



*The Kellie  
Kitchen*

# **A Quick Start Guide to a Ketogenic Diet**

**by Kellie Logsdon**



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The views expressed in this guide are the opinions of Kellie Logsdon. My words or any guest contributions in this guide should not be taken as a substitute for qualified medical expertise.

You don't have to be  
great to start, but you  
have to start to be  
great...

-Zig Ziglar



# What is the Ketogenic Diet ?

Historically, the Ketogenic diet (aka Keto) has been around for over a hundred years. It was discovered as early as 20th century and was (and still is) an effective solution for individuals suffering from epilepsy, Type 2 diabetes, high blood pressure, heart disease and extra fat on your body. As of late, the scientific community is finding great promise with this way eating and protecting against Alzheimers disease and helping in overall brain function and cognition.

In days far before the age of organized fitness this was the diet that humans historically adhered to naturally before processed sugars became so readily available.

In the late 1970s a variation of the Keto diet, known as The Atkins Diet became widely popular because of the rapid weight loss all the while eating a steady diet of steak, eggs and cheese. Since then the Atkins Diet has been revamped to mimic The Ketogenic Diet rich in quality fats, moderate proteins and very low carbohydrates. The Keto diet has maintained its status of effectiveness and of course gaining wider attention among people looking to lose weight faster. The Ketogenic diet is a low-carb, high-fat, moderate protein diet that causes weight loss and more importantly provides a vast array of health benefits. It involves significantly reducing carbohydrate intake while increasing protein to the levels necessary to maintain muscle mass with the calorie ratios approximating 70 percent fat, 25 percent protein and 5 percent low-glycemic carbohydrates.



# How Does a Keto Diet Work?

Reducing carbohydrates and increasing your healthy fat intake has been proven to have major health benefits such as immediate weight loss, better sleep cycles, clearer skin, more focused cognitive brain function and increased energy. Our brains function best on a fuel of fat in our system. When we deprive our cells of unnecessary sugar our body becomes “fat adapted” switching our fuel source from glucose to fat (the fat we eat and fat we have stored on our bodies). Our body will begin producing ketones with the ultimate goal of entering into Ketosis. Attaining ketosis is pretty straightforward; however, it can seem difficult and confusing with all of the information out there. The strict dietary guidelines of a Ketogenic Diet involve staying below 20 grams of carbohydrates per day. For example, there are 48 grams of carbohydrate in a bagel, 27 grams of carbohydrate in a single banana, 45 grams of carbohydrate in a cup of brown rice and just 6 grams of carbohydrate in a cup of broccoli. Avoidance of high carbohydrate foods such as bread, pasta, potatoes, corn, rice etc. as well as all simple carbohydrates such as regular sugar, honey and fruit juice is the gold standard rule to following a Keto diet. This rigid guideline of staying below 20 grams of carbohydrates per day is the bench mark and starting point for most people that have large fat stores on their body. Most vegetables and nuts do have some level of carbohydrates in them, but that does not mean they are to be avoided. I am from the school of thought that the nutrients that are derived from low carbohydrate vegetables and nuts are far more beneficial than if we were to cut them out of our diets entirely for the sake of being “strict Keto”.

It has been my experience that one can enter into ketosis without being too extreme on their carb count once your body is fat-adapted. In fact, when we consume too much protein a process called gluconeogenesis takes place, which basically means the protein is then converted into carbohydrates and thus may cause a surplus of carbohydrate type fuel for your body....which we know can turn into fat stores on our bodies.

A lifestyle that is mostly Ketogenic is one in which fat and protein are included in every meal as this helps to reduce appetite, regulate blood glucose levels and preserve lean muscle mass. Examples of protein foods are fish, chicken, turkey, beef, eggs, full-fat yogurt and cheese. Protein drinks such as whey protein isolate may contain adequate nutrients, however most are filled with additives and hidden sugars. Healthy fat intake is essential as this enhances fat burning by the body while reducing the synthesis of fatty acids in the body which both promote fat loss. Optimal sources of fats are grass-fed butter, olive oil, avocado oil, avocados, fatty meats, fish, nuts and seeds.

## FOODS TO EAT

- **Vegetables** (excluding starchy vegetables like potatoes and corn)
- **Leafy Greens**
- **Animal Protein** (Beef, Lamb, Poultry, Pork Eggs and Fish)
- **High Fat Dairy** (Hard Cheeses, Heavy Cream, Grass-Fed Butter, Full Fat Unsweetened Greek Yogurt)
- **Nuts & Seeds** (Macadamias, Walnuts, Pecans, Sunflower seeds, etc)
- **Oil & Fats** (Coconut Oil, Olive Oil, Avocado Oil, Bacon Fat)

## FOODS TO AVOID

- **Grains** (Flours- Wheat or White, Corn, Rice, Cereal, Quinoa, Oats, etc)
- **Fruits** (Berries in moderation are okay)
- **Starchy Vegetables** (Potatoes, Sweet Potatoes, Corn and most Squashes)
- **Sugars** (Honey, Agave, Maple Syrup, table sugar, etc.)

# What is the Keto Flu?

The Keto flu, which is otherwise known as 'carb flu' or 'a sugar crash' are terms used by many to describe the flu-like reactions that often follow the commencement of a ketogenic diet. It happens as a result of the sudden and drastic removal of sugar, breads and essentially carbohydrates from your diet.

One of the main reasons for this flu is a result of insufficient electrolytes in your diet. These electrolytes include calcium, sodium, potassium, and magnesium. When you made the diet switch, you also cut down on the richest electrolyte sources such as starchy fruits and vegetables which may result in the different symptoms you experience.

The Keto flu usually doesn't last long; a week or less for an average person. But it can also last as longer in some individuals...it all depends on some factors.

If your diet has always been high in processed foods and refined sugar, it's more likely you have more experience of the symptoms. And this can also depend on the genetic make-up of the individual as some people tend to be more metabolically flexible making it easier for them to shift between diets.

Keto flu symptoms may be very undesirable, yet it's worth it. The symptoms from quickly removing carbs from your diet can be easily remedied by drinking pickle juice or adding a pinch of pink Himalayan Sea Salt to your water. Don't allow the flu to stop you from getting all the health benefits embedded in the ketogenic diet, so do everything you can to make sure you don't go out of ketosis.



# Symptoms of the Keto Flu

**HEADACHES**

**DIZZINESS**

**NAUSEA**

**STOMACH UPSET**

**BRAIN FOG**

**CRAMPING**

**FATIGUE**

**SUGAR CRAVINGS**

**DIFFICULTY FALLING ASLEEP**

## How to Manage Keto Flu Symptoms

- **STAY HYDRATED**
- **TAKE AN ELECTROLYTE SUPPLEMENT**
- **DRINK PICKLE JUICE**
- **EAT MORE FATS**
- **ENGAGE IN LIGHT EXERCISE**

# The Kellie Kitchen Recipes



# GREEN PROTEIN SMOOTHIE



## INGREDIENTS

1 Cup of Spinach  
1/2 Avocado  
1 Serving of Vanilla Protein Powder (no sugar)  
1/2 Cups of Coconut Milk  
1 Tbsp of Chia Seeds

## NUTRITIONAL VALUE

Fat: 29 g  
Carbs: 10 g  
Net Carbs: 5 g  
Protein: 27 g  
Total Calories: 412 Calories

## DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, add in the avocado, spinach, chia seeds and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Add extra water if you desire your smoothie more on the liquid side. Once it looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

# BLUEBERRY HEMP SEED PORRIDGE



## INGREDIENTS

1 Cup of Almond Milk  
1/2 Cup of Hemp Seeds  
1/2 Cup of Blueberries  
1 Tbsp of Ground Flax Seeds  
1 Tbsp of Chia Seeds  
1 tsp of Vanilla Extract

## NUTRITIONAL VALUE

Fat: 46 g  
Carbs: 25 g  
Net Carbs: 10 g  
Protein: 33 g  
Total Calories: 651 Calories

## DIRECTIONS

Combine all of the ingredients except for the blueberries in a small pot, stir together and bring to a boil. Once it's boiling bring down the heat to a low-medium. Allow the porridge to simmer for 3-5 minutes. Once the mixture has thickened up remove it from the heat. Transfer the hemp seed porridge into a bowl and add the blueberries on top.



# COCONUT CINNAMON CEREAL



## INGREDIENTS

1/2 Cup Berries  
1/4 Cups Unsweetened Coconut Flakes  
2 Tbsp Pecans  
2 Tbsp Full fat Greek Yogurt  
1/4 cup Heavy Cream  
1/2 tsp of Cinnamon

## NUTRITIONAL VALUE

Fat: 28 g  
Carbs: 19 g  
Net Carbs: 10 g  
Protein: 8 g  
Total Calories: 350 Calories

## DIRECTIONS

Start by washing the berries and then chop into small pieces. Next combine the berry pieces and all the remaining ingredients into a small bowl. Feel free to add any other nuts and seeds that you enjoy to add texture to this grain free cereal.

# PALEO BREAKFAST BOWL



## INGREDIENTS

2 Eggs  
1 slice Smoked Salmon  
1/2 Avocado  
2 Cups of Sautéed Kale or Spinach  
1 tsp Olive Oil  
1 tsp Coconut Oil

## NUTRITIONAL VALUE

Fat: 35 g  
Carbs: 20 g  
Net Carbs: 4 g  
Protein: 29 g  
Total Calories: 489 Calories

## DIRECTIONS

Start by chopped and washing 2 cups of kale or spinach. Once that is done heat up a pan on medium heat with a little bit of olive oil and add to pan for about 5 minutes. While the greens are sautéing prepare the eggs the way you like them (scrambled, sunny side up, fried, etc..). Lastly slice up half an avocado and measure out 50 grams of smoked salmon. Once everything is ready combine in a wide bowl and enjoy.

# MINI OMELETTES



## INGREDIENTS

3 Eggs  
1/2 Cup of Spinach  
1 Tbsp of Fresh Basil  
1 Small Tomato  
1 Tbsp Coconut Oil  
1/2 Cup Cheddar, Goat or Feta Cheese

## NUTRITIONAL VALUE

Fat: 29 g  
Carbs: 5 g  
Net Carbs: 4 g  
Protein: 20 g  
Total Calories: 360 Calories

## DIRECTIONS

Pre-heat the oven at 350F. Coat a muffin tray with coconut oil to avoid sticking. Whisk together the 3 eggs. Chop up the spinach, basil and tomatoes. Poor the egg mixture into 3 different muffin cups. Then add a little bit of the vegetable mixture in each cup topping off with your cheese of choice leaving about 1 cm empty at the top. Bake in the oven for 18 minutes.

# BREAKFAST SAUSAGE



## INGREDIENTS

(Makes 4 servings)

1 lb. of Ground Pork  
1 Tbsp of Italian Seasoning  
1/2 Tbsp of Garlic Powder  
1/2 Tbsp of Onion Powder  
1/2 tsp of Salt  
1/4 tsp of Pepper

## NUTRITIONAL VALUE

(per serving)

Fat: 28 g  
Carbs: 0 g  
Net Carbs: 0 g  
Protein: 19 g  
Total Calories: 326 Calories

## DIRECTIONS

In a large bowl combine the ground pork with all of the seasonings. Mix the seasoning into the meat as well as possible and then form 8 patties. Heat a pan on medium heat and add the coconut oil. Once the coconut oil is melted add all of the patties or if you can only fit 4 save half of the oil for the second batch. Fry the patties for about 3-5 minutes on each side or until cooked through and browned on the outside. Once they are done serve immediately warm or store them in a glass container in the fridge for later.



# BULLETPROOF COFFEE



## INGREDIENTS

1 Cup of Coffee  
1 Tbsp of Grass Fed Butter or Ghee  
1 Tbsp of Coconut Oil  
Dash of Cinnamon

## NUTRITIONAL VALUE

Fat: 26 g  
Carbs: 0 g  
Net Carbs: 0 g  
Protein: 0 g  
Total Calories: 222 Calories

## DIRECTIONS

Brew your coffee as you would normally do. Once your coffee is ready add it into a blender with the butter, coconut oil and the cinnamon. Blend for 5 seconds and that's it. Serve immediately for a warm beverage or add ice cubes to make an ice coffee.

\*side note on this coffee is that you can enjoy one of these NOT 2-3 per morning. Fat is good, but too much fat and you will start to store it on your backside.

# CHICKEN COBB SALAD



## INGREDIENTS

2 Cups of Salad Greens  
4 oz of Chicken  
1 Hard Boiled Egg  
2 Slices of Bacon  
1/2 Avocado  
1-3 Tbsp Olive Oil  
Generous pinch of Salt and Pepper

## NUTRITIONAL VALUE

Fat: 39 g  
Carbs: 10 g  
Net Carbs: 5 g  
Protein: 39 g  
Total Calories: 524 Calories

## DIRECTIONS

Start by washing the greens and placing it at the base of a salad bowl. Next place all of the remaining ingredients one by one in a straight line. Lastly drizzle the olive oil on top and add salt and pepper if desired.

# TUNA SALAD & CUCUMBER



## INGREDIENTS

1 Can of Tuna  
2 Stalks of Celery  
1/4 Cup Red Onions  
2-3 Tbsp REAL Mayonnaise  
Salt and Pepper to taste  
Half of a Cucumber

## NUTRITIONAL VALUE

Fat: 12 g  
Carbs: 15 g  
Net Carbs: 5 g  
Protein: 33 g  
Total Calories: 279 Calories

## DIRECTIONS

Drain the can of tuna and pour it into a mixing bowl. Mix mayonnaise in with the tuna. Finely chop the celery and red onion and add to the bowl. Season with salt and pepper. Slice half of a cucumber and use the cucumber slices to scoop the tuna salad.

# TACO SALAD



## INGREDIENTS

(2 Servings)

4 Cups of Romaine Lettuce

1/2-1 lb Ground Beef

1 Avocado

1 cup Red Onion chopped

1/2 Cup of Salsa

1/2 Cup of Shredded Mexican Cheese

2 Tbsp of Sour Cream

**Seasonings** >

1 Tbsp Paprika

1 tsp Garlic Powder

1 tsp Onion Powder

1/2 tsp Cayenne Powder

(Trader Joes has a great ready-made taco seasoning packet)

## NUTRITIONAL VALUE

(per serving)

Fat: 33 g

Carbs: 14 g

Net Carbs: 5 g

Protein: 33 g

Total Calories: 480 Calories

## DIRECTIONS

Heat a pan on medium heat and add the coconut oil. Once the coconut oil has melted add the ground beef. While the meat is cooking prepare the salad by washing and chopping the romaine lettuce. Once the meat is cooked through add in the seasoning and mix well. Assemble the salad by placing the lettuce at the bottom followed by the beef, avocado, salsa, sour cream and the cheese.



# THAI CHICKEN SALAD



## INGREDIENTS

(2 Servings)

8 oz of Chicken Breast  
4 Cups of Spinach  
1 Avocado  
1 Tomato  
1/2 Cup of Red Onion  
1/4 Cup Goat Cheese Crumbles  
2 Tbsp of Sliced Almonds  
2 Tbsp of Sesame Seeds  
2 Tbsp of Sesame Oil  
1 tsp of Coconut Oil

## NUTRITIONAL VALUE

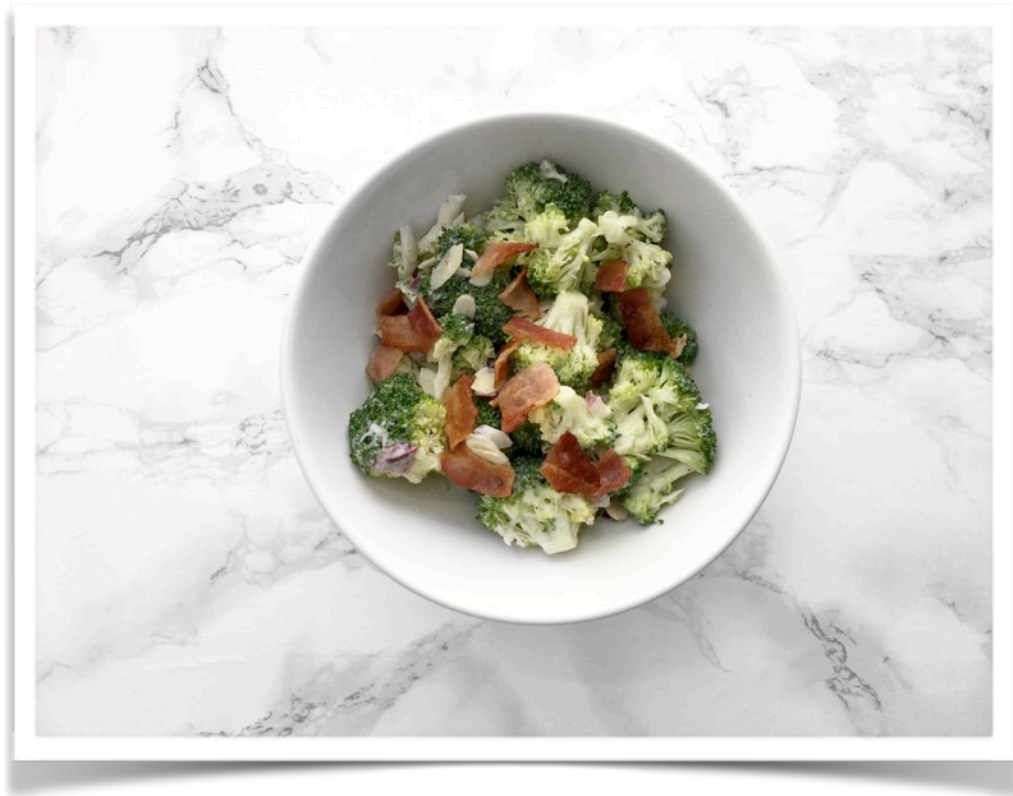
(per serving)

Fat: 34 g  
Carbs: 20 g  
Net Carbs: 5 g  
Protein: 33 g  
Total Calories: 499 Calories

## DIRECTIONS

Pre-heat the oven at 350F then bake the chicken breast for about 30 minutes. Meanwhile prepare the vegetables by chopping the avocado, tomato and red onions. Place all of the salad ingredients into a bowl and toss the salad a few times to make sure the sesame oil coats everything. Once the chicken is done shred it with a fork and add it to the salad.

# BROCCOLI SALAD



## INGREDIENTS

2 Cups of Broccoli  
2 Slices of Bacon  
1/4 Cup of Chopped Red Onion  
1 Tbsp of Sliced Almonds  
2 Tbsp of Avocado Oil Mayonnaise  
Salt & Pepper to taste

## NUTRITIONAL VALUE

Fat: 34 g  
Carbs: 16 g  
Net Carbs: 10 g  
Protein: 12 g  
Total Calories: 392 Calories

## DIRECTIONS

In a large bowl combine the chopped broccoli floret, red onions, sliced almonds and the mayo. Mix everything well and then sprinkle the bacon on top along with the salt and pepper.

# BAKED SALMON



## INGREDIENTS

4 oz of Salmon Fillet  
Coarse Salt and Pepper  
Lemon  
10 Stalks of Asparagus  
2-4 Tbsp of Olive Oil

## NUTRITIONAL VALUE

Fat: 28 g  
Carbs: 8 g  
Net Carbs: 4 g  
Protein: 25 g  
Total Calories: 249 Calories

## DIRECTIONS

Start by pre-heating the oven at 350F. Cut off the ends of the asparagus and wash it. Line a baking tray with parchment paper, add the salmon and asparagus to the baking tray. Coat the salmon and the asparagus with olive oil, salt and pepper. Slice lemon in half. With one half drizzle all with lemon juice. Thinly slice other half of lemon and lay on top of the Salmon. Bake for 20-30 minutes depending on salmon thickness.

# BEEF FAJITA BOWL



## INGREDIENTS

(2 Servings)

8 oz of Beef Sirloin Strips or Ground Beef

1 Red Bell Pepper

1/2 Cup of Guacamole

2 Cups of Cauliflower Rice

1/2 Cup of Chopped Onions

1 Cloves of Garlic

1 Tbsp of Coconut Oil

1 Tbsp of Olive Oil

**Fajita Seasoning** >

1 Tbsp Paprika, 1 tsp Garlic Powder, 1 tsp Onion

Powder & 1/2 tsp Cayenne Powder

(Traders Joes Taco seasoning is a great  
substitute)

## NUTRITIONAL VALUE

(per serving)

Fat: 37g

Carbs: 19g

Net Carbs: 9 g

Protein: 34g

Total Calories: 513 Calories

## DIRECTIONS

Place a pan on medium heat and add the coconut oil. Once the oil has melted add the onions and garlic and sauté for 1 minute. Add the beef strips or ground beef and cook for 3-5 minutes. While the beef is cooking cut the red pepper into strips. Once the beef is ready add the peppers and cook for an extra 5 minutes. During those last 5 minutes heat the grated cauliflower in a different pan with olive oil, salt and pepper. Combine in a bowl the beef mixture, cauliflower rice and guacamole.



# TZATZIKI LAMB BURGERS



## INGREDIENTS

(2 servings)

1 lbs of Ground Lamb

1 tsp of Ground Paprika

1 tsp of Sea Salt

1/2 tsp of Ground Pepper

1 Tbsp of Coconut Oil

2 Cups of Spring Mix Greens

**Tzatziki Sauce** >

1 Cup of Full Fat Greek Yogurt

1/2 English Cucumber

1 Tbsp of Fresh Dill

1 Clove of Garlic

Pinch of Sea Salt & Ground Pepper

## NUTRITIONAL VALUE

(per serving)

Fat: 40 g

Carbs: 23 g

Net Carbs: 5 g

Protein: 36 g

Total Calories: 542 Calories

## DIRECTIONS

In a large bowl combine the ground lamb, paprika, sea salt and pepper and form 4 patties. Heat a pan on medium heat and add the coconut oil. Once the coconut oil has melted place the burger patties in the pan and cook for about 5 minutes per side. Meanwhile peel and shred the cucumber and then combine it with all of the other ingredients to make the tzatziki sauce. Once the burger patties are done add the tzatziki on top along with any other ingredients you may want. Serve with a side of green salad.

# CHICKEN CURRY



## INGREDIENTS

(Makes 2 Servings)

- 8 oz of Chicken
- 2 Cup of Broccoli
- 1 Carrot Sliced
- 1/2 Cup of Onions
- 1 Can of Coconut Milk Full Fat
- 2 Cups of Cauliflower Rice
- 1 Tbsp of Ground Turmeric
- 1 Tbsp of Ground Cumin
- 1 Tbsp of Ground Ginger

## NUTRITIONAL VALUE

(1 Serving)

- Fat: 50g
- Carbs: 35g
- Net Carbs: 12 g
- Protein: 35g
- Total Calories: 720 Calories

## DIRECTIONS

Place a pan on medium heat and melt 1 teaspoon of coconut oil. Add the chicken and cook until it is well done. Take the chicken out of the pan and place it aside for now. Add another teaspoon of the coconut oil and all the vegetables and spices to the pan. Let the vegetables sauté for 5 minutes then add the coconut milk, let it cook for another 5 minutes. Lastly add the chicken back in and mix well.

Serve on top of cauliflower rice.

# AVOCADO PESTO PASTA



## INGREDIENTS

(2 Servings)

2 Zucchini

8 oz of Chicken

1 Tbsp Coconut Oil

Avocado Cream Sauce >

1 Avocado

2 Tbsp Extra Virgin Olive Oil

1/2 Cup of Water

1/2 Cup of Fresh Basil

Salt and Pepper to taste

Optional: 1 Clove of Garlic

## NUTRITIONAL VALUE

(per serving)

Fat: 40 g

Carbs: 16 g

Net Carbs: 3 g

Protein: 36 g

Total Calories: 440 Calories

## DIRECTIONS

Heat the coconut oil in a pan on medium heat. Once the oil is melted add in the chicken and cook through. While the chicken is cooking spiralize the zucchini and then combine all the Avocado Cream Sauce ingredients in a blender and blend away. Once the chicken is done combine everything in a bowl and mix well so that the Avocado Cream Sauce covers all of the zucchini noodles.

# ZUCCHINI BOATS



## INGREDIENTS

(2 Servings)

2 Large Zucchini  
8 oz of Ground Beef  
1/2 Cup of Tomato Sauce (Rao's)  
1/2 Cup of Chopped Onions  
2 Cloves of Garlic  
1/2 Cup of Mozzarella Cheese  
1-2 Tbsp of Olive Oil  
Splash of Heavy Cream  
Pinch of Salt & Pepper

## NUTRITIONAL VALUE

(per serving)

Fat: 17 g  
Carbs: 21 g  
Net Carbs: 11 g  
Protein: 31 g  
Total Calories: 352 Calories

## DIRECTIONS

Pre-heat the oven to 400F degrees. Scoop the middle part of the zucchini out to create space for the filling. Bake the empty zucchini boats for 20 minutes. Start preparing the filling by placing a pot on medium heat and adding the olive oil. Once the oil is hot add in the onions, garlic, scooped out zucchini and sauté for 3 minutes. Next, add the ground beef to brown. Then add in the tomato sauce and a splash of heavy cream. Remove the zucchinis from the oven once they are done and stuff them with the filling. Sprinkle the cheese on top and bake for another 5 minutes or until the cheese has melted.

# COCONUT CRUSTED COD



## INGREDIENTS

(2 servings)

8oz of Cod

2 Tbsp of Shredded Coconut

2 Tbsp of Almond Flour

4 Cups of Broccoli Floret

2-4 Tbsp of Olive Oil

1 Tbsp of Sea Salt

## NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 4 g

Net Carbs: 2 g

Protein: 22 g

Total Calories: 273 Calories

## DIRECTIONS

Preheat the oven to 400F degrees. Line a baking sheet with parchment paper. In a small bowl mix the shredded coconut, almond flour and the sea salt. Coat the cod fillets with the olive oil and then toss them in the coconut and almond flour. Try to cover the fillets the best you can then lay it out on the baking sheet. Once all the fillets are all covered, bake them in the oven for 10-12 minutes or until the crust is golden brown. While the cod is baking prepare the broccoli chopping it into florets and steaming them.



# EGG ROLL IN A BOWL



## INGREDIENTS

(2 Servings)

1 lb Ground Beef  
4 Cups of Thinly Sliced Green Cabbage  
1 Shredded Carrot  
1/2 Cups of Chopped Onion  
1 Cloves of Garlic  
2 Tbsp of Coconut Aminos  
1/4 Cup of Green Onions  
2 Tbsp of Sesame Oil  
Salt & Pepper to Taste

## NUTRITIONAL VALUE

(per serving)

Fat: 27 g  
Carbs: 22 g  
Net Carbs: 9 g  
Protein: 25 g  
Total Calories: 429 Calories

## DIRECTIONS

Heat the sesame oil in a pan on medium heat. Once the sesame oil has heated up add in the ground beef, salt and pepper and cook through. Next, add in the chopped onions, shredded carrots and the garlic. Once the onions have browned add in the thinly sliced green cabbage and mix everything well. Cook for another 8 minutes or until the cabbage starts to soften. Once it's done cooking garnish with the green onions.

# MEXICAN CAULIFLOWER RICE



## INGREDIENTS

(2 servings)

2 Cups of Cauliflower Rice

250 g of Ground Beef

1/2 Cup of Chopped Onions

1/2 Can of Diced Tomatoes

1 Avocado

1/2 Cup of Shredded Mexican Cheese

## NUTRITIONAL VALUE

(per serving)

Fat: 38 g

Carbs: 19 g

Net Carbs: 6 g

Protein: 34 g

Total Calories: 498 Calories

## DIRECTIONS

Heat the coconut oil in a pan on medium heat. Once the oil has melted add the ground beef. Just before the ground beef is done add in the onions and cook for 3 more minutes. Next, add the diced tomatoes and the cauliflower rice and combine everything well. Cook for 5 more minutes to allow the cauliflower rice to soften. During the last 2 minutes add in the shredded cheese. Serve with fresh avocado on top.

# AVOCADO DEVILED EGGS



## INGREDIENTS

(4 Servings)

4 Egg

1/2 Avocado

1/4 Cup real Mayonnaise

1 Tbsp of Lime Juice

1/2 tsp of Salt, plus more for the boiling  
water

Pinch of Pepper

## NUTRITIONAL VALUE

(per serving)

Fat: 17 g

Carbs: 3 g

Net Carbs: 3 g

Protein: 7 g

Total Calories: 195 Calories

## DIRECTIONS

Fill a small pot with water up to three quarters. Bring the water to a boil. Gently add the eggs in the water and boil for 10 minutes. Once the eggs are done remove them from the pot and add them to a bowl of cold water. Once they have cooled down peel the shell off. Cut the eggs in half and separate the yolk from the whites. Combine all of the yolks in a food processor along with the avocado, mayonnaise, lime juice, salt and pepper. Process until smooth. Fill the egg white halves with the creamy mixture. Store the deviled eggs in an air tight container in the fridge to avoid browning.

# SEED CRACKERS & GUACAMOLE



## INGREDIENTS

(Makes 4 Servings)

1/4 Cup of Chia Seeds

1/4 Cups of Sesame Seeds

1/4 Cups of Sunflower Seeds

1/2 Tbsp of Herb Mix Seasoning

1/2 tsp Salt

1 Cup of Water

**Guacamole** >

1/2 Mashed Avocado

Juice of half a lime

Pinch of Sea Salt

## NUTRITIONAL VALUE

(per serving)

Fat: 24 g

Carbs: 14 g

Net Carbs: 3 g

Protein: 8 g

Total Calories: 280 Calories

## DIRECTIONS

Pre-heat the oven to 175C. Mix all the seeds together with water and seasonings. Let the mixture sit for 5 minutes. Line a baking sheet with parchment paper and spread the seed mixture evenly until flat. Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes. While the crackers are baking combine all the guacamole ingredients in a bowl and mash until you have a smooth consistency.

# TURKEY, PICKLE & CHEESE ROLL UPS



## INGREDIENTS

2-4 Slices of Turkey (or no sugar deli meat)

2-4 Dill Pickle Spears

1/3 Cup Cream Cheese

## NUTRITIONAL VALUE

Fat: 10 g

Carbs: 1 g

Net Carbs: 1 g

Protein: 17 g

Total Calories: 160 Calories

## DIRECTIONS

Lay out the slices of deli meat and pat dry with a paper towel. Gently smear cream cheese on each slice of deli meat. Place pickle spear in middle of meat and roll up to form. Secure them with a toothpick if desired.



# CELERY & NUT BUTTER



## INGREDIENTS

2 Stalks of Celery  
2 Tbsp of Almond Butter or nut butter of  
your choice

## NUTRITIONAL VALUE

Fat: 18 g  
Carbs: 10 g  
Net Carbs: 4 g  
Protein: 8 g  
Total Calories: 230 Calories

## DIRECTIONS

Cut the celery stalks into sticks and dip into the almond butter.

# SALTED MACADAMIA NUTS



## INGREDIENTS

1/4 Cup of Macadamia Nuts

## NUTRITIONAL VALUE

Fat: 22 g

Carbs: 2 g

Net Carbs: 1 g

Protein: 3 g

Total Calories: 224 Calories

# COCONUT CHIA PUDDING



## INGREDIENTS

(4 Servings)

1 Can of Coconut Milk  
1/4 Cup of Chia Seeds  
1/4 Cup of Berries  
1 tsp of Vanilla Extract  
Liquid Stevia to taste

## NUTRITIONAL VALUE

(per serving)

Fat: 25 g  
Carbs: 11 g  
Net Carbs: 3 g  
Protein: 5 g  
Total Calories: 286 Calories

## DIRECTIONS

Combine all of the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight.

Once it is ready you can separate it into 4 servings and add a handful of berries on top.

# ALMOND BUTTER FAT BOMBS



## INGREDIENTS

(Makes 6)

1/4 Cup of Coconut Oil

1/4 Cup of Almond Butter or nut butter of  
your choice

1/4 Cup of Raw Cacao Powder

## NUTRITIONAL VALUE

(per 2 fat bombs)

Fat: 31 g

Carbs: 8 g

Net Carbs: 4 g

Protein: 7 g

Total Calories: 300 Calories

## DIRECTIONS

Start by melting the coconut oil and then add the almond butter and the cacao powder to the melted coconut oil. Mix until it forms a smooth mixture. Add 2 Tbsp of the mixture in paper muffin cups or even better use silicon ones. Freeze the fudge for an hour and then they are ready. Keep them stored in the freezer.

# CHOCOLATE PUDDING



## INGREDIENTS

(4 Servings)

1 Can of Full Fat Coconut Milk

1/4 Cup of Chia Seeds

1/4 Cup of Raw Cacao Powder

Stevia to Taste

## NUTRITIONAL VALUE

(per serving)

Fat: 27 g

Carbs: 11 g

Net Carbs: 5 g

Protein: 5 g

Total Calories: 300 Calories

## DIRECTIONS

Combine the coconut milk and the chia seeds in a bowl. Stir well and then transfer the mixture to a sealed container. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight. Once it is ready stir in the raw cacao powder and sweetener if needed.



# The Kellie Kitchen Meal Plan



# Week 1

<b>Breakfast</b>	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Mini Omelettes
<b>Lunch</b>	Chicken Cobb Salad	Coconut Crusted Cod (leftovers)	Egg Roll in a Bowl (leftovers)	Mexican Cauliflower Rice (leftovers)	Broccoli Salad	Avocado Pesto Pasta (leftovers)	Lamb Burgers (leftovers)
<b>Dinner</b>	Coconut Crusted Cod	Egg Roll in a Bowl	Mexican Cauliflower Rice	Salmon Dinner	Avocado Pesto Pasta	Lamb Burgers	Thai Chicken Salad
<b>Snack</b>	Seed Crackers & Guacamole	Almond Butter Fat Bomb	Seed Crackers & Guacamole	Almond Butter Fat Bomb	Seed Crackers & Guacamole	Almond Butter Fat Bomb	Seed Crackers & Guacamole

# Week 2

<b>Breakfast</b>	Blueberry Hemp Seed Porridge	Breakfast Sausages + 2 Eggs	Blueberry Hemp Seed Porridge	Breakfast Sausages + 2 Eggs	Blueberry Hemp Seed Porridge	Breakfast Sausages + 2 Eggs	Mini Omelettes
<b>Lunch</b>	Thai Chicken Salad (leftovers)	Taco Salad (leftovers)	Chicken Curry (leftovers)	Mexican Cauliflower Rice (leftovers)	Tuna Salad	Beef Fajita Bowl (leftovers)	Zucchini Boats (leftovers)
<b>Dinner</b>	Taco Salad	Chicken Curry	Mexican Cauliflower Rice	Salmon Dinner	Beef Fajita Bowl	Zucchini Boats	Chicken Cobb Salad (double batch)
<b>Snack</b>	Chocolate Pudding	Turkey & Cheese Rolls	Chocolate Pudding	Turkey & Cheese Rolls	Chocolate Pudding	Turkey & Cheese Rolls	Chocolate Pudding

# Week 3

<b>Breakfast</b>	Bullet Proof Coffee	Apple Cinnamon Cereal	Bullet Proof Coffee	Apple Cinnamon Cereal	Bullet Proof Coffee	Apple Cinnamon Cereal	Mini Omelettes
<b>Lunch</b>	Chicken Cobb Salad	Coconut Crusted Cod (leftovers)	Egg Roll in a Bowl (leftovers)	Mexican Cauliflower Rice (leftovers)	Broccoli Salad	Avocado Pesto Pasta (leftovers)	Lamb Burgers (leftovers)
<b>Dinner</b>	Coconut Crusted Cod	Egg Roll in a Bowl	Mexican Cauliflower Rice	Salmon Dinner	Avocado Pesto Pasta	Lamb Burgers	Thai Chicken Salad
<b>Snack</b>	Avocado Deviled Eggs	Celery & Almond Butter	Avocado Deviled Eggs	Celery & Almond Butter	Avocado Deviled Eggs	Celery & Almond Butter	Avocado Deviled Eggs

# Week 4

<b>Breakfast</b>	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Mini Omelettes
<b>Lunch</b>	Thai Chicken Salad (left overs)	Taco Salad (leftovers)	Chicken Curry (leftovers)	Mexican Cauliflower Rice (leftovers)	Tuna Salad	Beef Fajita Bowl (leftovers)	Zucchini Boats (leftovers)
<b>Dinner</b>	Taco Salad	Chicken Curry	Mexican Cauliflower Rice	Salmon Dinner	Beef Fajita Bowl	Zucchini Boats	Chicken Cobb Salad
<b>Snack</b>	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding

# Grocery Lists



## GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Ingredients like coconut oil, olive oil and grass fed butter are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like Almond Butter, Coconut Aminos, Almond Flour, Chia Seeds and baking ingredients are listed in the grocery lists usually as a few tablespoons but I highly recommend to buy these in bulk and check if you already have them in your pantry before heading to the store.
3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case I encourage you to use the extra vegetables in other meals or for snacking.
4. There are also recipes with protein powder as an ingredient. Your choice of protein powder should be no sugar or at the very most 1g of sugar per serving. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28 Day Meal Plan. If not then finding single servings may be best.
5. Many of these recipes call for fresh herbs like cilantro and basil. To save money I recommend getting these two herbs as a small plant. They are very easy to maintain and don't cost much. Another option is dried herbs to keep in your pantry so there are always readily available.
6. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no left overs.



# GROCERY LIST - WEEK 1

## **Fruits & Vegetables**

10 Avocados  
2 Limes  
6 Cups of Kale  
7.5 Cups of Spinach  
1 Cup + 1 Tbsp of Fresh Basil  
1 Small Head of Green Cabbage  
2 Zucchini  
1 Head of Broccoli  
1 Head of Cauliflower  
10 Stalks of Asparagus  
1 Carrot  
1 Small Cucumber  
3 Small Tomatoes  
1/2 Cup of Sprouts  
1/4 Cup of Green Onions  
1 Red Onion  
3 Onions  
1 Clove of Garlic

## **Meats, Eggs & Seafood**

22 oz of Chicken  
8 Slices of Bacon  
10 Eggs  
300 g of Ground Lamb  
1 lb. of Ground Beef  
8 oz of Cod  
4 oz of Salmon Fillet  
150 g Smoked Salmon

## **Dairy**

1/2 Cup of Shredded Mexican Cheese

## **Nuts & Seeds**

1/4 Cup + 3 Tbsp of Chia Seeds  
1/4 Cup + 2 Tbsp of Sesame Seeds  
1/4 Cup of Sunflower Seeds  
3 Tbsp of Almonds

## **Baking Supplies**

1/4 Cup of Raw Cacao Powder  
2 Tbsp of Shredded Coconut  
2 Tbsp of Almond Flour

## **Condiments**

Extra Virgin Olive Oil  
Organic Coconut Oil  
Sesame Oil  
1 Can of Coconut Milk  
1 Can of Diced Tomatoes  
1/4 Cup of Almond Butter  
2 Tbsp of Olive or Avocado Oil Mayonnaise  
2 Tbsp of Coconut Aminos

## **Herbs & Spices**

Herb Mix Seasoning  
Ground Paprika

## **Extras**

3 Servings of Vanilla Protein

## GROCERY LIST - WEEK 2

### **Fruits & Vegetables**

3/4 Cup of Blueberries  
5 Avocados  
1/4 Cup of Guacamole  
4 Cups of Spinach  
4 Cups of Romaine Lettuce  
1 Head of Broccoli  
1 Head of Cauliflower  
10 Stalks of Asparagus  
2 Stalks of Celery  
2 Zucchini  
1 Red Bell Pepper  
1 Cucumber  
1 Carrot  
1 Red Onion  
4 Onions  
2 Cloves of Garlic

### **Meats, Eggs & Seafood**

24 oz of Chicken  
1 lb. of Ground Beef  
1 lb. of Ground Pork  
10 Eggs  
150 g of Sliced Turkey  
4 Slices of Bacon  
8 oz of Beef Strips  
4 oz of Salmon Fillet  
1 Can of Tuna

### **Dairy**

3 Slice of Cheese (25 g Each)  
1.5 Cup of Shredded Mexican Cheese  
2 Tbsp of Sour Cream

### **Nuts & Seeds**

1.5 Cups of Hemp Seeds  
3 Tbsp of Ground Flax Seeds  
1/4 Cup + 3 Tbsp of Chia Seeds

### **Baking Supplies**

1/4 Cup of Raw Cacao Powder  
3 tsp of Vanilla Extract

### **Condiments**

2 Cans of Coconut Milk  
3 Cups of Almond Milk  
1 Cup of Tomato Sauce  
3/4 Cup of Salsa

### **Herbs & Spices**

Cayenne Powder  
Ground Turmeric  
Cumin  
Ground Ginger  
Italian Seasoning  
Garlic Powder  
Onion Powder



## GROCERY LIST - WEEK 3

### **Produce**

2 Apples  
5 Avocados  
1 Lime  
2.5 Cups of Spinach  
1 Cup + 1 Tbsp of Fresh Basil  
1 Small Head of Green Cabbage  
1 Head of Broccoli  
1 Head of Cauliflower  
2 Zucchini  
10 Stalks of Asparagus  
6 Stalks of Celery  
1 Carrot  
3 Small Tomatoes  
1/2 Cup of Sprouts  
1/4 Cup of Green Onions  
2 Red Onions  
3 Onions  
1 Cloves of Garlic

### **Meats, Eggs & Seafood**

12 oz of Chicken  
1 lb. of Ground Beef  
6 Slices of Bacon  
7 Eggs  
300 g of Ground Lamb  
8 oz of Cod  
4 oz of Salmon Fillet

### **Dairy**

1/2 Cup of Shredded Mexican Cheese  
3 Tbsp of Grass Fed Butter or Ghee

### **Nuts & Seeds**

1/4 Cup + 2 Tbsp of Walnuts  
1/2 Cup + 1 Tbsp of Almonds  
2 Tbsp of Sesame Seeds

### **Baking Supplies**

3/4 Cup of Coconut Chips  
2 Tbsp of Shredded Coconut  
2 Tbsp of Almond Flour

### **Condiments**

1.5 Cups of Almond Milk  
1 Can of Diced Tomatoes  
1/4 Cup + 2 Tbsp of Paleo Mayonnaise  
1/4 Cup + 2 Tbsp of Almond Butter  
2 Tbsp of Coconut Aminos

### **Herbs & Spices**

Ground Cinnamon

### **Extras**

3 Servings of Coffee

## GROCERY LIST - WEEK 4

### **Produce**

1/4 Cup of Fresh Berries  
6 Avocados  
1/4 Cup of Guacamole  
6 Cups of Kale  
4 Cups of Romaine Lettuce  
5 1/2 Cups of Spinach  
1 Tbsp of Fresh Basil  
10 Stalks of Asparagus  
2 Zucchini  
1 Small Head of Broccoli  
1 Head of Cauliflower  
1 Carrot  
1 Red Bell Pepper  
2 Stalks of Celery  
1 Cucumber  
1 Small Tomato  
1 Red Onion  
4 Onions  
3 Cloves of Garlic

### **Meats, Eggs & Seafood**

20 oz of Chicken  
2 Slices of Turkey Bacon  
10 Eggs  
8 oz of Beef Strips  
1 lb. of Ground Beef  
4 oz of Salmon Fillet  
150 g Smoked Salmon  
1 Can of Tuna

### **Dairy**

1 1/2 Cup of Shredded Mexican Cheese  
2 Tbsp of Sour Cream

### **Nuts & Seeds**

3/4 of Macadamia Nuts  
1/4 Cup + 3 Tbsp of Chia Seeds

### **Baking Supplies**

1 tsp of Vanilla Extract

### **Condiments**

3 Cans of Coconut Milk  
1 Cup of Tomato Sauce  
3/4 Cup of Salsa

### **Extras**

3 Servings of Vanilla Protein

