



2500 calories: 2 meals
+ coffee



**Weekly meal planner
for ketogenic diet**

BY YOUR DIETITIAN
ANETA FLORCZYK

WWW.ANETAFLORCZYK.NET

Weekly meal planner

Monday

BREAKFAST: MUFFINS, GARLIC BREAD
LUNCH: BULLETPROOF COFFEE
DINNER: MOZZARELLA PIZZA

Tuesday

BREAKFAST: GARLIC BREAD,
SALMON, SMOKED, GUACAMOLE
LUNCH: BULLETPROOF COFFEE
DINNER: KETO PASTA WITH AVOCADO
AND CHICKEN SAUCE

Wednesday

BREAKFAST: KETO PITA SANDWICH,
SCRAMBLED EGGS ON BACON WITH
CHIVES AND TOMATO
LUNCH: BULLETPROOF COFFEE
DINNER: PANCAKE WITH SALMON

Thursday

BREAKFAST: COCONUT "OATMEAL"
LUNCH: BULLETPROOF COFFEE
DINNER: POULTRY SPAGHETTI,
AVOCADO

Friday

BREAKFAST: PROSCIUTTO WITH BRIE
CHEESE
LUNCH: BULLETPROOF COFFEE
DINNER: HALLOUMI ON A GREEN
QUILT, ROAST CHICKEN LEG

Saturday

BREAKFAST: COCONUT "OATMEAL"
LUNCH: BULLETPROOF COFFEE
DINNER: GOULASH SOUP

Sunday

BREAKFAST: OMELETTE WITH
AVOCADO, KABANOS
LUNCH: BULLETPROOF COFFEE
DINNER: CAULIFLOWER PURRE AND
ROASTED HALIBUT ON LETTUCE

Makros:

MONDAY: CAL: 2488.6, P: 124.3, F: 207.9, C: 26.2
TUESDAY: CAL: 2513.7, P: 109.8, F: 212.4, C: 31.5
WEDNESDAY: CAL: 2500.3, P: 110.5, F: 218.9, C: 18.5
THURSDAY: CAL: 2481.0, P: 107.4, F: 203.9, C: 46.1
FRIDAY: CAL: 2475.9, P: 110.8, F: 215.7, C: 19.6
SATURDAY: CAL: 2508.0, P: 87.5, F: 223.1, C: 36.0
SUNDAY: CAL: 2486.0, P: 128.4, F: 202.4, C: 29.1

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: 258.2,
P: 0.6, F: 28.0, C: 0.8

BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)
COCONUT OIL (SOLID) - 20 G (1 X TABLESPOON)
EXTRA BUTTER - 10 G (1 X TEASPOON)

Dinner

CAL: 1241.8,
P: 86.6, F: 91.6, C: 17.3

MOZZARELLA PIZZA

CHEESE, MOZZARELLA - 210 G (14 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 - 45 G (3 X SLICE)
MAYONNAISE (WITH RAPSEED OIL) - 40 G (1.3 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)

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 POOR INTO GREASED BAKING TINS.
BAKE UNTIL THE EGGS ARE SET.

Recipe

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.

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

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.



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 RAPSEED OIL) - 30 G (1 X SPOON)
LEMON - 20 G (0.2 X PIECE)
GARLIC - 5 G (1 X CLOVE)

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 SPOON)
EXTRA BUTTER - 5 G (1 X TEASPOON)

Recipe

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

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: 1314.6,
P: 64.4, F: 107.5, C: 18.2

KETO PASTA WITH AVOCADO AND CHICKEN SAUCE

ZUCCHINI - 300 G (1 X PIECE)
CHICKEN THIGH MEAT, SKINLESS - 240 G (2.4 X PIECE)
AVOCADO - 140 G (1 X PIECE)
CREAM CHEESE, 30% FAT - 90 G (4.5 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 SPOON)
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

MARINATE THE MEAT IN THE OIL, SALT,
PEPPER AND GARLIC AND REFRIGERATE
FOR ABOUT 1H.

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 COURGETTE USING
A VEGETABLE SHARPENER, OR CUT INTO
THIN STRIPS WITH A SHARP KNIFE.

ADD THE PASTA TO THE SAUCE AND COOK
FOR 1MIN. SEASON TO TASTE.

HEAT THE BUTTER IN A FRYING PAN AND
FRY THE MEAT UNTIL SOFT.



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: 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 SPOON)
EXTRA BUTTER - 5 G (1 X TEASPOON)

Dinner

CAL: 1228.3,
P: 53.6, F: 107.1, C: 10.3

PANCAKE WITH SALMON

SMOKED SALMON - 160 G (5.3 X PIECE)
AVOCADO - 140 G (1 X PIECE)
WHOLE HEN'S EGGS - 112 G (2 X PIECE)
CUCUMBERS, PICKLED - 60 G (1 X PIECE)
CREAM 36% - 40 G (4 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, MIX THOROUGHLY.

ADD THE CHEDDAR CHEESE. MIX AGAIN.
WHISK THE EGG WHITES TO STIFF FOAM AND
ADD TO THE MIXTURE, MIX WELL.

SPREAD THE MIXTURE ON A LARGE BAKING
TRAY LINED WITH BAKING PAPER.

MAKE A THIN SHEET AND SPRINKLE WITH
GRATED PARMESAN CHEESE.

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.

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

Recipe

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.



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)

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 SPOON)
EXTRA BUTTER - 5 G (1 X TEASPOON)

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.

Dinner

CAL: 1229.8,
P: 85.9, F: 81.2, C: 31.2

POULTRY SPAGHETTI

ZUCCHINI - 450 G (1.5 X PIECE)
TURKEY LEG MEAT, SKINLESS - 300 G (3 X PIECE)
TINNED TOMATOES (SLICED) - 250 G (2.5 X PORTION)
CULTIVATED MUSHROOM, FRESH - 120 G (6 X PIECE)
RED PEPPERS - 70 G (0.5 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

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

HEAT THE FAT IN A FRYING PAN AND FRY THE CHOPPED GARLIC AND ONION. ADD THE SLICED MUSHROOMS AND PEPPERS- FRY FOR A MINUTE. 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 COURGETTE 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.



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 RAPESEED 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)

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 SPOON)
EXTRA BUTTER - 5 G (1 X TEASPOON)

Dinner

CAL: 1135.7,
P: 67.7, F: 91.4, C: 9.0

HALLOUMI ON A GREEN QUILT

HALLOUMI CHEESE - 140 G (1.4 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)
BALSAMIC VINEGAR - 3 G (1 X TEASPOON)

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)

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.

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

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.

MARINATE THE THIGHS IN OLIVE OIL, LEMON JUICE, OREGANO, SALT AND PEPPER. BAKE FOR APPROXIMATELY 30 MINUTES AT 180 DEGREES 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: 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 SPOON)
EXTRA BUTTER - 5 G (1 X TEASPOON)

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.

Dinner

CAL: 1374.8,
P: 70.3, F: 111.0, C: 22.8

GOULASH SOUP

BEEF BOUILLON (HOME-MADE) - 250 G (1 X CUP)
PORK, PORK NECK - 250 G (2.5 X PIECE)
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)
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

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

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.

Sunday

Breakfast

CAL: 1166.7,
P: 53.6, F: 99.3, 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 - 90 G (6 X ART)

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 SPOON)
EXTRA BUTTER - 5 G (1 X TEASPOON)

Recipe

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 MIX-
TURE AND FOLD IN HALF.

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: 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)

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
FISH AND SEAFOOD			OTHER		
SMALON, SMOKED	320 G	10.6 X PIECE	COCONUT MILK (21%)	400 G	20 X SPOONFUL
HALIBUT, FRESH	250 G	2.5 X PIECE	BEEF BOUILLON (HOME-MADE)	250 G	1 X GLASS
DRINKS			TOMATO PASSATA (PUREED)	40 G	0.4 X PORTION
COFFEE, SUGAR-FREE BREW	1750 G	7 X GLASS	EGGPLANT HUSK (SHELL)	23 G	0.2 X PORTION
WATER	60 G	0.2 X GLASS	RED TOMATO PESTO	10 G	0.5 X SPOONFUL
LEMON JUICE	15 G	2.5 X TABLESPOON	LIGHT SOYA SAUCE	10 G	1 X SPOON
FATS			BALSAMIC VINEGAR	3 G	1 X TEASPOON
OLIVE OIL	220 G	22 X TBSP	BAKING POWDER	2.5 G	0.8 X TEASPOON
EXTRA BUTTER	185 G	37 X TEASPOON	APPLE CIDER VINEGAR	1.5 G	0.5 X TEASPOON
COCONUT OIL (SOLID)	180 G	9 X TEASPOON	FROM RIPE APPLES		
MAYONNAISE (WITH RAPSEED OIL)	160 G	5.3 X TBSP	DAIRY		
CLARIFIED BUTTER	22 G	1.5 X TEASPOON	WHOLE HEN EGGS	784 G	14 X PIECE
SPICES AND HERBS			CHEESE, MOZZARELLA	210 G	14 X PIECE
HIMALAYAN SALT	11 G	11 X PINCH	HALLOUMI CHEESE	140 G	1.4 X PORTION
GROUND BLACK PEPPER	4 G	4 X PINCH	CREAM, 36%	100 G	10 X SPOONFUL
GRANULATED GARLIC	2 G	2 X PINCH	CREAM CHEESE, 30% FAT	90 G	4.5 X SPOONFUL
CORIANDER (DRIED LEAVES)	2 G	0.5 X TEASPOON	CHEESE, BRIE FULL FAT	80 G	2.7 X SLICE
OREGANO (DRIED)	1 G	0.3 X TEASPOON	CHEESE, FULL FAT CHEDDAR	70 G	4.7 X SLICE
NUTS AND BEANS			CHEESE, COUDA FAT	70 G	4.7 X SLICE
WALNUTS	45 G	3 X SPOONFUL	CHEESE, PARMESAN	68 G	8.5 X SPOONFUL
FLAKED ALMONDS	40 G	4 X TBSP	MASCARPONE CHEESE	36 G	1.5 X SPOONFUL
ALMOND FLOUR	40 G	4 X TBSP	EGG WHITE	35 G	1 X PIECE
SUNFLOWER, SEED, SHELLLED	30 G	3 X SPOONFUL	CREAM, 18% FAT	20 G	0.8 X TBSP
LINSEED (KERNELS)	5 G	0.5 X TEASPOON	FRUIT AND VEGETABLES		
COCONUT FLOUR	30 G	2 X SPOONFUL	AVOCADO	840 G	6 X PIECE
MEAT AND MEAT PRODUCTS			COURGETTE	750 G	2.5 X PIECE
CHICKEN THIGH MEAT, SKINLESS	440 G	4.4 X PIECE	CAULIFLOWER	250 G	0.5 X PIECE
TURKEY LEG MEAT, SKINLESS	300 G	3 X PIECE	TINNED TOMATOES (SLICED)	250 G	2.5 X PORTION
PORK NECK	250 G	2.5 X PIECE	RED PEPPERS	247 G	1.8 X PIECE
SMOKED BONELESS BACON	170 G	1.7 X PIECE	CULTIVATED MUSHROOM, FRESH	200 G	10 X PIECE
KABANOSY	90 G	6 X PIECE	TOMATO	170 G	1.4 X PIECE
PARMA HAM (PROSCIUTTO)	80 G	5.3 X SLICE	ONION	150 G	1.5 X PIECE
TURKEY HAM	50 G	3.3 X SLICE	RASPBERRIES	120 G	2 X HANDFUL
SANDWICH HAM	45 G	3 X SLICE	CUCUMBER	120 G	3 X PIECE
			ARUGULA	80 G	4 X HANDFUL
			CUCUMBERS, PICKLED	60 G	1 X PIECE
			CHERRY TOMATOES	60 G	3 X PIECE
			YELLOW PEPPER	55 G	0.4 X PIECE
			CHICORY	40 G	0.5 X PIECE
			PARSLEY, LEAVES	36 G	6 X TEASPOON
			LEMON	35 G	0.4 X ART
			GARLIC	35 G	7 X CLOVE
			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
			LETUCE	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.

