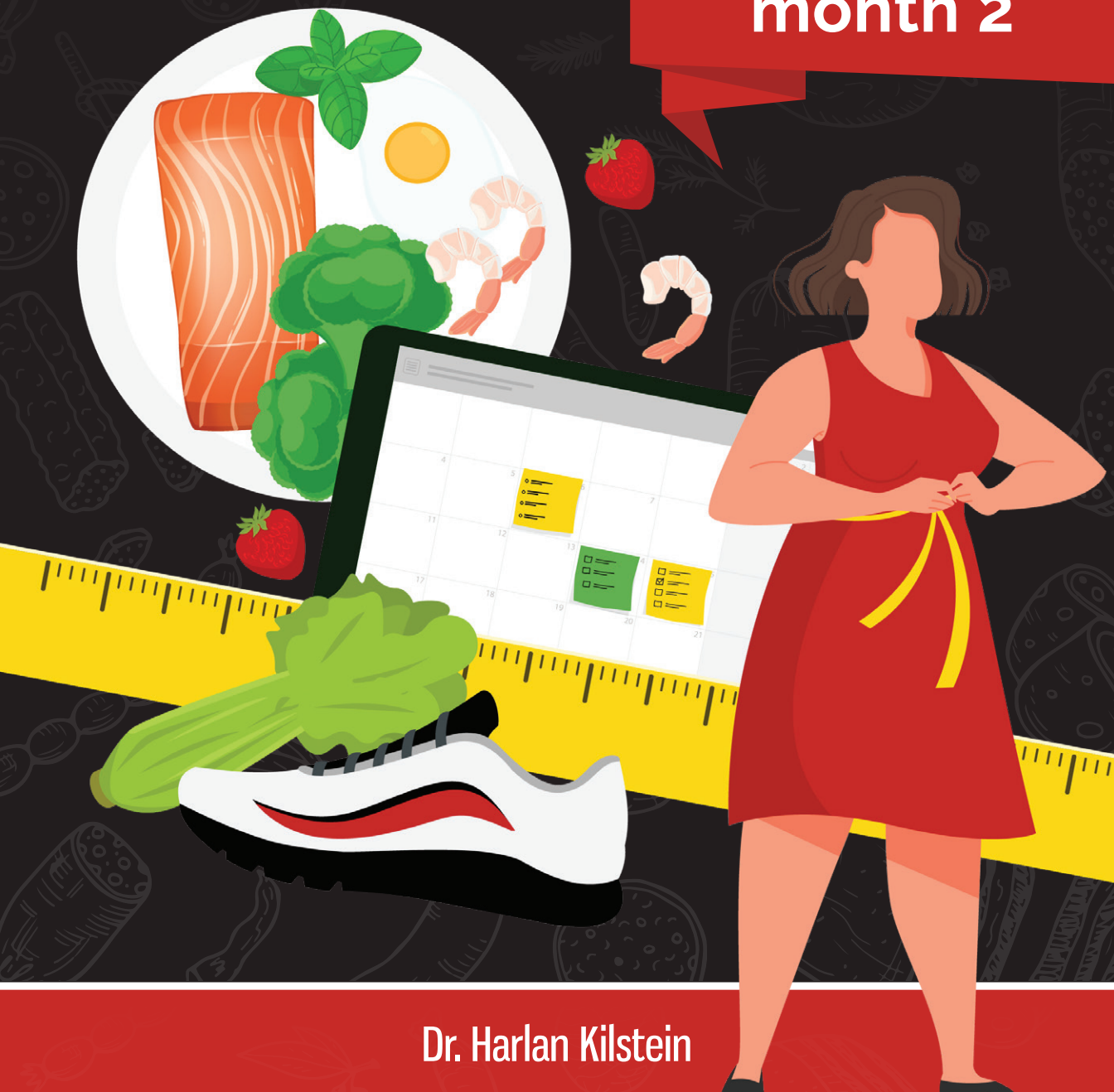


speed KETO™

# Rapid Fat Loss Program

month 2



Dr. Harlan Kilstein

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# Disclaimer

Welcome and we're excited to have you with us on this journey. All of the information provided in the book and on the Websites located at [completelyketo.com](http://completelyketo.com), [completelyketo.shop](http://completelyketo.shop), or [speedketo.com](http://speedketo.com) or [speedketo.shop](http://speedketo.shop) is intended solely for general information and should NOT be relied upon for any particular diagnosis, treatment, or care. This book is not a substitute for medical advice. The book and websites are only for general informational purposes.

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Decisions relating to the prevention, detection, and treatment of all health issues should be made only after discussing the risks and benefits with your health care provider, considering your personal medical history, your current situation and your future health risks and concerns. If you are pregnant, nursing, diabetic, on medication, have a medical condition or are beginning a health or weight control program, consult your physician before using products or services discussed in this book and before making any other dietary changes. This diet is not recommended or supported for those under the age of eighteen. By using this book, you represent that you are at least eighteen (18) years old and a United States resident.

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## Rapid Fat Loss Month 2

We have all new, amazing recipes this month! Each one is formulated to deliver the body maximum nutrition and they're delicious, as well.

Every day is mapped out, along with a weekly shopping list. There is also a list of essentials that includes all spices, oils and sauces needed to create the recipes. You'll surely already have many of the essentials in your cupboard. Have a look over the essentials list and add the ones you don't already have to your week 1 shopping list.

Some of these dishes are large enough to feed the whole family. If you have leftovers, they freeze well so you will have them on busy days where there's no time to cook.

As always come share your results in our Facebook group where we have incredible support.





# UnFasting™ Days

We do intermittent fasting on this program, but it isn't a traditional fast so we call these days, unfasting days.

Forget about going hungry. Not if you follow the program exactly.

We are confusing metabolism with fasting and unfasting. Unfasting days are Monday, Wednesday, Friday. No fast on weekends. Be sure to drink your 100 oz of water.

Here's your unfasting schedule.

- Wake up and drink 20 oz water.
- Exercise! 4 minutes of Tabata or go for a walk.
- Drink your electrolytes.
- Enjoy your morning coffee or green tea with 1 tsp MCT oil or 1 scoop MCT powder. Only use a drop of stevia or 1 tsp heavy whipping cream if necessary.
- Drink your AID – Anti-inflammatory drink.
- Take your supplements (Probiotic, kapha or Punarnava)
- Around lunch time drink your internal/external metabolic boost (green drink). You can have up to 3 of these on unfasting days.
- Drink beef, chicken or bone broth. Have as much as you like.
- 30 minutes before dinner drink your cocoa/cacao drink. (1 tsp in a cup of hot water)
- Take your digestive enzyme, then enjoy a delicious dinner!
- For dessert, eat a short row of approved chocolate. For Lilly's bars this will be 5 squares. For any other bar it will be 13.33g of chocolate.
- Take your Triphala before bed; 2 capsules or ¼ tsp of the powder in warm water.





## Eating Days

Our eating days are Tuesday, Thursday, Saturday and Sunday. Here's your eating day schedule. Remember to drink your 100 oz water each day.

- Wake up and drink 20 oz of water.
- Exercise! 4 minutes of Tabata or go for a walk.
- Drink your electrolytes!
- Drink your AID – Anti Inflammatory drink.
- Take your supplements (Probiotics, Kapha or Punaranava)
- Make your coffee or green tea. Add 1 tsp MCT oil or 1 scoop MCT powder. Only add a drop of stevia or 1 tsp of heavy whipping cream if needed.
- Take your enzymes and eat your breakfast. Choose one meal from the breakfast options.
- Drink water.
- Take your enzymes and eat lunch. Choose one meal from the lunch options.
- Drink water.
- Take your enzymes and eat dinner. Choose one meal from the dinner options.
- Drink water.
- Eat a short row of approved chocolate.
- Take your Triphala before bed. 2 capsules or ¼ tsp of the powder in warm water.
- Saturday and Sunday enjoy 5-6 oz of approved wine.







# Week 1

## Sunday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg Burrito Bowl](#)
- Lunch: [Sloppy Joe: Zoodles](#)
- Dinner: [Crab Steam Pot](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

## Monday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Clear Zupa](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

## Tuesday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Strawberry Green Shake](#)
- Lunch: [Turkey Wrapped Chicory & Spring Greens](#)
- Dinner: [Stuffed Grape Leaves](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

## Wednesday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Roasted Pepper & Spinach Frittata](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala





## Thursday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg Salad Boats](#)
- Lunch: [Shrimp Tom Yum](#)
- Dinner: [Philly Skillet](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

## Saturday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg & Mince](#)
- Lunch: [Pesto Roasted Chicken](#)
- Dinner: [Steak & Egg Fried Rice](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

## Friday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Jennifer's Bacon Ranch Salad](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

# Week 2

## Sunday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Turkey & Egg Roll Up](#)
- Lunch: [Buffalo Bacon Roasted Cauliflower](#)
- Dinner: [Cod & Brussels](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala







## Monday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Chili](#)
- After dinner: One row of approved chocolate
- Before bed: Triphala

## Wednesday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Hamburger Steak](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

## Tuesday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg Burrito Bowl](#)
- Lunch: [Shrimp Salad](#)
- Dinner: [Dijon Chicken & Greens](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

## Thursday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Strawberry Green Shake](#)
- Lunch: [Dill Chicken Salad & Spring Greens](#)
- Dinner: [Caramelized Onion Turkey](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala





### Friday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Crab Steam Pot](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

### Saturday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg Salad Boats](#)
- Lunch: [Salmon & Lime Slaw](#)
- Dinner: [Clear Zupa](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

## Week 3

### Sunday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg & Mince](#)
- Lunch: [Sloppy Joe Zoodles](#)
- Dinner: [Roasted Red Pepper Frittata](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

### Monday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Stuffed Grape Leaves](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala





## Tuesday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Turkey & Egg Roll Up](#)
- Lunch: [Pesto Roasted Chicken](#)
- Dinner: [Jennifer's Bacon Ranch Salad](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

## Thursday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg Burrito Bowl](#)
- Lunch: [Turkey Wrapped Chicory & Spring Greens](#)
- Dinner: [Steak & Egg fried Rice](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

## Wednesday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Philly Skillet](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

## Friday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Cod & Brussels](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala





## Saturday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Strawberry Green Shake](#)
- Lunch: [Shrimp Tom Yum](#)
- Dinner: [Dijon Chicken & Greens](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala



## Monday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: [Cod & Brussels](#)
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

# Week 4

## Sunday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg Salad Boats](#)
- Lunch: [Buffalo Bacon Roasted Cauliflower](#)
- Dinner: [Chili](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala



## Tuesday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: [Egg & Mince](#)
- Lunch: [Dill Chicken Salad & Spring Greens](#)
- Dinner: [Caramelized Onion Turkey Burger](#)
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala





### Wednesday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: Clear Zupa
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

### Thursday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: Turkey & Egg Roll Up
- Lunch: Salmon & Lime Slaw
- Dinner: Stuffed Grape Leaves
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

### Friday (Unfasting Day)

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT.
- Take enzymes before dinner and drink 100 oz water today
- Lunch: Have your metabolic boost Green drink (you can have up to 3 of these today)
- Beef, chicken, bone broth (as much as you'd like)
- 30 minutes before dinner have cacao drink
- Dinner: Roasted Pepper & Spinach Frittata
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

### Saturday

- Morning: 20 oz water, anti-inflammatory drink, supplements, coffee or tea with MCT
- Take enzymes before each meal and drink 100 oz of water today.
- Breakfast: Egg Burrito Bowl
- Lunch: Sloppy Joe Zoodles
- Dinner: Dijon Chicken & Greens
- After dinner: One row of dark chocolate and 5-6 oz red wine
- Before bed: Triphala





# Meal Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> Egg Burrito Bowl  <b>Lunch:</b> Sloppy Joe: Zoodles  <b>Dinner:</b> Crab Steam Pot  5-6 oz red wine	UnFast Day  <b>Dinner:</b> Clear Zupa	<b>Breakfast:</b> Strawberry Green Shake  <b>Lunch:</b> Turkey Wrapped Chicory & Spring Greens  <b>Dinner:</b> Stuffed Grape Leaves	UnFast Day  <b>Dinner:</b> Roasted Pepper & Spinach Frittata	<b>Breakfast:</b> Egg Salad Boats  <b>Lunch:</b> Shrimp Tom Yum  <b>Dinner:</b> Philly Skillet	UnFast Day  <b>Dinner:</b> Jennifer's Bacon Ranch Salad	<b>Breakfast:</b> Egg & Mince  <b>Lunch:</b> Pesto Roasted Chicken  <b>Dinner:</b> Steak & Egg Fried Rice  5-6 oz red wine
<b>Breakfast:</b> Turkey & Egg Roll Up  <b>Lunch:</b> Buffalo Bacon Roasted Cauliflower  <b>Dinner:</b> Cod & Brussels  5-6 oz red wine	UnFast Day  <b>Dinner:</b> Chili	<b>Breakfast:</b> Egg Burrito Bowl  <b>Lunch:</b> Shrimp Salad  <b>Dinner:</b> Dijon Chicken & Greens	UnFast Day  <b>Dinner:</b> Hamburger Steak	<b>Breakfast:</b> Strawberry Green Shake  <b>Lunch:</b> Dill Chicken Salad & Spring Greens  <b>Dinner:</b> Caramelized Onion Turkey Burger	UnFast Day  <b>Dinner:</b> Crab Steam Pot	<b>Breakfast:</b> Egg Salad Boats  <b>Lunch:</b> Salmon & Lime Slaw  <b>Dinner:</b> Clear Zupa  5-6 oz red wine
<b>Breakfast:</b> Egg & Mince  <b>Lunch:</b> Sloppy Joe Zoodles  <b>Dinner:</b> Roasted Red Pepper Frittata  5-6 oz red wine	UnFast Day  <b>Dinner:</b> Stuffed Grape Leaves	<b>Breakfast:</b> Turkey Egg Roll Up  <b>Lunch:</b> Pesto Roasted Chicken  <b>Dinner:</b> Jennifer's Bacon Ranch Salad	UnFast Day  <b>Dinner:</b> Philly Skillet	<b>Breakfast:</b> Egg Burrito Bowl  <b>Lunch:</b> Turkey Wrapped Chicory & Spring Greens  <b>Dinner:</b> Steak & Egg fried Rice	UnFast Day  <b>Dinner:</b> Cod & Brussels	<b>Breakfast:</b> Strawberry Green Shake  <b>Lunch:</b> Shrimp Tom Yum  <b>Dinner:</b> Dijon Chicken & Greens  5-6 oz red wine
<b>Breakfast:</b> Egg Salad Boats  <b>Lunch:</b> Buffalo Bacon Roasted Cauliflower  <b>Dinner:</b> Chili  5-6 oz red wine	UnFast Day  <b>Dinner:</b> Cod & Brussels	<b>Breakfast:</b> Egg & Mince  <b>Lunch:</b> Dill Chicken Salad & Spring Greens  <b>Dinner:</b> Caramelized Onion Turkey Burger	UnFast Day  <b>Dinner:</b> Clear Zupa	<b>Breakfast:</b> Turkey & Egg Roll Up  <b>Lunch:</b> Salmon & Lime Slaw  <b>Dinner:</b> Stuffed Grape Leaves	UnFast Day  <b>Dinner:</b> Roasted Pepper & Spinach Frittata	<b>Breakfast:</b> Egg Burrito Bowl  <b>Lunch:</b> Sloppy Joe Zoodles  <b>Dinner:</b> Dijon Chicken & Greens  5-6 oz red wine





# Shopping List

## Essentials

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- Approved dark chocolate
- Dry red wine as described in RFL program
- Completely Keto Strawberry Shake
- Wheat free tamari
- Franks red hot sauce
- Extra virgin olive oil
- Small bottle chili paste
- Small bottle fish sauce
- Dijon mustard
- Organic apple cider vinegar
- Chicken, beef or bone broth
- MCT oil
- Electrolyte drink
- Primal kitchen mayo
- Yellow mustard
- Pure liquid stevia
- Ground ginger
- Kosher salt
- Black pepper in grinder
- Old bay seasoning
- Cayenne pepper
- Turmeric
- Ground cinnamon
- Cumin
- Paprika
- Garlic powder
- Chili powder
- Cardamom
- Coriander
- Sumac
- Red pepper flakes
- Onion powder
- Dried oregano
- Marjoram
- Allspice
- Xanthan gum
- Ground thyme
- Ground rosemary
- Pack of wooden skewers
- AID and green juice essentials
- Cucumbers
- Lemons
- Alfalfa sprouts
- Mint
- Parsley



## Week 1 \_\_\_\_\_

- 2 dozen eggs
- 2 lb ground beef
- 1/4 lb deli turkey
- 1 lb shrimp
- 8 oz chicken breast
- 2 lb crab leg clusters
- 1 lb ground lamb or beef
- 8 oz thin shaved steak
- 8 oz ribeye steak
- 1 package turkey bacon
- 3 small red onion
- 12 French beans
- 1 green bell pepper
- 1 large head broccoli
- 2 package cauliflower rice
- 2 red bell pepper
- 8 Birdseye chilis
- 1 large bunch baby spinach
- 1 large zucchini
- 1 bunch butter lettuce
- 1 carton baby Bella mushroom
- 2 medium heads chicory
- 16 oz bag spring greens
- 2 sprigs thyme
- 3 lemon
- 1 lime
- 1 sprig lime leaves (kaffir)
- 1 stalk lemon grass
- 1 bunch basil leaves
- 1 bunch fresh parsley
- 1 bunch fresh dill
- 1 bunch fresh mint
- 1 bunch asparagus
- 1 head garlic
- 1 large cucumber
- 16 oz jar soaked grape leaves



## Week 2 \_\_\_\_\_

- 1 dozen eggs
- 1/4 lb deli turkey (if needed)
- 2 lb ground beef
- 2 lb crab leg clusters
- 1 package turkey bacon (if needed)
- 1 lb fresh or frozen shrimp
- 2 lb rotisserie chicken
- 8 oz salmon
- ½ lb ground turkey
- 8 oz cod fillet
- Boneless, skinless chicken breast or thigh
- 1 lb Italian chicken sausage
- 4 small red onions
- 1 bunch celery
- 2 16 oz bunch kale
- 2 cups Brussels sprouts
- 1 bunch asparagus
- 4 red bell pepper
- 1 birds eye chili
- 1 bunch spinach
- 1 bunch butter lettuce leaves
- 2 head garlic
- 1 medium head cauliflower
- 1 English cucumber
- 2 lemon
- 2 limes
- 1 zucchini
- 1 small bunch fresh dill
- 16 oz bag spring greens
- 1 small head green cabbage
- 2 16 oz carton chicken broth





### Week 3

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- 2 dozen eggs (if needed)
- 1 lb ground beef (if needed)
- 1/4 lb deli turkey
- 8 oz boneless skinless chicken breast
- 1/2 lb fresh or frozen shrimp
- 16 oz ground beef or lamb
- 1 package turkey bacon
- 8 oz thin shaved steak
- 8 oz ribeye steak
- 8 oz cod fillet
- 1 lb boneless skinless chicken breast
- 4 small red onions
- 1 bunch kale
- 2 cups Brussels sprouts
- 1 green bell pepper
- 12 French beans
- 1 large head broccoli (2 cups florets)
- 2 package cauliflower rice
- 1 large cucumber
- 16 oz jar soaked grape leaves
- 1 marjoram leaf
- 3 red bell pepper
- 7 birds eye chili
- 1 bunch spinach (if needed)
- 1 large zucchini
- 1 carton baby Bella mushrooms
- 1 large bunch basil leaves
- 2 head garlic
- 2 bunch baby spinach
- 2 medium heads chicory
- 1 bunch thyme
- 16 oz bag spring greens
- 4 lemon
- 2 lime
- 3 slices galangal
- 1 bunch lime leaves (kaffir)







### Week 3 (continued)

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- 1 stalk lemon grass
- 1 small carton baby Bella mushrooms
- 1 bunch fresh parsley
- 1 bunch fresh dill
- 1 bunch fresh mint
- 2 16 oz cartons chicken broth

### Week 4

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- 1 dozen eggs
- 2.5 lb ground beef/lamb/turkey
- 1/4 lb deli turkey (if needed)
- 1 package turkey bacon
- 2 lb rotisserie chicken
- 8 oz salmon
- 8 oz cod fillet
- 8 oz ground turkey
- 1 lb lamb
- 1 lb Italian chicken sausage
- 1 lb boneless skinless chicken thigh or breast
- 1 bunch butter lettuce (if needed)
- 1 head broccoli
- 1 red bell pepper
- 1 package cauliflower rice
- 16 oz bag baby spinach
- 1 marjoram leaf
- 1 cucumber
- 16 oz jar soaked grape leaves
- 2 cups Brussels sprouts
- 2 zucchini
- 6 small red onion (if needed)
- 1 bunch cilantro
- 4 birds eye chili
- 1 bunch celery (if needed)
- 2 head garlic
- 3 lemon
- 1 small head cauliflower
- 1 bunch fresh dill
- 1 package spring greens
- 1 small head cabbage
- 2 limes
- 1 carton baby Bella mushrooms
- 2 bunch kale
- 1 bunch fresh Parsley
- 1 bunch fresh dill
- 1 bunch fresh mint
- 2 16 oz cartons beef broth
- 16 oz carton chicken broth





# Recipes

## Breakfast





## Egg Burrito Bowl

The south west flavors of the beef taste great with the rich egg in this recipe. Feel free to choose ground beef, lamb or turkey.

*Servings 1*

### Ingredients

- 1 egg
- 2 oz ground beef
- 1 tbsp minced red onion
- ¼ tsp chili powder
- ¼ tsp garlic powder
- ¼ red pepper sliced thin
- 1 birds eye chili roughly chopped (optional)
- 1 tsp frank's red hot sauce

### Instructions

1. Heat skillet to medium high heat.
2. Add beef and peppers to skillet and sprinkle with dried spices. Brown beef while breaking apart for 1-2 minutes.
3. Crack egg into skillet and fry in the beef until white is no longer runny.
4. Plate and serve with hot sauce if you'd like.





## Strawberry Green Shake

Spinach is one of the best ingredients to add to a smoothie. It's extremely nutritious and tastes just like strawberries

*Servings 1*

### Ingredients

- 1 scoop strawberry mix
- 1 cup packed fresh spinach
- 2 cups water
- 4 ice cubes

### Instructions

1. Add all ingredients to blender and pulse until smooth.



**CompletelyKeto**

Speed Keto™ Rapid Fat Loss Month 2





## Egg Salad Boats

Butter lettuce leaves are the perfect shape for lettuce wraps. Use the leftover leaves for your spring green salad mix.

*Servings 1*

### Ingredients

- 2 hard boiled eggs
- 1 tbsp approved mayo
- 1 tsp yellow mustard
- ¼ tsp paprika
- 2 butter lettuce leaves

### Instructions

1. Place eggs into cold water in a sauce pan and set heat to high. Bring to a boil then remove from heat and cover for 12 minutes.
2. Drain water and fill with cold water and ice cubes. Allow to sit 10 minutes, drain water and add more ice cubes and 2 tbsp vinegar.
3. Shake to break eggs and peel.
4. Place eggs, mustard, mayo and paprika to a bowl and shred while mixing.
5. Scoop egg salad into lettuce leaves, serve and enjoy.





## Egg & Mince

This recipe is delicious with scrambled or a fried egg. Feel free to cook your eggs however you like.

*Servings 2*

### Ingredients

- 2 egg
- 4 oz ground beef, lamb or turkey
- ½ tsp kosher salt
- ½ tsp onion powder

### Instructions

1. Heat skillet to medium heat and add beef. Cook while breaking apart until no longer pink. Sprinkle salt and onion powder onto beef and mix well. Set aside.
2. Using fat leftover from cooking beef or a small amount of olive oil crack eggs into the pan and cook to desired temperature.
3. Plate egg on top of beef and serve.



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## Turkey & Egg Roll Up

The deli turkey acts as a savory burrito wrap in this recipe.

*Servings 1*

### Ingredients

- 1 egg
- 2 slices deli turkey
- 1 tsp approved mayo
- ½ tsp olive oil

### Instructions

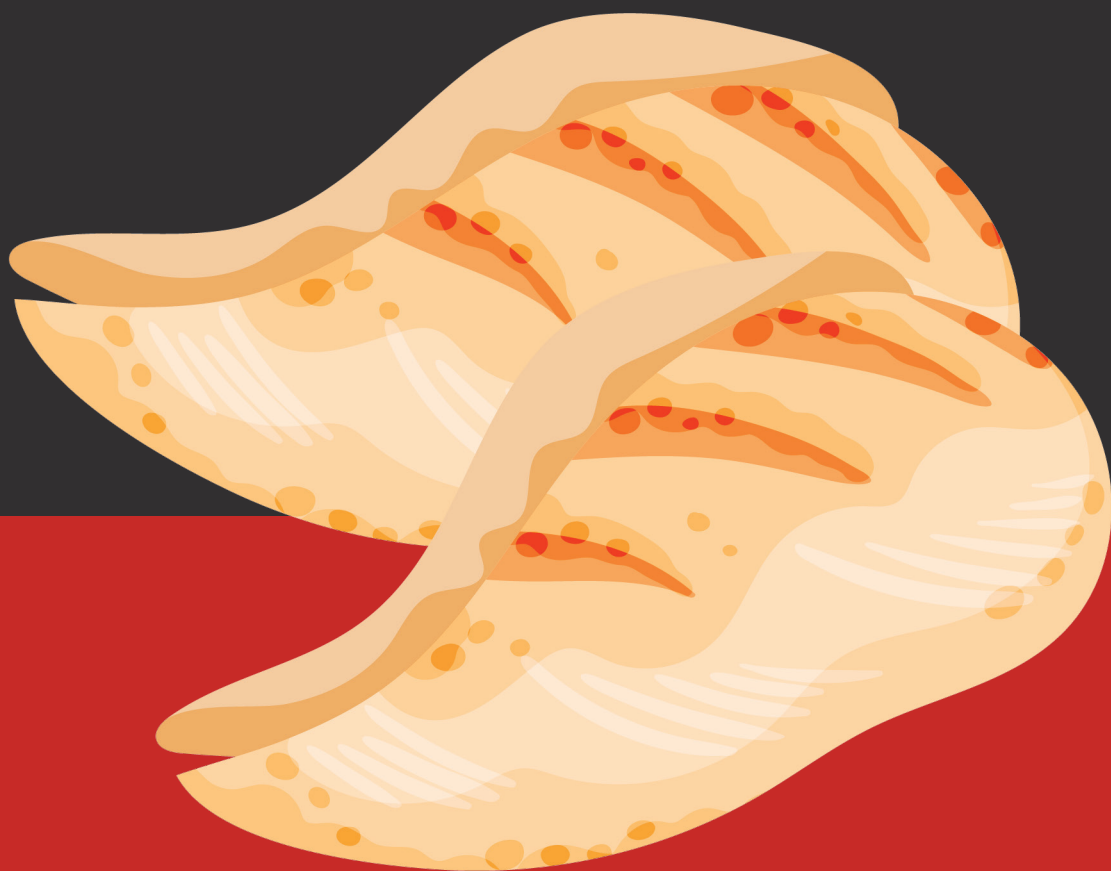
1. Heat skillet to medium heat and add olive oil.
2. Crack egg into skillet and scramble.
3. Lay out turkey slices stacked and spread a little mayo onto them.
4. Add egg into turkey meat and roll up.
5. Serve and enjoy.



# Recipes

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## Lunch





## Sloppy Joe Zoodles

This Sloppy Joe interpretation goes well with most vegetables or even on a bed of fresh spinach.

*Servings 2*

### Ingredients

- 8 oz ground beef/turkey
- 1 large zucchini spiralized
- 4 baby Bella mushrooms sliced
- 1 tbsp Primal Kitchen ketchup
- ½ tsp chili powder
- ½ tsp garlic powder
- 1/8 tsp cayenne pepper
- 1/8 tsp cumin
- 2 tsp extra virgin olive oil divided
- ½ tsp kosher salt

### Instructions

1. Heat skillet to medium high heat and add 1 tsp olive oil.
2. Add beef and brown while breaking apart about 2 minutes. Drain excess fat and add a splash of water along with all dry spices.
3. Return to stove and reduce heat to medium. Mix spices well into the meat cooking another 1 minute. Remove, mix in ketchup well and set aside.
4. Wash skillet and return to medium heat.
5. Add 1 tsp olive oil mushrooms and zoodles to pan. Sauté tossing consistently with tongs about 2 minutes until zucchini noodles are al dente.
6. Plate zoodles and mushroom, top with ground beef mixture.
7. Serve and enjoy.







## Turkey Wrapped Chicory & Spring Greens

This fresh and decadent dish includes some of the most nutritious sirt ingredients.

*Servings 2*

### Ingredients

- 2 medium heads chicory
- 4 slices deli turkey
- 2 tbsp Dijon mustard
- 2 oz chicken broth
- 2 sprigs thyme
- 1/8 small red onion sliced into small slivers
- 1 cup packed spring greens
- 2 tbsp extra virgin olive oil
- Juice of ½ lemon
- 1/8 tsp turmeric
- Salt to taste

### Instructions

1. Preheat oven to 400°F.
2. Leaving the base intact, cut lengthwise through and up to the top of the chicory so you can open it up.
3. Stuff equal amounts of onion slivers into the chicory and drizzle the inside with up to 1 tbsp olive oil.
4. Lay out turkey slices stacked in pairs and paint with Dijon mustard. Place each stuffed chicory on top and roll into 2 snug wraps.
5. Using a small deep baking dish (like a bread pan) pour in chicken broth then place wraps inside with a little space between them. Top with thyme sprigs & loosely tint with foil.
6. Place in oven and bake 30-40 minutes until chicory is softened.
7. Whisk together 1 tbsp olive oil, turmeric and juice from 1 lemon. Plate spring greens and drizzle mixture on top.
8. Remove chicory wrap and plate with salad. Add salt to taste if needed.
9. Serve and enjoy.





## Shrimp Tom Yum

Many of these ingredients may not be available all year around at your local grocery. Stop by the international market in your area and they should be in stock.

*Servings 2*

### Ingredients

- 3 cup chicken broth
- ½ lb peeled raw or cooked chilled shrimp
- 3 ½ tbsp lime juice
- 6 birds eye chilies pressed with spoon
- 3 slices galangal
- 6 kaffir lime leaves ripped and crumpled in hand
- 2 tbsp chili paste
- 3 tsp fish sauce
- 1 stalk lemon grass cut into small strips
- 6 baby Bella mushrooms halved

### Instructions

1. In a pot, bring chicken broth to a low boil. Add lemon grass, galangal, kaffir, birds eye chilis, mushroom, fish sauce, shrimp & chili paste to pot. Cook 10 minutes until shrimp is cooked and vegetables are softened.
2. Add in lime juice right before serving, mix well.
3. Serve hot and enjoy.







## Pesto Roasted Chicken

Pesto is traditionally made using pine nuts. In this recipe we removed them from the ingredients and it tastes amazing. The pesto helps to lock in the moisture of the chicken.

This recipe can be served along side fresh spinach with apple cider vinegar or sautéed spinach.

*Servings 2*

### Ingredients

- 1 cup basil leaves packed
- 2 cloves garlic
- ¼ cup extra virgin olive oil (for pesto)
- ½ tsp olive oil (for spinach)
- ¼ tsp kosher salt
- 2 chicken breast 4 oz each
- 4 cups packed raw baby spinach
- 2 tbsp apple cider vinegar

### Instructions

1. Preheat oven to 350°F and line baking sheet with parchment paper.
2. To make pesto, in a food processor add basil, olive oil, garlic and salt. Pulse until smooth.
3. Cover chicken in ½ pesto mixture and place on baking sheet and into oven.
4. Bake for about 30 minutes until internal temperature reaches 165°F.
5. While chicken is cooking, heat a skillet to medium heat. Add olive oil and spinach with 1 tsp apple cider vinegar. Sauté 1-2 minutes. (only if cooking spinach) If using fresh, plate spinach, drizzle with olive oil and apple cider vinegar.
6. Plate chicken with spinach and enjoy.







## Buffalo Bacon Roasted Cauliflower

This buffalo cauliflower recipe is about to be one of your favorite meals. Hitting the broil at the end takes it to the next level.

*Servings 4*

### Ingredients

- 3 tbsp franks red hot sauce
- 3 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 2 cloves garlic minced
- 12 strips turkey bacon
- 1 small head cauliflower

### Instructions

1. Heat skillet to medium high heat and add turkey bacon. Fry 2 minutes per side until crispy. Allow to cool and chop into small pieces.
2. Whisk hot sauce, olive oil, lemon juice and garlic in large bowl.
3. Chop head of cauliflower into florets and place into bowl with hot sauce and bacon pieces and toss to coat. Cover and allow to marinate for 1 hour.
4. Line a baking sheet with parchment paper and add cauliflower and spread out in one layer. Place in oven to cook 20-25 minutes.
5. ½ way through cooking cauliflower, remove and stir cauliflower and return to oven to finish cooking. For crispier cauliflower, turn oven to broil for the last 5 minutes of cooking.
6. Remove from oven and allow to cool 2-3 minutes before serving.





## Shrimp Salad

Most shrimp available at the grocery will already be cooked, this is easy to tell because it will be pink. Uncooked shrimp is white/grey.

*Servings 4*

### Ingredients

- 1 lb peeled frozen shrimp
- 2 stalks celery diced
- 1 half small red onion diced
- 2 hard boiled egg diced
- ½ English cucumber diced
- 1 tbsp lemon juice
- ½ tsp old bay seasoning
- 1 ½ tsp Dijon mustard
- 4 tbsp approved mayo
- ½ - 1 tsp kosher salt
- 6 turns cracked black pepper

### Instructions

1. Heat 1 inch of water in a saucepan to medium boil. Add frozen shrimp and steam while tossing about 4 minutes until thawed.
2. Remove shrimp and dry with paper towels. Place in fridge to cool 30 minutes.
3. Meanwhile, boil eggs. Place eggs into a saucepan of cold water and bring to boil. Remove and cover to rest 12 minutes.
4. Drain hot water from pot and replace with cold water and 5 ice cubes to rest 15 minutes. Drain water, add 5 more ice cubes and 2 tbsp vinegar. Shake to break shells and peel.
5. Chop shrimp and egg into small pieces and add to a large bowl.
6. Add all other ingredients and mix well.
7. Serve cold over spring greens and enjoy.







## Dill Chicken Salad & Spring Greens

After pulling all the chicken off the bone the meat should weigh about a pound. Pro tip for deboning a rotisserie chicken. Remove the meat about 30 minutes after you get home from the grocery while it's still warm. The meat falls right off the bone.

*Servings 4*

### Ingredients

- 1 2 lb rotisserie chicken (1 lb meat once deboned)
- ½ raw zucchini diced into small cubes
- ¼ small red onion minced
- 5 tbsp approved mayo
- 1 tsp kosher salt
- 1 tsp dried ground dill or 3 sprigs chopped fresh dill (recommended)
- 6 turns cracked black pepper

### Instructions

1. Debone your rotisserie chicken and discard the bones or save them for chicken broth. Weigh out 1 lb of white and dark meat. Save the rest for another meal. Shred with 2 forks and add to large bowl.
2. Add all other ingredients to bowl and fold together.
3. Serve on top of spring greens and enjoy.







## Salmon & Lime Slaw

Lime slaw is quick, tangy and low in calories. It pairs great with a rich savory cut of meat like the salmon in this recipe.

*Servings 2*

### Ingredients

- ¼ head green cabbage chopped thin
- Juice of 2 limes
- 1 tsp extra virgin olive oil
- ½ tsp kosher salt
- 2 pieces of salmon 4 oz each
- 1 tsp garlic powder

### Instructions

1. Mix together cabbage, juice of 1 ½ limes, olive oil and salt in a bowl and cover. Allow to marinate 1 hour.
2. Preheat oven to 450°F and line a baking sheet with parchment paper and add salmon.
3. Sprinkle salmon with garlic powder and place in oven. Bake 12-15 minutes.
4. Remove and serve with lime slaw.



Recipes

Dinner





## Crab Steam Pot

As you probably know, most of the weight in crab legs is the shell. After removing the meat, this recipe should be perfect for 2 or 3 people. You will want to use your food scale for this one. Also remember that the meat counter usually offers to steam the crab legs for you if you call ahead!

*Servings 3-4*

### Ingredients

- 1 bunch asparagus
- 2 lb Dungeness crab leg clusters
- 2 tbsp old bay seasoning
- 2 tbsp apple cider vinegar
- Steamer divider or aluminum foil crushed into tangerine sized balls and colander that fits inside a large pot

### Instructions

1. In a large pot with a lid, bring 1.5 inches of salted water to a boil. Place in the steamer rack or aluminum foil balls with colander. Keep water at a low boil around medium heat.
2. Heavily season crabs and asparagus with old bay and place crabs into steam pot.
3. Cover and allow to cook 10-20 minutes (20 for larger crabs, 10 for smaller)
4. In the last 10 minutes of steaming, add asparagus to pot with the crab.
5. Remove and serve with apple cider vinegar for dipping.







## Clear Zupa

This is a lighter and low carb version of the delicious Italian soup we all love. Feel free to choose beef, turkey or chicken sausage, just make sure it includes Italian spices.

*Servings 4*

### Ingredients

- 1 lb Italian chicken sausage
- 1 small red onion minced
- 4 cups kale chopped into bite sized pieces
- 5 cloves garlic minced
- 8 cups chicken broth
- 1/8 tsp red pepper flakes
- 3 tsp kosher salt
- 1 tsp cracked black pepper

### Instructions

1. Heat a medium sized pot to medium heat and add 1 tbsp olive oil.
2. Slice sausage into ½ inch thick rounds and add to pot. Brown 2-3 minutes per side.
3. Add onion and garlic to pot and sauté while scraping up the fond at the bottom of the pot for 1 minute.
4. Remove sausage from pot and chop it roughly into ½ inch pieces then add back to pot.
5. Add chicken broth to pot and stir to combine.
6. Reduce heat to simmer and cover. Allow to cook 20 minutes. Add water if too much broth evaporates.
7. Add kale to the pot and stir, cook uncovered for another 5 minutes or until kale is tender.
8. Serve hot.



## Chili

This chili is delicious and filling. It freezes well too!

*Servings 5*

### Ingredients

- 1 lb ground beef or turkey
- 1 small red onion diced
- 3 bird's eye chilies crushed
- 2 stalks celery diced
- 1 red bell pepper diced
- 5 cloves minced garlic
- 8 baby Bella mushrooms diced
- 6 cups beef stock
- 1 tbsp ground cumin
- 1 tbsp paprika
- 1 tsp garlic powder
- 1 tsp cracked black pepper
- 1 tbsp onion powder
- 1 tsp cinnamon
- 1 tsp chili powder
- 2 tbsp approved chocolate chopped fine
- 2 tsp kosher salt
- ½ cup cilantro chopped

### Instructions

1. Heat a soup pot to medium high heat and add ground beef. Brown while breaking apart until no longer pink. Set aside and leave 2 tbsp fat from cooking the beef in the skillet.
2. Add celery, onion, peppers and mushroom, cook 4 minutes while stirring then add garlic and sauté 1 more minute.
3. Add ground beef back into the pot, ½ beef stock and all dry spices along with whole bird's eye chili. Stir incorporate spices 2 minutes.
4. Add the other half of beef stock, reduce heat to medium low, cover and simmer 1 hour stirring intermittently.
5. After 1 hour add chocolate and stir in until melted.
6. Serve and enjoy with cilantro on top.





## Roasted Pepper & Spinach Frittata

16 oz spinach may look like a lot before cooking it down a bit but chopping it up first allows the spinach to distribute evenly in the eggs before cooking.

*Servings 4*

### Ingredients

- 1 large red bell pepper chopped small
- 16 oz bag baby spinach chopped small
- 2 cloves garlic minced
- 1 fresh marjoram leaf
- 1 tsp kosher salt
- 8 eggs
- Cracked black pepper to taste
- 2 tbsp extra virgin olive oil

### Instructions

1. Preheat oven to 375°F. Also warm a cast iron pan on medium heat.
2. Place spinach in microwave safe bowl and microwave 30 seconds to 1 minute until volume of spinach is reduced by ½ but not wilted.
3. Whisk eggs and add spinach.
4. Heat another skillet to medium heat and add 1 tbsp olive oil then chopped red pepper. Sauté 5 minutes, add garlic in the last 1 minute of cooking peppers then add to the bowl with eggs and spinach.
5. Add 1 tbsp olive oil to coat cast iron pan then pour in egg mixture.
6. Place in oven and bake 20-25 minutes until top is golden and eggs don't jiggle.
7. Remove and rest 5-10 minutes.
8. Slice, serve and enjoy.







## Stuffed Grape Leaves (Dolma)

Grape leaves are sold fresh or already soaked and softened in a jar. When shopping for this recipe, choose the pre-soaked grape leaves. They boast a significant amount of iron, vitamin A, C, E and magnesium. A nutritious leafy green with plenty of flavor.

*Servings 4*

### Ingredients

- 1 large cucumber sliced ½ inch thick
- 1 16 oz jar pre-soaked grape leaves
- 16 oz ground lamb, turkey or ground beef
- ¾ cup cauliflower rice
- 1 small red onion diced fine
- 2 cups chicken broth
- Juice of 2 lemons
- ½ cup diced fresh parsley
- ½ cup diced fresh dill
- ½ cup diced fresh mint
- 1 tsp kosher salt
- ½ tsp cracked black pepper
- 1 tsp allspice
- ½ tsp cumin
- 4 tbsp extra virgin olive oil





## Instructions

1. Prepare the cauliflower rice to the package instructions and set aside. Once cooled, squeeze out excess moisture with a kitchen towel.
2. Prepare the grape leaves rinsing them well and slicing the stem off of each leaf one by one. Then let them drain in a colander.
3. Heat a deep skillet to medium high heat and add 1 tsp olive oil. Add diced onion to skillet and sauté 1-2 minutes then add lamb. Brown while breaking apart until no longer pink then remove from heat and drain the excess fat.
4. Season with salt, pepper, allspice and cumin. Mix well and allow to cool.
5. Once cooled mix cauliflower rice, fresh herbs and 3 tbsp olive oil.
6. In a steam pot or pot with a lid, oil the bottom of the pot and create a layer of cucumber slices to protect stuffed grape leaves from scorching on the bottom of the pot or on the steaming rack.
7. Now stuff your grape leaves. Lay out one leaf at a time with the back/wide end facing you. Place a heaping tbsp of meat and cauliflower rice mixture right in the middle.
8. Fold the left and right sides in, over the filling then roll from the back to the top, tucking the left and right sides in as you roll. Place each one into the cucumber lined pot with the seam side down.
9. Repeat this one by one to make uniform rows. It is ok if you need to have more than 1 later in the pot but allow them to be packed snugly.
10. Place an upside down plate in the pot to hold dolma in place.
11. Bring chicken broth to a boil in a separate pot then pour into the pot with the dolma.
12. Heat stovetop to medium and place pot on heat covered.
13. Cook 20-30 minute until water has evaporated.
14. Allow to cool 20 minutes before serving.







## Jennifer's Bacon Ranch Salad

*Servings 2*

### Ingredients

- 2 cups raw broccoli florets
- 4 slices turkey bacon
- ½ tsp extra virgin olive oil
- ¼ red onion julienned
- 1 tsp apple cider vinegar
- 2-4 tbsp Jennifer's ranch dressing

Ranch dressing, wet ingredients:

- ½ cup primal kitchen mayonnaise
- ½ cup unsweetened coconut cream
- 1 ½ tsp lemon juice

Dry ingredients:

- Salt and pepper to taste
- 3 tsp dried dill
- 3 tsp dried parsley
- 3 tsp garlic powder
- 3 tsp onion powder
- 3 tsp dried chives

### Instructions

1. Heat skillet to medium high heat and add ½ tsp olive oil then add bacon. Cook until crispy, about 3-4 minutes then set aside.
2. Mix together the wet ingredients for dressing in one bowl and the dry ingredients in another. Add 1 tbsp of the dry spices to the wet ingredients. Mix well.
3. Chop bacon and broccoli florets into bite sized pieces and place in bowl.
4. Drizzle apple cider vinegar over broccoli and add ranch dressing.
5. Toss serve and enjoy.







## Philly Skillet

There will often be thin shaved Philly style steak at the grocery. If not use a sharp knife to slice your steak as thin as possible.

*Servings 2*

### Ingredients

- 8 oz thin shaved steak
- ½ green bell pepper julienned
- ½ red bell pepper julienned
- 4 baby Bella mushrooms halved
- ¼ red onion julienned
- 1 tsp extra virgin olive oil
- ½ tsp kosher salt
- 3-4 turns cracked black pepper.

### Instructions

1. Heat skillet to medium heat and add olive oil.
2. Add all vegetables and sauté 2-3 minutes.
3. Add steak and cook stirring for 1-2 additional minutes.
4. Add salt and pepper and serve.





## Steak & Egg Fried Rice

Chopping the steak nice and small makes this recipe cook quickly and insures you get some steak in every bite.

*Servings 2*

### Ingredients

- 8 oz ribeye steak
- 1 cup cauliflower rice
- 12 French beans halved
- 1 egg
- ½ red onion julienned
- ¼ red bell pepper sliced thin
- 1 tbsp extra virgin olive oil
- 1 tsp kosher salt
- 1 tsp cracked black pepper
- 2 tbsp wheat free tamari

### Instructions

1. Prepare cauliflower rice to package instructions then allow to cool. When cooled squeeze out excess water with a towel and set aside.
2. Cut steak into ½ inch strips.
3. Heat wok to medium high heat. Add olive oil, peppers, onion and beans. Sauté 1-2 minutes.
4. Add steak to wok and reduce heat to medium, cook 2 minutes.
5. Add cauliflower rice, mix well and make a hole in the middle of the pan, crack egg in the middle and scramble it right there in the hole. Once egg is no longer runny, toss it in with the rest of the ingredients.
6. Sprinkle in salt, pepper and add tamari.
7. Mix to combine and serve hot.







## Cod & Brussels

This light flaky cod is perfect along side the tangy crispy baked Brussels sprouts.

*Servings 2*

### Ingredients

- 2 cod fillets 4 oz each
- ½ lemon
- 2 cups halved Brussels sprouts.
- 2-3 tbsp extra virgin olive oil
- 2 tsp apple cider vinegar
- 1 tsp kosher salt
- 1 tsp paprika

### Instructions

1. Preheat oven to 400°F.
2. Prepare 2 baking sheets with parchment paper.
3. Chop off the bottom of Brussels sprouts then chop them in half.
4. In a gallon sealable bag add Brussels sprouts, olive oil and apple cider vinegar. Seal and toss to combine.
5. Pour Brussels onto a baking sheet and turn them to the cut side down in one layer. Place in oven and bake for 25-30 minutes until they have charred a bit on top.
6. Meanwhile, place cod onto baking sheet and sprinkle with paprika. Place cod in oven to cook during the last 10 minutes of cooking the Brussels sprouts. Cod is done when it flakes easily.
7. Remove both from the oven and serve with ¼ lemon each.







## Dijon Chicken & Greens

The secret to juicy chicken in the oven is to use high heat. The mustard in this recipe adds some amazing flavor.

*Servings 4*

### Ingredients

- 1 lb boneless skinless chicken thighs or breasts
- 1 small red onion chopped into ½ to 1 inch pieces
- 3 tbsp extra virgin olive oil
- 2 tbsp Dijon mustard
- 3 cloves garlic minced
- 1 tsp ground coriander
- ¾ tsp paprika
- ½ tsp cracked black pepper
- ½ tsp cayenne
- 2 tsp kosher salt
- 16 oz fresh kale chopped
- ¼ cup chicken broth

### Instructions

1. Preheat oven to 425°F.
2. Pat chicken dry with paper towels and sprinkle with salt.
3. Mix cayenne, pepper, paprika, coriander, garlic, mustard and olive oil.
4. Line a baking pan with parchment paper. Add chicken to the sauce mixture and coat each piece evenly.
5. Bake 25-30 minutes until internal temperature reaches 165°F.
6. Meanwhile heat a large pot to medium high heat and add kale and chicken broth. Cook stirring consistently until kale is reduced and tender, about 5 minutes.
7. Allow chicken to rest 5 minutes and serve with kale.







## Hamburger Steak

Much like baked chicken, hamburgers cook best at high heat. Make sure skillet is already hot before adding in hamburger. This creates a tasty crust on the outside. Feel free to use ground beef, lamb or turkey in this recipe.

*Servings 2*

### Ingredients

- ½ small red onion sliced into chunks
- 6 baby Bella mushrooms sliced
- 8 oz ground beef
- ½ tsp kosher salt
- ½ tsp cracked black pepper

### Instructions

1. Heat a large skillet to medium high heat.
2. Make 2 patties and sprinkle salt and pepper over each patty.
3. Add hamburgers to skillet and place mushrooms and onion around patties and cover.
4. Allow to cook 1-2 minutes until a crust has formed on one side, then flip and stir around veggies.
5. Cover again and cook another 1-2 minutes. Remove hamburgers and continue to cook veggies 1-2 more minutes if they are not softened to your liking.
6. Serve and enjoy with optional mashed cauliflower.







## Caramelized Onion Turkey Burger

What sets these turkey burgers apart from others is the caramelized onions pressed and cooked into the burger. This adds a unique and delicious flavor.

*Servings 2*

### Ingredients

- 8 oz ground turkey made into 2 patties
- ½ small red onion julienned
- 2 tbsp extra virgin olive oil
- 2 cups broccoli florets
- Salt and pepper to taste

### Instructions

1. Heat a large skillet to medium heat and add 2 tsp olive oil.
2. Add onions and sauté 2-3 minutes or until onions are reduced, transparent and fragrant.
3. Separate onion in skillet into 2 piles about the size of the patty. Place patties on top of onion and smash down with spatula to sink onion into meat and cover.
4. Allow to cook 1-2 minutes, uncover and flip then replace cover. Cook another 1-2 minutes and remove.
5. Heat a small saucepan to medium high and bring 1 inch water to a medium boil. Add broccoli and cover. Cook 2-3 minutes or to your desired softness. Drain water and toss with remaining olive oil. Add salt and pepper to taste.
6. Plate turkey burger with broccoli and serve.





speed KETO™

# Rapid Fat Loss Program

month 2

Speed Keto™ Rapid Fat Loss is a combination of the Sirtuin Diet and Keto. You'll lose weight, break through a stall and burn away those stubborn pounds.

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- ✓ You'll look years younger.
- ✓ You'll have more energy than you ever had.
- ✓ Your blood work will stun your doctors.
- ✓ You'll feel a sense of accomplishment and confidence because you did it.

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