

## Beginners Keto Menu & Guide: Quick Tips

### Tip 1

#### **Take advantage of online shopping.**

Many of our Prep Dish veterans use online shopping to make the experience that much easier. We offer .txt shopping lists for easy copy & paste into shopping apps and also offer a complete shopping list for Thrive Market and U.S. Wellness Meats and others.

### Tip 2

#### **Wash before you start.**

For a more efficient experience wash all fruits and veggies before you start prepping so they're all ready to go!

### Tip 3

#### **Read & Prepare.**

Read through the menu once and get all containers, measuring cups, measuring spoons and other tools out to make the process more efficient.

### Tip 4

#### **Don't let scraps pile up.**

While prepping a lot of fruits, veggies and meats at one time, the scraps (pepper stems, seeds, etc) start to pile up. Keep one produce bag or trash bowl by your work station and throw the scraps in as you go.

### Tip 5

#### **Have fun!**

Put on your favorite tunes, listen to a book or an inspirational podcast. It's a great time to enjoy some you time!

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## How to use This Menu

### **How many carbs?**

The dinner meals + fat bombs are 15g net carbs or less. Most people will stick to 20-35g net carbs for the day while others who are very physically active may be able to consume more carbohydrates to stay in ketosis.

### **Fat Bombs**

Fat bombs are low in carbs and are used so you can get adequate amounts of fat into your diet while minimizing carb intake. These are beneficial if you have high calorie needs and don't want to add excess amounts of fat to your meals. You can enjoy 1 to 2 fat bombs a day.

### **What about Breakfast & Lunch?**

Use up dinner leftovers for lunch or use uncured cold cuts w/ grass-fed cheese, nuts and low carb veggies w/ a Ranch or Blue Cheese Dip.

\*Note: If you're eating leftovers for lunch, you may benefit from having a low carb or carb free breakfast, or fasting through breakfast since net carbs may get up to 30g (net). Check out some good low carb breakfast & lunch options [here](#)

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## Helpful Links

[Meal Planning Tips 101: Prep Day](#)

[Meal Planning Tips 101: Dish Day](#)

[Meal Planning Tips 101: The Grocery List](#)

[Keto Diet - Start Here!](#)

## Beginners Keto Menu & Guide: Grocery List

Serves 4

- Meal 1: Chimichurri Salmon w/ Roasted Cauliflower & Green Beans**
- Meal 2: Salt & Pepper Drumsticks w/ Roasted Mushrooms & Asparagus**
- Meal 3: Chimichurri Flank Steak w/ & Sauteed Spinach & Bacon**
- Meal 4: Flank Steak Fajitas**
- Fat Bomb: Bacon Wrapped Avocado**
- Fat Bomb: Pecan Pie Bites**



Don't like cilantro?  
You can omit to  
customize menus  
to your taste

### Herbs

1 bulb garlic (1,3)  
1 bunch parsley (1,3)  
1 bunch cilantro (1,3)



### Meats

1 package bacon (3,5)\*  
8-12 bone-in, skin-on  
chicken drumsticks (2)  
3# grass fed flank steaks (3)



### Dairy

4T grass fed butter (6)  
2T heavy whipping  
cream (6)



### Pantry

3T salsa of choice (4)\*  
1tsp vanilla (6)\*  
14 drops stevia extract (6)  
2T almond flour (6)



Buy pre-chopped  
cauliflower &  
green beans to  
save time!

### Veggies

1 head cauliflower (1)  
2-3c fresh green beans (1)  
5 avocados (4,5)  
1 each- red, yellow & green  
bell pepper (4)  
1 red onion (4)  
1 bunch asparagus (2)  
16oz sliced mushrooms (2)  
5oz spinach (3)  
romaine or bibb lettuce for  
fajita "wraps" (4)



The (numbers) reference the  
meal from the list above



### Fish

4 salmon fillets,  
4-6oz each (1)



### Nuts

~1/4c pecans (6)



### Spices

2T fajita seasoning (3)\*  
(OR sub with taco seasoning  
or chili powder\*)  
1/2tsp crushed red pepper (1)  
1/4tsp cinnamon (6)



tsp = teaspoon



### Oils & Vinegars

~1/4c olive oil  
1/2c red wine vinegar (1,3)



The ~ symbol means  
"around". The measurement  
is rounded to the nearest  
Tablespoon

\*Note: read all ingredient  
lists; avoid added msg, gluten,  
sugar, etc.

## Beginners Keto Menu & Guide: Prep Day (<1 hour!)



These icons help prepare you by image to bake, chop, blend or assemble

**Fajitas:** Slice 3 bell peppers, 2 portabellas (optional for vegetarian fajitas) & 1 red onion into long strips for fajitas. Sprinkle with 2T fajita seasoning. [\*] (3)

**Asparagus:** Cut & discard woody ends off asparagus. Store. [\*] (2)

**Cauliflower & Green Beans:** Cut cauliflower into bite-sized pieces. If needed, remove ends from green beans & cut into 2" pieces. Toss both together with 2-3T olive oil + S&P. [\*] (1)

**Bacon:** Cut 4 slices bacon into bite size pieces. Store [\*] (3)

**Pecans:** Roughly chop pecans for ~5T. Store [\*] (6)



The [\*] symbol on Prep Day page means to store this item. If you don't see this symbol it means to set aside for a future step

### Chimichurri (1,3)

Blend the following on high until garlic and herbs are chopped:

- 1c olive oil
- 1/2c red wine vinegar
- 4 cloves garlic
- 1c loosely packed fresh Italian parsley + 1c loosely packed fresh cilantro
- 1tsp salt + 1/2tsp crushed red pepper. [\*] (1,3)



### Pecan Pie Bites (6)

In a med bowl mix together:

- 4T butter, softened
- 1tsp vanilla
- 14 drops stevia
- 1 pinch salt
- 2T heavy whipping cream
- 2T almond flour
- 1/4tsp cinnamon
- ~5T chopped pecans

Mix ingredients until you have a smooth texture. Roll into 6 balls. Store in refrigerator. [\*] (6)



Fat bombs make 4 to 6 servings. Use as you need having 1 to 2 servings per day.

**KEY** - [\*]: store in container, label & refrigerate for use later in week

## Beginners Keto Menu & Guide: Dish Day

### Day 1

#### Chimichurri Salmon w/ Roasted Cauliflower & Green Beans (1)

(Nutr Facts: 431kcal, 33g fat, 11g carbs, 5g fiber, 6g net carbs, 26g protein)

1. Preheat oven to 400 F.  This temp is used for all meal items (i.e. fish and veggies)
2. Place green beans & cauli in a single layer on a baking sheet and roast for 25-35 min, removing and tossing halfway through.
3. Season salmon lightly w/ S&P and bake for 10-12 minutes or just cooked through and flaky.
4. Once salmon is cooked, drizzle ~2T chimichurri sauce over each piece. \*Note: save remainder of chimichurri for Dish Day 3

### Day 2

#### Salt & Pepper Drumsticks w/ Roasted Asparagus & Mushrooms (2)

(Nutr Facts: 274kcal, 14g fat, 7g carbs, 4g net carbs, 3g fiber, 28g protein)

1. Preheat oven to 425 F. Season chicken drumsticks w/ S&P.
2. Place chicken on sheet pan & roast ~30-40 min (chicken should be 165 F).  The {~} symbol means "around". It may be more or less of allotted cooking time depending on your oven
3. Place asparagus & mushrooms on separate sheetpan, drizzle w/ 1T olive oil + S&P to taste.
4. Roast veggies ~8min or until fork tender, turning halfway through cooking.

### Day 3

#### Chimichurri Flank Steak w/ Sautéed Spinach (3)

(Nutr Facts: 463kcal, 31g fat, 3g total carbs, 1g fiber, 2g net carbs, 42g protein)

1. Preheat oven 400 F.
2. Sprinkle flank steaks w/ S&P. Grill for 4-6 mins/ side for medium rare or sear on stove top & transfer to oven at 400F for ~6min.
3. Allow steak to rest 5-10 mins before cutting. Cut very thin against the grain.
4. Heat large saute pan to med-high. Add chopped bacon and saute until crispy and browning.
5. Add 1 tub of spinach. Sauté ~5 min, season w/ S&P.
6. Serve ½ of the steaks w/ ~2T chimichurri sauce. \*Note: Save remainder of sliced steaks for fajitas Dish Day 4

### Day 4

#### Flank Steak Fajitas (4)

(Nutr Facts: 451kcal, 29g fat, 17g total carbs, 10g fiber, 7g net carbs, 33g protein)

1. Heat 1-2tsp oil in a large sauté pan over med-high heat. Add peppers and onions. Cook ~15 min or until veggies are cooked. Season as needed w/ S&P.
2. Add steak after cooking veg ~5 min until warmed.
3. Make guac by mashing 3 avocados & stirring in 3T salsa.
4. Serve in lettuce wraps and top with guac.

### Fat Bomb

#### Bacon Wrapped Avocado (5)

(Nutr Facts: 153kcal, 12g fat, 2.4g total carbs, 2g fiber, .4g net carbs, 5.9g protein)

1. Preheat oven to 425F
2. Line baking sheet w/ parchment paper. Cut 1 avocado into 6 to 8 thick slices.
3. Wrap each avocado slice w/ 1 slice bacon. Repeat w/ remainder.
4. Bake for ~15min or until bacon is brown and crispy.
5. Serving: 2 wraps

### Fat Bomb

#### Pecan Pie Bites (6)

(Nutr Facts: per serving-140kcal, 1.6g total carbs, 0.9g fiber, 0.7g net carbs, 14.7g fat, 1.2g protein)

1. Serving = 1 bite