



BONUS

*Shopping list
with price
comparisons!*

ONE WEEK MEAL PLAN FOR THE HEALING FOODS METHOD

PLANNING YOUR MEALS AHEAD SAVES TIME, MONEY AND YOUR SANITY. GET A TASTE OF THE HEALING FOODS METHOD WITH THIS COMPLETE-WEEK MEAL PLAN FULL OF MOUTH-WATERING RECIPES.

MEET THE AUTHOR

Vivica Menegaz



I was born in Italy, at a time when small grocery stores still existed. I grew up buying veggies at the “verduriere” and meat at the “macellaio”. For the first 6 years of my life my parents had a restaurant and hotel in a small resort in the mountains of Northern Italy. There I spent a lot of time playing in the kitchen, and in the pantries. I visited herds of cows out on pasture and drank fresh milk, and ate cheese made over a wood

fire. Those memories shaped my future taste and understanding of food in a deep manner.

Little did I know this would be the foundation of what is now known as The Nourished Caveman and The Healing Foods Method. Both are founded on natural clean foods.

I later moved to California in the early nineties, and decided to become a photographer, a food photographer! Working for national and local magazines gave me the chance to visit (and try) many amazing restaurants. I ate and photographed my way around Los Angeles.

In 2009 I closed the circle by moving to Northern California with my husband, cats and my dog. I am back in the landscape of my childhood, mountains and pine trees! For the last 3 years I have been realizing an old dream of living self-sufficiency so I can live happier and healthier than ever before. Growing my own food, being connected to Nature and the Earth are the best medicines I know.

My passion for food and helping others has lead me to my ultimate calling: Nutrition. I am now certified as a Technician in Whole Food Nutrition. I’ve worked within a Nutrition Practice for the last four years, helping patients with their healing journeys through wholesome foods.

Since 2013 I’ve been writing at The Nourished Caveman where I help people discover a new way of eating through easy, satisfying, nutritious recipes.



MENU

(ALPHABETIZED)

TURKEY SALAD & ROLLUPS

TEX-MEX CASSEROLE

STEAK TACOS

NY STEAK AND CREAMY SPINACH

NOURISHING EGGS “BENEDICT”

NICOISE SALAD

MINI MUSHROOMS SOUFFLÉS

CHICKEN SALAD

HEMP HEARTS “CEREAL” BOWL

CREAMY SCRAMBLED EGGS

CRAB SALAD

CHICKEN SOUP

AVOCADO AND SALMON CREAM

CAULIFLOWER BAKE

BAKED SALMON WITH MUSHROOMS

BAKED DRUMSTICKS AND MIXED SALAD

VIVICA’S KITCHEN ESSENTIALS

(ALPHABETIZED)

HERBED SALT

KETO MAYO

COCONUT SOUR CREAM

MINERAL CHICKEN BROTH

BULLETPROOF TEA



DAILY MEAL PLAN

DAY ONE

THURSDAY

BREAKFAST

BULLETPROOF TEA + CREAMY SCRAMBLED EGGS

LUNCH

TURKEY SALAD

SNACK

½ AVOCADO WITH SEA SALT

DINNER

EASY BAKED SALMON WITH MUSHROOMS

DAY TWO

FRIDAY

BREAKFAST

BULLETPROOF TEA + TURKEY ROLLUPS

LUNCH

NICOISE SALAD

SNACK

1 OZ MACADAMIA NUTS

DINNER

NY STEAK AND CREAMY SPINACH (MAKE EXTRA STEAK FOR TOMORROW'S LUNCH)

DAY THREE

SATURDAY

BREAKFAST

BULLETPROOF TEA + MINI MUSHROOMS SOUFFLES

SNACK

½ AVOCADO WITH SEA SALT

LUNCH

STEAK TACOS (WITH LEFTOVER STEAK)

DINNER

BAKED DRUMSTICKS AND MIXED SALAD
(MAKE ENOUGH FOR LUNCH TOMORROW - KEEP THE BONES FOR

DAY FOUR

SUNDAY

BREAKFAST

BULLETPROOF TEA + NOURISHING EGGS "BENEDICT"

LUNCH

CHICKEN SALAD (WITH LEFTOVER CHICKEN MEAT)

DINNER

TEX-MEX CASSEROLE

DAY FIVE

MONDAY

BREAKFAST

BULLETPROOF TEA + HEMP HEARTS "CEREAL" BOWL

LUNCH

TEX-MEX CASSEROLE LEFTOVER

DINNER

CHICKEN SOUP

DAY SIX

TUESDAY

BREAKFAST

BULLETPROOF TEA + AVOCADO AND SALMON CREAM

LUNCH

CRAB SALAD

LUNCH

CAULIFLOWER BAKE

DAY SEVEN

WEDNESDAY

BREAKFAST

BULLETPROOF TEA + HEMP HEARTS "CEREAL" BOWL

LUNCH

CAULIFLOWER BAKE LEFTOVERS

DINNER

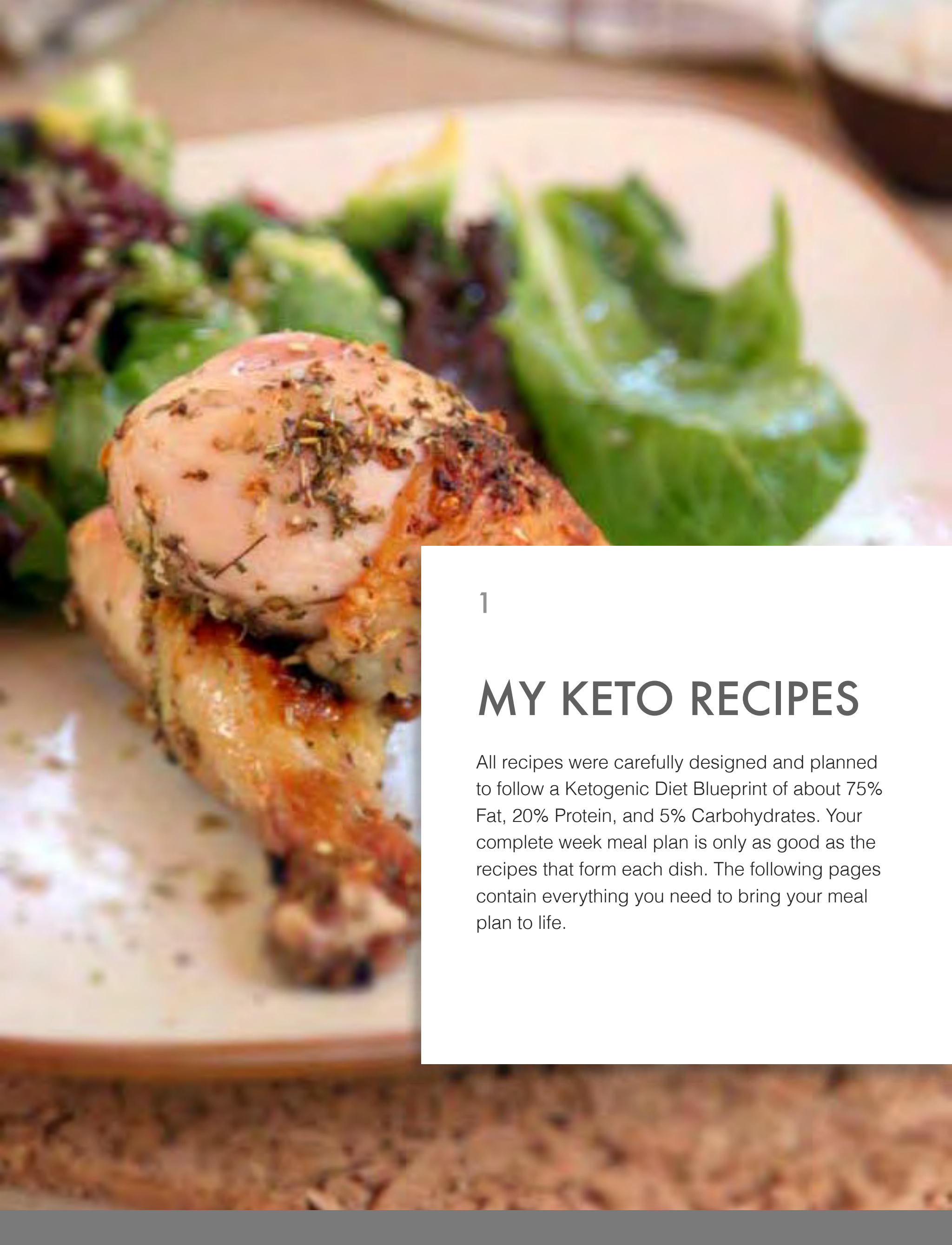
CHICKEN SOUP LEFTOVERS

PLANNING NOTE:

USE YOUR SUNDAY (DAY 4) TO PREPARE CHICKEN BROTH IN THE MORNING AND LET IT SIMMER UNTIL EVENING.

- YOU CAN ALSO PRE-COOK THE CAULIFLOWER BAKE.
- MAKE KETO MAYO
- MAKE HERBED SALT
- MAKE COCONUT SOUR CREAM





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MY KETO RECIPES

All recipes were carefully designed and planned to follow a Ketogenic Diet Blueprint of about 75% Fat, 20% Protein, and 5% Carbohydrates. Your complete week meal plan is only as good as the recipes that form each dish. The following pages contain everything you need to bring your meal plan to life.



TURKEY AND SPINACH SALAD

INGREDIENTS:
(MAKES 1 SERVING)

- 100 grams of Peppered Roasted Turkey Breast Sliced Thin
- 2 cups Earthbound Farms baby greens and spinach mix
- 2 tablespoons Keto Mayo
- 1 to 2 tablespoon Apple Cider Vinegar
- Sea Salt and black pepper to taste

INSTRUCTIONS:

1. CHOP TURKEY AND MIX WELL WITH HALF OF THE MAYO.
2. DILUTE THE REST OF THE MAYO WITH APPLE CIDER VINEGAR AND USE IT TO TOSS THE BABY GREENS.
3. ADD TURKEY ON TOP AND ENJOY!

NUTRITIONAL VALUE:
(PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
4.79g	29g	36.89g	465Kcal

PREP
TIME

5 MIN

TURKEY AND AVO ROLLUPS

INGREDIENTS:

(MAKES 1 SERVING)

- 60 grams of Peppered T-Roasted Turkey Breast Sliced Thin
- 1 Medium Avocado
- 2 tablespoons Keto Mayo
- Sea Salt and black pepper to taste

NUTRITIONAL VALUE:

(PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
18.22g	19.67g	48g	555Kcal

THESE
ARE
SO
GOOD...

PREP
TIME

5 MIN

INSTRUCTIONS:

1. LAY OUT TURKEY SLICES ON A PLATE.
2. SPREAD THE MAYO ON THEM.
3. SLICE AVOCADO ON THE TURKEY.





PROVIDED BY CRAIG CLARKE
[HTTP://WWW.RULED.ME/KETO-FIED/](http://www.ruled.me/keto-fied/)

PREP
TIME

35 MIN

TEX MEX CASSEROLE

INGREDIENTS: (MAKES 2 SERVINGS)

- Casserole Ingredients:
- ½ lb. Ground Beef
 - 1 large Egg
 - 1 tsp. Ground Cumin
 - 1/2 tsp. Garlic Powder
 - 1 tsp. Dried Oregano
 - Celtic sea salt and black pepper to taste
- Processor Ingredients:
- 1/2 whole Red Pepper
 - 3 stalks Green Onion
 - 1 whole Jalapeno
 - 1/4 cup packed fresh cilantro
 - 2 tbsp. Olive Oil

INSTRUCTIONS:

1. PREHEAT OVEN TO 350F.
2. CUT THE STEM OFF OF THE RED PEPPER AND JALAPENO. TAKE OUT THE SEEDS IF YOU DO NOT LIKE SPICY FOOD.
3. ADD ALL "FOOD PROCESSOR" INGREDIENTS INTO A FOOD PROCESSOR.
4. GRIND THEM INTO A FINELY DICED MIXTURE BY PULSING SLOWLY.
5. IN A MIXING BOWL, COMBINE CASSEROLE AND FOOD PROCESSOR INGREDIENTS.
6. MIX TOGETHER WELL WITH YOUR HANDS.
7. PRESS MEAT MIXTURE INTO CASSEROLE DISH.
8. BAKE FOR 30 MINUTES
9. BROIL FOR ADDITIONAL 5 MINUTES TO CRISP THE TOP.

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
5g	25g	32.5g	410Kcal



NY STEAK TACOS

INGREDIENTS: (MAKES 1 SERVING)

- 100 grams of leftover NY steak
- 6 leaves of Organic Romaine Hearts (TJ)
- 2 tablespoons coconut sour cream
- 4 tablespoons of TJ Pico De Gallo Salsa
- Celtic sea salt and black pepper to taste

INSTRUCTIONS:

1. SLICE STEAK IN THIN SLICES
2. WASH AD DRY LETTUCE
3. PLACE STEAK PIECES IN THE LETTUCE “SHELLS’
4. ADD COCONUT SOUR CREAM AND SALSA ON TOP

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
9.25g	20.70g	24.53g	338Kcal

PREP
TIME

5 MIN

A rustic wooden surface serves as the background. In the foreground, a dark, shallow bowl is filled with a mixture of coarse white salt and finely chopped green herbs. To the left, a sprig of fresh green herbs with small white flowers is visible. In the upper right, a glass jar filled with white salt is partially visible, with some salt spilled onto the wooden surface around its base.

KITCHEN ESSENTIAL

HERBED SALT



HERBED SALT

INGREDIENTS: (MAKES 2 SERVING)

- ¼ CUP Celtic Sea Salt, coarse or fine (from the bulk section of Chico Naturals)
- ¼ cup fresh herbs of your choice, finely chopped.

INSTRUCTIONS:

1. MIX HERBS AND SALT UNTIL WELL BLENDED.
2. STORE IN A AIRTIGHT CONTAINER, IN THE REFRIGERATOR
3. WILL KEEP FOR ABOUT A WEEK

PREP
TIME

2 MIN



NY STEAK WITH SPINACH

INGREDIENTS: (MAKES 1 SERVING + leftovers)

- 1 NY Steak (1 portion = 120 gr cooked)
- 3 cups of Baby Spinach (TJ)
- 2 tablespoons Organic Butter
- 1 tablespoon fresh rosemary, chopped finely
- 1 garlic clove
- Celtic sea salt and black pepper to taste

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
10.34g	42g	40.13g	598Kcal

INSTRUCTIONS:

1. PREHEAT THE BROILER TO HIGH& MIX 1 TABLESPOON BUTTER WITH ½ THE GARLIC AND THE ROSEMARY.
3. PUT THE STEAK ON A COOKIE SHEET AND SPREAD THE BUTTER MIX ON IT
4. BROIL ON HIGH UNTIL INTERNAL TEMP REACHES 135 DEGREES ON A MEAT THERMOMETER.
5. REMOVE THE STEAK FROM THE OVEN AND LET REST FOR 5 MINUTES.
6. IN THE MEANTIME PUT THE BUTTER AND THE REST OF THE GARLIC CHOPPED FINELY IN A SMALL SKILLET AND COOK UNTIL THE GARLIC STARTS TO BROWN.
7. ADD THE SPINACH TO THE SKILLET. ADD A BIT OF WATER.
8. LET SPINACH COOK COVERED UNTIL JUST WILTED.
9. SLICE THE STEAK AGAINST THE GRAIN AND SERVE WITH THE SPINACH.



NOURISHING EGGS “BENEDICT”

- INGREDIENTS:
(MAKES 1 SERVING)
- 2 fresh organic (better pastured) eggs
 - 100 grams of raw organic spinach, washed and trimmed from stems
 - 1 clove organic garlic, peeled
 - 3 tablespoons of butter
 - 2 tablespoon coconut oil
 - Celtic sea salt
 - freshly ground black pepper

NUTRITIONAL VALUE:
(PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
6.62g	15.05g	56.41g	597Kcal

- INSTRUCTIONS:
1. MELT 1 TABLESPOON OF BUTTER IN A SMALL SKILLET
 2. SMASH THE GARLIC CLOVE AND ADD IT TO THE SKILLET
 3. AFTER ABOUT A MINUTE ADD THE SPINACH IT SHOULD BE STILL WET FROM THE WASH
 4. COVER WITH A LID AND COOK FOR 2 TO 3 MINUTES STIRRING OCCASIONALLY
 5. REMOVE THE SPINACH FROM THE SKILLET AND KEEP WARM.
 6. IN THE MEANTIME SEPARATE ONE OF THE EGG YOLKS FORM THE WHITE
 7. BREAK THE OTHER EGG AND ADD IT TO THE FIRST EGG WHITE
 8. NOW ADD ANOTHER TABLESPOON OF BUTTER TO THE SKILLET

CONTINUED...

9. FRY THE EGG WITH THE EXTRA EGG WHITE UNTIL DESIRED DONENESS.
10. IN THE MEANTIME MELT THE REMAINING BUTTER WITH THE COCONUT OIL.
11. IN A SMALL FOOD PROCESSOR ADD THE EGG YOLK, A PINCH OF SALT AND A GOOD GRATING OF FRESH BLACK PEPPER
12. START PROCESSING THE EGG, THEN VERY SLOWLY ADD THE HOT BUTTER/COCONUT OIL MIX
13. (MOST FOOD PROCESSORS HAVE A SMALL HOLE IN THE TOP TO ENABLE YOU TO DO THIS)
14. MIX UNTIL A SMOOTH CREAM IS FORMED
15. NOW PUT THE SPINACH ON A WARMED PLATE, ADD THE FRIED EGG ON TOP AND THEN ADD THE SAUCE ON TOP. ENJOY RIGHT AWAY!

IT'S
A
BREEZE!





NICOISE SALAD

INGREDIENTS: (MAKES 1 SERVING)

- 1 organic egg, hard boiled
- 2 oz (56 gr) of jellowfin tuna in oil (TJ)
- 100 grams of Earthbound farm half spring half spinach baby mix
- 5 Kalamata olives
- 1 tablespoon walnut oil
- 1 tablespoon organic Apple Cider Vinegar
- Sea Salt and black pepper to taste

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
5.53g	21.35g	30.6g	379Kcal

INSTRUCTIONS:

1. MIX ALL INGREDIENTS TOGETHER AND ENJOY!

PREP
TIME

5 MIN



**PREP
TIME**

5 MIN

MINI MUSHROOM AND BACON SOUFFLES

INGREDIENTS: (MAKES 1 SERVING =leftovers)

- 2 organic eggs
- 170 grams (6oz) of Giorgio Baby Bella Mushrooms (Costco)
- 2 tablespoon coconut cream
- 30 grams of young green onion cut in thin rounds
- 1 slice uncured bacon, cooked and crumbled
- Celtic sea salt and black pepper to taste

INSTRUCTIONS:

1. PRE-HEAT OVEN TO 350 DEGREEES.
2. CLEAN AND SLICE MUSHROOMS THINLY
3. WHISK EGGS WITH CREAM, UNTIL FROTHY.
4. ADD BACON TO THE EGG MIX.
5. ADD SLICED MUSHROOMS AND ONIONS TO A LARGE RAMEKIN (LARGE ENOUGH TO FIT ALL INGREDIENTS)
6. POUR EGG MIX ONTO THE MUSHROOMS TO COVER THEM.
7. BAKE FOR ABOUT 15 MIN OR UNTIL EGG PUFFS UP AND A TOOTHPICK COMES OUT CLEAN WHEN INSERTED.

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
10.54g	24.75g	26.47g	381Kcal



LEFTOVER ROASTED CHICKEN SALAD

INGREDIENTS: (MAKES 1 SERVING)

- ½ Cup Leftover chicken drumstick meat
- 1 tablespoon keto mayo
- 100 grams Earthbound Farm Organic Half Spring Mix & Half Baby Spinach
- 2 tablespoons apple cider vinegar
- 1 tablespoon walnut oil
- Celtic sea salt
- freshly ground black pepper

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
3.53g	21.43g	37.72g	438Kcal

INSTRUCTIONS:

1. SHRED CHICKEN MEAT AND MIX WITH THE MAYO.
2. TOSS GREENS WITH WALNUT OIL AND VINEGAR.
3. SERVE ON TOP OF THE GREENS.

PREP
TIME

10 MIN

A glass jar filled with a creamy, yellowish-white keto mayo, speckled with small dark seeds. A silver spoon is scooped out a dollop of the mayo, resting on a dark wooden surface. In the background, there are blurred images of a lemon slice and a cracked eggshell.

**KITCHEN
ESSENTIAL**

KETO MAYO



KETO MAYO

INGREDIENTS: (MAKES 1 SERVING)

- ¼ cup MCT oil
- ¾ cup walnut oil
- 1 tablespoon Apple Cider Vinegar
- 1 tablespoon Lemon Juice
- 1 whole organic egg + 1 egg yolk AT ROOM TEMPERATURE!
- ½ teaspoon mustard
- 1 Pinch of Sea Salt

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
0g	2.8g	18g	169Kcal

INSTRUCTIONS:

1. PUT ALL THE INGREDIENTS IN A LARGE MOUTH JAR, STARTING WITH THE EGGS AND MUSTARD, AND ADDING THE OILS SLOWLY ON TOP.
2. PLACE THE IMMERSION BLENDER ALL THE WAY TO THE BOTTOM OF THE JAR.
3. WITHOUT MOVING IT TURN IT ON AND RUN IT UNTIL ALL THE INGREDIENT HAVE BLENDED TOGETHER AND MAYONNAISE HAS FORMED

PREP
TIME

5 MIN



HEMP HEART CEREAL BOWL

INGREDIENTS: (MAKES 1 SERVING)

- 1/3 cup, 80 ml Trader Joe's Coconut Cream or Coconut Sour Cream (recipes)
- 3 tablespoons Hemp Hearts (Costco)
- 10 grams raw pecans
- ½ teaspoon vanilla extract
- sprinkle of organic cinnamon

INSTRUCTIONS:

1. PUT ALL INGREDIENTS IN A BOWL AND ENJOY!

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
8.43g	13.07g	36.14g	411Kcal

PREP
TIME

1 MIN

A glass jar filled with white coconut sour cream, topped with a light-colored cloth. In the foreground, a small white ceramic bowl also contains a dollop of the same cream. The background is a dark, textured surface.

COCONUT SOUR CREAM

**KITCHEN
ESSENTIAL**



PREP
TIME

5 MIN

COCONUT SOUR CREAM

INGREDIENTS: (MAKES 1 SERVING)

- 1 Can coconut milk, full fat
- 1 Tablespoon Coconut Yogurt (from health food store)

INSTRUCTIONS:

1. LET A CAN OF COCONUT MILK SIT IN THE FRIDGE OVERNIGHT. THE FATTY PART OF THE COCONUT MILK—THE COCONUT CREAM— WILL HAVE RISEN TO THE TOP. SCOOP THIS OFF INTO ANOTHER CONTAINER. YOU CAN DISCARD THE WATERY PART OR KEEP IT FOR OTHER USE.
2. LET THE COCONUT CREAM SOFTEN AT ROOM TEMPERATURE. NOW WHISK IN A TEASPOON OF YOGURT STARTER—OR, FOR THAT MATTER, OF YOGURT; YOU CAN BUY COCONUT YOGURT AT HEALTH FOOD STORES IF YOU HAVE TO BE STRICTLY DAIRY-FREE. WHISK THE WHOLE THING UP THOROUGHLY.
3. PUT ON THE LID, AND PUT YOUR COCONUT CREAM IN A WARM PLACE. A YOGURT MAKER IS IDEAL, IF YOU HAVE ONE. OR A SMALL COOLER HALF FILLED WITH HOT WATER. LET YOUR COCONUT CREAM INCUBATE FOR 12 HOURS OR SO—I LET MINE SIT OVERNIGHT.

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
0g	0g	33g	360Kcal



CREAMY SCRAMBLED EGGS

INGREDIENTS: (MAKES 1 SERVING)

- 2 organic eggs
- 4 tablespoons coconut cream
- 2 tablespoon butter
- 2 oz chopped parsley, cilantro or fresh herb of your choice
- 1 Pinch of Sea Salt

INSTRUCTIONS:

1. IN A BOWL WHISK ALL INGREDIENTS TOGETHER EXCEPT THE BUTTER.
2. IN A SKILLET MELT THE BUTTER, THEN ADD THE EGG MIX.
3. STIR CONTINUOUSLY FOR ABOUT 4 MINUTES, OR UNTIL EGGS ARE DONE BUT NOT OVERCOOKED.

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
4.04g	7.69g	26.05g	276Kcal

PREP
TIME

8 MIN



CRAB SALAD

INGREDIENTS: (MAKES 1 SERVING)

- 100 gr canned crab meat (TJ)
- 1 tablespoon keto mayo
- 100 grams Earthbound Farm Organic Half Spring Mix & Half Baby Spinach
- 2 tablespoons apple cider vinegar
- 1 tablespoon walnut oil
- Celtic sea salt
- freshly ground black pepper

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
3.53g	19.44g	33.39g	384Kcal

INSTRUCTIONS:

1. DRAIN CRAB MEAT AND MIX WITH THE MAYO.
2. TOSS GREENS WITH WALNUT OIL AND VINEGAR.
3. SERVE ON TOP OF THE GREENS.

PREP
TIME

5 MIN



CHICKEN SOUP

INGREDIENTS: (MAKES 1 SERVING)

- 1 quart Mineral Chicken Broth (see recipes)
- ½ Cup leftover chicken drumstick meat
- 2 small chopped green onion
- ½ cup chopped celery
- 1 pack Miracle Noodles* or 1 zucchini
- 2 tablespoons butter
- 1 bay leaf
- Celtic sea salt & freshly ground black pepper

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
8.53g	12.48g	34.92g	385Kcal

INSTRUCTIONS:

1. PEEL AND CUT ZUCCHINI WITH A VEGGIE CUTTER OR BY HAND TO RESEMBLE NOODLES OR RINSE MIRACLE NOODLES AND SET ASIDE.
2. IN A LARGE STOCK POT, SAUTE CELERY AND ONION IN BUTTER UNTIL SOFT.
3. ADD CHICKEN, CHICKEN BROTH, BLACK PEPPER, BAY LEAF.
4. SIMMER FOR 30 MINUTES. ADD NOODLES, AND SIMMER FOR 10 MORE MINUTES

*MIRACLE NOODLES CAN BE FOUND ONLINE AT AMAZON

PREP
TIME

55 MIN



AVOCADO AND SALMON CREAM CHEESE

INGREDIENTS: (MAKES 1 SERVING)

- ½ organic avocado
- 100 grams of Smoked Salmon (TJ)
- 2 tablespoons coconut sour cream
- Juice of ½ organic lemon
- Celtic sea salt
- freshly ground black pepper

INSTRUCTIONS:

1. IN A SMALL FOOD PROCESSOR BLEND ALL INGREDIENTS EXCEPT THE AVOCADO.
2. FILL THE AVOCADO WITH THE SALMON CREAM. ENJOY!

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
13.89g	26.07g	26.09g	374Kcal

PREP
TIME

55 MIN



CAULIFLOWER BAKE

INGREDIENTS: (MAKES 1 SERVING)

- 1/4 whole cauliflower, (2 cups cauliflower “rice”)
- 2 tablespoons minced shallot
- 2 eggs – separated
- 1/2 cups coconut cream
- 1 teaspoon celtic sea salt
- 1/4 teaspoon nutmeg & pepper
- 2 oz chopped pecans
- cayenne pepper to taste

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
4.79g	29g	36.89g	465Kcal

INSTRUCTIONS:

1. PREHEAT OVEN TO 350.
2. GREASE AN 8X8 BAKING PAN WITH BUTTER OR COCONUT OIL.
3. TRIM THE LEAVES AND THE VERY BOTTOM OF THE STEM FROM YOUR CAULIFLOWER, WHACK THE REST INTO CHUNKS, AND RUN THROUGH THE SHREDDING BLADE OF YOUR FOOD PROCESSOR. DUMP YOUR CAULIFLOWER “RICE” IN A BIG MIXING BOWL.
4. MINCE YOUR SHALLOT QUITE FINE - I DO THIS WITH A KNIFE AND CUTTING BOARD, BECAUSE REALLY THE FOOD PROCESSOR IS TOO BIG FOR THIS LITTLE JOB. ADD TO THE CAULIFLOWER “RICE”. TOSS EVERYTHING TOGETHER UNTIL IT’S ALL WELL-DISTRIBUTED.
5. SWAP OUT THE SHREDDING DISC FOR THE S-BLADE, AND CHOP YOUR WALNUTS TO A MEDIUM CONSISTENCY.

INSTRUCTIONS:

6. YOU'LL NEED ANOTHER TWO BOWLS, ONE NARROW AND DEEP FOR WHIPPING IN. SEPARATE YOUR EGGS, PUTTING THE YOLKS IN ONE BOWL, AND THE WHITES IN THE NARROW AND DEEP BOWL. DO YOURSELF A FAVOR AND SEPARATE THEM INTO A CUSTARD CUP, ONE AT A TIME, IN CASE A YOLK BREAKS. EVEN A TINY BIT OF YOLK IN YOUR WHITES WILL KEEP THEM FROM WHIPPING.
7. ADD THE COONUT CREAM, SALT, NUTMEG, AND PEPPER TO THE YOLKS, AND WHISK THE WHOLE THING UP.
8. WHIP THE WHITES UNTIL THEY'RE STIFF BUT NOT DRY.
9. NOW, POUR THE YOLK AND CREAM MIXTURE INTO THE CAULIFLOWER AND SHALLOT. STIR IT IN WELL.
10. USE A RUBBER SCRAPER TO FOLD THE WHIPPED EGG WHITES INTO THE CAULIFLOWER MIXTURE. DUMP THE WHOLE THING IN YOUR PREPARED 8X8 PAN, SPREADING EVENLY.
11. SPRINKLE THE CHOPPED PECANS EVENLY OVER THE TOP. DUST LIGHTLY WITH CAYENNE.
12. BAKE FOR 45 MINUTES. CUT IN SQUARES TO SERVE.

**PREP
TIME**

70 MIN



BULLETPROOF TEA

**KITCHEN
ESSENTIAL**



BULLETPROOF TEA

- INGREDIENTS:**
(MAKES 1 SERVING)
- Vanilla Rooibos tea (I use Celestial Seasonings)
 - 1 Tablespoon MCT oil
 - 1 Tablespoon Coconut oil OR Organic Butter

- INSTRUCTIONS:**
1. BREW YOUR TEA AS USUAL.
 2. REMOVE TEA BAG AND PUT CONTENTS IN A BLENDER.
 3. ADD MCT OIL AND OTHER FAT OF CHOICE
 4. BLEND ON HIGH FOR 30 SECONDS
 5. ENJOY HOT!

NUTRITIONAL VALUE:
(PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
0g	0g	25g	200Kcal

PREP
TIME

5 MIN



PREP
TIME

5 MIN

BAKED SALMON WITH MUSHROOMS

INGREDIENTS: (MAKES 1 SERVING)

- 200 grams of wild caught salmon filets
- 255 grams (9oz) of Baby Bella mushrooms (Costco)
- 2 teaspoons fresh thyme, chopped finely (you can substitute rosemary or other herb)
- 3 tablespoons Organic Butter
- 2 garlic cloves
- Sea Salt and black pepper to taste

NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
4.79g	29g	36.89g	465Kcal

INSTRUCTIONS:

1. PREHEAT OVEN TO 375 DEGREES.
2. PUT SALMON ON A LARGE PIECE OF FOIL, ON A COOKIE SHEET, SKIN SIDE DOWN.
3. COMBINE MELTED BUTTER WITH THYME AND GARLIC IN A FOOD PROCESSOR OR PESTLE.
4. SPREAD HALF THE MIXTURE ON THE SALMON
5. CLEAN AND CHOP THE MUSHROOMS AND ARRANGE AROUND THE SALMON.
6. SPREAD THE REST OF THE MIXTURE ON THEM.
7. SPRINKLE WITH SALT AND PEPPER.
8. CLOSE FOIL AROUND LEAVING AN OPENING ON TOP FOR STEAM.
9. BAKE FOR 15 TO 20 MIN DEPENDING OF THE THICKNESS



BAKED DRUMSTICKS AND MIXED SALAD

INGREDIENTS: (MAKES 1 SERVING)

- 2 Organic Chicken drumsticks (120grams cooked = 1 portion)
- 100 grams Earthbound Farm Organic Half Spring Mix & Half Baby Spinach
- 1 tablespoon fresh tarragon leaves, finely chopped
- 1 garlic clove, mashed
- ½ Avocado
- 4 tablespoons of organic apple cider vinegar
- 1 teaspoon MCT oil & Walnut oil
- 3 tablespoons Hemp Hearts
- Celtic sea salt and black pepper to taste

INSTRUCTIONS:

1. MIX TARRAGON LEAVES WITH HALF THE VINEGAR, GARLIC AND A PINCH OF SEA SALT
2. RUB THE MIX ON CHICKEN LEGS, THEN PLACE THEM ON A BAKING SHEET.
3. BAKE CHICKEN 45 MINUTES AT 375 DEGREES OR UNTIL JUICES RUN CLEAR.
4. IN THE MEANTIME PREPARE THE SALAD: CUT THE AVOCADO IN SMALL PIECES.
5. PLACE SALAD IN A BOWL, ADD THE AVOCADO.
6. MIX WALNUT OIL, MCT OIL, THE REST OF THE VINEGAR AND A PINCH OF SEA SALT TO FORM A DRESSING.
7. POUR DRESSING ON THE SALAD AND TOP WITH HEMP HEARTS.
8. SERVE CHICKEN WARM NEXT TO THE SALAD.

BAKED DRUMSTICKS AND MIXED SALAD

PREP
TIME

5 MIN



NUTRITIONAL VALUE: (PER SERVING)

CARBS	PROTEIN	FAT	CALORIES
4.79g	29g	36.89g	465Kcal

A tall, clear glass filled with a light-colored, slightly cloudy liquid, identified as mineral chicken broth. The surface of the liquid is covered with a thin layer of white foam. Several fresh green herbs are floating on top, including a large sage leaf, a sprig of thyme, and other leafy greens. The glass sits on a blue, textured cloth, which is placed on a light-colored wooden cutting board. In the top left corner, there is a red circular graphic containing the text 'KITCHEN ESSENTIAL' in white, bold, sans-serif capital letters.

**KITCHEN
ESSENTIAL**

MINERAL CHICKEN BROTH



SUPERCARGED MINERAL CHICKEN BROTH

INGREDIENTS: (MAKES 1 SERVING)

- BROTH
- 1 CHICKEN BROTH PACK (MISC. CHICKEN BONES, CHICKEN FEET, NECK)
- 2 SMALL ONIONS OR SHALLOTS
- 1 HEAD OF GARLIC
- 1 BUNCH MIXED FRESH HERBS
- 1 TEASPOON WHOLE BLACK PEPPERCORNS
- 1 OR 2 BAY LEAVES
- 2 TABLESPOONS CELTIC SEA SALT
- 2 TABLESPOONS APPLE CIDER VINEGAR
- 4 QUARTS FILTERED WATER
- SUPERCARGE :1 BUNCH OF FRESH ORGANIC HERBS

INSTRUCTIONS:

1. PUT ALL THE BROTH INGREDIENTS IN 1. A LARGE STOCK POT AND LET SIT FOR AN HOUR.
2. COOK ON A VERY LOW FLAME FOR 8 TO 12 HOURS. THEN, LET COOL.
3. SEPARATE THE MEAT OFF THE BONES (IF THERE IS ANY) FOR FUTURE USE AND STRAIN THE BROTH.
4. WASH THE HERBS WELL.
5. WARM UP A SERVING OF BROTH TO DESIRED TEMPERATURE, SHOULD NOT BE BOILING. (140 MAX)
6. PUT YOUR SERVING OF BROTH AND A LARGE HANDFUL OF HERBS IN THE BLENDER AND BLEND WELL ON HIGH.
7. STRAIN THE BROTH IN A FINE MESH COLANDER.
8. CONSUME IMMEDIATELY WITHOUT RE-HEATING.



2

FIND YOUR INGREDIENTS

We're all busy people. We all have lives outside our homes, and for most of us, we spend the majority of our days thinking about our meals. Thinking ahead and planning our meals not only assures we can healthy within the parameters of the Ketogenic Diet, but also saves us time and money! The following shopping list helps takes the guess work out of planning and preparing this wonderful meal plan.

GOOD AND BAD FOODS

BEST	ACCEPTABLE	AVOID!
Proteins:		
Pastured Beef, Lamb, Chicken And Turkey (Grass-Fed And Finished)	Pastured/ Organic Pork Organic Beef And Lamb	Factory Farmed Beef, Chicken,
Wild Caught Sockeye Salmon	Organic Eggs.	Farmed Salmon
Small Fatty Fish: Sardines, Anchovies		Farmed Fish. (Tilapia)
Low Mercury Wild Caught Fish: Trout, Sole, Haddock	Wild Caught Seafood (Shrimp, Scallops Etc)	
Pastured Eggs	Organic Eggs.	
Organic Egg White Protein	Standard Egg White Protein	
Undenatured Whey Protein	Heat Processed Whey Protein, Pea Protein, Rice Protein	Soy Protein , Wheat Protein
Organic Gelatin	Regular Gelatin	
	Raw Milk	Pasturized Milk
	Raw Cheese	Pasturized Cheese
Organic Chia Seeds	Standard Chia Seeds	
Fats		
Pastured, Raw Butter	Organic Butter	Standard Pasturized Butter
Organic, Unprocessed Coconut Oil	Non Organic Coconut Oil	Vegetable Oils (Canola, Safflower, Sunflower, Soybean, Cottonseed, Peanut Etc)
Cocoa Butter		
Organic Extra Virgin Olive Oil	Non Organic Extra Virgin Olive Oil	Lite Olive Oil / Standard Olive Oil
Avocado Oil		
Cold Pressed Sesame Oil	Sesame Oil	
Cold Pressed Walnut Oil		Heated Nut Oils
Pastured Lard/Bacon Fat	Organic Lard/ Bacon Fat	Standard Lard/ Bacon Fat
		Margarine
Organic, Raw Nuts And Nut Butters	Organic Roasted Nuts	Standard Roasted Nuts
Fermented Cod Liver Oil		Standard Fish Oils
Nuts / Legumes		
Organic Raw Macadamias , Pecans, Brasil Nuts	Organic And Standard Raw Almonds, Cashews, Hazelnuts, Walnuts	Standard Roasted Nuts
Coconut	Pistachios, Pine Nuts	Dry Beans, Peas And Other Legumes
Olives		Peanuts
Avocado		Soy / Soy Beans

BEST	ACCEPTABLE	AVOID!
Dairy		
Raw Pastured Butter	Organic Butter	Standard Butter
Raw Pastured Milk		All Pasturized Dairy (Cheese, Milk, Yogurt Etc)
Raw Cheese		All Low-Fat, Fat Free Dairy Dairy (Cheese, Milk, Yogurt Etc)
Organic Raw Goat Milk/ Cheese	Standard Goat Milk/ Cheese	Condensed Milk, Evaporated Milk, Powdered Milk.
Raw Milk Yogurt	Organic Yogurt (Cow Milk)	
Vegetables		
Asparagus	Bell Pepper	Beets
Avocado	Bock Choy Stems	Brussel Sprouts
Beet Greens	Eggplant	Butternut Squash
Broccoli	Green Beans	Carrots
Cabbage	Green Onions	Jicama
Cauliflower	Okra	Leeks
Celery	Pickles, Tomatoes	Pumpkin
Chards	Onion	Rutabaga
Chicory	String Beans	Turnips
Collard Greens	Summer Squash	Winter Squash
Cucumber	Zucchini Squash	Celeriac
Endive	Kohlrabi	Sunchokes
Escarole	Bok Choy Greens	All Beans
Garlic	Bamboo Shoots	All Lentils
Kale	Bean Sprouts	Potatoes
Lettuces	String Beans	Yams
Mushrooms		Sweet Potatoes
Mustard Greens		
Parsley		
Radishes		
Sauerkraut		
Spinach		
Turnip Greens		
Bevergages		
Spring Water, Glass Bottled		Unfiltered Tap Water
Reverse Osmosis Water		Sodas, Diet Sodas
Tested Well Water		Sports Drinks
Sparkling Mineral Water		Sweetened drinks
Water With Peppermint Spirits / Edible Essential Oils		Canned And Bottled Juices
Homemade Almond Milk /Coconut Milk, Unsweetened	Commercial Almond/ Coconut Milk, Unsweetened.	Soy Milk, Sweetened, Flavored Nut Milks
Raw Milk (Moderation)		Pasturized Milk
Herbal Teas		
Home Brewed Ice Tea		
Bone Broth	No MSG Organic Boullion Cube	Standard Boullion Cube

FATS		
	Costco	TJ
*Coconut Oil	Nutiva - ORG 78oz - \$22.99	TJ -ORG 16oz – \$5.99
*Butter	ORG – Unsalted 2lb- \$6.99	Kerrygold PAS 8oz- \$3.19
*Ghee		TJ – NOT 8oz - \$3.29
*Walnut Oil		
*Coconut Cream		TJ –NOT 14oz Can-\$1.49

NUTS & SEEDS		
	Costco	TJ
*Chia Seeds	ORG 32oz - \$13.99	TJ - NOT
*Hemp Hearts	Nutiva – ORG \$12.99	
*Macadamias	Kirk. – NOT 1.5lb - \$15.99	TJ –NOT 10oz - \$8.49
Pumpkin Seeds	ORG \$8.99	
*Pecan Pieces	Kirk. – NOT 2lb - \$12.99	TJ- NOT 8oz - \$3.99

VEGGIES		
	Costco	TJ
*Avocado	Haas – NOT 6 count \$6.50	TJ – ORG 4 count \$4.29
Celery		TJ - ORG
Kale		TJ- ORG 10oz \$2.99
Green onions		
Romaine Lettuce Hearts	Kirkland NOT \$2.99	TJ- ORG 3 count \$2.49
Red Bell Peppers		TJ – ORG 2 count \$2.99
Pico De Gallo Salsa		TJ - NOT 12oz - \$2.49
Jalapeño Peppers		
Mushrooms	Bellas – NOT 24oz - \$4.79	TJ Stuf. Bellas 6oz - \$299
Baby greens mix organic	Earthbound Farms \$3.69	

LEGEND			
ORG= Organic	NOT = Not organic	PAS = pastured /grass fed	* = Keto Pantry Staples

MEATS		
	Costco	TJ
*Turkey Bacon	Columbus- NOT 2.5lb - \$9.99	TJ Uncured NOT 8oz - \$3.49
Chicken Drumsticks	Coleman ORG 1lb - \$1.99	TJ – ORG 1lb- \$1.99
Ground Beef	Kirkland OR 4lb - \$17.99	
NY Steak	USDA ch. NOT 1lb - \$8.99	TJ –NOT 1lb - \$8.99
Roasted Chicken Breast Deli Meat	No Nitrates NOT 2lb -12.99 True Story ORG 1.25lb - \$12.99	Columbus NO 8oz - \$4.99
Oven Roasted Turkey Breast Deli Meat	Columbus NOT 1lb - \$6.89 True Story ORG 1.25lb - \$13.99	Columbus NO 8oz - \$4.99
Fresh / Frozen Salmon Wild Caught	Fresh -Wild 1lb - \$13.99	Frozen- Wild 1lb - \$8.99
*Smoked Salmon Wild	Kirkland – Wild 2 pk- \$18.49	TJ Nova Wild 8oz- 9.99
Shrimp, Whole Fresh or Frozen	Fresh – Farmed 1 lb - \$12.99	Frozen –Wild 1lb - \$8.99
Crab Meat Canned	NOT 1lb - \$16.99	TJ –NOT 6 oz can - \$1.99
Tuna, canned in Oil		
*Sardines, Canned in Oil		TJ –NOT 1 can - \$2.49
Eggs	Kirkland ORG 24 count \$6.49	Organic Free R. 12 count \$4.49

OTHER		
	Costco	TJ
*Black Kalalmata Olives	Pantheon NOT 52oz - \$7.39	TJ – NOT 6.5oz \$2.99
Miracle Noodles		
*Organic Cinnamon		
*Psyllum Husk	Kirkland NOT 37oz- \$19.99	TJ –NOT 12oz - \$6.49
*Vanilla Flavor		TJ – NOT 4oz - \$4.99
*Unrefined Celtic Sea Salt	Himalaian Pink 13oz - \$3.99	
*Coconut Four	Nutiva – ORG 4 lb - \$6.99	
Apple Cider Vinegar		Buy here cheaper



I hope you enjoyed this meal plan as much as I enjoyed making it for you.

This is just a small sample of the amazing tools available to you inside The Healing Foods Method Group Coaching.

Complete your application in full at the link below to schedule your complimentary Healing Foods strategy call. See if you qualify for the next Healing Foods Method Group Coaching. Spots are limited.

<http://thenourishedcaveman.com/call>