



# Ketogenic diet

1-week meal plan

A complete 7-day meal plan,  
including grocery lists and recipes

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# Introduction

The ketogenic diet is a high-fat, low-carbohydrate, and moderate-protein dietary pattern used to address pediatric epilepsy and metabolic conditions such as obesity. Often referred to as the keto diet, this diet works by shifting your body into a fat-burning metabolic state called *ketosis*. The ketogenic diet requires strict adherence, planning, and special considerations to maintain ketosis and achieve desired health outcomes.

Included in this booklet is a one-week meal plan that complies with the ketogenic diet's strict dietary guidelines. Refer to the grocery shopping list and recipes, which include

ingredients, detailed instructions, and nutrition facts information—everything you'll need to be successful on the ketogenic diet.

Each day of the meal plan provides a maximum of 50 grams of carbohydrates and between 1,600 to 2,000 calories. The specific macronutrient breakdown used in this meal plan is based on a review of research by Fullscript's Integrative Medical Advisory Team. More information on the ketogenic diet and additional resources can be found in [A Complete Guide to the Ketogenic Diet](#).

This seven-day ketogenic diet meal plan was developed in partnership with Living Plate Rx, a digital meal planning company that supports healthcare professionals in creating meal plans for patients. Using evidence-based nutrition protocols, a team of dietitians and chefs translate the science of nutrition into simple, delicious recipes everyone can make.





# Week 1

# Meal plan

This plan provides an overview of the meals to be consumed on Monday, Wednesday, Friday, and Sunday. The serving sizes specified for each meal account for leftovers to be consumed on Tuesday, Thursday, and Saturday.

Monday	Wednesday	Friday	Sunday
<b>Breakfast</b>			
<ul style="list-style-type: none"> <li><input type="checkbox"/> Pumpkin pie granola (p. 9)</li> <li><input type="checkbox"/> Coconut milk yogurt (p. 11)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sausage kale skillet (p. 17)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keto waffles (p. 25)</li> <li><input type="checkbox"/> Coconut milk yogurt (p. 11)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Spinach feta fritters with smoked salmon (p. 31)</li> </ul>
<b>Lunch</b>			
<ul style="list-style-type: none"> <li><input type="checkbox"/> Curried egg wraps (p. 13)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Broccoli cheddar salad (p. 18)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Tavern antipasto salad (p. 26)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keto chicken Cobb salad (p. 33)</li> </ul>
<b>Snack</b>			
<ul style="list-style-type: none"> <li><input type="checkbox"/> Cottage cheese with berries (p. 14)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Raspberries with walnuts (p. 20)</li> <li><input type="checkbox"/> Brie cheese (p. 21)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Almond joy-ful smoothie (p. 28)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Blueberries and walnuts (p. 35)</li> </ul>
<b>Dinner</b>			
<ul style="list-style-type: none"> <li><input type="checkbox"/> Sheet pan dijon salmon (p. 15)</li> <li><input type="checkbox"/> Cauliflower lime rice (p. 16)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Creamy Mediterranean skillet (p. 22)</li> <li><input type="checkbox"/> Keto rosemary focaccia (p. 23)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Spicy pork and kale sauté (p. 29)</li> <li><input type="checkbox"/> Curly endive with caper mustard vinaigrette (p. 30)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Greek-style lamb sauce with spaghetti squash (p. 36)</li> </ul>

# Grocery list

## Vegetables

- Bell pepper, red, 1 small
- Broccoli, 4 cups
- Cabbage, pre-shredded, 2 cups
- Cauliflower, 2 small
- Celery, 2 stalks
- Collards, 2 leaves
- Curly endive, head, 2 large
- Garlic, 8 cloves
- Kale, 8 cups
- Onion, sweet, 1/2 small
- Radishes, 6
- Romaine lettuce, hearts, 2 heads
- Scallions, 2 bunches
- Spinach, 4 cups
- Spaghetti squash, 4 cups
- Watercress, 6 cups

## Low-glycemic fruits

- Avocado, 3
- Blueberries, 1 1/4 cups
- Lemons, 4
- Limes, 2
- Raspberries, 1/2 cup
- Tomatoes, 5

## Dairy

- Blue cheese, 1/4 cup
- Brie cheese, 4 oz
- Cheddar cheese, 1 cup
- Cottage cheese, whole milk, 1 cup
- Cream cheese, 12 oz
- Feta cheese, 1 1/2 cups
- Greek yogurt, full-fat, 8 oz
- Heavy cream, 2 tbsp
- Mozzarella cheese, full-fat, 7 cups
- Mozzarella cheese, fresh, full-fat, 4 slices
- Sour cream, full-fat, 1 cup

## Meat, fish, & eggs

- Bacon strips, uncured, 8 oz
- Chicken thighs, skinless and boneless, 3 1/2 lb
- Eggs, 20
- Lamb, ground, 1 lb
- Pepperoni, uncured, 2 oz
- Pork, ground, 12 oz
- Salmon, 1 1/2 lb
- Salmon, smoked, 4 oz
- Sausage, uncured and unsweetened, 12 oz

## Oils & fats

- Avocado oil, 2 2/3 tbsp
- Butter, 3 tbsp
- Coconut oil, 1/3 cup
- Olive oil, 1 1/4 cups

## Nuts & seeds

- Almond butter, unsweetened, 2 tbsp
- Almond flour, 6 cups
- Almonds, raw, 1 cup
- Chia seeds, 3 tbsp
- Hemp seeds, 6 tbsp
- Sunflower seeds, raw, 2 tbsp
- Walnuts, raw, 2 cups



# Grocery list (cont.)

## Herbs & spices

- Basil, dried, 2 tsp
- Black pepper
- Cilantro, fresh, 1/4 cup
- Curry powder, 1 tsp
- Dill, dried, 1/2 tsp
- Dill, fresh, 1 tbsp
- Fennel seed, whole, 2 tsp
- Garlic powder, 2 3/4 tsp
- Italian seasoning blend, 1 tsp
- Onion powder, 1/4 tsp
- Oregano, dried, 1 tbsp
- Parsley, fresh, 1 1/4 cups
- Pumpkin pie spice, 2 tsp
- Red pepper flakes, 2 1/4 tsp
- Rosemary, dried, 1 1/3 tbsp
- Salt
- Thyme, dried, 1/2 tsp

## Condiments, sweeteners, & other

- Artichoke quarters, canned, 1/2 cup
- Baking powder, 3 tbsp
- Capers, 1 tbsp
- Chicken broth, reduced-sodium, 2 cups
- Cocoa powder, unsweetened, 2 tbsp
- Coconut cream, 2 14-oz cans
- Coconut flakes, unsweetened, 1/2 cup
- Coconut flour, 2 tbsp
- Coconut milk, full-fat, 3/4 cup
- Dijon mustard, 3 1/3 tbsp
- Kalamata olives, pitted, 1/2 cup
- Mayonnaise, unsweetened, 15 1/3 tbsp
- Monk fruit sweetener, 6 1/2 tbsp
- Nutritional yeast, 2 tbsp
- Pepperoncini peppers, 8
- Probiotics, 4 capsules
- Red wine vinegar, 6 2/3 tbsp
- Sun-dried tomatoes, 1/4 cup
- Tomatoes, canned, chopped, 1 cup
- Vanilla extract, 2 1/2 tsp



## Notes



# Recipes



# Pumpkin pie granola

## Breakfast, snack, side

<b>Prep time</b>	15 mins
<b>Total time</b>	40 mins
<b>Servings</b>	8



### Ingredients

- 1 cup almonds, raw
- 1 cup walnuts, raw
- 1/2 cup coconut flakes, unsweetened
- 2 tbsp chia seeds
- 2 tbsp hemp seeds
- 2 tsp pumpkin pie spice, unsweetened
- 1/2 tsp salt
- 1/3 cup coconut oil
- 1 1/2 tsp vanilla extract
- 2 eggs, separated for whites only
- 1 1/2 tbsp monk fruit sweetener (optional)

### Directions

1. Add almonds to a food processor and pulse to chop. Place in a large bowl. Repeat with walnuts.
2. Preheat the oven to 350°F and line a baking sheet with parchment paper.
3. Separate the eggs—only the egg whites will be used for this recipe. Reserve yolks for another use.
4. To the bowl with chopped almonds and walnuts, add coconut flakes, chia seeds, hemp seeds, and pumpkin pie spice. Stir to combine. Add monk fruit sweetener if using.
5. Melt coconut oil, then stir in vanilla extract. Add oil and vanilla to the bowl and stir to coat mixture well.
6. Beat egg whites until foamy. Stir into granola mixture until well-coated.

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# Pumpkin pie granola (cont.)

Breakfast, snack, side

Prep time	15 mins
Total time	40 mins
Servings	8



### Directions (cont.)

- Spread evenly on the parchment-lined baking sheet and bake for 10 minutes. Stir and check for doneness. Return to the oven for a minute at a time until the level of crispness is achieved without burning the mixture. The amount of time you bake the mixture will depend on your oven, so watch carefully!
- Remove from the oven and cool completely.
- Store in a covered glass container for up to two weeks.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Calories per serving</b> <b>373</b>	<b>Total Fat</b> 35.2g	54%	<b>Total Carbohydrates</b> 12g	
	Saturated Fat 14.3g	71%	Dietary Fiber 6g	22%	
	Trans Fat 0.0g		Total Sugars 4g		
	Cholesterol 0mg	0%	<b>Protein</b> 9g		
	<b>Sodium</b> 158mg	6%			
	Vitamin D 0mcg 0% • Calcium 91mg 9% • Iron 2mg 9% • Potassium 312mg 6%				

# Homemade keto coconut milk yogurt

## Breakfast, snack, side

Prep time	10 mins
Total time	48 hrs
Servings	4



### Ingredients

- 2 14-oz cans coconut cream (see notes)
- 4 capsules probiotics (see notes)

### Notes

- Coconut cream works best (vs. coconut milk) for a thicker result.
- Purchase 10 billion CFU + capsules from reliable sources. Check with your healthcare practitioner to see which probiotic supplement is best for you.

### Directions

1. You will need two 4-cup jars (or larger). Place the glass jars in a large pot, cover with water, and bring to a boil. Turn off the heat and let the jars sit in the hot bath for 10 minutes. Remove them with tongs and set them aside on a wire rack to cool and dry completely.
2. Once the jars are cooled, add the coconut milk and whisk until it is creamy without lumps.
3. Add two capsules of probiotics per can of coconut milk; simply release the probiotic powder into the milk by twisting the capsule open over the jar.
4. Stir with a wooden spoon\* until creamy and the powder is well incorporated.  
**\*VERY IMPORTANT:** Metal will affect the growth of probiotics.

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# Homemade keto coconut milk yogurt (cont.)

Breakfast, snack, side

Prep time	10 mins
Total time	48 hrs
Servings	4



## Directions (cont.)

- Place a cheesecloth or thin towel over each jar and secure it with a rubber band.
- Set the jars in a warm place without a draft (e.g., in the kitchen near, but not right next to, the stove) and let sit for 48 hours.
- Sample the yogurt with a wooden spoon. You can let the jars sit for another day if you want more tartness.
- Cover and place the jars in the refrigerator for up to one week.
- Add keto-friendly sweetener and fruit of choice just before consuming. You can also use the yogurt for savory dishes.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Calories per serving</b> <b>397</b>	<b>Total Fat</b> 39.7g	54%	<b>Total Carbohydrates</b> 7g	
	Saturated Fat 39.7g	198%	Dietary Fiber 0g	0%	
	Trans Fat 0.0g		Total Sugars 7g		
	Cholesterol 0mg	0%	<b>Protein</b> 0g		
	Sodium 66mg	2%			
	Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%				

# Curried egg salad collard wraps

Breakfast, lunch, snack

Prep time	12 mins
Total time	15 mins
Servings	2



## Ingredients

- 6 eggs, hard-boiled and peeled
- 4 collard leaves, leaves separated
- 2 tbsp mayonnaise, unsweetened
- 1 tsp Dijon mustard
- 1 tsp curry powder, unsweetened
- Salt, to taste
- Black pepper, to taste
- 1/2 avocado, sliced

## Directions

1. Hard boil, peel, and chop the eggs.
2. Wash the collard leaves and dry.
3. Place collard leaves in a bowl with very hot water to soften and trim the tough stems.
4. In a small bowl, combine chopped hard-boiled eggs, mayonnaise, Dijon mustard, and curry powder. Mix to combine.
5. Season with salt and pepper to taste.
6. Evenly divide the salad among the collard leaves and place them in the lower third near the stem. Slice the avocado and add a slice to each.
7. Roll once, fold in the sides, then complete the roll.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
<b>Calories</b> 393 per serving	<b>Total Fat</b> 31.1g	47%	<b>Total Carbohydrates</b> 9g	2%	
	Saturated Fat 6.4g	32%	Dietary Fiber 6g	22%	
	Trans Fat 0.0g		Total Sugars 1g		
	<b>Cholesterol</b> 573mg	191%	<b>Protein</b> 22g		
	<b>Sodium</b> 381mg	16%			
	Vitamin D 3mcg 30% • Calcium 261mg 26% • Iron 3mg 18% • Potassium 544mg 11%				

# Cottage cheese with berries

## Breakfast, snack, side

Prep time	5 mins
Total time	5 mins
Servings	2



### Ingredients

- 1 cup cottage cheese, whole milk
- 1/4 cup blueberries
- 2 tbsp hemp seeds

### Directions

1. Add cottage cheese to serving cups and top with blueberries and hemp seeds.

### Notes

Other berry and nut/seed combinations we love include strawberries with almonds, raspberries with sunflower seeds, and blackberries with walnuts.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Total Fat</b> 7.9g		<b>Total Carbohydrates</b> 5g		
<b>Calories</b> 136 per serving	Saturated Fat 2.5g 12%		Dietary Fiber 1g 3%		
	Trans Fat 0.0g		Total Sugars 3g		
	Cholesterol 15mg 5%		<b>Protein</b> 13g		
	Sodium 231mg 10%				
	Vitamin D 0mcg 0% • Calcium 63mg 6% • Iron 1mg 4% • Potassium 134mg 2%				

# Keto sheet pan dijon salmon

Lunch, dinner

Prep time	15 mins
Total time	30 mins
Servings	4



## Ingredients

- 1 1/2 lb salmon, cut into fillets
- 2 tbsp Dijon mustard
- 2 cloves garlic, crushed
- 3 1/2 tbsp olive oil, extra-virgin
- 1/2 lemon, juiced
- 1/4 cup scallions, chopped
- 6 cups watercress (or spinach)
- 1 lemon, juiced

## Directions

1. Debone salmon fillets.
2. Preheat the oven to 400°F.
3. Crush garlic, juice lemon, and chop scallions.
4. Line the baking sheet with parchment paper.
5. Arrange salmon fillets on the baking sheet.
6. Stir together mustard, garlic, 1 1/2 tbsp olive oil, and lemon juice. Stir in scallions.
7. Spoon the mixture over fillets and bake for about 12 to 15 minutes until cooked through (cooking time will depend on thickness of fillets).
8. Toss watercress (or spinach) with lemon juice, 2 tbsp olive oil, and salt. Place on plate.
9. Serve salmon over watercress or spinach.

## Nutrition Facts

**Calories** 388  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 22.7g	34%
Saturated Fat 3.3g	16%
<i>Trans</i> Fat 0.0g	
<b>Cholesterol</b> 94mg	31%
<b>Sodium</b> 300mg	13%

Vitamin D 0mcg 0% • Calcium 95mg 9% • Iron 2mg 9% • Potassium 1053mg 22%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 8g	2%
Dietary Fiber 0g	1%
Total Sugars 4g	
<b>Protein</b> 35g	

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# Cauliflower lime rice

Lunch, dinner, side

Prep time	15 mins
Total time	25 mins
Servings	4



## Ingredients

- 2 tbsp olive oil
- 2 scallions, diced
- 1 head cauliflower, trimmed and grated
- 1/4 tsp salt
- 1/4 cup cilantro, chopped
- 2 limes, zested and juiced (for 2 tbsp juice and 1 tsp of zest)

## Notes

You can use frozen cauliflower rice in this recipe. Simply cook the rice until just warmed through, then proceed with the recipe as is.

## Directions

1. Chop scallions.
2. Trim cauliflower. Hold the entire head and shred on a box shredder to create rice. Alternatively, you can chop finely or place florets in a food processor and chop to resemble rice grains.
3. In a large skillet, heat olive oil over medium heat.
4. Sauté scallions until soft.
5. Add cauliflower to the skillet. Cover and cook for 5 to 10 minutes until soft, then add salt to taste.
6. Stir in lime juice, lime zest, and cilantro.

## Nutrition Facts

Calories per serving **101**

Amount/serving	% Daily Value*
<b>Total Fat</b> 7.2g	11%
Saturated Fat 1.1g	5%
<i>Trans</i> Fat 0.0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 191mg	8%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 9g	2%
Dietary Fiber 3g	12%
Total Sugars 3g	
<b>Protein</b> 3g	

Vitamin D 0mcg 0% • Calcium 40mg 3% • Iron 1mg 4% • Potassium 474mg 10%

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# Sausage kale skillet

Breakfast, lunch, dinner

Prep time	10 mins
Total time	15 mins
Servings	2



## Ingredients

- 12 oz sausage, uncured, unsweetened, gluten-free
- 8 oz kale, spines removed and chopped

## Directions

1. Remove spines from kale and chop leaves.
2. Slice sausage.
3. Preheat a heavy skillet over medium heat.
4. Add the sausage to the skillet and brown on all sides.
5. Stir in kale and remove from heat. Cover to allow kale to wilt.

## Nutrition Facts

**Calories** 574  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 51.7g	79%
Saturated Fat 19.5g	97%
<i>Trans</i> Fat 0.0g	
<b>Cholesterol</b> 134mg	44%
<b>Sodium</b> 1480mg	64%
Vitamin D 0mcg 0% • Calcium 107mg 10% • Iron 2mg 13% • Potassium 146mg 3%	

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
<b>Protein</b> 21g	

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# Broccoli cheddar salad

Lunch, dinner, side

Prep time 10 mins

Total time 20 mins

Servings 4



## Salad

### Ingredients

- 4 cups broccoli florets
- 4 scallions, chopped
- 2 cups cabbage, pre-shredded
- 1 cup cheddar cheese, shredded
- 2 tbsp sunflower seeds, raw
- 4 oz bacon strips, uncured, pre-cooked, and crumbled

### Directions

1. Lightly steam or blanch broccoli florets until just bright green. Rinse in cool water, drain, and add to a large bowl.
2. Chop scallions.
3. Prepare the dressing. (see below)
4. To the bowl with the broccoli, add scallions, cabbage, cheese, and sunflower seeds. Toss with dressing to coat.
5. Sprinkle with bacon bits just before serving.

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# Broccoli cheddar salad (cont.)

Lunch, dinner, side

Prep time	10 mins
Total time	20 mins
Servings	4



## Dressing

### Ingredients

- 1/4 cup sour cream, full-fat
- 1/3 cup mayonnaise, unsweetened
- 1 lemon, juiced
- 1 tbsp monk fruit sweetener
- 1 tsp Dijon mustard
- Salt, to taste
- Black pepper, to taste

### Directions

1. Whisk together all ingredients until smooth and creamy.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Calories per serving</b> <b>345</b>	<b>Total Fat</b> 28.4g	43%	<b>Total Carbohydrates</b> 9g	
	Saturated Fat 9.2g	46%	Dietary Fiber 3g	12%	
	Trans Fat 0.0g		Total Sugars 3g		
	Cholesterol 48mg	16%	<b>Protein</b> 14g		
	<b>Sodium</b> 562mg	24%			
	Vitamin D 0mcg 0% • Calcium 222mg 22% • Iron 1mg 6% • Potassium 445mg 9%				

# Raspberries with walnuts

Breakfast, snack, side

Prep time 5 mins

Total time 5 mins

Servings 2



## Ingredients

- 1/2 cup raspberries
- 1/2 cup walnuts, raw

## Directions

1. Wash raspberries and enjoy with walnuts!

## Nutrition Facts

**Calories** 207  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 19.3g	29%
Saturated Fat 1.8g	8%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 1mg	0%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 8g	2%
Dietary Fiber 4g	15%
Total Sugars 2g	
<b>Protein</b> 5g	

Vitamin D 0mcg 0% • Calcium 29mg 2% • Iron 1mg 6% • Potassium 188mg 3%

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Brie cheese

Breakfast, snack, side

Prep time 5 mins

Total time 5 mins

Servings 2



## Ingredients

- 4 oz brie cheese

## Directions

1. Slice and enjoy!

## Nutrition Facts

**Calories** 220  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 18.0g	27%
Saturated Fat 8.0g	40%
<i>Trans</i> Fat 0.0g	
<b>Cholesterol</b> 50mg	16%
<b>Sodium</b> 340mg	14%
Vitamin D 0mcg 0% • Calcium 104mg 10% • Iron 0mg 0% • Potassium 90mg 1%	

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
<b>Protein</b> 14g	

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# Creamy Mediterranean skillet

Lunch, dinner

Prep time	15 mins
Total time	30 mins
Servings	4



## Ingredients

- 1/2 small onion, sweet, chopped
- 3 cloves garlic, minced
- 1/2 cup sun-dried tomatoes, chopped
- 2 tbsp olive oil, extra-virgin
- 1/2 lb chicken thighs, boneless, skinless
- 2 tsp oregano, dried
- 2 tsp basil, dried
- 1/2 tsp thyme, dried
- 2 tbsp nutritional yeast
- 8 oz Greek yogurt, plain
- 2 cups chicken broth, reduced-sodium and unsweetened
- 6 cups spinach, chopped
- 1/2 cup parsley, chopped
- 1 lemon, cut into wedges

## Directions

1. Chop onion, mince garlic, and chop sun-dried tomatoes.
2. In a large skillet over medium heat, sauté chicken thighs in 1 tbsp olive oil until browned on all sides. Set aside.
3. Add another tablespoon of olive oil to the skillet and over medium heat, sauté onion until soft. Stir in the garlic, sun-dried tomatoes, oregano, basil, thyme, and nutritional yeast. Sauté for another few minutes until fragrant.
4. Stir in the yogurt and chicken broth, then nestle chicken pieces in the pan. Simmer for about 20 minutes until chicken is cooked through (165°F internal temperature). Turn off heat.
5. Stir in the spinach and cover pan until wilted. Top with parsley and serve with lemon.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Calories per serving</b> <b>356</b>	<b>Total Fat</b> 23.3g	35%	<b>Total Carbohydrates</b> 13g	
	Saturated Fat 11.0g	55%	Dietary Fiber 3g	11%	
	Trans Fat 0.0g		Total Sugars 6g		
	Cholesterol 68mg	22%	<b>Protein</b> 25g		
	<b>Sodium</b> 656mg	28%			
	Vitamin D 0mcg 2% • Calcium 437mg 43% • Iron 3mg 15% • Potassium 606mg 12%				

# Keto rosemary focaccia

Breakfast, lunch, dinner, snack, side

Prep time 10 mins

Total time 30 mins

Servings 10



## Ingredients

- 3 cups mozzarella cheese, full-fat, shredded
- 5 oz cream cheese
- 2 cups almond flour
- 1 tbsp baking powder
- 1 tsp garlic powder
- 3 eggs
- 2 tsp rosemary, dried
- 1 tsp salt

## Directions

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. Add the mozzarella and cream cheese to a large glass measuring cup or bowl. Microwave for 90 seconds, stir well, then microwave again for another minute if necessary to completely melt.
3. In a large bowl, whisk together the almond flour, baking powder, and garlic powder until no lumps appear.
4. Add the eggs to a bowl for a stand mixer, then add dry ingredients followed by melted cheese mixture. Using a dough hook, process on medium until the mixture comes together in a ball. You can also use a food processor with a dough blade or mix by hand until ingredients combine.
5. Place the dough ball in the center of the parchment-lined baking sheet. With wet fingertips, press the dough into a flat rectangle until it is 1/4" thick.

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# Keto rosemary focaccia (cont.)

Breakfast, lunch, dinner, snack, side

Prep time	10 mins
Total time	30 mins
Servings	10



## Directions (cont.)

6. Drizzle with olive oil and sprinkle with rosemary and salt.
7. Bake for about 10 to 12 minutes, checking frequently, until the edges brown.
8. Remove to a cooling rack and let stand for a few minutes before cutting.
9. Wrap and freeze, then reheat in a toaster oven to enjoy later.

## Nutrition Facts

**Calories** 297  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 24.7g	37%
Saturated Fat 9.0g	44%
<i>Trans</i> Fat 0.0g	
<b>Cholesterol</b> 98mg	32%
<b>Sodium</b> 521mg	22%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 7g	2%
Dietary Fiber 3g	10%
Total Sugars 1g	
<b>Protein</b> 15g	

Vitamin D 0mcg 4% • Calcium 257mg 25% • Iron 1mg 7% • Potassium 212mg 4%

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Keto waffles

Breakfast, lunch, dinner

Prep time	5 mins
Total time	20 mins
Servings	4



## Ingredients

- 3 tbsp butter, melted and cooled
- 1/2 oz cream cheese, softened
- 2 eggs
- 1 cup almond flour
- 2 tbsp monk fruit sweetener
- 2 tsp baking powder

## Notes

Serve with homemade coconut milk yogurt or unsweetened almond butter and ¼ cup fresh berries.

## Directions

1. Preheat the waffle iron to medium-high.
2. In a medium bowl, whisk together butter, cream cheese, and eggs.
3. Add the almond flour, baking powder, and monk fruit sweetener. Stir well to combine.
4. Scoop the batter into the waffle iron and cook until golden brown.
5. Remove waffles carefully, as they will be soft and hot, and place them on a cooling rack to cool for a few minutes. Waffles will firm up as they sit.
6. Wrap and freeze individual waffles and rewarm in a toaster for a quick meal or snack!

## Nutrition Facts

**Calories** 302  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 28.0g	43%
Saturated Fat 9.3g	46%
<i>Trans</i> Fat 0.0g	
<b>Cholesterol</b> 127mg	42%
<b>Sodium</b> 459mg	19%
Vitamin D 1mcg 5% • Calcium 112mg 11% • Iron 1mg 7% • Potassium 235mg 4%	

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 7g	2%
Dietary Fiber 3g	12%
Total Sugars 1g	
<b>Protein</b> 10g	

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# Tavern antipasto salad

Lunch, dinner, side

Prep time 15 mins

Total time 20 mins

Servings 4



## Salad

### Ingredients

- 1 small head cauliflower, florets separated
- 1 small red bell pepper, chopped
- 8 pepperoncini peppers, drained and chopped
- 1/2 cup artichoke quarters, canned, drained and chopped
- 2 celery stalks, chopped
- 1/4 cup parsley, fresh, chopped
- 4 slices mozzarella cheese, fresh, full-fat, cubed
- 1/3 cup Spanish olives, drained and rinsed
- 2 oz pepperoni, uncured, sliced

### Directions

1. Lightly steam cauliflower florets until just tender. Rinse in cool water, drain, and add to a large bowl.
2. Chop bell pepper, pepperoncini, artichokes, celery, and parsley. Cube mozzarella slices.
3. Combine all the ingredients in a bowl.

(Continued on next page)

# Tavern antipasto salad (cont.)

Lunch, dinner, side

Prep time	15 mins
Total time	20 mins
Servings	4



## Dressing

### Ingredients

- 1/4 cup olive oil, extra-virgin
- 3 tbsp red wine vinegar
- 1 tsp Italian seasoning blend
- 1/4 tsp red pepper flakes (optional)

### Directions

1. To make the dressing, add all ingredients to a mason jar and shake to combine. Alternatively, you can whisk together all the ingredients in a small bowl.
2. Toss with the salad and serve.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
<b>Calories per serving</b> <b>329</b>	<b>Total Fat</b> 27.7g	42%	<b>Total Carbohydrates</b> 9g	3%	
	Saturated Fat 8.6g	42%	Dietary Fiber 6g	22%	
	Trans Fat 0.2g		Total Sugars 3g		
	Cholesterol 36mg	12%	<b>Protein</b> 12g		
	<b>Sodium</b> 641mg	27%			
	Vitamin D 0mcg 0% • Calcium 91mg 9% • Iron 2mg 9% • Potassium 312mg 6%				

# Almond joy-ful smoothie

## Breakfast, snack

<b>Prep time</b>	5 mins
<b>Total time</b>	5 mins
<b>Servings</b>	2



### Ingredients

- 3/4 cup coconut milk, full-fat
- 1/2 cup water
- 2 tbsp almond butter, unsweetened
- 1 tbsp chia seeds
- 2 tbsp hemp seeds
- 2 tbsp cocoa powder, unsweetened
- 2 tbsp coconut flour
- 2 tbsp monk fruit sweetener
- 1 tsp vanilla extract
- Pinch of salt
- 4 ice cubes, optional

### Directions

1. Add all ingredients to a blender and process until smooth. Let stand for a few minutes to thicken.

### Nutrition Facts

**Calories** 362  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 28.6g	43%
Saturated Fat 2.8g	14%
<i>Trans</i> Fat 0.0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 36mg	1%

Vitamin D 0mcg 0% • Calcium 52mg 5% • Iron 3mg 17% • Potassium 446mg 9%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 17g	5%
Dietary Fiber 8g	33%
Total Sugars 5g	
<b>Protein</b> 11g	

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# Spicy pork and kale sauté

Breakfast, lunch, dinner

Prep time	10 mins
Total time	15 mins
Servings	2



## Ingredients

- 4 cups kale, spines removed and chopped
- 2 tbsp avocado oil
- 12 oz pork, ground
- 2 tsp fennel seed, whole
- 2 tsp crushed red pepper (or more as desired)

## Directions

1. Remove spines from kale and chop leaves.
2. Preheat a heavy skillet to medium heat.
3. Add oil and pork to skillet and brown, stirring frequently. Add fennel seeds and crushed red pepper and sauté gently until fragrant.
4. Stir in kale and remove from heat. Cover to allow kale to wilt.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
<b>Calories per serving</b> <b>355</b>	<b>Total Fat</b> 22.0g	33%	<b>Total Carbohydrates</b> 4g	1%	
	Saturated Fat 4.2g	21%	Dietary Fiber 3g	10%	
	Trans Fat 0.1g		Total Sugars 1g		
	<b>Cholesterol</b> 100mg	33%			
	<b>Sodium</b> 138mg	5%	<b>Protein</b> 38g		
	Vitamin D 0mcg 1% • Calcium 156mg 15% • Iron 3mg 13% • Potassium 705mg 15%				

# Curly endive with caper mustard vinaigrette

Lunch, dinner, side

Prep time 10 mins

Total time 15 mins

Servings 4



## Salad

### Ingredients

- 2 large curly endive head (chicory)
- Salt, to taste
- Black pepper, to taste

### Directions

1. Wash, chop, and dry endive.
2. Place endive in a large bowl and toss with dressing just before serving.
3. Season with salt and pepper to taste.

## Dressing

### Ingredients

- 1/2 cup olive oil, extra-virgin
- 3 tbsp red wine vinegar
- 1 tbsp capers, drained and rinsed
- 2 tsp Dijon mustard

### Directions

1. Place all ingredients in a jar with a lid and shake to combine. You can also whisk ingredients together in a bowl.

## Nutrition Facts

Calories per serving **290**

Amount/serving	% Daily Value*
<b>Total Fat</b> 27.5g	42%
Saturated Fat 3.8g	19%
Trans Fat 0.0g	
Cholesterol 0mg	0%
<b>Sodium</b> 176mg	7%

Vitamin D 0mcg 0% • Calcium 135mg 13% • Iron 2mg 13% • Potassium 811mg 17%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber 8g	32%
Total Sugars 1g	
<b>Protein</b> 3g	

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# Spinach feta fritters with smoked salmon

Breakfast, lunch, dinner, snack, side

Prep time 5 mins

Total time 25 mins

Servings 3



## Ingredients

- 2 eggs
- 2 tbsp heavy cream
- 2 tbsp water
- 1 cup almond flour
- 1 tsp baking powder
- 1/2 tsp garlic powder
- 1 cup spinach, chopped
- 2 scallions, chopped
- 1/2 cup feta, crumbled
- 1 tbsp dill, fresh (or another herb)
- 2 tsp avocado oil
- 4 oz salmon, smoked
- 3 tbsp sour cream, full-fat

## Directions

1. Whisk together the eggs, cream, and water until frothy. Set aside.
2. Preheat griddle to 350°F. You can also use a non-stick pan and heat just before cooking.
3. In a medium bowl, whisk together almond flour, baking powder, and garlic powder.
4. Stir in spinach, feta, scallions, and dill.
5. Add the egg mixture to the dry ingredients, and stir until ingredients are well coated (the batter will be thick).
6. Coat the griddle with avocado oil and, using a 1/4 cup ice cream scoop, transfer batter to the griddle to form patties. Flatten gently with the back of a wet spoon until patties are about 1/4 inch thick. You can also use spoons or a 1/4 cup measuring cup to transfer the batter.

(Continued on next page)

# Spinach feta fritters with smoked salmon (cont.)

Breakfast, lunch, dinner, snack, side

Prep time	5 mins
Total time	25 mins
Servings	3



**Notes**  
The serving size is about 3 fritters.

- Directions (cont.)**
- Cook for about 3 minutes per side (the amount of time will depend on how well controlled the heat on your griddle or pan is).
  - Serve warm with salmon and sour cream for a delicious keto-friendly brunch!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Calories per serving</b> <b>373</b>	<b>Total Fat</b> 35.2g	54%	<b>Total Carbohydrates</b> 12g	
	Saturated Fat 14.3g	71%	Dietary Fiber 6g	22%	
	Trans Fat 0.0g		Total Sugars 4g		
	Cholesterol 0mg	0%	<b>Protein</b> 9g		
	<b>Sodium</b> 158mg	6%			
	Vitamin D 0mcg 0% • Calcium 91mg 9% • Iron 2mg 9% • Potassium 312mg 6%				



# Keto chicken Cobb salad

Lunch, dinner, side

Prep time 20 mins

Total time 30 mins

Servings 4



## Salad

### Ingredients

- 1 1/2 lb chicken thighs, skinless and boneless, grilled
- 2 eggs, hard boiled and sliced
- 1 avocado, sliced
- 6 radishes, sliced
- 5 cherry tomatoes, halved
- 2 heads romaine lettuce, hearts
- 4 oz bacon strips, uncured, cooked and crumbled

### Directions

1. Grill chicken breast until the internal temperature reaches 165°F.
2. Hard boil eggs and peel.
3. Cook bacon and crumble.
4. Make dressing.
5. Slice the chicken breast, avocado, eggs, radishes, and cherry tomatoes.
6. Chop the romaine lettuce.
7. Arrange the lettuce on plates and top with salad ingredients. Drizzle with dressing and serve.

(Continued on next page)

# Keto chicken Cobb salad (cont.)

Lunch, dinner, side

Prep time	20 mins
Total time	30 mins
Servings	4



## Dressing

### Ingredients

- 2 scallions (or chives), chopped finely
- 1/2 cup mayonnaise, unsweetened
- 1/2 cup sour cream, full-fat
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp dill, dried
- 2 tsp red wine vinegar
- 1/4 cup water, to thin
- 1/4 cup blue cheese, crumbled
- Salt and pepper, to taste

### Directions

1. Chop scallion greens (or chives).
2. Add mayonnaise, sour cream, onion powder, garlic powder, dill, and vinegar to a blender. Process, adding water until desired consistency is achieved.
3. Add scallions and blue cheese and pulse until desired consistency is achieved.
4. Season with salt and pepper to taste.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
<b>Calories</b> 665 per serving	<b>Total Fat</b> 49.0g	75%	<b>Total Carbohydrates</b> 8g	2%	
	Saturated Fat 11.5g	57%	Dietary Fiber 3g	11%	
	Trans Fat 0.0g		Total Sugars 2g		
	Cholesterol 316mg	105%			
	Sodium 738mg	32%	<b>Protein</b> 44g		
	Vitamin D 1mcg 5% • Calcium 116mg 11% • Iron 3mg 18% • Potassium 626mg 13%				

# Blueberries and walnuts

## Breakfast, snack, side

Prep time 5 mins

Total time 5 mins

Servings 2



### Ingredients

- 1 cup blueberries
- 1/2 cup walnuts, raw

### Directions

1. Wash blueberries and enjoy with walnuts!

### Nutrition Facts

**Calories** 233  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 19.3g	29%
Saturated Fat 1.8g	9%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 1mg	0%

Vitamin D 0mcg 0% • Calcium 33mg 3% • Iron 1mg 5% • Potassium 186mg 3%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 15g	4%
Dietary Fiber 4g	14%
Total Sugars 8g	
<b>Protein</b> 5g	

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# Greek-style lamb sauce with spaghetti squash

Lunch, dinner

Prep time	30 mins
Total time	45 mins
Servings	4



## Ingredients

- 4 cups spaghetti squash, cooked
- 4 scallions, chopped
- 3 cloves garlic, minced or pressed
- 1 lb lamb, ground
- 1 tsp oregano, dried
- 1 cup tomatoes, canned, chopped
- 1/2 cup kalamata olives, pitted
- 1 cup feta cheese, crumbled
- Salt, to taste
- Black pepper, to taste

## Directions

1. Preheat the oven to 400°F.
2. Pierce skin of spaghetti squash with a sharp knife. Place on a baking sheet and roast in the oven about 30 to 40 minutes (cook time depends on the size of the squash).
3. Cut the squash in half, remove the seeds, and pull apart the flesh to make spaghetti.
4. In a skillet over medium-high heat, sauté the lamb until cooked through. Remove ground lamb with a slotted spoon and set aside.
5. In the same pan, sauté scallions, garlic, and oregano until fragrant. Add the lamb back to the pan with the tomatoes and simmer for 15 minutes.
6. Stir in the olives. Season with salt and pepper to taste.
7. Place 1 cup of spaghetti squash on each plate, then top with sauce and feta.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Calories per serving</b> <b>545</b>	<b>Total Fat</b> 42.7g	65%	<b>Total Carbohydrates</b> 15g	
	Saturated Fat 17.3g	86%	Dietary Fiber 3g	13%	
	Trans Fat 0.0g		Total Sugars 5g		
	Cholesterol 116mg	38%	<b>Protein</b> 26g		
	Sodium 1234mg	53%			
	Vitamin D 0mcg 2% • Calcium 262mg 26% • Iron 3mg 17% • Potassium 578mg 12%				



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