



462 Jackson Plaza
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Kerry's Menu Plan

Healthy Fats:

Extra Virgin Cold Pressed Olive Oil
Cold Pressed Coconut Oil
Butter
Beef or Lamb Tallow
Avocado Oil

Snacks:

Sunflower Seeds
Pumpkin Seeds
Almond Butter
Olives
Meat Sticks (like Chomps)

Flours:

Coconut Flour
Almond Flour
Buckwheat flour

Sweeteners:

Raw Honey
Maple Syrup (Grade B)
Coconut Crystals

Seasonings:

Braggs Coconut Aminos
Primal Kitchen Dressings and Sauces
Siete Seasonings - <https://sietefoods.com/>
Use code: KerryNHCAA for discount

Resources for other food ideas:

dietdoctor.com
<https://lowenergydiet.com/>

The less snacking the better. Eat adequately at a meal to take you to your next meal.

Menu Plan	Monday	Tuesday	Wednesday
<p>Use dinner leftovers for next day lunch</p> <p>Intermittent Fasting Variation - water or coffee/tea for breakfast</p>	<p>Breakfast: Berry smoothie</p> <p>Lunch: Mixed green salad with black beans or tuna with sliced avocado</p> <p>Snack (optional): Parmesan cheese slices</p> <p>Dinner: Stuffed peppers</p>	<p>Breakfast: Hard Boiled Eggs</p> <p>Lunch: Stuffed peppers over mixed greens</p> <p>Snack (optional): Nut and cheese pack</p> <p>Dinner: Roasted chicken with side of quinoa</p>	<p>Breakfast: Plain or coconut yogurt with berries and chia seeds</p> <p>Lunch: Roasted chicken over mixed greens with avocado</p> <p>Snack (optional): Almonds</p> <p>Dinner: Burger with side of sweet potato fries</p>
Thursday	Friday	Saturday	Sunday
<p>Breakfast: Eggs sautéed in coconut oil or butter with veggies</p> <p>Lunch: Burger over mixed greens and extra veggies</p> <p>Snack (optional): Sliced cucumber and hummus or guacamole</p> <p>Dinner: Turkey loaf Sautéed green beans</p>	<p>Breakfast: Chia Seed Pudding</p> <p>Lunch: Turkey loaf over mixed green with extra veggies</p> <p>Snack (optional): Berries</p> <p>Dinner: Keto Pizza With variety of toppings</p>	<p>Breakfast: Chaffles</p> <p>Lunch: Lettuce wraps with healthy lunch meats (Applegate)</p> <p>Snack (optional): Celery sticks with hummus</p> <p>Dinner: Chicken curry with cauliflower rice</p>	<p>Breakfast: Omelet with veggies, meat, cheese</p> <p>Lunch: Antipasto salad over mixed greens</p> <p>Snack (optional): Berry Mousse</p> <p>Dinner: Salmon Teriyaki with sautéed bok choy</p>

Menu Plan	Monday	Tuesday	Wednesday
<p>Use dinner leftovers for next day lunch</p> <p>Intermittent Fasting Variation - water or coffee/tea for breakfast</p>	<p>Breakfast: Scrambled eggs with veggies</p> <p>Lunch: Mixed Greens with chickpeas or canned salmon</p> <p>Snack (optional): Almond Butter</p> <p>Dinner: Hearty Vegetable Soup</p>	<p>Breakfast: Hemp shake</p> <p>Lunch: Leftover vegetable soup</p> <p>Snack (optional): Olives/hummus with veggie sticks</p> <p>Dinner: Crockpot Steak Bites with veggies or rice</p>	<p>Breakfast: Avocado Egg Salad</p> <p>Lunch: Steak bites over greens</p> <p>Snack (optional): Green apple slices with cheddar cheese</p> <p>Dinner: Sausage/Kilebasa and sauerkraut</p>
Thursday	Friday	Saturday	Sunday
<p>Breakfast: Cottage cheese with blueberries</p> <p>Lunch: Leftover kielbasa and kraut</p> <p>Snack (optional): Walnuts</p> <p>Dinner: Salmon cakes with cauliflower rice or quinoa</p>	<p>Breakfast: Hemp shake</p> <p>Lunch: Salmon cake over mixed greens</p> <p>Snack (optional): Coconut milk yogurt with cinnamon</p> <p>Dinner: Slow cooker chicken and bacon</p>	<p>Breakfast: Keto blueberry muffins</p> <p>Lunch: Chicken and bacon leftovers (can be made into chicken salad with healthy mayo)</p> <p>Snack (optional): Sliced cheddar cheese</p> <p>Dinner: Chili</p>	<p>Breakfast: Vanilla pancakes topped with berries and bacon</p> <p>Lunch: Leftover chili</p> <p>Snack (optional): Crispy roasted chick peas</p> <p>Dinner: Pot Roast with roasted potatoes and carrots</p>

Menu Plan	Monday	Tuesday	Wednesday
<p>Use dinner leftovers for next day lunch</p> <p>Intermittent Fasting Variation - water or coffee/tea for breakfast</p>	<p>Breakfast: Berry Green Smoothie</p> <p>Lunch: Leftover roast with veggies</p> <p>Snack (optional): Pumpkin seeds</p> <p>Dinner: Air fryer or baked chicken with coleslaw</p>	<p>Breakfast: Fried eggs with avocado</p> <p>Lunch: Chicken over mixed green salad</p> <p>Snack (optional): Leftover smoothie</p> <p>Dinner: Shrimp fajitas</p>	<p>Breakfast: Apple slices with almond butter</p> <p>Lunch: Shrimp fajita leftovers over mixed greens</p> <p>Snack (optional): Carrots and olives</p> <p>Dinner: Omelet with feta, tomato, onion, peppers</p>
Thursday	Friday	Saturday	Sunday
<p>Breakfast: Coffee or tea with heavy whipping cream and cinnamon</p> <p>Lunch: Cobb salad</p> <p>Snack (optional): Sunflower seeds</p> <p>Dinner: Lemon baked cod with roasted sweet potatoes</p>	<p>Breakfast: Turkey slices with avocado</p> <p>Lunch: Hard boiled eggs</p> <p>Snack (optional): Macadamia nuts</p> <p>Dinner: Steak with bacon wrapped asparagus</p>	<p>Breakfast: Bacon wrapped asparagus leftovers</p> <p>Lunch: Tuna salad on lettuce wrap</p> <p>Snack (optional): Celery and carrots with hummus</p> <p>Dinner: Mexican salad with ground beef, black beans, corn, salsa, avocado</p>	<p>Breakfast: Egg bites with turkey bacon and chives</p> <p>Lunch: Leftover Mexican salad</p> <p>Snack (optional): Sunflower seeds</p> <p>Dinner: Turkey meatballs with spaghetti squash</p>

Recipes:

Berry Smoothie

- 1 scoop protein powder or 2 whole eggs
 - 1 cup yogurt or 1/2 can coconut milk
 - 1 cup frozen berries
 - 1 cup ice
1. Blend all ingredients together until smooth.

Stuffed Peppers

- 9 medium peppers
- 3 lb. ground meat
- 4 cloves garlic, chopped 1/2 medium onion, chopped 2 Tbsp. Bragg's liquid aminos
- 2 eggs
- 3 (15 oz.) cans tomato sauce
- 2 (7 oz.) cans tomato paste
- Black pepper and sea salt to taste

1. Wash peppers and cut off tops. Clean inside of peppers by removing seeds and pepper flesh.
2. Mix ground meat, garlic, onion, liquid amino's and eggs into glass mixing bowl and stuff mixture into peppers. Replace pepper tops. Place stuffed peppers into roasting pan.
3. Mix tomato sauce and paste and pour over stuffed peppers and into roasting pan.
4. Cover and bake at 350F for 1 1/2 to 2 hours.

Spicy Sweet Potato Wedges

- 2 lb. sweet potatoes, cut into wedges
 - 2 Tbsp. olive oil or melted coconut oil
 - 1 Tbsp. paprika
 - 1 tsp. cayenne pepper
 - 3 tsp. garlic powder
 - 2 tsp. onion powder
 - 2 tsp. sea salt
 - 1 tsp. freshly ground pepper
1. Preheat oven to 400 F.
 2. Place oil and all dry ingredients in a bowl and combine.
 3. Add in wedges and mix until coated thoroughly.
 4. Place on baking sheet and bake for 30 minutes or until crispy.

Turkey Loaf

- 1 large egg
 - 1 Tbsp. + 1 1/2 tsp. liquid aminos
 - 1 Tbsp. + 1 1/2 tsp. tomato paste
 - 1 Tbsp. Dijon mustard
 - 1 small garlic clove, minced
 - 1 Tbsp. onion powder
 - 1/2 tsp. sea salt
 - 1/2 tsp. dried savory or dill
 - 1/2 tsp. ground allspice
 - 1/4 tsp. black pepper
 - 1 1/2 lb. ground turkey or turkey breast
 - 2 Tbsp. (1/3 ounce) grated Parmesan cheese 2/3 cup of finely chopped walnuts
1. Preheat oven to 375 F. Coat a baking dish with grapeseed oil cooking spray.
 2. In a large bowl, lightly beat the egg, liquid aminos, tomato paste, mustard, garlic, salt, savory or dill, allspice, and pepper.
 3. Stir in the turkey, Parmesan cheese, onion powder, and walnuts.
 4. Use a fork and thoroughly combine the ingredients.
 5. Form the mixture into a loaf and place in the baking dish.
 6. Bake until cooked through and a meat thermometer registers 165 F (45-50 minutes)
- ** This can be frozen and reheated. It is even good cut into small pieces and added to a tossed salad.

Chia Seed Pudding

- 1 cup unsweetened, canned coconut milk or unsweetened almond milk
- 2 tbsp chia seeds
- 1/2 tsp vanilla extract

For a different flavor, try adding some cinnamon, cardamom, unsweetened cocoa powder, dry matcha tea or nut butter to your chia pudding. The possibilities are endless!

Instructions

1. Mix all of the ingredients in a glass bowl or jar. Mix well.
2. Cover, place in the fridge to let gel overnight (or for at least 4 hours). Before you dig in, check to be sure the pudding has thickened and the chia seeds have gelled.
3. Serve the pudding with some fresh or frozen berries.

KETO PIZZA WITH COCONUT FLOUR

- 1 1/2 cups Mozzarella cheese (shredded)
- 2 tbsp Cream cheese (cut into cubes)
- 2 large Eggs (whisked)
- 1/3 cup Coconut Flour

INSTRUCTIONS

- Prep: Preheat the oven to 425 degrees F (218 degrees C). Line a baking sheet or pizza pan with parchment paper.
- Mix flour and eggs.
- Melt cheeses: In a medium bowl, combine the shredded mozzarella and cubed cream cheese. Microwave for 90 seconds, stirring halfway through. Stir again at the end until well incorporated. (If you prefer not to use the microwave, melt the cheeses in a double boiler on the stove instead.)
- Combine: Add the melted cheeses to the flour mixture. Knead with your hands until a uniform dough forms.
- Form crust: Spread the dough onto the lined baking pan/stone to 1/4" or 1/3" thickness, using your hands or a rolling pin over a piece of parchment (the rolling pin works better if you have one). Use a toothpick or fork to poke lots of holes throughout the crust to prevent bubbling.
- Bake: Bake for 6 minutes. Poke more holes in any places where you see bubbles forming. Bake for 3-7 more minutes, until lightly golden. (Don't let the crust get too dark at this step, or the edges will burn by the time you cook the pizza with toppings.)
- To make keto pizza: Pre-bake the crust as instructed above. Top with sauce and toppings and return to the oven, either directly on the pizza stone or directly on the oven rack (no parchment paper), for about 10 minutes, until hot. If desired, place under the broiler for 1-2 minutes to brown the cheese.

Chaffles

Ingredients

- 2 large eggs
- 1 cup finely mozzarella or cheddar

Instructions

- Pre-heat dash waffle iron.
- Whisk egg and cheese in a medium bowl.
- Spray waffle iron with cooking spray or butter.
- Pour about 1/4th of the mixture into the waffle iron and cook for 2-3 minutes or until golden. Remove and repeat for remaining batter.

Breezy Berry Mousse

1 can unsweetened, coconut milk, chilled overnight

1 cup frozen raspberries or berries of choice

Generous pinch of sea salt

Garnish: berries and/or nuts and seeds

1. Whip mixture for 20 seconds (do not over whip).
2. Spoon into parfait glasses, add garnish and chill in fridge.

Teriyaki Salmon

For teriyaki sauce:

1/4 cup reduced-sodium Tamari

1/4 cup dry sherry

1 Tbsp. coconut oil

1 Tbsp. freshly grated ginger root 2 garlic cloves, minced

For the fish:

2 lb. wild Alaskan salmon fillets Lemon wedges

1. Combine the ingredients for the sauce. Place fish in a glass dish and pour the marinade over. Marinate in the refrigerator for 2 hours.
2. Grill the fish or bake on a broiler setting. Cook 3-4 minutes on each side while basting with leftover marinade. Serve fish with lemon wedges.

Chicken Coconut Curry

2 lb. skinless, boneless chicken breast 1 can coconut milk

2 cups broccoli

1 cup mushrooms

1 white onion

1 Tbsp. of curry powder 1 tsp. garlic, minced

1 tsp. ginger, minced

Sea salt to taste

1. In a large skillet, add coconut milk, chicken, broccoli, mushrooms, and onion. Cook on medium- high for 15 minutes.
2. Add in curry powder, garlic, ginger, and sea salt. Turn heat down to medium-low and cook for 15 minutes. Garnish with fresh parsley.

Hearty Vegetable Soup

3 Tbsp. olive oil or coconut oil
1 large yellow onion, diced
3 medium carrots, diced
4 cloves garlic, minced
1 large sweet potato, peeled and diced
2 cups broccoli florets
1 1/2 cups vegetable broth or bone broth
1 can diced tomatoes
1 Tbsp. Italian seasoning

Salt and freshly ground pepper, to taste

1. Heat oil in a heavy-bottomed saucepan. Sauté the onion, carrots, broccoli and garlic with salt for 4-5 minutes. Add the diced sweet potatoes and cook for 10 minutes.
2. Stir in the broth, diced tomatoes with the juices, and seasoning.
3. Simmer, cover, and cook on low heat for 45 minutes, stirring occasionally.
4. Enjoy!

Crockpot Steak Bites

Ingredients

- 3-4 lb round steak
- 1/2 cup beef broth
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 4 Tbsp butter sliced thinly

Instructions

- Cut round steak into 1 inch cubes and place in the crockpot.
- Slowly pour the beef broth over the meat.
- Next sprinkle the minced onion, garlic powder, salt and pepper over the steak.
- Arrange butter slices on top.
- Place lid on slow cooker and cook on low for 6-8 hours or on high for 3-4 hours.
- Serve and enjoy!

Hemp Shake

1 scoop hemp protein
1 cup yogurt or 1/2 can unsweetened coconut milk
1 cup ice
Stevia to taste

Options:

1-2 Tbsp. of all-natural, unsweetened cocoa for a chocolate Hemp Shake.

1 cup frozen strawberries (with no added sugar) or other low glycemic berry for a Berry Hemp Shake.

1. Blend all ingredients together until smooth.

Avo-Egg Salad

3-4 hard-boiled eggs

1 avocado

1-2 Tbsp. Dijon mustard

1 tsp. garlic powder

1 tsp. sea salt

Freshly ground pepper to taste

1. Place all ingredients in a small bowl and mash.
2. Enjoy in a lettuce wrap with extra veggies or scooped over mixed greens.

Wild Salmon Cakes

1 can sockeye salmon (with bones and skin) 1 onion, diced

1 Tbsp. fresh garlic

2 Tbsp. capers

1 stalk celery, diced

3-4 Tbsp. gelatin or 1 egg

1 Tbsp. turmeric

1 tsp. sea salt

Coconut oil

1. Over medium heat, sauté diced onion, celery and garlic in solid cooking fat (like coconut oil). Once translucent and fragrant, spoon into a large bowl and allow to cool.
2. Place all remaining ingredients into the bowl with onions, celery and garlic. Mix thoroughly with hands or a spoon.
3. Form the mixture into cakes.
4. Sauté cakes over medium heat in solid cooking fat. May finish cooking through in oven heated to 350° F to ensure doneness.
5. Serve over salad or with your favorite vegetables.

Slow Cooker Bacon & Chicken

- Cook Time: 8 hours Yield: 4 servings

INGREDIENTS

- 5 chicken breasts
- 10 slices of bacon
- 2 tablespoons thyme (dried)
- 1 tablespoon oregano (dried)
- 1 tablespoon rosemary (dried)
- 5 tablespoons olive oil (2 tablespoons for the slow cooker and 3 tablespoons after cooking)
- 1 tablespoon salt

INSTRUCTIONS

1. Place all the ingredients into a slow cooker pot and mix together.
2. Cook on the low temperature setting for 8 hours.
3. Shred the meat and mix with 3 tablespoons of olive oil.

Vanilla Pancakes

1/2 cup coconut flour

2-3 Tbsp. gelatin (optional)

8 eggs

2-3 capfuls vanilla extract

2 Tbsp. melted butter or coconut oil

1 can, unsweetened coconut milk

Pinch of sea salt

Coconut oil or butter for skillet

Optional add-ins: Ground flaxseed, cinnamon, sugar- free chocolate chips, pumpkin purée, fresh berries

1. Whisk flour and gelatin together and stir in eggs until a smooth paste forms.
2. Stir in vanilla, softened butter or melted coconut oil, and coconut milk until combined.
3. Scoop pancake mixture onto hot skillet greased with melted coconut oil or butter.
4. Cook pancakes on both sides until desired.
5. Top with real maple syrup, berries, and/or butter.

Keto Blueberry Muffins

Ingredients

- 4 oz. unsalted butter
- 4 oz. (½ cup) cream cheese
- 4 large eggs
- 1 cup (4 oz.) almond flour
- ⅓ cup (1¼ oz.) coconut flour
- 1 tbsp ground psyllium husk powder
- 1½ tsp baking powder
- ¼ tsp salt
- ⅔ cup (5 oz.) erythritol or monk fruit
- ⅓ cup sour cream
- 2 tsp vanilla extract
- 2 tsp lemon juice
- ⅓ cup (1¾ oz.) fresh blueberries

Instructions

1. Preheat oven to 350°F (175°C). Prepare a standard muffin tin by greasing it well or lining it with parchment paper liners.
2. Place the butter, cream cheese, and eggs on the counter and bring to room temperature.
3. Mix the almond flour, coconut flour, psyllium husk powder, baking powder, and salt in a small bowl. Set aside.
4. Use a hand mixer or stand mixer to cream together the butter, cream cheese, and erythritol until smooth. The butter should be lighter in color and the erythritol should be dissolved.
5. Continue using the mixer to whip in the eggs one at a time. Scrape down the sides of the bowl between adding each egg
6. Use a rubber spatula to fold in the sour cream. Add the dry ingredients and mix until a thick batter forms. Add the vanilla extract and lemon juice. Stir to combine. Gently fold in the blueberries.
7. Divide the thick batter evenly among the muffin cups. Bake for 30 minutes or until golden and the tops bounce back to a light touch. Cool for at least 30 minutes before serving.

Berry Green Smoothie (2-3 servings)

- 1 can coconut milk
 - 1 bag frozen strawberries (or berries of choice) 1 cup kale, lightly steamed
 - 1 tsp. vanilla extract
 - 1 Tbsp. raw honey (optional)
 - 1 Tbsp. collagen powder (optional)
 - Pinch of sea salt
1. Put all ingredients in high-speed blend and mix until smooth.

Egg bites with turkey bacon and chives

Ingredients

- 8 oz. turkey bacon, finely chopped
- ½ tbsp butter
- 16 large eggs
- 1½ cups whole milk
- 1 tsp salt
- ½ tsp ground black pepper
- 2 tbsp dried chives or fresh chives, finely chopped

Instructions

1. Preheat the oven to 300°F (150°C) and line a 13" × 9" (33 x 23 cm) baking dish with parchment paper — the paper should come up the sides of the dish. Place the dish in a deep roasting tin (large enough to comfortably fit the dish you're using for the egg bites). Add hot tap water (not boiling) to the roasting tin until it reaches about 1-inch (2.5 cm) up the outer sides of the baking dish.
2. Finely chop the turkey bacon. Add butter to a large frying pan over medium-high heat. When the pan is hot, add the turkey bacon and fry until crispy.
3. Crack the eggs into a large bowl and add the whole milk, salt, and pepper. Mix with an immersion blender until smooth. If using a hand whisk, pour the egg mixture through a sieve after whisking to remove any remaining lumps or egg shells.
4. Pour the egg mixture into the baking dish lined with parchment paper. Sprinkle with crispy bacon and chives. Cover tightly with aluminum foil and bake for 1 hour.
5. Let the egg bites cool slightly, then lift them out of the dish by holding the sides of the parchment paper. Cut into 24 squares (if making 6 servings), which is 4 egg bites per serving.

Lemon Baked Cod

1 lb. cod

1 tsp. sea salt

3 Tbsp. unsalted butter, sliced 2 lemons, thinly sliced

Fresh parsley sprigs

1. Preheat oven to 425 F.
2. Rinse and place cod into glass baking dish.
3. Sprinkle cod with salt and layer sliced butter, lemon slices and fresh parsley.
4. Bake uncovered for 25-30 minutes.

Turkey Meatballs

Coconut oil, for pan

1 lb. ground turkey breast

1 egg

1 onion, finely diced

1/4 cup almond flour and 1/2 almond flour, divided 1 tsp. Italian seasoning

1/2 tsp. sea salt

1/2 tsp. ground black pepper

1. Preheat oven to 400°
2. In a large bowl combine turkey, 1/4 cup almond flour and remaining ingredients.
3. Place remaining 1/2 cup of almond flour in a small bowl.
4. Form meatballs into 2" balls.
5. Roll balls in almond flour.
6. Heat coconut oil over medium heat to melt.
7. Drop meatballs into pan and allow to brown on all sides.
8. Place browned meatballs on cookie sheet and bake in oven for 25 minutes.

Some other recipe ideas to rotate in:

Kale Chips

1 bunch kale Garlic powder Sea salt Coconut oil

1. Remove the stems and ribs from the kale and cut/ rip into 1 1/2 pieces.
2. Toss with coconut oil, salt, and garlic powder.
3. Lay single layered on a baking sheet.
4. Bake until crisp, flipping once, about 15-20 minutes.

Asian Chicken Almond Stir-Fry

For the stir-fry:

- 3 Tbsp. coconut oil
- 3 cups broccoli
- 1 cup mushrooms, sliced
- 3 celery stalks, chopped
- 1 cup snap peas
- 1/2 cup water chestnuts (optional)
- 3 scallions, chopped
- 2 tsp. Asian sesame oil or olive oil 1 cup lightly toasted almonds

For the marinade:

- 3 Tbsp. Bragg's liquid aminos
 - 1/4 cup coconut milk, no sugar
 - 1/4 tsp. pepper
 - 3 cloves of garlic, minced
 - 2 Tbsp. fresh ginger, minced
 - 1 Tbsp. extra-virgin olive oil
- 2 lb. chicken breast, cut into 1/2 inch strips or squares Marinate for at least 15 minutes
1. Heat wok or large skillet. Add 1 Tbsp. of coconut oil. Stir-fry the broccoli over medium heat for 3-4 minutes.
 2. Remove from pan and set aside. Add remaining coconut oil and stir-fry mushrooms, celery, and snap peas for 2-3 minutes. Remove and set aside.
 3. Remove chicken from marinade and add chicken only to the wok, add 2 tsp. sesame oil and stir- fry the chicken until white throughout, about 5 minutes.
 4. Add remaining vegetables, chestnuts, scallions, and almonds and mix well.
 5. Remove form heat and serve. Try topping stir-fry with tamari, sesame oil, or other favorite Asian or Thai seasoning.

Keto Green Chile Chicken

INGREDIENTS

3-4 Boneless skinless chicken breasts trimmed

1 - 8 oz package cream cheese softened

1 - 4 oz can chopped green chiles

1 cup monterey jack cheese shredded

1/2 tsp garlic powder

1/4 tsp cumin

1/4 tsp salt

1/4 tsp pepper

INSTRUCTIONS

- Heat the oven to 375F.
- In a medium bowl, mix the cream cheese, garlic powder, cumin, salt and pepper until combined. Then stir in the green chilis and stir until evenly mixed.
- Lay the chicken breasts flat in a baking dish. Cover the chicken breasts with the green chili mixture. Then top with the monterey jack cheese.
- Bake on the middle rack for 35-45 minutes or until chicken is cooked through and the juices run clear.
- Serve hot over sautéed spinach or cauliflower rice.