

Monday



Lemon-baked chicken thighs with cauliflower mash

Tuesday



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Keto carnitas

Wednesday



Keto carnitas



Carne asada with avocado salad

Thursday



Carne asada with avocado salad



Keto sheet pan fajitas

Friday



Keto sheet pan fajitas



Ribeye steak with loaded cauliflower mash

Saturday



Ribeye steak with loaded cauliflower mash



Steak and veggie kebabs

Sunday



Steak and veggie kebabs



Pepper-crusted beef tenderloin with herbed steak sauce

Lemon-baked chicken thighs with cauliflower mash

Monday dinner, Tuesday lunch



🕒 195 + 35 m | medium

Tender and flavorful lemon-baked chicken thighs marinated in a delicious tangy sauce - crispy perfection! Serve with creamy cauliflower mash. Editor's note: In 2020, this recipe was one of the top 10 most popular Diet Doctor recipes. We hope you love it as well!

1 + 1 serving (dinner + lunch)

Ingredients

Chicken thighs

450 g chicken thighs
(bone-in with skin)

30 ml olive oil

30 ml lemon juice

1 tbsp red wine vinegar

1 ½ tbsp fresh oregano,
finely chopped

1 tsp fresh thyme, finely
chopped

1 garlic cloves, minced

1 tsp salt

¼ tsp ground black pepper

Cauliflower mash

220 g cauliflower

90 ml (30 g) shredded
Parmesan cheese

55 g unsalted butter,
melted

¼ lemons, juice and zest

½ tbsp olive oil (optional)

Instructions

Chicken thighs

- 1 Combine the marinade ingredients in a mixing bowl or large ziplock bag. Add the chicken thighs and toss to coat fully.
- 2 Cover or seal and place in the fridge for at least 3 hours, turning every now and then, if possible.
- 3 Pre-heat the oven to 400°F (200°C). Line one large or two regular baking trays with parchment paper.
- 4 Remove the chicken thighs from the marinade, and place them skin-side up, on the tray(s).
- 5 Bake for 30-35 minutes, or until internal temperature is 165°F (74°C), and the skin is golden brown. Let rest for 5-10 minutes before serving.

Cauliflower mash

- ① Cut the cauliflower into florets.

- ② Bring a pot of lightly salted water to a boil over high heat. Add the cauliflower and boil for a couple of minutes – just enough so the florets are tender but retain a somewhat firm texture. Strain the cauliflower in a colander, and discard the water.

- ③ Add the cauliflower to a food processor, along with the remaining ingredients, and pulse until it reaches a smooth and creamy consistency. You can also use an immersion blender.

- ④ Season with salt and pepper to taste. Add more olive oil or butter if you wish.

Tips

This dish is perfect to prepare in the morning, marinate all day, and then bake at night.

For extra lemon flavor, add slices of lemon to the baking tray to roast.

Keto carnitas

Tuesday dinner, Wednesday lunch



1 + 1 serving (dinner + lunch)

Ingredients

450 g pork shoulder
 2/5 tbsp ground cumin
 1/5 tbsp chili powder
 1/5 tbsp garlic powder
 2/5 tbsp dried oregano
 1/5 tsp salt
 5.5 g fresh or pickled jalapeños
 1/5 oranges, zest and juice
 1/5 limes, the juice
 1/5 lemons, the juice
 11 g coconut oil (optional)
 1/5 (22 g) yellow onions, sliced (optional)
 2/5 (55 g) green bell peppers, sliced (optional)

Serving

1 (200 g) avocados, diced
 3/4 (85 g) tomatoes, diced
 8.5 g fresh or pickled jalapeños
 45 ml (21 g) cheddar cheese, shredded

🕒 25 + 720 m | medium

Carnitas are great for feeding a crowd. Roast or smoke the pork or cook it in a slow cooker for busy days. Just be sure to follow the final step of browning the meat in some of the roasting juices. The browned bits are where the magic happens.

Instructions

- 1 Mix the dry spices and rub them on the meat. Place the meat fatty side up into a slow cooker, and add the remaining seasonings.
- 2 Sprinkle jalapeños over the pork shoulder. Pour fresh orange zest and juice, lime juice and lemon juice, over the pork. Cook on low in the slow cooker for 10-12 hours or overnight.
- 3 When the meat is tender, remove it from the slow cooker and chop into smaller chunks. Reserve the drippings and add to a pot. Over medium high heat, reduce drippings in half.
- 4 Optional step: Warm the coconut oil in a large pan over medium high heat. Sauté the onions and peppers until tender, and set aside in a bowl.
- 5 Add some of the reduced drippings to the pan. Once drippings are hot, add pork, and fry until the pieces are browned and crispy. Continue this process until all pork is fried. Getting the meat crisped up is really important in making it so delicious!

45 ml sour cream

25 ml (1.7 g) fresh cilantro,
chopped

- 6 Serve with avocado, tomato, jalapeño, shredded cheese, sour cream.
Don't forget the fresh cilantro!

Tip

Dice up some limes and squeeze lime juice over each serving!

Recommended special equipment

Slow cooker.

Carne asada with avocado salad

Wednesday dinner, Thursday lunch



🕒 30 + 18 m | medium

This easy carne asada made in the oven is perfect for winter days. A hearty beef dish full of flavor. Marinated in citrus and onion, you get all the tangy flavors without the carbs. Simple avocado salad on the side makes this meal elegant, and satisfying, yet light!

1 + 1 serving (dinner + lunch)

Ingredients

Carne asada

1 lemons, juice
 ½ oranges, juice
 1 tsp salt
 ½ tsp ground black pepper
 ½ tsp ground cumin
 1 tsp dried coriander (cilantro) leaves
 ½ tsp dried oregano
 ½ (55 g) large yellow onions, diced
 1 garlic cloves, minced
 1 tbsp cider vinegar
 30 ml avocado oil or olive oil
 450 g flank steak
 fresh cilantro, to garnish

Avocado salad

1 ½ (300 g) avocados, sliced
 ¼ (28 g) large red onions, thinly sliced
 1 tbsp olive oil

Instructions

Instructions are for 4 servings. Please modify as needed.

- 1 Squeeze the lemons and orange into a large bowl or a ziplock bag. Add in the seasonings, onion, garlic, apple cider vinegar, and avocado oil. Mix well.
- 2 Put the steak in the bag or bowl and toss to coat with marinade. Let sit in the marinade at room temperature one hour before cooking. If marinating over-night for maximum flavor, put it in the fridge, turning over once halfway through.
- 3 Preheat the oven to 500°F (250°C) on broil or prepare the grill.
- 4 Place a cooling rack over your sheet pan and brush with fat. Set the meat on the pan (with the rack), directly under the broiler. Broil for 9 minutes, flip over and broil another 9 minutes.
- 5 Remove the meat from the oven and place it on a cutting board to rest for 10 minutes.

1 tbsp cider vinegar

$\frac{1}{8}$ tsp coarse salt

- 6 While the meat rests prepare the avocado salad. Peel and seed the avocado. Put the cut side down and slice the avocado into thin slices.

- 7 Add the avocado and red onion to the bowl. Drizzle in olive oil and apple cider vinegar. Sprinkle coarse salt over the salad.

- 8 Slice the steak against the grain in thin slices.

- 9 Serve the steak with fresh cilantro and the avocado salad. Enjoy!

Tip!

You can use any combination of citrus for the marinade. All lemon or lime, or all orange too! If you like some heat, you can add one fresh jalapeño to the mix too! If you have the possibility to grill, you really should spend the extra time to grill the meat instead of using the oven. Make sure not to over-cook it. An inner temperature around 130-135°F (54-57°C) is optimal.

Keto sheet pan fajitas

Thursday dinner, Friday lunch



1 + 1 serving (dinner + lunch)

Ingredients

½ tbsp chili powder
½ tbsp paprika powder
1 tsp dried oregano
1 tsp ground cumin
½ tsp salt
325 g chicken breasts, sliced into strips
½ (60 g) sliced red bell peppers
½ (55 g) yellow onions, sliced
1 garlic cloves minced
30 ml olive oil
1 tbsp lime juice
14 g (210 ml) fresh cilantro, for garnish

🕒 15 + 20 m | easy

Keto sheet pan meals are amazingly easy and require minimal clean-up. Delicious chicken fajitas are no exception. Just slice, mix, spread, and into the oven it goes. If you prep the ingredients in advance, you'll have dinner on the table in less than 25 minutes!

Instructions

Instructions

- 1 Preheat oven to 400°F (200°C).
- 2 Mix the chili powder, paprika, oregano, cumin, and salt in a small bowl and set aside.
- 3 Put the chicken strips, bell peppers, onion, garlic, oil, and lime juice in a large bowl and mix to distribute the oil and lime juice thoroughly. Sprinkle in the spice mixture and toss to coat the chicken and vegetables.
- 4 Spread the seasoned chicken and veggies on the sheet pan in a single layer. Bake for 20-25 minutes, stirring halfway through the baking time until the chicken is cooked through and tender. If you enjoy a little char on your fajitas, you can place the pan under the broiler for 3 to 5 minutes at the end before serving.
- 5 Garnish with fresh cilantro and serve.

Tip

Refrigerate leftovers for up to 5 days.

Make a double batch of the spice mix and store it in the refrigerator to make fajitas even more quickly.

Ribeye steak with loaded cauliflower mash

Friday dinner, Saturday lunch



1 + 1 serving (dinner + lunch)

Ingredients

Loaded cauliflower mash

325 g cauliflower, cut into florets

14 g butter, room temperature

55 g (55 ml) cream cheese, room temperature

salt and ground black pepper, to taste

55 g bacon, chopped

120 ml (55 g) shredded cheddar cheese

7 g (17 ml) scallions, thinly sliced

60 ml sour cream

Ribeye steaks

450 g ribeye steaks or pork tenderloin, room temperature

salt and ground black pepper, to taste

½ tbsp ghee or refined coconut oil

¼ tbsp butter

🕒 20 + 25 m | medium

Juicy, tender steak seared in garlic butter. Served with a creamy cauliflower mash that is stacked with crispy bacon, melted cheese, sour cream, and scallions.

Instructions

Instructions are for 4 servings. Please modify as needed.

Loaded cauliflower mash

- 1 Preheat the oven to 400°F (200°C). Set aside an 8 x 8" (20 x 20 cm) baking dish, or individual, oven-to-table baking dishes.
- 2 Bring a pot of lightly salted water to a boil, over high heat. Add the cauliflower and boil for a few minutes until the florets are tender, yet retain a semi-firm texture. Strain the cauliflower in a colander and discard the water.
- 3 Using a food processor or an immersion blender, blend the cauliflower, butter, and cream cheese together until it becomes a smooth and creamy consistency. Salt and pepper to taste.
- 4 Fry the bacon in a large frying pan over medium heat, for 10-15 minutes or until crispy. Place bacon on paper towels to absorb excess fat.
- 5 Transfer the cauliflower mash to the baking dish(es) and top with cheddar cheese and bacon. Bake on the middle rack, for about 15 minutes or until the cheese is lightly browned and bubbling. Meanwhile, prepare the steaks.

1 garlic cloves, crushed

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- 6 Generously season both sides of the steaks with salt and pepper.

 - 7 Heat a large frying pan over high heat. When hot, add the ghee or oil. Place the steaks in the pan, and press down with a spatula to ensure that contact is made with the surface of the pan. After a couple of minutes, add the butter and crushed garlic. Spoon the garlic butter over the steaks frequently, while searing. Sear for 4-5 minutes per side (depending on the desired doneness), until sides are browned. To cook the beef to medium-rare, cook until the internal temperature reaches 130°F or 55°C.

 - 8 Transfer the steaks from the pan to a plate or cutting board. Cover with aluminum foil and rest for about 10 minutes before serving.

 - 9 Garnish the loaded cauliflower with sour cream and scallions, and serve on the side with the steaks.

Tip

To raise steaks to room temperature, rest on the counter for 30 minutes.

Ribeye cook time: Thinner cuts will require less cook time than thicker cuts. And grass-fed beef usually cooks more quickly than grain-fed beef so make sure that you don't overcook them.

It is best to use ghee or refined coconut oil when frying the steaks because they tolerate high heat. You could also use butter, but as it contains some milk protein, it will burn easily and smoke. This is why we add the butter towards the end of the searing.

If you don't care for red meat you can substitute the steak with chicken thighs. Just make sure to cook them all the way through. You can also replace the pork bacon with turkey bacon, or omit the bacon altogether.

For the best result, choose ribeye steaks of good quality, preferably grass-fed beef, that have nice, even marbling. Thicker cuts are also easier to cook to your preferred doneness.

Recommended special equipment

Blender or food processor.

Steak and veggie kebabs

Saturday dinner, Sunday lunch



1 + 1 serving (dinner + lunch)

Ingredients

Marinade

120 ml olive oil

60 ml tamari soy sauce

1 tbsp cider vinegar

½ tsp salt

½ tsp pepper

1 tbsp fresh ginger, grated

3 garlic cloves, roughly chopped

Kebabs

450 g sirloin steaks or chuck roast

1 (140 g) green bell peppers

1 (110 g) red onions

230 g (800 ml) mushrooms

4 skewers (metal or wooden)

Dip sauce

4 tbsp mayonnaise

½ tbsp fresh ginger, grated

2 garlic cloves, finely minced

🕒 30 + 20 m | easy

These irresistible kebabs are layered with all the fixings. Tender meat and fragrant veggies in a quick Asian-style marinade, combined with a zesty mayo dip. Get your skewers on!

Instructions

- 1 Preheat the grill on medium heat with the lid down until the temperature reaches 350°F (180°C).
- 2 In a bowl, combine all the ingredients for the marinade. Mix well until evenly incorporated. Set aside a few tablespoons of the marinade in a smaller bowl.
- 3 Cut the steak into 1-2-inch (3-5 cm) cubes. Place the cubes in the marinade and combine well. Marinate for 10 minutes.
- 4 Chop green bell pepper into bigger pieces. Cut onion in quarters. Cut mushrooms in half. Everything should be around the same size.
- 5 Build skewers by alternating meat, mushroom, bell pepper, and onion. Drizzle skewers generously with the already used marinade.
- 6 Place skewers on preheated grill. Spread them out so they don't touch. Grill for 15-20 minutes, flipping every 5 minutes. When flipping, brush with reserved marinade. Watch out for the flames!

1 tsp tamari soy sauce

7 Combine all ingredients for the dip. Serve with kebabs and enjoy!

No-grill prep

If you want to cook the kebabs in the oven, preheat to 400°F (200°C), or use the broiler function. Cook skewers for about 20 minutes or until the meat is cooked to your liking.

Tips

If you use wooden skewers, soak the skewers in water for about 30 minutes before using. This reduces the chance of a skewer igniting on the grill.

If you have any leftover veggies that didn't fit on the skewers, pack them in aluminum foil and just put them on the grill until they're tender.

Try to shift the skewers around, the ones in the middle will always be done quicker.

If you don't have fresh ginger or garlic, you can also use ginger powder and garlic powder.

Pepper-crusted beef tenderloin with herbed steak sauce

Sunday dinner



1 serving

Ingredients

Beef

220 g beef, tenderloin

½ tsp garlic powder

½ tsp onion powder

¼ tbsp black peppercorns,
coarsely ground

¼ tsp salt

¼ tbsp olive oil

Sauce

28 g butter

¼ tbsp lemon juice

¼ garlic cloves, minced

½ tbsp fresh parsley,
chopped

⅛ tsp Dijon mustard

⅛ tsp smoked paprika
powder

¼ tsp dried thyme

¼ tsp dried oregano

¼ tbsp fresh chives, finely
chopped

salt and pepper to taste

Serving

28 g (120 ml) leafy greens

🕒 30 + 45 m | medium

Peppery tender beef meets citrusy butter herb sauce for a match made in heaven. Pair it with a salad or green vegetables for an impressive keto meal that's simple to make.

Instructions

- 1 Mix all of the spice rub ingredients together in a small bowl.
- 2 Sprinkle the spice mix over a piece of cling wrap and roll the beef on it until it is well coated.
- 3 Wrap loosely in the cling wrap and set aside to rest for 30 minutes.
- 4 Heat a grill pan or BBQ over medium-high heat.
- 5 Drizzle the beef with olive oil and sear on all sides for approx. 5-7 minutes on each side. To cook the beef to medium-rare, cook until the internal temperature reaches 130°F (55°C).
- 6 Allow meat to rest, covered in foil for 15 minutes before slicing thinly.
- 1 Over medium low heat, add all the sauce ingredients into a small pot and mix gently until the butter melts.

② Whisk well and serve in a dipping bowl and/or drizzled over the beef.

③ Serve with a green salad or with steamed vegetables.