

Produce

- *asparagus, (1 lb).
- basil, ½ cup
- celery, ¾ cup diced
- collards, 4 cups chopped
- *garlic, 5 cloves (1 clove)
- ginger, 1 tsp minced
- lemons, 3
- mixed spring greens, 6 cups
- parsley, ½ cup
- red onion, 1
- red-skinned new potatoes, 1 ¼ lb.
- romaine, 4 cups chopped
- white cabbage, 2 small heads or approx. 3 lb. total
- yellow onion, 1
- zucchini, 4

Perishables

- chicken stock or broth, 4½ cups
- *eggs, 4 (6)
- mayonnaise, ½ cup
- *sauerkraut, (½ cup)

Pantry Goods

- alcohol-free stevia, 3 drops
- apple cider vinegar, 6 tbsp
- brewed chamomile tea, 30 oz.
- calming magnesium supplement, 3 tsp (optional)
- canned tuna, 10 oz.
- chili powder, ¼ tsp
- dill pickles, 1 jar
- Dijon mustard, ½ tsp
- dried basil, ¼ tsp
- dried oregano, ¼ tsp
- garlic powder, 1 tbsp
- gelatin, 3 tbsp
- MCT oil, 1 cup
- mustard, 1½ tbsp
- *olive oil, ½ cup (3 tbsp)
- pine nuts, 2½ tbsp
- *smoked paprika, (½ tsp)
- *tallow, 1 cup (3 tbsp)

Meat/Deli

- chicken wings, 12 (about 1 lb.)
- bacon, 12 strips
- pork shoulder, 2 lb.
- turkey breast, 1 ¼ lb.

Since snacks are optional, ingredients that are needed to make snack recipes are marked with an asterisk for easy identification. The value before the parentheses indicates how much of the ingredient you will need for breakfast, lunch, or dinner, and the value within the parentheses indicates the amount of the ingredient needed for snack. If you do not want to include snack in your meal plan, only shop for ingredients indicated by the value before the parentheses. If you want to include snacks in your meal plan, add both values together to get the total amount of ingredient needed.

For example, if Sally does NOT want to include snacks in her meal plan and the shopping list calls says *bacon, 4 (3) strips, then Sally would only purchase **4 strips** of bacon. Alternatively, if Sally does want to include snacks in her meal plan, she would purchase **7 strips** of bacon.

	Breakfast	Lunch	Dinner	Snack
Day 1	1 Pesto Eggs & Bacon	1 Classic Tuna Salad	1 Smooth Shredded Pork & Sautéed Zucchini	1 Asparagus & Sauerkraut
Day 2	2 Fasted Morning: Warm Lemon Water	2 Smooth Shredded Pork & Sautéed Cabbage	2 *Carb Up* Roasted Potatoes & Spring Green Salad	2 Hard Boiled Eggs
Day 3	3 Calming Chamomile Tea	1 Classic Tuna Salad	3 Crispy Chicken Wings & Slaw	1 Asparagus & Sauerkraut
Day 4	1 Pesto Eggs & Bacon	3 Turkey Breast Soup	1 Smooth Shredded Pork & Sautéed Zucchini	2 Hard Boiled Eggs
Day 5	3 Calming Chamomile Tea	2 Smooth Shredded Pork & Sautéed Cabbage	2 *Carb Up* Roasted Potatoes & Spring Green Salad	1 Asparagus & Sauerkraut
Day 6	2 Fasted Morning: Warm Lemon Water	3 Turkey Breast Soup	3 Crispy Chicken Wings & Slaw	2 Hard Boiled Eggs
Day 7	3 Calming Chamomile Tea	2 Smooth Shredded Pork & Sautéed Cabbage	2 *Carb Up* Roasted Potatoes & Spring Green Salad	1 Asparagus & Sauerkraut

Match the corresponding number and meal type (breakfast, lunch, dinner, or snack) in the chart to find the recipe below.

THE "ENTIRE FAMILY" GUIDE TO MAKING A LOW-CARB, HIGH-FAT DIET WORK FOR EVERYONE

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Breakfast

1 PESTO (2 servings) EGGS & BACON (1 serving - make 2 times)

Pesto

½ cup basil leaves, packed
½ cup parsley, packed
1-2 clove garlic, smashed
2½ tbsp pine nuts
¼ cup olive oil
Sea salt and black pepper, to taste

Eggs & Bacon

3 strips bacon
2 eggs
Sea salt and black pepper, to taste

Instructions

1. Add basil, parsley, garlic, pine nuts, salt, and pepper to your food processor and blend until the mixture is coarsely ground. Continue to blend, while slowly adding olive oil, until smooth. Store half of the pesto in the refrigerator to make this recipe for breakfast on Day 4
2. In a pan, cook the bacon over medium-high heat. Transfer the cooked bacon to a plate but leave the leftover bacon grease in the pan. Reduce the heat to medium
3. Whisk the eggs in a small bowl with the pesto mixture. Add the whisked egg mixture to the pan with bacon grease and scramble until firm
4. Transfer the eggs to the plate with bacon and enjoy

2 FASTED MORNING: WARM LEMON WATER (1 serving – make 2 times)

16 oz. warm water
1-2 lemon wedges

Instructions

Squeeze lemon juice into a glass of warm water, stir with a spoon, and enjoy

3 CHAMOMILE ROCKET FUEL LATTE (1 serving – make 3 times)

10 oz. brewed chamomile tea
Juice of 1-2 lemon wedges
1 tbsp MCT oil
1 tbsp gelatin

Instructions

Brew tea; add to the jug of your high-powered blender along with remaining ingredients and blend on high for 1 minute. Transfer to a cup and enjoy

Lunches

1 CLASSIC TUNA SALAD (2 servings)

10 oz. canned tuna
½ cup mayonnaise
½ tbsp mustard
1 tbsp minced red onion
2 tbsp finely diced dill pickles or relish
¼ cup diced celery
Sea salt and freshly ground pepper, to taste
4 cups romaine, chopped or torn

Instructions

In a medium bowl, mix the tuna, mayonnaise, mustard, onion, pickles, celery, salt, and pepper together. To serve, toss the tuna mixture with the romaine lettuce, and enjoy

2 SMOOTH SHREDDED PORK & SAUTÉED CABBAGE (3 servings)

¼ cup tallow
1 small head of white cabbage, cored and sliced thinly or shredded
1½ tsp sea salt
½ tsp black pepper
3 servings of Smooth Shredded Pork prepared on Day 1 for Dinner
2-4 tbsp apple cider vinegar

Instructions

1. Heat the tallow in a pan over medium-high heat. Add the cabbage to the pan and season with sea salt and black pepper. Sauté for 10-15 minutes, stirring occasionally. The cabbage should be soft and slightly browned
2. During the last 3-5 minutes of cooking the cabbage, add the shredded pork to the pan to heat it up
3. Transfer the cabbage and pork mixture to a bowl, mix with the apple cider vinegar, and enjoy



3 TURKEY BREAST SOUP (2 servings)

3 tbsp tallow
½ lb. turkey breast, cut into bite-sized chunks
1 tsp ginger, minced
1 clove garlic, minced
½ yellow onion, diced
½ cup diced celery
4 cups chopped collards, packed
3 cups chicken stock or broth
¼ tsp dried basil
¼ tsp dried oregano
½ tsp sea salt
Freshly ground black pepper, to taste
2 tbsp MCT oil

Instructions

1. Add the tallow and turkey to a large saucepan. Cook on medium for 7-10 minutes, until the turkey is just about cooked through
2. Add the ginger, garlic, onion, celery, and collards. Cook for another 5 minutes
3. Add the remaining ingredients except for the MCT oil. Cover the pot and bring to a boil. Reduce heat and simmer for 15-20 minutes
4. Before serving, add the MCT oil.. Stir together and enjoy



Dinners

1 SMOOTH SHREDDED PORK & SAUTÉED ZUCCHINI (2 servings)

- ¼ cup tallow
- 1 clove garlic, minced
- ½ yellow onion, sliced thinly
- 4 zucchini, sliced into ¼-inch thick coins
- Sea salt and black pepper, to taste
- ¼ tsp chili powder
- 2 servings of Smooth Shredded Pork (see recipe below)

Instructions

1. Heat the tallow in a pan over medium-high heat. Add the garlic and onions to the pan and season with salt and pepper. Sauté until fragrant and almost soft, about 3 minutes
2. Add the zucchini coins to the pan and season with more salt and pepper. Sauté until softened and lightly brown, about 10-15 minutes, stirring occasionally
3. Add the shredded pork to the pan about 3-5 minutes before the zucchini coins are complete and season with chili powder
4. Transfer the pork and vegetables to a bowl and enjoy

SMOOTH SHREDDED PORK (5-6 servings) *3 servings reserved for lunch on Day 2 & 5*

- 2 lb. pork shoulder
- 1½ cups chicken broth or stock
- ¼ tsp sea salt
- 2 tsp apple cider vinegar

Instructions

1. In an Instant Pot: Add all ingredients except apple cider vinegar to the pot. Set on high pressure for 2 hours. Add apple cider vinegar and heat for another 5 minutes. Store in the refrigerator
2. In a slow cooker: Add all ingredients except apple cider vinegar to the slow cooker. Set on high for 5 hours or low for 9 hours. Once complete, drain most of the liquid and shred the shoulder. Add apple cider vinegar and heat for another 20 minutes. Store in the refrigerator

2 *CARB UP* ROASTED POTATOES & SPRING GREEN SALAD (3 servings)

Roasted Potatoes

- 1¼ lb. red-skinned new potatoes, halved lengthwise
- 1 tbsp tallow, melted
- 1 clove garlic, minced
- ¼ tsp sea salt
- ¼ tsp black pepper

Spring Green Salad

- Juice and zest of 1 lemon
- 3 tbsp olive oil
- ½ tsp Dijon mustard
- Sea salt and black pepper, to taste
- ¾ lb. turkey breast, fully cooked and chopped
- 6 strips bacon, fully cooked and chopped
- 6 cups mixed spring greens

Instructions

1. Preheat oven to 400F
2. In a large bowl, combine the potatoes, tallow, garlic, salt, and pepper. Toss to coat
3. Arrange the potatoes cut side down on a baking sheet and roast until soft and slightly brown, about 30 minutes. Remove the potatoes from the oven and transfer to the refrigerator to cool
4. Meanwhile, combine the lemon juice and zest, olive oil, Dijon mustard, salt, and pepper in a mason jar. Secure the lid and shake well to mix. Set aside
5. In a large bowl, toss the turkey breast and spring greens together. To serve, top the salad with the cooled potatoes and drizzle with the lemon dressing

3 CRISPY CHICKEN WINGS & SLAW (2 servings)

Chicken Wings

- 12 chicken wings, about 1 lb.
- 1 tsp sea salt
- 1 tbsp garlic powder
- 2 tbsp tallow, melted

Slaw

- 4 cups shredded white cabbage
- 2 tbsp MCT oil
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp mustard
- 1-3 drops alcohol-free stevia
- Sea salt and black pepper, to taste

Instructions

1. Preheat oven to 400F. Line a large baking sheet with foil and place a wire rack on top
2. In a large bowl, combine the chicken wings, salt, garlic powder, and tallow. Toss until all wings are coated well
3. Arrange the chicken wings on the wire rack and place the baking sheet in the oven. Bake for 40 minutes, flipping after about 25 minutes. Once complete, broil the chicken wings for 2-5 minutes to crisp up even more, if necessary
4. Add the shredded cabbage to a large bowl and set aside
5. Whisk together the MCT oil, olive oil, vinegar, mustard, stevia, salt, and pepper. Pour the mixture over the shredded cabbage and toss to coat
6. Arrange the crispy chicken wings and cabbage on a plate and enjoy

Snacks

1 ASPARAGUS & SAUERKRAUT (4 servings)

3 tbsp tallow
1 clove garlic, minced
¼ tsp smoked paprika
Sea salt and black pepper, to taste
1 lb. asparagus, trimmed and cut into thirds
½ cup sauerkraut

Instructions


1. Melt the tallow over medium heat,. Add the minced garlic and chopped asparagus, and season with paprika, salt, and pepper
2. Cook the asparagus until bright green and soft, stirring occasionally for about 5 minutes. Transfer the cooked asparagus to a plate and top with sauerkraut

2 HARD BOILED EGGS (3 servings)

6 hard boiled eggs, halved
3 tbsp olive oil
Sea salt and black pepper, to taste
Sprinkle of smoked paprika

Instructions

Arrange the eggs on a plate, drizzle with olive oil, and sprinkle with salt, pepper, and smoked paprika



The advertisement features a central image of several cucumber sandwiches on a wooden cutting board. The sandwiches are made with sliced cucumbers, shredded chicken, and a sauce. The text on the image reads: "LOW-CARB & HIGH-FAT MEAL PLAN" in large white letters on an orange background, "BALANCED KETO WEEKLY MEAL PLANS" in smaller white letters below it, and "Leanne Vogel Healthful Pursuit Inc." in the bottom right corner of the image.

**LOW-CARB & HIGH-FAT
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