESE AND PARSLEY.



# Friday

## Breakfast

CAL: 712.3,  
P: 30.4, F: 59.3, C: 7.2

### KETO PANCAKES

WHOLE HEN EGGS - 112 G (2 X ART)  
FAT COTTAGE CHEESE - 65 G (0.3 X PACKAGE)  
36% CREAM - 40 G (4 X SPOON)  
RASPBERRIES - 30 G (0.5 X HANDFUL)  
COCONUT OIL (LIQUID) - 20 G (2 X SPOON)  
EGGPLANT HUSK (SHELL) - 15 G (0.2 X PORTION)  
ALMOND FLOUR - 15 G (1.5 X SPOON)  
ERYTHROL / ERYTHRITOL - 7.5 G (1.5 X TEASPOON)

## Lunch

CAL: 269.7,  
P: 1.3, F: 24.0, C: 11.0

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

### STRAWBERRY COCKTAIL

SUGAR-FREE COCONUT DRINK - 250 G (1 X GLASS)  
STRAWBERRIES - 70 G (1 X HANDFUL)

## Dinner

CAL: 1008.8,  
P: 58.4, F: 81.0, C: 11.3

### MOZZARELLA PIZZA (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS  
CHEESE, MOZZARELLA - 260 G (17.3 X PIECE)  
WHOLE HEN'S EGGS - 112 G (2 X PIECE)  
ONIONS - 100 G (1 X PIECE)  
BONELESS SMOKED BACON - 100 G (1 X PORTION)  
CULTIVATED MUSHROOM, FRESH - 80 G (4 X PIECE)  
LUXURY SALAMI - 80 G (5.3 X SLICE)  
MAYONNAISE (WITH RAPESEED OIL) - 60 G (2 X SPOON)  
RED PEPPERS - 40 G (0.3 X PIECE)  
ARUGULA - 40 G (2 X HANDFUL)  
TOMATO PASSATA (PUREED) - 30 G (0.3 X PORTION)

### Recipe

PLACE THE EGGS, COTTAGE CHEESE, SWEETENER, ALMOND FLOUR, 2 TBSP CREAM AND EGG PLANT HUSK IN A MEDIUM SIZED BOWL AND MIX TOGETHER. WAIT 5-10 MINUTES FOR IT TO THICKEN. HEAT THE COCONUT OIL IN A FRYING PAN. FRY THE PANCAKES ON A LOW TO MEDIUM HEAT FOR 3-4 MINUTES ON EACH SIDE. DON'T MAKE THEM TOO BIG OR THEY WILL BE DIFFICULT TO FLIP. SERVE THE PANCAKES WITH WHIPPED CREAM AND FRUIT.

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

BLEND THE DRINK AND STRAWBERRIES TOGETHER USING A BLENDER.

### Recipe

PIZZA BASE:  
160 G MOZZARELLA CHEESE, 2 EGGS, 2 TBSP MAYONNAISE.  
MIX THE GRATED CHEESE WITH THE REST OF THE INGREDIENTS AND SPREAD ON A BAKING TRAY WITH BAKING PAPER.  
BAKE FOR APPROX. 20 MINUTES AT 180°C.  
BRUSH THE PIZZA WITH THE PUREE AND SPREAD WITH THE REST OF THE DICED INGREDIENTS.  
BAKE FOR A FURTHER 15 MINUTES UNTIL THE CHEESE IS MELTED.



# Saturday

## Breakfast

CAL: 687.0,  
P: 33.3, F: 58.7, C: 4.7

### KETO SANDWICH

WHOLE HEN EGGS - 56 G (1 X PIECE)  
TURKEY HAM - 50 G (3.3 X SLICES)  
MASCARPONE CHEESE - 30 G (1.2 X SPOON)  
TOMATO - 30 G (0.2 X PIECE)  
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)  
CHEESE, FULL FAT CHEDDAR - 30 G (2 X SLICE)  
CHEESE, PARMESAN - 16 G (2 X SPOON)  
LETTUCE - 10 G (2 X LEAF)  
LINSEED (SEED) - 5 G (0.5 X SPOON)  
EGGPLANT HUSK (SHELL) - 4 G (0 X PORTION)  
HIMALAYAN SALT - 1 G (1 X PINCH)  
BAKING POWDER - 1 G (0.3 X TEASPOON)  
GRANULATED GARLIC - 1 G (1 X PINCH)

### Recipe

PREHEAT THE OVEN TO 150°C.  
SEPARATE THE EGG WHITE FROM THE YOLK.  
COMBINE EGG YOLK THOROUGHLY WITH MASCARPONE CHEESE, ADD SALT, BAKING POWDER, FLAXSEED AND OATMEAL HUSK, MIX THOROUGHLY.  
ADD THE CHEDDAR CHEESE. MIX AGAIN.  
WHISK THE EGG WHITES TO STIFF FOAM AND ADD TO THE MIXTURE, MIX WELL.  
TRANSFER THE MIXTURE TO A LARGE BAKING TRAY LINED WITH BAKING PAPER.  
CREATE A THIN SHEET AND SPRINKLE WITH GRATED PARMESAN CHEESE.  
BAKE FOR ABOUT 25MIN UNTIL THE PITA STARTS TO BROWN.  
SPLIT THE COOLED PITA IN HALF, SPREAD WITH MAYONNAISE AND MAKE A SANDWICH.

## Lunch

CAL: 311.4,  
P: 3.5, F: 31.7, C: 1.8

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER.  
BLEND UNTIL FOAM IS FORMED.  
COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

### ALMONDS

ALMONDS - 15 G (1 X SPOON)

## Dinner

CAL: 1008.8,  
P: 58.4, F: 81.0, C: 11.3

### MOZZARELLA PIZZA (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS

THE DISH SHOULD BE READY BY NOW.  
YOU CAN FIND THE RECIPE ABOVE.



# Sunday

## Breakfast

CAL: 936.6,  
P: 47.9, F: 78.5, C: 3.9

### CHEESE WAFFLES

CHEESE, GOUDA FAT - 120 G (8 X SLICES)  
WHOLE HEN EGGS - 56 G (1 X PIECE)  
CREAM CHEESE, 30% FAT - 40 G (2 X SPOON)  
LINSEED (FRESHLY GROUND) - 30 G (6 X TEASPOON)  
OLIVE OIL - 5 G (0.5 X TBSP)  
HERBS DE PROVENCE - 3 G (1 X TEASPOON)

### SALAD

LETTUCE - 10 G (2 X LEAF)

### MAYONNAISE (WITH RAPESEED OIL)

MAYONNAISE (WITH RAPESEED OIL) - 20 G (0.7 X SPOON)

### RADISH

RADISH - 60 G (4 X PIECE)

## Lunch

CAL: 220.8,  
P: 0.5, F: 23.9, C: 0.7

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20 G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

## Dinner

CAL: 834.7,  
P: 45.8, F: 62.7, C: 18.2

### KETO CAULIFLOWER SOUP WITH SHRIMP

PRAWNS - 250 G (2.5 X PORTION)  
CAULIFLOWER - 220 G (0.4 X PIECE)  
POULTRY BOUILLON (HOMEMADE) - 150 G (0.6 X CUP)  
36% CREAM - 50 G (5 X SPOON)  
CLARIFIED BUTTER - 40 G (2.7 X SPOON)  
ONION - 30 G (0.3 X PIECE)  
PARSLEY, LEAVES - 12 G (2 X TEASPOON)  
GARLIC - 5 G (1 X CLOVE)

### Recipe

GRATE THE CHEESE, ADD THE REST OF THE INGREDIENTS AND MIX THOROUGHLY. BAKE IN A PREHEATED WAFFLE IRON, YOU MAY WANT TO GREASE LIGHTLY TO PREVENT THE WAFFLES FROM STICKING.

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

### Recipe

CHOP THE GARLIC AND ONION. IN A POT, HEAT A TABLESPOON OF BUTTER AND FRY THE GARLIC AND ONION. ADD SMALL PIECES OF CAULIFLOWER AND BROTH (ADD WATER IF NECESSARY) COOK UNTIL TENDER. ADD THE CREAM AND BLEND EVERYTHING WITH A BLENDER, SEASON TO TASTE. HEAT THE REST OF THE BUTTER IN A FRYING PAN AND FRY THE CLEANED PRAWNS. SERVE THE SOFT PRAWNS WITH THE CREAMY SOUP. SPRINKLE WITH PARSLEY.



# Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
<b>FISH AND SEAFOOD</b>			<b>DAIRY</b>		
SHRIMPS	250 G	2.5 X PORTION	WHOLE HEN EGGS	1008 G	18 X PIECE
<b>DRINKS</b>			CHEESE, MOZZARELLA	280 G	18.7 X SLICE
COFFEE, SUGAR-FREE INFUSION	1750 G	7 X GLASS	CHEESE, GOUDA FAT	205 G	13.7 X SLICE
COCONUT DRINK, SUGAR-FREE	250 G	1 X GLASS	CREAM CHEESE, 30% FAT	170 G	8.5 X SPOON
<b>NUTS AND GRAINS</b>			CREAM CHEESE, 36% FAT	130 G	13 X SPOON
LINSEED (FRESHLY GROUND)	30 G	6 X TEASPOON	COTTAGE CHEESE, FATTY	105 G	0.5 X CONTAINER
FLAKED ALMONDS	20 G	2 X SPOONFUL	MASCARPONE CHEESE	54 G	2.2 X TBSP
ALMONDS	15 G	1 X TBSP.	CHEESE, MOZZARELLA (BALLS)	50 G	7.1 X PIECE
ALMOND FLOUR	15 G	1.5 X TEASPOON	CHEESE, PARMESAN	46 G	5.8 X SPOONFUL
LINSEED (KERNELS)	5 G	0.5 X TEASPOON	CHEESE, FULL FAT CHEDDAR	30 G	2 X SLICE
COCONUT FLOUR	15 G	1 X SPOONFUL	CREAM, 18% FAT	20 G	0.8 X SPOONFUL
<b>MEAT AND MEAT PRODUCTS</b>			EGG YOLK	20 G	1 X PIECE
BONELESS SMOKED BACON	380 G	3.8 X PORTION	<b>FRUIT AND VEGETABLES</b>		
PORK, NECK	260 G	2.6 X PIECE	AVOCADO	330 G	2.4 X PIECE
LUXURY SALAMI	80 G	5.3 X SLICE	ZUCCHINI	250 G	0.8 X PIECE
PARMA HAM (PROSCIUTTO)	60 G	4 X SLICE	CAULIFLOWER	220 G	0.4 X ART
TURKEY HAM	50 G	3.3 X SLICE	TOMATO	200 G	1.7 X ART
<b>FATS</b>			CULTIVATED MUSHROOM, FRESH	190 G	9.5 X ART
OLIVE OIL	145 G	14.5 X TBSP.	ONION	180 G	1.8 X ART
MAYONNAISE (WITH RAPESEED OIL)	140 G	4.7 X TBSP.	RED PEPPER	125 G	0.9 X ART
COCONUT OIL (SOLID)	130 G	6.5 X TBSP.	SOUR CUCUMBER	120 G	2 X ART
CLARIFIED BUTTER	73 G	4.9 X SPOON	RASPBERRIES	90 G	1.5 X HANDFUL
EXTRA BUTTER	55 G	11 X TEASPOON	ICEBERG LETTUCE	90 G	4.5 X LEAF
COCONUT OIL (LIQUID)	20 G	2 X TEASPOON	CUCUMBER	80 G	2 X PIECE
<b>SPICES AND HERBS</b>			ARUGULA	75 G	3.8 X HANDFUL
HIMALAYAN SALT	10 G	10 X PINCH	STRAWBERRIES	70 G	1 X HANDFUL
GROUND BLACK PEPPER	6 G	6 X PINCH	RADISHES	60 G	4 X PIECE
OREGANO (DRIED)	4.5 G	1.5 X TEASPOON	BLACK OLIVES	55 G	3.7 X SPOON
HERBS DE PROVENCE	3 G	1 X TEASPOON	YELLOW PEPPERS	55 G	0.4 X PIECE
CORIANDER (DRIED LEAVES)	2 G	0.5 X TEASPOON	SPINACH	50 G	2 X HANDFUL
GRANULATED GARLIC	1 G	1 X PINCH	LETTUCE	30 G	6 X LEAF
<b>OTHER</b>			PARSLEY, LEAVES	24 G	4 X TEASPOON
BEEF BOUILLON (HOME-MADE)	250 G	1 X CUP	GARLIC	15 G	3 X CLOVE
COCONUT MILK (21%)	200 G	10 X TBSP.	LAMB'S LETTUCE	15 G	0.8 X HANDFUL
POULTRY BOUILLON (HOME-MADE)	150 G	0.6 X GLASS	CHIVES	7.5 G	1.5 X TEASPOON
TOMATO PASSATA (PUREED)	40 G	0.4 X PORTION			
EGGPLANT HUSK (SHELL)	24 G	0.2 X PORTION			
LIGHT SOYA SAUCE	10 G	1 X SPOONFUL			
ERYTHROL / ERYTHRITOL	7.5 G	1.5 X TEASPOON			
BAKING POWDER	1 G	0.3 X TEASPOON			

**CAL: CALORIES P: PROTEIN F: FATS C: CARBOHYDRATES**

THE NUTRITIONAL VALUE AND WEIGHT OF THE PRODUCTS REFER TO THE EDIBLE PARTS.  
TO PREPARE THE MENU, THE DATABASE OF PRODUCTS AND FOODS WAS USED.

