

Week 4 Meal Plan

DAY	LUNCH	DINNER
22	Club Sandwich on iceberg	Chicken Sausage and veggie on sheet pan
23	Antipasta Salad	Low carb cheeseburger bowls shredded iceberg lettuce in the bottom
24	Club Sandwich on iceberg	Chicken Sausage and veggie on sheet pan
25	Antipasta Salad	Low carb cheeseburger bowls shredded iceberg lettuce in the bottom
26	keto crunch wrap supreme on iceberg lettuce	Thai chicken bowls with cauliflower rice
27	Korean beef in butter lettuce	asian turkey meatballs with brown rice
28	keto crunch wrap supreme on iceberg lettuce	Thai chicken bowls with cauliflower rice
29	Korean beef in butter lettuce	Mediterranean turkey meatballs with brown rice
30	Mediterranean turkey meatballs with brown rice	Asian turkey meatballs with brown rice

Please notice that these recipes are for one person but can be easily doubled, quadrupled, etc.

NOTE: Start noticing your full and hunger cues. If your energy is low and hunger is too high between meals, consider bigger protein portions.

DISCLAIMER: This meal plan has been created based on general nutritional guidelines and is intended for informational purposes only. The author and nutritionist who have developed this plan are not liable for any adverse effects or consequences that may arise from following it. Individual nutritional needs can vary greatly, and it is crucial that you consult with your medical provider or a registered dietitian to address your specific health requirements and ensure that this meal plan is appropriate for your personal circumstances. Always seek professional medical advice before making significant changes to your diet or lifestyle.



Thai Chicken Bowls

with Cauliflower Rice



1 serving

Day 26 Dinner & Day 28 Dinner

INGREDIENTS

1 cup cauliflower rice
8 oz chicken breast, diced
1 tbsp soy sauce (low-sodium)
1 tsp ginger, minced
1 clove garlic, minced
1/2 cup bell pepper, diced
1/4 cup green onions, chopped
1 tbsp peanut butter (natural, no added sugar)
1 tsp oil (avocado or olive)
Salt & pepper to taste

DIRECTIONS

1. In a skillet, heat sesame oil over medium heat. Add garlic and ginger, sauté for 1 minute.
2. Add chicken and cook until browned. Stir in bell pepper, soy sauce, and peanut butter. Cook until chicken is cooked through.
3. In a separate pan, heat cauliflower rice until tender. Season with salt and pepper.
4. Serve chicken mixture over cauliflower rice, topped with green onions.





Mediterranean Turkey Meatballs

with Wild Rice



1 serving

Day 29 Dinner & Day 30 Lunch

INGREDIENTS

1/2 lb turkey meatballs
1/4 cup feta cheese,
crumbled
1 tbsp parsley, chopped
1 cucumber
2-3 tomatoes
1/2 red onion
1 lemon
1 Tbsp olive oil
Salt and pepper to taste
1 cup cooked wild rice

DIRECTIONS

1. Cook meatballs according to instructions on the package.
2. Chop parsley, cucumber, tomatoes, and red onion. Add olive oil, lemon, feta cheese, salt and pepper.
3. Serve meatballs over wild rice.



Asian Turkey Meatballs

with Wild Rice



1 serving

Day 27 Dinner & Day 30 Dinner

INGREDIENTS

- 1/2 lb turkey meatballs
- 2 green onions, chopped
- 1 cup cooked wild rice
- 1 bunch of broccoli

For the Sauce

- 1/4 cup Soy Sauce
- 1/4 cup Hoisin Sauce
- 1 Tsp Honey
- 2 tbsp Rice Vinegar
- 1 tbsp organic Sesame Oil
- 1 tbsp Cornstarch mixed with
 - 2 tbsp Water (slurry)
- 3 Cloves Garlic, minced
- 1 tbsp Fresh Ginger, grated
- 1/2 tsp Red Pepper Flakes (optional, for a bit of heat)

DIRECTIONS

1. Cook meatballs according to instructions on the package.
2. Steam the broccoli.
3. While the meatballs are baking, prepare the sauce. In a medium saucepan, combine the soy sauce, hoisin sauce, honey, rice vinegar, sesame oil, minced garlic, grated ginger, and red pepper flakes (if using).
4. Bring the mixture to a simmer over medium heat, stirring occasionally.
5. Add the cornstarch slurry to the sauce, stirring continuously until the sauce thickens. This should take about 2-3 minutes.
6. Once the meatballs are done baking, add them to the skillet with the sauce. Use tongs to gently turn and coat them on all sides. Alternatively, you can transfer them to a large bowl and pour the sticky sauce over the meatballs, gently tossing to coat them evenly.
7. Serve the broccoli and turkey meatballs over wild rice and garnish with chopped green onions.



Low Carb Cheeseburger Bowls



1 serving

Day 23 Dinner & Day 25 Dinner

INGREDIENTS

1/2 lb ground beef (lean)
1 tbsp Worcestershire sauce
1 tsp garlic powder
1 tsp onion powder
Salt and pepper to taste
2 cups shredded iceberg lettuce
1/2 cup cherry tomatoes, halved
1/4 cup cheddar cheese, shredded
2 tbsp pickles, chopped
mustard

DIRECTIONS

1. In a skillet, cook ground beef with Worcestershire sauce, garlic powder, onion powder, salt, and pepper until browned.
2. In bowls, layer shredded lettuce, cooked beef, tomatoes, cheese, and pickles, and mustard.





Club Sandwich on Iceberg Lettuce



1 serving

Day 22 Lunch & Day 24 Lunch

INGREDIENTS

6 oz deli turkey breast
6 oz deli ham
4 slices bacon, cooked
1/2 avocado, sliced
4 large iceberg lettuce leaves
1 tomato, sliced
2 tbsp mustard or mayo

DIRECTIONS

1. Lay out two lettuce leaves as the base. Layer turkey, ham, bacon, avocado, and tomato on top.
2. Spread mustard or mayo, then top with another lettuce leaf to create a sandwich.





Korean Beef in Butter Lettuce



1 serving

Day 27 Lunch & Day 29 Lunch

INGREDIENTS

- 1 lb ground beef (lean)
- 2 tbsp soy sauce (low-sodium)
- 1 tbsp ginger, minced
- 2 cloves garlic, minced
- 1 tbsp sesame oil
- 1 tbsp green onions, chopped
- 1 head butter lettuce, separated into leaves

DIRECTIONS

1. In a skillet, cook ground beef, ginger, garlic, and soy sauce until beef is browned.
2. Drizzle with sesame oil and sprinkle green onions.
3. Serve in butter lettuce leaves.





Keto Crunch Wrap Supreme

on Iceberg Lettuce



1 serving

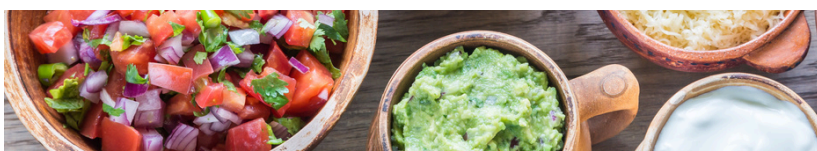
Day 26 Lunch & Day 28 Lunch

INGREDIENTS

- 1/2 lb ground turkey or beef
- 1/2 Tbsp taco seasoning
- 4 large iceberg lettuce leaves
- 1/2 cup shredded cheese (cheddar or Mexican blend)
- 1/2 avocado, sliced
- 1/2 cup diced tomatoes
- 2 Tbsp cup sour cream

DIRECTIONS

1. In a skillet, cook ground turkey with taco seasoning until browned.
2. On each lettuce leaf, layer meat, cheese, avocado, tomatoes, and a dollop of sour cream.
3. Fold the edges of the lettuce to wrap it up.





Chicken Sausage and Veggie

on Sheet Pan



1 serving

Day 22 Dinner & Day 24 Dinner

INGREDIENTS

- 12 oz chicken sausage, sliced
- 1 zucchini, sliced
- 1 bell pepper, chopped
- 1 cup broccoli florets
- 2 tbsp olive oil
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. On a sheet pan, toss chicken sausage and veggies with olive oil, salt, and pepper.
3. Roast for 25-30 minutes until cooked through and veggies are tender.





Antipasto Salad

(Pasta Salad Without Pasta)



1 serving

Day 23 Lunch & Day 25 Lunch

INGREDIENTS

7 oz salami
1 cup cherry tomatoes,
halved
1 cup cucumber, diced
1/2 cup bell pepper, diced
1/4 cup olives, sliced
1/2 cup mozzarella balls,
halved
2 tbsp olive oil
1 tbsp red wine vinegar
Salt & pepper to taste

DIRECTIONS

1. In a large bowl, combine tomatoes, salami, cucumber, bell pepper, olives, and mozzarella.
2. Drizzle with olive oil and red wine vinegar.
Season with salt and pepper, toss to combine.



WEEK 4 GROCERY LIST

FRESH PRODUCE

- ☐ 1 cup cauliflower rice
- ☐ 1 cup bell pepper
- ☐ 1-2 heads of iceberg lettuce
- ☐ 2-3 cucumbers
- ☐ 4 tomatoes
- ☐ 1/2 red onion
- ☐ 1 lemon
- ☐ 1 bunch broccoli
- ☐ 1 zucchini
- ☐ 1 head butter lettuce
- ☐ 1/4 cup olives, sliced
- ☐ 1/2 avocado

SPICES

- ☐ 2 tsp ginger, minced
- ☐ 1 tbsp fresh ginger, grated
- ☐ 6 cloves garlic, minced
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1/2 tsp red pepper flakes
- ☐ Salt and pepper
- ☐ 1 tbsp parsley
- ☐ 1 tbsp cornstarch

MEATS

- ☐ 8 oz chicken breast
- ☐ 1 lb turkey meatballs
- ☐ 6 oz deli turkey breast
- ☐ 6 oz deli ham
- ☐ 4 slices bacon
- ☐ 12 oz chicken sausage
- ☐ 1.5 lb ground turkey or beef

DAIRY

- ☐ 1/4 cup feta cheese, crumbled
- ☐ 1/2 cup shredded cheddar cheese
- ☐ 1/2 cup mozzarella balls
- ☐ 2 tbsp sour cream

CONDIMENTS & SAUCES

- ☐ 1/4 cup soy sauce
- ☐ 1/4 cup Hoisin sauce
- ☐ 1 Tb honey
- ☐ 2 tbsp rice vinegar
- ☐ 2 tbsp organic sesame oil (or avocado)
- ☐ 1 tbsp avocado oil
- ☐ 3 tbsp olive oil (for a total of 3 tbsp)
- ☐ 1 tbsp Worcestershire sauce
- ☐ 1 tbsp mustard or mayo
- ☐ 1/2 Tb taco seasoning
- ☐ 1 tbsp red wine vinegar
- ☐ 2 tbsp pickles