PRINTABLE MEAL PLAN · WOMEN 25+

28-Day Keto Meal Plan

34 real recipes · 4 weekly grocery lists · Sunday prep guides · net carbs and macros on every recipe



Coach Luke

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BONUS: 28 days of free coaching emails inside

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Welcome, and how to use this plan

Hi, I'm Coach Luke. I've coached people in health and fitness for more than 20 years, and the question I hear most about keto is simple: **"What do I actually eat on Tuesday?"** This plan answers that for 28 days. It's built for busy women 25 and up who want real food, a shopping list, and a cooking rhythm that fits a work week.

Every recipe in this plan is one of my own, published on coachluke.com, with nutrition calculated from the listed ingredients. Nothing here is a crash diet. You'll cook about four real dinners a week, prep breakfast and lunch on Sunday, and lean on planned leftovers so you're never starting from zero at 6 p.m.

What's inside

- A day-by-day menu for all 28 days, with net carbs, protein and calories for every day
- Four grocery lists sorted by store section, sized to the exact recipes that week
- A Sunday prep guide for each week (about 60 to 90 minutes)
- 34 full recipes with photos, macros, storage notes and a swap for each one
- Keto food list, pantry list, smart swaps, snacks and add-ons to fit your appetite
- Eating-out guide, freezer guide, trackers, weekly check-ins and a blank planner
- Bonus: 28 daily coaching emails that walk through the plan with you (page 60)

An honest note before you start

This plan is for general education, not medical advice. Nutrition values are estimates and will vary with brands. **If you're pregnant or breastfeeding, have a health condition, or take medication for blood sugar or blood pressure, check with your doctor before starting keto.** I don't promise a number on the scale. What I can promise is a clear plan, tested recipes, and fewer decisions at dinnertime. Pay attention to how you feel, and adjust portions with the add-ons on page 8.

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How the weekly rhythm works

Every week follows the same simple pattern. Once you've done Week 1, the rest feels automatic.

Sunday	PREP DAY	Cook Breakfast A and the lunch batch. Wash and chop veggies for Day 1 and Day 2. About 60 to 90 minutes.
Day 1	COOK	Big dinner (often a slow cooker or one-pan meal). Leftovers become Day 2 lunch.
Day 2	COOK	Big dinner. Extra servings go in the freezer for busy weeks later.
Day 3	QUICK NIGHT	A 20- to 30-minute dinner, cooked as a half batch (2 servings). The second serving is Day 4 lunch.
Day 4	COOK	Big dinner. Save two servings: Day 5 lunch and Day 7 dinner. Make Breakfast B tonight.
Day 5	COOK	Big dinner. Leftovers become Day 6 lunch.
Day 6	QUICK NIGHT	Another fast half-batch dinner. The second serving is Day 7 lunch.
Day 7	LEFTOVER NIGHT	Reheat the Day 4 dinner you saved. No cooking.

Two breakfasts, one lunch batch

Breakfast A is made on Sunday and covers Days 1 to 4. **Breakfast B** is made on the evening of Day 4 and covers Days 5 to 7 (in Week 3 it's a 10-minute omelet you cook fresh). The **lunch batch** is eaten on Days 1 and 3; the other lunches are planned leftovers. Every storage time in this plan matches the recipe's own storage note, so nothing sits in the fridge longer than it should.

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Keto basics in plain English

What keto means here

A ketogenic way of eating keeps carbohydrates low and builds meals around protein, healthy fats and non-starchy vegetables. In this plan, the three daily meals land between **7 and 20 g net carbs per day**, which leaves room for a snack or side if you want one.

Net carbs

Net carbs = total carbs minus fiber. Fiber isn't digested like other carbs, so most keto plans count net carbs. Every recipe page lists net carbs per serving, and so does each day of the menu. Sugar alcohols such as erythritol (used in two recipes here) are not counted in the totals.

Protein first

Each day of the plan gives you roughly **90 to 130 g of protein** from the three meals. Protein helps keep you full and supports muscle, which matters more every year after your mid-30s. Keto doesn't have to mean bacon all day.

The first week

- Some people feel tired, foggy or headachy for a few days as their body adjusts. Drink plenty of water and salt your food to taste.
- Broths and soups (four are in this plan) are an easy way to get fluid and sodium.
- If you feel unwell, or if anything worries you, ease off and talk to your doctor. There's no prize for pushing through.
- Hunger often drops after the first week. If it does, eat to comfortable fullness instead of forcing every bite.

About calories

The three meals give you about **1,140 to 1,740 calories a day**. For many adult women that's on the low side (the Dietary Guidelines for Americans estimate roughly 1,600 to 2,400 a day depending on age and activity). Treat the menu as a floor, not a target: add a snack, side or extra serving from page 8 whenever you're hungry. This is not a very-low-calorie diet and shouldn't be used as one.

REFERENCE

Keto food list

ENJOY FREELY

- Eggs
- Chicken, turkey, beef, pork, lamb
- Salmon, shrimp, white fish, tuna
- Leafy greens, spinach, kale, lettuce
- Zucchini, cauliflower, broccoli, cabbage
- Mushrooms, celery, cucumber, radishes
- Olive oil, avocado oil, butter
- Avocado, olives
- Herbs, spices, garlic, ginger
- Water, sparkling water, coffee, tea

ENJOY IN PORTIONS

- Cheese (hard and soft)
- Heavy cream, sour cream, cream cheese
- Nuts: pecans, almonds, walnuts, macadamias
- Seeds: chia, flax, pumpkin
- Bell peppers, onions, tomatoes
- Berries (a small handful)
- Almond flour, coconut flour
- Dark chocolate 85%+
- Unsweetened almond or coconut milk
- Bacon, sausage, chorizo (check labels for sugar)

LIMIT OR SKIP

- Bread, pasta, rice, cereal, oats
- Potatoes, corn, peas
- Beans and lentils
- Most fruit, juice, dried fruit
- Sugar, honey, maple syrup
- Soda and sweet coffee drinks
- Beer and sweet cocktails
- Low-fat "diet" products with added sugar
- Ketchup, BBQ sauce, sweet dressings
- Chips, crackers, granola bars

Label tip: sauces, sausage, deli meat and "keto" snacks can hide sugar or starch. Check the nutrition label for total carbs and fiber, and look for sugar near the top of the ingredient list.

REFERENCE

Stock your keto pantry once

Buy these once and they'll last the whole month. The weekly grocery lists show which ones each week uses, so you can check your shelves before you shop.

OILS & FATS

- [ ] Olive oil
- [ ] Avocado oil
- [ ] Coconut oil
- [ ] Toasted sesame oil

SPICES

- [ ] Salt, coarse sea salt, black pepper
- [ ] Garlic powder, onion powder
- [ ] Smoked paprika, chili powder
- [ ] Ground cumin, oregano, basil
- [ ] Thyme, rosemary, Italian seasoning
- [ ] Curry powder, garam masala, turmeric
- [ ] Red pepper flakes, fennel seed, nutmeg
- [ ] Bay leaves, mustard powder

CANS & CARTONS

- [ ] Chicken broth
- [ ] Beef broth
- [ ] Crushed tomatoes
- [ ] Diced tomatoes with green chiles
- [ ] Full-fat coconut milk
- [ ] Unsweetened almond milk

VINEGARS & SAUCES

- [ ] Apple cider vinegar
- [ ] Balsamic vinegar
- [ ] Dijon and whole grain mustard
- [ ] Yellow mustard
- [ ] Coconut aminos
- [ ] Hot sauce (Frank's style)
- [ ] Mayonnaise (avocado oil)
- [ ] Tomato paste
- [ ] Liquid smoke

BAKING & EXTRAS

- [ ] Almond flour
- [ ] Baking powder
- [ ] Xanthan gum
- [ ] Granulated and powdered erythritol
- [ ] Unsweetened cocoa powder
- [ ] Vanilla extract
- [ ] Chia seeds
- [ ] Unflavored collagen powder
- [ ] Pork rinds (for "breading")
- [ ] Pecans, sesame seeds

REFERENCE

Smart swaps

Dairy-free	Use olive oil or ghee for butter, full-fat coconut milk for heavy cream, and dairy-free shreds for cheese. Casseroles will be a little softer and may need 5 extra minutes. Every recipe page has its own swap.
Egg allergy	Breakfasts in this plan are egg-heavy. Swap Breakfast A for leftover dinner, the Mocha Chia Pudding (no eggs), or the Chicken Salad. For meatballs and meatloaf, skip the eggs and add 1 tbsp more almond flour.
Nut-free	Replace almond flour with an equal amount of crushed pork rinds in savory recipes, and skip the pecans in the Chicken Salad (add extra celery for crunch). Almond milk can be swapped for coconut milk beverage.
Pork-free	Use ground turkey or beef for sausage and ground pork, turkey bacon for bacon, and beef chuck roast for the Kalua Pork (cook time stays the same).
Feeding a family	The big dinners already serve 4 to 8. Serve them as is, and add rice, potatoes or tortillas on the side for anyone not doing keto. Double the quick dinners (cook the full recipe) instead of the half batch.
Budget	Chicken thighs are cheaper than breasts and work in every chicken recipe. Frozen cauliflower rice, broccoli and spinach are fine. Buy cheese in blocks and shred it yourself; pre-shredded has starch added anyway.
Short on time	Use a rotisserie chicken for the Chicken Salad, frozen cauliflower rice, and pre-cut veggies. On any night you can trade a big dinner for a freezer meal and push that recipe to later.
Don't like a recipe?	Swap any dinner for another dinner, any breakfast for another breakfast. The index on page 22 lists macros for all 34 so you can keep your numbers close.

REFERENCE

Snacks and add-ons: fit the plan to your appetite

Your body, your activity and your goals are different from anyone else's. Use these to add food when you're hungry, when you train hard, or when the day's total is on the low side. Numbers are approximate.

Bacon Dijon Deviled Eggs (recipe p. 56)
266 kcal · 13 g protein · 1 g net carbs per serving. Make on Sunday; keeps 2 days.

Cheesy Cauliflower Rice (recipe p. 55)
308 kcal · 11 g protein · 6 g net carbs per serving. Great with the Kalua Pork, Chicken Curry and Beef and Broccoli.

A handful of nuts (1 oz)
Pecans or macadamias ~200 kcal, 2 to 3 g protein, 1 to 2 g net carbs. Almonds ~165 kcal, 6 g protein, 3 g net carbs.

Half an avocado
About 120 kcal and 1 to 2 g net carbs. Add to any lunch.

String cheese or 1 oz cheddar
About 80 to 115 kcal, 6 to 7 g protein, under 1 g net carbs.

Hard-boiled eggs (2)
About 155 kcal, 13 g protein, 1 g net carbs. Boil a dozen on Sunday.

Extra serving of protein
Add 3 to 4 oz of leftover chicken, pork or beef to a meal: about 130 to 220 kcal and 25 to 30 g protein.

Celery or cucumber + 2 tbsp cream cheese or guacamole
About 100 kcal and 2 to 3 g net carbs. Crunchy and filling.

Plain full-fat Greek yogurt (½ cup) + a few berries
About 130 kcal, 10 g protein, 5 to 6 g net carbs. Fits on lower-carb days.

Sugar-free treats
Keto desserts are fine now and then, but they don't replace real food. Keep them for weekends.

REFERENCE

Eating out and using your freezer

Ordering out without the stress

- **Burger places:** bunless burger or lettuce wrap, side salad instead of fries.
- **Mexican:** fajita meat and veggies with guacamole, sour cream and cheese; skip tortillas, rice and beans.
- **Steakhouse:** steak or salmon with a double serving of a green vegetable and butter.
- **Italian:** chicken piccata or grilled fish with vegetables instead of pasta.
- **Asian:** grilled meat, egg drop soup, or stir-fry without the sauce and rice; ask for sauce on the side.
- **Coffee shops:** coffee or tea with cream; skip syrups and "light" sweet drinks.
- **Parties:** fill up on the meat, cheese and veggie trays. One meal doesn't undo a week.

Your freezer is your backup plan

The Day 1 and Day 2 dinners each week make extra servings on purpose. Freeze them in single portions, labeled with the name and date. By Week 3 you'll have a stash for busy nights, travel, or the week after this plan ends.

FREEZES WELL (2 TO 3 MONTHS)

Kalua Pork, Meatloaf, Buffalo Chicken, Shepherd's Pie, Chili, Cordon Bleu Casserole, Chicken Curry, Italian Meatballs, Jalapeño Popper Chicken Casserole, Zucchini Lasagna, Cheeseburger Casserole, Taco Soup, Stuffed Pepper Soup, Zuppa Toscana, Egg Cups, Frittata, Breakfast Casserole, Quiche, Chaffles

FRIDGE ONLY

Chicken Salad, Mocha Chia Pudding, Spinach Stuffed Chicken, Philly Cheesesteak Casserole, Balsamic Chicken, Chicken Parmesan (3 days), Zucchini Boats (3 days), Beef and Broccoli, Chicken Thighs, Shrimp and Salmon (2 days), Burrito Bowl

THAW AND REHEAT

Move a portion to the fridge the night before. Reheat soups on the stove and casseroles covered at 350°F for 15 to 20 minutes, or microwave in 1-minute bursts until hot all the way through.

WEEK 1 · COMFORT CLASSICS

Week 1 menu

DAY	BREAKFAST	LUNCH	DINNER	DAY TOTALS
1 DAY 1	**Jalapeño Popper Egg Cups** *Sunday batch*	**Taco Soup** *Sunday batch*	**Slow Cooker Kalua Pork and Cabbage** *Cook tonight*	**11 g net carbs** 98 g protein 1,466 kcal
2 DAY 2	**Jalapeño Popper Egg Cups** *Sunday batch*	**Slow Cooker Kalua Pork and Cabbage** *Leftovers from Day 1 dinner*	**Meatloaf with Tangy Tomato Glaze** *Cook tonight*	**9 g net carbs** 96 g protein 1,391 kcal
3 DAY 3	**Jalapeño Popper Egg Cups** *Sunday batch*	**Taco Soup** *Sunday batch*	**Garlic Butter Shrimp with Zucchini Noodles** *Quick, 2 servings*	**16 g net carbs** 91 g protein 1,189 kcal
4 DAY 4	**Jalapeño Popper Egg Cups** *Sunday batch*	**Garlic Butter Shrimp with Zucchini Noodles** *Leftovers from Day 3 dinner*	**Spinach and Cream Cheese Stuffed Chicken Breast** *Cook tonight*	**14 g net carbs** 109 g protein 1,232 kcal
5 DAY 5	**Mocha Chia Pudding** *Made Day 4 evening*	**Spinach and Cream Cheese Stuffed Chicken Breast** *Leftovers from Day 4 dinner*	**Philly Cheesesteak Casserole** *Cook tonight*	**12 g net carbs** 119 g protein 1,412 kcal
6 DAY 6	**Mocha Chia Pudding** *Made Day 4 evening*	**Philly Cheesesteak Casserole** *Leftovers from Day 5 dinner*	**Salmon With Lemon Butter Sauce** *Quick, 2 servings*	**11 g net carbs** 97 g protein 1,302 kcal
7 DAY 7	**Mocha Chia Pudding** *Made Day 4 evening*	**Salmon With Lemon Butter Sauce** *Leftovers from Day 6 dinner*	**Spinach and Cream Cheese Stuffed Chicken Breast** *Leftover night (Day 4 dinner)*	**9 g net carbs** 106 g protein 1,138 kcal

This week's cooking: Sunday: Jalapeño Popper Egg Cups + Taco Soup. Big dinners: Slow Cooker Kalua Pork and Cabbage, Meatloaf with Tangy Tomato Glaze, Spinach and Cream Cheese Stuffed Chicken Breast, Philly Cheesesteak Casserole. Quick half-batch nights: Garlic Butter Shrimp with Zucchini Noodles and Salmon With Lemon Butter Sauce. Day 4 evening: Mocha Chia Pudding.

Totals are for the three meals only. Add snacks or sides from page 8 whenever you're hungry. Grocery list on the next page.

WEEK 1 · SHOPPING

Week 1 grocery list

PRODUCE

- [ ] Cabbage — 1½ lb
- [ ] Fresh cilantro — 2 tbsp
- [ ] Fresh dill — ½ tbsp
- [ ] Fresh parsley — 1 tbsp
- [ ] Garlic — 17 cloves
- [ ] Green bell pepper — 2
- [ ] Green onions — 3
- [ ] Jalapeno peppers — 2
- [ ] Lemon juice — 2 tbsp
- [ ] Lemon zest — ½ tsp
- [ ] Mushrooms — 8 oz
- [ ] Onion — 1¼
- [ ] Spinach — 3 cups
- [ ] Zucchini — ¾ lb

PANTRY & CANNED

- [ ] Almond milk — 1 cup
- [ ] Beef broth — 4 cups
- [ ] Brewed coffee — 1 cup
- [ ] Chicken broth — ⅓ cup
- [ ] Diced tomatoes with green chiles — 10 oz
- [ ] Tomato paste — 3 tbsp

MEAT & SEAFOOD

- [ ] Bacon — 6 slices
- [ ] Boneless skinless chicken breast — 2 lb
- [ ] Ground beef — 4 lb
- [ ] Pork shoulder — 4 lb
- [ ] Raw shrimp — ⅞ lb
- [ ] Ribeye steak — 2 lb
- [ ] Salmon fillet — ¾ lb

DAIRY & EGGS

- [ ] Butter — 6 tbsp
- [ ] Cream cheese — 16 oz
- [ ] Eggs — 18 (1½ dozen)
- [ ] Grated parmesan cheese — ¾ cup
- [ ] Heavy cream — 1⅛ cups
- [ ] Provolone cheese — 8 oz
- [ ] Shredded cheddar cheese — 2 cups
- [ ] Shredded mozzarella — ½ cup

CHECK YOUR PANTRY (BUY ONLY IF YOU'RE OUT)

almond flour, apple cider vinegar, avocado oil, black pepper, chia seeds, chili powder, coarse sea salt, collagen powder, dried oregano, garlic powder, granulated erythritol, ground cumin, italian seasoning, liquid smoke, olive oil, powdered erythritol, red pepper flakes, salt, smoked paprika, unsweetened cocoa powder, vanilla extract

Amounts are the totals for this week's recipes as planned (quick dinners as half batches). Round up to whole packages.

Week 1 Sunday prep plan

1. **Start the lunch batch**
   Make **Taco Soup** (recipe p. 31). While it simmers or cooks, move on.

2. **Make Breakfast A**
   Make **Jalapeño Popper Egg Cups** (recipe p. 23). Portion 4 servings into containers for Days 1 to 4; freeze any extras if the recipe allows.

3. **Set up Day 1 dinner**
   Slow Cooker Kalua Pork and Cabbage (p. 35). Slow cooker? Get it ready tonight so it can go on first thing tomorrow.

4. **Wash and chop**
   Wash greens and herbs, chop the onions, peppers, celery and garlic you need for Days 1 and 2, and store them in labeled containers.

5. **Optional snack prep**
   Boil 6 to 12 eggs or make the Deviled Eggs (p. 56) if you want grab-and-go snacks this week.

6. **Plan the freezer**
   Day 2's **Meatloaf with Tangy Tomato Glaze** makes extra servings. Clear a shelf and grab freezer containers now.

Midweek reminders

- Day 3 and Day 6 are quick nights: cook **Garlic Butter Shrimp with Zucchini Noodles** and **Salmon With Lemon Butter Sauce** as half batches (2 servings each).
- Day 4 evening: make **Mocha Chia Pudding** for Days 5 to 7.
- Day 4: save two servings of **Spinach and Cream Cheese Stuffed Chicken Breast**, one for Day 5 lunch and one for Day 7 dinner.
- Running behind? Swap any dinner for a freezer meal and move that recipe to next week.

Week 2 menu

DAY	BREAKFAST	LUNCH	DINNER	DAY TOTALS
8 DAY 1	**Sausage and Spinach Frittata** *Sunday batch*	**Chicken Salad with Pecans and Celery** *Sunday batch*	**Slow Cooker Buffalo Chicken** *Cook tonight*	**7 g net carbs** 102 g protein 1,308 kcal
9 DAY 2	**Sausage and Spinach Frittata** *Sunday batch*	**Slow Cooker Buffalo Chicken** *Leftovers from Day 1 dinner*	**Shepherd's Pie with Cauliflower Mash** *Cook tonight*	**12 g net carbs** 98 g protein 1,432 kcal
10 DAY 3	**Sausage and Spinach Frittata** *Sunday batch*	**Chicken Salad with Pecans and Celery** *Sunday batch*	**Beef and Broccoli** *Quick, 2 servings*	**11 g net carbs** 104 g protein 1,342 kcal
11 DAY 4	**Sausage and Spinach Frittata** *Sunday batch*	**Beef and Broccoli** *Leftovers from Day 3 dinner*	**Balsamic Chicken** *Cook tonight*	**13 g net carbs** 113 g protein 1,267 kcal
12 DAY 5	**Jalapeño Cheddar Chaffles** *Made Day 4 evening*	**Balsamic Chicken** *Leftovers from Day 4 dinner*	**Chicken Parmesan with Pork Rind Crust** *Cook tonight*	**11 g net carbs** 133 g protein 1,326 kcal
13 DAY 6	**Jalapeño Cheddar Chaffles** *Made Day 4 evening*	**Chicken Parmesan with Pork Rind Crust** *Leftovers from Day 5 dinner*	**Chicken Thighs With Creamy Mustard Sauce** *Quick, 2 servings*	**9 g net carbs** 132 g protein 1,352 kcal
14 DAY 7	**Jalapeño Cheddar Chaffles** *Made Day 4 evening*	**Chicken Thighs With Creamy Mustard Sauce** *Leftovers from Day 6 dinner*	**Balsamic Chicken** *Leftover night (Day 4 dinner)*	**9 g net carbs** 112 g protein 1,172 kcal

This week's cooking: Sunday: Sausage and Spinach Frittata + Chicken Salad with Pecans and Celery. Big dinners: Slow Cooker Buffalo Chicken, Shepherd's Pie with Cauliflower Mash, Balsamic Chicken, Chicken Parmesan with Pork Rind Crust. Quick half-batch nights: Beef and Broccoli and Chicken Thighs With Creamy Mustard Sauce. Day 4 evening: Jalapeño Cheddar Chaffles.
Totals are for the three meals only. Add snacks or sides from page 8 whenever you're hungry. Grocery list on the next page.

WEEK 2 · SHOPPING

Week 2 grocery list

PRODUCE

☐ Broccoli florets	**1½ cups**
☐ Cauliflower florets	**1½ lb**
☐ Celery	**2 cups**
☐ Fresh ginger	**½ tbsp**
☐ Fresh parsley	**½ tbsp**
☐ Fresh thyme	**½ tsp**
☐ Garlic	**12 cloves**
☐ Green onions	**4**
☐ Jalapeno peppers	**2**
☐ Lemon juice	**1 tbsp**
☐ Mushrooms	**12 oz**
☐ Onion	**½**
☐ Spinach	**5 oz + 3 cups**

MEAT & SEAFOOD

☐ Boneless skinless chicken breast	**3¼ lb**
☐ Boneless skinless chicken thighs	**5½ lb**
☐ Flank steak	**¾ lb**
☐ Ground lamb	**2 lb**
☐ Italian sausage	**1 lb**

DAIRY & EGGS

☐ Butter	**7½ tbsp**
☐ Cream cheese	**4 oz**
☐ Eggs	**16 (1⅓ dozen)**
☐ Grated parmesan cheese	**¾ cup**
☐ Heavy cream	**½ cup**
☐ Shredded cheddar cheese	**4 cups**
☐ Shredded mozzarella	**1¼ cups**
☐ Sour cream	**2 tbsp**

PANTRY & CANNED

☐ Beef broth	**1 cup**
☐ Chicken broth	**¾ cup**
☐ Crushed tomatoes	**½ cup**
☐ Hot sauce	**½ cup**
☐ Mayonnaise	**½ cup**
☐ Pecans	**½ cup**
☐ Pork rinds	**2 oz**
☐ Tomato paste	**1 tbsp**

CHECK YOUR PANTRY (BUY ONLY IF YOU'RE OUT)

almond flour, avocado oil, baking powder, balsamic vinegar, bay leaf, black pepper, coconut aminos, dijon mustard, dried basil, dried rosemary, dried thyme, garlic powder, italian seasoning, olive oil, onion powder, salt, sesame oil, sesame seeds, smoked paprika, whole grain mustard, xanthan gum

Amounts are the totals for this week's recipes as planned (quick dinners as half batches). Round up to whole packages.

WEEK 2 · SUNDAY PREP

Week 2 Sunday prep plan

1. **Start the lunch batch**
   Make **Chicken Salad with Pecans and Celery** (recipe p. 32). While it simmers or cooks, move on.

2. **Make Breakfast A**
   Make **Sausage and Spinach Frittata** (recipe p. 25). Portion 4 servings into containers for Days 1 to 4; freeze any extras if the recipe allows.

3. **Set up Day 1 dinner**
   Slow Cooker Buffalo Chicken (p. 39). Slow cooker? Get it ready tonight so it can go on first thing tomorrow.

4. **Wash and chop**
   Wash greens and herbs, chop the onions, peppers, celery and garlic you need for Days 1 and 2, and store them in labeled containers.

5. **Optional snack prep**
   Boil 6 to 12 eggs or make the Deviled Eggs (p. 56) if you want grab-and-go snacks this week.

6. **Plan the freezer**
   Day 2's **Shepherd's Pie with Cauliflower Mash** makes extra servings. Clear a shelf and grab freezer containers now.

Midweek reminders

- Day 3 and Day 6 are quick nights: cook **Beef and Broccoli** and **Chicken Thighs With Creamy Mustard Sauce** as half batches (2 servings each).
- Day 4 evening: make **Jalapeño Cheddar Chaffles** for Days 5 to 7.
- Day 4: save two servings of **Balsamic Chicken**, one for Day 5 lunch and one for Day 7 dinner.
- Running behind? Swap any dinner for a freezer meal and move that recipe to next week.

WEEK 3 · BIG-FLAVOR BOWLS

Week 3 menu

DAY	BREAKFAST	LUNCH	DINNER	DAY TOTALS
15 DAY 1	**Sausage Breakfast Casserole** *Sunday batch*	**Stuffed Pepper Soup** *Sunday batch*	**Chili** *Cook tonight*	**19 g net carbs** 105 g protein 1,371 kcal
16 DAY 2	**Sausage Breakfast Casserole** *Sunday batch*	**Chili** *Leftovers from Day 1 dinner*	**Chicken Cordon Bleu Casserole** *Cook tonight*	**15 g net carbs** 120 g protein 1,539 kcal
17 DAY 3	**Sausage Breakfast Casserole** *Sunday batch*	**Stuffed Pepper Soup** *Sunday batch*	**Salmon With Lemon Butter Sauce** *Quick, 2 servings*	**14 g net carbs** 101 g protein 1,312 kcal
18 DAY 4	**Sausage Breakfast Casserole** *Sunday batch*	**Salmon With Lemon Butter Sauce** *Leftovers from Day 3 dinner*	**Chicken Curry** *Cook tonight*	**15 g net carbs** 110 g protein 1,429 kcal
19 DAY 5	**Spinach and Feta Omelet** *Cook fresh, 10 min*	**Chicken Curry** *Leftovers from Day 4 dinner*	**Sausage and Cheese Stuffed Zucchini Boats** *Cook tonight*	**19 g net carbs** 106 g protein 1,740 kcal
20 DAY 6	**Spinach and Feta Omelet** *Cook fresh, 10 min*	**Sausage and Cheese Stuffed Zucchini Boats** *Leftovers from Day 5 dinner*	**Garlic Butter Shrimp with Zucchini Noodles** *Quick, 2 servings*	**19 g net carbs** 91 g protein 1,546 kcal
21 DAY 7	**Spinach and Feta Omelet** *Cook fresh, 10 min*	**Garlic Butter Shrimp with Zucchini Noodles** *Leftovers from Day 6 dinner*	**Chicken Curry** *Leftover night (Day 4 dinner)*	**20 g net carbs** 103 g protein 1,314 kcal

This week's cooking: Sunday: Sausage Breakfast Casserole + Stuffed Pepper Soup. Big dinners: Chili, Chicken Cordon Bleu Casserole, Chicken Curry, Sausage and Cheese Stuffed Zucchini Boats. Quick half-batch nights: Salmon With Lemon Butter Sauce and Garlic Butter Shrimp with Zucchini Noodles. Day 4 evening: sauté the spinach for the Spinach and Feta Omelet, then cook each omelet fresh (10 minutes).

Totals are for the three meals only. Add snacks or sides from page 8 whenever you're hungry. Grocery list on the next page.

Week 3 grocery list

PRODUCE

☐ Cauliflower rice	**8 cups**
☐ Celery	**1 cup**
☐ Fresh basil	**2 tbsp**
☐ Fresh cilantro	**2 tbsp**
☐ Fresh dill	**1½ tbsp**
☐ Fresh ginger	**1 tbsp**
☐ Fresh parsley	**4 tbsp**
☐ Garlic	**18 cloves**
☐ Green bell pepper	**3**
☐ Green onions (chopped)	**¼ cup**
☐ Lemon juice	**3 tbsp**
☐ Lemon zest	**½ tsp**
☐ Lime juice	**1 tbsp**
☐ Onion	**1¼**
☐ Red bell pepper	**1**
☐ Spinach	**6½ cups**
☐ Zucchini	**2½ lb**

PANTRY & CANNED

☐ Beef broth	**5 cups**
☐ Chicken broth	**½ cup**
☐ Coconut milk	**1½ cups**
☐ Crushed tomatoes	**2 cups**
☐ Pork rinds	**1 oz**
☐ Tomato paste	**2 tbsp**

MEAT & SEAFOOD

☐ Boneless skinless chicken breast	**2 lb**
☐ Boneless skinless chicken thighs	**2 lb**
☐ Ground beef	**4 lb**
☐ Ham	**8 oz**
☐ Italian sausage	**2½ lb**
☐ Raw shrimp	**⅞ lb**
☐ Salmon fillet	**¾ lb**

DAIRY & EGGS

☐ Butter	**8 tbsp**
☐ Cream cheese	**4 oz**
☐ Eggs	**22 (about 2 dozen)**
☐ Feta cheese	**3 oz**
☐ Grated parmesan cheese	**1¼ cups**
☐ Heavy cream	**1¼ cups**
☐ Shredded cheddar cheese	**4 cups**
☐ Shredded mozzarella	**1 cup**
☐ Shredded swiss cheese	**1½ cups**
☐ Sour cream	**⅓ cup**

CHECK YOUR PANTRY (BUY ONLY IF YOU'RE OUT)

avocado oil, black pepper, chili powder, coconut oil, curry powder, dijon mustard, dried oregano, garam masala, garlic powder, ground cumin, ground turmeric, olive oil, red pepper flakes, salt, smoked paprika, unsweetened cocoa powder

Amounts are the totals for this week's recipes as planned (quick dinners as half batches). Round up to whole packages.

WEEK 3 · SUNDAY PREP

Week 3 Sunday prep plan

1. **Start the lunch batch**
   Make **Stuffed Pepper Soup** (recipe p. 33). While it simmers or cooks, move on.

2. **Make Breakfast A**
   Make **Sausage Breakfast Casserole** (recipe p. 27). Portion 4 servings into containers for Days 1 to 4; freeze any extras if the recipe allows.

3. **Set up Day 1 dinner**
   Chili (p. 43). Measure spices and chop onions or peppers for tomorrow so dinner is mostly assembly.

4. **Wash and chop**
   Wash greens and herbs, chop the onions, peppers, celery and garlic you need for Days 1 and 2, and store them in labeled containers.

5. **Optional snack prep**
   Boil 6 to 12 eggs or make the Deviled Eggs (p. 56) if you want grab-and-go snacks this week.

6. **Plan the freezer**
   Day 2's **Chicken Cordon Bleu Casserole** makes extra servings. Clear a shelf and grab freezer containers now.

Midweek reminders

- Day 3 and Day 6 are quick nights: cook **Salmon With Lemon Butter Sauce** and **Garlic Butter Shrimp with Zucchini Noodles** as half batches (2 servings each).
- Day 4 evening: prep spinach for the **Spinach and Feta Omelet**; cook it fresh on Days 5 to 7 (10 minutes).
- Day 4: save two servings of **Chicken Curry**, one for Day 5 lunch and one for Day 7 dinner.
- Running behind? Swap any dinner for a freezer meal and move that recipe to next week.

WEEK 4 · WEEKNIGHT FAVORITES

Week 4 menu

DAY	BREAKFAST	LUNCH	DINNER	DAY TOTALS
22 DAY 1	**Crustless Quiche** *Sunday batch*	**Zuppa Toscana** *Sunday batch*	**Italian Meatballs** *Cook tonight*	**15 g net carbs** 94 g protein 1,638 kcal
23 DAY 2	**Crustless Quiche** *Sunday batch*	**Italian Meatballs** *Leftovers from Day 1 dinner*	**Jalapeño Popper Chicken Casserole** *Cook tonight*	**14 g net carbs** 111 g protein 1,598 kcal
24 DAY 3	**Crustless Quiche** *Sunday batch*	**Zuppa Toscana** *Sunday batch*	**Chicken Thighs With Creamy Mustard Sauce** *Quick, 2 servings*	**11 g net carbs** 100 g protein 1,505 kcal
25 DAY 4	**Crustless Quiche** *Sunday batch*	**Chicken Thighs With Creamy Mustard Sauce** *Leftovers from Day 3 dinner*	**Zucchini Lasagna** *Cook tonight*	**11 g net carbs** 105 g protein 1,297 kcal
26 DAY 5	**Breakfast Burrito Bowl** *Made Day 4 evening*	**Zucchini Lasagna** *Leftovers from Day 4 dinner*	**Cheeseburger Casserole** *Cook tonight*	**16 g net carbs** 115 g protein 1,583 kcal
27 DAY 6	**Breakfast Burrito Bowl** *Made Day 4 evening*	**Cheeseburger Casserole** *Leftovers from Day 5 dinner*	**Beef and Broccoli** *Quick, 2 servings*	**16 g net carbs** 116 g protein 1,507 kcal
28 DAY 7	**Breakfast Burrito Bowl** *Made Day 4 evening*	**Beef and Broccoli** *Leftovers from Day 6 dinner*	**Zucchini Lasagna** *Leftover night (Day 4 dinner)*	**17 g net carbs** 110 g protein 1,402 kcal

This week's cooking: Sunday: Crustless Quiche + Zuppa Toscana. Big dinners: Italian Meatballs, Jalapeño Popper Chicken Casserole, Zucchini Lasagna, Cheeseburger Casserole. Quick half-batch nights: Chicken Thighs With Creamy Mustard Sauce and Beef and Broccoli. Day 4 evening: Breakfast Burrito Bowl.

Totals are for the three meals only. Add snacks or sides from page 8 whenever you're hungry. Grocery list on the next page.

Week 4 grocery list

PRODUCE

☐ Avocado	1
☐ Broccoli florets	1½ cups
☐ Cauliflower florets	6 cups
☐ Cauliflower rice	2 cups
☐ Cherry tomatoes	½ cup
☐ Chopped kale	4 cups
☐ Fresh basil	4 tbsp
☐ Fresh cilantro	2 tbsp
☐ Fresh ginger	½ tbsp
☐ Fresh parsley	2½ tbsp
☐ Fresh thyme	½ tsp
☐ Garlic	16 cloves
☐ Green onions	1
☐ Jalapeno peppers	3
☐ Mushrooms	8 oz
☐ Onion	1
☐ Shredded lettuce	1 cup
☐ Spinach	3 cups
☐ Zucchini	4

PANTRY & CANNED

☐ Beef broth	¼ cup
☐ Chicken broth	6¼ cups
☐ Crushed tomatoes	2¼ cups
☐ Dill pickles	⅓ cup
☐ Pork rinds	1 oz
☐ Salsa	2 tbsp
☐ Tomato paste	3 tbsp

MEAT & SEAFOOD

☐ Bacon	18 slices
☐ Boneless skinless chicken breast	2 lb
☐ Boneless skinless chicken thighs	1 lb
☐ Chorizo	12 oz
☐ Flank steak	¾ lb
☐ Ground beef	5 lb
☐ Ground pork	3 lb

DAIRY & EGGS

☐ Butter	2½ tbsp
☐ Cream cheese	8 oz
☐ Eggs	23 (about 2 dozen)
☐ Grated parmesan cheese	1½ cups
☐ Heavy cream	2½ cups
☐ Ricotta cheese	1¼ cups
☐ Shredded cheddar cheese	4¼ cups
☐ Shredded mozzarella	3 cups
☐ Shredded swiss cheese	1½ cups
☐ Sour cream	½ cup + 2 tbsp

CHECK YOUR PANTRY (BUY ONLY IF YOU'RE OUT)

almond flour, avocado oil, black pepper, coconut aminos, dijon mustard, fennel seed, garlic powder, ground cumin, ground nutmeg, italian seasoning, olive oil, onion powder, red pepper flakes, salt, sesame oil, sesame seeds, smoked paprika, whole grain mustard, xanthan gum, yellow mustard

Amounts are the totals for this week's recipes as planned (quick dinners as half batches). Round up to whole packages.

Week 4 Sunday prep plan

1. **Start the lunch batch**
   Make **Zuppa Toscana** (recipe p. 34). While it simmers or cooks, move on.

2. **Make Breakfast A**
   Make **Crustless Quiche** (recipe p. 29). Portion 4 servings into containers for Days 1 to 4; freeze any extras if the recipe allows.

3. **Set up Day 1 dinner**
   Italian Meatballs (p. 47). Measure spices and chop onions or peppers for tomorrow so dinner is mostly assembly.

4. **Wash and chop**
   Wash greens and herbs, chop the onions, peppers, celery and garlic you need for Days 1 and 2, and store them in labeled containers.

5. **Optional snack prep**
   Boil 6 to 12 eggs or make the Deviled Eggs (p. 56) if you want grab-and-go snacks this week.

6. **Plan the freezer**
   Day 2's **Jalapeño Popper Chicken Casserole** makes extra servings. Clear a shelf and grab freezer containers now.

Midweek reminders

- Day 3 and Day 6 are quick nights: cook **Chicken Thighs With Creamy Mustard Sauce** and **Beef and Broccoli** as half batches (2 servings each).
- Day 4 evening: make **Breakfast Burrito Bowl** for Days 5 to 7.
- Day 4: save two servings of **Zucchini Lasagna**, one for Day 5 lunch and one for Day 7 dinner.
- Running behind? Swap any dinner for a freezer meal and move that recipe to next week.

RECIPES

Recipe index

BREAKFASTS

Jalapeño Popper Egg Cups	3 g net · 20 g protein · 397 kcal	23
Mocha Chia Pudding	4 g net · 16 g protein · 266 kcal	24
Sausage and Spinach Frittata	3 g net · 27 g protein · 500 kcal	25
Jalapeño Cheddar Chaffles	3 g net · 20 g protein · 316 kcal	26
Sausage Breakfast Casserole	5 g net · 28 g protein · 510 kcal	27
Spinach and Feta Omelet	4 g net · 23 g protein · 432 kcal	28
Crustless Quiche	3 g net · 21 g protein · 428 kcal	29
Breakfast Burrito Bowl	5 g net · 33 g protein · 622 kcal	30

LUNCH BATCHES

Taco Soup	5 g net · 39 g protein · 448 kcal	31
Chicken Salad with Pecans and Celery	2 g net · 38 g protein · 490 kcal	32
Stuffed Pepper Soup	7 g net · 39 g protein · 421 kcal	33
Zuppa Toscana	6 g net · 33 g protein · 636 kcal	34

DINNERS

Slow Cooker Kalua Pork and Cabbage	3 g net · 40 g protein · 621 kcal	35
Meatloaf with Tangy Tomato Glaze	3 g net · 36 g protein · 373 kcal	36
Spinach and Cream Cheese Stuffed Chicken Breast	3 g net · 56 g protein · 491 kcal	37
Philly Cheesesteak Casserole	5 g net · 47 g protein · 655 kcal	38
Slow Cooker Buffalo Chicken	2 g net · 38 g protein · 318 kcal	39
Shepherd's Pie with Cauliflower Mash	7 g net · 34 g protein · 614 kcal	40
Balsamic Chicken	4 g net · 47 g protein · 415 kcal	41
Chicken Parmesan with Pork Rind Crust	4 g net · 66 g protein · 595 kcal	42
Chili	7 g net · 38 g protein · 440 kcal	43
Chicken Cordon Bleu Casserole	3 g net · 54 g protein · 589 kcal	44
Chicken Curry	8 g net · 48 g protein · 538 kcal	45
Sausage and Cheese Stuffed Zucchini Boats	7 g net · 36 g protein · 770 kcal	46
Italian Meatballs	6 g net · 40 g protein · 574 kcal	47
Jalapeño Popper Chicken Casserole	5 g net · 49 g protein · 596 kcal	48
Zucchini Lasagna	6 g net · 38 g protein · 428 kcal	49
Cheeseburger Casserole	5 g net · 45 g protein · 533 kcal	50

QUICK DINNERS (30 MINUTES OR LESS)

Garlic Butter Shrimp with Zucchini Noodles	8 g net · 33 g protein · 344 kcal	51
Salmon With Lemon Butter Sauce	2 g net · 34 g protein · 381 kcal	52
Beef and Broccoli	6 g net · 39 g protein · 352 kcal	53
Chicken Thighs With Creamy Mustard Sauce	2 g net · 46 g protein · 441 kcal	54

SIDES AND SNACKS

Cheesy Cauliflower Rice	6 g net · 11 g protein · 308 kcal	55
Bacon Dijon Deviled Eggs	1 g net · 13 g protein · 266 kcal	56

Jalapeño Popper Egg Cups



Baked egg cups with crisp bacon, cheddar, fresh jalapeño, and a creamy pocket of cream cheese in every bite. A make-ahead keto breakfast at 3 g net carbs per serving.

Serves: 6 servings (2 cups each)
Prep 15 min · Cook 22 min

3 g	20 g
NET CARBS	PROTEIN
397	34 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **12** eggs
- **¼** cup heavy cream
- **½** tsp salt
- **¼** tsp black pepper
- **½** tsp garlic powder
- **6** slices bacon
- **2** jalapeno peppers
- **4** oz cream cheese
- **1** cup shredded cheddar cheese
- **2** tbsp chopped green onion

INSTRUCTIONS

1. Heat the oven to 350°F. Grease a 12-cup muffin tin generously with butter or cooking spray, or use a silicone muffin pan set on a sheet pan.
2. Cook the bacon in a skillet over medium heat until crisp, about 8 minutes. Drain on paper towels, then crumble.
3. Halve the jalapeños lengthwise, scrape out the seeds and ribs, and dice them finely.
4. In a large bowl, whisk the eggs, heavy cream, salt, pepper, and garlic powder just until combined.
5. Divide the bacon, jalapeño, and half of the cheddar among the muffin cups. Pour the egg mixture over the top, filling each cup about three-quarters full.
6. Drop a small spoonful of softened cream cheese into the center of each cup, then sprinkle with the remaining cheddar.
7. Bake 20 to 22 minutes, until the centers are just set and the tops are lightly golden.
8. Cool in the pan for 5 minutes, then run a thin knife around each cup and lift them out. Top with green onion and serve, or cool completely for meal prep.

Coach's note: Net carbs: 3 g per serving of two egg cups (total carbs minus fiber). Store in the fridge up to 4 days or freeze up to 2 months; reheat 30 to 45 seconds in the microwave.
Swap: Dairy-free: skip the cream cheese and cheddar, use 2 tbsp coconut milk in place of the heavy cream, and add diced avocado after baking. Not a jalapeño fan? Use diced green bell pepper.

coachluke.com/keto-jalapeno-popper-egg-cups/

RECIPE · BREAKFASTS

Mocha Chia Pudding



Chia seeds set overnight in strong coffee, cocoa, cream, and almond milk, boosted with collagen for protein. A make-ahead keto breakfast at 4 g net carbs per jar.

Serves: 4 jars
Prep 10 min · Cook 0 min

4 g	16 g
NET CARBS	PROTEIN
266	19 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **1** cup brewed coffee
- **1** cup almond milk
- **½** cup heavy cream
- **3** tbsp unsweetened cocoa powder
- **3** tbsp powdered erythritol
- **45** g collagen powder
- **1** tsp vanilla extract
- **⅛** tsp salt
- **½** cup chia seeds

INSTRUCTIONS

1. In a bowl or large measuring cup, whisk the cooled coffee, almond milk, heavy cream, cocoa powder, powdered erythritol, collagen, vanilla, and salt until completely smooth, with no lumps of cocoa.
2. Taste and adjust the sweetness, then whisk in the chia seeds.
3. Let the mixture sit 5 minutes and whisk again. Wait another 5 minutes and whisk once more to break up any clumps.
4. Divide among 4 small jars, cover, and refrigerate at least 4 hours or overnight, until thick.
5. Stir before eating and add a spoonful of whipped cream or a dusting of cocoa if you like.

Coach's note: Net carbs: 4 g per serving of one jar (total carbs minus fiber; the erythritol isn't counted). Refrigerate up to 4 days; do not freeze.
Swap: Dairy-free: use coconut cream instead of heavy cream. No collagen? Leave it out (protein drops to about 5 g a jar) and add a hard-boiled egg on the side.

coachluke.com/keto-mocha-chia-pudding/

Sausage and Spinach Frittata



A one-skillet frittata with Italian sausage, a big handful of spinach, cheddar, and a parmesan crust. Makes six hearty keto breakfast slices at 3 g net carbs each.

Serves: 6 slices
Prep 10 min · Cook 25 min

3 g	27 g
NET CARBS	PROTEIN
500	42 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **1** lb italian sausage
- **5** oz spinach
- **2** cloves garlic
- **10** eggs
- **¼** cup heavy cream
- **½** tsp salt
- **¼** tsp black pepper
- **1** cup shredded cheddar cheese
- **¼** cup grated parmesan cheese

INSTRUCTIONS

1. Heat the oven to 375°F with a rack in the middle.
2. Crumble the sausage into a 10-inch oven-safe skillet and cook over medium-high heat, breaking it up, until browned and cooked through, 7 to 8 minutes. Leave the fat in the pan.
3. Mince the garlic and stir it in for 30 seconds. Add the spinach in handfuls, stirring and pressing it down until fully wilted and any liquid has cooked off, about 3 minutes.
4. In a bowl, whisk the eggs, heavy cream, salt, and pepper until smooth, then stir in the cheddar.
5. Spread the sausage and spinach evenly across the skillet and pour the egg mixture over it. Cook on the stove without stirring for 2 minutes, until the edges begin to set.
6. Scatter the parmesan over the top and move the skillet to the oven. Bake 14 to 16 minutes, until the edges are puffed and the center only jiggles slightly.
7. Rest 5 minutes, then slice into 6 wedges and serve.

Coach's note: Net carbs: 3 g per serving of one slice (total carbs minus fiber). Refrigerate slices up to 4 days or freeze up to 2 months; reheat 45 seconds in the microwave or 8 to 10 minutes at 325°F.
Swap: Dairy-free: use coconut milk for the cream and leave out the cheese; add extra spinach and a pinch of nutritional yeast for flavor. Turkey sausage works if you prefer.

coachluke.com/keto-sausage-spinach-frittata/

Jalapeño Cheddar Chaffles



Crispy cheese-and-egg waffles with sharp cheddar and fresh jalapeño, made in a mini waffle maker. A savory keto breakfast at 3 g net carbs per two chaffles.

Serves: 4 servings (2 chaffles each)
Prep 10 min · Cook 20 min

3 g	20 g
NET CARBS	PROTEIN
316	25 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **4** eggs
- **2** cups shredded cheddar cheese
- **2** tbsp almond flour
- **2** jalapeno peppers
- **½** tsp baking powder
- **¼** tsp garlic powder
- **⅛** tsp salt

INSTRUCTIONS

1. Plug in a mini waffle maker to preheat and lightly grease it if it isn't nonstick.
2. Halve the jalapeños, remove the seeds and ribs if you want less heat, and mince them very finely.
3. In a bowl, beat the eggs until smooth. Stir in 1.5 cups of the cheddar, the almond flour, baking powder, garlic powder, salt, and jalapeño.
4. Sprinkle about 1 tablespoon of the remaining cheddar onto the hot waffle iron, spoon in about 3 tablespoons of batter, and top with a little more cheese.
5. Close the lid and cook 3 to 4 minutes, until the steam slows and the chaffle is deep golden. Lift it out with a fork and set it on a wire rack.
6. Repeat with the remaining batter to make 8 chaffles. Serve warm.

Coach's note: Net carbs: 3 g per serving of two chaffles (total carbs minus fiber). Refrigerate up to 5 days or freeze up to 2 months; re-crisp in a toaster or air fryer at 375°F for 3 to 4 minutes.
Swap: Dairy-free: chaffles need cheese to hold together, so dairy-free shreds work but are softer. For a mild version, swap the jalapeños for chives.

coachluke.com/keto-jalapeno-cheddar-chaffles/

Sausage Breakfast Casserole



A make-ahead egg casserole layered over a crispy cauliflower hash brown base with browned sausage, red bell pepper, green onion, and sharp cheddar. A high-protein keto breakfast at 5 g net carbs per square.

Serves: 8 squares
Prep 20 min · Cook 55 min

5 g	28 g
NET CARBS	PROTEIN
510	**41 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **3** cups cauliflower rice
- **1** egg
- **½** cup grated parmesan cheese
- **1** lb italian sausage
- **1** red bell pepper
- **12** eggs
- **½** cup heavy cream
- **1** tsp salt
- **½** tsp black pepper
- **½** tsp garlic powder
- **2** cup shredded cheddar cheese
- **¼** cup chopped green onion

INSTRUCTIONS

1. Heat the oven to 400°F and grease a 9 by 13 inch baking dish.
2. Thaw the cauliflower rice if frozen, then wring it out firmly in a clean kitchen towel. Mix it with 1 egg and the parmesan, and press it evenly into the dish. Bake 15 minutes, until set and lightly golden. Lower the oven to 350°F.
3. Meanwhile, brown the sausage in a skillet over medium-high heat, breaking it up, about 8 minutes. Dice the bell pepper and add it for the last 3 minutes. Drain off excess fat.
4. Whisk the 12 eggs with the heavy cream, salt, pepper, and garlic powder.
5. Scatter the sausage and pepper over the cauliflower base, then sprinkle with 1.5 cups of the cheddar. Pour the egg mixture evenly over the top and finish with the remaining cheddar.
6. Bake 35 to 40 minutes, until the center is just set and the top is golden. To make ahead, cover and refrigerate after assembling, then bake 45 to 50 minutes the next morning.
7. Rest 10 minutes, sprinkle with green onion, and cut into 8 squares.

Coach's note: Net carbs: 5 g per square (total carbs minus fiber). Refrigerate up to 5 days or freeze individual squares up to 2 months; reheat 60 to 90 seconds in the microwave.
Swap: Dairy-free: use coconut milk and dairy-free shreds, or skip the cheese and add sautéed mushrooms. Ground turkey seasoned with sage and fennel can replace pork sausage.

coachluke.com/keto-sausage-breakfast-casserole/

RECIPE · BREAKFASTS

Spinach and Feta Omelet



A tender three-egg omelet filled with garlicky sautéed spinach and salty feta, ready in about 10 minutes. 4 g net carbs per omelet.

Serves: 1 omelet
Prep 5 min · Cook 7 min

4 g	23 g
NET CARBS	PROTEIN
432	**36 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **3** eggs
- **1** tbsp heavy cream
- **⅛** tsp salt
- **⅛** tsp black pepper
- **1** tbsp butter
- **1** clove garlic
- **1½** cups spinach
- **1** oz feta cheese
- **1** tsp chopped fresh dill

INSTRUCTIONS

1. Mince the garlic. In a bowl, beat the eggs with the heavy cream, salt, and pepper until no streaks of white remain.
2. Melt half the butter in an 8-inch nonstick skillet over medium heat. Add the garlic and spinach and cook, stirring, about 1 minute until wilted. Transfer to a small bowl, press out the liquid with a spoon, and wipe the pan dry.
3. Lower the heat to medium-low and melt the remaining butter. When the foam starts to settle, pour in the eggs.
4. Stir gently with a spatula for 20 seconds, then let the eggs sit. Lift the edges and tilt the pan so uncooked egg flows underneath, until the omelet is set on the bottom but still glossy on top, about 2 minutes.
5. Scatter the spinach and crumbled feta over one half. Cook 30 seconds more, then fold the empty half over the filling.
6. Slide onto a plate, sprinkle with dill, and serve right away.

Coach's note: Net carbs: 4 g per omelet (total carbs minus fiber). Best eaten fresh; the sautéed spinach can be made ahead and refrigerated up to 4 days.
Swap: Dairy-free: cook in olive oil, skip the cream and feta, and finish with sliced avocado. Kale or Swiss chard can replace the spinach.

coachluke.com/keto-spinach-feta-omelet/

RECIPE · BREAKFASTS

Crustless Quiche



A silky crustless quiche with bacon, browned mushrooms, spinach and Swiss cheese baked in an egg and cream custard. A make-ahead keto breakfast at 3 g net carbs per slice.

Serves: 6 slices
Prep 15 min · Cook 40 min

3 g	21 g
NET CARBS	PROTEIN
428	37 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **6** slices bacon
- **8** oz mushrooms
- **3** cups spinach
- **8** eggs
- **¾** cup heavy cream
- **½** tsp salt
- **¼** tsp black pepper
- **⅛** tsp ground nutmeg
- **1½** cups shredded swiss cheese
- **¼** cup grated parmesan cheese
- **1** tbsp butter

INSTRUCTIONS

1. Heat the oven to 350°F. Butter a 9-inch pie dish generously.
2. Cook the bacon in a large skillet over medium heat until crisp. Drain on paper towels, crumble, and leave about 1 tbsp fat in the pan.
3. Slice the mushrooms and cook them in the bacon fat over medium-high heat, stirring occasionally, until browned and the pan is dry, about 6 to 8 minutes. Add the spinach and stir until wilted. Press out any liquid and let cool slightly.
4. In a large bowl, whisk the eggs, heavy cream, salt, pepper, and nutmeg until smooth.
5. Scatter the bacon, mushroom mixture, and 1 cup of the Swiss cheese in the pie dish. Pour the custard over the top, then sprinkle with the remaining Swiss and the parmesan.
6. Bake 35 to 40 minutes, until the edges are set, the top is golden, and the center has just a slight wobble.
7. Rest for 10 minutes before slicing into 6 wedges.

Coach's note: Net carbs: 3 g per slice (total carbs minus fiber). Refrigerate up to 4 days or freeze slices up to 2 months; reheat 45 to 60 seconds in the microwave.
Swap: Dairy-free: use full-fat coconut milk for the cream and dairy-free Swiss-style shreds, or leave the cheese out. Ham works in place of bacon.

coachluke.com/keto-crustless-quiche/

Breakfast Burrito Bowl



Seasoned cauliflower rice topped with spicy chorizo, soft scrambled eggs, cheddar, avocado, sour cream, and salsa. 5 g net carbs per bowl.

Serves: 4 bowls
Prep 10 min · Cook 20 min

5 g	33 g
NET CARBS	PROTEIN
622	50 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **12** oz chorizo
- **2** cups cauliflower rice
- **½** tsp ground cumin
- **¼** tsp salt
- **8** eggs
- **2** tbsp heavy cream
- **1** tbsp butter
- **¾** cup shredded cheddar cheese
- **1** avocado
- **2** tbsp sour cream
- **2** tbsp salsa
- **2** tbsp chopped fresh cilantro

INSTRUCTIONS

1. Cook the chorizo in a large skillet over medium heat, breaking it into crumbles, for 7 to 8 minutes until browned and cooked through. Move it to a bowl with a slotted spoon, leaving the fat in the pan.
2. Add the cauliflower rice, cumin, and salt to the skillet. Cook, stirring, for 5 to 6 minutes until tender and any moisture has evaporated. Divide among four bowls.
3. Whisk the eggs with the heavy cream. Melt the butter in the skillet over medium-low heat, add the eggs, and stir slowly until softly set, about 3 minutes.
4. Top each bowl of cauliflower rice with chorizo, scrambled eggs, and cheddar. The heat from the eggs will soften the cheese.
5. Slice the avocado. Finish each bowl with avocado, a spoonful of sour cream, salsa, and cilantro, and serve.

Coach's note: Net carbs: 5 g per bowl (total carbs minus fiber). Store the cooked components in the fridge up to 4 days and add the avocado, salsa, and sour cream fresh; reheat 1.5 to 2 minutes in the microwave.
Swap: Dairy-free: scramble the eggs in olive oil without the heavy cream, skip the cheese and sour cream, and add extra avocado. Ground turkey with 1 tsp smoked paprika and ½ tsp cumin can replace chorizo.

coachluke.com/keto-breakfast-burrito-bowl/

Taco Soup



Seasoned ground beef simmered with tomatoes, green chiles, onion, and pepper in a creamy cheese broth, with no beans or corn. A hearty keto lunch at 5 g net carbs per bowl.

Serves: 6 bowls
Prep 10 min · Cook 25 min

5 g	39 g
NET CARBS	PROTEIN
448	29 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

2 lb ground beef
½ onion
1 green bell pepper
3 cloves garlic
1½ tbsp chili powder
2 tsp ground cumin
1 tsp smoked paprika
1 tsp dried oregano
1 tsp salt
10 oz diced tomatoes with green chiles
4 cups beef broth
4 oz cream cheese
1 cup shredded cheddar cheese
2 tbsp fresh cilantro

INSTRUCTIONS

1. Dice the onion and green pepper and mince the garlic.
2. In a large pot over medium-high heat, cook the ground beef, breaking it up, until browned, 7 to 8 minutes. Spoon off all but about 1 tablespoon of the fat.
3. Add the onion and pepper and cook 4 minutes, until softened. Stir in the garlic, chili powder, cumin, smoked paprika, oregano, and salt and cook for 1 minute until fragrant.
4. Add the diced tomatoes with their juices and the beef broth. Bring to a boil, then reduce the heat and simmer uncovered for 15 minutes.
5. Cut the cream cheese into cubes and place them in a bowl. Whisk in a ladle of hot broth until smooth, then stir the mixture back into the pot.
6. Taste and adjust the seasoning. Ladle into bowls and top with the cheddar and cilantro.

Coach's note: Net carbs: 5 g per serving of one bowl (total carbs minus fiber). Refrigerate up to 4 days or freeze up to 3 months; reheat on the stove with a splash of broth.
Swap: Dairy-free: stir in 3 tbsp coconut cream instead of the cream cheese, skip the cheddar, and top with avocado and cilantro. Ground turkey works too.

coachluke.com/keto-taco-soup/

RECIPE · LUNCH BATCHES

Chicken Salad with Pecans and Celery



Tender poached chicken tossed with toasted pecans, celery, green onion, and a creamy Dijon dressing, no grapes. A make-ahead keto lunch at 2 g net carbs per serving.

Serves: 4 servings
Prep 15 min · Cook 18 min

2 g	38 g
NET CARBS	PROTEIN
490	36 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **1½** lb boneless skinless chicken breast
- **1** bay leaf
- **½** cup pecans
- **½** cup mayonnaise
- **2** tbsp sour cream
- **1** tbsp dijon mustard
- **1** tbsp lemon juice
- **1** cup celery
- **2** tbsp chopped green onion
- **½** tsp salt
- **¼** tsp black pepper

INSTRUCTIONS

1. Place the chicken breasts and bay leaf in a saucepan and cover with cold water by 1 inch. Add a generous pinch of salt.
2. Bring to a gentle simmer over medium heat, then lower the heat so it barely bubbles. Cook 12 to 15 minutes, until the thickest part reaches 165°F. Let the chicken cool in the liquid for 10 minutes.
3. Meanwhile, toast the pecans in a dry skillet over medium heat for 4 to 5 minutes, shaking often, until fragrant. Cool and roughly chop.
4. Finely dice the celery. In a large bowl, whisk the mayonnaise, sour cream, Dijon, lemon juice, salt, and pepper.
5. Shred the chicken with two forks and add it to the bowl with the celery, green onion, and most of the pecans. Fold until evenly coated.
6. Taste and adjust the seasoning. Top with the remaining pecans and serve, or chill for at least 30 minutes to let the flavors come together.

Coach's note: Net carbs: 2 g per serving (total carbs minus fiber). Refrigerate up to 4 days; do not freeze the dressed salad. **Swap:** Nut-free: leave out the pecans and add extra celery or sliced radishes for crunch. Short on time? Use 3 cups of shredded rotisserie chicken.

coachluke.com/keto-chicken-salad/

RECIPE · LUNCH BATCHES

Stuffed Pepper Soup



A one-pot soup with browned ground beef, bell peppers, tomatoes, and cauliflower rice in place of white rice, finished with melted cheddar. A hearty keto lunch at 7 g net carbs per serving.

Serves: 6 bowls
Prep 15 min · Cook 30 min

7 g	39 g
NET CARBS	PROTEIN
421	25 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb ground beef
- **1** tbsp olive oil
- **½** onion
- **2** green bell pepper
- **3** cloves garlic
- **¾** cup crushed tomatoes
- **4** cup beef broth
- **1** tsp dried oregano
- **1** tsp smoked paprika
- **1** tsp salt
- **½** tsp black pepper
- **3** cup cauliflower rice
- **1** cup shredded cheddar cheese
- **2** tbsp chopped fresh parsley

INSTRUCTIONS

1. Dice the onion and bell peppers into roughly half-inch pieces and mince the garlic.
2. Heat the olive oil in a large pot or dutch oven over medium-high heat. Add the ground beef and cook, breaking it up, until well browned, 8 to 10 minutes. Drain off excess fat if needed.
3. Add the onion and bell peppers and cook until they start to soften, about 5 minutes. Stir in the garlic, oregano, smoked paprika, salt, and black pepper and cook 1 minute more.
4. Pour in the crushed tomatoes and beef broth, scraping up the browned bits from the bottom of the pot. Bring to a boil, then lower the heat and simmer 15 minutes.
5. Stir in the cauliflower rice and simmer 5 to 8 minutes, just until tender. Taste and adjust the salt.
6. Ladle into bowls, top each with shredded cheddar, and let it melt for a minute. Sprinkle with parsley and serve.

Coach's note: Net carbs: 7 g per serving (total carbs minus fiber). Refrigerate up to 4 days or freeze up to 3 months; reheat on the stove or in the microwave and add the cheddar after reheating.
Swap: Dairy-free: skip the cheese topping. Use ground turkey for a lighter bowl. Frozen cauliflower rice works fine.

coachluke.com/keto-stuffed-pepper-soup/

RECIPE · LUNCH BATCHES

Zuppa Toscana



A creamy Tuscan-style soup with homemade Italian-seasoned pork, crisp bacon, kale, and tender cauliflower in a garlic broth. 6 g net carbs per bowl.

Serves: 6 bowls
Prep 15 min · Cook 35 min

6 g	33 g
NET CARBS	PROTEIN
636	**53 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **6** slices bacon
- **2** lb ground pork
- **1½** tsp fennel seed
- **1** tsp smoked paprika
- **½** tsp red pepper flakes
- **1½** tsp salt
- **½** tsp black pepper
- **½** onion
- **4** cloves garlic
- **6** cups chicken broth
- **4** cups cauliflower florets
- **¾** cup heavy cream
- **4** cups chopped kale

INSTRUCTIONS

1. Chop the bacon and cook it in a large pot over medium heat until crisp, about 8 minutes. Scoop it out with a slotted spoon and leave the fat in the pot.
2. Crush the fennel seed lightly. Add the ground pork to the pot with the fennel, smoked paprika, red pepper flakes, 1 tsp of the salt, and the pepper. Brown over medium-high heat, breaking it into crumbles, about 8 minutes.
3. Dice the onion and mince the garlic. Add them to the pot and cook 3 minutes, until the onion softens.
4. Pour in the broth, scraping up any browned bits. Cut the cauliflower into chunky, potato-size pieces and add them. Bring to a boil, then simmer 12 to 15 minutes, until the cauliflower is fork-tender.
5. Lower the heat to medium-low and stir in the heavy cream. Add the kale and simmer gently 3 minutes, until wilted and bright green.
6. Taste and add the remaining salt if needed. Ladle into bowls and top with the crisp bacon.

Coach's note: Net carbs: 6 g per bowl (total carbs minus fiber). Store in the fridge up to 4 days or freeze up to 2 months; reheat gently and whisk to smooth.
Swap: Dairy-free: use full-fat coconut milk instead of heavy cream; the soup will taste slightly sweeter. Turkey sausage works in place of pork.

coachluke.com/keto-zuppa-toscana/

Slow Cooker Kalua Pork and Cabbage



Pork shoulder rubbed with sea salt and liquid smoke, slow cooked until it shreds, then finished with cabbage simmered in the juices. A dairy-free keto dinner at 3 g net carbs per serving.

Serves: 8 servings
Prep 10 min · Cook 9 hr

3 g	40 g
NET CARBS	PROTEIN
621	**48 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **4** lb pork shoulder
- **1** tbsp coarse sea salt
- **1** tbsp liquid smoke
- **4** cloves garlic
- **1½** lb cabbage
- **2** green onions

INSTRUCTIONS

1. Pat the pork shoulder dry. Cut 4 small slits in the meat and push a peeled garlic clove into each.
2. Rub the sea salt all over the pork, then drizzle the liquid smoke over the top and rub it in.
3. Place the pork in the slow cooker fat side up. Do not add any water. Cover and cook on low 8 to 9 hours, until it pulls apart easily with a fork.
4. Core the cabbage and cut it into thick ribbons or wedges.
5. Lift the pork out onto a cutting board. Add the cabbage to the juices in the slow cooker, cover, and cook on high 30 to 45 minutes, until tender.
6. Shred the pork with two forks, discarding any bone and large pieces of fat. Stir the pork back into the slow cooker with the cabbage, taste for salt, and top with sliced green onion.

Coach's note: Net carbs: 3 g per serving (total carbs minus fiber). Refrigerate with juices up to 5 days or freeze up to 3 months; reheat covered with a splash of water.
Swap: Pork-free: use a 4 lb beef chuck roast with the same seasoning and cook time. Serve with Cheesy Cauliflower Rice (page 55) on hungry days.

coachluke.com/keto-kalua-pork-cabbage/

RECIPE · DINNERS

Meatloaf with Tangy Tomato Glaze



A tender, juicy meatloaf bound with almond flour and parmesan instead of breadcrumbs, finished with a caramelized sugar-free tomato glaze. A hearty keto dinner at 3 g net carbs per slice.

Serves: 6 slices
Prep 15 min · Cook 55 min

3 g	36 g
NET CARBS	PROTEIN
373	23 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb ground beef
- **½** cup almond flour
- **⅓** cup grated parmesan cheese
- **2** eggs
- **¼** onion
- **2** cloves garlic
- **1** tsp italian seasoning
- **1** tsp salt
- **½** tsp black pepper
- **3** tbsp tomato paste
- **1** tbsp apple cider vinegar
- **1** tbsp granulated erythritol
- **2** tbsp water

INSTRUCTIONS

1. Heat the oven to 350°F. Line a sheet pan with parchment, or set a 9x5-inch loaf pan nearby.
2. Finely mince the onion and garlic.
3. In a large bowl, add the ground beef, almond flour, parmesan, eggs, onion, garlic, italian seasoning, salt, and pepper. Mix gently with your hands just until everything is evenly combined.
4. Shape the mixture into a 9x5-inch loaf on the sheet pan, or press it lightly into the loaf pan.
5. Stir together the tomato paste, apple cider vinegar, erythritol, and water until smooth. Spread half of the glaze over the top of the loaf.
6. Bake 40 minutes, then brush on the remaining glaze and bake another 12 to 15 minutes, until the center reaches 160°F.
7. Rest the meatloaf for 10 minutes, then cut into 6 thick slices and serve.

Coach's note: Net carbs: 3 g per slice (total carbs minus fiber; the erythritol isn't counted). Store in the fridge up to 4 days or freeze slices up to 3 months; reheat covered at 350°F for 15 minutes.
Swap: Egg-free: leave out the eggs and add 1 tbsp more almond flour. Nut-free: use crushed pork rinds instead of almond flour.

coachluke.com/keto-meatloaf/

RECIPE · DINNERS

Spinach and Cream Cheese Stuffed Chicken Breast



Chicken breasts stuffed with a garlicky spinach, cream cheese, and mozzarella filling, seared and then baked until juicy. A high-protein keto dinner at 3 g net carbs per serving.

Serves: 4 stuffed breasts
Prep 15 min · Cook 25 min

3 g	56 g
NET CARBS	PROTEIN
491	**27 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb boneless skinless chicken breast
- **4** oz cream cheese
- **3** cup spinach
- **½** cup shredded mozzarella
- **¼** cup grated parmesan cheese
- **2** cloves garlic
- **1** tsp salt
- **½** tsp black pepper
- **1** tsp smoked paprika
- **½** tsp garlic powder
- **1** tbsp olive oil
- **1** tbsp butter

INSTRUCTIONS

1. Heat the oven to 375°F. Mince the garlic.
2. Wilt the spinach in a dry skillet over medium heat, about 2 minutes. Transfer to a clean towel, let it cool slightly, and squeeze out as much liquid as possible. Chop it finely.
3. In a bowl, mix the softened cream cheese, spinach, minced garlic, mozzarella, parmesan, and a pinch of the salt until evenly combined.
4. Lay each chicken breast flat and cut a deep pocket into the thick side, leaving about half an inch uncut around the edges. Spoon the filling into each pocket and close with toothpicks if needed.
5. Mix the remaining salt, black pepper, smoked paprika, and garlic powder and rub it over the outside of the chicken.
6. Heat the olive oil and butter in an oven-safe skillet over medium-high heat. Sear the chicken 3 minutes per side until golden.
7. Move the skillet to the oven and bake 18 to 22 minutes, until the thickest part of the chicken reads 160°F. Rest 5 minutes, remove the toothpicks, and serve.

Coach's note: Net carbs: 3 g per stuffed breast (total carbs minus fiber). Refrigerate up to 4 days; reheat covered at 325°F for 12 to 15 minutes or at half power in the microwave.
Swap: Dairy-free: fill with sautéed spinach, garlic and chopped artichoke hearts mixed with 2 tbsp mayonnaise instead of the cheeses, and sear in olive oil only. Thin-cut breasts cook faster; check at 18 minutes.

coachluke.com/keto-spinach-stuffed-chicken/

RECIPE · DINNERS

Philly Cheesesteak Casserole



Thin-sliced seared ribeye with peppers, onions, and mushrooms baked in a cheesy egg custard under melted provolone. A bread-free keto dinner at 5 g net carbs per serving.

Serves: 6 squares
Prep 20 min · Cook 35 min

5 g	47 g
NET CARBS	PROTEIN
655	50 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

2 lb ribeye steak
1 tbsp avocado oil
1 tbsp butter
1 green bell pepper
½ onion
8 oz mushrooms
2 cloves garlic
1 tsp salt
½ tsp black pepper
4 eggs
4 oz cream cheese
⅓ cup heavy cream
8 oz provolone cheese

INSTRUCTIONS

1. Freeze the steak for 30 minutes, then slice it as thinly as possible against the grain. Heat the oven to 350°F and grease a 9x13-inch baking dish.
2. Slice the bell pepper and onion into thin strips, slice the mushrooms, and mince the garlic.
3. Heat the avocado oil in a large skillet over high heat. Sear the steak in two or three batches, 1 to 2 minutes per batch, seasoning with half the salt and pepper. Transfer to the baking dish.
4. Lower the heat to medium, add the butter, and cook the pepper, onion, and mushrooms until soft and lightly browned, 6 to 8 minutes. Stir in the garlic for 1 minute, then spread the vegetables over the steak.
5. Whisk the eggs, softened cream cheese, heavy cream, and the remaining salt and pepper until smooth. Pour evenly over the steak and vegetables.
6. Lay the provolone slices over the top to cover. Bake 25 to 30 minutes, until the center is set and the cheese is bubbling and golden. Rest 10 minutes, then cut into 6 squares.

Coach's note: Net carbs: 5 g per square (total carbs minus fiber). Refrigerate up to 4 days; reheat in the oven, microwave, or air fryer.
Swap: Dairy-free: skip the provolone, cream cheese and heavy cream, use avocado oil instead of butter, and whisk 2 tbsp mayonnaise into the eggs. Chicken thighs, sliced thin, can replace the steak.

coachluke.com/keto-philly-cheesesteak-casserole/

RECIPE · DINNERS

Slow Cooker Buffalo Chicken



Boneless chicken thighs slow cooked in butter, hot sauce, and garlic, then shredded and stirred with cream cheese for a creamy, spicy filling. An easy keto dinner at 2 g net carbs per serving.

Serves: 6 servings
Prep 5 min · Cook 4 hr

2 g	38 g
NET CARBS	PROTEIN
318	17 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2½** lb boneless skinless chicken thighs
- **½** cup hot sauce
- **3** tbsp butter
- **1** tsp garlic powder
- **½** tsp onion powder
- **½** tsp smoked paprika
- **1** cup celery
- **2** oz cream cheese
- **2** green onions

INSTRUCTIONS

1. Place the chicken thighs in the slow cooker in an even layer. Chop the celery and scatter it over the chicken.
2. Whisk the hot sauce, melted butter, garlic powder, onion powder, and smoked paprika together and pour over the chicken.
3. Cover and cook on low for 4 to 5 hours, or on high for 2.5 to 3 hours, until the chicken shreds easily.
4. Shred the chicken right in the slow cooker with two forks.
5. Add the cream cheese in small pieces and stir until it melts into the sauce. Let it sit on warm, uncovered, for 10 minutes to thicken slightly.
6. Top with sliced green onion and serve in lettuce cups, over salad, or in a bowl.

Coach's note: Net carbs: 2 g per serving (total carbs minus fiber). Store in the fridge up to 4 days or freeze up to 3 months; reheat 60 to 90 seconds in the microwave.
Swap: Dairy-free: use olive oil instead of butter and stir in 2 tbsp mayonnaise instead of the cream cheese. Chicken breasts work too; shred them as soon as they're cooked through so they stay juicy.

coachluke.com/keto-slow-cooker-buffalo-chicken/

RECIPE · DINNERS

Shepherd's Pie with Cauliflower Mash



Savory ground lamb and mushrooms simmered in a thyme gravy, topped with a creamy cheddar cauliflower mash and baked until golden. A comforting keto dinner at 7 g net carbs per serving.

Serves: 6 servings
Prep 20 min · Cook 45 min

7 g	34 g
NET CARBS	PROTEIN
614	49 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

1½ lb cauliflower florets
2 oz cream cheese
2 tbsp butter
1 cup shredded cheddar cheese
1 tsp salt
½ tsp black pepper
2 lb ground lamb
½ onion
4 oz mushrooms
3 cloves garlic
1 tbsp tomato paste
¾ cup beef broth
1 tsp dried thyme
½ tsp dried rosemary

INSTRUCTIONS

1. Heat the oven to 400°F. Steam or boil the cauliflower florets until very tender, 10 to 12 minutes. Drain well and let them steam dry in the colander for 5 minutes.
2. Blend the cauliflower with the cream cheese, butter, half of the cheddar, and half of the salt in a food processor until smooth. Set aside.
3. Dice the onion, chop the mushrooms, and mince the garlic.
4. In a large oven-safe skillet over medium-high heat, brown the ground lamb, breaking it up, 8 to 10 minutes. Spoon off all but about 1 tablespoon of the fat.
5. Add the onion and mushrooms and cook until softened, about 5 minutes. Stir in the garlic and tomato paste and cook 1 minute.
6. Add the beef broth, thyme, rosemary, the remaining salt, and the pepper. Simmer 5 to 8 minutes, until the liquid has thickened into a gravy.
7. Spread the cauliflower mash over the filling, rough it up with a fork, and sprinkle with the remaining cheddar. Bake 20 minutes, until bubbling and golden. Rest 10 minutes before serving.

Coach's note: Net carbs: 7 g per serving (total carbs minus fiber). Refrigerate up to 4 days or freeze up to 3 months; reheat covered at 350°F.
Swap: Dairy-free: mash the cauliflower with olive oil or ghee instead of the butter and cream cheese, and skip the cheddar. Ground beef works in place of lamb.

coachluke.com/keto-shepherds-pie/

RECIPE · DINNERS

Balsamic Chicken



Seared chicken thighs with mushrooms and spinach in a buttery balsamic and dijon pan sauce, all made in one skillet. A quick keto dinner at 4 g net carbs per serving.

Serves: 4 servings
Prep 10 min · Cook 25 min

4 g	47 g
NET CARBS	PROTEIN
415	22 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb boneless skinless chicken thighs
- **1** tsp salt
- **½** tsp black pepper
- **1** tsp dried rosemary
- **2** tbsp olive oil
- **8** oz mushrooms
- **3** cloves garlic
- **2** tbsp balsamic vinegar
- **½** cup chicken broth
- **1** tsp dijon mustard
- **2** tbsp butter
- **3** cups spinach

INSTRUCTIONS

1. Pat the chicken thighs dry and season both sides with the salt, pepper, and rosemary. Slice the mushrooms and mince the garlic.
2. Heat the olive oil in a large skillet over medium-high heat. Sear the chicken, smooth side down, for 6 minutes without moving it, then flip and cook 5 to 6 minutes more, until it reaches 175°F. Move to a plate.
3. Add the mushrooms to the same skillet and cook 5 minutes, stirring only once or twice, until browned. Add the garlic and stir for 30 seconds.
4. Pour in the balsamic vinegar and chicken broth and scrape up the browned bits. Whisk in the dijon and simmer 3 to 4 minutes, until reduced by about half.
5. Remove the pan from the heat and swirl in the butter until the sauce turns glossy.
6. Return the pan to low heat, add the spinach, and stir until just wilted, about 1 minute.
7. Nestle the chicken and any juices back into the skillet and spoon the sauce over the top. Serve right away.

Coach's note: Net carbs: 4 g per serving (total carbs minus fiber). Refrigerate up to 4 days; reheat covered over medium-low heat with a splash of water.
Swap: Dairy-free: finish with olive oil instead of butter. Chicken breasts work too: pound to an even thickness and cook to 165°F.

coachluke.com/keto-balsamic-chicken/

RECIPE · DINNERS

Chicken Parmesan with Pork Rind Crust



Thin chicken cutlets coated in crushed pork rinds and parmesan, seared until golden, then baked under a simple tomato sauce and melted mozzarella. A crunchy keto dinner at 4 g net carbs per cutlet.

Serves: 4 cutlets
Prep 20 min · Cook 20 min

4 g	66 g
NET CARBS	PROTEIN
595	**33 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **1¾** lb boneless skinless chicken breast
- **2** oz pork rinds
- **½** cup grated parmesan cheese
- **1** tsp italian seasoning
- **½** tsp garlic powder
- **½** tsp salt
- **2** eggs
- **3** tbsp olive oil
- **½** cup crushed tomatoes
- **1** clove garlic
- **½** tsp dried basil
- **1¼** cup shredded mozzarella

INSTRUCTIONS

1. Heat the oven to 400°F. Slice the chicken breasts in half horizontally, or pound them to an even half-inch thickness, to make 4 cutlets. Pat dry and season lightly with salt.
2. Crush the pork rinds into fine crumbs, then mix them in a shallow dish with the parmesan, italian seasoning, and garlic powder.
3. Beat the eggs in a second shallow dish. Dip each cutlet in egg, then press it firmly into the crumb mixture on both sides.
4. Heat the olive oil in a large oven-safe skillet over medium heat. Sear the cutlets 2 to 3 minutes per side until golden. Work in batches if needed and move them to a sheet pan.
5. Mince the garlic and stir it into the crushed tomatoes with the basil and the remaining salt.
6. Spoon the sauce over the cutlets and top with the mozzarella. Bake 10 to 12 minutes, until the chicken reaches 165°F and the cheese is bubbly. Broil 1 to 2 minutes for browned cheese if you like.

Coach's note: Net carbs: 4 g per cutlet (total carbs minus fiber). Store in the fridge up to 3 days; reheat in a 375°F oven or air fryer for 8 to 10 minutes to keep the crust crisp.
Swap: Dairy-free: skip the mozzarella and parmesan, add 1 tsp garlic powder to the pork-rind crust, and serve with marinara and zucchini noodles.

coachluke.com/keto-chicken-parmesan/

RECIPE · DINNERS

Chili



A thick, bean-free beef chili with smoky spices, a little cocoa for depth, and cheddar and sour cream on top. A one-pot keto dinner at 7 g net carbs per serving.

Serves: 6 bowls
Prep 15 min · Cook 50 min

7 g	38 g
NET CARBS	PROTEIN
440	28 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb ground beef
- **1** tbsp olive oil
- **½** onion
- **1** green bell pepper
- **1** cup celery
- **3** cloves garlic
- **3** tbsp chili powder
- **1** tbsp ground cumin
- **1** tsp smoked paprika
- **1** tsp dried oregano
- **1** tbsp unsweetened cocoa powder
- **1** tsp salt
- **½** tsp black pepper
- **2** tbsp tomato paste
- **1** cup crushed tomatoes
- **1** cup beef broth
- **1** cup shredded cheddar cheese
- **⅓** cup sour cream

INSTRUCTIONS

1. Dice the onion, bell pepper, and celery. Mince the garlic.
2. Heat the olive oil in a large pot or dutch oven over medium-high heat. Add the ground beef and cook, breaking it up, until well browned, about 8 minutes. Drain any excess fat.
3. Add the onion, bell pepper, and celery and cook 5 minutes, until they begin to soften. Stir in the garlic for 30 seconds.
4. Add the chili powder, cumin, smoked paprika, oregano, cocoa, salt, and pepper. Stir for 1 minute so the spices toast in the fat.
5. Stir in the tomato paste and cook 2 minutes, until it darkens slightly.
6. Add the crushed tomatoes and beef broth. Bring to a simmer, then lower the heat, partly cover, and simmer 30 minutes, stirring now and then.
7. Uncover and simmer 10 more minutes if you want it thicker. Taste and adjust the salt.
8. Ladle into bowls and top each with cheddar and a spoonful of sour cream.

Coach's note: Net carbs: 7 g per bowl, toppings included (total carbs minus fiber). Refrigerate up to 4 days or freeze up to 3 months without the toppings; reheat on the stove with a splash of broth.
Swap: Dairy-free: top with avocado, cilantro and green onion instead of cheese and sour cream. Ground turkey works; add 1 tbsp olive oil when browning.

coachluke.com/keto-chili/

RECIPE · DINNERS

Chicken Cordon Bleu Casserole



Tender chicken, smoked ham, and melted Swiss in a creamy Dijon sauce under a crisp pork rind and parmesan topping. All the cordon bleu flavor at 3 g net carbs per serving.

Serves: 6 servings
Prep 15 min · Cook 30 min

3 g	54 g
NET CARBS	PROTEIN
589	39 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb boneless skinless chicken breast
- **1** tbsp olive oil
- **¾** tsp salt
- **½** tsp black pepper
- **½** tsp garlic powder
- **8** oz ham
- **4** oz cream cheese
- **½** cup heavy cream
- **¼** cup chicken broth
- **2** tbsp dijon mustard
- **1** tbsp lemon juice
- **1½** cup shredded swiss cheese
- **1** oz pork rinds
- **¼** cup grated parmesan cheese
- **1** tbsp butter
- **1** tbsp fresh parsley

INSTRUCTIONS

1. Heat the oven to 375°F and grease a 9x13-inch baking dish.
2. Cut the chicken into 1-inch cubes and season with the salt, pepper, and garlic powder. Heat the olive oil in a large skillet over medium-high heat and sear the chicken in two batches until browned on the outside, about 4 minutes per batch. It will finish in the oven.
3. Spread the chicken in the baking dish. Dice the ham and scatter it over the chicken.
4. In the same skillet over low heat, whisk the softened cream cheese, heavy cream, chicken broth, Dijon mustard, and lemon juice until smooth, about 2 minutes. Pour the sauce evenly over the chicken and ham.
5. Sprinkle the shredded Swiss over the top.
6. Crush the pork rinds into fine crumbs, then mix them with the parmesan and melted butter. Scatter over the cheese.
7. Bake uncovered for 20 to 25 minutes, until the sauce is bubbling, the chicken reaches 165°F, and the topping is golden.
8. Rest 5 minutes, then sprinkle with chopped parsley and serve.

Coach's note: Net carbs: 3 g per serving (total carbs minus fiber). Choose a plain ham with no sugar glaze. Store in the fridge up to 4 days or freeze up to 2 months; reheat in the oven to keep the topping crisp.
Swap: Dairy-free: use dairy-free Swiss-style shreds, make the sauce with mayonnaise thinned with lemon juice instead of the cream cheese and heavy cream, and toss the pork rinds with olive oil instead of the parmesan and butter. Turkey or deli chicken can replace the ham.

coachluke.com/keto-chicken-cordon-bleu-casserole/

RECIPE · DINNERS

Chicken Curry



Tender chicken thighs simmered in a creamy coconut milk sauce with ginger, garlic, and warm spices, finished with spinach and served over cauliflower rice. 8 g net carbs per bowl.

Serves: 4 bowls
Prep 15 min · Cook 25 min

8 g	48 g
NET CARBS	PROTEIN
538	**35 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb boneless skinless chicken thighs
- **2** tbsp coconut oil
- **¼** onion
- **3** cloves garlic
- **1** tbsp fresh ginger
- **1½** tbsp curry powder
- **1** tsp ground cumin
- **½** tsp ground turmeric
- **1** tsp salt
- **1½** cup coconut milk
- **2** cups spinach
- **1** tsp garam masala
- **1** tbsp lime juice
- **2** cups cauliflower rice
- **2** tbsp fresh cilantro

INSTRUCTIONS

1. Cut the chicken thighs into bite-size pieces. Finely dice the onion, and mince the garlic and ginger.
2. Heat the coconut oil in a large deep skillet or Dutch oven over medium heat. Cook the onion 4 to 5 minutes, until soft. Add the garlic and ginger and cook 1 minute.
3. Add the curry powder, cumin, and turmeric and stir constantly for 1 minute, until the spices smell toasted.
4. Add the chicken and salt and stir to coat. Cook 3 to 4 minutes, until the outside of the chicken is no longer pink.
5. Pour in the coconut milk, stir, and bring to a gentle simmer. Cook uncovered 15 minutes, stirring now and then, until the chicken is cooked through and the sauce has thickened.
6. Stir in the spinach, garam masala, and lime juice and cook 1 to 2 minutes, until the spinach wilts. Taste and adjust the salt.
7. Meanwhile, cook the cauliflower rice in a separate skillet over medium-high heat for 5 to 6 minutes, until tender. Season lightly with salt.
8. Divide the cauliflower rice among 4 bowls, spoon the curry over the top, and garnish with cilantro.

Coach's note: Net carbs: 8 g per bowl including cauliflower rice (total carbs minus fiber). Use full-fat canned coconut milk (one 13.5-ounce can is about 1.66 cups; the small remainder can be stirred in if you like a looser sauce). Store up to 4 days in the fridge or freeze the curry up to 3 months.
Swap: Already dairy-free (coconut oil and coconut milk). Shrimp works in place of chicken: add it at the end and simmer about 4 minutes, until pink.

coachluke.com/keto-chicken-curry/

RECIPE · DINNERS

Sausage and Cheese Stuffed Zucchini Boats



Zucchini halves filled with browned Italian sausage, garlic, and a touch of tomato, then baked under mozzarella and parmesan. A family-friendly keto dinner at 7 g net carbs per serving.

Serves: 4 servings (2 boats each)
Prep 15 min · Cook 30 min

7 g	36 g
NET CARBS	PROTEIN
770	65 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **1¾** lb zucchini
- **1** tbsp olive oil
- **1½** lb italian sausage
- **2** cloves garlic
- **¼** cup crushed tomatoes
- **½** tsp dried oregano
- **¼** tsp salt
- **1** cup shredded mozzarella
- **¼** cup grated parmesan cheese
- **2** tbsp chopped fresh basil

INSTRUCTIONS

1. Heat the oven to 400°F. Halve the zucchini lengthwise and scoop out the centers with a spoon, leaving a shell about a quarter inch thick. Chop the scooped flesh.
2. Place the shells cut side up in a baking dish, brush with half the olive oil, sprinkle with salt, and bake 10 minutes.
3. Meanwhile, heat the remaining olive oil in a skillet over medium-high heat. Add the sausage and cook, breaking it up, until browned, about 8 minutes. Drain excess fat.
4. Add the chopped zucchini flesh and minced garlic and cook until the moisture evaporates, 4 to 5 minutes. Stir in the crushed tomatoes and oregano and simmer 2 minutes.
5. Pat any liquid from the zucchini shells, then pack the sausage filling into them. Top with mozzarella and parmesan.
6. Bake 15 to 18 minutes, until the cheese is melted and golden. Scatter with basil and serve two boats per person.

Coach's note: Net carbs: 7 g per serving of two boats (total carbs minus fiber). Refrigerate up to 3 days; reheat in a 375°F oven or air fryer for 8 to 10 minutes.
Swap: Dairy-free: skip the cheese topping and spoon warm marinara over the boats before serving. Ground turkey can replace the sausage.

coachluke.com/keto-zucchini-boats/

RECIPE · DINNERS

Italian Meatballs



Beef and pork meatballs bound with almond flour and parmesan, baked in a garlicky tomato sauce and finished with melted mozzarella. A keto dinner at 6 g net carbs per serving.

Serves: 6 servings (4 meatballs each)
Prep 20 min · Cook 30 min

6 g	40 g
NET CARBS	PROTEIN
574	**42 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **½** cup almond flour
- **¼** cup heavy cream
- **1** lb ground beef
- **1** lb ground pork
- **2** eggs
- **½** cup grated parmesan cheese
- **4** cloves garlic
- **2** tbsp chopped fresh parsley
- **1½** tsp italian seasoning
- **1** tsp salt
- **½** tsp black pepper
- **1** tbsp olive oil
- **1½** cup crushed tomatoes
- **¼** tsp red pepper flakes
- **1** cup shredded mozzarella
- **2** tbsp fresh basil

INSTRUCTIONS

1. Heat the oven to 400°F. Mince the garlic and divide it in half.
2. In a large bowl, stir the almond flour into the heavy cream and let it sit 5 minutes to form a thick paste.
3. Add the ground beef, ground pork, eggs, parmesan, half the garlic, parsley, italian seasoning, salt, and pepper. Mix gently with your hands just until combined.
4. Roll into 24 meatballs about 1.5 inches wide.
5. In a 9x13 baking dish or large oven-safe skillet, stir together the olive oil, crushed tomatoes, remaining garlic, and red pepper flakes. Nestle the meatballs into the sauce.
6. Bake 20 minutes, until the meatballs are browned on top and reach 160°F inside.
7. Scatter the mozzarella over the top and bake 5 to 8 minutes more, until melted and bubbling.
8. Rest 5 minutes, then garnish with torn basil and serve.

Coach's note: Net carbs: 6 g per serving of four meatballs with sauce (total carbs minus fiber). Refrigerate up to 4 days or freeze in sauce up to 3 months; reheat covered over medium-low heat.
Swap: Dairy-free: use unsweetened almond milk instead of the heavy cream, and skip the parmesan in the meatballs and the cheese on top. Egg-free: leave out the eggs and add 1 tbsp more almond flour.

coachluke.com/keto-italian-meatballs/

Jalapeño Popper Chicken Casserole



Shredded chicken folded into a creamy cheddar and jalapeño sauce, topped with crisp bacon and a crunchy pork rind and parmesan crumble. A make-ahead keto dinner at 5 g net carbs per serving.

Serves: 6 servings
Prep 20 min · Cook 40 min

5 g	49 g
NET CARBS	PROTEIN
596	**42 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb boneless skinless chicken breast
- **6** slices bacon
- **3** jalapeno peppers
- **8** oz cream cheese
- **½** cup sour cream
- **1** tsp garlic powder
- **½** tsp onion powder
- **½** tsp salt
- **1½** cup shredded cheddar cheese
- **1** oz pork rinds
- **¼** cup grated parmesan cheese

INSTRUCTIONS

1. Place the chicken in a pot, cover with salted water, and bring to a simmer. Cook gently 15 to 18 minutes, until it reaches 165°F. Cool slightly, then shred with two forks.
2. Meanwhile, heat the oven to 375°F and grease a 9x13-inch baking dish. Cook the bacon until crisp, drain, and chop.
3. Seed and dice two of the jalapeños. Slice the third into thin rings for the top.
4. In a large bowl, stir the softened cream cheese, sour cream, garlic powder, onion powder, and salt until smooth. Fold in the shredded chicken, diced jalapeño, half of the bacon, and 1 cup of the cheddar.
5. Spread the mixture into the baking dish. Top with the remaining cheddar, bacon, and jalapeño rings.
6. Crush the pork rinds, toss them with the parmesan, and scatter evenly over the top.
7. Bake 20 to 25 minutes, until bubbling at the edges and golden on top. Rest 5 minutes before serving.

Coach's note: Net carbs: 5 g per serving (total carbs minus fiber). Store in the fridge up to 4 days or freeze without the topping up to 2 months; reheat 60 to 90 seconds in the microwave or covered at 350°F.
Swap: Dairy-free: this casserole is built on cream cheese and cheddar, so pick a dairy-free dinner instead (Balsamic Chicken or Chicken Curry) if you avoid dairy.

coachluke.com/keto-jalapeno-popper-chicken-casserole/

RECIPE · DINNERS

Zucchini Lasagna



Roasted zucchini planks layered with a thick beef and tomato sauce, a set ricotta layer, and browned mozzarella. A lasagna that slices clean at 6 g net carbs per serving.

Serves: 8 servings
Prep 30 min · Cook 55 min

6 g	38 g
NET CARBS	PROTEIN
428	27 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **4** zucchini
- **1½** tsp salt
- **1** tbsp olive oil
- **2** lb ground beef
- **3** cloves garlic
- **¾** cup crushed tomatoes
- **1** tbsp tomato paste
- **2** tsp italian seasoning
- **¼** tsp red pepper flakes
- **1¼** cup ricotta cheese
- **1** egg
- **½** cup grated parmesan cheese
- **2** cups shredded mozzarella
- **2** tbsp fresh basil

INSTRUCTIONS

1. Heat the oven to 400°F. Trim the zucchini and slice lengthwise into planks about 1/4 inch thick.
2. Lay the planks on paper towels, sprinkle with 1 teaspoon of the salt, and let them sit 15 minutes. Blot dry, arrange on two parchment-lined sheet pans, brush lightly with the olive oil, and roast 10 minutes. Lower the oven to 375°F.
3. While the zucchini roasts, brown the ground beef in a large skillet over medium-high heat, breaking it up, about 8 minutes. Drain any fat. Add the minced garlic and cook 30 seconds.
4. Stir in the crushed tomatoes, tomato paste, Italian seasoning, red pepper flakes, and remaining salt. Simmer uncovered 10 minutes, until very thick.
5. In a bowl, mix the ricotta, egg, and half of the parmesan until smooth.
6. In a 9x13-inch baking dish, spread a thin layer of meat sauce. Add a layer of zucchini, half the ricotta mixture, a third of the sauce, and a third of the mozzarella. Repeat once, then finish with the last zucchini, the remaining sauce, mozzarella, and parmesan.
7. Cover with foil and bake 25 minutes. Uncover and bake 15 to 20 minutes more, until bubbling and browned.
8. Rest at least 15 minutes before slicing. Top with torn basil and serve.

Coach's note: Net carbs: 6 g per serving (total carbs minus fiber). Use 90% lean ground beef and a crushed tomato brand with no added sugar. Store in the fridge up to 4 days or freeze up to 3 months; reheat covered.
Swap: Dairy-free: this one relies on ricotta and mozzarella, so dairy-free versions will be softer. A simpler swap: layer the zucchini with meat sauce and top with olives and basil.

coachluke.com/keto-zucchini-lasagna/

RECIPE · DINNERS

Cheeseburger Casserole



Seasoned 90% lean ground beef and cauliflower baked under a cheddar custard, then topped with pickles, tomato, lettuce, and sesame seeds. A family-size keto dinner at 5 g net carbs per serving.

Serves: 6 servings
Prep 15 min · Cook 35 min

5 g	45 g
NET CARBS	PROTEIN
533	**36 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb ground beef
- **½** onion
- **2** cloves garlic
- **2** cups cauliflower florets
- **1** tsp salt
- **½** tsp black pepper
- **2** tbsp tomato paste
- **1** tbsp yellow mustard
- **⅓** cup dill pickles
- **4** eggs
- **⅓** cup heavy cream
- **2** cups shredded cheddar cheese
- **½** cup cherry tomatoes
- **1** cup shredded lettuce
- **1** tsp sesame seeds

INSTRUCTIONS

1. Heat the oven to 375°F and grease a 9x13-inch baking dish. Dice the onion, mince the garlic, and cut the cauliflower into small bite-size pieces.
2. Brown the ground beef and onion in a large skillet over medium-high heat, breaking up the meat, about 8 minutes. Pour off any excess fat.
3. Add the cauliflower, garlic, salt, and pepper. Cover and cook 5 minutes, until the cauliflower is just tender. Stir in the tomato paste and mustard and cook 1 minute more.
4. Chop the pickles and stir them into the beef mixture. Spread it evenly in the baking dish.
5. Whisk the eggs and heavy cream, stir in 1 cup of the cheddar, and pour over the beef. Top with the remaining cheddar.
6. Bake 22 to 25 minutes, until the center is set and the cheese is golden. Rest 5 minutes.
7. Top with halved cherry tomatoes, shredded lettuce, and sesame seeds, then cut into 6 squares.

Coach's note: Net carbs: 5 g per serving (total carbs minus fiber). Store without fresh toppings in the fridge up to 4 days or freeze up to 3 months; reheat 90 seconds in the microwave.
Swap: Dairy-free: use unsweetened almond milk instead of the heavy cream, skip the cheese, and top with a mustard and mayo "special sauce". Ground turkey works for a lighter version.

coachluke.com/keto-cheeseburger-casserole/

Garlic Butter Shrimp with Zucchini Noodles



Seared shrimp in a lemony garlic butter sauce tossed with quick-cooked zucchini noodles and parmesan. A one-pan keto dinner at 8 g net carbs per serving.

Serves: 4 plates
Prep 10 min · Cook 10 min

8 g	33 g
NET CARBS	PROTEIN
344	20 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **1¾** lb raw shrimp
- **1½** lb zucchini
- **1** tbsp olive oil
- **4** tbsp butter
- **5** cloves garlic
- **½** tsp salt
- **¼** tsp black pepper
- **¼** tsp red pepper flakes
- **2** tbsp lemon juice
- **¼** cup chicken broth
- **⅓** cup grated parmesan cheese
- **2** tbsp chopped fresh parsley

INSTRUCTIONS

1. Spiralize the zucchini into noodles and set them on paper towels. Peel and devein the shrimp if needed, then pat them very dry. Slice 2 garlic cloves and mince the rest.
2. Heat the olive oil and 1 tablespoon of butter in a large skillet over medium-high heat. Season the shrimp with salt and pepper and add them in a single layer. Cook 1 to 2 minutes per side until pink, then move them to a plate.
3. Lower the heat to medium. Add 1 tablespoon of butter, the sliced and minced garlic, and the red pepper flakes. Cook 1 minute, stirring, until fragrant and just golden.
4. Pour in the chicken broth and lemon juice and simmer 1 minute, scraping up the browned bits.
5. Add the zucchini noodles and toss for about 2 minutes, just until barely tender.
6. Return the shrimp to the pan, take the skillet off the heat, and stir in the remaining 2 tablespoons of butter until the sauce turns glossy. Top with parmesan and parsley and serve right away.

Coach's note: Net carbs: 8 g per serving (total carbs minus fiber). Best eaten fresh; store shrimp and zoodles separately in the fridge up to 2 days and reheat gently in a skillet.
Swap: Dairy-free: use olive oil and skip the parmesan. Spiralized zucchini can be swapped for shirataki noodles or bagged zucchini noodles.

coachluke.com/keto-garlic-butter-shrimp/

Salmon With Lemon Butter Sauce



Pan-seared salmon with crisp edges and a glossy garlic, lemon, and dill butter sauce, made in one skillet in about 20 minutes. 2 g net carbs per serving.

Serves: 4 fillets
Prep 5 min · Cook 15 min

2 g	34 g
NET CARBS	PROTEIN
381	**26 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **1½** lb salmon fillet
- **½** tsp salt
- **¼** tsp black pepper
- **1** tbsp avocado oil
- **3** cloves garlic
- **⅓** cup chicken broth
- **2** tbsp lemon juice
- **1** tsp lemon zest
- **4** tbsp butter
- **1** tbsp fresh dill

INSTRUCTIONS

1. Cut the salmon into 4 even fillets. Pat completely dry with paper towels and season both sides with the salt and pepper.
2. Heat the avocado oil in a large skillet over medium-high heat until it shimmers. Add the salmon skin side up (or presentation side down) and sear without moving for 4 minutes, until a golden crust forms.
3. Flip the fillets and cook 2 to 4 minutes more, until the thickest part reaches 125 to 130°F. Move the salmon to a plate.
4. Lower the heat to medium-low. Add the minced garlic and cook 30 seconds, until fragrant.
5. Pour in the chicken broth and lemon juice and scrape up the browned bits. Simmer about 2 minutes, until reduced by about half.
6. Take the skillet off the heat. Add the cold butter in pieces and swirl until melted and glossy. Stir in the lemon zest and chopped dill, and taste for salt.
7. Return the salmon to the pan, spoon the sauce over the top, and serve right away.

Coach's note: Net carbs: 2 g per serving (total carbs minus fiber). Leftovers keep up to 2 days in the fridge; reheat gently at 275°F and warm the sauce separately over low heat.
Swap: Dairy-free: make the sauce with olive oil, lemon, garlic and capers instead of butter. Cod or trout work well; cook to 145°F.

coachluke.com/keto-salmon-lemon-butter/

Beef and Broccoli



Thin slices of seared flank steak and crisp-tender broccoli tossed in a glossy coconut aminos, garlic, and ginger sauce. A 25-minute keto stir-fry at 6 g net carbs per serving.

Serves: 4 servings
Prep 10 min · Cook 15 min

6 g	39 g
NET CARBS	PROTEIN
352	**17 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **1½** lb flank steak
- **¼** tsp salt
- **2** tbsp avocado oil
- **3** cups broccoli florets
- **3** cloves garlic
- **1** tbsp fresh ginger
- **3** tbsp coconut aminos
- **½** cup beef broth
- **1** tsp sesame oil
- **¼** tsp xanthan gum
- **2** green onions
- **1** tsp sesame seeds

INSTRUCTIONS

1. Slice the flank steak into thin strips against the grain. Pat dry and season with the salt.
2. Mince the garlic and grate the ginger. Whisk the coconut aminos, beef broth, and sesame oil in a small bowl.
3. Heat 1 tablespoon of avocado oil in a large skillet or wok over high heat. Sear half the beef in a single layer, 1 to 2 minutes per side, until browned. Move to a plate and repeat with the remaining beef.
4. Add the remaining oil and the broccoli to the pan with 2 tablespoons of water. Cover and cook 2 to 3 minutes, until bright green and crisp-tender.
5. Add the garlic and ginger and stir for 30 seconds, until fragrant. Pour in the sauce and bring to a simmer.
6. Sprinkle the xanthan gum evenly over the sauce while stirring. Simmer 1 minute until glossy and slightly thickened.
7. Return the beef and any juices to the pan and toss to coat. Top with sliced green onion and sesame seeds and serve.

Coach's note: Net carbs: 6 g per serving (total carbs minus fiber). Store in the fridge up to 4 days; reheat in a skillet with a splash of water.
Swap: Lighter: use sirloin instead of flank steak. Soy-free: the recipe uses coconut aminos already; keep it that way.

coachluke.com/keto-beef-and-broccoli/

Chicken Thighs With Creamy Mustard Sauce



Golden seared boneless chicken thighs simmered in a creamy Dijon and whole grain mustard sauce with garlic and thyme, all in one skillet. 2 g net carbs per serving.

Serves: 4 servings
Prep 5 min · Cook 25 min

2 g	46 g
NET CARBS	PROTEIN
441	**27 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **2** lb boneless skinless chicken thighs
- **¾** tsp salt
- **½** tsp black pepper
- **½** tsp smoked paprika
- **1** tbsp olive oil
- **1** tbsp butter
- **3** cloves garlic
- **½** cup chicken broth
- **½** cup heavy cream
- **2** tbsp dijon mustard
- **1** tbsp whole grain mustard
- **1** tsp fresh thyme
- **1** tbsp fresh parsley

INSTRUCTIONS

1. Pat the chicken thighs dry and season both sides with the salt, pepper, and smoked paprika.
2. Heat the olive oil in a large skillet over medium-high heat. Add the thighs in a single layer and sear without moving for 5 to 6 minutes, until deeply golden. Flip and cook 5 to 6 minutes more, until they reach 175°F. Move to a plate.
3. Lower the heat to medium. Add the butter and the minced garlic and cook 30 seconds, until fragrant.
4. Pour in the chicken broth and scrape up the browned bits from the bottom of the pan. Simmer 2 minutes, until reduced by about half.
5. Stir in the heavy cream, Dijon, whole grain mustard, and thyme. Simmer gently 2 to 3 minutes, until the sauce thickens enough to coat a spoon.
6. Return the chicken and any juices to the skillet and spoon the sauce over the top. Simmer 1 to 2 minutes to warm through.
7. Sprinkle with chopped parsley and serve.

Coach's note: Net carbs: 2 g per serving (total carbs minus fiber). Use sugar-free mustards, not honey mustard. Store up to 4 days in the fridge and reheat gently with a splash of broth; freezing isn't recommended for the cream sauce.
Swap: Dairy-free: use olive oil instead of butter and coconut milk for the cream; the sauce is slightly sweeter. Chicken breasts work too: pound to an even thickness and cook to 165°F.

coachluke.com/keto-chicken-thighs-mustard-sauce/

RECIPE · SIDES AND SNACKS

Cheesy Cauliflower Rice



Cauliflower rice sautéed in butter and simmered with cream, cream cheese, sharp cheddar, and parmesan until thick and creamy. A quick keto side at 6 g net carbs per serving.

Serves: 4 servings
Prep 5 min · Cook 10 min

6 g	11 g
NET CARBS	PROTEIN
308	**27 g**
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **3** cup cauliflower rice
- **2** tbsp butter
- **1** clove garlic
- **¼** cup heavy cream
- **2** oz cream cheese
- **1** cup shredded cheddar cheese
- **2** tbsp grated parmesan cheese
- **½** tsp salt
- **¼** tsp black pepper
- **¼** tsp mustard powder
- **1** tbsp chopped chives

INSTRUCTIONS

1. Mince the garlic. Melt the butter in a large skillet over medium-high heat.
2. Add the cauliflower rice and cook, stirring often, until tender and the moisture has cooked off, 5 to 7 minutes. Stir in the garlic for the last minute.
3. Lower the heat to medium-low. Add the heavy cream and cream cheese and stir until the cream cheese melts into a smooth sauce, about 1 minute.
4. Add the cheddar, parmesan, salt, pepper, and mustard powder and stir until the cheese is fully melted and creamy.
5. Taste and adjust the salt, then top with chives and serve hot.

Coach's note: Net carbs: 6 g per serving (total carbs minus fiber). Refrigerate up to 4 days; reheat in a skillet with a splash of cream or water.
Swap: Dairy-free: sauté the cauliflower rice in olive oil with garlic and herbs and skip the cheeses and cream. Frozen cauliflower rice is fine; cook off the extra water first.

coachluke.com/keto-cheesy-cauliflower-rice/

RECIPE · SIDES AND SNACKS

Bacon Dijon Deviled Eggs



Steamed eggs filled with a silky yolk, mayonnaise, dijon, and pickle brine filling, topped with crisp bacon and paprika. A high-protein keto snack at 1 g net carbs per serving.

Serves: 6 servings (4 halves each)
Prep 20 min · Cook 12 min

1 g	13 g
NET CARBS	PROTEIN
266	23 g
CALORIES	FAT

Per serving. Calculated from the listed ingredients; values vary with brands.

INGREDIENTS

- **12** eggs
- **⅓** cup mayonnaise
- **2** tbsp sour cream
- **2** tsp dijon mustard
- **1** tbsp dill pickle juice
- **¼** tsp salt
- **¼** tsp black pepper
- **3** slices bacon
- **½** tsp smoked paprika
- **1** tbsp chopped chives

INSTRUCTIONS

1. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add the eggs in a single layer, cover, and steam 12 minutes.
2. Move the eggs to a bowl of ice water and chill 10 minutes. Meanwhile, cook the bacon until crisp, drain, and break into small pieces.
3. Peel the eggs, halve them lengthwise, and pop the yolks into a bowl. Arrange the whites on a platter.
4. Press the yolks through a fine sieve, or mash them very well with a fork. Stir in the mayonnaise, sour cream, dijon, pickle juice, salt, and pepper until smooth. Taste and adjust.
5. Spoon or pipe the filling into the whites.
6. Just before serving, dust with smoked paprika and top each egg with a piece of bacon and a few chives.

Coach's note: Net carbs: 1 g per serving of four halves (total carbs minus fiber). Refrigerate filled eggs up to 2 days, or keep whites and filling separate up to 4 days; don't freeze.
Swap: Egg allergy: skip this snack and use a handful of nuts or celery with cream cheese. Turkey bacon works in place of pork bacon.

coachluke.com/keto-deviled-eggs/

TOOLS

Daily tracker

Tick off meals, water and how you feel. Patterns matter more than any single day.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	WATER	ENERGY 1–5	NOTES
1	☐	☐	☐	☐	○○○○○○○○		
2	☐	☐	☐	☐	○○○○○○○○		
3	☐	☐	☐	☐	○○○○○○○○		
4	☐	☐	☐	☐	○○○○○○○○		
5	☐	☐	☐	☐	○○○○○○○○		
6	☐	☐	☐	☐	○○○○○○○○		
7	☐	☐	☐	☐	○○○○○○○○		
8	☐	☐	☐	☐	○○○○○○○○		
9	☐	☐	☐	☐	○○○○○○○○		
10	☐	☐	☐	☐	○○○○○○○○		
11	☐	☐	☐	☐	○○○○○○○○		
12	☐	☐	☐	☐	○○○○○○○○		
13	☐	☐	☐	☐	○○○○○○○○		
14	☐	☐	☐	☐	○○○○○○○○		
15	☐	☐	☐	☐	○○○○○○○○		
16	☐	☐	☐	☐	○○○○○○○○		
17	☐	☐	☐	☐	○○○○○○○○		
18	☐	☐	☐	☐	○○○○○○○○		
19	☐	☐	☐	☐	○○○○○○○○		
20	☐	☐	☐	☐	○○○○○○○○		
21	☐	☐	☐	☐	○○○○○○○○		
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25	☐	☐	☐	☐	○○○○○○○○		
26	☐	☐	☐	☐	○○○○○○○○		
27	☐	☐	☐	☐	○○○○○○○○		
28	☐	☐	☐	☐	○○○○○○○○		

TOOLS

Weekly check-ins

End of Week 1

Energy ___ /5 Sleep ___ /5 Hunger ___ /5

What went well this week?

What got in the way?

Which recipes were keepers?

One thing I'll do differently next week:

End of Week 2

Energy ___ /5 Sleep ___ /5 Hunger ___ /5

What went well this week?

What got in the way?

Which recipes were keepers?

One thing I'll do differently next week:

End of Week 3

Energy ___ /5 Sleep ___ /5 Hunger ___ /5

What went well this week?

What got in the way?

Which recipes were keepers?

One thing I'll do differently next week:

End of Week 4

Energy ___ /5 Sleep ___ /5 Hunger ___ /5

What went well this week?

What got in the way?

Which recipes were keepers?

One thing I'll do differently next week:

TOOLS

Blank weekly planner (for Week 5 and beyond)

Rebuild your favorite week, or mix and match recipes from the index. Print as many copies as you like.

DAY	BREAKFAST	LUNCH	DINNER	NET CARBS
Sunday prep				
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

SHOPPING LIST

YOUR FREE BONUS

28 days of coaching emails, free

Thank you for buying this plan. To help you actually finish it, I wrote a short coaching email for every day of the 28 days, matched to that day's menu: what to prep, what to expect, and one small habit to work on.

- A welcome email with your Week 1 game plan
- One email a day for Days 1 to 28, matched to this plan
- Tips for prep days, cravings, eating out and plateaus
- Plus my weekly newsletter and free resource library (unsubscribe any time with one click)



Scan to claim your bonus

Point your phone's camera at the code, or tap it if you're reading on a screen. Enter your email and the first message arrives in a few minutes. Start the emails on the day you start Day 1.

coachluke.com/keto-bonus

Your email is used only to send these coaching emails and my newsletter. No spam, and I never sell your address.

KEEP GOING

You did the hard part. Here's what's next

Twenty-eight days of planning, shopping and cooking builds skills that last longer than any diet: you know how to prep on Sunday, you have a freezer full of backup meals, and you have 34 recipes you can repeat.

After Day 28

- Repeat your two favorite weeks, using the blank planner and the recipe index.
- Keep Sunday prep even if you relax your carbs. It is the habit that does the most work.
- If you want to ease off keto, add back one carb food at a time (berries, beans, potatoes) and notice how you feel.
- Keep strength training two or three times a week. Muscle is your best long-term metabolism insurance.

More free help from me

Every recipe in this plan lives on **coachluke.com**, where you'll also find more keto, high-protein and Mediterranean recipes, free calculators, and my free resource library of printable guides. The bonus emails will point you to the best ones.

Enjoyed the plan?

Reply to any coaching email and tell me how it's going. More free recipes and guides are waiting at coachluke.com. Thank you for trusting me with your kitchen for 28 days. **Coach Luke**

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