



# 2000 calories=3 meals



BY YOUR DIETITIAN  
**ANETA FLORCZYK**

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# Weekly meal planner

## Monday

**BREAKFAST:** OMELETTE WITH VEGETABLES AND CHEESE  
**LUNCH:** BROCCOLI AND CAULIFLOWER BAKED WITH SAUSAGE  
**DINNER:** DRY PANCAKE

## Tuesday

**BREAKFAST:** KETO PITA SANDWICH  
**LUNCH:** CHICKEN IN BACON, GREEN SALAD  
**DINNER:** GOULASH SOUP - KETO

## Wednesday

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

## Thursday

**BREAKFAST:** EGGS WITH BACON AND AVOCADO  
**LUNCH:** KETO CARBONARA  
**DINNER:** HALLOUMI ON A GREEN QUILT

## Friday

**BREAKFAST:** KETO PANCAKES  
**LUNCH:** KETO BIGOS  
**DINNER:** MOZZARELLA PIZZA

## Saturday

**BREAKFAST:** KETO PITA SANDWICH  
**LUNCH:** MOZZARELLA PIZZA  
**DINNER:** HAMBURGER

## Sunday

**BREAKFAST:** CHEESE WAFFLES, LETTUCE, MAYONNAISE, RADISH  
**LUNCH:** KETO CAULIFLOWER SOUP WITH PRAWNS  
**DINNER:** BROCCOLI SALAD

## Makros:

MONDAY: CAL: 2007.1, P: 105.9, F: 162.0, C: 26.8  
TUESDAY: CAL: 2021.9, P: 109.3, F: 163.9, C: 22.5  
WEDNESDAY: CAL: 1992.9, P: 104.4, F: 163.7, C: 21.3  
THURSDAY: CAL: 2025.1, P: 85.1, F: 172.7, C: 26.9  
FRIDAY: CAL: 1984.3, P: 103.7, F: 156.7, C: 30.7  
SATURDAY: CAL: 1973.5, P: 107.0, F: 161.3, C: 19.2  
SUNDAY: CAL: 2030.5, P: 95.7, F: 164.6, C: 29.8

# Monday

## Breakfast

CAL: 654.2,  
P: 33.3, F: 54.6, C: 6.4

### OMELETTE WITH VEGETABLES AND CHEESE

WHOLE HEN EGGS - 112 G (2 X ART)  
TOMATO - 60 G (0.5 X PIECE)  
CULTIVATED MUSHROOM, FRESH - 60 G (3 X PIECE)  
CHEESE, GOUDA FAT - 35 G (2.3 X SLICE)  
SPINACH - 30 G (1.2 X HANDFUL)  
COTTAGE CHEESE, FAT - 30 G (0.2 X PACKAGE)  
CLARIFIED BUTTER - 25 G (1.7 X SPOON)  
36% CREAM - 20 G (2 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: 688.3,  
P: 40.5, F: 50.1, C: 15.2

### BROCCOLI AND CAULIFLOWER BAKED WITH SAUSAGE

BROCCOLI - 112.5 G (0.2 X ART)  
SILESIAN SAUSAGE - 100 G (10 X SLICE)  
LEEK - 60 G (0.4 X PIECE)  
CAULIFLOWER - 52.5 G (0.1 X PIECE)  
ONION - 45 G (0.4 X PIECE)  
CREAM, 18% FAT - 37.5 G (1.5 X SPOON)  
CHEESE, GOUDA FAT - 37.5 G (2.5 X SLICE)  
CLARIFIED BUTTER - 22 G (1.5 X SPOON)  
THYME - 12 G (3 X TEASPOON)  
MUSTARD - 7.5 G (0.8 X TEASPOON)  
HIMALAYAN SALT - 1.5 G (1.5 X PINCH)  
GROUND BLACK PEPPER - 1.5 G (1.5 X PINCH)

### Recipe

PREHEAT THE OVEN TO 225°C. COARSELY CHOP THE LEEK AND ONION. CHOP THE BROCCOLI AND CAULIFLOWER. CUT THE SAUSAGES INTO PIECES FRY THE ONIONS AND VEGETABLES IN BUTTER AND THE SAUSAGES IN A SEPARATE PAN. PLACE THE VEGETABLES IN A BAKING DISH, ADD THE MUSTARD TO THE CREAM AND POUR OVER THE VEGETABLES. ADD THE SAUSAGE AND CHEESE ON TOP AND SEASON WITH SALT, PEPPER AND THYME. BAKE IN THE OVEN FOR 15 MINUTES.

## Dinner

CAL: 664.6,  
P: 32.1, F: 57.3, C: 5.2

### DRY PANCAKE

WHOLE HEN EGGS - 112 G (2 X PIECE)  
FAT COTTAGE CHEESE - 60 G (0.3 X PACK)  
BONELESS SMOKED BACON - 40 G (0.4 X PORTION)  
CREAM CHEESE, 36% - 25 G (2.5 X SPOON)  
CREAM CHEESE, 30% FAT - 25 G (1.2 X SPOON)  
OLIVE OIL - 15 G (1.5 X TBSP)  
ONION - 10 G (0.1 X PIECE)  
GROUND BLACK PEPPER - 1 G (1 X PINCH)  
HIMALAYAN SALT - 1 G (1 X PINCH)

### Recipe

WHISK THE EGG, 30% CREAM, SALT AND PEPPER WELL WITH A WHISK UNTIL THE INGREDIENTS ARE COMBINED. HEAT THE LARD IN A FRYING PAN AND FRY A LARGE PANCAKE. STUFFING: MIX THE COTTAGE CHEESE WITH THE 36% CREAM, SALT AND A GENEROUS AMOUNT OF PEPPER. IN A FRYING PAN, FRY THE BACON AND ONION UNTIL BROWN. ADD HALF OF THE BACON MIXTURE TO THE COTTAGE CHEESE MIXTURE AND MIX WELL. LAYER THE COTTAGE CHEESE MIXTURE WITH THE BACON ON THE FINISHED PANCAKE AND ROLL IT UP IN THE CLASSIC WAY. SPRINKLE THE REMAINING BACON AND ONIONS ON TOP.



# Tuesday

## Breakfast

CAL: 561.0,  
P: 21.9, F: 50.1, C: 4.3

### PITA SANDWICH

WHOLE HEN EGGS - 56 G (1 X PIECE)  
TOMATO - 30 G (0.2 X PIECE)  
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)  
MASCARPONE CHEESE - 24 G (1 X SPOON)  
TURKEY HAM - 20 G (1.3 X SLICE)  
CHEESE, FULL FAT CHEDDAR - 20 G (1.3 X SLICE)  
LETTUCE - 10 G (2 X LEAF)  
CHEESE, PARMESAN - 8 G (1 X SPOON)  
LINSEED (SEEDS) - 5 G (0.5 X SPOON)  
EGGPLANT HUSK (SHELL) - 3 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: 828.3,  
P: 58.6, F: 61.9, C: 6.3

### BACON-WRAPPED CHICKEN (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS  
HOMESTEAD CHICKEN BREAST FILLET (SKINLESS) - 300 G (3 X PIECE)  
BONELESS SMOKED BACON - 100 G (1 X PORTION)  
CHEESE, FULL FAT CHEDDAR - 75 G (5 X SLICE)  
HERBS DE PROVENCE - 4.5 G (1.5 X TEASPOON)  
GROUND BLACK PEPPER - 3 G (3 X PINCH)  
HIMALAYAN SALT - 3 G (3 X PINCH)

### Recipe

COAT THE MEAT IN THE SPICES AND GRATED CHEESE.  
THEN WRAP IN BACON AND BAKE.  
EAT HALF THE PORTION.

### 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.

## Dinner

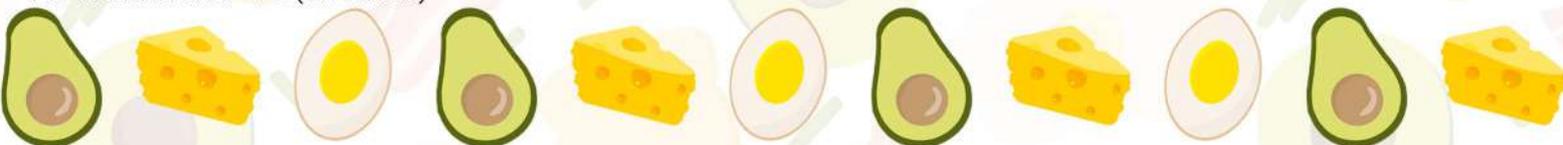
CAL: 632.6,  
P: 28.8, F: 51.9, C: 11.9

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

EAT 1 OF 2 PORTIONS  
BEEF BOUILLON (HOME-MADE) - 250 G (1 X CUP)  
PORK, PORK NECK - 180 G (1.8 X SLICE)  
AVOCADO - 160 G (1.1 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)  
OLIVE OIL - 40 G (4 X SPOON)  
ONION - 30 G (0.3 X PIECE)  
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.



# Wednesday

## Breakfast

CAL: 550.7,  
P: 21.7, F: 49.9, C: 3.2

### CLASSIC EGGS ON BACON AND CUCUMBER

PICKLED CUCUMBER - 120 G (2 X ART)  
WHOLE HEN EGGS - 112 G (2 X PIECE)  
BONELESS SMOKED BACON - 40 G (0.4 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/ 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: 809.6,  
P: 53.9, F: 61.9, C: 6.2

### GREEN SALAD

TOMATO - 50 G (0.4 X ART)  
ICEBERG LETTUCE - 50 G (2.5 X LEAF)  
BLACK OLIVES - 45 G (3 X SPOON)  
CUCUMBER - 40 G (1 X PIECE)  
OLIVE OIL - 30 G (3 X SPOON)  
ARUGULA - 20 G (1 X HANDFUL)

### Recipe

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

### BACON-WRAPPED CHICKEN (RECIPE FOR 2 PORTIONS)

EAT 1 OF THE 2 PORTIONS  
THE DISH SHOULD BE READY NOW.  
YOU WILL FIND THE RECIPE ABOVE.

## Dinner

CAL: 632.6,  
P: 28.8, F: 51.9, C: 11.9

### 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.



# Thursday

## Breakfast

CAL: 665.5,  
P: 29.8, F: 56.6, 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 - 10 G (1 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: 781.1,  
P: 31.1, F: 66.5, C: 12.6

### KETO CARBONARA

ZUCCHINI - 250 G (0.8 X PIECE)  
BONELESS SMOKED BACON - 80 G (0.8 X PORTION)  
CREAM CHEESE, 30% FAT - 70 G (3.5 X SPOON)  
CULTIVATED MUSHROOM, FRESH - 50 G (2.5 X PIECE)  
CHEESE, PARMESAN - 20 G (2.5 X SPOON)  
MASCARPONE CHEESE - 20 G (0.8 X SPOON)  
ONION - 20 G (0.2 X PIECE)  
EGG YOLK - 20 G (1 X PIECE)  
CLARIFIED BUTTER - 7 G (0.5 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 COURGETTE 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 ZUCCHINI TO THE PAN, FRY FOR 1-2 MINUTES.  
POUR THE CREAM SAUCE OVER THE ZUCCHINI AND FRY FOR A FEW SECONDS, SEASON TO TASTE.  
PLACE THE READY DISH ON A PLATE, SPRINKLE WITH THE REMAINING PARMESAN CHEESE AND PARSLEY.

## Dinner

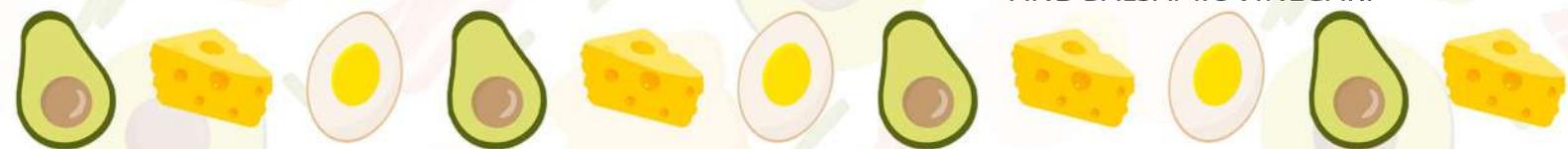
CAL: 578.5,  
P: 24.2, F: 49.6, C: 7.6

### HALLOUMI ON A GREEN QUILT

HALLOUMI CHEESE - 100 G (1 X PORTION)  
CHERRY TOMATOES - 60 G (3 X PIECE)  
CUCUMBER - 40 G (1 X PIECE)  
SPINACH - 20 G (0.8 X HANDFUL)  
ARUGULA - 20 G (1 X HANDFUL)  
OLIVE OIL - 20 G (2 X SPOON)  
SUNFLOWER SEEDS, SEED, SHELLED - 10 G (1 X SPOON)  
BALSAMIC VINEGAR - 3 G (1 X TEASPOON)

### Recipe

CUT THE CHEESE INTO MEDIUM-THICK SLICES.  
HEAT A SMALL AMOUNT OF FAT IN A FRYING PAN AND FRY THE CHEESE UNTIL GOLDEN.  
ARRANGE THE ROCKET, SPINACH AND SLICED VEGETABLES ON A PLATE.  
SPRINKLE WITH YOUR FAVOURITE HERBS.  
PLACE THE WARM CHEESE AND RASPBERRIES ON TOP.  
ROAST THE SUNFLOWER SEEDS IN A DRY FRYING PAN AND SPRINKLE OVER THE SALAD.  
DRIZZLE THE DISH WITH OLIVE OIL AND BALSAMIC VINEGAR.



# Friday

## Breakfast

CAL: 667.7,  
P: 30.4, F: 54.4, 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)  
EGGPLANT HUSK (SHELL) - 15 G (0.2 X PORTION)  
ALMOND FLOUR - 15 G (1.5 X SPOON)  
COCONUT OIL (LIQUID) - 15 G (1.5 X SPOON)  
ERYTHROL / ERYTHRITOL - 7.5 G (1.5 X TEASPOON)

### Recipe

PLACE THE EGGS, COTTAGE CHEESE, SWEETENER, ALMOND FLOUR, 2 TBSP CREAM AND OATMEAL 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. THE PANCAKES NEED TO BE SMALL AS THEY WILL BE DIFFICULT TO FLIP. SERVE THE PANCAKES WITH WHIPPED CREAM AND FRUIT.

## Lunch

CAL: 616.1,  
P: 29.7, F: 48.7, C: 12.7

### KETO HUNTER'S STEW

SAUERKRAUT - 165 G (1.5 X CUP)  
SAUSAGE - 100 G (10 X SLICE)  
BONELESS SMOKED BACON - 45 G (0.4 X PORTION)  
OLIVE OIL - 25 G (2.5 X SPOON)  
TOMATO PASSATA (PUREE) - 25 G (0.2 X PORTION)  
ONION - 20 G (0.2 X PIECE)  
GARLIC - 5 G (1 X CLOVE)  
ALLSPICE - 4.5 G (4.5 X PIECE)  
MARJORAM - 2 G (0.5 X SPOON)  
DRIED MUSHROOMS - 2 G (0.1 X HANDFUL)  
GROUND BLACK PEPPER - 1.5 G (1.5 X PINCH)  
BAY LEAF - 1 G (1 X LEAF)

### Recipe

SOAK THE MUSHROOMS IN WARM WATER. DRAIN THE SAUERKRAUT, CHOP AND ADD TO THE POT. COOK CABBAGE UNDER COVER WITH BAY LEAVES AND ALLSPICE FOR ABOUT 20-30 MINUTES. FRY SAUSAGE, BACON AND ONION IN OLIVE OIL, SEASON TO TASTE. ADD ALL INGREDIENTS TO THE CABBAGE, MIX WELL AND COOK FOR ABOUT 15 MINUTES MORE. ADD THE TOMATO PUREE AND BRING TO THE BOIL. SEASON WITH SALT, PEPPER AND MARJORAM.

## Dinner

CAL: 700.5,  
P: 43.6, F: 53.6, C: 10.8

### 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)  
ONION - 100 G (1 X PIECE)  
CULTIVATED MUSHROOM, FRESH - 60 G (3 X PIECE)  
MAYONNAISE (WITH RAPESEED OIL) - 60 G (2 X SPOON)  
RED PEPPERS - 40 G (0.3 X PIECE)  
ARUGULA - 30 G (1.5 X HANDFUL)  
TOMATO PASSATA (PUREED) - 30 G (0.3 X PORTION)  
BONELESS SMOKED BACON - 30 G (0.3 X PORTION)

### 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: 592.9,  
P: 23.8, F: 52.7, C: 4.6

### KETO PITA SANDWICH

WHOLE HEN EGGS - 56 G (1 X PIECE)  
TURKEY HAM - 30 G (2 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 - 20 G (1.3 X SLICE)  
LETTUCE - 10 G (2 X LEAF)  
CHEESE, PARMESAN - 8 G (1 X SPOON)  
LINSEED (SEEDS) - 5 G (0.5 X SPOON)  
EGGPLANT HUSK (SHELL) - 3 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: 700.5,  
P: 43.6, F: 53.6, C: 10.8

### MOZZARELLA PIZZA (RECIPE FOR 2 SERVINGS)

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

## Dinner

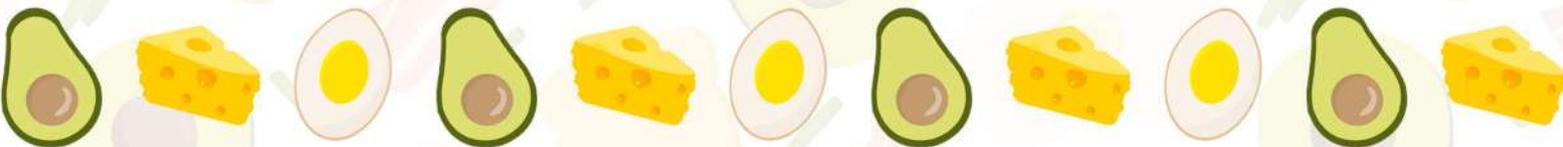
CAL: 680.1,  
P: 39.6, F: 55.0, C: 3.8

### HAMBURGER

BEEF (FRESHLY MINCED SIRLOIN) - 160 G (1.6 X PORTION)  
TOMATO - 45 G (0.4 X PIECE)  
ICEBERG LETTUCE - 30 G (1.5 X LEAF)  
OLIVE OIL - 30 G (3 X SPOON)  
MAYONNAISE (WITH RAPESEED OIL) - 20 G (0.7 X SPOON)  
BONELESS SMOKED BACON - 20 G (0.2 X PORTION)  
RED ONION - 15 G (0.2 X PIECE)  
HIMALAYAN SALT - 1.5 G (1.5 X PINCH)  
GROUND BLACK PEPPER - 1.5 G (1.5 X PINCH)

### Recipe

SLICE THE TOMATO AND ONION, FRY THE BACON TO MAKE IT CRISPY.  
SEASON THE GROUND BEEF TO TASTE AND FRY IN THE FAT.  
PLACE THE FINISHED MEAT ON THE LETTUCE LEAVES, ADD THE TOMATO AND ONION AND MAYONNAISE.  
TOP WITH CRISPY BACON.  
WRAP THE BURGER IN LETTUCE.



# Sunday

## Breakfast

CAL: 828.2,  
P: 42.3, F: 68.9, C: 3.9

### CHEESE WAFFLES

CHEESE, GOUDA FAT - 100 G (6.7 X SLICE)  
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)  
HERBS DE PROVENCE - 4.5 G (1.5 X TEASPOON)

### Recipe

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

### 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: 711.6,  
P: 39.0, F: 52.2, C: 17.7

### KETO CAULIFLOWER SOUP WITH SHRIMP

CAULIFLOWER - 220 G (0.4 X PIECE)  
PRAWNS - 200 G (2 X PORTION)  
POULTRY BOUILLON (HOMEMADE) - 150 G (0.6 X CUP)  
CREAM 36% - 50 G (5 X SPOON)  
ONION - 30 G (0.3 X PIECE)  
CLARIFIED BUTTER - 30 G (2 X SPOON)  
PARSLEY, LEAVES - 12 G (2 X TEASPOON)  
GARLIC - 5 G (1 X CLOVE)

### 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.

## Dinner

CAL: 490.7,  
P: 14.4, F: 43.5, C: 8.2

### BROCCOLI SALAD

BROCCOLI - 200 G (0.4 X PIECE)  
BONELESS SMOKED BACON - 50 G (0.5 X PORTION)  
MAYONNAISE (WITH RAPESEED OIL) - 40 G (1.3 X SPOON)  
RED ONION - 22.5 G (0.2 X PIECE)  
HIMALAYAN SALT - 1.5 G (1.5 X PINCH)  
APPLE CIDER VINEGAR FROM RIPE APPLES - 1.5 G (0.5 X TEASPOON)  
BLACK PEPPERCORNS - 1.5 G (1.5 X PIECE)

### Recipe

DIVIDE THE BROCCOLI INTO SMALL FLORETS. IT CAN BE RAW OR BLANCHED. FRY THE BACON UNTIL CRISP. MIX MAYONNAISE WITH VINEGAR AND SEASONING. CHOP ONION. COMBINE ALL INGREDIENTS.



# Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
<b>FISH AND SEAFOOD</b>			<b>DAIRY</b>		
SHRIMPS	200 G	2 X PORTION	WHOLE HEN EGGS	896 G	16 X PIECE
<b>FATS</b>			CHEESE, MOZZARELLA	280 G	18.7 X SLICE
OLIVE OIL	230 G	23 X TBSP	CHEESE, GOUDA FAT	212.5 G	14.2 X SLICE
MAYONNAISE (WITH RAPESEED OIL)	200 G	6.7 X TBSP	COTTAGE CHEESE, FAT	155 G	0.8 X SLICE
CLARIFIED BUTTER	84 G	5.6 X TBSP	CREAM, 36%	135 G	13.5 X SPOON
COCONUT OIL (LIQUID)	15 G	1.5 X TBSP	CREAM CHEESE, 30% FAT	135 G	6.8 X TBSP
<b>NUTS AND GRAINS</b>			CHEESE, FULL FAT CHEDDAR	115 G	7.7 X SLICE
LINSEED (FRESHLY GROUND)	30 G	6 X TEASPOON	HALLOUMI CHEESE	100 G	1 X PORTION
ALMOND FLOUR	15 G	1.5 X TEASPOON	MASCARPONE CHEESE	74 G	3.1 X TBSP
SUNFLOWER, SEED, SHELLED	10 G	1 X TEASPOON	CREAM, 18% FAT	57.5 G	2.3 X TBSP
LINSEED (SEED)	10 G	1 X TEASPOON	CHEESE, PARMESAN	36 G	4.5 X SPOON
<b>MEAT AND MEAT PRODUCTS</b>			EGG YOLK	20 G	1 X PIECE
BONELESS SMOKED BACON	445 G	4.4 X PORTION	<b>FRUIT AND VEGETABLES</b>		
CHICKEN BREAST FILLET (SKINLESS)	300 G	3 X PIECE	BROCCOLI	312.5 G	0.6 X PIECE
PORK NECK	180 G	1.8 X PIECE	AVOCADO	300 G	2.1 X PIECE
BEEF (FRESHLY MINCED SIRLOIN)	160 G	1.6 X PORTION	TOMATO	275 G	2.3 X ART
SAUSAGE DRIED	100 G	10 X SLICE	CAULIFLOWER	272.5 G	0.5 X ART
SAUSAGE	100 G	10 X SLICE	ONION	255 G	2.6 X ART
HAM OF TURKEY	50 G	3.3 X SLICE	ZUCCHINI	250 G	0.8 X ART
<b>SPICES AND HERBS</b>			CULTIVATED MUSHROOM, FRESH	170 G	8.5 X ART
HIMALAYAN SALT	18.5 G	18.5 X PINCH	SAUERKRAUT	165 G	1.5 X GLASS
GROUND BLACK PEPPER	14.5 G	14.5 X PINCH	CUCUMBER	120 G	3 X PIECE
THYME	12 G	3 X TEASPOON	PICKLED CUCUMBER	120 G	2 X PIECE
HERBS DE PROVENCE	9 G	3 X TEASPOON	ICEBERG LETTUCE	120 G	6 X LEAF
OREGANO (DRIED)	4.5 G	1.5 X TEASPOON	RED PEPPER	95 G	0.7 X PIECE
ALLSPICE	4.5 G	4.5 X PIECE	ARUGULA	85 G	4.2 X HANDFUL
GRANULATED GARLIC	2 G	2 X PINCH	BLACK OLIVES	60 G	4 X SPOON
CORIANDER (DRIED LEAVES)	2 G	0.5 X TEASPOON	CHERRY TOMATOES	60 G	3 X PIECE
MARJORAM	2 G	0.5 X TEASPOON	LEEK	60 G	0.4 X PIECE
BLACK PEPPERCORN	1.5 G	1.5 X PIECE	RADISH	60 G	4 X PIECE
BAY LEAF	1 G	1 X LEAF	YELLOW PEPPER	55 G	0.4 X PIECE
<b>OTHER</b>			SPINACH	50 G	2 X HANDFUL
BEEF BOUILLON (HOME-MADE)	250 G	1 X CUP	RED ONION	37.5 G	0.4 X PIECE
POULTRY BOUILLON (HOME-MADE)	150 G	0.6 X GLASS	RASPBERRIES	30 G	0.5 X HANDFUL
TOMATO PASSATA (PUREED)	65 G	0.6 X PORTION	LETTUCE	30 G	6 X LEAF
EGG-WHEAT HULL (SHELL)	21 G	0.2 X PORTION	PARSLEY, LEAVES	24 G	4 X TEASPOON
LIGHT SOYA SAUCE	10 G	1 X SPOONFUL	GARLIC	20 G	4 X CLOVE
ERYTHROL / ERYTHRITOL	7.5 G	1.5 X TEASPOON	LAMB'S LETTUCE	15 G	0.8 X HANDFUL
MUSTARD	7.5 G	0.8 X TEASPOON	CHIVES	7.5 G	1.5 X TEASPOON
BALSAMIC VINEGAR	3 G	1 X TEASPOON			
DRIED MUSHROOMS	2 G	0.1 X HANDFUL			
BAKING POWDER	2 G	0.7 X TEASPOON			
APPLE CIDER VINEGAR	1.5 G	0.5 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.

