

KETO MEAL PLAN



Want to change some things around? Use the Real Plans app to drag and drop recipes, build your shopping list, filter out allergens, and tell your planner what you like best.

	Breakfast	Lunch	Dinner
Sunday	Spinach Feta Frittata	Rosemary Roast Chicken and Parmesan Garlic Roasted Mushrooms	
Monday			Chicken and Bacon with Spinach
Tuesday	Savory Chicken Breakfast Sausage		Salmon with Pesto and Cauliflower Rice
Wednesday			Cobb Salad with Ham
Thursday	Beautiful Bacon Fried Eggs		Roasted Cauliflower and Fennel with Sausage
Friday			Beef and Bacon Burgers with Green Salad
Saturday	Mushroom and Brussels Sprouts Hash		
Extras			

Where's lunch? Plan for leftovers (and lunch) the next day by doubling the recipe. When using the Real Plans app, your shopping list will automatically update to reflect extra eats.

FREE KETO MEAL PLAN



Weekly Timeline

Saturday	Morning Night	Hit your local farmer's markets and shops to pick up necessary ingredients for the week. Defrost the whole chicken, if frozen.
Sunday	Morning Afternoon	Prepare the Spinach Feta Frittata. Prepare the Rosemary Roast Chicken and Parmesan Garlic Roasted Mushrooms.
Monday	Morning Evening	Defrost the bacon, if frozen. Defrost the ground chicken, if frozen. Prepare the Chicken and Bacon with Spinach.
Tuesday	Morning Evening	Defrost the wild caught salmon, if frozen. Prepare the Savory Chicken Breakfast Sausage. Prepare the Salmon with Spring Pesto with Cauliflower Rice.
Wednesday	Morning Evening	Defrost the bacon, if frozen. Prepare the Cobb Salad with Ham.
Thursday	Morning Evening	Defrost the sausage, if frozen. Prepare the Beautiful Bacon and Fried Eggs. Prepare the Roasted Cauliflower and Fennel with Sausage.
Friday	Morning Evening	Defrost the ground beef and bacon, if frozen. Defrost the ground turkey, if frozen. Prepare the Beef and Bacon Burgers with Green Salad.
Saturday	Morning	Prepare the Mushroom and Brussels Sprouts Hash.

**Want a reminder to pull your ground beef out of deep freeze? Set it up through the Real Plans app.*

Shopping List

Using the Real Plans app, you can override portions on individual recipes, check off ingredients that you already have, and add other kitchen staples not in your meal plan like dish soap or parchment paper.

A note about quality and sourcing: We highly recommend that all meat and dairy comes from healthy, pasture raised animals. Choose organic whenever possible. For canned items, see if you can find a glass alternative or shop for BPA-free. For more about the brands and products we recommend, [click here and go to the resources page on the Real Plans website](#).

Canned/Jarred Goods

- Dijon mustard - 1 teaspoon
- mayonnaise - 1/4 cup

Produce

- avocado - 1
- brussels sprouts - 1 pound
- cremini mushrooms - 2 pounds
- fresh dill - 2 tablespoons
- lemons - 3 1/2
- onion - 1
- rosemary - 1 bunch
- baby salad greens - 8 ounces
- cauliflower - 1 1/2 heads
- fennel bulbs - 2
- fresh parsley - 1 bunch
- mint - 1 bunch
- plum tomatoes - 2

- spinach - 4 cups
- baby spinach - 1 pound
- chives - 2 tablespoons
- flat-leaf parsley - 1/2 cup
- garlic - 2 heads
- mushrooms - 8 ounces
- romaine lettuce - 1 head

Meat/Seafood

- bacon - 2 pounds
- cooked ham - 2 cups
- ground turkey - 1 pound
- whole chicken - 3 pounds
- bacon fat - 5 tablespoons
- ground beef - 1 pound
- salmon - 1 1/2 pounds
- cooked chicken - 3 cups
- ground chicken - 1 pound

- sausages - 2 pounds

Vinegar and Oils

- coconut oil - 1 cup
- red wine vinegar - 3 tablespoons
- extra virgin olive oil - 1 1/4 cups
- ranch dressing - 1/2 cup

Spices

- cinnamon - 1/4 teaspoon
- dried rosemary - 1 teaspoon
- garlic powder - 1 3/4 teaspoons
- ground ginger - 1/8 teaspoon
- paprika - 1 teaspoon
- coarse sea salt - 5 tablespoons
- dried sage - 2 teaspoons
- ground black pepper - 3 teaspoons
- ground nutmeg - 1/4 teaspoon
- red pepper flakes - 1/8 teaspoon

- dried parsley - 1 teaspoon
- dried thyme - 1/2 teaspoon
- ground cloves - 1/4 teaspoon
- onion powder - 1 3/4 teaspoons

Eggs & Dairy

- butter - 1 cup
- feta cheese - 4 ounces
- thick yogurt - 1/3 cup
- cream - 1/4 cup
- parmesan cheese - 4 ounces
- eggs - 22
- swiss cheese - 3 ounces

Bulk

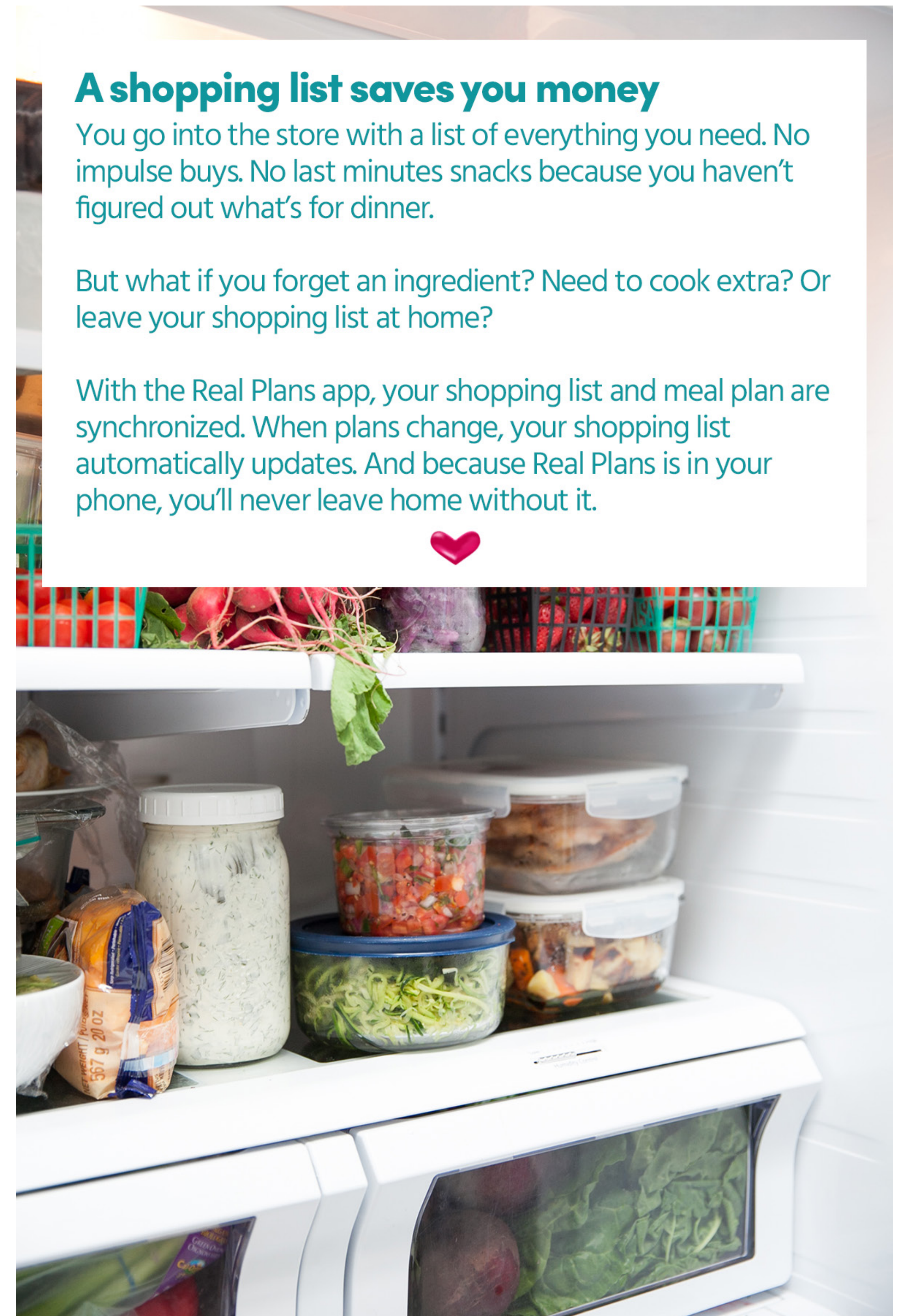
- pine nuts - 1/2 cup

A shopping list saves you money

You go into the store with a list of everything you need. No impulse buys. No last minutes snacks because you haven't figured out what's for dinner.

But what if you forget an ingredient? Need to cook extra? Or leave your shopping list at home?

With the Real Plans app, your shopping list and meal plan are synchronized. When plans change, your shopping list automatically updates. And because Real Plans is in your phone, you'll never leave home without it.



Rosemary Roast Chicken and Parmesan Garlic Roasted Mushrooms



Cooked For: 4
Active Time: 35m
Total Time: 3h 30m

Ingredients

3 pounds whole chicken
1/4 cup butter, or lard
1 lemon
1 bunch rosemary
1 teaspoon coarse sea salt, plus more to taste
1 teaspoon ground black pepper, to taste

For the mushrooms:

2 pounds cremini mushrooms
4 cloves garlic
1/2 cup flat-leaf parsley
1 lemon
2 ounces parmesan cheese
1/3 cup extra virgin olive oil
1 tablespoon coarse sea salt
ground black pepper, to taste
6 tablespoons butter

How To Prepare

1. The night before, remove chicken from freezer and defrost in a sink or large bowl of cool water.
2. 1 hour before dinner, preheat the oven to 375F. And remove butter or lard from the fridge to soften. Remove chickens from packages, remove giblet bag from chickens' cavities, rinse well, and pat dry.
3. Place chickens in a shallow baking dish with legs under.
4. Slice lemon in half and shove the halves and half of the rosemary into the chickens' cavities. Rub softened fat over chicken skin.
5. Chop the remaining rosemary. Sprinkle chickens generously with half of the sea salt, pepper and rosemary.
6. Bake for 30 minutes, then using tongs and/or potholders, gently flip the chickens so that the legs are up.
7. Sprinkle the flip side of the chickens with the rest of the rosemary and the remaining salt and pepper, and bake for a total time of 20 minutes per pound. The chicken is done when a meat thermometer inserted into the leg or inner thigh (avoiding the bone) reads 165F and the skin is nicely browned and crisp.
8. For the mushrooms: Preheat oven to 450F. Cut mushrooms into large bite-sized pieces. Mince the garlic. Chop the parsley. Juice the lemon. Shred the cheese.
9. In a roasting pan, toss mushrooms with olive oil, garlic, lemon juice and parsley and season with sea salt and pepper. Dot the butter evenly over the top of the mushrooms and roast for 20 minutes, stirring half way through the cooking process.
10. Remove from the oven, turn on the broiler and place the oven rack on the highest level. Sprinkle the cheese over the mushrooms, return to the oven on the top rack and broil until the cheese melts and begins to brown, about 3 minutes.

Spinach Feta Frittata



Cooked For: 4
Active Time: 15m
Total Time: 45m

Ingredients

4 cups spinach
1/2 onion
3 cloves garlic
1 ounce parmesan cheese
8 eggs
1 teaspoon coarse sea salt,
plus more to taste
1/2 teaspoon ground black
pepper
1/4 cup cream
2 tablespoons extra virgin
olive oil
4 ounces feta cheese

How To Prepare

1. Preheat oven to 400F. Chop spinach and onion. Mince garlic. Shred parmesan.
2. In a mixing bowl, whisk together eggs, salt, pepper, cream, and optional parmesan cheese; set aside.
3. Over medium heat, sauté onions in olive oil in a cast iron or other oven-proof pan until translucent. Add garlic and cook another minute. Add spinach and cook until just wilted and bright green in color. Spread spinach mixture evenly on the bottom of the pan.
4. Pour egg mixture evenly over spinach and onions. Crumble feta over the top of the frittata.
5. Place the whole pan in the oven and bake for 12-15 minutes until the frittata is nice and golden and the eggs are set.
6. Carefully remove the pan from the oven. Let the frittata cool for several minutes before slicing and serve.

Chicken and Bacon with Spinach



Cooked For: 4
Active Time: 20m
Total Time: 20m

Ingredients

8 ounces bacon
3 cups cooked chicken
1 pound baby spinach

How To Prepare

1. Bring a large sauce pan half filled with filtered water to a boil. Blanch baby spinach in boiling water for just a few seconds.
2. Drain and plunge spinach in a bowl of ice water. Drain again. Using clean hands, squeeze all excess water out of the spinach. When most of the liquid is removed, break apart the spinach and set aside.
3. Pull bacon apart into strips. In a large skillet over medium high heat, fry the bacon until crispy.
4. While the bacon is cooking, shred chicken.
5. When bacon is crispy, remove to a paper towel-lined plate to drain. Pour most of the bacon grease (leave about 3 T.) through a fine metal sieve into a clean mason jar. Allow to cool on the countertop to room temperature, then cover and store in the fridge to use for frying in a future meal.
6. Add the chicken to the remaining bacon grease and saute until warm. Add the cooked and drained spinach and continue cooking until uniformly hot.
7. Serve immediately with bacon crumbled on top.

Salmon with Pesto and Cauliflower Rice



Cooked For: 4
Active Time: 35m
Total Time: 55m

Ingredients

For the Pesto:
1/2 bunch mint
1 bunch fresh parsley
1 lemon
1 ounce parmesan
cheese, to taste
1/2 cup pine nuts
1/2 cup extra virgin
olive oil
coarse sea salt, to
taste
ground black pepper,
to taste

For the Salmon:
coarse sea salt, to
taste
ground black pepper,
to taste
1 1/2 pounds salmon,
(6 ounce filet per
person)
3 tablespoons butter

For the cauliflower
rice:
1/2 head cauliflower
1 clove garlic
2 tablespoons
coconut oil, or fat of
your choice
1 teaspoon coarse
sea salt
1 teaspoon ground
black pepper,
optional

How To Prepare

1. For the pesto: Remove large stems from mint and parsley. Juice the lemon. Shred the parmesan.
2. In a food processor, process greens, parmesan, pine nuts, and olive oil until smooth.
3. Season with sea salt, pepper, and lemon juice to taste.
4. For the salmon: Generously salt and pepper the skinless side of the salmon.
5. Heat skillet on medium high. Add butter. When butter is melted and starting to foam, place salmon filets in pan, skin side up.
6. Cook for 5 minutes, then flip. Cook 3-5 minutes to desired doneness.
7. Remove salmon from pan and serve with pesto.
8. For the cauliflower rice: Break cauliflower into florets; and mince the garlic.
9. Use a food processor to pulse the cauliflower florets into a rice-like texture.
10. Heat the coconut oil in a skillet over medium heat.
11. Sauté the garlic for 3–4 minutes.
12. Add in the cauliflower rice and sauté for an additional 4–5 minutes. 13. Season with salt and pepper.

Savory Chicken Breakfast Sausage



Cooked For: 4
Active Time: 30m
Total Time: 30m

Ingredients

1 pound ground chicken
2 teaspoons coarse sea salt
1 teaspoon dried sage
1 teaspoon dried parsley
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon ground black pepper
1/2 teaspoon dried thyme
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/8 teaspoon red pepper flakes
1 tablespoon coconut oil, or bacon fat

How To Prepare

1. In a mixing bowl, combine ground chicken, salt, sage, parsley, garlic powder, onion powder, black pepper, thyme, nutmeg, cloves, and red pepper flakes.
2. Mix until all ingredients are well-incorporated.
3. Form into patties.
4. Melt coconut oil or bacon fat in a skillet over medium heat until shimmering.
5. In small batches, cook until browned on both sides and cooked all the way through. Serve.

Cobb Salad with Ham



Cooked For: 4
Active Time: 20m
Total Time: 20m

Ingredients

6 eggs
3 tablespoons red wine vinegar
2 tablespoons extra virgin olive oil
1 teaspoon Dijon mustard
1 head romaine lettuce
2 cups cooked ham
1 ripe avocado
2 plum tomatoes
3 ounces swiss cheese

How To Prepare

1. Boil enough water to cover your eggs in a pot.
2. Once your water is boiling, use a spoon to gently drop in eggs so that they do not crack. Boil for 10 minutes, then drain the hot water from your pot.
3. Place the pot of eggs in the sink add a scoop of ice and cold water and allow them to sit for 2 minutes. Set aside.
4. Whisk together the vinegar, olive oil, and mustard in a small bowl.
5. Wash and shred the lettuce. Cube the ham into 3/4 inch cubes. Peel and slice the avocado and slice the hard-boiled eggs. Dice the tomatoes and cube the cheese.
6. Toss the lettuce with the dressing and place on a large platter.
7. Arrange the remaining ingredients atop the dressed lettuce, season with salt and pepper, and serve.

Roasted Cauliflower and Fennel with Sausage



Cooked For: 4
Active Time: 20m
Total Time: 45m

Ingredients

1 head cauliflower
2 fennel bulbs
3 cloves garlic
2 pounds sausages
3/4 cup coconut oil
1 teaspoon coarse sea salt,
plus more to taste
1 teaspoon paprika
1/2 cup ranch dressing,
optional

How To Prepare

1. Preheat oven to 400F.
2. Wash and separate cauliflower into florets. Cut fennel into 1 inch chunks. Peel and mince garlic. Slice sausage into discs. Melt coconut oil.
3. In a bowl, toss the cauliflower, fennel, and sausage with the garlic, melted fat, sea salt, and paprika.
4. Arrange in a single layer on large lipped baking sheets lined with parchment paper.
5. Roast in the oven for 20-25 minutes, using a spatula to turn veggies and sausage after about 10 minutes.
6. Serve with a generous side of ranch dressing (optional).

Beautiful Bacon



Cooked For: 4
Active Time: 20m
Total Time: 20m

Ingredients

1 pound bacon

How To Prepare

1. In the pan: Do not preheat pan. Place bacon in a single layer in a heavy bottomed pan, and turn heat to medium high. Fry bacon to desired doneness using tongs to rotate bacon so that it is evenly cooked. I use a perforated splatter lid to avoid burns and prevent moisture from accumulating and making the fat sizzle. Cook to desired doneness and proceed to step 3.
2. In the oven (chewier): Preheat oven to 375F. Place bacon in a single layer of a lipped baking sheet. Bake for 15-20 minutes until desired doneness is achieved, remove bacon from oven.
3. Using tongs, transfer bacon to a plate lined with a paper towel and serve.
4. While the bacon grease is still hot, strain it through a fine metal mesh strainer into a clean glass jar. Allow to cool before covering to avoid condensation. Bacon fat can be used for cooking.

Fried Eggs



Cooked For: 4
Active Time: 20m
Total Time: 20m

Ingredients

2 tablespoons coconut oil
8 eggs
coarse sea salt, to taste
ground black pepper,
to taste

How To Prepare

1. Add coconut oil to a pan over medium high heat until it's hot. Break eggs into a bowl and gently slide into pan, one at a time. Season the egg with salt and pepper to taste.
2. For Sunny Side Up: Reduce heat to medium-low heat. Cook eggs slowly until the tops of the whites are set and yolk is still runny, about 3 minutes.
3. For Over Easy and Over Medium: Reduce heat to low immediately. Allow the underside to set, about 2 minutes. Once the bottom has set, pour 1/2 tablespoon of water in the pan around the egg. Cover immediately. Keep covered for about 2 minutes, less if you like a runnier center, more if you like it more well done.
4. For Over Hard: Cook about 2 minutes. When the white is set and opaque, and the yolk is firm but not hard, flip the egg and continue cooking another 2-3 minutes or until desired doneness.

Beef and Bacon Burgers with Green Salad



Cooked For: 4
Active Time: 30m
Total Time: 1h 0m

Ingredients

1/2 pound bacon
1 pound ground beef
1 teaspoon coarse sea salt
1 teaspoon garlic powder
1 teaspoon onion powder
ground black pepper, to taste
1 tablespoon bacon fat

For the dressing:

1/2 lemon
2 tablespoons fresh parsley
2 tablespoons fresh dill
2 tablespoons chives
1/4 cup mayonnaise
1/3 cup thick yogurt
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
coarse sea salt, to taste
ground black pepper, to taste
8 ounces baby salad greens

How To Prepare

1. Place raw bacon in your food processor and pulse gently. If you want to dice the bacon by hand, make sure to cut the bacon very small.
2. Place raw ground beef and raw bacon in a bowl, with salt and spices.
3. Using clean hands, combine the ingredients well and form into patties.
4. Cook on the grill set to medium high heat or to cook stovetop, re-heat fat in skillet on high heat. For either method, cook 3 minutes on the first side. Flip and cook for 3 minutes on the other side until medium rare, longer if you prefer the burgers well done.
5. Serve burgers on a plate atop a salad.
6. For the dressing: Juice the lemon and chop fresh herbs. Combine all ingredients (apart from salad greens) in a jar. Shake well to combine. Add salt and pepper to your taste.
7. Place greens in a bowl and add as much dressing as you like.
8. Toss and serve.

Mushroom and Brussels Sprouts Hash



Cooked For: 4
Active Time: 20m
Total Time: 30m

Ingredients

1/2 onion
8 ounces mushrooms
2 cloves garlic
1 pound brussels sprouts
4 tablespoons bacon fat, or fat of choice
1 pound ground turkey, or ground meat of choice
1 teaspoon dried sage
1 teaspoon dried rosemary
1/4 teaspoon cinnamon
1/8 teaspoon ground ginger
1 tablespoon coarse sea salt, plus more to taste

How To Prepare

1. Finely dice onion, slice mushrooms, and chop garlic. Trim and slice Brussels sprouts thin.
2. Heat half of the fat in a pan over medium high heat, add the onions, mushroom, and garlic. Cook until the mushrooms release their moisture, it evaporates and the mushrooms start to brown. Set aside.
3. Add ground meat, herbs, spices, and 2/3 of salt to the hot pan. Using a wooden spoon, break apart until meat is browned through. Set aside with the onion mixture.
4. Add the Brussels sprouts, sea salt, and remaining fat. Let the sprouts sit until the bottoms start to caramelize, about 5 minutes. Add the onion mixture and cooked meat to the pan, combine well and continue cooking until the Brussels sprouts are nice and tender.
5. Season with more sea salt to your preference and serve.