



**2500 calories:** 2 meals  
+ cake



**Weekly meal planner  
for ketogenic diet**

BY YOUR DIETITIAN  
**ANETA FLORCZYK**

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# Weekly meal planner

## Monday

BREAKFAST: MUFFINS, GARLIC BREAD  
LUNCH: KETO BROWNIE WITH CHEESE AND FRUIT  
DINNER: MOZZARELLA PIZZA

## Tuesday

BREAKFAST: GARLIC BREAD, SALMON, SMOKED, GUACAMOLE  
LUNCH: KETO BROWNIE WITH CHEESE AND FRUIT  
DINNER: KETO PASTA WITH AVOCADO SAUCE AND CHICKEN

## Wednesday

BREAKFAST: KETO PITA SANDWICH, SCRAMBLED EGGS ON BACON WITH CHIVES AND TOMATO  
LUNCH: KETO BROWNIE WITH CHEESE AND FRUIT  
DINNER: PANCAKE WITH SALMON

## Thursday

BREAKFAST: COCONUT "OATMEAL"  
LUNCH: KETO BROWNIE WITH CHEESE AND FRUIT  
DINNER: CHICKEN SPAGHETTI, AVOCADO

## Friday

BREAKFAST: PROSCIUTTO WITH BRIE CHEESE  
LUNCH: KETO BROWNIE WITH CHEESE AND FRUIT  
DINNER: HALLOUMI ON A GREEN QUILT, BAKED CHICKEN LEG

## Saturday

BREAKFAST: COCONUT "OATMEAL"  
LUNCH: KETO BROWNIE WITH CHEESE AND FRUIT  
DINNER: GOULASH SOUP

## Sunday

BREAKFAST: OMELETTE WITH AVOCADO, KABANOS  
LUNCH: KETO BROWNIE WITH CHEESE AND FRUIT  
DINNER: CAULIFLOWER PURRE AND ROASTED HALIBUT ON LETTUCE

## Makros:

MONDAY: CAL: 2445.3, P: 128.1, F: 199.6, C: 28.6  
TUESDAY: CAL: 2500.4, P: 114.2, F: 208.1, C: 32.7  
WEDNESDAY: CAL: 2511.6, P: 116.8, F: 216.4, C: 19.8  
THURSDAY: CAL: 2494.8, P: 110.8, F: 205.6, C: 42.6  
FRIDAY: CAL: 2509.2, P: 114.0, F: 216.1, C: 22.3  
SATURDAY: CAL: 2480.4, P: 94.3, F: 215.6, C: 38.3  
SUNDAY: CAL: 2501.5, P: 126.3, F: 203.0, C: 32.2

# Monday

## Breakfast

CAL: 988.6,  
P: 37.1, F: 88.3, C: 8.1

### MUFFINS

WHOLE HEN EGGS - 112 G (2 X PIECE)  
BONELESS SMOKED BACON - 90 G (0.9 X PORTION)  
RED PEPPERS - 42 G (0.3 X PIECE)  
36% CREAM - 40 G (4 X SPOON)  
EXTRA BUTTER - 20 G (4 X SPOON)  
CHIVES - 15 G (3 X TEASPOON)  
RED TOMATO PESTO - 10 G (0.5 X SPOON)  
HIMALAYAN SALT - 2 G (2 X PINCH)  
GROUND BLACK PEPPER - 1 G (1 X PINCH)

### GARLIC BREAD (RECIPE FOR 2 PORTIONS)

EAT 1 OF 2 PORTIONS  
WATER - 60 G (0.2 X CUP)  
ALMOND FLOUR - 40 G (4 X SPOON)  
EGG WHITE - 35 G (1 X PIECE)  
EXTRA BUTTER - 30 G (6 X SPOON)  
PARSLEY, LEAVES - 12 G (2 X TEASPOON)  
EGGPLANT HUSK (SHELL) - 10 G (0.1 X PORTION)  
GARLIC - 5 G (1 X CLOVE)  
HIMALAYAN SALT - 2 G (2 X PINCH)  
APPLE CIDER VINEGAR FROM RIPE APPLES - 1.5 G (0.5 X TEASPOON)  
BAKING POWDER - 1.5 G (0.5 X TEASPOON)

## Lunch

CAL: 316.7,  
P: 7.7, F: 29.3, C: 3.8

### KETO BROWNIE WITH CHEESE AND FRUIT (RECIPE FOR 7 SERVINGS)

EAT 1 OF 7 SERVINGS  
WHOLE HEN EGGS - 168 G (3 X PIECE)  
MASCARPONE CHEESE - 150 G (6.2 X SPOON)  
ERYTHROL / ERYTHRITOL - 130 G (26 X TEASPOON)  
STRAWBERRIES - 100 G (1.4 X HANDFUL)  
EXTRA BUTTER - 85 G (17 X TEASPOON)  
WHOLE HEN'S EGGS - 56 G (1 X PIECE)  
ALMOND FLOUR - 55 G (5.5 X SPOON)  
85% BITTER CHOCOLATE - 55 G (6.9 X CUBE)  
VANILLA EXTRACT (WITHOUT ALCOHOL) - 6 G (2 X TEASPOON)  
LEMON JUICE - 3 G (0.5 X SPOON)  
HIMALAYAN SALT - 1 G (1 X PINCH)

## Dinner

CAL: 1140.0,  
P: 83.3, F: 82.0, C: 16.7

### MOZZARELLA PIZZA

CHEESE, MOZZARELLA - 200 G (13.3 X PIECE)  
WHOLE HEN EGGS - 112 G (2 X PIECE)  
CULTIVATED MUSHROOM, FRESH - 80 G (4 X PIECE)  
BONELESS SMOKED BACON - 60 G (0.6 X PORTION)  
ONION - 50 G (0.5 X PIECE)  
SANDWICH HAM - 40 G (2.7 X SLICE)  
RED PEPPERS - 40 G (0.3 X PIECE)  
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)  
ARUGULA - 30 G (1.5 X HANDFUL)  
TOMATO PASSATA (PUREED) - 30 G (0.3 X PORTION)

PREHEAT THE OVEN TO 180°C.  
BUTTER, GENEROUSLY GREASE MUFFIN TINS.  
MIX THE EGGS, SPICES, PESTO, CHIVES AND CREAM  
THOROUGHLY.  
FINELY DICE THE PEPPERS AND ADD TO THE EGGS.  
FRY BACON UNTIL CRISPY, ADD TO EGGS.  
MIX TOGETHER AND POUR INTO  
GREASED BAKING TINS.  
BAKE UNTIL THE EGGS ARE SET.

PREHEAT THE OVEN TO 175 °C.  
PREPARE THE BUTTER: BUTTER AT ROOM  
TEMPERATURE.  
MIX WITH PARSLEY, A PINCH OF SALT AND GARLIC -  
PLACE IN THE FRIDGE.

MAKE THE BREADS: MIX THE DRY INGREDIENTS IN  
A BOWL.

BRING THE WATER TO THE BOIL.  
ADD VINEGAR AND EGG WHITE TO THE BOWL,  
POUR IN THE BOILING WATER AND MIX WITH A  
MIXER FOR ABOUT 30 SECONDS.  
THE CONSISTENCY SHOULD RESEMBLE PLASTICINE.  
WET YOUR HANDS AND FORM 4 PORTIONS. PLACE  
THE LOAVES ON A BAKING TRAY LINED WITH  
BAKING PAPER SO THAT THEY DO NOT TOUCH EACH  
OTHER.  
BAKE FOR 40-50 MINUTES.  
WHEN THE ROLLS HAVE COOLED DOWN, BRUSH  
THEM WITH GARLIC BUTTER AND BAKE FOR  
ANOTHER 10-15 MINUTES AT 225 °C - UNTIL GOLDEN.  
EAT HALF THE PORTION.

PREHEAT THE OVEN TO 170°C. CAKE:  
MELT 100G ERYTHROL, BUTTER AND CHOCO-  
LATE IN A WATER BATH, MIX THOROUGHLY.  
PLACE ALMOND FLOUR, 2 EGGS,  
1 TEASPOON EXTRACT AND SALT IN A BOWL.  
MIX THOROUGHLY WITH A MIXER.  
THEN ADD THE CHOCOLATE MIXTURE AND  
COMBINE THE INGREDIENTS.  
POUR THE BATTER ONTO A TIN LINED WITH  
BAKING PAPER AND SET ASIDE.

CREAM MIXTURE:  
IN A BOWL, USING A MIXER COMBINE THE  
MASCARPONE CHEESE AND 30G ERYTHROL,  
MIX UNTIL CREAMY.  
THEN ADD THE EGG, EXTRACT AND LEMON  
JUICE - MIX.  
ADD THE DICED STRAWBERRIES TO THE  
MIXTURE AND MIX GENTLY.  
TRANSFER THE MIXTURE TO THE CHOCOLATE  
CAKE AND SPREAD EVENLY.  
BAKE THE CAKE FOR APPROX. 35MIN.  
COOL THOROUGHLY BEFORE SERVING.

PIZZA BASE: 2/3 MOZZARELLA CHEESE, EGGS  
AND 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 PUREE AND SPREAD  
WITH THE REST OF THE DICED INGREDIENTS.  
BAKE FOR A FURTHER 15 MIN UNTIL THE  
CHEESE IS MELTED.  
EAT HALF THE PORTION.

## Recipe

## Recipe

## Recipe



# Tuesday

## Breakfast

CAL: 978.3,  
P: 44.9, F: 81.0, C: 12.6

### GARLIC BREAD (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS

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

### SALMON, SMOKED

SALMON, SMOKED - 160 G (5.3 X PIECE)

### GUACAMOLE

AVOCADO - 140 G (1 X PIECE)  
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)  
LEMON - 20 G (0.2 X PIECE)  
GARLIC - 5 G (1 X CLOVE)

## Lunch

CAL: 316.7,  
P: 7.7, F: 29.3, C: 3.8

### KETO BROWNIE WITH CHEESE AND FRUIT (RECIPE FOR 7 SERVINGS)

EAT 1 OF 7 SERVINGS

WHOLE HEN EGGS - 168 G (3 X PIECE)  
MASCARPONE CHEESE - 150 G (6.2 X SPOON)  
ERYTHROL / ERYTHRITOL - 130 G (26 X TEASPOON)  
STRAWBERRIES - 100 G (1.4 X HANDFUL)  
EXTRA BUTTER - 85 G (17 X TEASPOON)  
WHOLE HEN'S EGGS - 56 G (1 X PIECE)  
ALMOND FLOUR - 55 G (5.5 X SPOON)  
85% BITTER CHOCOLATE - 55 G (6.9 X CUBE)  
VANILLA EXTRACT (WITHOUT ALCOHOL) - 6 G (2 X TEASPOON)  
LEMON JUICE - 3 G (0.5 X SPOON)  
HIMALAYAN SALT - 1 G (1 X PINCH)

## Dinner

CAL: 1205.4,  
P: 61.6, F: 97.8, C: 16.3

### KETO PASTA WITH AVOCADO AND CHICKEN SAUCE

ZUCCHINI - 300 G (1 X PIECE)  
CHICKEN THIGH MEAT, SKINLESS - 230 G (2.3 X PIECE)  
AVOCADO - 100 G (0.7 X PIECE)  
CREAM CHEESE, 30% FAT - 80 G (4 X SPOON)  
CHEESE, PARMESAN - 30 G (3.8 X SPOON)  
OLIVE OIL - 20 G (2 X SPOON)  
CLARIFIED BUTTER - 15 G (1 X SPOON)  
PARSLEY, LEAVES - 6 G (1 X TEASPOON)  
LEMON JUICE - 6 G (1 X TEASPOON)  
GARLIC - 5 G (1 X CLOVE)  
HIMALAYAN SALT - 2 G (2 X PINCH)  
GRANULATED GARLIC - 1 G (1 X PINCH)  
GROUND BLACK PEPPER - 1 G (1 X PINCH)

## Recipe

PASS THE GARLIC THROUGH A PRESS.  
BLEND INGREDIENTS TO A SMOOTH PASTE  
WITH YOUR FAVOURITE SPICES.

PREHEAT THE OVEN TO 170°C.

CAKE:  
MELT 100 G ERYTHROL, BUTTER AND  
CHOCOLATE IN A WATER BATH, MIX  
THOROUGHLY.  
PLACE ALMOND FLOUR, 2 EGGS,  
1 TEASPOON EXTRACT AND SALT IN  
A BOWL.  
MIX THOROUGHLY WITH A MIXER.  
THEN ADD THE CHOCOLATE MIXTURE  
AND COMBINE THE INGREDIENTS.  
POUR THE BATTER ONTO A TIN LINED  
WITH BAKING PAPER AND SET ASIDE.

## Recipe

CREAM MIXTURE:  
IN A BOWL, USING A MIXER COMBINE  
THE MASCARPONE CHEESE AND 30 G  
ERYTHROL, MIX UNTIL CREAMY.  
THEN ADD THE EGG, EXTRACT AND  
LEMON JUICE - MIX.  
ADD THE DICED STRAWBERRIES TO THE  
MIXTURE AND MIX GENTLY.  
TRANSFER THE MIXTURE TO THE  
CHOCOLATE CAKE AND SPREAD EVENLY.  
BAKE THE CAKE FOR APPROX. 35 MIN.  
COOL THOROUGHLY BEFORE SERVING.

## Recipe

MARINATE THE MEAT IN THE OIL, SALT,  
PEPPER AND GARLIC AND REFRIGERATE FOR  
ABOUT 1 H.  
PUT THE AVOCADO, CREAM, PARSLEY, LEMON  
JUICE, HALF THE PARMESAN CHEESE AND  
GARLIC INTO A POT AND BLITZ TO A SMOOTH  
PASTE.  
PUT ON THE HEAT AND BRING TO THE BOIL.  
SEASON TO TASTE.  
MAKE PASTA FROM THE ZUCCHINI USING  
A VEGETABLE SHARPENER, OR CUT INTO THIN  
STRIPS WITH A SHARP KNIFE.  
ADD THE PASTA TO THE SAUCE AND COOK  
FOR 1 MIN. SEASON TO TASTE.  
HEAT THE BUTTER IN A FRYING PAN AND FRY  
THE MEAT UNTIL TENDER.



# Wednesday

## Breakfast

CAL: 1051.2,  
P: 56.4, F: 87.9, C: 7.5

### KETO PITA SANDWICH

WHOLE HEN EGGS - 56 G (1 X PIECE)  
TURKEY HAM - 50 G (3.3 X SLICES)  
MASCARPONE CHEESE - 36 G (1.5 X SPOON)  
TOMATO - 30 G (0.2 X PIECE)  
MAYONNAISE (WITH RAPSEED OIL) - 30 G (1 X SPOON)  
CHEESE, GOUDA FAT - 30 G (2 X SLICE)  
CHEESE, FULL FAT CHEDDAR - 30 G (2 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)

### SCRAMBLED EGGS ON BACON WITH CHIVES AND TOMATO

WHOLE HEN EGGS - 112 G (2 X PIECE)  
TOMATO - 60 G (0.5 X PIECE)  
BONELESS SMOKED BACON - 20 G (0.2 X PORTION)  
CLARIFIED BUTTER - 7 G (0.5 X SPOON)  
CHIVES - 5 G (1 X TEASPOON)

## Lunch

CAL: 316.7,  
P: 7.7, F: 29.3, C: 3.8

### KETO BROWNIE WITH CHEESE AND FRUIT (RECIPE FOR 7 SERVINGS)

EAT 1 OF THE 7 SERVINGS  
THE DISH SHOULD BE READY BY NOW.  
YOU CAN FIND THE RECIPE ABOVE.

## Dinner

CAL: 1143.7,  
P: 52.7, F: 99.2, C: 8.5

### PANCAKE WITH SALMON

SMOKED SALMON - 160 G (5.3 X PIECE)  
WHOLE HEN EGGS - 112 G (2 X PIECE)  
AVOCADO - 100 G (0.7 X PIECE)  
CUCUMBERS, PICKLED - 60 G (1 X PIECE)  
36% CREAM - 35 G (3.5 X SPOON)  
MAYONNAISE (WITH RAPSEED OIL) - 30 G (1 X SPOON)  
BLACK OLIVES - 30 G (2 X SPOON)  
ARUGULA - 20 G (1 X HANDFUL)  
OLIVE OIL - 20 G (2 X TBSP)

PREHEAT THE OVEN TO 150°C.  
SEPARATE THE EGG WHITE FROM THE YOLK.  
COMBINE THE EGG YOLK THOROUGHLY  
WITH THE MASCARPONE CHEESE, ADD THE  
SALT, BAKING POWDER, FLAXSEED AND  
OATMEAL HUSK AND 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.  
DIVIDE THE COOLED PITA IN HALF, SPREAD  
WITH MAYONNAISE AND PREPARE THE  
SANDWICH.

IN A FRYING PAN, HEAT THE FAT AND FRY THE  
BACON AND ONION.  
ADD THE EGGS AND SCRAMBLE.  
SEASON TO TASTE.  
SPRINKLE WITH CHOPPED CHIVES.  
SERVE WITH TOMATO.

## Recipe

COMBINE THE EGGS THOROUGHLY  
WITH THE CREAM.  
FRY A LARGE PANCAKE OR 2 SMALL ONES.  
BRUSH THE PANCAKES WITH  
MAYONNAISE, LAYER WITH ARUGULA,  
AVOCADO, OLIVES AND SALMON, WRAP.

## Recipe

# Thursday

## Breakfast

CAL: 1030.4,  
P: 21.0, F: 98.8, C: 14.2

### 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 - 40 G (8 X TEASPOON)  
FLAKED ALMONDS - 30 G (3 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: 316.7,  
P: 7.7, F: 29.3, C: 3.8

### KETO BROWNIE WITH CHEESE AND FRUIT (RECIPE FOR 7 SERVINGS)

EAT 1 OF THE 7 SERVINGS  
THE DISH SHOULD BE READY BY NOW.  
YOU CAN FIND THE RECIPE ABOVE.

## Dinner

CAL: 1147.7,  
P: 82.1, F: 77.5, C: 24.6

### POULTRY SPAGHETTI

ZUCCHINI - 300 G (1 X PIECE)  
TURKEY LEG MEAT, SKINLESS - 300 G (3 X PIECE)  
TINNED TOMATOES (SLICED) - 200 G (2 X PORTION)  
CULTIVATED MUSHROOM, FRESH - 80 G (4 X PIECE)  
RED PEPPERS - 50 G (0.4 X PIECE)  
OLIVE OIL - 40 G (4 X SPOON)  
ONION - 30 G (0.3 X PIECE)  
CHEESE, PARMESAN - 30 G (3.8 X SPOON)  
GARLIC - 10 G (2 X CLOVE)

### Recipe

HEAT THE FAT IN A FRYING PAN AND FRY THE CHOPPED GARLIC AND ONION.  
ADD THE SLICED MUSHROOMS AND PEPPERS - FRY FOR A WHILE.  
ADD THE MEAT TO THE PAN AND FRY UNTIL SOFT.  
ADD YOUR FAVOURITE SPICES: PEPPER, SALT, HERBES DE PROVENCE, MARJORAM, SWEET PAPRIKA.  
THEN ADD THE SLICED TOMATOES. ADD A LITTLE WATER IF NEEDED. STEW UNDER THE LID.  
CUT THE ZUCCHINI INTO THIN SLICES WITH A SHARP KNIFE OR PREPARE IN PASTA FORM USING A FOOD PROCESSOR.  
IF YOU DON'T LIKE RAW COURGETTE, YOU CAN LIGHTLY FRY IT.  
SERVE WITH THE MEAT SAUCE.  
SPRINKLE THE WHOLE THING WITH PARMESAN CHEESE.  
EAT HALF THE PORTION.

### AVOCADO

AVOCADO - 120 G (0.9 X PIECE)



# Friday

## Breakfast

CAL: 1119.4,  
P: 42.6, F: 100.4, C: 9.9

### PROSCIUTTO WITH BRIE CHEESE

PARMA HAM (PROSCIUTTO) - 80 G (5.3 X SLICES)  
CHEESE, FULL-FAT BRIE - 80 G (2.7 X SLICE)  
WALNUTS - 45 G (3 X SPOON)  
CHICORY - 40 G (0.5 X PIECE)  
MAYONNAISE (WITH RAPSEED OIL) - 30 G (1 X SPOON)  
OLIVE OIL - 20 G (2 X SPOON)  
LEMON - 15 G (0.2 X PIECE)  
PARSLEY, LEAVES - 6 G (1 X TEASPOON)

## Recipe

ARRANGE THINLY SLICED HAM, CHEESE, NUTS ON A PLATE.

DIVIDE THE RADICCHIO INTO WEDGES, DRIZZLE WITH OLIVE OIL AND LEMON JUICE, SPRINKLE WITH PARSLEY.  
SERVE WITH MAYONNAISE.

## Lunch

CAL: 316.7,  
P: 7.7, F: 29.3, C: 3.8

### KETO BROWNIE WITH CHEESE AND FRUIT (RECIPE FOR 7 SERVINGS)

EAT 1 OF THE 7 SERVINGS  
THE DISH SHOULD BE READY BY NOW.  
YOU CAN FIND THE RECIPE ABOVE.

## Dinner

CAL: 1073.1,  
P: 63.7, F: 86.4, C: 8.6

### HALLOUMI ON A GREEN QUILT

HALLOUMI CHEESE - 120 G (1.2 X PORTION)  
CHERRY TOMATOES - 60 G (3 X PIECE)  
CUCUMBER - 40 G (1 X PIECE)  
ARUGULA - 20 G (1 X HANDFUL)  
OLIVE OIL - 20 G (2 X SPOON)  
SPINACH - 12 G (0.5 X HANDFUL)  
SUNFLOWER SEEDS, SEED, SHELLLED - 10 G (1 X SPOON)  
BALSMIC 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 BALSMIC VINEGAR.

### ROAST CHICKEN THIGH

CHICKEN THIGH MEAT, SKINLESS - 200 G (2 X PIECE)  
OLIVE OIL - 20 G (2 X SPOON)  
LEMON JUICE - 6 G (1 X SPOON)  
OREGANO (DRIED) - 1 G (0.3 X TEASPOON)

MARINATE THE THIGHS IN OLIVE OIL, LEMON JUICE, OREGANO, SALT AND PEPPER.  
BAKE FOR APPROX. 30 MINUTES AT 180° IN A PREHEATED OVEN.



# Saturday

## Breakfast

CAL: 912.4,  
P: 16.7, F: 88.2, C: 12.5

### 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 - 40 G (8 X TEASPOON)  
COCONUT FLOUR - 15 G (1 X SPOON)  
FLAKED ALMONDS - 10 G (1 X SPOON)  
EGGPLANT HUSK (SHELL) - 5 G (0 X PORTION)  
HIMALAYAN SALT - 1 G (1 X PINCH)

## Lunch

CAL: 316.7,  
P: 7.7, F: 29.3, C: 3.8

### KETO BROWNIE WITH CHEESE AND FRUIT (RECIPE FOR 7 SERVINGS)

EAT 1 OF THE 7 SERVINGS  
THE DISH SHOULD BE READY BY NOW.  
YOU CAN FIND THE RECIPE ABOVE.

## Dinner

CAL: 1251.3,  
P: 69.9, F: 98.1, C: 22.0

### GOULASH SOUP

BEEF BOUILLON (HOME-MADE) - 250 G (1 X CUP)  
PORK, PORK NECK - 250 G (2.5 X PIECE)  
AVOCADO - 120 G (0.9 X PIECE)  
YELLOW PEPPERS - 55 G (0.4 X PIECE)  
RED PEPPERS - 55 G (0.4 X PIECE)  
CHEESE, FATTY GOUDA - 40 G (2.7 X SLICE)  
OLIVE OIL - 30 G (3 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

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.

## Recipe

FINELY DICE THE MEAT, MARINATE IN THE SPICES AND SOY SAUCE. SET ASIDE FOR APPROX. 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.

# Sunday

## Breakfast

CAL: 1086.3,  
P: 44.3, F: 94.5, C: 11.4

### AVOCADO OMELETTE

WHOLE HEN EGGS - 168 G (3 X PIECE)  
AVOCADO - 140 G (1 X PIECE)  
ONION - 40 G (0.4 X PIECE)  
COCONUT OIL (SOLID) - 40 G (2 X SPOON)  
RED PEPPERS - 40 G (0.3 X PIECE)  
CREAM 36% - 20 G (2 X SPOON)  
PARSLEY, LEAVES - 6 G (1 X TEASPOON)

### KABANOS

KABANOS - 60 G (4 X ART)

## Lunch

CAL: 316.7,  
P: 7.7, F: 29.3, C: 3.8

### KETO BROWNIE WITH CHEESE AND FRUIT (RECIPE FOR 7 SERVINGS)

EAT 1 OF THE 7 SERVINGS  
THE DISH SHOULD BE READY BY NOW.  
YOU CAN FIND THE RECIPE ABOVE.

## Dinner

CAL: 1098.5,  
P: 74.3, F: 79.2, C: 17.0

### CAULIFLOWER PURÉE AND BAKED HALIBUT ON LETTUCE

CAULIFLOWER - 250 G (0.5 X PIECE)  
WHITE HALIBUT, FRESH - 250 G (2.5 X PIECE)  
TOMATO - 80 G (0.7 X PIECE)  
CUCUMBER - 80 G (2 X PIECE)  
OLIVE OIL - 40 G (4 X SPOON)  
CHEESE, FULL FAT CHEDDAR - 40 G (2.7 X SLICE)  
SUNFLOWER SEEDS, SEED, SHELLLED - 20 G (2 X SPOON)  
EXTRA BUTTER - 15 G (3 X TEASPOON)  
ARUGULA - 10 G (0.5 X HANDFUL)  
LAMB'S LETTUCE - 10 G (0.5 X HANDFUL)  
GARLIC - 5 G (1 X CLOVE)  
LEMON JUICE - 3 G (0.5 X SPOON)  
GROUND BLACK PEPPER - 1 G (1 X PINCH)  
HIMALAYAN SALT - 1 G (1 X PINCH)

FINELY CHOP THE ONION AND PEPPERS  
AND FRY.

ADD THE CHOPPED PARSLEY TO THE PAN  
AND SEASON TO TASTE. SET THE HEATED  
VEGETABLES ASIDE.

CRACK THE EGGS WITH THE CREAM IN A  
BOWL AND SEASON WITH SALT AND PEPPER.  
FRY THE EGGS INTO AN OMELETTE.  
SLICE THE AVOCADO AND MIX WITH THE  
FRIED VEGETABLES.  
FILL THE OMELETTE WITH THE VEGETABLE  
MIXTURE AND FOLD IN HALF.

### Recipe

### Recipe

PLACE THE FISH IN AN OVENPROOF DISH,  
SPRINKLE WITH SALT AND PEPPER,  
DRIZZLE WITH A TABLESPOON OF OLIVE  
OIL AND BAKE AT 180°C.

CLEAN THE CAULIFLOWER AND CUT INTO  
SMALL FLORETS. STEAM THE CAULIFLOWER.  
PUT THE HOT CAULIFLOWER INTO A  
BOWL, ADD CHOPPED GARLIC, BUTTER  
AND CHEESE.

BLEND WITH A BLENDER. SEASON TO  
TASTE AND SPRINKLE WITH ROASTED  
SUNFLOWER SEEDS.

MAKE A SALAD WITH THE VEGETABLES,  
SEASON TO TASTE AND DRIZZLE  
WITH THE REMAINING OLIVE OIL.  
SERVE WITH THE FISH SPRINKLED WITH  
LEMON JUICE.



# Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
<b>DRINKS</b>			<b>OTHER</b>		
WATER	60 G	0.2 X GLASS	COCONUT MILK (21%)	400 G	20 X SPOONFUL
LEMON JUICE	18 G	3 X SPOON	BEEF BOUILLON (HOMEMADE)	250 G	1 X CUP
<b>FISH AND SEAFOOD</b>			ERYTHROL / ERYTHRITOL	130 G	26 X TEASPOON
SALMON, SMOKED	320 G	10.6 X PIECE	BITTER CHOCOLATE 85%	55 G	6.9 X CUBE
HALIBUT, FRESH	250 G	2.5 X PIECE	TOMATO PASSATA (PUREED)	40 G	0.4 X PORTION
<b>FATS</b>			EGGPLANT HUSK (SHELL)	23 G	0.2 X PORTION
EXTRA BUTTER	230 G	46 X TEASPOON	RED TOMATO PESTO	10 G	0.5 X SPOONFUL
OLIVE OIL 210 G	210 G	21 X SPOONFUL	LIGHT SOYA SAUCE	10 G	1 X SPOON
MAYONNAISE (WITH RAPSEED OIL)	150 G	5 X SPOONFUL	VANILLA EXTRACT (WITHOUT ALCOHOL)	6 G	2 X TEASPOON
COCONUT OIL (SOLID)	40 G	2 X TBSP	BALSAMIC VINEGAR	3 G	1 X TEASPOON
CLARIFIED BUTTER	22 G	1.5 X TBSP	BAKING POWDER	2.5 G	0.8 X TEASPOON
<b>SPICES AND HERBS</b>			APPLE CIDER VINEGAR FROM RIPE APPLES	1.5 G	0.5 X TEASPOON
HIMALAYAN SALT	12 G	12 X PINCH	<b>FRUIT AND VEGETABLES</b>		
GROUND BLACK PEPPER	4 G	4 X PINCH	AVOCADO	720 G	5.2 X PIECE
GRANULATED GARLIC	2 G	2 X PINCH	ZUCCHINI	600 G	2 X PIECE
CORIANDER (DRIED LEAVES)	2 G	0.5 X TEASPOON	CAULIFLOWER	250 G	0.5 X ART
OREGANO (DRIED)	1 G	0.3 X TEASPOON	RED PEPPERS	227 G	1.6 X PIECE
<b>NUTS AND SEEDS</b>			TINNED TOMATOES (CUT)	200 G	2 X PORTION
ALMOND FLOUR	95 G	9.5 X TEASPOON	TOMATO	170 G	1.4 X PIECE
WALNUTS	45 G	3 X TBSP	CULTIVATED MUSHROOM, FRESH	160 G	8 X PIECE
FLAKED ALMONDS	40 G	4 X TBSP	ONION	150 G	1.5 X PIECE
SUNFLOWER SEEDS, SHELLLED	30 G	3 X SPOONFUL	RASPBERRIES	120 G	2 X HANDFUL
LINSEED (KERNELS)	5 G	0.5 X TBSP	CUCUMBER	120 G	3 X PIECE
COCONUT FLOUR	30 G	2 X SPOONFUL	STRAWBERRIES	100 G	1.4 X HANDFUL
<b>MEAT AND MEAT PRODUCTS</b>			ARUGULA	80 G	4 X HANDFUL
CHICKEN THIGH MEAT, SKINLESS	430 G	4.3 X PIECE	CUCUMBERS, PICKLED	60 G	1 X PIECE
TURKEY LEG MEAT, SKINLESS	300 G	3 X PIECE	CHERRY TOMATOES	60 G	3 X PIECE
PORK NECK	250 G	2.5 X PIECE	YELLOW PEPPERS	55 G	0.4 X PIECE
SMOKED BONELESS BACON	170 G	1.7 X PIECE	CHICORY	40 G	0.5 X PIECE
PARMA HAM (PROSCIUTTO)	80 G	5.3 X SLICE	PARSLEY, LEAVES	36 G	6 X TEASPOON
KABANOS	60 G	4 X PIECE	LEMON	35 G	0.4 X ART
TURKEY HAM	50 G	3.3 X SLICE	GARLIC	35 G	7 X CLOVE
SANDWICH HAM	40 G	2.7 X SLICE	BLACK OLIVES	30 G	2 X TBSP
			CHIVES	20 G	4 X TEASPOON
			SPINACH	12 G	0.5 X HANDFUL
			LAMB'S LETTUCE	10 G	0.5 X HANDFUL
			LETTUCE	10 G	2 X LEAF

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.

