

# Stall Buster's Course

## Week One 70% Fat





# Introduction

## Week One 70% Fat

Welcome to Week 1 of the Stall Buster Keto Course!

This week you will enjoy a traditional keto meal plan that includes dairy and 3 meals a day.

All dinners are meant to feed a family of 4 with left overs for yourself for lunch the next day.

Some of the breakfasts are for one and others make more servings so if you do have a family they can enjoy it as well, please enjoy one suggested serving of those breakfasts. Coffee is allowed, but not included in the meal plan. Simply add any heavy cream or unsweetened almond or coconut milk if you use it.

A delicious pie recipe is offered day 6 and 7. Desserts and snacks are completely optional and do not need to be eaten if you choose.

Nutrition information is provided to give you an idea of what eating 20 net carbs a day or less looks like.

Have a great week!

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# Print Shop Cook



# Shopping List Week 1 70% Fat

## Produce

- 1/3 cup raspberries
- 1/2 avocado
- 6 cups romaine lettuce
- 1 head cauliflower
- 7 cups broccoli
- 4 cups cucumber slices
- 1/2 cup onion, chopped
- 2 cloves garlic minced
- 1 tsp minced garlic
- 1/2 tbsp fresh grated ginger
- 1 scallion or 1/8 cup chopped
- 8 ounces frozen spinach
- 2 packages Low Carb Noodles, 14 oz each
- Optional: chopped fresh parsley, scallions (Shrimp Ramen Stir Fry)
- Optional: avocado, cilantro (Mexican Breakfast Casserole)

## Eggs / Dairy

- 29 eggs
- 5 1/4 cups shredded mozzarella cheese
- 1 cup pepper jack cheese or Mexican blend
- 8 ounces sliced organic 100% cheddar cheese
- 1/2 cup ricotta cheese (I used part skim)
- 10 tbsp sour cream
- 16 ounces cream cheese
- 30 tbsp butter
- 51 ounces heavy cream
- 1/4 cup coconut milk
- 1 cup milk of choice, I used 2%
- Optional toppings: sour cream (Mexican Breakfast Casserole)

## Deli / Meat

- 8 slices bacon
- 6 ounces uncured bacon
- 2 pounds beef bottom round steak
- 5 ounces rotisserie chicken
- 12 ounces cooked chicken breast
- 1 1/2 pounds chicken breasts
- 1 pounds ground chicken
- 2 3/4 pounds ground beef
- 12 ounces ground pork
- 1 pound shrimp peeled, deveined, tails removed
- Optional: bacon (Stir Fry & Pizza)

## Spices / Extract

- 5 tsp sea salt
- 2 tsp pepper
- 4 tsp each garlic powder & onion powder
- 1/2 tbsp dried minced onion
- 1/2 tsp coriander
- 1 tsp each cumin & chili powder
- 1 tsp smoked paprika
- 2 tsp oregano
- 1/2 tsp dried basil
- 1/4 tsp dried parsley
- 2 tsp dried Italian herbs
- 1/8 tsp ground cloves
- 1 1/2 tsp vanilla liquid stevia

## Dried / Canned

- 1/2 cup coconut oil
- 1 tbsp sesame oil
- 6 1/2 tbsp olive oil
- 1/2 cup red wine vinegar
- 1/8 cup apple cider vinegar
- 1 tbsp rice vinegar
- 2 tbsp Macadamia nut butter
- 2 tbsp almond butter
- 1 1/2 tsp baking powder
- 2 cups coconut flour
- 1/2 cup sesame flour
- 1/2 cup unsweetened cocoa powder
- 1/2 cup Swerve confectioners sweetener
- 1/8 cup Swerve granular sweetener
- 1/4 cup vanilla whey protein powder
- 1 cup unflavored whey protein powder
- 1 cup sesame seeds
- 1/2 cup sunflower seeds raw, unsalted
- 1/2 cup crushed pork rinds
- 1/2 cup Coconut flakes, unsweetened, toasted
- 1 cup salsa
- 14 ounce tomato puree
- 3 ounce tomato paste
- 2 tbsp mayonnaise
- 2 tbsp yellow mustard
- 2 cups low sodium chicken broth
- 1/4 cup coconut aminos or soy sauce
- 2 ounces choczero caramel sauce
- 2 ounces sugar-free chocolate chips
- 3/4 cup grated parmesan
- 1 can tuna fish in oil
- Optional toppings: sesame seeds, coconut aminos (Asian Chicken Meatballs)



# Stall Buster's Course

## Week 1 Day 1

### 70% Fat

#### Day 1 Breakfast (to serve 1 person)

- 2 eggs, hard or soft boiled
- 4 slices bacon

#### Day 1 Lunch (to serve 1 person)

- 5 ounces rotisserie chicken with skin
- 1 cup cucumber slices with sea salt
- 1/3 cup raspberries
- 1/3 cup whipped cream  
(use heavy cream in a high powered blender or electric mixer and whip with your favorite sugar-free sweetener. Enjoy 1/3 cup with berries and save the rest.)

#### Day 1 Dinner (to serve 4 people)

- Spinach Stuffed Meatloaf - recipe on next page
- *Note: this meatloaf recipe makes 6 servings.  
4 servings for today's dinner, 1 for Day 2 lunch, and 1 to freeze.*

#### Day 1 Snack (to serve 1 person)

- 2 tbsp. Macadamia nut butter

Ratios: 70% fat, 27% protein, 3% carbs

#### Nutritional Info:

Total Carbs: 19.3g

Fiber: 9.6g

Protein: 102.3g

Fat: 116.4g

Calories: 1507



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# Spinach Stuffed Meatloaf

SERVINGS 6    PREP TIME 20 min    COOK TIME 45 min    TOTAL TIME 1hr 5min

## INGREDIENTS

- 1.25 pounds ground beef
- 1 egg
- 1/4 cup grated parmesan
- 1/4 cup crushed pork rinds
- 1/4 tsp salt divided
- 1/4 tsp pepper divided
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 8 ounces frozen thawed, drained spinach
- 3/4 cups shredded mozzarella cheese

## INSTRUCTIONS

- 1.Preheat oven to 375 degrees.
- 2.In a bowl, mix the ground beef, egg, parmesan, pork rinds, 1/8 tsp salt, 1/8 tsp pepper, 1/8 tsp garlic powder, 1/8 tsp onion powder.
- 3.Spread this meat mixture onto a baking sheet. Make a 5 by 6 inch rectangle and about 1/2 inch in thickness.
- 4.Evenly spread out the spinach onto the meat. Sprinkle the remaining 1/8 teaspoons of salt, pepper, garlic and onion powders over the spinach.
- 5.Sprinkle the mozzarella over the spinach.
- 6.Roll up the meatloaf using the parchment to help you roll it over.
- 7.Bake for 40-45 minutes.
- 8.Allow to rest about 10 minutes before slicing into 6 pieces.

## NUTRITIONAL INFO

- |                            |                      |                      |
|----------------------------|----------------------|----------------------|
| • Serving Size 1 slice     | • Saturated Fat 7.6g | • Dietary Fiber 1.2g |
| • Calories per serving 332 | • Cholesterol 117mg  | • Sugars 0.2g        |
| from fat 167               | • Sodium 494mg       | • Protein 36.9g      |
| • Fat 18.6g                | • Carbs 2.5g         | • Net Carbs 1.3g     |



# Stall Buster's Course

## Week 1 Day 2

### 70% Fat

Day 2 Breakfast (to serve 4 people)

- Mexican Breakfast Casserole - recipe on next page
- 2 tbsp. sour cream (per person)
- *Note: this casserole recipe makes 10 servings.*  
*4 servings for today's breakfast, 1 for Day 4 breakfast, and 5 to freeze.*

Day 2 Lunch (to serve 1 person)

- leftover spinach stuffed meatloaf

Day 2 Dinner (to serve 4 people)

- Asian Chicken Meatballs - recipe on next page
- 1/2 cup broccoli (per person)
- 1 tbsp. butter (per person)
- *Note: this meatball recipe makes 5 servings.*  
*4 servings for today's dinner and 1 for Day 3 lunch.*

Day 2 Snack (to serve 1 person)

- 2 tbsp. almond butter

Ratios: 69% fat, 28%protein, 3% carbs

Nutritional Info:

Total Carbs: 17.6g

Fiber: 8.4g

Protein: 75.9 g

Fat: 82.9g

Calories: 1147



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# Mexican Breakfast Casserole

**SERVINGS** 10   **PREP TIME** 15 min   **COOK TIME** 5 hours   **TOTAL TIME** 5hr 15min

## INGREDIENTS

- 12 ounces ground pork
- 1/2 teaspoon garlic powder
- 1/2 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup salsa
- 10 eggs
- 1 cup heavy cream
- 1 cup pepper jack cheese or Mexican blend
- Optional toppings: sour cream, avocado, salsa, cilantro

## INSTRUCTIONS

### Slow Cooker Method

1. In a large skillet over medium heat, cook the pork sausage until no longer pink.
2. Add seasonings and salsa. Set aside to cool slightly.
3. In another bowl whisk the eggs and cream.
4. Add the pork to the eggs, then add the cheese and stir to combine.
5. Grease the bottom of the crock pot and pour in mixture.
6. Cover and cook on high 2 1/2 hours or low 5 hours.
7. Enjoy with optional toppings.

### Oven Method

1. Follow all the steps through number 4. Preheat oven to 350 degrees. Grease a 9 by 13 baking dish. Pour mixture into the dish and bake for 30 minutes or until egg is set and cheese is melted.

## NUTRITIONAL INFO

- |                            |                     |                    |
|----------------------------|---------------------|--------------------|
| • Serving Size 1 piece     | • Saturated Fat 12g | • Dietary Fiber 1g |
| • Calories per serving 284 | • Cholesterol 198mg | • Sugars 1g        |
| from fat 207               | • Sodium 387mg      | • Protein 15g      |
| • Fat 23g                  | • Carbs 3g          | • Net Carbs 2g     |



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# Asian Chicken Meatballs



SERVINGS 5    PREP TIME 20 min    COOK TIME 45 min    TOTAL TIME 1hr 5min

## INGREDIENTS

- 1 pounds ground chicken
- 1/4 tsp onion powder
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/8 cup coconut aminos or soy sauce
- 1/4 cup finely crushed pork rinds
- 1 tsp minced garlic
- 1/2 tbsp fresh grated ginger
- 1 scallion or 1/8 cup chopped
- optional toppings: sesame seeds, chopped scallions, coconut aminos

## INSTRUCTIONS

- 1.Preheat oven to 425 degrees F. Grease a large baking sheet and set aside.
- 2.In a large bowl add all ingredients, except optional toppings, and mix until combined.
- 3.Using a greased large cookie scoop, or measure 1 ounce (35grams) each of chicken and roll into balls. Place onto baking sheet. Top with sesame seeds if desired.
- 4.Bake meatballs for about 20 minutes or when they are slightly browned on bottom and edges. Serve with a drizzle of coconut aminos, chopped scallions and more sesame seeds if desired.

## NUTRITIONAL INFO

- |   |                    |                    |
|---|--------------------|--------------------|
| • Serving Size 3 meatballs                | • Saturated Fat 2g | • Dietary Fiber 1g |
| • Calories per serving 154<br>from fat 81 | • Cholesterol 82mg | • Sugars 1g        |
| • Fat 9g                                  | • Sodium 269mg     | • Protein 16g      |
|   | • Carbs 2g         | • Net Carbs 1g     |



# Stall Buster's Course

## Week 1 Day 3

### 70% Fat

#### Day 3 Breakfast (to serve 1 person)

- 2 eggs, scrambled
- 1 tbsp. butter
- 4 slices bacon

#### Day 3 Lunch (to serve 1 person)

- leftover Asian chicken meatballs
- 1/2 cup broccoli
- 1 tbsp. butter

#### Day 3 Dinner (to serve 4 people)

- Sesame Chicken Fingers – recipe on next page
- 2 tbsp. sugar-free ketchup (per person) – recipe on next page
- 1 cup romaine lettuce (per person)
- 1 tbsp. olive oil (per person)
- 1 tbsp. red wine vinegar (per person)
- 1/2 cup cucumber slices (per person)
- *Note: this chicken finger recipe makes 6 servings.  
4 servings for today's dinner, 1 for Day 4 lunch, and 1 to freeze.*
- *Note: this ketchup recipe makes 19 servings.  
4 servings for today's dinner, 1 for Day 4 lunch, then refrigerate the rest  
and save for week 3, Maple BBQ Pulled Beef recipe.*

Ratios: 67% Fat, 30% Protein, 3% Carbs

#### Nutritional Info:

Total Carbs: 18.4g

Fiber: 7.8g

Protein: 102.7 g

Fat: 99.7g

Calories: 1427



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# Sesame Chicken Fingers

SERVINGS 6    PREP TIME 15 min    COOK TIME 45 min    TOTAL TIME 1 hour

## INGREDIENTS

- 1.5 pounds chicken breasts
- 1/2 cup sesame flour
- 1 cup sesame seeds
- 2 tsp dried Italian herbs
- 1 egg
- 1/4 cup coconut milk
- Oil or fat of choice to fry

## INSTRUCTIONS

1. Cut the chicken breasts into strips or bite sized pieces. Combine the sesame flour, sesame seeds and herbs in a large mixing bowl.
2. Combine the egg and coconut milk in a second bowl and whisk to combine well.
3. One at a time, dip your chicken into the egg mixture and then dredge through the sesame mix, making sure that the chicken is well covered.
4. Place aside on a plate and repeat until all of the chicken is coated.
5. Heat your oil or fat in a frying pan to about a depth of 1 cm, you want to shallow fry the chicken, not completely submerge it.
6. Heat to a good frying temp and then start cooking the chicken in batches until golden brown and crispy. Drain on a paper towel until all of the chicken is cooked.
7. Store, covered, in the refrigerator for up to 5 days.

## NUTRITIONAL INFO

- |                            |                    |                    |
|----------------------------|--------------------|--------------------|
| • Serving Size 4 ounces    | • Saturated Fat 3g | • Dietary Fiber 4g |
| • Calories per serving 316 | • Cholesterol 72mg | • Sugars 0g        |
| from fat 162               | • Sodium 141mg     | • Protein 32g      |
| • Fat 18g                  | • Carbs 8g         | • Net Carbs 4g     |





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# Homemade Tomato Ketchup

**SERVINGS** 19      **PREP TIME** 5 min      **COOK TIME** 0 min      **TOTAL TIME** 5 min

## INGREDIENTS

- 14 ounce tomato puree
- 3 ounce tomato paste
- 1/2 tbsp olive oil
- 1 clove garlic minced
- 1/8 cup apple cider vinegar
- 1/8 cup red wine vinegar
- 1/2 tbsp dried minced onion
- 1/8 teaspoon ground cloves
- 1/4 teaspoon oregano
- 1/2 teaspoon salt
- 1/8 cup Swerve granular sweetener

## INSTRUCTIONS

1. Add all ingredients to a blender and pulse until desired consistency.
2. Taste and adjust spices and sweetener if needed.
3. Store in airtight containers in the fridge.

## NUTRITIONAL INFO

- |                           |                |                |
|---------------------------|----------------|----------------|
| • Serving Size 1 ounce    | • Sodium 102mg | • Sugars 1g    |
| • Calories per serving 15 | • Carbs 2g     | • Net Carbs 2g |

**Author: Brenda Bennett | SugarFreeMom.com**



# Stall Buster's Course

## Week 1 Day 4

### 70% Fat

Day 4 Breakfast (to serve 1 person)

- leftover Mexican breakfast casserole
- 2 tbsp. sour cream

Day 4 Lunch (to serve 1 person)

- leftover sesame chicken fingers
- 2 tbsp. sugar-free ketchup
- 1 cup romaine lettuce
- 1 tbsp. olive oil
- 1 tbsp. red wine vinegar
- 1/2 cup cucumber slices

Day 4 Dinner (to serve 4 people)

- Bacon Cheeseburger Cauliflower Casserole – recipe on next page
- *Note: this casserole recipe makes 10 servings.*  
*4 servings for today's dinner, 1 for Day 5 lunch, and 5 to freeze.*

Ratios: 70% Fat, 26% Protein, 4% Carbs

Nutritional Info:

Total Carbs: 20.9g

Fiber: 8.9g

Protein: 74.8g

Fat: 89.1g

Calories: 1184



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# Bacon Cheeseburger Cauliflower Casserole

**SERVINGS** 10    **PREP TIME** 30 min    **COOK TIME** 35 min    **TOTAL TIME** 1hr 5min

## INGREDIENTS

- 1 head cauliflower  
(or 6 cups florets or 4 cups cauliflower rice)
- 1/3 cup coconut flour or choice flour
- 1/4 tsp salt
- 6 ounces uncured bacon
- 1 1/2 pounds ground beef or turkey
- 1 tsp each onion powder & oregano
- 1 tsp each garlic powder & salt
- 1/2 tsp pepper

### Sauce

- 1 tbsp butter
- 1 tbsp coconut flour or choice flour
- 1 1/2 cups heavy cream
- 2 tbsp yellow mustard
- 8 ounces sliced organic 100% cheddar cheese

## INSTRUCTIONS

1. Steam the cauliflower until fork tender. Skip this step if using cauliflower rice.
2. Place into a food processor and pulse until it resembles rice. Skip this step if using cauliflower rice. Thaw if using frozen rice and then follow the rest of the directions.
3. Set aside in a bowl to cool then add the coconut flour and salt and mix well.
4. Cook the bacon in a large skillet until moderately cooked, but not crisp.
5. Remove bacon with a slotted spoon to keep bacon juice in skillet.
6. Transfer bacon to a paper towel lined plate to cool. Once cool chop into pieces.
7. Add the ground beef to the same skillet and cook until browned.
8. Add the onion powder, oregano, garlic powder, salt, pepper and mix well.
9. Remove the beef with a slotted spoon and transfer to a bowl.
10. Preheat oven to 350 degrees F.

### Sauce

1. Add the butter to the same skillet and stir in the flour over low heat. Cook until the flour has absorbed the butter then add heavy cream and mustard.
2. Continue to cook on low heat until the sauce thickens.

### Assembly:

1. Place 1/2 cup of the sauce to the bottom of a 9 by 13 baking dish.
2. Spread the cauliflower mixture on the spread as evenly as possible.
3. Place 4 ounces of sliced cheddar over the cauliflower.
4. Spread the ground beef over the cheddar slices evenly.
5. Pour half of the remaining sauce over the beef.
6. Place the remaining cheddar slices over the sauce.
7. Pour the remaining sauce over the top and sprinkle with bacon.
8. Cover and bake 30 minutes.
9. Uncover and bake an additional 5 minutes.
10. Allow to cool out of the oven for 15-20 minutes before slicing and serving.

## NUTRITIONAL INFO

- |  |                       |                      |
|--|-----------------------|----------------------|
| • Serving Size 1 piece                     | • Saturated Fat 18.2g | • Dietary Fiber 2.5g |
| • Calories per serving 444<br>from fat 310 | • Cholesterol 140mg   | • Sugars 1.7g        |
| • Fat 34.4g                                | • Sodium 570mg        | • Protein 26.9g      |
|  | • Carbs 6.2g          | • Net Carbs 3.7g     |





Day 5 Breakfast (to serve 1 person)

- Vanilla Ricotta Pancakes - recipe on next page
- 1 tbsp. butter (1 tbsp pp)
- *Note: this pancake recipe makes 4 servings.  
1 serving for today's breakfast, 1 for Day 6 breakfast, and 2 to freeze.*

Day 5 Lunch (to serve 1 person)

- leftover bacon cheeseburger cauliflower casserole

Day 5 Dinner (to serve 4 people)

- Country Fried Steak - recipe on next page
- 1/2 cups broccoli (per person)
- 1 tbsp. butter (per person)
- *Note: this steak recipe makes 8 servings.  
4 servings for today's dinner, 1 for Day 6 lunch, and 3 to freeze.*

Day 5 Snack (to serve 1 person)

- 1/2 avocado with Redmond salt

Ratios: 70% Fat, 27% Protein, 3% Carbs

Nutritional Info:

Total Carbs: 19.8g

Fiber: 10.4g

Protein 77.4g

Fat: 89.3g

Calories: 1196



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# Vanilla Ricotta Pancakes

SERVINGS 4    PREP TIME 5 min    COOK TIME 5 min    TOTAL TIME 10 min

## INGREDIENTS

- 4 eggs
- 1/2 cup ricotta cheese (I used part skim)
- 1/4 cup vanilla whey protein powder, I used Jay Robb's
- 1/2 tsp baking powder
- pinch salt
- Optional: 1/2 tsp vanilla liquid stevia
- coconut oil for frying

## INSTRUCTIONS

1. Add all ingredients to a blender or whisk together by hand.
2. Heat coconut oil in a skillet on medium high heat.
3. Use 1/4 cup to measure batter for each pancake.
4. Free form pancakes or use an English muffin mold in skillet to form pancakes.
5. Allow to cook 2-3 minutes on one side or until you see bubbles forming around edges and center. Flip and cook 1-2 minutes more on other side. Makes a total of 8 pancakes, serving size is 2.
6. Enjoy immediately!

## NUTRITIONAL INFO

- |   |                     |                    |
|---|---------------------|--------------------|
| • Serving Size 2 pancakes                 | • Saturated Fat 3g  | • Dietary Fiber 0g |
| • Calories per serving 117<br>from fat 72 | • Cholesterol 179mg | • Sugars 0g        |
| • Fat 8g                                  | • Sodium 88mg       | • Protein 8g       |
|   | • Carbs 1g          | • Net Carbs 1g     |

Author: Brenda Bennett | [SugarFreeMom.com](https://sugarfreemom.com)



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# Country Fried Steak

SERVINGS 8    PREP TIME 15 min    COOK TIME 15 min    TOTAL TIME 30 min

## INGREDIENTS

- 2 pounds Beef Bottom Round steak
- 1 cup Unflavored Whey Protein Powder
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp baking powder
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 2 eggs beaten
- 1/2 cup coconut oil
- 2 cups low sodium chicken broth optional for gravy
- 1/2 cup heavy cream optional for gravy

## INSTRUCTIONS

1. Slice beef into 1/2 inch thick slices. Flatten by pounding with a meat mallet to 1/4 inch thickness. Set aside.
2. Whisk the next 7 dry ingredients together in a shallow bowl. Set aside.
3. Heat coconut oil in a large skillet, medium high heat.
4. Once oil is melted, dredge 1 piece of beef into protein powder mixture then into beaten eggs and again into protein powder. Place into skillet and continue process with 3 more pieces. Don't overcrowd pan.
5. Cook about 5-6 minutes on each side until golden brown. This will be medium (some pink in center). Cook longer for medium well. Remove to wire rack and continue with the rest.
6. To Make Gravy: Once done cooking beef, add chicken broth to deglaze skillet, bring to a boil. Pour in heavy cream and continue to cook until it thickens, about 10-15 minutes.

## NUTRITIONAL INFO

- |                            |                     |                    |
|----------------------------|---------------------|--------------------|
| • Serving Size 4 ounces    | • Saturated Fat 3g  | • Dietary Fiber 0g |
| • Calories per serving 255 | • Cholesterol 107mg | • Sugars 0g        |
| from fat 81                | • Sodium 304mg      | • Protein 39g      |
| • Fat 9g                   | • Carbs 1g          | • Net Carbs 1g     |





# Stall Buster's Course

## Week 1 Day 6

### 70% Fat

Day 6 Breakfast (to serve 1 person)

- leftover vanilla ricotta pancakes
- 1 tbsp. butter

Day 6 Lunch (to serve 1 person)

- leftover country fried steak
- 1/2 cup broccoli
- 1 tbsp. butter

Day 6 Dinner (to serve 4 people)

- Shrimp Ramen Stir Fry - recipe on next page
- *Note: this shrimp ramen recipe makes 4 servings for today's dinner.*

Day 6 Snack (to serve 4 people)

- No Bake Samoa Pie - recipe on next page
- *Note: this samoa pie recipe makes 12 servings.  
4 servings for today's snack, 4 for Day 7 snack, and 4 to share.*

Ratios: 70% Fat, 26% Protein, 4% Carbs

Nutritional Info:

Total Carbs: 19g

Fiber: 6.2g

Protein 77.5g

Fat: 90.2g

Calories: 1241



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# Shrimp Ramen Stir Fry

SERVINGS 4    PREP TIME 10 min    COOK TIME 15 min    TOTAL TIME 25 min

## INGREDIENTS

For the Shrimp:

- 1 pound shrimp peeled, deveined, tails removed
- 1 tbsp sesame oil
- 1 clove garlic minced
- 1 tbsp butter or ghee
- 1/8 cup coconut aminos
- 1 tbsp rice vinegar

For the Ramen:

- 1 tbsp olive oil extra virgin
- 1/2 cup onion, chopped
- 2 cups broccoli florets
- 2 packages Low Carb Noodles, 14 oz each
- 1 egg, beaten
- Optional: crisp cooked bacon, chopped fresh parsley, scallions

## INSTRUCTIONS

1. In a large skillet over medium high heat, add the sesame oil, garlic, ghee, coconut aminos, and rice vinegar. Heat to boiling then add the shrimp. Cook until no longer pink. Remove from skillet and set aside.
2. Add the oil, onions and broccoli to the skillet and cook on medium high heat. Once onion is cooked and tender pour in some of the juice from the cooked shrimp. Cover the pan and cook the broccoli until tender, about 10 minutes.
3. Add the Low Carb noodles to the pan, the beaten egg and the shrimp. Keep on low heat until the noodles are warmed through and the egg is cooked.
4. Top with fresh parsley and scallions if desired.
5. Serving Size: 3/4 cup noodles with 1/2 cup each shrimp & broccoli.

## NUTRITIONAL INFO

- |                            |                     |                    |
|----------------------------|---------------------|--------------------|
| • Serving Size 1 serving   | • Saturated Fat 3g  | • Dietary Fiber 1g |
| • Calories per serving 259 | • Cholesterol 319mg | • Sugars 1g        |
| from fat 117               | • Sodium 1303mg     | • Protein 25g      |
| • Fat 13g                  | • Carbs 5g          | • Net Carbs 4g     |

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# No-Bake Samoa Pie



**SERVINGS** 12    **PREP TIME** 15 min    **COOK TIME** 0 min    **TOTAL TIME** 15 min

## INGREDIENTS

### No Bake Chocolate Crust

- 1/2 cup sunflower seeds raw, unsalted
- 1/2 cup unsweetened cocoa powder
- 1/2 cup coconut flour
- 1/2 cup Swerve Confectioners sweetener
- 1/2 tsp salt
- 8 tbsp butter soft

### Filling

- 16 ounces heavy whipping cream
- 1 tsp vanilla liquid stevia
- 8 ounces cream cheese softened

### Topping

- 1/2 cup Coconut flakes unsweetened, toasted
- 2 ounces my Microwave Salted Caramel Sauce or Choczero Caramel sauce
- 2 ounces Sugar-Free Chocolate Chips I used Lily's Sweets
- 3 tsp butter

## INSTRUCTIONS

1. For the pie crust, place all ingredients into a food processor and process until smooth. Press into a 9 inch pie plate. Set aside.
2. Pour heavy cream and vanilla stevia into a stand mixer on high until whipped. Taste and adjust sweetener if needed. Set aside in another bowl.
3. Using the paddle blade attachment of the mixer, place the cream cheese in the mixer. Blend on high until smooth.
4. Fold the whipped cream in by hand or on low add it into the stand mixer to combine with the cream cheese.
5. Once smooth, spread into the pie crust.
6. Make the topping by stirring together the coconut flakes and caramel sauce and spread evenly over the pie.
7. Microwave the chocolate chips and butter together for 30 second intervals until melted. Stir well then drizzle over the coconut flake topping.
8. Refrigerate 2-3 hours or overnight.

## NUTRITIONAL INFO

- |                            |                     |                    |
|----------------------------|---------------------|--------------------|
| • Serving Size 1 slice     | • Saturated Fat 22g | • Dietary Fiber 4g |
| • Calories per serving 391 | • Cholesterol 47mg  | • Sugars 1g        |
| from fat 333               | • Sodium 266mg      | • Protein 4g       |
| • Fat 37g                  | • Carbs 9g          | • Net Carbs 5g     |





Day 7 Breakfast (to serve 1 person)

- 2 eggs, fried
- 1 tbsp. butter

Day 7 Lunch (to serve 1 person)

- 1 can tuna fish in oil
- 2 tbsp. mayonnaise
- 1 cup romaine lettuce
- 1/2 cup cucumber slices

Day 7 Dinner (to serve 4 people)

- Chicken Alfredo Pizza - recipe on next page
- *Note: this pizza recipe makes 12 servings.  
4 servings for today's dinner, then freeze the rest.*

Day 7 Snack (to serve 4 people)

- leftover samoa pie

Ratios: 73% Fat, 24% Protein, 3% Carbs

Nutritional Info:

Total Carbs: 19.9g

Fiber: 7.7g

Protein: 87.1g

Fat: 114.4g

Calories: 1472



LOW CARB, KETO, GLUTEN & GRAIN FREE

# Chicken Alfredo Pizza

SERVINGS 12    PREP TIME 15 min    COOK TIME 5 min    TOTAL TIME 20 min

## INGREDIENTS

- Low Carb Fat head mozzarella dough recipe - see pizza dough recipe on next page
- 12 ounces cooked chicken breast
- 4 ounces shredded mozzarella cheese
- Optional: cooked bacon, scallions

## Alfredo Sauce

- 1/4 cup butter plus 1 tbsp
- 4 ounces cream cheese
- 1 cup milk of choice
- 1 cup heavy cream
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 4 ounces grated parmesan

## INSTRUCTIONS

- 1.Once your dough is prepared set it aside to make the sauce.
- 2.Preheat oven to 425 degrees F.
- 3.In a large skillet, add the 1/4 cup butter, cream cheese, milk and cream on medium heat until boiling.
- 4.Once boiling reduce heat to a simmer and continue to stir until the cream cheese is smooth through out.
- 5.Add the seasonings once the sauce thickens which could take about 10 minutes.
- 6.Remove sauce from heat and pour in the grated parmesan and the remaining 1 tbsp butter.

### Assemble:

- 1.Pour half the sauce over the pizza dough and spread well.
- 2.Cover with cooked chicken and remaining sauce.
- 3.Sprinkle with shredded mozzarella.
- 4.Bake for 5 minutes or until cheese is melted.
- 5.Add bacon if desired and bake another minute.
- 6.Top with scallions if desired to serve.
- 7.Enjoy immediately!

## NUTRITIONAL INFO

- |                            |                       |                      |
|----------------------------|-----------------------|----------------------|
| • Serving Size 1 slice     | • Saturated Fat 19.1g | • Dietary Fiber 2.6g |
| • Calories per serving 435 | • Cholesterol 169mg   | • Sugars 1.7g        |
| from fat 290               | • Sodium 749mg        | • Protein 27.1g      |
| • Fat 32.2g                | • Carbs 7.7g          | • Net Carbs 5.1g     |

# Pizza Dough

**SERVINGS** 12    **PREP TIME** 15 min    **COOK TIME** 17 min    **TOTAL TIME** 32 min

## INGREDIENTS

- 4 cups shredded mozzarella cheese
- 4 ounces cream cheese
- 1 cup coconut flour
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried parsley
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 4 eggs beaten

## INSTRUCTIONS

1. Preheat oven to 425 degrees F.
2. In a microwaveable bowl add the mozzarella cheese and cream cheese.
3. Microwave 2 minutes.
4. Stir until combined.
5. Whisk flour and dried seasonings together.
6. Add the eggs to the dried seasonings and stir until combined.
7. Add this to the cheese mixture and continue to stir until incorporated.
8. Wet your hands and spread mixture onto a parchment lined baking sheet or use a rolling pin between two pieces of parchment. For a thin crust, measure out a 12 x 16 rectangle.
9. Spread as evenly as you can all the way to the edges of the pan, continue to wet your hands with water if necessary to prevent sticking.
10. Using a fork make holes into the crust.
11. Bake for 12 minutes or until slightly browned.
12. Add your toppings and bake 5 more minutes to melt cheese.

## NUTRITIONAL INFO

- |                            |                    |                    |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 slice     | • Saturated Fat 7g | • Dietary Fiber 4g |
| • Calories per serving 206 | • Cholesterol 94mg | • Sugars 1g        |
| from fat 126               | • Sodium 402mg     | • Protein 12g      |
| • Fat 14g                  | • Carbs 6g         | • Net Carbs 2g     |