



MAKING KETO EASY

A Simple Meal Plan to Help You
Transition into the Ketogenic Lifestyle

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What is the Ketogenic Diet?

The ketogenic diet, or keto for short, is an eating plan consisting of low carb, high fat, and moderate protein meals with the goal of training the body to rely more on using fat as fuel versus glucose.

The ultimate goal of adapting a keto lifestyle is to guide the body into entering a metabolic state that does not require an individual to significantly reduce calories, rather decrease or minimize the amount of carbohydrates (a main source of glucose) and yet feel satisfied after a meal.

The keto diet is becoming a popular eating plan due to its many health benefits such as:

- being a more effective weight loss method
- better control of blood sugar, especially for diabetics
- promotes brain health
- helps increase energy
- decreases hunger pangs
- is a great protocol for treating epilepsy
- helps normalize blood pressure and cholesterol
- helps clear up skin problems
- and has also become an integral part of cancer treatment.

For women specifically, one of the major benefits of adapting a keto lifestyle is hormone balance; whether you are in the fertile years and trying to conceive or going through menopause and wanting to lessen the symptoms.

Regardless of the reason why, remember that healthy fat is our friend and not the enemy that we have been taught to believe.

Tips for Starting Keto

Feeling lost on where to start? Here are four important tips to help get you started.

1. Plan your meals ahead. By planning meals ahead, you are less likely to stray from your goal due to overwhelm or lack of time to cook.

2. To keep carbs limited, you want to AVOID:

- Grains such as wheat, corn, rice, and cereals.

- Sugars such as honey, agave, maple syrup, and all processed sugars.

- Fruits high in fructose such as apples, bananas, and oranges.

- Tubers such as potatoes and yams.

3. Do ENJOY:

- Protein such grass-fed beef, lamb, free-range poultry, eggs, and fish.

- Lots of leafy greens.

- Dairy (preferably from grass-fed cows).

- Nuts and seeds in small quantities.

- Fruits such as avocados and all berries.

- Alternative sweeteners such as stevia, monk fruit, and yacon.

- Plenty of fats such as coconut oil, olive oil, avocado oil, tallow, ghee, and minimally processed dressings.

Note: If you have an autoimmune condition, it is advised to limit or remove dairy as it can be inflammatory.

4. When possible, opt for organic versus conventional products. Organic foods are free of pesticides, additives, hormones, and antibiotics, which over time can cause further health problems.

Let's Get Started

Eating keto should be fun and stress-free. Therefore, in the next few pages, you will find quick and simple meals as well as snack ideas to get you through the first week. Snacks and drink suggestions are optional: if you feel you are not getting enough fat, then you may want to include in your day. Otherwise, the easy-to-follow schedule will provide the perfect platform for meal planning, becoming simpler over time, and maybe even help spark your creativity!

Additionally, you will find in each recipe, a macronutrient (macro) count to help you keep track of how much you are eating at each meal.

It is advised that you keep a physical (paper and pencil) food journal of what you are eating (this may help to pinpoint problems with foods, digestion, etc.) to make sure you are eating enough to keep you satiated.

There are also several mobile device applications that breakdown macros for you and allow you to make notes regarding your meals for the day with the convenience of transferring data to other applications or devices. Whichever method you choose, food journaling is important to ensure you achieve your desired goals.

Alright, let's get started...

Keto Day 1

*It is advised to start with a cup of one broth in the morning as this helps with electrolyte balance, which is important when starting keto.

BREAKFAST:

Keto Breakfast Cereal

Ingredients:

1/2 cup coconut milk

1/2 tsp vanilla

1/2 oz pecans

1 tbsp of flaxseed

1 tbsp of chia seeds

1/2 tbsp of coconut flakes

Stevia or maple syrup to taste

Directions:

Mix all ingredients in a bowl and enjoy.

Makes 1 serving.

Macros: Fats 27g; Protein 8g; Carbs 14g

LUNCH:

Keto Turkey Plate

Ingredients:

3 slices of Applegate brand turkey cold cuts

1/2 avocado

1 oz goat cream cheese

2 oz lettuce

4 tablespoons olive oil

Salt and pepper

Directions:

Put the lettuce, turkey, sliced avocado, and cream cheese on a plate. Drizzle olive oil over the vegetables and season to taste with salt and pepper. Can be eaten as wraps/rolls.

Macros: Fats 50.5g; Protein 16 g; Carbs 7g

Keto Day 1 con't

DINNER:

Pork Chops

Ingredients:

4 oz pork chops (tenderloin)

2 tbsp of coconut oil or tallow (for gravy topping)

Directions:

Cook pork chops with butter or tallow and salt to taste. Serve with your favorite homemade gravy recipe and add bacon drippings (if you have any) or 2 tbsp of butter as topping.

Macros: Fats 46g; Protein 29g; Carbs 2g

SNACK OPTION:

Grapes

Ingredients:

1/2 cup grapes

Macros: Fats 0.15g; Protein 0.3g; Carbs 7.9g

Total Macros for Day 1: Fats 123.65g; Protein 53.3g; Carbs 30.9g



Keto Day 2

BREAKFAST:

Perfect Keto Breakfast

Ingredients:

2 slices hearty thick sliced bacon

2 eggs

1/2 small avocado

2 slices of roma tomatoes

1 oz shredded mozzarella cheese

2 medium strawberries

Directions:

Pan-fry bacon slices and use grease to cook eggs. Top with sliced tomatoes, avocado, strawberries, and top off with cheese.

Makes 1 serving.

Macros: Fats 33g; Protein 27g; Carbs 8g

LUNCH:

Fried Salmon w/Broccoli and Mayo

Ingredients:

4 oz salmon

Olive oil

1 cup broccoli

2 tbsp mayo

1/2 tsp lemon juice

Salt and pepper

Directions:

Fry salmon in olive oil and add salt and pepper to taste. Steam a cup of broccoli. Mix 2 tbsp mayo with 1/2 tsp lemon juice. Serve salmon and top off with mayo mix and add side of broccoli.

Makes 1 serving.

Macros: Fats 31.8g; Protein 23.8g; Carbs 11.2g

Keto Day 2 con't

DINNER:

Chipotle Style Steak Bowl

Ingredients:

4 oz skirt steak

Salt and pepper

Homemade guacamole (your favorite recipe)

1 oz shredded cheese

1 tbsp of organic sour cream

A few leaves of fresh cilantro

Directions:

Season the skirt steak with salt and pepper to taste and heat up a cast iron skillet on high heat. When once it's hot, cook the skirt steak for 3-4 minutes on each side. Let it rest on a plate while you prepare your favorite guacamole recipe. Slice the skirt steak against the grain into thin, bite-sized strips. Add about 1/4 cup of guacamole for portion and top with sour cream, shredded cheese, cilantro leaves, and add 1 tbsp of olive oil or avocado oil.

Makes 1 serving.

Macros: Fats 64g; Protein 33g; Carbs 5.5g

SNACK OPTION:

Sprouted Pumpkin Seeds

Ingredients:

2 oz of pumpkin seeds.

Macros: Fats 16g; Protein 6g; Carbs 6g

Total Macros for Day 2: Fats 144.8g; Protein 89.8g; Carbs 30.7g



Keto Day 3

BREAKFAST:

Keto Avocado Smoothie w/Coconut Milk, Ginger, and Turmeric

Ingredients:

1/2 avocado (3-4 oz)

1 1/2 cup full-fat coconut milk (from a can)

1/2 cup almond milk

1 tsp fresh grated ginger (about 1/2 inch piece)

1/2 tsp turmeric

Dash of ground black pepper and sea salt

2 tbsp of MCT oil

1 tsp lemon or lime juice (or more to taste)

1 cup crushed ice (or more for a thicker smoothie)

Stevia sweetener to taste

Directions:

Add the first 6 ingredients to a blender and blend on low-speed until smooth. Add crushed ice and sweetener. Blend on high until smooth. Taste and adjust sweetness and tartness per your taste buds.

Makes 2 servings. Nutrition info per 1 serving.

Macros: Fats 49g; Protein 0.75g; Carbs 5.75g



Keto Day 3 con't

LUNCH:

Keto Ground Beef Green Beans

Ingredients:

2/3 lb ground beef

9 oz. fresh green beans

3 1/2 oz. butter

Salt and pepper

1/3 cup mayo

Directions:

Rinse and trim the green beans. Heat up a generous dollop of butter in a frying pan to fit both the ground beef and green beans. Brown the ground beef on high heat until it's almost done. Add salt and pepper. Lower heat. Add more butter and fry green beans for five minutes in the same pan. Stir the ground beef every now and then. Season beans with salt and pepper. Serve with remaining butter and add mayonnaise for additional fat intake.

(<https://www.dietdoctor.com/recipes/keto-ground-beef-green-beans>)

Makes 2 servings.

Macros: Fats 60g; Protein 32g; Carbs 5g

DINNER:

Lemon Salmon

Ingredients:

4 oz of wild-caught salmon

1 tbsp of butter

Lemon slices

Directions:

Bake salmon for about 10-15 minutes at 450 degrees F. Once baked, add 1 tbsp of melted butter and lemon slices to top off.

Macros: Fats 26g; Protein 22g; Carbs 0g

Keto Day 3 con't

SNACK OPTION:

Pickle Tuna Boat

Ingredients:

1 pickle

Tuna

Directions:

Slice pickle in half (4”), scrape out seeds, and fill with tuna. Top with mayo if desired.

Macros: Fats 7.2g; Protein 25.6g; Carbs 3.5g

Total Macros for Day 3: Fats 142.2g; 80.35g; Carbs 14.25g



Keto Day 4

BREAKFAST:

Steak and Eggs

Ingredients:

1 tbsp butter

3 eggs

4 oz sirloin steak

1/4 avocado

Salt and pepper

Directions:

Melt the butter in a pan and fry 2-3 eggs until the whites are set and yolk is to desired doneness. Season with salt and pepper. In another pan, cook your sirloin (or favorite cut of steak) until desired doneness. Then slice into bite-sized strips and season with salt and pepper. Slice up some avocado and serve together!

(<https://www.tasteaholics.com/recipes/breakfast-recipes/steak-and-eggs>)

Makes 1 serving.

Macros: Fats 36g; Protein 44g; Carbs 3g

LUNCH:

Keto Cauliflower w/Bacon

Ingredients:

1 cup of cauliflower (chopped)

1 tbsp butter

2 bacon strips

Garlic salt

Directions:

Saute cauliflower with butter and add garlic salt. Then, cut/chop 2 strips of bacon into small pieces and cook in separate pan. Once crispy, remove from pan and add to sauteed cauliflower. Add 1 tbsp of butter or bacon drippings for additional fat intake.

Macros: Fats 19.6g; Protein 9.2g; Carbs 7.4g

Keto Day 4 con't

DINNER:

Zucchini and Walnut Salad

Ingredients:

1/2 zucchini

1/4 tbsp olive oil

Salt and pepper

1/4 head of Romaine lettuce

1 oz arugula lettuce

1 tbsp finely chopped fresh chives or scallions

3 tbsp chopped walnuts or pecans

For dressing:

1/2 tbsp olive oil

3 tbsp mayo

1/2 tsp lemon juice

1/2 garlic clove

1/8 tsp salt

1/10 tsp chili powder

Directions:

In a small bowl, whisk together all the dressing ingredients. Reserve the dressing to develop flavor while you make the salad. Split the zucchini lengthwise and scoop out the seeds. Cut the zucchini halves crosswise into half-inch pieces. Heat olive oil in a frying pan over medium heat, until it shimmers. Add zucchini to the pan, and season with salt and pepper. Sauté until lightly browned but still firm. Trim and cut the salad. Place the romaine, arugula and chives in a large bowl. Stir in the cooked zucchini. Roast the nuts briefly in the same pan as the zucchini. Season with salt and pepper. Add nuts as topping on salad and drizzle with dressing.

(<https://www.dietdoctor.com/recipes/low-carb-zucchini-walnut-salad/servings/1>) Makes 1 serving.

Macros: Fats 54g; Protein 8g; Carbs 8g

Keto Day 4 con't

SNACK OPTION:

Easy Trail Mix

Ingredients:

1/4 cup of coconut flakes

15 cashews

3 tbsp sunflower seeds

Macros: Fats 47.9g; Protein 14.9g; Carbs 20g

Total Macros for Day 4: Fats 157.5g; Protein 76.1g; Carbs 38.4g



Keto Day 5

BREAKFAST:

Bulletproof Coffee

Ingredients:

1 cup hot coffee, freshly brewed

1 tbsp coconut oil

1 tbsp unsalted butter

Directions:

Combine and blend with hand blender until smooth and frothy.

Makes 1 serving.

Macros: Fats 28g; Protein 0.4g; Carbs 0g

LUNCH:

Keto Cheeseburger

Ingredients:

1 1/2 lbs ground beef

7 oz shredded cheese

2 tsp garlic powder

2 tsp onion powder

2 tsp paprika powder

2 tbsp fresh oregano, finely chopped

2 oz butter, for frying

Salsa:

2 tomatoes

2 scallions

1 avocado

1 tbsp olive oil

Salt

Fresh cilantro, to taste

Plate toppings:

3/4 cup mayo

5 oz cooked bacon

4 tbsp dijon mustard

1/2 cup sliced dill pickles

5 oz lettuce

4 tbsp pickled jalapeños

Keto Day 5 Con't

Directions:

Chop up the salsa ingredients and stir together in a small bowl. Put aside. Mix in seasoning and half the cheese into the ground beef. Make four burgers patties and fry in a pan or grill if you prefer. Add cheese on top towards the end. Serve on lettuce with dill pickle, and mustard. (<https://www.dietdoctor.com/recipes/keto-cheese-burger>)

Makes 4 servings.

Macros: Fats 104g; Protein 54g; Carbs 8g

DINNER:

Lemon Salmon

Ingredients:

4 oz of baked fish

1 tbsp of melted butter

Lemon slices

Directions:

Bake salmon for about 10-15 minutes at 450 degrees F. Once baked, add 1 tbsp of melted butter and lemon slices to top off.

Macros: Fats 26g; Protein 22g; Carbs 0g

SNACK OPTION:

Grapes

Ingredients:

1/2 cup grapes

Macros: Fats 0.15g; Protein 0.3g; Carbs 7.9g

Total Macros for Day 5: Fats 158.15g; Protein 76.7g; Carbs 15.9g



Keto Day 6

BREAKFAST:

Sausage, Spinach, and Cheese Omelet

Ingredients:

3 large eggs

2 small breakfast sausages

1 cup spinach leaves

1 tbsp

Feta cheese

Salt and pepper to taste

Directions:

Crack eggs in bowl and add salt and pepper and mix with whisk. Fry 2 sausage links in olive oil and sauté spinach as well. Set aside and use the pan grease, add eggs to the pan, and let it sit to lightly brown the bottom of omelet. Once eggs appear to cook through a bit, add spinach, links, and cheese to middle. Let sit for a bit before flipping, then let cook another 2-3 minutes. You can use a lid to steam cook, ensuring egg is well done.

Makes 1 serving.

Macros: Fats 41.89g; Protein 31.38g; Carbs 6.05g

LUNCH:

Keto Turkey Plate

Ingredients:

3 slices of Applegate brand turkey cold cuts

1/2 avocado

1 oz goat cream cheese

2 oz lettuce

4 tablespoons olive oil

Salt and pepper

Directions:

Put the lettuce, turkey, sliced avocado, and cream cheese on a plate. Drizzle olive oil over the vegetables and season to taste with salt and pepper. Can be eaten as wraps/rolls.

Macros: Fats 50.5g; Protein 16 g; Carbs 7g

Keto Day 6 con't

DINNER:

Greek Salad

Ingredients:

3 ripe tomatoes

1/2 cucumber

1/2 red onion

1/2 green bell pepper

7 oz feta cheese

10 black olives

4 tbsp olive oil

1/2 tbsp apple cider vinegar

Salt and pepper

2 tsp dried oregano

Directions:

Cut the tomatoes and cucumber into bite-sized pieces. Thinly slice the bell pepper and the onion. Arrange on a serving platter or, if possible, place the salad on individual salad plates. Add feta cheese and olives, and drizzle olive oil and vinegar over the salad. Season with salt and pepper according to taste. Sprinkle with crumbled oregano and serve.

Makes 2 servings.

Macros: Fats 51g; Protein 17g; Carbs 15g



Keto Day 6 con't

SNACK OPTION:

Amazing Golden Milk

Ingredients:

1 cup of full fat coconut milk

1 tsp turmeric

1 tsp maca powder

1/2 tsp cinnamon

1 tbsp MCT oil

Pinch of ground black pepper

Sea salt

Sash of stevia or 1 tsp of raw honey or maple syrup

Directions:

Pour cup of coconut milk into small saucepan and heat for 3-5 minutes over medium heat until hot but not boiling. Add remaining ingredients, stir, and drink while still warm.

Macros: Fats 53g, Protein 0g; Carbs 1.5g

Total Macros for Day 6: Fats 196.39; Protein 65.38g; Carbs 29.55g



Keto Day 7

BREAKFAST:

Keto Breakfast Cereal

Ingredients:

1/2 cup coconut milk

1/2 tsp vanilla

1/2 oz pecans

1 tbsp of flaxseed

1 tbsp of chia seeds

1/2 tbsp of coconut flakes

Stevia or maple syrup to sweeten

Directions:

Mix all in a bowl and enjoy. Makes 1 serving.

Macros: Fats 27g; Protein 8g; Carbs 14g

LUNCH:

Charred Veggie and Fried Goat Cheese Salad

Ingredients:

2 tbsp poppy seeds

2 tbsp sesame seeds

1 tsp onion flakes

1 tsp garlic flakes

4 oz goat cheese, cut into 4 1/2 in thick medallions

1 medium red bell pepper, seeds removed & cut into 8 pieces

1/2 cup baby Portobello mushrooms, sliced

4 cups arugula, divided between two bowls

1 tablespoon avocado oil

Keto Day 7

Directions:

Combine the poppy and sesame seeds, onion, and garlic flakes in a small dish. Coat each piece of goat cheese on both sides. Place on plate in the refrigerator until you are ready to fry the cheese. Prepare a skillet with nonstick spray and heat to medium. Char the peppers and mushrooms on both sides, just until the pieces begin to darken and the pepper softens. Add to the bowls of arugula. Place the cold goat cheese in the skillet and fry on each side for about 30 seconds. This melts quickly so be gentle as you flip each piece! Add the cheese to the salad and drizzle with avocado oil. Serve warm! (<https://www.ruled.me/charred-veggie-fried-goat-cheese-salad>)

Makes 2 servings.

Macros: Fats 27.61g; Protein 16.09g; Carbs 12.28g

DINNER:

Baked Asparagus

Ingredients:

1 cup asparagus

Garlic salt

Butter

1 tbsp melted butter, ghee or olive oil.

Directions:

Bake asparagus with garlic salt and butter for about 10 minutes on 450 degrees F. Serve on plate and drizzle with olive oil or melted butter or ghee.

Macros: Fats 14g; Protein 2.5g; Carbs 2.5g



Keto Day 7 Con't

SNACK OPTION:

Keto Wrap

Ingredients:

2 slices of Applegate turkey

1/2 avocado

1 tbsp mayonnaise

1 tbsp sauerkraut

Directions:

If desired, in a collard green leaf (break the stems of the leaf by bending them, so that you can fold the leaves over), add turkey slices, avocado, mayo, and sauerkraut and roll up.

Macros: Fats 22g; Protein 14.9g; Carbs 20g

Total Macros for Day 7: Fats 90.61g; Protein 41.49g; Carbs 48.78g



Keto Drink Options

Cranberry Detox Drink

Ingredients:

8 oz of water

2 oz organic unsweetened cranberry juice

1-2 tbsps Bragg's Apple Cider Vinegar

Juice of 1/2 lemon or 1 tbsp of lemon juice

Pinch of sea salt.

Directions:

Mix all ingredients in glass.

****Recommended to drink daily.**

Macros: Fats 0.6g; Protein 0g; Carbs 9.67g

Keto Tea 1

Ingredients:

1 cup of hot tea

1 tbsp coconut cream

1 tbsp of coconut oil or MCT oil

Dash of stevia to taste

Directions:

Mix in coconut cream, coconut oil, or MCT oil and add stevia to taste.

Macros: Fats 19.2g; Protein 0.5g; Carbs 1g

Keto Tea 2

Ingredients:

1 cup of hot tea

1 tbsp of coconut oil or MCT oil

Lemon to taste

Directions:

Add coconut oil or MCT oil and lemon to taste

Macros: Fats 14g; Protein 0g; Carbs 0g

Keto Drink Options

Keto Tea 3-

Ingredients:

1 cup of hot tea

2 tbsp of MCT oil

Directions:

Add the MCT oil to tea and enjoy.

Macros: Fats 28g; Protein 0g; Carbs 0g

Keto Water

Ingredients:

1 quart of water

1 cup of aloe vera gel

1/2 cucumber sliced

Juice of 1 lemon

1/2 lemon sliced

1/2 tsp of sea salt

Directions:

Add all ingredients to water. Drink through the day.

Macros: Fats 0.3g; Protein 1.49g; Carbs 35.7g



Closing Thoughts...

The ketogenic lifestyle is not a one-size fits-all nutritional plan. Although it is advertised as a low-carb, high fat diet, with a suggested maximum of 20 carbs per day, there is a key point that is commonly missed and makes a major difference in results: keto is NOT the same for men and women.

Being the complex and unique creatures that we are, keto *should* be tailored based on *YOUR* nutritional needs and health conditions. I invite you to visit us at www.ketolifestyleforwomen.com to learn more!



Do you feel you need help customizing a nutritional plan just for you? If you're serious about regaining your health and ready to become the best version of you, give us a call at 888-503-5587 to schedule an appointment or feel free to visit our website at www.drLindaMarquez.com to take advantage of our free 15-minute consultation offer and start creating your road map to optimal health!

About Dr. Linda Marquez

Linda Marquez Goodine is an author, speaker, holistic nutritionist and holds a doctorate degree in Chiropractic Medicine. Dr. Linda provides a holistic, drugless, and whole body approach to wellness helping her patients live life to the fullest. She graduated in 1992 from Southern California University of Health Sciences (former Los Angeles College of Chiropractic). Her post graduate studies have extended in Functional Medicine, Obesity Related Issues, Digestive Health, Brain Health, Thyroid Health, Chronic Fatigue, Chronic Pain and Women's Wellness. Dr. Linda has been interviewed on television, radio, and has contributed to a national health column, in addition to workshops at churches, Fortune 100 companies, and women's organizations and associations. Dr. Linda is married to her high school sweetheart, has three children, and enjoys spending time with her family.