

Monday



Butter "bulletproof" coffee



Lemony butter-baked salmon with creamed spinach



Keto chicken club casserole

Tuesday



Butter "bulletproof" coffee



Keto chicken club casserole



Keto roast beef and cheddar plate

Wednesday



Butter "bulletproof" coffee



Keto roast beef and cheddar plate



Keto Caesar salad

Thursday



Butter "bulletproof" coffee



Keto Caesar salad



Keto Tex-Mex burger plate

Friday



Butter "bulletproof" coffee



Keto Tex-Mex burger plate



Keto blue cheese cabbage stir-fry

Saturday



Baked egg pots with chorizo and feta cheese



Keto blue cheese cabbage stir-fry



Goat cheese salad with balsamico butter

Sunday



High protein breakfast with Canadian bacon, eggs, and spinach



Goat cheese salad with balsamico butter



Keto Reuben skillet

Butter "bulletproof" coffee

Breakfast Monday - Friday



🕒 5 m | easy

What is bulletproof coffee, you ask? Quite simply, it's coffee mixed with butter and oil to help you feel satiated, alert, and focused to start your day. A few sips of this piping hot keto coffee emulsion, and you'll be ready to take on the world. This recipe shows you how to make bulletproof coffee right at home. Fill 'er up!

1 serving

Ingredients

240 ml hot coffee freshly brewed

2 tbsp unsalted butter

1 tbsp MCT oil or coconut oil

Instructions

- 1 Combine all ingredients in a blender. Blend until smooth and frothy.
- 2 Serve immediately.

Recommended special equipment

Blender or food processor

Is butter coffee or Bulletproof® coffee good for weight loss?

No, it's not. Sure, if you drink butter coffee or the so called Bulletproof® coffee instead of having breakfast you might lose some weight. But you'd likely lose even more weight with a breakfast consisting of only black coffee (or just a little milk), i.e. intermittent fasting.

Here's an article on the subject: Is drinking coffee with butter and oil the key to weight loss?

The main benefits of butter coffee are long-lasting satiety and energy, and possibly a feeling of mental clarity (due to ketones, and the caffeine). Why add butter and oil to your coffee?

The fat provides satiety and helps curb cravings. The amount of fat can be adjusted to your liking. It can be a good idea to start off with a small amount, let's say a teaspoon, of MCT oil and work your way up to a full tablespoon if you feel good doing so. Some people experience stomach problems if adding too much oil at once.

The fat together with the caffeine from the coffee will give you a boost of energy to start your day. If caffeine isn't your thing, go ahead and try it with decaf. It won't give you quite the same effect but you will still have a great-tasting and filling drink.

MCT oil can be ordered online, but if you don't want to use it or can't find it, try unflavored coconut oil instead.

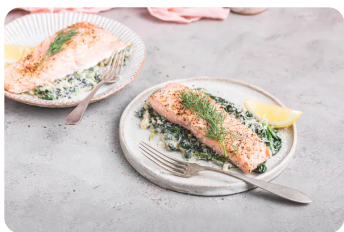
Add flavor

Make this recipe your own by adding your favorite flavors to it. Add some unsweetened cocoa powder and you'll have a butter mocha. Or why not try some cinnamon or pumpkin pie spice. If you feel like adding sweetness to your coffee, check out our guide to keto sweeteners.

This recipe works with hot tea or even bone broth, too, so give it a try. Or if chocolate is your thing, try our keto hot chocolate... a very low-carb morning indulgence!

Lemony butter-baked salmon with creamed spinach

Monday lunch



🕒 2 + 15 m | easy

Tender, oven-baked salmon smothered in lemony butter – do we hear a "YUM"? The creamy spinach accompanies the salmon perfectly. Not only are they a gorgeous pair, this keto dish is satisfying, healthy, and there's minimal clean up.

1 serving

Ingredients

Baked salmon

220 g salmon, boneless fillets, cut into portion sizes

½ tbsp butter melted or olive oil, divided

½ tbsp lemon juice

salt and ground black pepper

Creamed spinach

¼ tbsp butter

¼ (28 g) yellow onions, finely chopped

55 g (425 ml) fresh spinach, rinsed, trimmed, and dried

14 g (14 ml) cream cheese

1 tbsp heavy whipping cream

⅛ tsp garlic powder

1 tbsp shredded Parmesan cheese

Instructions

Instructions are for 2 servings. Please modify as needed.

Baked salmon

- 1 Preheat oven to 350°F (175°C).
- 2 Place the salmon fillets in a baking dish. Mix the melted butter (or olive oil) with lemon juice. Pour over the salmon.
- 3 Season with salt, ground black pepper, and any other seasoning of choice. For example, fresh chives or dill.
- 4 Bake for 15 to 20 minutes or until the salmon flakes with a fork but is still moist inside.
- 5 Melt the butter in a large skillet over medium heat. Add the onion and sauté until tender, about 3 minutes.
- 6 Add the spinach to the skillet. As it cooks down, add the cream cheese, heavy cream, and garlic powder. Stir until the cream cheese has melted and the mixture is smooth and creamy.

- ⑦ Remove from heat and sprinkle with freshly grated parmesan just before serving.

Tips!

Add lemon zest for a more prominent citrus flavor. Garnish with lemon slices and fresh dill.

Freshly minced garlic and a drizzle of olive oil complement this dish very nicely.

Keto chicken club casserole

Monday dinner, Tuesday lunch



1 + 1 serving (dinner + lunch)

Ingredients

450 g rotisserie chicken

1 (110 g) tomatoes

70 g cooked bacon

½ dill pickles

60 ml mayonnaise

180 ml (85 g) shredded cheddar cheese

salt and pepper

Serving

85 g (350 ml) leafy greens

2 tbsp olive oil

🕒 10 + 20 m | easy

Love a classic club sandwich? Then you'll love this combo of chicken, cheese, and mayo, served up in a quick and creamy keto casserole. So darn tasty, you won't even miss the bread.

Instructions

Instructions are for 4 servings. Please modify as needed.

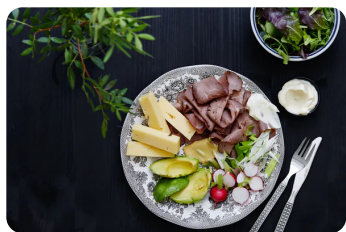
- 1 Preheat the oven to 400°F (200°C).
- 2 Shred the rotisserie chicken into bite-sized pieces and place in a medium-sized bowl.
- 3 Dice (cooked) bacon and chop up the tomatoes and pickles. Mix all three together with the chicken. Add mayonnaise and $\frac{2}{3}$ of the cheese and stir. Season with salt and pepper to taste.
- 4 Pour the mixture into a greased baking dish. Sprinkle the remaining cheese on top and bake for about 20 minutes or until golden brown.
- 5 Serve with leafy greens and olive oil.

Tip

It's also easy to cook the chicken from scratch. Here's a simple recipe.

Keto roast beef and cheddar plate

Tuesday dinner, Wednesday lunch



🕒 10 m | beginner

Real food on a plate. Roast beef, cheese, and avocado. Crunchy radishes and scallions. Because a keto dinner doesn't have to be complicated.

1 + 1 serving (dinner + lunch)

Ingredients

230 g deli roast beef, rolled

140 g (290 ml) cheddar cheese, cut in finger-like slices

1 (200 g) avocados, sliced

6 radishes, sliced

1 (15 g) scallions, cut on an angle

4 tbsp mayonnaise

1 tbsp Dijon mustard

55 g (350 ml) lettuce

1 tbsp extra virgin olive oil

salt and pepper

Instructions

- 1 Place the roast beef, cheese, avocado, scallion, and radishes on a plate.
- 2 Serve with lettuce, olive oil, mustard, and a hearty dollop of mayonnaise.

Keto Caesar salad

Wednesday dinner, Thursday lunch



1 + 1 serving (dinner + lunch)

Ingredients

Dressing

120 ml mayonnaise

1 tbsp Dijon mustard

½ lemons, zest and juice

60 ml (20 g) grated shredded Parmesan cheese

2 tbsp finely chopped filets of anchovies

1 garlic cloves, pressed or finely chopped

salt and pepper

Salad

350 g chicken breasts, bone-in with skin

salt and pepper

1 tbsp olive oil

85 g bacon

200 g (1 liter) Romaine lettuce, chopped

120 ml (40 g) shredded Parmesan cheese

🕒 15 + 20 m | easy

A true keto salad classic: moist chicken and crispy bacon are served on a bed of crunchy Romaine lettuce. In our version, we don't skimp on the dressing or the parmesan cheese!

Instructions

- 1 Preheat the oven to 350°F (175°C).
- 2 Mix the ingredients for the dressing with a whisk or an immersion blender. Set aside in the refrigerator.
- 3 Place the chicken breasts in a greased baking dish.
- 4 Season the chicken with salt and pepper and drizzle olive oil or melted butter on top. Bake the chicken in the oven for about 20 minutes or until fully cooked through. You can also cook the chicken on the stove top if you prefer.
- 5 Fry the bacon until crisp. Place lettuce as a base on two plates. Top with sliced chicken and the crispy, crumbled bacon.
- 6 Finish with a generous dollop of dressing and a good grating of parmesan cheese.

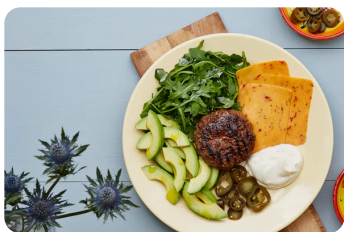
Tip

This recipe works great with chicken leftovers or with a store-bought rotisserie chicken as well. To warm up cold left-over sliced chicken, fry it in a bit of butter for a tasty, warm addition.

If you miss croutons and aren't in a hurry, check out our recipe for low-carb parmesan croutons.

Keto Tex-Mex burger plate

Thursday dinner, Friday lunch



🕒 5 + 10 m | easy

Real food on a plate. A Tex-Mex burger. Cheese. Lettuce. Avocado. Because a keto dinner doesn't have to be complicated to taste great.

1 + 1 serving (dinner + lunch)

Ingredients

350 g ground beef or ground turkey

1 tbsp Tex-Mex seasoning or taco seasoning

2 tbsp olive oil

salt and pepper

55 g (120 ml) sliced Pepper Jack cheese or Mexican cheese or any other flavorful cheese you like

1 (200 g) avocados, sliced

55 g (350 ml) lettuce

2 tbsp pickled jalapeños, sliced

80 ml sour cream

Instructions

- 1 Combine ground beef and seasoning. Form one burger per serving.
- 2 Using half of the olive oil, fry the burgers in a pan over medium heat for 3-4 minutes on each side until the burger is light pink or cooked all the way through, which ever you prefer. You can also grill them. Season with salt and pepper to taste.
- 3 Plate the burger along with cheese, avocado, lettuce, jalapeños and sour cream. Drizzle with the rest of the olive oil.

Keto blue cheese cabbage stir-fry

Friday dinner, Saturday lunch



1 + 1 serving (dinner + lunch)

Ingredients

325 g green cabbage, finely shredded

140 g (150 ml) unsalted butter

½ tsp onion powder

1 tsp dried thyme

½ tbsp white wine vinegar

325 g ground beef or ground turkey

70 g blue cheese

120 ml heavy whipping cream

½ tsp salt

⅛ tsp ground black pepper

1 tbsp fresh parsley, chopped

🕒 5 + 30 m | medium

This French twist on our favorite slaw will be your newest FAVORITE thing. This one comes together fast, so file it under, "I'm just going to whip something up."

Instructions

- 1 Melt half of the butter in a large frying pan or wok, over medium-high heat. Add the cabbage, stirring until it softens.
- 2 Add spices and vinegar. Stir and fry for a few more minutes. Reserve sautéed cabbage in a bowl.
- 3 Melt the remaining butter in the same pan. Add the ground meat and fry until the meat is cooked through, and most of the juices have evaporated.
- 4 Lower the heat to medium-low, and add the cheese. Stir until the cheese has melted.
- 5 Add the heavy cream and let simmer for a few more minutes. Add the cabbage, and stir until everything is evenly hot.
- 6 Season with salt and pepper to taste and sprinkle the parsley on top before serving.

Tip

Crack slaw is delicious reheated. Make extra and enjoy for lunch or even dinner, two nights in a row! Yes, it's that good.

Baked egg pots with chorizo and feta cheese

Saturday breakfast



1 serving

Ingredients

55 g (425 ml) fresh spinach

1 tsp olive oil

2 large eggs

55 g chorizo (see tip)

60 ml (38 g) feta cheese,
crumbled

55 g cherry tomatoes,
halved

salt and ground black
pepper

🕒 5 + 10 m | easy

These breakfast egg pots with spinach, chorizo, and feta, are perfect for a filling and nutritious breakfast. Or enjoy one as a light meal.

Instructions

- 1 Preheat oven to 425°F (220°C).
- 2 Place spinach in oven-proof, 12 oz (360 ml) ramekins, or mugs (two per serving), and drizzle with olive oil.
- 3 Crack eggs into the ramekins. Top with the chorizo, feta cheese, and tomatoes.
- 4 Place the ramekins on the middle oven rack, and bake uncovered for 10 to 12 minutes, until the egg whites are set, and the yolks are still runny. Season with salt and pepper, to taste.

Tips

If using "Spanish" chorizo (hard and cured), dice, or cut it into small cubes. If using fully cooked chorizo sausage links, simply crumble the sausage after removing it from the casing.

No time to cook? Use a microwave and cook on high for 1 to 2 minutes until the whites are set, and the yolks are runny. Season with salt and pepper, to taste.

Goat cheese salad with balsamico butter

Saturday dinner, Sunday lunch



1 + 1 serving (dinner + lunch)

Ingredients

280 g goat cheese

60 ml (33 g) pumpkin seeds

55 g butter

1 tbsp balsamic vinegar

85 g (650 ml) baby spinach

🕒 5 + 10 m | easy

A luxurious and filling vegetarian salad with gratinated goat cheese topped with toasted pumpkin seeds and balsamico butter. This recipe is so simple that it almost prepares itself!

Instructions

Instructions are for 2 servings. Please modify as needed.

- 1 Preheat the oven to 400°F (200°C).
- 2 Put slices of goat cheese in a greased baking dish and bake in the oven for 10 minutes.
- 3 While the goat cheese is in the oven, toast pumpkin seeds in a dry frying pan over fairly high temperature until they get some color and start to pop.
- 4 Lower the heat, add butter and let simmer until it turns a golden brown color and a pleasant nutty scent. Add balsamic vinegar and let boil for a few more minutes. Turn off the heat.
- 5 Spread out baby spinach on a plate. Place the cheese on top and add the balsamico butter.

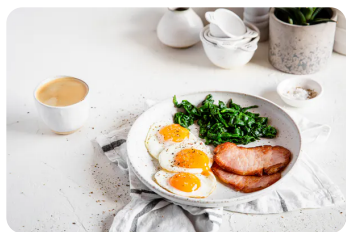
Tip!

This dish can easily be customized to be served as an appetizer. Buy a smaller version of the goat cheese that you cut into slices and gratinate the same way just

for a shorter period of time. They are ready when they get some color on the top.

High protein breakfast with Canadian bacon, eggs, and spinach

Sunday breakfast



🕒 2 + 8 m | easy

In just 10 minutes, you'll be dining on a classic breakfast with a fresh twist. Canadian bacon and eggs provide over 30 grams of protein, and the fresh spinach adds an extra dose of vitamins and fiber to keep you fuller for longer.

1 serving

Ingredients

1 tbsp butter or olive oil,
divided

3 large eggs

2 (55 g) slices Canadian
bacon

120 ml (15 g) baby spinach

salt and ground black
pepper

Instructions

- 1 Heat up a large skillet over medium-high heat with half of the butter.
- 2 When hot, crack the eggs straight into the pan, season with salt and pepper, and fry until the whites are set. Place a lid on the pan, or flip the eggs over and cook for an additional minute.
- 3 Remove the eggs from the pan and add the bacon and spinach. Season with salt and pepper to taste.
- 4 Fry until the bacon darkens and the spinach has wilted.
- 5 Put everything on a plate and top the spinach with the rest of the butter before serving.

Tip

Swap Canadian bacon with regular bacon or turkey bacon.

Cook the eggs any way you like. You can also hard boil the eggs and make extra for breakfast later in the week, or for a quick high protein snack.

Spinach can be substituted with kale.

Keto Reuben skillet

Sunday dinner



1 serving

Ingredients

1 tbsp butter

140 g corned beef, sliced
or shredded

130 g sauerkraut, drained

½ tbsp Dijon mustard

55 g (120 ml) Swiss
cheese

60 ml mayonnaise

½ dill pickles

🕒 5 + 10 m | easy

This keto one-skillet wonder is inspired by the classic Reuben sandwich. So get ready for an easy, cheesy, tangy adventure, complete with well-spiced corned beef. All of the flavor and very few of the carbs.

Instructions

- 1 Heat up butter in a skillet over medium-low heat. Add corned beef and fry for a few minutes.
- 2 Drain the sauerkraut and squeeze as much liquid as possible out of it. Distribute evenly in the pan.
- 3 Place small dollops of mustard here and there in the sauerkraut. Add sliced Swiss cheese and heat until the cheese is melting. Cover the skillet with a lid to speed things up if you're in a hurry.
- 4 Serve with mayonnaise, dill pickles, and perhaps some more mustard.

Tips

Muenster and mozzarella are mild substitutes for Swiss cheese.

Sub in pastrami, deli roast beef, sliced turkey or cooked brisket if you prefer.