

# Keto Lunch Meal Plan

Lunch may be one hundred percent predictable – always in the office, at the same time. Or one hundred percent unpredictable – you eat what you can, *when you can*. But a keto lunch has its own set of challenges. Namely, the challenge of giving your body plenty of fat while keeping carbs to a minimum.

When you eat mostly fat and keep your carbohydrates to 5% of your diet (roughly 15 – 30 grams of usable carbs) you push your body into a state known as **ketosis**. During ketosis, your body burns fat for fuel, making weight loss easy. But do any amount of dabbling in ketogenic dieting, and you quickly realize that most foods are carb-heavy: chips, crackers, breads, cereals, and potatoes. Standard lunch fare is no different...making it difficult to eat within the keto diet framework and meet your personal goals.

Enter meal planning.

A little keto lunch meal planning goes a long way to ensure that you have all you need to stick to the rules of a ketogenic diet while loving each and every midday bite. What's more, keeping a packable keto lunch means that – if necessary – you can make your food ahead of time and store it in the refrigerator.

[Not sure where to start on your keto journey?](#) We feel you. Here five droolworthy recipes to inspire your week.

# Your meal plan

## Monday

- Avocado chicken salad

## Tuesday

- Beef barbacao bowls

## Wednesday

- Nicoise salad

## Thursday

- Indian beef curry with leftover cauliflower rice

## Friday

- Coconut chicken nuggets

# Your timeline

## Sunday night

- Defrost the chicken breast, if frozen.

## Monday

- Defrost the beef brisket, if frozen.

## Monday afternoon

- Prepare the avocado chicken salad.

## Monday night

- Start beef in slow cooker.

## Tuesday

- Prepare the beef barbacoa bowls.
- If desired, make extra cauliflower rice to eat with Indian beef curry.

## Wednesday

- Prepare the Nicoise salad.
- Defrost the beef stew meat, if frozen.

## Thursday

- Start Indian beef curry in slow cooker.
- Prepare the Indian beef curry.
- Defrost the chicken breast, if frozen.

## Friday afternoon

- Prepare the coconut chicken nuggets.

## Saturday morning

- Hit your local farmer's markets and shops to pick up necessary ingredients for the week.

# Your shopping list

## Produce

- avocados - 5
- baby salad greens - 8 ounces
- cauliflower - 1 head
- cilantro - 2 bunches
- garlic - 3 heads
- ginger - 1 inch
- green beans - 6 ounces
- green onions - 6
- kale - 1 bunch
- limes - 3
- mint - 1/4 cup
- mixed greens - 4 ounces
- onions - 3
- red onion - 1
- spinach - 1 pound
- tomatoes - 4

## Meat and seafood

- bacon fat - 4 tablespoons
- beef brisket - 4 pounds
- beef stew meat - 2 pounds
- chicken breasts - 3 1/2 pounds
- tuna - 1 pound

## Spices

- bay leaf
- chipotle powder
- coarse sea salt

- garam masala
- garlic powder
- ground black pepper
- ground cloves
- ground turmeric
- onion powder

## Vinegar and oils

- apple cider vinegar
- coconut oil
- extra virgin olive oil
- ranch dressing
- red wine vinegar

## Bulk

- shredded coconut - 1/2 cup

## Eggs and dairy

- eggs - 6

## Alternative flours

- coconut flour - 1 cup

## Canned and jarred goods

- coconut milk - 1 cup
- Dijon mustard - 1 tablespoon
- Nicoise olives - 3/4 cup

# Avocado Chicken Salad

## Ingredients

- 1 1/2 pounds chicken breasts
- 2 tablespoons coconut oil
- 3 large avocados
- 2 green onions
- 1/2 bunch cilantro
- 1 lime
- 1/2 teaspoon garlic powder
- 1 tablespoon coarse sea salt, plus more to taste
- 8 ounces baby salad greens

## Instructions

1. In a skillet over medium high heat, saute chicken in coconut oil until browned on the outside and cooked through. Set chicken aside to cool.
2. Peel, pit and chop avocados. Mince green onion and cilantro, and juice the lime. When the chicken has cooled enough, shred apart or dice into half inch cubes.
3. Combine all ingredients (except salad greens) in a large bowl and mash with a fork to combine.
4. Season with additional sea salt to taste and serve over greens.

# Beef Barbacoa Bowls

## Ingredients

- 1 bunch cilantro
- 2 avocados
- 2 tomatoes
- 1 pound spinach
- 4 green onions
- 2 bay leaves
- 1 red onion
- 1 head garlic
- 2 limes
- 1 teaspoon chipotle powder
- 1 teaspoon ground cloves
- 1 tablespoon coarse sea salt
- 1/2 cup apple cider vinegar
- 4 pounds beef brisket, or chuck roast
- 1 teaspoon fresh ground black pepper

For cauliflower rice:

- 1/2 head cauliflower
- 1 small onion
- 1 clove garlic
- 1 tablespoon coconut oil, or fat of your choice
- 2 teaspoons coarse sea salt

## Instructions

1. Divide the cilantro. Peel and cut the red onion into large chunks.
2. Peel and smash the cloves of garlic.
3. In a food processor with the s-blade, pulse half the cilantro, red onion, garlic, chipotle powder, cloves, salt, lime juice, and

- apple cider vinegar until smooth.
4. Add sauce to the slow cooker and place the brisket on top of this mixture. Place bay leaves on top.
  5. Cover and cook on low for 6 to 8 hours or until the meat pulls apart easily.
  6. Dice the green onions. Peel and slice the avocado. Dice and seed the tomatoes. Steam the spinach.
  7. Use two forks to shred the meat.
  8. For the cauliflower rice: Break cauliflower into florets; chop the onion and mince the garlic. Use a food processor to pulse the cauliflower florets into a rice-like texture.
  9. Heat the coconut oil in a skillet over medium heat. Sauté the onion and garlic for 3–4 minutes, or until the onion is translucent.
  10. Add in the cauliflower rice and sauté for an additional 4–5 minutes. Season with salt and pepper.
  11. Serve the beef on top of bowls of cauliflower rice with avocado, tomato, spinach, green onions and cilantro.

# Salad Nicoise

## Ingredients

- 1/2 cup red wine vinegar
- 3/4 cup Nicoise olives, or kalamata
- 4 ounces mixed greens
- 2 tomatoes
- 6 ounces green beans
- 4 eggs
- ground black pepper, to taste
- 2 teaspoons coarse sea salt, plus more to taste
- 3/4 cup extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1 pound ahi tuna

## Instructions

1. Bring a large pot of water to a boil. Add the eggs and cook for 10 minutes. With a slotted spoon, remove the eggs from the pot and submerge in ice water to cool. When cool, peel and slice into quarters.
2. In a small bowl, whisk together red wine vinegar, Dijon mustard, and olive oil until well combined. Add salt and pepper to taste. Trim the green beans.
3. Salt the same water. Add the green beans and cook for 2 minutes. Lift out with tongs and rinse with very cold water.
4. Cut tomatoes into wedges.
5. Toss mixed greens with half of dressing. Arrange greens on plates with green beans, eggs, tomatoes and olives.
6. Rub tuna steaks with olive oil and season with salt and pepper. Grill tuna over a hot barbecue or pan sear over high heat for one minute on each side for rare (longer if you desire a well-cooked piece of tuna). Slice each piece of tuna into very thin slices. Arrange on top of salads and top with remaining dressing.

# Indian Beef Curry

## Ingredients

- 2 pounds beef stew meat
- 1/4 mint
- 3/4 cup cilantro
- 2 teaspoons coarse sea salt
- 1 teaspoon turmeric
- 2 tablespoons garam masala
- 4 tablespoons coconut oil, or fat of choice
- 2 onions
- 1 inch ginger
- 4 cloves garlic
- 1 cup frozen peas, optional

## Instructions

1. Allow meat to come to room temperature while you chop/ grate the garlic, ginger, and onions.
2. In a large sauté pan, taking care not to crowd, brown the beef in hot fat on all sides, and transfer to slow cooker.
3. Sauté the onions for 5-10 minutes until they begin to soften
4. Add the garam masala, turmeric, garlic, ginger and salt.
5. Sauté for another 2-3 minutes until flavors begin to mingle.
6. Stir in the coconut milk and combine well.
7. Add onion/spice/coconut milk mix (including fat) into the slow cooker.
8. Stir to completely coat the meat.
9. Cover and cook on low for 6-8 hours, or until meat is very tender.
10. 30 minutes before the dish is finished cooking, chop cilantro and mint; stir in herbs and peas.
11. Serve beef curry with leftover cauliflower rice.

# Coconut Chicken Nuggets

## Ingredients

- 1 cup coconut flour
- 1/2 cup shredded coconut
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons coarse sea salt
- 1/2 teaspoon ground black pepper
- 2 pounds chicken breasts
- 2 eggs
- 1/2 cup coconut oil

## Instructions

1. In a large mixing bowl, add all of the ingredients except for the chicken, eggs, coconut oil, and ranch dressing. Set aside
2. Cut chicken into bite-sized pieces and mix in a bowl with the beaten eggs.
3. Add the eggy chicken to the large mixing bowl and stir to completely coat the chicken in the flour mixture.
4. In a large sauce pan on medium high heat add about 4 T. coconut oil. When the oil is hot and shimmering, add chicken in small batches.
5. Use tongs to turn the chicken pieces until all sides are brown. Remove chicken to a warm plate in the oven while you finish frying, adding more oil as needed.