

speed KETO[®] STALL BUSTER



Dr. Harlan Kilstein

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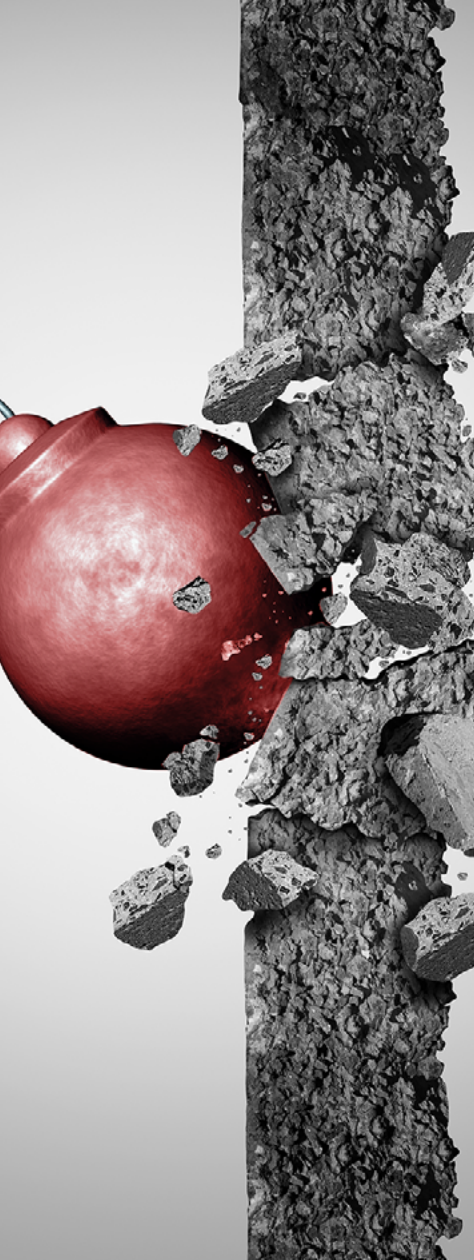
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Introduction

Hello!

Welcome to the Speed Keto® Stall Buster. In this plan we are going to be breaking the traditional mold of keto to confuse your metabolism. You will be prioritizing balance, rather than fat. Yes, you heard that right. The plan is two weeks long. You should repeat the plan so you do this plan two times in a row.

You can consider these weeks keto 2.0. We are going far beyond the fat good, carbs bad mantra that has proven to be so successful. During this program, fat is still good, but a specific protein ratio is what will be fueling your fat loss.

If you already follow the Speed Keto® way of eating, this super charged, 4 weeks will be a breeze. The best part is, you're going to be able to eat more and stay full. You're already cooking your own meals. You've already cut out those damaging and empty processed carbohydrates. You may even be employing intermittent fasting along with keto. You are on the best path for fat loss. Now we are going to kick those results up a notch.



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The Balance

The difference is simple. Instead of fat being the dominate macro, protein will make up the bulk of your energy intake. That one point will stand true for everyone. The body isn't accustomed to this method. This difference in how and what you eat is the fuel for breaking your stall

The reason the Speed Keto® programs work so well is that they keep the body guessing. Each Speed Keto® program is different. If we allow the body to get used to a certain routine, it will adapt. This stall buster program is a formula to confuse your metabolism and get you back to burning maximum fat.



Metabolic Confusion Technique

Metabolic confusion is a very powerful tool. The process is exactly what it sounds like. You are keeping your metabolism guessing, never knowing what's coming next. The way we do this employing different fasting, calorie, protein and fat strategies. Throughout our Speed Keto® programs you'll notice the foods, calories and fasting routines are quite different from one another. This allows the body to work hard. As a result, you burn more fat.

The way we confuse the metabolism is by alternating between times of feeding and restriction, fat and protein. This method ramps up your metabolism by increasing your RMR resting metabolic rate. Your resting metabolic rate is the rate at which the body uses energy when you are doing nothing at all. The higher your RMR, the more fat you burn.

The metabolic confusion technique we will be using in this Speed Keto® program is the switch from fat to protein being the dominate energy macro. If you are experiencing a stall, your body may have become accustomed to a fat heavy eating regimen. Now we are going to throw a monkey wrench into the process, thereby confusing your metabolism. Your body doesn't expect the protein dominate meal plan, so your system will have to work harder.

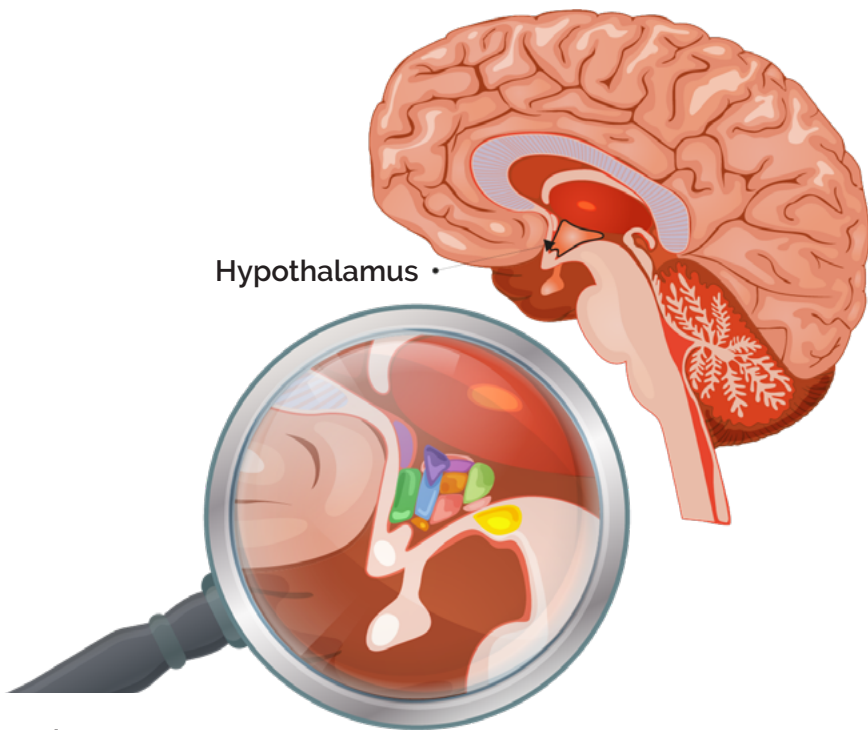


Using Protein as a Tool

One of the reasons a person overeats on a traditional western diet is the lack of protein. When your body has adequate protein, it sends signals to your brain allowing your body to feel full. Fat has this effect as well only with less of a dramatic result.

Your body using fat for fuel instead of glucose is what we call fat adaptation. Think of successful fat adaptation as though it is a fitness routine. Most adults who don't steadily switch up their body movement exercises will hit a stall. It takes time to strengthen muscles and alternating exercises is the only way to continue progressing. The same thing is true of fat adaptation. You must consistently trick your body systems to continue burning your fat stores. *Even when you are already fat adapted, your body can still improve its fat burning potential.*





Protein Burns Fat

Body fat is determined by signals in the brain, particularly from the hypothalamus. The hypothalamus sends signals from the brain to the body signaling when and how much to eat. It even triggers your cravings for certain types of foods.

Most people are consuming far more energy than they can use and this is due to a lack in protein. Higher protein consumption signals your satiety hormones while reducing hunger hormones. By boosting protein your brain rewires itself to actually feel full and stop the compulsion to over eat.

Many people over eat because the easiest foods to eat are devoid of actual nutrients and most importantly, protein. People eat and eat, hoping to get to a feeling of satiety. For many people, it seems that never happens. They wonder “why am I so hungry even though I’ve just eaten?” The food just doesn’t contain the elements which nourish the body in a way that produces nutrient satisfaction.



When eating keto, the body newly begins experiencing nutrient satisfaction. You burn fat more efficiently because there isn't excess glucose to burn. Fat is the only available fuel. The high fat, low carb food eaten on keto is far more nutrient dense than the traditional western diet. Unfortunately, the body can become accustomed to your healthier way of eating and slow your fat burning.

By switching the dominate macro from fat to protein, you supercharge your metabolism. The same thing happens when switching up intermittent fasting times or switching back to fat dominate macros after this stall buster plan.

Your body must receive sufficient protein or you won't feel full. We look at calories as units of energy that fuel our activities. However, energy isn't something lacking in the western diet. We get plenty of energy in the form of carbohydrates, fats and glucose. Those macros are virtually unavoidable. The western diet is lacking in protein. In this 2 week plan, protein is a goal, not a restriction. This one variation is going to make all the difference.

When the protein percentage in your daily food intake is high, you'll eat less calories by default. When your body isn't getting its needed protein, a person will eat and eat, even though they have eaten plenty of calories to sustain them. The drive to over eat is a tale tale sign of insulin resistance.

Hormones are responsible for orchestrating our bodies responses. Insulin is a hormone that allows the body to use glucose in the food you eat for energy. Most people don't exert excessive energy in the form of exercise. The glucose that is not used for energy is stored as body fat. When your diet causes the body to convert too much glucose into fat too often, insulin resistance occurs.





Insulin Resistance

Overfilled fat cells cause insulin resistance. Eating fat and carbs at the same time causes fat cells to over fill. Fat storage happens when there is a source of sugar or carbohydrate to be used as fuel during meal times. Insulin is a storage hormone. That's why we want to avoid spiking insulin. If we don't trigger insulin, we won't store fat. That is why eating mostly protein and fiber causes fat cells to shrink.

Normally, when eating keto, the goal is high fat and high fiber. Before you began your keto journey, carbs were likely a large part of your energy intake. When you began keto, the drastic change launched your fat burning into overdrive because dropping carbs confused your metabolism.

Immediately upon making that change your body got to work becoming less and less insulin resistant. The body works harder when a change presents itself and so does your metabolism. However, the body can adapt to anything and stall your weight loss. That is why this stall busting program is switching to protein and plant energy to help you burn fat.





Plant Energy

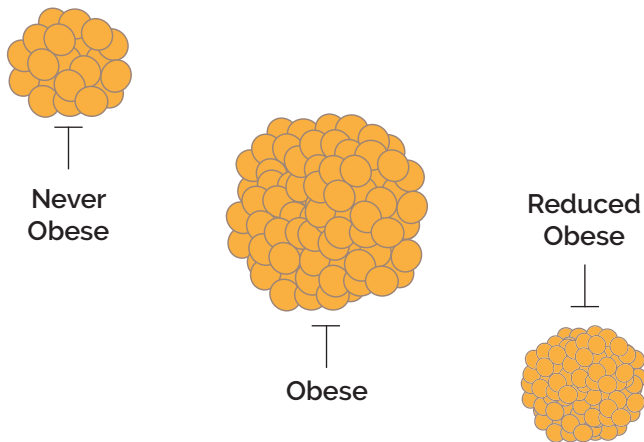
The plants we eat today are drastically different than the plants our ancestors ate. If you looked at pre agriculture plants, you wouldn't even recognize them. The edible parts were minuscule in comparison to the food we eat today.

For example, a carrot was not at all orange and its edible part wasn't even as large as a pinky. Bananas were absolutely filled with large seeds, much like a squishy pomegranate. When humans began to cultivate these edible plants, they were able to have food at their disposal. In domesticating plants, the protein and fiber ratios diminished. The higher starch, carbohydrate and sugar parts of the plant were encouraged. The energy in these edible plants skyrocketed! The plant food available today contains 75% more carbohydrates than it did in its original state.

Domesticating plant food drastically cut human's energy expenditure sense hunting and gathering was not as necessary. Over time, humans figured out how to breed plants that produced more and more energy. The product of that engineering is the foods you see in the supermarket today.

This is why we count our plant energy macros on keto and avoid the higher energy plant foods like potatoes. Fresh, healthy vegetables are essential to a high functioning metabolism. Combining those with either a high protein or a high fat diet brings the body to maximum efficiency. Then, by switching between high protein and high fat the body continues to work hard at shrinking fat cells and gaining lean muscle.





Have you ever noticed that some of the largest animals on earth are herbivores? An herbivore eats only plants. Cows and bulls eat only plants. This helps them grow very large and heavy. Conversely, have you noticed that some of the most lean, strong, agile animals are carnivores eating strictly meat? Carbohydrates come from plants

Understanding Body Fat

When we eat carbohydrates, they spark the exact same chain of events that sugar does. They trigger the pancreas to produce insulin. Insulin has one job, to store energy for later use. The body does that by enlarging your existing fat cells. Much of the population doesn't even have the ability to form new fat cells. For most people, when body fat increases, that means the volume of their fat cells are increasing. Excess energy increases the volume of fat cells. When we avoid a spike in insulin, we avoid enlarging our fat cells. The right balance of plant carbs, protein and fat are essential to any weight loss journey.

Foods that contain the most carbs are the processed form of the highest density carbohydrate plants. Processed carbs are concentrated energy. They are also very high calorie. That's why we avoid processed plant foods like crackers and bread all together. Conversely, some of the most nutrient dense foods are high calorie as well. Animal protein is higher in calories than low carb plant foods. The balancing of moderate calories using nutrient dense, higher calorie foods is what makes the stall buster plan effective.



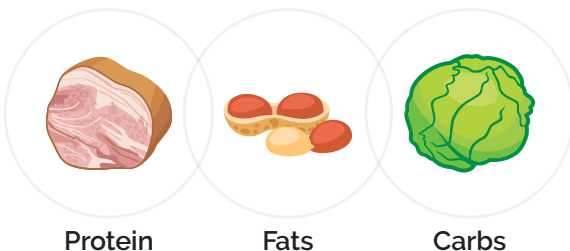
The 2000 Calorie a Day Myth

Calories are important to any fat loss journey. There is much confusion surrounding how many calories a person should eat in a day. When looking at the packaging on most food, you'll notice it frequently says "based on a 2000 calorie a day diet". In reality, the average obese adult doesn't need anywhere close to 2000 calories a day to maintain their weight.

Interestingly enough, to reach this number the FDA polled large group of people in the early 90s. The FDA asked men and women to guess how many calories they ate in a day. Men guessed between 2000 and 3000 calories in a day. Women guessed between 1600 and 2000 calories in a day. The FDA settled on 2000 calories as the number they would have printed on food as the average American's dietary needs. There was no formula, no calculation of what a person was actually consuming. There wasn't even a test done to confirm the energy expenditure of an average adult. This number we see everywhere is not right for everyone. If you are eating 2000 calories a day and are not active, you will gain fat at a compounding rate over your lifetime.

The good news is, we have done the math for you! These recipes are a formula to help you reach maximum fat loss. The trick is to eat for the body you want, rather than the one you're in the process of changing. Believe me it's easier than it sounds. You won't feel hungry or deprived. We have formulated this program to give you the exact nutrients you need in order to break your stall and confuse the metabolism. We have calculated the macros in each meal for maximum efficiency, so be sure to stick to the plan.





If It Fits Your Macros

Let's talk about the FYM (fits your macros) mentality. Macro calculation can be used for good. It can be used to keep you on track. It can enable you to eat a satisfying variety of foods that will keep you full and energized.

Macros are powerful tools on keto. We have written a carefully formulated prescription for your fat loss on this program. The prescription is the exact net carbs, protein and fat that will bring you to a goal. You must use every gram of every macro to your advantage. The body you exist in can become a powerhouse. These macro calculations allow the body to work for you when you choose the correct foods to fill each gram allowed in your prescription. Filling meals, packed with flavor and nutrients is the standard in Speed Keto®. This is especially true on this stall buster program.

FYM (Fit Your Macros)

FYM can also damage your progress if used in the wrong way. Keto macro parameters aren't set as limits to deprive you. Calories are a goal and protein is a goal. This is meant to fuel and nourish the body.

There are many things that will fit your macros that will damage your progress, without taking you out of ketosis. Ketosis is not our only goal. Ketosis is ultimately what we are striving for and maintaining. However, you can maintain ketosis in unhealthy ways.

Eating nothing would put the body into ketosis. Eating one Twinkie and 2 steaks a day would technically be keto. Eating the prescribed meal plan for most of the day, then eating chips and cheese for one meal could keep you in ketosis, just as long as it fits your macros. Now ask yourself, would any of these options promote healthy cell growth? You would still burn fat but you would also deplete muscle and bone nourishment.



Fitting a damaging food into your macros doesn't mean you've cheated the system. Eating processed, nutrient deficient foods that fit into your macros only cheats your progress. When this happens, your body continues to burn fat for full. Your body also doesn't have the nutrients available to power muscles, bones, organs and brain systems. This can mean the difference between a strong, healthy body and a weak, loose body with less fat. ask yourself which you'd prefer.

Stick to this prescription and notice how powerful a controlled change can be. We are going to use every macro available. These macros will enable you to eat more while burning fat quickly. We will not use them to creatively eat the non keto foods. This configuration of protein and fiber will enable your body to work for you and bring your body back to fat burning in no time. The best part is, high these high protein meals trigger your brains reward response because the body is getting the nutrients it needs.



The Reward Response

Humans evolved over time to receive a chemical reward when we did the things that would further our species. Charity is one of those things. It feels wonderful to help another person. Cooperation is one of the cornerstones of human survival. Without it, a lone human would not have made it long enough to reproduce. Reproduction is another process that earns a huge reward response in humans. The things we simply could never survive without, yield the greatest chemical reward in the form of dopamine. That warm, fuzzy feeling you experience when seeing your child smile at you. Helping someone to help themselves produces an amazing feeling. This encourages us to repeat these processes as often as possible.





Eating is also on this short list of essential activities. If prehistoric humans didn't find food, they didn't survive. The drive to find food was very strong. Almost as strong as the reward feeling of eating.

We receive this chemical reward when eating something very tasty! That speaks to why keto is so easy and effective. Fat is high energy so it produces a high chemical reward. The same is true of protein. On keto we trigger our reward responses with targeted, healthier options. Feeling satisfied and truly enjoying the food you eat is the only way to stick to a healthy eating plan.

Some of the processes that helped to further our species are less enjoyable but are the reason for our bodies working so well. Insulin exists to enable the body to store energy. Humans needed to store energy because they didn't have constant access to food.

Intermittent Fasting

Intermittent fasting is another thing that our bodies are programmed to do. For early humans, the ability to go longer periods of time without food was essential. Often times, food was only available once a day or every other day. Then after a successful hunt, food was plentiful for several days in a row. This is why our bodies adapted to be so efficient at storing fat for later use. Early human metabolism was in a constant state of confusion out of necessity. That's why intermittent fasting is so effective on a fat loss journey.



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Whether you are new to keto or very experienced, IF is beneficial. When experiencing a stall, intermittent fasting can help you break right through it. On the stall buster program, the intermittent fasting schedule is more relaxed than other Speed Keto® fasts. This additional change will speed up your metabolism. By employing these variations in fasting, protein and fat, your body never has the chance to stall your fat loss.

For this program you will have a 12 hour period of intermittent fasting every other day. You will simply prolong your sleep fast. That is the easiest and most successful method. These fasts will be easy and you will still be satisfied.

Don't worry, you will still be eating plenty on intermittent fasting days. Instead of having 2 huge meals for lunch and dinner, there is a delicious snack allotted at the end of fasting days. This will allow your satiety to extend and allow you to be comfortable.

For the 14 days of this 2 week meal plan you will enjoy carefully formulated snacks to keep your macros working for you. These protein focused meals will keep you satiated. Observing fasting days doesn't mean you will cut down on nutrition. If you do find you're hungry outside of prescribed meals and snacks you can enjoy a mug or bowl of warm nourishing chicken broth ... as often as you want.

Some Final Tips

Make the Most of the Menu

These recipes contain precise calculations to maximize your fat burning potential. If there is a meat you don't like or abstain from, no problem! Simply choose another meat on the menu to replace it. Most lunches and dinners call for about 8 oz or ½ lb of the various meat options. Note that if you weigh under 200 lbs, choose 6 oz portions of the meat in the dish instead of 8.

Get Your Stats

Once you've completed the Speed Keto® Stall Buster Program, you're going to have accomplished some fantastic physical transformations. Remember to take a photo of yourself on Day 1.





Also make a note of your body measurements:

- waist
- hips
- thighs (around both when standing with them together and then around one thigh alone)
- upper arm (just one)

Next note your current weight. Write down the number and don't weigh or measure yourself again until you have completed the first two weeks. On day 14 measure and weigh yourself again. You're going to be amazed at what your body has accomplished! After these 14 days repeat the program again.

Meal Plan Strategy

Why did we choose these specific foods for this plan? The answer is simple. You need to be satisfied while eating maximum nutrients. You also must challenge the metabolism in order to break a stall. The meats we choose are mostly high protein as well as lean. Remember, protein is the dominate macro for results on this program.

You'll notice a few changes in how these recipes are prepared and seasoned. There isn't any unnecessary oil or fat used for cooking. If a meat produces its own fat in the pan, it's used to cook the vegetables as well. The salad dressing doesn't include oil and is mostly vinegar based.

If you'd like to make more than one serving of the meals in the week plan, simply double or triple the recipe. Following this carefully formulated plan will put you on track to get back to burning maximum fat.

Let's get started!



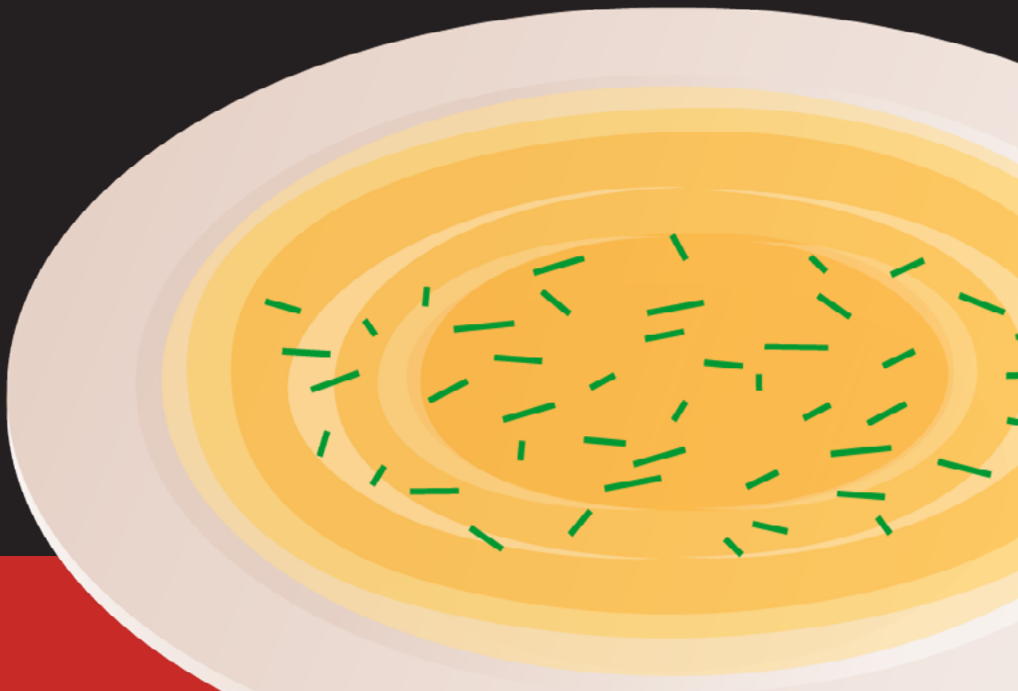
Recipes



Day	Breakfast	Lunch	Dinner	Snack
1	Canadian bacon and eggs	Baked salmon and kale	Spicy ground turkey with lime slaw	
2	Fasting, coffee, tea, chicken broth, electrolyte drink	Chicken salad with Romain	Salmon with tomato basil mushrooms	Salami, celery and olive plate
3	Steak and eggs.	Lemon and caper chicken with cucumber and tomato salad	Broiled cod with garlic asparagus	
4	Fasting, coffee or tea, chicken broth	Chicken fajita skillet	Hamburger with mushrooms and onion	2 halves deviled egg
5	Shrimp and arugula Greek salad	Shrimp and arugula Greek salad	Tuna salad lettuce wraps	
6	Fasting, coffee, tea, chicken broth, electrolyte drink	Chicken salad with romaine	Steak and broccoli	2 halves deviled egg
7	Bacon and dirty fried eggs	Spicy ground turkey with lime slaw	Sausage, peppers and asparagus	
8	Fasting, coffee, tea, chicken broth, electrolyte drink	Hamburger patty with fried egg and arugula salad	Seared cod with broccoli and red pepper	Deviled eggs
9	Mushroom and spinach scramble	Chicken salad with romaine	Salmon with tomato basil mushrooms	
10	Fasting, coffee, tea, chicken broth, electrolyte drink	Tuna salad lettuce wraps	Greek meatballs with zoodles	Salami, celery and olive plate
11	Sausage and egg scramble	Sautéed shrimp cucumber, tomato and avocado salad	Steak with mushroom and arugula salad	
12	Fasting, coffee, tea, chicken broth, electrolyte drink	Chicken fajita skillet	Shrimp and arugula Greek salad	Caprice salad
13	Bacon and dirty fried eggs	Hamburger Patty with fried egg and arugula salad	Baked cod with asparagus	
14	Fasting, coffee, tea, chicken broth, electrolyte drink	Lemon caper chicken with cucumber and tomato salad	Greek meatballs with zoodles	Caprice salad



Essentials





Ghee

Sometimes people who are sensitive to milk in their diet can tolerate ghee because the milk solids have been removed.

However, if a milk allergy is present it is best to stay away from all butter — even ghee! Ghee is a great fat to cook with because the milk solids have been removed. This fat can be used at higher temperature making it an excellent choice for stir-fry wok dishes.

Ingredients

- 1 lb grass-fed, organic butter

Instructions

1. Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted you will fairly quickly see it separate into three distinct layers:
 - The top layer will be foamy and white in color
 - The middle will be yellow. This is the deepest layer and it is called clarified butter.
 - The milk solids from the butter will sink to the bottom of the pot forming the third layer.



2. Eventually the butter will come to a simmer. Keep the heat under the pot adjusted so that this slow simmering continues.
3. Skim off the white foam that forms on the top every once in a while. After about 15-20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point the clarified butter has become ghee. The browning milk solids give distinct flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready.
4. Now it's simply a matter of straining out the browned milk solids using a clean sieve.
5. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter but you must be sure to remove all of the milk solids first.

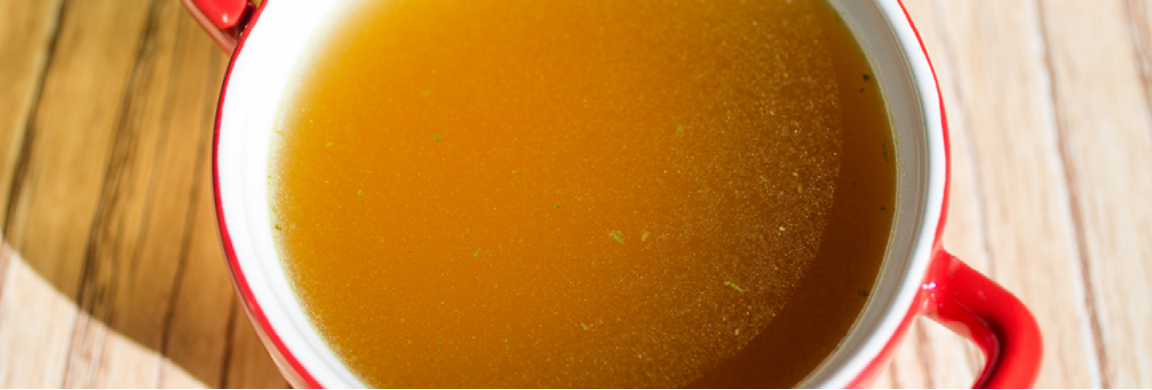
Serving size: 1 tsp

Nutritional Information

- Calories/tsp: 6
- Total Carbs: 0
- Fiber: 0
- Total Fat: 1 g
- Protein: 0

Yields 1 1/2 C





Chicken Broth

You will want to get the soup pot out in the morning because this chicken stock will spend 5-6 hours on your stove-top before it's really done. The long slow simmer maximizes the nutritional value and deepens flavor. Some of the broth will be consumed during fasting this week so you will be appreciating these amazing flavors soon! When the internal temperature of the chicken reaches 185 F the meat is cooked. The chicken meat can be used for dinner with the bones from the carcass going back into the pot for the rest of the simmer time, 5-8 hours (or more). Makes about 4 quarts of stock.

Ingredients

- 1, 4 – 5 lb chicken whole or cut into pieces
- 2 celery stalks cut in half
5 garlic cloves, smashed open or cut in half
- 1 large bay leaf
- 3-5 sprigs fresh thyme (or 1 1/2 tsp dried)
- Handful of fresh parsley (or 2 tsp)
- 2 tsp sea salt
- 1 tsp black peppercorns
- 1 1/2 T apple cider vinegar
- Water to fill the 6-8 quart pot



Instructions

1. Place all ingredients into a 6-8 quart pot with a tight fitting lid.
2. Cover with water and continue filling the pot until almost full. Put a tight-fitting lid on the pot. Bring to a boil (this takes about 10- 20 minutes) then reduce the heat under the pot until the liquid is just simmering.
3. When the internal temperature of the chicken reaches 185 F remove it from the pot and leave it to cool down a bit (about 1 hour). Once the meat has been removed from the carcass put the bones back into the pot and continue simmering. You can also add any chicken bones that have been saved in the freezer for broth making. Refrigerate the chicken meat after it has cooled.
4. Keep the soup pot covered to prevent the stock from evaporating. Regardless the level will go down and you will probably have to add a few cups of water as the day progresses if you notice the liquid reducing too much.
5. When the broth has simmered and reduced to your satisfaction strain it through a fine mesh sieve. Discard the mushy veggies and bones.
6. Cool stock and ladle into clean glass jars. The stock can be refrigerated for up to 3 days and will be fine in the freezer for up to 6 months.

Yield: About 4 quarts (16 one cup servings)

Note: If using a slow cooker, follow the steps outlined above.

The chicken will likely take 2 1/2 - 3 hours to reach an internal temperature of 185 F in the crock pot but it may take longer. (Crock pots vary in size and temperature). Remove meat from bones and return carcass to the pot and simmer from 4-24 hours.



Breakfast





Canadian Bacon and Eggs (Days 1, 5)

Ingredients

- 4 oz Canadian bacon
- 1 egg
- 1/2 tsp ghee

Instructions

1. Heat skillet to medium heat.
2. Place slices of Canadian bacon on skillet. Fry 15-40 seconds on each side to brown. Transfer to plate.
3. Spread ghee around the same skillet. Crack egg into pan and cook to your desired temperature.
4. Serve and enjoy.

Nutritional Information

- Net carbs 3g
- Total carbs 3g
- Fiber 11g
- Fat 11g
- Protein 38g
- Calories 262

Servings 1





Steak and Eggs (Days 3)

Feel free to cook your steak how ever you like. If you're short on time, slice your steak into strips so they will cook faster. Beef produces its own fat for cooking. If there is enough grease left in the pan to cook your egg, use that instead of the ghee.

Ingredients

- 1 egg
- 4 oz ribeye steak
- 1/2 tsp ghee
- 1/8 tsp kosher salt
- 1/8 tsp cracked black pepper



Instructions

1. Heat a small skillet to medium heat.
2. Sprinkle 1/2 of the salt and pepper onto one side of steak and place that side down on the skillet, then sprinkle the other half of the salt and pepper on the upturned side and cover.
3. Cook to your desired temperature. About 3 minutes on each side for medium. Then remove and set aside
4. In the same skillet on medium heat, spread ghee over the pan if needed and add your egg. Cook to desired temperature and serve with steak.

Nutritional Information

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 25g
- Protein 37g
- Calories 380

Servings 1





Bacon and Dirty Fried Eggs (Days 7, 13)

This is a southern favorite and a great use of the fat produced when cooking your meat. You can use as much or as little of the leftover bacon grease as you like but no less than 2 tbsp. The more grease in the pan, the easier it is to cook your egg. After cracking the egg into the hot bacon grease spoon grease over the top of the egg to cook the top.

Ingredients

- 2 large free range eggs
- 4 strips pork or turkey bacon (sugar free)
- Salt and pepper to taste



Instructions

1. Heat skillet to medium high heat and lay bacon strips flat in the pan.
2. Fry bacon until ends become crispy then flip each piece. About 4 minutes per side.
3. Remove bacon and set aside on a paper towel to soak.
4. Drain off all but 2 tbsp bacon grease, reduce heat to medium.
5. Crack eggs into pan and fry in bacon grease to desired temperature then set on paper towel to soak.
6. Plate bacon and eggs. Serve and enjoy.

Nutritional Information

- Net carbs 2g
- Total carbs 2g
- Fiber 0g
- Fat 22g
- Protein 23g
- Calories 305

Servings 1





Mushroom and Spinach Scramble (Day 9)

Ingredients

- 2 large free range eggs
- 5 mushrooms diced
- 1/2 cup fresh baby spinach
- 1 tsp ghee
- Salt and pepper to taste

Instructions

1. Crack eggs and whisk until well combined in a medium sized bowl
2. Heat skillet to medium heat and add ghee.
3. Add mushrooms and spinach to the whisked eggs and combine.
4. Pour egg and veggie mixture into the hot skillet.
5. Push egg mixture from the outside to the middle on all four sides slowly and allow the uncooked egg to flow over into the empty space. Then flip and allow to cook on the other side.
6. Sprinkle with a little salt and pepper and enjoy.

Nutritional Information

- Net carbs 3g
- Total carbs 5g
- Fiber 1g
- Fat 15g
- Protein 16g
- Calories 216

Servings 1



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Sausage and Egg Scramble (Day 11)

Ingredients

- 4 oz ground turkey patties or link sausage
- 2 eggs beaten
- Salt and pepper to taste (optional)

Instructions

1. Heat skillet to medium heat and add ground or link sausage.
2. Once sausage is browned on both sides, about 3 minutes per side, remove and set aside.
3. Pour egg into leftover sausage fat and stir until egg is cooked through.
4. Plate and serve with optional salt and pepper.

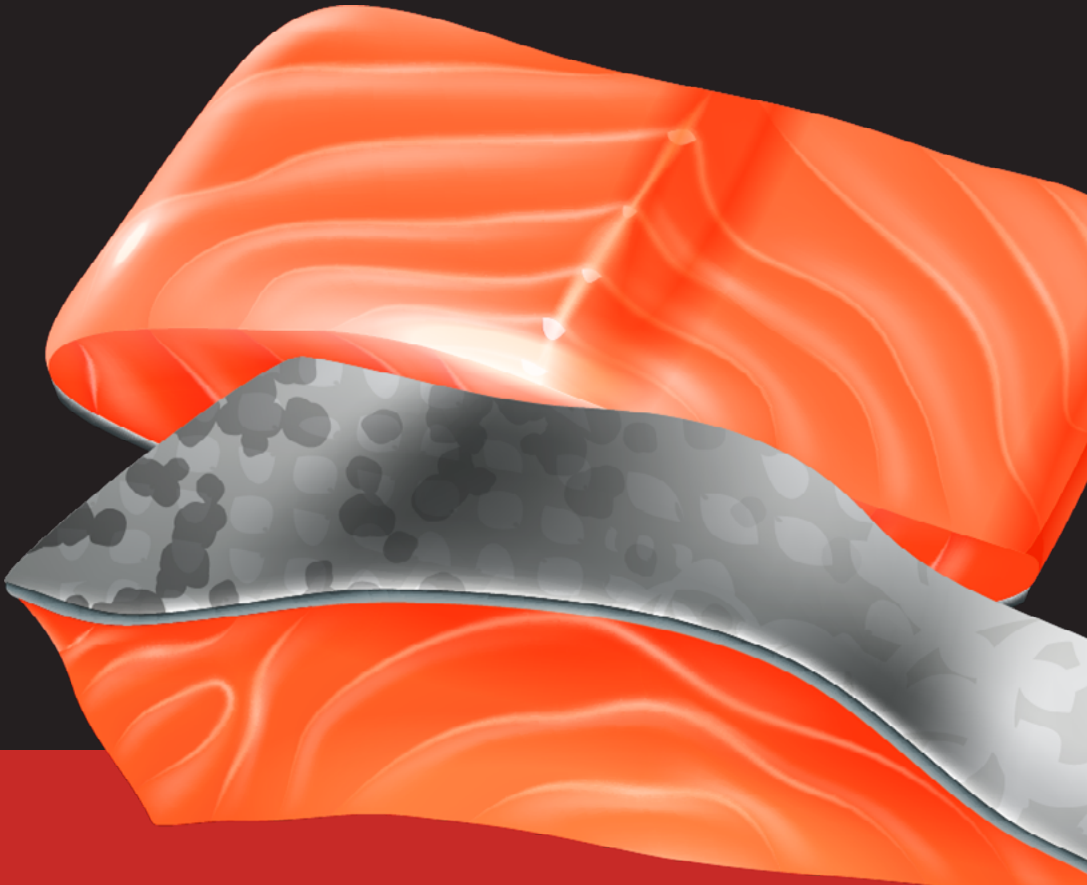
Nutritional Information

- Net carbs 3g
- Total carbs 3g
- Fiber 0g
- Fat 18g
- Protein 25g
- Calories 287

Servings 1



Lunch and Dinner





Baked Salmon and Kale (Day 1)

The most delicious temperature to eat salmon at is medium but feel free to cook it to your liking.

Ingredients

- 7 oz fresh Atlantic salmon
- 1 tsp ghee
- 1/2 tsp kosher salt
- 1/2 tsp cracked black pepper
- 2 cups chopped fresh kale
- 1/2 tsp apple cider vinegar
- 2 tbsp chicken broth
- 1 slice lemon



Instructions

1. Preheat oven to 350
2. Line a baking sheet with foil or parchment paper and place salmon on the baking sheet skin side down.
3. Score the salmon lightly with a sharp knife, making 3 1/8 inch deep, small slits across the top. Spread ghee over the salmon and sprinkle with salt and pepper.
4. Bake in the oven about 7 minutes or to your desired temperature.
5. While the salmon is baking, heat a saucepan to medium high heat. Add fresh kale, vinegar and chicken broth. Cook stirring constantly until reduced and dark green, about 3 minutes.
6. Plate kale and remove salmon from the oven when done. separate the skin from the salmon by gently sliding a spatula where the meat meets the skin. Plate and serve with slice of lemon.

Nutritional Information

- Net carbs 2
- Total carbs 4g
- Fiber 1g
- Fat 29g
- Calories 464

Serves 1





Chicken Salad and Romaine (Days 2, 6, 9)

This chicken salad recipe is fresh and easy. Boiling the chicken produces tender and delicious meat for these fresh wraps.

Ingredients

- 8 oz chicken breast
- 2 tbsp primal kitchen mayo
- 1 cup celery diced
- 2 sprigs fresh dill
- 1/2 tsp kosher salt
- 2 cups chopped romaine lettuce



Instructions

1. Bring a medium saucepan of water to a boil. Add whole chicken breast and reduce heat to medium low or a high simmer. Cover the pot.
2. Simmer chicken until fully cooked through and juices run clear, 8-15 minutes.
3. Remove chicken and chop into small pieces.
4. Add chicken to a bowl along with celery, dill, salt, and mayo. Mix well.
5. Chop romaine lettuce and plate, place chicken salad on top and enjoy.

Nutritional Information

- Net carbs 2g
- Total carbs 6g
- Fiber 4g
- Fat 35g
- Protein 72g
- Calories 624

Servings 1





Lemon Caper Chicken with Cucumber and Tomato Salad (Days 3, 14)

Capers pack a lot of flavor with very few carbs. The tangy notes of the lemon and capers make this dish decadent and comforting.

Ingredients

- 1/2 lb chicken thighs
- 1 tbsp capers
- 1 clove garlic minced
- Juice of 1/2 lemon
- 1 tsp chopped fresh parsley
- 1/4 cup dry white wine
- 1 tsp ghee
- 1/4 tsp kosher salt
- 1/8 tsp cracked black pepper
- 1 cup cucumber sliced
- 8 cherry tomatoes halved
- 1/4 cup white vinegar



Instructions

1. Slice cucumbers and tomatoes. Place them in a small bowl and pour vinegar on top. Allow to marinade until chicken is done.
2. Heat skillet to medium high heat and add olive oil.
3. Pat chicken dry with paper towels and season with salt and pepper. Place chicken in the heated pan and cook through. About 8 minutes per side.
4. Remove chicken and set to the side.
5. In the same skillet add white wine and scrape up all of the bits left over from cooking the chicken then quickly reduce heat to low.
6. Add garlic, ghee, lemon juice and capers to the skillet and simmer 30 seconds.
7. Add chicken back to the skillet and simmer covered for 5 minutes.
8. Serve with a sprinkle of parsley and cucumber tomato salad on the side.

Nutritional Information

- Net carbs 4g
- Total carbs 5g
- Fiber 0g
- Fat 18g
- Protein 63g
- Calories 490

Servings 1



Chicken Fajita Skillet (Days 4, 12)

The bright flavors of the peppers in this dish bring out the spice in this dish. When cooking vegetables, it's important not to overcook them. The peppers and onions should be crisp and only slightly softened. This helps them retain plenty of nutrients and makes them taste amazing.

Ingredients

- 8 oz chicken breast cut into strips
- 1/4 small onion cut into wedges
- 1/4 green pepper
- ¼ orange pepper
- 6 cherry tomatoes
- 1 tsp ghee
- 2 tsp fresh chopped cilantro
- 1/8 tsp cayenne pepper
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/8 tsp paprika
- 1/4 tsp kosher salt
- 1/2 tsp onion powder
- 1/8 tsp ground cumin



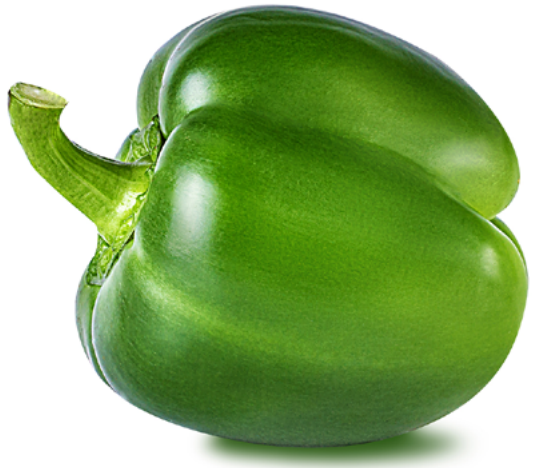
Instructions

1. Mix all dry spices together in a bowl.
2. Heat skillet to medium heat and heat ghee.
3. Place cubed chicken in skillet with a small amount of space between pieces and cover. Cook for 2 minutes and turn pieces. Cook an additional 2 minutes covered.
4. Uncover and add onion and green pepper. Sprinkle your desired amount of spice mixture over the chicken and vegetables. Stir to combine.
5. Continue cooking uncovered an additional 4 minutes stirring intermittently.
6. Add whole cherry tomatoes and cook for another 1 minute. Cut into a piece of the chicken to ensure it is cooked through
7. Plate, add chopped cilantro and serve.

Nutritional Information

- Net carbs 5g
- Total carbs 8g
- Fiber 2g
- Fat 15g
- Protein 72g
- Calories 464

Servings 1





Shrimp and Arugula Greek Salad (Days 5, 12)

Shrimp is an amazing choice when prioritizing protein. This salad is packed with fiber as well. The red wine vinegar complements the Greek flavors of the vegetables perfectly.

Ingredients

- 8 oz raw, deveined shrimp
- 1/2 cup sliced cucumber with peel
- 1 cup arugula tightly packed to measure
- 1 cup chopped romaine lettuce
- 2 tbsp chopped parsley
- 6 kalamata olives
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 1/8 tsp cracked black pepper
- 1 tsp ghee
- 4 tbsp red wine vinegar or to taste



Instructions

1. Combine arugula, chopped romaine and parsley. Toss to combine.
2. Add cucumber and olives.
3. Heat a skillet to medium heat and add ghee.
4. Add shrimp and sprinkle with salt, pepper and garlic powder, stir to combine shrimp, ghee and spices.
5. Cook covered for 5-7 minutes stirring intermittently.
6. Remove from heat and top salad with the shrimp.
7. Top with red wine vinegar and serve.

Nutritional Information

- Net carbs 3g
- Total carbs 7g
- Fiber 4g
- Fat 9g
- Protein 56g
- Calories 315

Servings 1





Hamburger Patty with Fried Egg and Arugula Salad (Days 8, 13)

If you've never tried a fried egg on a hamburger, you're in for a treat! The runny yolk, fresh tomato and tangy dressed greens really transform an every day hamburger patty into something special.

Ingredients

- 6 oz ground beef
- 1 large free range egg
- 2 small slices firm Roma tomato
- 1 cup arugula
- 1/8 tsp kosher salt or to taste
- 1/8 tsp cracked black pepper or to taste
- 1 tbsp red wine vinegar



Instructions

1. Form 2 small or 1 large hamburger patty and season with salt and pepper on both sides.
2. Heat skillet to medium and add hamburger patties then cover. Cook for 2 minutes.
3. Remove cover and use a spatula to smash the burgers down to get a good sear, then flip.
4. Cook hamburgers to your desired temperature, about 4 minutes total. Remove and set hamburgers to the side.
5. Drain out all excess fat from the pan, leaving just enough fat to cook your egg. Return pan to heat and crack your egg. Cook egg sunny side up, 2-3 minutes. Whites should be firm and yolk runny
6. Plate arugula and tomato, drizzle vinegar on top. Place Hamburger on the plate and top with fried egg.
7. Serve and enjoy.

Nutritional Information

- Net carbs 2g
- Total carbs 3g
- Fiber 1g
- Fat 24g
- Protein 52g
- Calories 454

Servings 1





Spicy Ground Turkey with Lime Slaw (Days 1, 7)

Ground turkey is another one of our protein packed meat favorites in this meal plan but in this dish the lime slaw is the star. You may never go back to using mayo in slaw after trying this recipe. The smoky herbs and spices are brought to life by the lime, cabbage and cilantro. These ingredients are a match made in heaven.

Ingredients

Ground turkey:

- 1/2 lb ground turkey
- 1/2 tsp salt
- 1/2 tsp chili powder
- 1/8 tsp garlic powder
- 1/8 tsp cumin
- 1/8 tsp cayenne pepper
- 1/8 tsp paprika

Lime slaw:

- 1/4 cup cilantro chopped
- 1/4 cup celery chopped
- 1/8 cup scallions chopped
- 2/3 cup green cabbage chopped fine
- Juice of 1/2 lime
- 1/2 tsp salt
- 1/4 tsp chili powder



Instructions

1. Begin by preparing the slaw. Chop all vegetables and combine in a sealable container.
2. Sprinkle in salt and chili powder. Toss to combine.
3. Squeeze lime juice over the top and toss again.
4. Cover and marinate for 30 minutes.
5. While the slaw is marinating, heat a skillet to medium high heat and add ground turkey. Break apart meat as it cooks, stirring constantly.
6. When the meat is fully browned, add in all dry spices and reduce heat to simmer. Stir and combine until most of the moisture has evaporated. About 3 minutes.
7. Plate slaw and serve turkey meat on top.

Nutritional Information

- Net carbs 5g
- Total carbs 9g
- Fiber 3g
- Fat 40g
- Protein 58g
- Calories 619

Servings 1





Salmon with Tomato Basil Mushrooms (Days 2, 9)

Ingredients

- 6 oz fresh Atlantic salmon fillet
- 2 garlic cloves roughly chopped
- 1/2 cup sliced mushrooms
- 6 heirloom cherry tomatoes halved
- 6 large basil leaves roughly chopped
- 1 tsp kosher salt
- Pepper to taste
- 3 tbsp tomato juice
- 3-5 tbsp chicken broth
- 1/8 tsp olive oil



Instructions

1. Preheat oven to 350.
2. Cover a baking sheet with foil or parchment paper and place salmon in the middle, skin side down.
3. Spread 1/8 tsp olive oil over salmon, sprinkle 1/8 tsp salt on top and place in the oven. Bake to your desired temperature. Check at 12 minutes.
4. While the salmon is cooking, heat a small saucepan to medium heat and add tomato juice, chicken broth, garlic and saute stirring for 30 seconds.
5. Reduce heat to medium low. Add tomatoes and mushrooms, continue stirring 1 minute. Add basil and remaining salt, continue stirring 2 minutes or until a reduced sauce has formed. Remove and set aside.
6. When salmon is done, remove from the oven and plate. Top with tomato and mushroom mixture and serve.

Nutritional Information

- Net carbs 8g
- Total carbs 10g
- Fiber 2g
- Fat 22g
- Protein 41g
- Calories 401

Servings 1





Hamburger Patties with Mushroom and Onion (Day 4)

This recipe is a lot like chop steak only without gravy. Mushrooms and onion are a great way to punch up any meat dish. Beef pairs especially well with this combination of veggies. Remember beef usually produces enough fat in the pan to cook your veggies and it really enhances the flavor.

Ingredients

- 6 oz lb ground beef
- 1/2 cup sliced mushroom
- 1/4 small yellow onion cut into wedges
- 1 large leaf romaine lettuce roughly torn
- 1/8 tsp kosher salt or to taste
- 1/8 tsp cracked black pepper or to taste



Instructions

1. Form 2 thick hamburger patties and season with salt and pepper on both sides.
2. Heat skillet to medium and add hamburger patties then cover. Cook for 2 minutes.
3. Meanwhile, slice mushrooms and onion.
4. Remove cover and use a spatula to smash the burgers down to get a good sear, then flip.
5. Now add mushrooms and onions to the skillet while the hamburgers are still cooking and cover for an additional 1 minute.
6. Cook hamburgers to your desired temperature, remove and set aside.
7. Continue to cook mushrooms and onion until onion is translucent and fragrant.
8. Plate lettuce and place hamburger patties on top, then top with mushrooms and onion.
9. Serve and enjoy

Nutritional Information

- Net carbs 2g
- Total carbs 4g
- Fiber 1g
- Fat 19g
- Protein 47g
- Calories 383

Servings 1





Tuna Salad Lettuce Wraps (Days 5, 10)

Ingredients

- 1 can solid white albacore tuna in water
- 1/2 tsp kosher salt
- 1/2 tsp cracked black pepper
- 1 tbsp primal kitchen mayo
- 1/4 cup diced celery
- 1 tbsp diced onion
- 2 sturdy romaine leaves
- Sprinkle of crushed red pepper (optional)



Instructions

1. Open cans of tuna and drain water. Scoop into a bowl and flake apart.
2. Add a salt, pepper, mayo, celery, onion and mix well with a fork.
3. Spoon tuna salad into lettuce leaves. Sprinkle red pepper if using and fold into a wrap.
4. Serve and enjoy.

Nutritional Information

- Net carbs 2g
- Total carbs 4g
- Fiber 2g
- Fat 17g
- Protein 42g
- Calories 338

Servings 1





Steak and Pan Steamed Broccoli (Days 6)

Ingredients

- 8 oz ribeye steak
- 1/4 tsp other salt
- 1/4 tsp cracked black pepper
- 2 sprigs fresh thyme
- 1 cup broccoli florets
- Sprinkle of salt and pepper for broccoli
- 1/2 cup warm water



Instructions

1. Heat cast iron skillet to medium heat
2. Sprinkle steak with salt and pepper on both sides and place in the skillet with fresh thyme.
3. Cook for 3 minutes on the first side then flip. Cook for an additional 4 minutes on the opposite side for medium. Remove and set aside.
4. In the same pan with thyme still in it, pour in water and add broccoli. Scrape up the bits left over from cooking the steak and stir broccoli around in the liquid.
5. Allow broccoli to simmer covered 2-3 minutes until slightly softened but still firm. Discard thyme.
6. Plate broccoli and sprinkle salt and pepper to taste. Add steak to the plate and serve.

Nutritional Information

- Net carbs 2g
- Total carbs 5g
- Fiber 3g
- Fat 34g
- Protein 63g
- Calories 593

Servings 1





Sausage Peppers and Asparagus (Day 7)

In this recipe we cut small slits in the sausage skin to allow the delicious juices to flow out. This makes a perfect cooking oil for the asparagus and adds some amazing flavor as well.

Ingredients

- 6 oz turkey sausages
- 1/2 red or yellow bell pepper chopped
- 6 asparagus spheres
- 1/4 tsp salt
- 1 tbsp yellow mustard (optional)

Instructions

1. Heat skillet to medium heat.
2. Cut 3 small slits in the sausage casing, about 2 mm. This will allow some of the fat to drain into the pan for cooking the vegetables.
3. Add sausages to the pan and cover for 2 minutes.
4. Uncover and add asparagus and peppers around the pan then replace the lid for 2 more minutes. Uncover and turn sausages to brown the other side and stir the vegetables.



5. Replace the lid and cook for 4 more minutes, stirring vegetables at 2 minutes.
6. Remove from heat, sprinkle with salt and pepper to taste and serve with mustard for dipping.

Nutritional Information

- Net carbs 4g
- Total carbs 6g
- Fiber 2g
- Fat 18g
- Protein 43g
- Calories 363

Servings 1





Seared Cod with Broccoli and Red Pepper (Day 8)

Cod is packed with protein and is very low fat. It is a very light flavor fish and allows the bright flavor of the red pepper to shine through. Red pepper adds intense notes to anything cooked with it. The peppers will accent the broccoli perfectly and taste wonderful with the light, flaky cod.

Ingredients

- 7 oz cod fillet
- 2 cloves garlic minced
- 1 cup broccoli florets
- 1/2 red bell pepper chopped
- Salt and pepper to taste
- Pinch of garlic powder on each side of cod
- 1/8 tsp dried dill
- 2 tsp ghee
- 1/4 cup water

Instructions

1. Heat skillet to medium heat and add 1 tsp ghee.
2. Season cod with dill, garlic powder, salt and pepper and place in hot skillet.
3. Cook for 3 minutes per side and set aside.
4. In the same skillet, add another teaspoon ghee, then add broccoli, peppers and minced garlic. Stir to coat all vegetables in the ghee.
5. Next pour water into the hot pan and cover. Allow to steam for 2 minutes. Check for the texture you enjoy. If you like softer broccoli, stir and cover again for an additional 2 minutes.
6. Plate cod and vegetables, serve and enjoy!

Nutritional Information

- Net carbs 7g
- Total carbs 10g
- Fiber 3g
- Fat 11g
- Protein 48g
- Calories 329

Servings 1





Greek Meatballs with Zoodles (Days 10, 14)

This recipe isn't your regular pasta zoodle recipe. These Greek meatballs are delicious and savory. Ground lamb is the preferred protein for the meat balls but ground beef works just as well.

Ingredients

- 1 lb lean ground beef or lamb
- 2 cloves garlic minced
- 1 egg
- 1/4 tsp kosher salt
- 1/2 tsp cracked black pepper
- 1 tbsp dried oregano
- 4 tsp red wine vinegar
- 2 medium sized zucchinis
- 1 tsp olive oil
- 1/8 tsp garlic powder
- Salt and pepper to taste for zoodles

Instructions

Meatballs:

1. Preheat oven to 400
2. Line a baking sheet with parchment paper.
3. Use a food processor or chopping knife to mince onion.



4. Add ground beef to a large mixing bowl then add all other ingredients.
5. Mix well with your hands until everything is combined.
6. Form meatballs with 1 or 2 tablespoons of the mixture depending on how large you'd like them to be. Place them on the baking sheet in rows with a little space in between each one.
7. Bake 15 minutes then turn meatballs and bake 10 more minutes. Turn once more and bake 5-10 additional minutes until browned. Keep grease from the pan for cooking zoodles.

Zoodles:

1. Spiralize the zucchini and pat dry with a paper towel .
2. Heat skillet to medium heat and add 2-3 tbsp grease from cooking meatballs.
3. Add zucchini, 1/8 tsp garlic powder and stir with tongs until slightly wilted, 3-5 minutes.
4. Divide zoodles between 3 plates, sprinkle salt and pepper to taste and divide meatballs on top to serve.

Nutritional Information

- Net carbs 2.6g
- Total carbs 4g
- Fiber 1g
- Fat 19g
- Protein 43g
- Calories 369

Servings 3





Sautéed Shrimp with Cucumber Tomato and Avocado Salad (Day 11)

Ingredients

- 6 oz deveined raw shrimp
- 2 cloves garlic minced
- 1/8 tsp salt
- pepper to taste
- 1 tsp ghee
- 1 cup cucumber sliced
- 5 cherry tomatoes halved
- 1/4 cup white vinegar
- 1/4 avocado cubed
- ½ cup baby spinach tightly packed for measuring



Instructions

1. Slice cucumbers and tomatoes. Place them in a small bowl and pour vinegar on top. Allow to marinate for 30 minutes.
2. Rinse shrimp and pat them dry then sprinkle salt and pepper over them.
3. Heat skillet to medium and add ghee then add shrimp.
4. Sauté shrimp uncovered for about 6 minutes, turning half way through.
5. Plate spinach, pour marinated cucumber and tomato salad over and top with shrimp.
6. Serve and enjoy.

Nutritional Information

- Net carbs 7g
- Total carbs 12g
- Fiber 5g
- Fat 19g
- Protein 43g
- Calories 337

Servings 1





Steak with Mushroom and Arugula Salad (Day 11)

Ingredients

- 6 oz ribeye steak
- 1/2 cup mushrooms sliced
- 1 cup arugula tightly packed for measuring
- 2 tbsp red wine vinegar
- Salt and pepper to taste



Instructions

1. Heat skillet to medium high heat.
2. Season steak lightly with salt and pepper and place in skillet and cover.
3. Allow to cook 3 minutes, uncover, flip steak and add mushrooms to the pan. There should be fat from the steak or cooking mushrooms.
4. Cook for 3 more minutes for medium rare-medium, 2-3 minutes longer for well done.
5. Plate arugula and pour red wine vinegar over. Top with steak and mushrooms and serve.

Nutritional Information

- Net carbs 1g
- Total carbs 2g
- Fiber 1g
- Fat 26g
- Protein 47g
- Calories 422

Servings 1





Baked Cod with Asparagus (Day 3, 13)

The foil envelope method of baking fish with veggies is easy and delicious. Everything cooks well in its own juices and comes out well seasoned.

Ingredients

- 1 lb cod fillets
- 12 large asparagus spheres chopped and halved
- 1/8 tsp salt
- 1/8 tsp dry mustard powder
- 1/8 tsp ground bay leaves
- 1/8 tsp paprika
- 1/8 tsp pepper
- Sprinkle of crushed red pepper (optional)
- 2 large squares of foil for baking
- 2 slices lemon



Instructions

1. Preheat oven to 350
2. Lay out 2 large sheets of aluminum foil and divide asparagus between them.
3. Mix all dry spices together in a small bowl.
4. Sprinkle cod fillets with seafood seasoning spices on both sides. Lay 1/2 lb of the cod into each foil packet and place lemon slices into each.
5. Close foil packet by rolling and pinching both sides together into a spill proof envelope and place onto a baking sheet.
6. Bake in the oven 20-25 minutes until fish flakes easily with a fork.
7. Drain excess juice from the packet, place cod and asparagus and serve.

Nutritional Information

- Net carbs 2.5g
- Total carbs 5.5g
- Fiber 2.5g
- Fat 2g
- Protein 54
- Calories 264

Servings 2



Side Dishes and Snacks





Broccoli and Red Bell Peppers (Day 8)

Ingredients

- 1 cup broccoli florets
- ½ cup chopped red bell peppers
- 1 clove minced garlic
- Salt and pepper to taste
- 1/2 tsp ghee

Instructions

1. Heat skillet to medium and add ghee.
2. Add broccoli, garlic and peppers. Sprinkle with salt and pepper.
3. Pour in water and cover to steam and allow to cook 2 minutes.
4. Check for texture. If you like softer vegetables, steam for an additional 2 minutes.
5. Remove from heat, drain moisture, plate and serve.

Nutritional Information

- Net carbs 7g
- Total carbs 12g
- Fiber 4
- Fat 3g
- Protein 4g
- Calories 77

Servings 1





Kale (Day 1)

Kale has a wonderful texture. It's one of the best greens for cooking down. The vinegar adds amazing flavor but it still tastes great without it.

Ingredients

- 2 cups chopped fresh kale
- 1/2 tsp apple cider vinegar (optional)
- 2 tbsp chicken broth

Instructions

1. Heat a saucepan to medium heat
2. Add kale, chicken broth and vinegar to the saucepan.
3. Cook stirring consistently about 2 minutes or until kale is reduced. If kale becomes dry add chicken broth 1 tbsp at a time.
4. Remove from heat and serve.

Nutritional Information

- Net carbs 2g
- Total carbs 3g
- Fiber 1g
- Fat 0g
- Protein 1g
- Calories 16

Servings 1



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Cucumber and Tomato Salad (Days 3, 14)

Ingredients

- 1 cup cucumber sliced
- 8 cherry tomatoes halved
- 1/4 cup white vinegar

Instructions

1. Chop cucumbers and tomatoes.
2. Combine vegetables and vinegar in a bowl.
3. Allow to marinade for 30 minutes.
4. Serve and enjoy.

Nutritional Information

- Net carbs 6g
- Total carbs 9g
- Fiber 3g
- Fat 0g
- Protein 2g
- Calories 40

Servings 1





Zoodles (Days 10, 14)

A spiralizer makes the process much easier but making zucchini noodles by hand isn't hard. Simply slice zucchini lengthwise about the thickness you'd like your noodles to be then slice the large pieces into long ribbons.

Ingredients

- 2 medium zucchinis
- 1 tsp olive oil
- 1/8 tsp kosher salt
- Pinch cracked black pepper

Instructions

1. Spiralize the zucchini and pat dry with a paper towel.
2. Heat skillet to medium heat and add 1 tsp olive oil.
3. Add zucchini and stir with tongs until slightly wilted but andante, 3-5 minutes.
4. Divide zoodles and serve.

Nutritional Information

- Net carbs 2.5g
- Total carbs 4.5g
- Fiber 1.5g
- Fat 3g
- Protein 2g
- Calories 45

Servings 2



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Pan Steamed Broccoli (Day 6)

Ingredients

- 1 cup broccoli florets
- ½ cup water
- Salt and pepper to taste

Instructions

1. Heat skillet or saucepan to medium heat. Pour in water and add broccoli.
2. Allow broccoli to simmer 2-3 minutes until slightly softened but still firm.
3. Plate and serve.

Nutritional Information

- Net carbs 4g
- Total carbs 10g
- Fiber 6g
- Fat 0g
- Protein 6g
- Calories 52

Servings 1





Arugula Salad (Day 5)

This salad is very simple and adds a bright crisp element to any meat dish.

Ingredients

- 1 cup arugula tightly packed for measuring
- 2 tbsp red wine vinegar
- Salt and pepper to taste

Instructions

- Plate arugula.
- Top with red wine vinegar.
- Salt and pepper to taste.

Nutritional Information

- Net carbs 0g
- Total carbs 1g
- Fiber 0g
- Fat 0g
- Protein 1g
- Calories 5

Servings 1





Lime Slaw (Days 1,2)

Ingredients

- 1/4 cup cilantro chopped
- 1/4 cup celery chopped
- 1/8 cup scallions chopped
- 2/3 cup green cabbage chopped fine
- Juice of 1/2 lime
- 1/2 tsp salt
- 1/4 tsp chili powder

Instructions

1. Begin by preparing the slaw. Chop all vegetables and combine in a sealable container.
2. Sprinkle in salt and chili powder. Toss to combine.
3. Squeeze lime juice over the top and toss again.
4. Cover and marinate for 30 minutes before serving.

Nutritional Information

- Net carbs 5g
- Total carbs 8g
- Fiber 3g
- Fat 0g
- Protein 1g
- Calories 32

Servings 1



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Cucumber and Avocado Salad (Day 11)

Ingredients

- 1 cup cucumber sliced
- 5 cherry tomatoes halved
- 1/4 cup white vinegar
- 1/4 avocado cubed
- Salt and pepper to taste

Instructions

1. Slice cucumbers and tomatoes. Place them in a small bowl and pour vinegar on top. Allow to marinade for 30 minutes
2. Slice and add avocado right before serving.
3. Sprinkle salt and pepper to taste

Nutritional Information

- Net carbs 5g
- Total carbs 10g
- Fiber 5g
- Fat 6g
- Protein 2g
- Calories 88

Servings 1





Salami, Olive and Celery Plate (Days 2, 10)

Ingredients

- 2 oz hard salami sliced thin (sugar free)
- 8 kalamata olives
- 1 large stalk celery

Instructions

1. Slice salami thin.
2. Slice celery stalk down the middle lengthwise then chop into 6 small sticks.
3. Plate olives, salami and celery. Serve and enjoy

Nutritional Information

- Net carbs 1g
- Total carbs 4g
- Fiber 3g
- Fat 26g
- Protein 12g
- Calories 295

Servings 1





Deviled Eggs (Days 4, 6, 8)

Deviled eggs can be made in a few different ways and this one is a family favorite. Additionally, hard boiling eggs seems quite simple but there's an art to it. This method of boiling eggs will give you firm yolks as well as a bonus hack to easily peel them. For this recipe we will make a few for the followings days of snacks. They will be fresh for 5 days in the fridge.

Ingredients

- 3 large, free range eggs
- 1 tbsp yellow mustard
- 1 tbsp primal kitchen mayo
- 1/4 tsp paprika
- 1/8 tsp kosher salt or to taste
- 1/4 cup white vinegar
- 12 ice cubes



Instructions

1. Place eggs into a small sauce pan and add water to cover 1-2 inches above eggs.
2. Place saucepan on stovetop and set to medium high heat. Bring to a boil and remove from heat then cover.
3. Allow saucepan to sit for 15 minutes.
4. Drain water, cover with cold water and 6 ice cubes. cool for 10 minutes.
5. Drain and add 6 more ice cubes and the vinegar.
6. Replace top and shake eggs and ice back and forth lightly for 10 seconds until the shells are broken. Do not shake vigorously. Eggs will then peel easily.
7. Slice eggs lengthwise in half, remove yolk and place them into a small bowl or cup. Set egg whites aside on a separate plate.
8. Add mustard, mayo and salt to the egg yolks and smash to mix with a fork until smooth.
9. Evenly spoon yolk mixture into the 6 egg white halves.
10. Sprinkle paprika over top and serve. Refrigerate leftovers in a sealable container.

Nutritional Information

- Net carbs 0.6g
- Total carbs 1g
- Fiber 0.3g
- Fat 9.6g
- Protein 6.6g
- Calories 114

Servings 3





Avocado Caprice Salad (Days 12, 14)

Ingredients

- ¼ avocado cut into 3 slices
- 3 slices firm Roma tomato
- 4 large fresh basil leaves
- 1/8 tsp cracked black pepper (optional)

Instructions

1. Slice avocado and tomato into 3 thick pieces.
2. Layer each ingredient alternating like a fan of cards. Tomato, basil, avocado. Sprinkle with pepper if desired and serve.

Nutritional Information

- Net carbs 2g
- Total carbs 5g
- Fiber 3g
- Fat 5g
- Protein 1g
- Calories 66

Servings 1



Shopping List



Shopping List

There will be many items on the list that you already have handy. Week one's shopping list will be longer because you'll need to pick up some essentials like vinegar, primal kitchens mayo and a few dry spices. The good news is many of the things you pick up this week, you'll use next week and in the weeks to come.

It's important to source the best quality food you are able to budget for. Organic, grass fed, free range and wild caught foods are ideal on any diet. On keto this is especially true. keto is a meat dominated diet and this 2 week plan is especially protein focused. The food our food eats directly effects our health so quality ingredients are important.

During this 2 week program you will be staying properly hydrated. Herbal tea, coffee, electrolyte drinks and chicken broth will keep you satisfied during fasting times. We have provided an amazing homemade chicken broth recipe. However, be sure to pick up some organic pre-made chicken broth to have on hand.

Week 1

Meat and Seafood

- 12 oz Canadian bacon (sugar free)
- 8 oz bacon (sugar free)
- 1 lb Atlantic salmon
- 1 lb ground turkey
- 2 lbs chicken breast
- 6 oz hard salami (sugar free)
- 16 oz ribeye steak
- ½ lb wild caught cod
- ½ lb ground beef
- ½ lb fresh or frozen shrimp
- 2 cans solid white albacore tuna in water
- 8 oz turkey or pork sausage





Dairy Section

- 1 dozen free range eggs

Vegetables and Fruit

- | | |
|---------------------------------------|---|
| • 1 bunch fresh kale | • 1 medium cucumber |
| • 1 small head green cabbage | • 1 bunch medium sized asparagus |
| • 1 bunch celery | • 1 small green bell pepper |
| • 1 bunch Romaine lettuce | • One small red, yellow or orange bell pepper |
| • 16 oz cherry tomatoes | • One small yellow onion |
| • 16 oz white or baby Bella mushrooms | • 1 bunch arugula |
| • 1 4 oz can kalamata olives | • 1 bunch broccoli crowns |
| • 2 lemons | • 1 bunch scallions |
| • 1 lime | • 1 bunch celery |





Essentials

- Organic chicken broth
- 12 oz red wine vinegar
- Primal kitchen mayo
- 6 oz extra virgin olive oil
- 4 oz white vinegar
- 4 oz apple cider vinegar
- 4 oz can tomato juice
- Electrolyte drink

Herbs, Spices and Sauces

- 1 small bunch fresh basil
- 1 head garlic
- 1 small bunch fresh dill
- 1 4 oz jar capers
- 1 bunch fresh cilantro
- Paprika
- Chili powder
- Kosher salt
- Dry mustard powder
- Ground bay leaves
- Black peppercorns in grinder
- Crushed red pepper
- Garlic powder
- Dried oregano
- Dried dill
- 1 bunch parsley
- Dried onion powder
- Cayenne pepper
- Yellow mustard
- Ground cumin
- 1 can or small bottle dry white wine





Week 2

Meat and Seafood

- 1 lb ground beef
- 1 lb ground lamb
- 1 lb wild caught cod
- 1 lb chicken breast
- ½ lb salmon fillet
- 2 cans solid white albacore tuna
- 4 oz ground or link, turkey or pork sausage
- 8 oz fresh or frozen shrimp

Dairy Section

- 1 dozen free range eggs





Vegetables and Fruit _____

- 1 bunch broccoli crowns
- 1 bunch arugula (if needed)
- 6 oz white or baby Bella mushrooms
- 1 small bag baby spinach
- 1 small red pepper (if needed)
- 16 oz cherry tomatoes
- 1 bunch Romaine lettuce
- 2-4 medium zucchinis
- 1 large cucumber
- 1 bunch celery
- 2 avocados
- 1 firm Roma tomato
- 1 bunch medium asparagus (if needed)
- 1 lemon

Herbs, Spices and Sauces _____

- 1 small bunch fresh basil

Essentials _____

You will have most essentials left over from last week.

- Electrolyte drink (if needed)
- Organic chicken broth (if needed)



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