

ONE WEEK MEAL PREP FOR ONE PERSON (5 work days)

This meal prep is based on an 1800kcal intake per day consisting of 3 meals plus a small snack.

The repetitive nature of this meal prep is what enables you to prepare everything ahead of time and meet your macros without having to think about it for the rest of the week. So, if you have a very busy week ahead or don't mind eating the same meals each day, this may be a great cheap and easy meal prep plan for you.

It aims to keep your daily net carbohydrate intake around 20g at an average macro split of 70% fat; 25% protein; and 5% carbohydrate.

You can reduce or increase your caloric intake by following the 1200kcal or 2200kcal menu prep which adapts the 1800kcal by making some ingredient additions or subtractions to the recipes.

Note: This does not take into account any beverages that you consume during the day. Our recommended beverages are plain water and unsweetened black tea or black coffee. If you really can't seem to make it through the day without something sweet, you could try water that has been sweetened with flavoured stevia drops or perhaps add some stevia to your black coffee or tea.

If you can't bear to have your tea or coffee black, then we would suggest adding a teaspoon of cream as this is lower in carbohydrates than milk, but it will raise your calorie intake slightly.

The 3 meals per day are there to give a sense of normalcy to those starting out on a low carb/keto eating style. Once you are used to a low carb/keto lifestyle, you may like to change to drinking a keto coffee in the morning and eating only 2 solid meals per day. The up side of this is that squeezing your food intake into only 2 meals means those meals can be bigger and additionally, you will raise your insulin levels less often.

1200 kcal per day		
MEAL 1	MEAL 2	MEAL 3
Bacon and egg breakfast bake	Oven pan chicken drumstick and salad	Beef chili con carne with roast broccoli
1 portion of Bacon and egg breakfast bake	1 chicken drumstick plus salad	140g (5oz) of Beef Chili con Carne with 1 portion of roast broccoli
<i>Minus from recipe:</i> 5 eggs 5 bacon rashers 50g tasty cheese 75ml cream	<i>Minus from recipe:</i> 5 chicken drumsticks 2½ gouda cheese slices	<i>Minus from recipe:</i> 250g broccoli 2½ Tb Oil 50g sour cream
SNACK: 1 Edam cheese stick		

1800 kcal per day		
MEAL 1	MEAL 2	MEAL 3
Bacon and egg breakfast bake	Oven pan chicken drumstick and salad	Beef chili con carne with roast broccoli
1 portion of bacon and egg breakfast bake	2 chicken drumsticks plus simple salad	196g (7oz) of Beef Chili con Carne with 1 portion of roast broccoli
SNACK: 1 Edam cheese stick		

2200 kcal per day		
MEAL 1	MEAL 2	MEAL 3
1 portion of Bacon and egg breakfast bake	Oven pan chicken drumstick and salad	Beef chili con carne with roast broccoli
Bacon and egg breakfast bake <i>Add to recipe:</i> <i>5 bacon rashers</i>	3 chicken drumsticks plus salad <i>Add to recipe:</i> <i>5 chicken drumsticks</i> <i>5 tsp rice bran oil</i>	238g (8 ½oz) of Beef Chili con Carne with 1 portion of roast broccoli <i>Add to recipe:</i> <i>42g (1½ oz) beef chili</i> <i>50g sour cream</i>
SNACK: 1 Edam cheese stick and 1 boiled egg		

OVEN PAN CHICKEN DRUMSTICKS

Ingredients

- 3TB & 1tsp Avocado Oil or oil of choice
- 1 ¼ tsp Paprika
- 1 ¼ tsp Garlic Powder
- 1 tsp Himalayan Pink Salt
- 1/4 tsp Black Pepper
- 5 Gouda Cheese 20g slices
- 10 Chicken Leg Drumsticks
- Optional to serve: tobasco sauce

Instructions

1. Preheat oven to 200°C.
2. Take the chicken drumsticks. Slip your fingers between the meat and the skin of the drumsticks to create a pocket.
3. Divide each cheese slice in half. Place 1 cheese half into the pocket you have created between the chicken meat and chicken skin.
4. In a Ziploc bag, combine avocado oil, paprika, garlic powder, and pepper. Add the cheese-stuffed chicken drumsticks and massage oil and seasonings into chicken surface until well-coated.
5. Place legs on an oil-sprayed baking sheet with space between each leg.
6. Bake 30-40 minutes until golden and cooked through.
7. Divide into 5 portions (2 drumsticks per meal) and place into lunch containers. Allow to cool before storing in the refrigerator.
8. Pair your chicken drumsticks with a portion of simple salad.

Tip: If you like to have pan juices to drizzle over your cooked chicken, add a few tablespoons of water to the chicken while it is cooking.

SIMPLE SALAD

Ingredients

- 250g Mixed Salad Leaves
- 10 Cherry Tomatoes
- 5Tb Mayonnaise (Try to get one that has low to no carbohydrates)
- 2-2 ½ tsp cracked Black Pepper
- Himalayan Pink Salt, to taste

Instructions

1. Divide the salad greens into 5 portions.
2. Scatter 2 halved or quartered cherry tomatoes over each portion of salad greens.
3. Sprinkle over ½ tsp of cracked black pepper and a pinch of Himalayan pink salt over each salad.
4. Drizzle 1TB of mayonnaise over each salad.

Note: You may prefer a dressing of olive oil and apple cider vinegar as an alternative to mayonnaise. If so, I would use 5TB of olive oil mixed with 2 ½TB apple cider vinegar divided up to drizzle over the 5 salads, however, do not drizzle this mixture over the salad until you are ready to eat it as the vinegar will wilt the salad greens.

BACON & EGG BREAKFAST BAKE

Ingredients

- 15 large eggs
- 10 rashers of Streaky Bacon sliced into 1cm wide pieces
- 100g Tasty Cheese, grated
- 150ml Heavy Cream
- 10x Cherry Tomatoes, cut into quarters or halves
- Himalayan Pink Salt (to taste)
- 1-1½ tsp Black Pepper

Instructions

1. Preheat oven to 200°C.
2. Into a large, rectangular baking dish crack the eggs and add the heavy cream, salt and pepper. Mix/beat together using a whisk or fork.
3. Over the egg mixture, sprinkle the bacon pieces, cherry tomato pieces and grated cheese.
4. Place the baking dish in the pre-heated oven on the middle rack and back for approximately 30-40 minutes until golden brown and cooked through (the egg should not be runny).
5. Remove from the oven and allow to cool.
6. Divide into 5 portions, 1 for each work day breakfast.

Tip: you may wish to keep a little of the cheese to the side and sprinkle over just before the casserole has finished cooking so that you have a nice cheesy top as the cheese that you add to the casserole before baking will incorporate into the body of the finished dish.

ROASTED BROCCOLI

Ingredients

- 750g Broccoli Florets
- 7 ½ Tb Avocado Oil or oil of choice
- 2-2 ½ tsp Cracked Black Pepper
- Himalayan Pink Salt, to taste

Instructions

1. Preheat oven to 200°C
2. In an ovenproof baking tray, toss the broccoli florets with the oil, salt and pepper until each floret is coated.
3. Place the baking tray on the middle shelf of the oven and bake for approximately 15-20 minutes until the edges of the broccoli go crispy and the stems are tender. You may wish to roast your broccoli for longer or shorter depending on how cooked you like your broccoli.
4. Remove the baking tray from the oven and allow the broccoli to cool before dividing into 5 portions and adding to your lunch containers.

Tip: If you're like me, I like to see A LOT of food on my plate as it just seems more satisfying, so, try not to overcook the broccoli as it will lose some of its bulk and look more shrivelled due to the dehydrating effect of roasting.

CHILI CON CARNE

Ingredients

- 1kg Beef Mince
- 2 Garlic Clove, minced
- 2TB Ground Cumin
- 2tsp Chili Flakes
- 1 tsp Cayenne Pepper
- 100g Onion, finely diced
- 30ml Rice Bran Oil
- 100g Red Capsicum, diced
- 4 Beef Stock Cubes mixed with 2 Cups water (or equivalent of 2 Cups of Beef Stock)
- 2tsp Onion Powder
- 4 tsp Paprika
- 4tsp Worcestershire Sauce
- ½ tsp Xanthan Gum (can substitute with guar gum or glucomannan powder)
- 4 tsp Smoked Paprika
- Himalayan Pink Salt, to your taste
- 150g Sour cream, to serve

Instructions

1. Into a large saucepan over medium heat, place the rice bran oil and diced onion. Cook the onion for 3-5 minutes or until the onion is tender and translucent (take care not to burn the onion as this will add a bitter flavour).
2. Add the beef mince to the saucepan and continue to cook the mixture till the mince is browned.

3. Add the minced garlic, cumin, chili flakes, cayenne pepper, beef stock, onion powder, paprika, Worcestershire sauce, and smoked paprika. Mix the ingredients until fully combined.
4. Turn the heat down to low and continue to simmer the mixture until the liquid reduces (approximately 20 minutes).
5. Add the diced capsicum (you can add the capsicum earlier if you like it to be very soft as remember, you will be reheating the chili when you eat it later in the week).
6. Taste and add some Himalayan pink salt to your taste.
7. Sprinkle the xanthan gum finely over the chili mixture and stir quickly to mix it in without clumps. This will help to thicken any remaining sauce. You can add more xanthan if needed but go sparingly as too much xanthan may give the sauce too much of a slippery/slimy consistency.
8. Divide your sour cream into 5 portions and serve on top of your chili.
9. Pair your beef chili with a portion of roasted broccoli.

Note: This recipe will make approximately 1.5kg (1500g or 55oz) of beef chili which means that you will be able to put extra portions of chili into your freezer to use at your convenience.

Tip: You could reduce the amount of sour cream and add a sprinkle of grated cheddar cheese if desired, just check the macro nutrient labels of your cheese and sour cream to work out your substitution. Cheese generally will have almost no carbohydrates but will have more protein than sour cream in proportion to fat.