

# Meal Plan For: 6/4 Through 6/10

Plan #

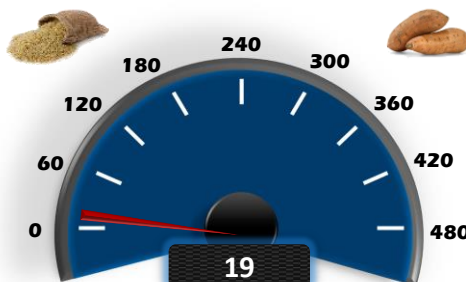
M1-1600

No army can withstand the strength of an idea whose time has come.  
- Victor Hugo

## Ave. Grams of Protein / Day



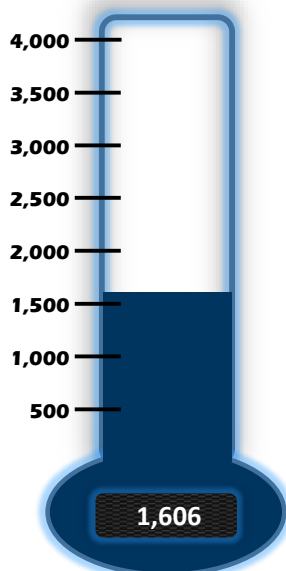
## Ave. Grams of Net Carbs / Day



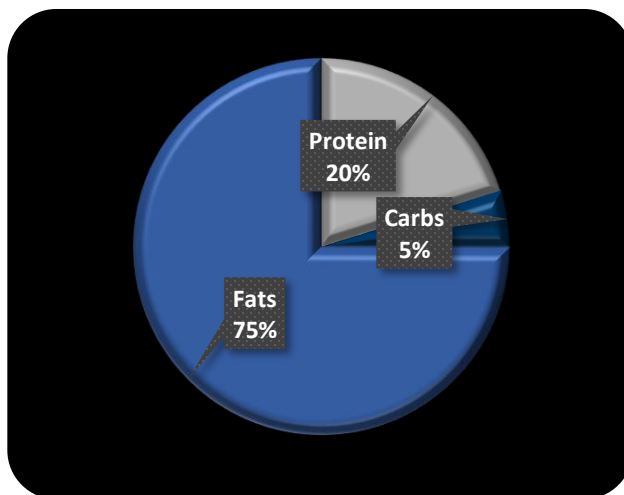
## Ave. Grams of Fat / Day



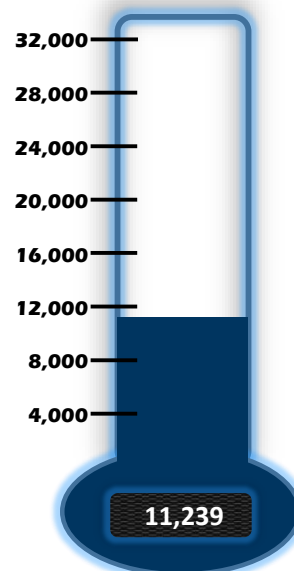
## Ave. Calories / Day



## Actual Macronutrients For The Week



## Actual Week Calories



## Meal Summary

### Dinners

Monday	Pizza Muffins
Tuesday	Loaded Nacho Meatballs
Wednesday	Fajita Stuffed Chicken
Thursday	Keto Cobb Salad
Friday	Fat Bomb Pork Chop
Saturday	Chili Lime Shrimp
Sunday	Bacon Explosion

### Wake Up

Keto Cocktail

### Supplements

Keto Stack (optional)

### Snack

Hard boiled eggs and  
Strawberries

### Breakfast

Keto Coffee

### Lunch

Ketosis Chili

### Pre-Workout

Exogenous Ketones  
(optional)

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. It is the user's responsibility to ensure that all food and meat is cooked thoroughly, regardless of recipe instructions.

## Grocery List

[illegible]

### Approximate Consumption Total

**\$ 54.17**

[illegible]

\* Costs are the approximate cost you will consume as prepared per meal plan. actual costs will vary.

# Monday

	Step	Qty	UOM	Ingredient
Wake Up	1	10	Oz	Water
	1	1/4	Ea	Lemon
	1	1/2	Tsp	Salt, Pink Himalayan

Breakfast	1	10	Oz	Coffee, low in mold toxins
	1	1	Tbsp	Oil, Brain Octane or MCT
	1	1	Tbsp	Butter, unsalted grass-fed

Supplements	1	1	Ea	Magnesium, 300-500 mg
	1	1	Ea	Potassium, 100-500 mg
	1	1	Ea	Vitamin D, 3000 - 5000 IU
	1	1	Ea	Fish Oil, 2200 mg
	1	1	Ea	Keto Greens, 4000 mg

Lunch	1	1 1/2	Ea	Celery Stalk
	1	1 3/4	Cup	Water
	1	4	Oz	Cauliflower
	1	1/2	Ea	Zucchini, Medium
	1	4	Oz	Beef, Ground (80/20)
	1	3	Ea	Asparagus Stalk
	2	1 1/2	Tbsp	Oil, Coconut (flavorless)

Snack	1	2	Ea	Egg
	2	1/4	Cup	Strawberries

Dinner	2	2 1/2	Ea	Bacon, slice
	2	2 1/2	Tbsp	Flaxseed meal
	2	1 1/2	Tbsp	Flour, almond
	2	1/4	Tsp	Baking Powder
	2	1/4	Tsp	Salt, pink Himalayan
	2	1	Pinch	Red Pepper (Cayenne) Flakes
	3	2	Oz	Cheese, full fat mozzarella
	3	2	Tbsp	Cheese, parmesan
	3	2	Ea	Egg
	3	1/2	Tsp	Oregano, ground
	3	1/2	Ea	Garlic, Chopped Clove

w/o	1	1	Ea	Exogenous Ketones, Perfect Keto

Keto Cocktail		Directions
1	Add the lemon to warm water then squeeze as much juice as you can from the lemon directly into your cup. Stir until your arm falls off!	
2	Just kidding, we are not liable if your arm falls off. Just stir until salt is dissolved.	

Keto Coffee		Directions
1	Mix hot coffee, MCT Oil, and butter in a blender on high, for 20 seconds. Yo, don't just shake the coffee, actually blend it. Trust me. Umm good.	
2	NOTE: If you like your coffee on the sweet side, you can add a little erythritol, stevia, or xylitol.	

Keto Stack (optional)		Directions
1	While a ketogenic diet can be very healthy if done correctly, there are still some vitamins and minerals deficiencies of which we need to be mindful.	
2	Yes, you can do this without supplements, however, they will make the transition quicker and easier than without them, and will help with overall health.	

Ketosis Chili		Directions
1	In a medium pot, cook celery and cook over medium-low heat until soft (about 3 minutes). Add water, asparagus, cauliflower, zucchini, and beef.	
2	Cover and cook for 10 minutes. Add the coconut oil and any sugar-free seasoning you would like, such as pink salt, cumin, and oregano.	
3	NOTE: You can batch make this before the week starts, simply multiply all quantities by 7 to get the full week amounts. Divide, freeze, microwave when ready.	

Hard boiled eggs and Strawberries	Two Separate Snacks, Eat Both
1	Boil water, then gently drop eggs into water. Cook for 15 minutes, then immediately rinse with cold water.
2	Wash, rinse, then eat! That was easy :)

Pizza Muffins		Directions
1	Preheat oven to 375°F.	
2	Cook slices of bacon then cut into pieces and set aside. Measure out the Flaxseed, almond flour, baking powder, salt, and red pepper into a mixing bowl.	
3	Add the egg, mozzarella, parmesan, oregano, garlic and bacon to the mixture and whisk it well.	
4	Distribute the mixture in a cupcake tin. Fill as many holes as you can, ensuring that each hole is only 3/4 full.	
5	Bake for 20 minutes.	

Exogenous Ketones (optional)		Directions
1	Exogenous ketones are one of the hottest products on the market right now. They will make the transition quicker and easier. Get and stay in Ketosis FAST.	

Daily Total	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	1550
Total Fat	126g
Total Net Carbs	18g
Protein	85g

Wake Up	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	5
Total Fat	0g
Total Net Carbs	1g
Protein	0g

Breakfast	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	242
Total Fat	26g
Total Net Carbs	0g
Protein	3g

Supplements	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	0
Total Fat	0g
Total Net Carbs	0g
Protein	0g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	545
Total Fat	46g
Total Net Carbs	8g
Protein	26g

Snack	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	158
Total Fat	11g
Total Net Carbs	3g
Protein	13g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	601
Total Fat	45g
Total Net Carbs	7g
Protein	43g

Pre-Workout	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	0
Total Fat	0g
Total Net Carbs	0g
Protein	0g

## Tuesday

To get the full meal plan in the exact calorie target you need, sign up and you will get a complete meal plan every week.

<https://www.12MinuteKeto.Com>

Get It Now!!

## Wednesday

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**Get It Now!!**



## Thursday

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## Friday

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## Saturday

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**Sunday**

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