



*Body* **FIXERS**

Ketogenic Diet

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A fat-packed, ultra low-carb meal plan to kick the body from glucose dependency to ketosis.






















Our 7-day Ketogenic Diet is a healthy twist on a 'typical' keto diet which is usually packed with dairy products and lacking in vegetables.

This meal plan is completely dairy-free. Instead of relying on cheese as a staple ingredient for low-carb recipes, we've included a wide range of more nutrient-dense, high-fiber ingredients. Net carbs are approximately 30g/day or less.

We have acknowledged the difference between fiber and other carbohydrates, as fiber is not digested and converted into glucose. The vast majority of carbohydrates on this plan come from fiber, so they will not prevent ketosis. They will, however, support a healthy GI-tract and make for a happier, healthier you.

This Ketogenic meal plan is designed for the purpose of promoting general health and wellness through ketosis. It is not intended to treat epilepsy or any other type of seizure disorder.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bulletproof Latte	 Eggvocado	 Bulletproof Latte	 Eggvocado	 Bulletproof Latte	 Bacon, Eggs, Avocado & Sauerkraut	 Bacon, Eggs, Avocado & Sauerkraut
Snack 1	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Olive Medley	 Olive Medley	 Olive Medley
Lunch	 Smoked Salmon Wrapped Avocado	 One Pan Mediterranean Trout	 Pesto Zoodles with Poached Egg	 Sausage, Broccoli & Cabbage Stir Fry	 Smoked Salmon Salad	 Roasted Chicken with Zucchini & Olives	 Roasted Chicken with Zucchini & Olives
Snack 2	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts
Dinner	 One Pan Mediterranean Trout	 Pesto Zoodles with Poached Egg	 Sausage, Broccoli & Cabbage Stir Fry	 Smoked Salmon Salad	 Roasted Chicken with Zucchini & Olives	 Cauliflower Shepherd's Pie	 Cauliflower Shepherd's Pie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  71%	Fat  71%	Fat  73%	Fat  70%	Fat  81%	Fat  73%	Fat  73%
Carbs  8%	Carbs  10%	Carbs  13%	Carbs  13%	Carbs  8%	Carbs  11%	Carbs  11%
Protein  21%	Protein  19%	Protein  14%	Protein  17%	Protein  11%	Protein  16%	Protein  16%
Calories 1280	Calories 1672	Calories 1169	Calories 1502	Calories 1397	Calories 1726	Calories 1726
Fat 104g	Fat 136g	Fat 99g	Fat 122g	Fat 129g	Fat 146g	Fat 146g
Carbs 28g	Carbs 45g	Carbs 39g	Carbs 53g	Carbs 29g	Carbs 49g	Carbs 49g
Fiber 17g	Fiber 26g	Fiber 12g	Fiber 26g	Fiber 12g	Fiber 21g	Fiber 21g
Sugar 7g	Sugar 14g	Sugar 18g	Sugar 15g	Sugar 7g	Sugar 16g	Sugar 16g
Protein 68g	Protein 83g	Protein 42g	Protein 65g	Protein 41g	Protein 72g	Protein 72g
Cholesterol 508mg	Cholesterol 1024mg	Cholesterol 673mg	Cholesterol 1027mg	Cholesterol 321mg	Cholesterol 586mg	Cholesterol 586mg
Sodium 1819mg	Sodium 1939mg	Sodium 1993mg	Sodium 2114mg	Sodium 2129mg	Sodium 2726mg	Sodium 2726mg
Vitamin A 3927IU	Vitamin A 6495IU	Vitamin A 4025IU	Vitamin A 3320IU	Vitamin A 1333IU	Vitamin A 6928IU	Vitamin A 6928IU
Vitamin C 47mg	Vitamin C 101mg	Vitamin C 177mg	Vitamin C 164mg	Vitamin C 43mg	Vitamin C 122mg	Vitamin C 122mg
Calcium 321mg	Calcium 472mg	Calcium 360mg	Calcium 409mg	Calcium 302mg	Calcium 397mg	Calcium 397mg
Iron 10mg	Iron 15mg	Iron 13mg	Iron 15mg	Iron 16mg	Iron 20mg	Iron 20mg
Vitamin D 425IU	Vitamin D 205IU	Vitamin D 123IU	Vitamin D 548IU	Vitamin D 386IU	Vitamin D 113IU	Vitamin D 113IU

## Fruits

- 4 1/2 Avocado
- 1 3/4 Lemon

## Breakfast

- 3 cups Organic Coffee

## Seeds, Nuts & Spices

- 2 tbsps Hemp Seeds
- 2 1/2 tsps Italian Seasoning
- 2 1/3 cups Macadamia Nuts
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Walnuts

## Vegetables

- 1/2 cup Baby Spinach
- 1 1/2 cups Basil Leaves
- 2 cups Broccoli
- 1 Carrot
- 1/2 head Cauliflower
- 1 stalk Celery
- 2 1/2 Garlic
- 3 cups Mixed Greens
- 1 1/2 cups Mushrooms
- 2 cups Purple Cabbage
- 2 Tomato
- 1 Yellow Onion
- 4 Zucchini

## Boxed & Canned

- 1/3 cup Organic Coconut Milk

## Bread, Fish, Meat & Cheese

- 10 1/2 ozs Chicken Leg, Boneless With Skin
- 8 ozs Extra Lean Ground Turkey
- 4 slices Organic Bacon
- 5 ozs Organic Chicken Sausage
- 2 Rainbow Trout Fillet
- 7 1/16 ozs Smoked Salmon

## Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 3/4 cup Artichoke Hearts
- 3 cups Assorted Olives
- 2 tbsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 cup Green Olives
- 1/4 cup Pitted Kalamata Olives
- 1/2 cup Sauerkraut

## Cold

- 20 Egg
- 3 tbsps Ghee



## Bulletproof Latte

1 serving

15 minutes

### Ingredients

- 1 cup Organic Coffee (brewed)
- 1 tbsp Ghee
- 2 tbsps Organic Coconut Milk (canned, full-fat)

### Nutrition

Amount per serving	
Calories	165
Fat	17g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	1g
Cholesterol	30mg
Sodium	82mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	6mg
Iron	0mg
Vitamin D	0IU

### Directions

- 1 Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

### Notes

**No Ghee,** Use coconut oil or butter.

**More Fuel,** Add 1 tablespoon MCT oil per cup.

**No Coffee,** Use your favourite tea instead.



## Eggvocado

1 serving

15 minutes

### Ingredients

1 Avocado

2 Egg

### Nutrition

Amount per serving	
Calories	465
Fat	39g
Carbs	18g
Fiber	13g
Sugar	2g
Protein	17g
Cholesterol	372mg
Sodium	156mg
Vitamin A	833IU
Vitamin C	20mg
Calcium	80mg
Iron	3mg
Vitamin D	82IU

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 3 Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

### Notes

**On The Go,** Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.



## Bacon, Eggs, Avocado & Sauerkraut

2 servings

15 minutes

### Ingredients

- 4 slices Organic Bacon
- 4 Egg
- 1 Avocado
- 1/2 cup Sauerkraut

### Nutrition

Amount per serving	
Calories	531
Fat	45g
Carbs	11g
Fiber	8g
Sugar	2g
Protein	23g
Cholesterol	409mg
Sodium	804mg
Vitamin A	714IU
Vitamin C	15mg
Calcium	82mg
Iron	3mg
Vitamin D	91IU

### Directions

- 1 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 2 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 3 Transfer cooked eggs to plate and add sauerkraut. Enjoy!





## Salt n' Vinegar Hard Boiled Eggs

4 servings

35 minutes

### Ingredients

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

### Nutrition

Amount per serving	
Calories	148
Fat	10g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	13g
Cholesterol	372mg
Sodium	732mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg
Vitamin D	82IU

### Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



## Olive Medley

3 servings

2 minutes

### Ingredients

3 cups Assorted Olives

### Nutrition

Amount per serving	
Calories	156
Fat	15g
Carbs	8g
Fiber	2g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	988mg
Vitamin A	444IU
Vitamin C	1mg
Calcium	118mg
Iron	8mg
Vitamin D	0IU

### Directions

- 1 Divide into bowls and enjoy!



## Smoked Salmon Wrapped Avocado

2 servings

5 minutes

### Ingredients

- 1 Avocado
- 3 1/2 ozs Smoked Salmon (sliced)

### Directions

- 1 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

### Nutrition

Amount per serving	
Calories	219
Fat	17g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Cholesterol	12mg
Sodium	343mg
Vitamin A	190IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg
Vitamin D	343IU



## Macadamia Nuts

1 serving  
2 minutes

### Ingredients

1/3 cup Macadamia Nuts

### Nutrition

Amount per serving	
Calories	321
Fat	34g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg
Vitamin D	0IU

### Directions

- 1 Divide between bowls and enjoy!



## One Pan Mediterranean Trout

2 servings

25 minutes

### Ingredients

- 1 cup Basil Leaves
- 1/4 Lemon (juiced)
- 1/2 Garlic (clove)
- 1/8 tsp Sea Salt
- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet (about 5 oz. each)
- 3/4 cup Artichoke Hearts
- 1/4 cup Pitted Kalamata Olives
- 2 Tomato (large, quartered)

### Nutrition

Amount per serving	
Calories	427
Fat	26g
Carbs	10g
Fiber	6g
Sugar	3g
Protein	39g
Cholesterol	94mg
Sodium	660mg
Vitamin A	3197IU
Vitamin C	36mg
Calcium	203mg
Iron	5mg
Vitamin D	0IU

### Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

### Notes

**No Trout,** Use salmon fillets instead.

**More Carbs,** Serve with rice or quinoa.



## Pesto Zoodles with Poached Egg

2 servings

20 minutes

### Ingredients

- 2 Zucchini (large)
- 1/2 cup Basil Leaves
- 1/2 cup Baby Spinach
- 1/2 Garlic (clove, minced)
- 2 tbsps Walnuts
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/4 tsp Sea Salt
- 2 Egg

### Nutrition

Amount per serving	
Calories	311
Fat	27g
Carbs	9g
Fiber	3g
Sugar	6g
Protein	10g
Cholesterol	186mg
Sodium	389mg
Vitamin A	1925IU
Vitamin C	44mg
Calcium	95mg
Iron	3mg
Vitamin D	41IU

### Directions

- 1 Spiralize your zucchinis into noodles and set aside.
- 2 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 3 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 4 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

### Notes

**Nut-Free,** Use sunflower or pumpkin seeds instead of walnuts.

**More Carbs,** Use brown rice pasta instead of zucchini noodles.

**No Spinach,** Use kale or any dark leafy green.

**Meat Lover,** Skip the poached egg and top with chicken, bacon or steak instead.

**Vegan,** Skip the poached egg and top with beans, lentils or chickpeas instead.



## Sausage, Broccoli & Cabbage Stir Fry

2 servings

25 minutes

### Ingredients

- 5 ozs Organic Chicken Sausage
- 1/2 Yellow Onion (small, diced)
- 1/2 Garlic (clove, minced)
- 2 cups Broccoli (chopped into small florets)
- 2 cups Purple Cabbage (finely sliced)
- 1 tsp Italian Seasoning

### Nutrition

Amount per serving	
Calories	224
Fat	11g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g
Cholesterol	85mg
Sodium	788mg
Vitamin A	1560IU
Vitamin C	132mg
Calcium	165mg
Iron	6mg
Vitamin D	0IU

### Directions

- 1 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 2 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

### Notes

**Leftovers,** Keeps well in the fridge up to 3 days.

**No Sausage,** Use ground meat instead.

**Make it Quick,** Use bagged coleslaw mix to save time on slicing cabbage.



## Smoked Salmon Salad

2 servings

15 minutes

### Ingredients

- 2 Egg
- 3 cups Mixed Greens
- 3 1/2 ozs Smoked Salmon (sliced)
- 1/2 Avocado (sliced)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	344
Fat	28g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	17g
Cholesterol	198mg
Sodium	436mg
Vitamin A	387IU
Vitamin C	11mg
Calcium	70mg
Iron	2mg
Vitamin D	384IU

### Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

### Notes

**Extra Topping Suggestions**, Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

**No Smoked Salmon**, Replace with the protein of your choice.

**No Avocado Oil**, Use Extra Virgin Olive Oil instead.





## Roasted Chicken with Zucchini & Olives

3 servings

1 hour 20 minutes

### Ingredients

- 10 1/2 ozs Chicken Leg, Boneless with Skin
- 1/4 tsp Sea Salt
- 2 Zucchini (medium, sliced)
- 1 cup Green Olives (sliced)
- 1 Lemon (juiced)
- 3 tbsps Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	411
Fat	35g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	18g
Cholesterol	93mg
Sodium	621mg
Vitamin A	502IU
Vitamin C	30mg
Calcium	70mg
Iron	4mg
Vitamin D	2IU

### Directions

- 1 Preheat oven to 375F° (191°C).
- 2 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 3 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 4 Remove from oven and let stand 15 minutes before serving. Enjoy!

### Notes

**Leftovers,** Keeps well in the fridge for 2 to 3 days.

**More Carbs,** Serve with rice, quinoa, or roasted potatoes.

**Vegetarian/Vegan,** Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.



## Cauliflower Shepherd's Pie

2 servings

50 minutes

### Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 cups Mushrooms (sliced)
- 1 Carrot (diced)
- 1 stalk Celery (diced)
- 1 1/2 tsps Italian Seasoning
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	307
Fat	17g
Carbs	16g
Fiber	5g
Sugar	8g
Protein	26g
Cholesterol	84mg
Sodium	311mg
Vitamin A	5268IU
Vitamin C	75mg
Calcium	89mg
Iron	3mg
Vitamin D	20IU

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

### Notes

Vegan and Vegetarian, Use cooked lentils instead of ground meat.