



speed KETO™

Rapid Fat Loss Program

month 3

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, completelyketo.shop, or speedketo.com or 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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Rapid Fat Loss Month 3

We have some 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





UnFasting™ Days

We do intermittent fasting on this program, but it isn't a traditional fast so we call these days, unfasting days. 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: Mushroom & Onion Eggs
- Lunch: Crunchy Chicken Salad
- Dinner: Seared Ahi Tuna & Kale
- 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: Eggs & Bacon
- Lunch: Green Juice Turkey Salad
- Dinner: Beef & Cabbage
- After dinner: One row of approved dark chocolate
- 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: Shrimp Stir Fry
- After dinner: One row of approved dark 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: Lemon Caper Chicken
- 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: Spinach & Scallion Tomato Omelet
- Lunch: Turkey Taco Lettuce Wraps
- Dinner: Sizzling Steak & Asparagus
- 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: Steak & Egg Omelet
- Lunch: White Fish with Fennel
- Dinner: Broiled Lobster Tails & Brussels
- After dinner: One row of approved dark chocolate and 5-6 oz red wine
- Before bed: Triphala

Week 2

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: Steak & Veggie Skewers
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

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: Tuna & Cucumber Arugula Salad
- Lunch: Chicken & Peppers
- Dinner: Greek Chicken Skewers
- 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: Braised Short Ribs
- 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: Sausage & Shrimp Spicy "Pasta"
- 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: Mushroom & Onion Eggs
- Lunch: Fresh Herb Salad
- Dinner: Crock Pot Chicken Mole
- 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: Eggs & Bacon
- Lunch: Turmeric Salmon & Roasted Veggies
- Dinner: Seared Ahi Tuna & Kale
- 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: Salmon & Mash
- 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: Spinach & Scallion Tomato Omelet
- Lunch: Egg Salad on Fresh Greens
- Dinner: Shrimp Stir Fry
- 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: Steak & Egg Omelet
- Lunch: Crunchy Chicken Salad
- Dinner: Beef & Cabbage
- 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: Lemon Caper Chicken
- 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: [Tuna & Cucumber Arugula Salad](#)
- Lunch: [Turkey Taco Lettuce Wraps](#)
- Dinner: [Sizzling Steak & Asparagus](#)
- 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: [Eggs & Bacon](#)
- Lunch: [Turmeric Salmon & Roasted Veggies](#)
- Dinner: [Salmon & Mash](#)
- After dinner: One row of approved dark 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: [Crock Pot Chicken Mole or Steak & Veggie Skewers](#)
- 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: [Greek Chicken Skewers](#)
- 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: Eggs & Bacon
- Lunch: Chicken & Peppers
- Dinner: Steak & Veggie Skewers
- 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: Salmon & Mash
- After dinner: One row of approved dark chocolate
- Before bed: Triphala

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: Spinach & Scallion Tomato Omelet
- Lunch: Lamb Kebabs & Fresh Herb Salad
- Dinner: Sausage & Shrimp Spicy "Pasta"
- 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: Steak & Egg Omelet
- Lunch: Green Juice Turkey Salad
- Dinner: Seared Ahi Tuna & Kale
- After dinner: One row of approved dark 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: [Shrimp Stir Fry](#)
- 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: [Lemon Caper Chicken](#)
- 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: [Tuna & Cucumber Arugula Salad](#)
- Lunch: [Turmeric Salmon & Roasted Veggies](#)
- Dinner: [Beef & Cabbage](#)
- 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: [Mushroom & Onion Eggs](#)
- Lunch: [Egg Salad on Fresh Greens](#)
- Dinner: [Sizzling Steak & Asparagus](#)
- 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
Breakfast: Mushroom & Onion Eggs Lunch: Crunchy Chicken Salad Dinner: Seared Ahi Tuna & Kale 5-6 oz red wine	UnFast Day Dinner: Shrimp Stir Fry	Breakfast: Egg & Bacon Lunch: Green juice Turkey Salad Dinner: Beef & Cabbage	UnFast Day Dinner: Lemon Caper Chicken	Breakfast: Spinach & Scallion Tomato Omelet Lunch: Turkey Taco Lettuce Wraps Dinner: Sizzling Steak & Asparagus	UnFast Day Dinner: Steak & Veggie Skewers	Breakfast: Steak & Egg Omelet Lunch: White Fish with Fennel Dinner: Broiled Lobster Tails & Brussels 5-6 oz red wine
Breakfast: Tuna & Cucumber Arugula Salad Lunch: Chicken & Peppers Dinner: Greek Chicken Skewers 5-6 oz red wine	UnFast Day Dinner: Braised Short Ribs	Breakfast: Mushroom & Onion Eggs Lunch: Lamb Kebabs & Fresh Herb Salad Dinner: Crock Pot Chicken Mole	UnFast Day Dinner: Sausage & Shrimp Spicy "Pasta"	Breakfast: Egg & Bacon Lunch: Turmeric Salmon & Roasted Veggies Dinner: Seared Ahi Tuna & Kale	UnFast Day Dinner: Salmon & Mash	Breakfast: Spinach & Scallion Tomato Omelet Lunch: Egg Salad on Fresh Greens Dinner: Shrimp Stir Fry 5-6 oz red wine
Breakfast: Steak & Egg Omelet Lunch: Crunchy Chicken Salad Dinner: Beef & Cabbage 5-6 oz red wine	UnFast Day Dinner: Lemon Caper chicken	Breakfast: Tuna & Cucumber Arugula Salad Lunch: Turkey Taco Lettuce Wraps Dinner: Sizzling Steak & Asparagus	UnFast Day Dinner: Crock Pot Chicken Mole	Breakfast: Mushroom & Onion Eggs Lunch: White Fish with Fennel Dinner: Broiled Lobster Tails & Brussels	UnFast Day Dinner: Greek Chicken Skewers	Breakfast: Egg & Bacon Lunch: Chicken & Peppers Dinner: Steak & Veggie Skewers 5-6 oz red wine
Breakfast: Spinach & Scallion Tomato Omelet Lunch: Lamb Kabobs & Fresh Greens Salad Dinner: Sausage & Shrimp Spicy "Pasta" 5-6 oz red wine	UnFast Day Dinner: Salmon & Mash	Breakfast: Steak & Egg Omelet Lunch: Green Juice Turkey Salad Dinner: Seared Ahi Tuna & Kale	UnFast Day Dinner: Shrimp Stir Fry	Breakfast: Tuna & Cucumber Arugula Salad Lunch: Turmeric Salmon & Roasted Veggies Dinner: Beef & Cabbage	UnFast Day Dinner: Lemon Caper Chicken	Breakfast: Mushroom & Onion Eggs Lunch: Egg Salad on Fresh Greens Dinner: Sizzling Steak & Asparagus 5-6 oz red wine





Shopping List

Essentials

- Approved dark chocolate
- Dry red wine
- Wheat free tamari
- Extra virgin olive oil
- 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
- Cayenne pepper
- Turmeric
- Ground cinnamon
- Cumin
- Paprika
- Garlic powder
- Chili powder
- Cardamom
- Coriander
- Sumac
- Red pepper flakes
- Onion powder
- Dried oregano
- Xanthan gum
- Ground thyme
- Ground rosemary
- Pack of wooden skewers
- AID and green juice essentials
- Cucumbers
- Lemons
- Alfalfa sprouts
- Mint
- Parsley





Week 1

- 1 dozen eggs
- 4 oz deli turkey
- 8 oz cod (2 fillets 4 oz each)
- 1/2 lb ground turkey
- 2 lbs ribeye steak
- 4 small/medium sized lobster tails
- 1 can white chicken in water
- 1 lb shrimp
- 1 lb ground beef
- 1 package turkey bacon
- 1 bunch spinach
- 1 large cucumber
- 1 carton alfalfa sprouts
- 1 bunch parsley
- 1 bunch mint
- 3 lemons
- 3 small red onion
- 1 small jar capers
- Small carton baby bella mushrooms
- 1 bunch scallions
- 1 small carton cherry tomato (after round 1)
- 1 carton arugula
- 1 small bunch celery
- 1 head cabbage
- 1 small head broccoli
- 2 birds eye chili
- 1 red bell pepper
- 12 French beans
- 1 head garlic
- Fresh basil
- Fresh cilantro
- 1 bunch butter lettuce
- 1 zucchini
- 1 bunch asparagus
- 1 fennel bulb
- 12 medium Brussels sprouts
- 1 carton beef broth
- 1 pack wooden skewers



Week 2 ---

- 1 dozen eggs (if needed)
- 1 can solid white albacore tuna in water
- 4 bone slab beef short ribs
- 12 oz salmon (3 pieces, 4 oz each)
- 1 1/2 lb chicken breast
- 1 whole 3-4 lb fresh or frozen chicken
- 8 oz ground chicken or turkey sausage
- 8 oz tuna steak
- 1 1/2 lb fresh or frozen shrimp
- 1/2 lb ground lamb
- 3 heads garlic
- 1 bunch mint
- 1 bunch parsley
- 2 sprigs thyme
- 1 bunch dill
- 1 bunch cilantro (if needed)
- 1 package spring greens
- 5 lemons
- 1 cucumber
- 3 zucchini
- 1 small package celery (if needed)
- 1 bunch arugula (if needed)
- 5 small red onion
- 1 bunch rapini or broccoli rabe
- 1 bunch kale
- 1 head cabbage
- 1 head broccoli
- 12 French beans
- Small package baby Bella mushrooms (if needed)
- 1 package turkey bacon (if needed)
- 1 bunch spinach (if needed)
- 1 bunch scallion (if needed)
- 1 small package cherry tomato (if needed, and after round 1)

- 1 package cauliflower rice
- 1 green bell pepper
- 1 yellow bell pepper
- 2 red bell pepper
- 3 birds eye chili
- 1 carton chicken broth



Week 3 ---

- 1 dozen eggs (if needed)
- 1 lb ground beef
- 2 1/2 lb chicken breast
- 1 whole 3-4 lb fresh or frozen chicken
- 8 oz cod (2 fillets, 4 oz each)
- 1/2 lb ground turkey
- 1 can solid white albacore tuna in water
- 1 can white chicken
- 1 package turkey bacon (if needed)
- 2 lbs ribeye steak





Week 3 (continued) _____

- 4 small to medium sized lobster tails
- 1 cucumber
- 2 zucchini
- 1 bunch cilantro
- 1 end cabbage (if needed)
- 1 carton baby Bella mushrooms
- 1 container arugula (if needed)
- 1 package spring greens
- 5 small red onion
- 4 lemons
- 12 medium Brussels sprouts (if needed)
- 1 fennel bulb
- 1 bunch asparagus
- 1 small carton baby Bella mushrooms (if needed)
- 1 small package celery (if needed)
- 1 container arugula (if needed)
- 1 head butter lettuce (if needed)
- 2 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 4 birds eye chili
- 2 heads garlic (if needed)
- 1 carton chicken broth

Week 4 _____

- 1 dozen eggs (if needed)
- 15 oz ribeye steak
- 1 can solid white albacore tuna in water
- 1/2 lb ground lamb
- 1 lb ground beef
- 1 lb salmon
- 8 oz chicken or turkey sausage
- 12 fresh or frozen shrimp
- 8 oz tuna steak
- 1 lb shrimp
- 1 lb chicken breast
- 1 bunch spinach
- 1 bunch broccoli rabe or rapini
- 2 zucchini
- 2 cucumber
- 1 container arugula
- 1 container alfalfa sprouts
- 1 bunch scallions (if needed)
- 1 bunch kale (if needed)
- 1 small carton cherry tomato (if needed, and only after round 1)
- 1 small onions
- 1 head cabbage
- 1 head broccoli





Week 4 (continued)

- 1 green bell pepper
- 5 lemons
- 1 bunch asparagus
- 1 head garlic
- 1 carton baby Bella mushrooms
- 1 bunch mint leaves
- 1 head garlic (if needed)
- 1 bag spring greens (if needed)
- 1 bunch cilantro (if needed)
- 1 bunch parsley (if needed)
- 2 sprigs dill
- 2 birds eye chili
- 1 red bell pepper
- 12 French beans
- 1 package cauliflower rice
- 1 carton beef broth





Recipes

Breakfast



Mushroom & Onion Eggs

This scramble can also be made into an omelet, if you like, by lowering the temperature to medium low and flipping when eggs are no longer runny.

Servings 1

Ingredients

- 4 baby Bella mushrooms, chopped
- ¼ small red onion, diced
- 2 whisked eggs
- 2 tsp extra virgin olive oil
- ½ tsp kosher salt

Instructions

1. Heat skillet to medium heat and add olive oil.
2. Add in mushroom and onion, then sprinkle with salt.
3. Sauté 30 seconds to 1 minute, until onion is fragrant and translucent.
4. Pour in whisked egg and fold ingredients together until eggs are no longer runny. 1-2 minutes.
5. Serve and enjoy.





Eggs & Bacon

Feel free to skip the olive oil when frying the turkey bacon, it will still cook just fine, only it will be a bit less crispy.

Servings 1

Ingredients

- 2 strips turkey bacon
- 1 egg
- Salt and pepper to taste
- 2 tsp extra virgin olive oil, divided

Instructions

1. Heat skillet to medium high heat and add 1 tsp olive oil.
2. Add turkey bacon to pan and cook to your desired crispness, about 3 minutes, flipping $\frac{1}{2}$ through. Remove and set aside.
3. Wipe out pan, removing any residue from cooking the bacon and return pan to heat. Reduce heat to medium.
4. Add in 1 tsp olive oil and crack eggs into skillet. Cook 1 minute and reduce heat to medium low. Continue cooking until white is firm and yolk is still runny. About 2 minutes more.
5. Plate eggs with bacon and enjoy.





Spinach Scallion & Tomato Omelet

The tomatoes in the omelet can be done 2 ways. We think cooking them tastes best, but feel free to chop them fresh and sprinkle them on top for a brighter flavor.

Servings 1

Ingredients

- 2 eggs, whisked well
- 2 scallions, diced small
- 3 cherry tomatoes, halved (after round 1, only)
- 2 tsp extra virgin olive oil, divided
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ¼ tsp cracked black pepper

Instructions

1. Heat skillet to medium heat and add 1 tsp olive oil.
2. Add tomatoes to pan, skin side down and cook undisturbed 1 minute.
3. Add garlic, salt and pepper and carefully push ingredients around in the pan with spatula to combine flavors, 1 more minute. Remove and set aside.
4. Scrub out pan and return to medium heat. Add 1 tsp olive oil.
5. Pour eggs into pan. As they begin to cook, push cooked egg into the middle of the pan from all 4 sides allowing uncooked egg to flow into the exposed part of the pan.
6. When egg is solid enough to hold firm, flip your omelet. Allow to cook 30 seconds to 1 minute more.
7. Plate omelet and add tomato mixture and scallions to one side and fold over.
8. Serve and enjoy.





Steak & Egg Omelet

If you can find steak thinly shaved at the grocery store that is best. However, you can also buy a full piece of steak and use a sharp knife to slice it very thin.

Servings 1

Ingredients

- 3 oz thinly shaved steak
- 1 whisked egg
- ¼ tsp garlic powder
- Sprinkle kosher salt
- 2 tsp extra virgin olive oil divided

Instructions

1. Heat skillet to medium high heat and add 1 tsp olive oil.
2. Add thinly shaved steak in one layer to pan and sear quickly, 30 seconds per side. Remove and set aside.
3. Scrub out any remaining residue from pan and return to heat. Add 1 tsp extra virgin olive oil.
4. Whisk eggs and add garlic powder and salt and mix well.
5. Pour eggs into pan. As they begin to cook, push cooked egg into the middle of the pan from all 4 sides allowing uncooked egg to flow into the exposed part of the pan.
6. When egg is solid enough to hold firm, flip your omelet. Allow to cook 30 seconds to 1 minute more.
7. Plate omelet and add steak to one side, fold over and serve.





Tuna & Cucumber Arugula Salad

This salad is the perfect fresh and filling breakfast when you're not in the mood for eggs.

Servings 1

Ingredients

- 3.5 oz can solid white albacore tuna in water
- 5 - ½ inch thick slices of cucumber, cut into quarters
- 2 Tbsp Primal Kitchen mayo
- ¾ tsp kosher salt
- 1 cup arugula

Instructions

1. Drain water from tuna and place into a bowl. Flake tuna with fork.
2. Add mayo, cucumber and salt.
3. Mix well and serve over bed of arugula.





Recipes

Lunch



Crunchy Chicken Salad

This recipe calls for canned chicken, however, feel free to use fresh cooked chicken or leftover chicken from another meal.

Servings 1

Instructions

- 1 stalk celery, chopped
- 3 Tbsp red onion, roughly chopped
- 1 can chicken
- ¼ tsp kosher salt
- 2 Tbsp Primal Kitchen mayo
- 2 cups arugula

Instructions

1. Mix all ingredients together other than arugula.
2. Top arugula with chicken salad.
3. Serve and enjoy.





Green Juice Turkey Salad

In this dish you'll enjoy every nutritious ingredient that goes into green juice, plus delicious turkey and some extra spices.

Servings 1

Ingredients

- 1 large cucumber, sliced
- 1 cup alfalfa sprouts
- ½ bunch parsley, chopped
- 3 sprigs mint, chopped
- Juice of 1 lemon
- 2 Tbsp extra virgin olive oil
- ½ tsp paprika
- 4 oz unprocessed deli turkey, cubed

Instructions

1. Mix all greens and vegetables in a bowl.
2. Top with cubed deli turkey.
3. Drizzle lemon juice and olive oil on top and sprinkle with paprika.
4. Serve and enjoy.





Turkey Taco Lettuce Wraps

These are so tasty and fresh. Butter lettuce leaves are perfect for lettuce wraps but feel free to use Romain.

Servings 2

Ingredients

- ½ lb ground turkey
- 5 cherry tomatoes, quartered (after round 1, only)
- 2 Tbsp grated red onion
- 3 Tbsp chopped cilantro
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp kosher salt
- ½ tsp garlic powder
- 4 butter lettuce leaves

Instructions

1. Heat skillet to medium high heat and add ground turkey.
2. Cook while breaking apart about 3 minutes until turkey is no longer pink.
3. Drain excess fat and add 2 Tbsp water and all dry spices. Reduce heat to medium.
4. Simmer while mixing consistently until combined and water has evaporated about 1 minute.
5. Fill each leaf with an equal amount of turkey meat.
6. Top with onion, cilantro and 2-3 cherry tomatoes, after round 1, only.
7. Serve and enjoy.





White Fish with Fennel

Fennel is a really fun vegetable to cook with and its fronds can be used as an herb as well. In this recipe we use the bulb. These should be sliced very thin to get the amazing, caramelized flavors. Use a large sharp knife to slice your fennel bulb if you do not have a mandolin.

Servings 2

Ingredients

- 2 - 4 oz cod fillets
- 1 fennel bulb, shaved or sliced very thin
- 3 Tbsp extra virgin olive oil
- 1 whole lemon, quartered
- ½ fresh birds eye chili seeds removed (not chopped up, it will be removed)
- ½ tsp paprika
- 1 or 2 tsp kosher salt
- Cracked black pepper to taste

Instructions

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper and add fish to the sheet.
3. Use about ½ to 1 tsp of salt and dust the fillets. Top with a few turns from the pepper mill to taste and dust with paprika.
4. Place lemon wedges next to the fish and place in oven. Bake about 10 minutes until the fish flakes easily with a fork.
5. Meanwhile, heat skillet to medium heat. Add 1 ½ Tbsp olive oil to pan and add shaved fennel bulb. Sprinkle with ½ tsp salt and add the ½ birds eye chili.
6. Sauté fennel stirring consistently about 4 minutes until it is caramelized and fragrant. When done, remove chili and discard.
7. Divide fennel onto plates and place cod on top.
8. Serve and enjoy.





Chicken & Peppers

Baking your chicken breast at a high temperature for a short time is the best way to ensure your chicken stays juicy and tender when cooking it in the oven.

Servings 2

Ingredients

- 8 oz chicken breast
- ½ red bell pepper, chopped into slivers
- ½ green bell pepper, chopped into slivers
- 1 birds eye chili, whole
- ½ chopped red onion
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp dried oregano
- 1/2 tsp turmeric
- 1 tsp kosher salt
- 1 Tbsp extra virgin olive oil

Instructions

1. Preheat oven to 450°F.
2. Place chicken on parchment lined baking sheet.
3. Mix together all spices and use 1 tsp of mixture to dust both sides of chicken breast.
4. Place chicken in oven to bake 15-20 minutes until internal temperature reaches 165°F
5. Meanwhile heat skillet to medium high heat. Add olive oil to pan and add in all chopped vegetables and whole, un-chopped chili. Use 1 tsp of seasoning mixture to sprinkle over vegetables. Stir constantly to combine seasoning and sauté 3 minutes or until veggies are to your desired tenderness. Remove chili and discard.
6. When chicken is done, plate chicken with veggies and serve.





Lamb Kebabs & Fresh Herb Salad

An interesting fact about lamb is, when farmed in America they are always raised hormone free.

Servings 2

Ingredients

For the lamb kebabs:

- Skewers soaked 10-20 minutes in water
- ½ lb ground lamb
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp sumac
- ½ tsp chili flakes
- ½ tsp kosher salt
- 5 minced fresh mint leaves
- ¼ red onion, grated
- 2 cloves garlic, grated

For the green salad:

- 4 sprigs parsley, chopped
- 4 sprigs mint, chopped
- 2 sprigs dill
- 1 hand full chopped cilantro
- 2 cups spring greens, divided
- 2 Tbsp extra virgin olive oil, divided
- 2 Tbsp fresh lemon juice, divided





For the dressing:

- 2 Tbsp extra virgin olive oil
- Zest of 1 lemon
- 2 Tbsp lemon juice
- ¼ tsp kosher salt
- ¼ tsp black pepper
- ½ tsp sumac

Instructions

1. Preheat grill to medium high or oven to 400°F.
2. Mix lamb kebab ingredients with hands. Form 2 sausage shaped kebabs and slide 2 skewers inside per kebab. Each one should be about 5 inches long.
3. Assemble green salad ingredients and divide onto 2 plates.
4. Whisk together dressing ingredients and set aside.
5. Place skewered kebabs on grill and cook, turning every 2 minutes to get a good sear on all sides. Turn with tongs by gripping the meat, not the wooden skewer. Cook about 10 minutes.
6. If cooking in oven, cook about 15 minutes.
7. Remove from grill and plate on top of green salad.
8. Drizzle dressing on top and serve.





Turmeric Salmon & Roasted Veggies

The turmeric gives this salmon a beautiful yellow color and you'll enjoy plenty of anti-inflammatory effects.

Servings 2

Ingredients

- 8 oz salmon (2 fillets, 4 oz a piece)
- ½ lemon, cut into 2 wedges
- ¼ tsp ground turmeric
- ½ tsp cracked black pepper
- ½ tsp kosher salt

For the veggies:

- 6 cherry tomatoes (after round 1, only)
- ¼ small red onion, chopped
- ½ chopped green bell pepper
- 1 Tbsp extra virgin olive oil
- ½ tsp kosher salt
- ½ tsp cracked black pepper

Instructions

1. Preheat oven to 400°F.
2. Place all veggie ingredients in a Ziplock bag and toss to coat with oil and spices.
3. Line baking sheet with parchment paper and place salmon on it. Place veggies on baking sheet around the salmon.
4. Dust salmon with turmeric, salt and pepper.
5. Place in oven and bake 15 minutes until fish flakes easily.
6. Divide and plate veggies and salmon and serve with a lemon wedge.





Egg Salad on Fresh Greens

You'll want to remember this easy hardboiled egg method. It makes peeling the egg so much easier.

Servings 2

Ingredients

- 6 eggs
- 3 Tbsp apple cider vinegar (just for egg cracking)
- 3 Tbsp Primal Kitchen mayonnaise
- 3 Tbsp yellow mustard
- ½ tsp kosher salt
- ½ tsp paprika
- 2 cups arugula
- 2 cups spring greens

Instructions

1. Fill a pot 2/3 full with cold water. Add eggs and place on unheated burner.
2. Set burner to high heat and bring to a boil. Remove from heat and cover. Allow to sit 13 minutes.
3. Drain hot water and fill with cold water and 6 ice cubes, cool 15 minutes.
4. Drain water, add vinegar and 6 more ice cubes to pot with eggs. Place lid on and shake to break shells.
5. Remove shells from egg and place in a bowl.
6. Shred eggs using 2 forks and add mayo, mustard, salt and paprika. Mix well.
7. Mix together arugula and field greens. Divide and plate greens with egg salad on top.
8. Serve and enjoy.





Recipes

Dinner



Seared Ahi Tuna & Kale

Tuna steak is best cooked medium rare. This cut of meat is quite substantial and will usually be around 2 inches thick. It is best enjoyed sliced thin after cooking.

Servings 2

Ingredients

- 8 oz tuna steak
- 5 cups kale, packed tight when raw
- 1 Tbsp extra virgin olive oil
- ½ Tbsp kosher salt
- 1 tsp black pepper
- ½ tsp paprika
- 1 Tbsp apple cider vinegar
- 3 Tbsp beef or chicken broth

Instructions

1. Heat skillet to medium high heat and add olive oil.
2. Mix all dry spices together and sprinkle evenly on both sides of tuna steak and press spices in.
3. Add tuna to skillet and allow to cook undisturbed for 2-4 minutes per side, depending on the thickness of your tuna steak. The tuna is best cooked medium rare with a thick pink center and crispy crust. Remove and set to the side.
4. Reduce heat to medium and add kale to the same pan along with broth and cider vinegar. Sauté stirring constantly until reduced, about 3-4 minutes.
5. Divide cooked kale onto 2 plates and slice tuna steak in half to place on top of kale.
6. Serve and enjoy.





Shrimp Stir Fry

Remember when cooking with the bird's eye chili in this recipe, the spicy flavor is released while cooking it whole with the recipe. It is a very strong pepper, so we remove it before serving.

Servings 4

Ingredients

- 1 lb shrimp (peeled and deveined)
- ¼ head of cabbage, chopped
- 1 cup broccoli florets, chopped
- ¼ small red onion, chopped
- 1 birds eye chili, whole
- ½ red bell pepper, chopped
- 12 French beans, chopped into 1 inch pieces
- 2 cloves garlic, minced
- 2 tsp kosher salt, divided
- 1 sprig basil, chopped
- 2 Tbsp cilantro, chopped
- ½ tsp cardamom
- ½ tsp coriander
- ½ tsp cumin
- Pinch red pepper flakes
- 2 Tbsp wheat free tamari
- 2 Tbsp extra virgin olive oil, divided

Instructions

1. Heat wok or large skillet to medium heat and add 1 Tbsp olive oil.
2. Add shrimp to pan and sprinkle with 1 tsp salt. Sauté tossing about 5 minutes until shrimp is pink. Set aside.
3. Return skillet to heat and add 1 Tbsp olive oil. Add beans, pepper, chili, onion, bell pepper, broccoli and cabbage. Sauté 7 minutes stirring consistently.
4. Add back in shrimp, tamari, all herbs, spices and garlic.
5. Toss to combine and cook another 2 minutes.
6. Remove birds eye chili, plate and serve.





Beef & Cabbage

This beef and cabbage recipe is hearty and wonderful for when you need to whip something up quickly and still enjoy a delicious, nutritious dinner.

Servings 4

Ingredients

- 1 lb ground beef
- ½ head of cabbage, chopped small
- ¼ cup grated red onion
- 1 Tbsp Cajun seasoning
- 1 tsp kosher salt
- 1 Tbsp minced garlic
- 1 Tbsp extra virgin olive oil
- ¼ cup beef broth
- Salt to taste

Instructions

1. Mix all ingredients other than cabbage, olive oil and beef broth. Form 1-inch meatballs.
2. Heat skillet to medium heat, add olive oil and place meatballs in skillet.
3. Cook for about 20 minutes turning consistently. Set aside.
4. Using the fat left in the pan from the meatballs, fry chopped cabbage on medium high about 3 minutes.
5. Reduce heat to medium low, add meatballs back to skillet with cabbage and beef broth.
6. Cover and simmer 5 minutes.
7. Serve hot and add salt to taste if needed.





Lemon Caper Chicken

When first browning the chicken, we use such a high temperature, initially, in order to sear those delicious spices into the chicken. It adds a nice deep flavor to the tangy capers and lemon.

Servings 4

Ingredients

- 4 Chicken breasts (4 oz per piece)
- 4 cups spring greens
- 2 Tbsp capers
- Juice of 1 lemon
- 2 cups whole uncooked baby Bella mushrooms
- 1 cup chicken broth
- 1/8 tsp xanthan gum
- 2 Tbsp olive oil
- 1 tsp kosher salt
- 1 tsp dried ground thyme
- 1 tsp dried ground rosemary

Instructions

1. Heat skillet to medium high heat.
2. Mix salt, thyme, rosemary and dust both sides of chicken breast evenly and press spices in.
3. Add olive oil to the pan and then add chicken pieces, the oil should sizzle. Cook chicken 2 minutes on each side and create a nice crust.
4. Mix together lemon juice, chicken broth, mushrooms and xanthan gum.
5. Reduce skillet with chicken to medium low and add chicken broth mixture. Sprinkle capers in around chicken.
6. Allow to cook 20 minutes until sauce is reduced and chicken reads 165°F internally.
7. Serve on top of field greens using pan sauce as the dressing.





Sizzling Steak & Asparagus

It may sound a bit different to use apple cider vinegar to cook asparagus, but you'll be amazed when you try it!

Servings 3

Ingredients

- 1/8 cup apple cider vinegar
- 1/8 cup water
- 1 bunch asparagus
- 1 12 oz ribeye steak
- 1 birds eye chili, halved
- 1 tsp kosher salt
- ½ tsp cracked black pepper
- 1 Tbsp extra virgin olive oil.

Instructions

1. Place asparagus in a gallon Ziplock bag. Pour in water and vinegar, mix and add halved birds eye chili. Shake around and refrigerate overnight.
2. Allow steak to come to room temperature for 30 minutes before cooking. Meanwhile, heat up cast iron skillet in the oven. Preheat oven to 500°F and heat cast iron 30 minutes.
3. Drain liquid and chili from asparagus and discard. Salt and pepper both sides of steak.
4. Remove cast iron from oven using hand protection.
5. Add olive oil to pan and then add steak.
6. Place asparagus onto pan around steak and place into oven.
7. After 4 minutes, flip steak and stir asparagus. Close oven back quickly.
8. Broil another 4 minutes and check for doneness. If not at your desired temperature, flip again and cook another 4 minutes.
9. Remove and allow to rest 10 minutes before serving.





Steak & Veggie Skewers

Since most people will prefer their steak medium rare to medium, we are cooking this at a higher temperature. This means the veggies will be browned, yet crispy and the steak will be tender inside.

Servings 4

Ingredients

- Skewers soaked 20 minutes, if wooden
- 1 lb ribeye steak, cut into 1-inch cubes
- ½ small red onion, cut into chunks
- ½ zucchini, halved lengthwise and chopped into ¾ inch pieces
- ½ red bell pepper, cut into chunks
- 2 Tbsp extra virgin olive oil
- 1 Tbsp kosher salt
- 1 tsp cracked black pepper
- 1 tsp paprika

Instructions

1. Heat grill to medium high or oven to 450°.
2. Place all ingredients including meat, spices, oil and veggies in a Ziplock bag or large bowl. Toss to combine all ingredients.
3. Thread veggies and steak onto skewers using ¼ lb steak per serving.
4. Place on grill and cook 3-4 minutes turning ½ way through.
5. If using oven, cook 6 minutes or until desired doneness.
6. Plate and serve.





Broiled Lobster Tails & Brussels

When these delicious lobster tails are served, use the hot lemon baked under the lobster meat to squeeze on top.

Ingredients

For the lobster:

- 4 small to medium sized lobster tails
- 1 lemon, cut into wedges
- 1 Tbsp olive oil
- 1 tsp paprika
- 1 tsp kosher salt

For the Brussels:

- 12 medium Brussels sprouts, halved
- 1 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 2 minced cloves garlic
- 1 tsp kosher salt

Instructions

1. Preheat oven to 425°F
2. Mix olive oil, vinegar, garlic and salt together.
3. Place halved Brussels in a bowl and drizzle sauce over. Toss and mix to coat Brussels.
4. Cover a baking pan with parchment paper and arrange Brussels in one layer.
5. Place in oven and bake about 25-30 minutes, turning ½ way through. Remove and set aside.
6. While sprouts are cooking, prep lobster tails. Using cooking shears, cut a 1-inch section of the back out of the lobster shell exposing the meat.
7. Carefully separate the underside of the lobster meat from the shell and push 2 lemon wedges between the meat and the shell. This will push the lobster meat up a bit through the cut section of shell.
8. Drizzle lobster meat with olive oil and dust with paprika and salt.
9. When sprouts are done, increase heat to broil. Make sure the oven is preheated to broil before putting lobster in the oven.
10. Place lobster tails on a parchment paper lined baking sheet and into the oven on the upper middle rack.
11. Broil 8-10 minutes until lobster meat is 140°F – 145°F internally.
12. Serve with Brussels sprouts on the side.





Greek Chicken Skewers

Be sure to soak your wooden skewers 20 minutes before cooking with them. This prevents them from burning.

Servings 4

Ingredients

- 1 lb chicken breast, sliced into 1 ½ inch cubes
- 1 small red onion, chopped into 1-inch squares
- 1 yellow bell pepper, chopped into 1-inch squares
- 1 small zucchini, halved lengthwise and chopped into 1-inch pieces
- 1 Tbsp kosher salt
- 1 Tbsp cracked black pepper.
- Metal or wooden skewers

For the dressing:

- 1 Tbsp extra virgin olive oil
- 1 Tbsp fresh lemon juice
- 1 tsp apple cider vinegar
- 1 tsp garlic powder garlic

Instructions

1. Chop all vegetables and slice chicken into skewer friendly chunks.
2. Mix all dressing ingredients together. Place all chopped chicken and vegetables into a gallon Ziplock bag then pour dressing inside. Massage around to coat and refrigerate 1-2 hours.
3. Preheat grill to about 350°F
4. Skewer your vegetables and chicken in an alternating pattern using about 4 chicken cubes per skewer. This should make about 6-8 skewers.
5. Place skewers onto preheated grill, turning every 1-2 minutes until chicken reaches 165°F internally. About 15 minutes.
6. If baking in the oven, bake skewers at 350° on a baking sheet for 30 minutes.
7. Remove and serve.



Braised Short Ribs

Searing the outside of these ribs adds so much flavor to the end product. Beef short ribs aren't like the pork ribs we are used to. These have plenty of meat on each bone. So, one rib is enough for each person.

Servings 6

Ingredients

- 4 bone slab of beef short ribs or 4 short ribs already separated
- 6 stalks celery, chopped into 1-inch pieces
- 2 small red onion, chopped into ½ moons
- 1 Tbsp extra virgin olive oil
- 3 Tbsp coarse grain kosher salt
- 2 Tbsp cracked black pepper
- 3 Tbsp tomato paste
- 5 roughly chopped garlic cloves
- 1 cup Pinot Noir (optional)
- 2 sprigs fresh thyme
- 2 sprigs fresh parsley
- 2 cups chicken broth.





Instructions

1. Preheat oven to 275°F
2. Using a sharp knife, slice in between the short rib bones, leaving even portions of meat on each rib.
3. Slice the layer of silver skin and fat from the top of your short rib pieces
4. Season all sides of ribs with the salt and pepper.
5. Heat an oven safe shallow pot or deep pan with a lid to medium high heat and add olive oil.
6. Place ribs into the pot and brown each side of the short ribs, about 1 minute per side, then remove and set them aside.
7. In the same pot add in onions, celery and garlic. Stir, scraping up the fond left from cooking the ribs.
8. Add in tomato paste and stir continuously for 2 minutes.
9. Add Pinot Noir, if using, and chicken broth and mix together, then add thyme and parsley.
10. Place short ribs back into the pot where they are just peaking over the liquid and cover with lid.
11. Place covered pot in the oven on the bottom rack and cook for 3-5 hours. Remove and check ribs at the 3 ½ hour mark. Poke rib meat with a sharp knife, if it slides in and out easily, the ribs are done. If not place back into the oven.
12. When ribs are done, remove the ribs from the pot and refrigerate. Strain all the cooking liquid from the solid vegetables in the pot. Discard the solids.
13. Pour the liquid into a bowl and cover with plastic wrap. Place into the fridge 3-4 hours until all of the fat has solidified on the top. Remove the fat and discard.
14. Heat a deep pan to medium heat and pour cooking liquid in. Simmer 1-2 hours until it has reduced by 2/3 and is thick.
15. Place ribs into the thickened liquid and spoon liquid over the ribs.
16. Reduce heat to medium low and cover. Allow to cook 20 minutes until meat is heated.
17. Serve ribs hot on their own with plenty of the pan sauce or over cauliflower rice.





Crock Pot Chicken Mole

Who would have thought dark chocolate and rich spicy chicken could be so amazing together? This could possibly be the perfect sirt recipe!

Servings 9

Ingredients

- 1 whole chicken, separated
- 5 cloves garlic
- ½ tsp dried basil
- 1 Tbsp chili powder
- ½ tsp cumin
- ½ tsp oregano
- ½ tsp cinnamon
- ½ bunch fresh cilantro
- 1 small red onion, chopped
- 2 cups chicken broth
- 2 oz unsweetened, or approved Lilly's chocolate
- 1 birds eye chili whole (removed before serving)
- Extra virgin olive oil





Instructions

1. Preheat crockpot to low.
2. Heat skillet to medium heat and add olive oil.
3. Add onion and garlic, sauté until fragrant, about 2 minutes. Then transfer to the bottom of crock pot.
4. Add all other spices, chili and chocolate to crock pot and stir to combine.
5. Lay chicken pieces on top of mixture and pour chicken broth over the chicken.
6. Cook on low 5 hours.
7. Remove chicken from crock pot and remove the meat from the bones.
8. Remove chili and discard.
9. Place chicken meat back into the crock pot and simmer one additional hour.
10. Serve hot.





Sausage & Shrimp Spicy "Pasta"

This recipe using fresh shrimp is so light and delicious. The zoodles add a perfect buttery flavor.

Servings 4

Ingredients

- 3 Tbsp extra virgin olive oil
- 8 oz ground chicken sausage or link
- 12 fresh shrimp
- 2 large zucchini, spiralized
- 2 cloves minced garlic
- ½ finely chopped small red onion
- 1 stalk celery, chopped small
- ½ cup Pinot Noir (optional)
- ½ cup chicken broth
- 1 bunch broccoli rabe or rapini (leafy green, does not look like broccoli)
- ½ cup chopped fresh parsley
- ½ tsp kosher salt
- ¼ tsp red pepper flakes.
- Juice from 1 lemon





Instructions

1. Heat skillet to medium high heat and add ½ Tbsp olive oil.
2. Add spiralized zoodles to pan and sauté until al dente, about 2 minutes. Set aside.
3. Bring skillet to medium high heat and add 2 Tbsp olive oil.
4. Add sausage, garlic, onions, celery and red pepper flakes to the pan and brown sausage while lightly breaking it apart into chunks and stirring. About 2 minutes.
5. When sausage is brown, pour in wine and stir until wine reduces, about 3 minutes, then pour in chicken broth.
6. Add shrimp to skillet and cook 1-2 minutes.
7. Add chopped rapini to the skillet. Reduce heat to medium and stir in cooking another 5 minutes.
8. Right before the contents of the skillet are finished, add chopped parsley, salt and lemon juice. Then remove from heat.
9. Plate ¼ zoodles per plate. Evenly divide shrimp and sausage sauce mixture.
10. Serve and enjoy.





Salmon & Mash

This simple baked salmon tastes amazing with the garlic mashed cauliflower. Feel free to use the cauliflower as rice instead of mash, if you like.

Servings 1

Ingredients

- 4 oz salmon fillet
- 1 tsp divided kosher salt
- ¼ tsp cracked black pepper
- ¾ cup riced cauliflower
- 1 Tbsp minced garlic

Instructions

1. Preheat oven to 350°F.
2. Line a baking pan with parchment paper and place salmon in pan.
3. Season salmon with ½ tsp salt and ¼ tsp pepper. Bake in oven 15 minutes for medium.
4. Prepare cauliflower rice according to package instructions, then place in blender. Add minced garlic and ½ tsp salt. Pulse until smooth.
5. Plate cauliflower mash and top with salmon.
6. Serve and enjoy.



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