

# Speed Keto Vegan Program

CompletelyKeto



Week 1	Breakfast	Lunch	Dinner	Beverage Choices
<b>Day 1</b> — 1 cup coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Granola with ¼ C coconut milk and mixed berries.	Olive Tahini Plate with Flax Crackers and Favorite Green Salad. <i>(No avocado)</i>	Portobello Mushroom & Nutty Stuffing with Roast Brussels Sprouts.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 2</b> — Bulletproof Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Cinnamon Breakfast Cereal with ¼ C Coconut milk & mixed berries.	Leftover Olive Tahini Plate & tomato slices on a Keto Bagel.	Vegetable Tagine.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 3</b> — Bullet Proof Coffee with Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Granola with berries & ¼ C coconut milk.	Crispy Avocado Wedges.	Cauliflower Steak with Roasted Red Pepper Sauce.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 4</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Bagel with nut butter & sugar free Strawberry Jam.	Mediterranean Avocado Boats.	Stir-fry Supreme.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 5</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Ketogenic Waffles with Choc Zero Maple Syrup.	Keto Style Pesto & "Noodles". <i>(Save a portion for lunch tomorrow)</i>	Hummus & Salsa Rolls with Baked Asparagus.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 6</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Morning Coffee Smoothie.	Keto Style Pesto & Noodles. <i>(Leftover)</i>	Dolmades & Keto Couscous.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 7</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Cinnamon Breakfast Cereal with ¼ C coconut milk & mixed berries.	Avocado & Tomato Waffle Sandwich. <i>(Make waffles for breakfast tomorrow)</i>	Mushroom Ragout.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Week 2	Breakfast	Lunch	Dinner	Beverage Choices
<b>Day 8</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Waffles with Choc Zero maple syrup. <i>(Waffles leftover from yesterdays lunch)</i>	Vegan Creamy Broccoli Soup with Flax Crackers. <i>(Make enough for lunch tomorrow)</i>	Cabbage Roll Casserole.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 9</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Granola with ¼ C coconut milk & mixed berries.	Vegan Creamy Broccoli Soup with Flax Crackers. <i>(Leftover from yesterday's lunch)</i>	Avocado, Walnut, & Basil Pesto with Keto "Noodles".	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 10</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Bagel with nut butter and sugar free jam.	Roasted Red Pepper Hummus on Flax Seed Crackers with Favorite Green Salad.	Vegetable Tagine with Cauliflower "Rice".	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 11</b> — Bullet proof coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Granola with ¼ C coconut milk & mixed berries.	Red Pepper Hummus & Avocado Waffle Sandwich. <i>(Use leftover hummus from yesterday)</i>	Vegan Dinner Salad.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 12</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Cinnamon Breakfast Cereal with coconut milk & mixed berries.	Mediterranean Avocado Boat.	Thai Coconut, Avocado, Ginger Soup with Fettuccine Miracle "Noodles". <i>(Make enough for lunch tomorrow)</i>	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 13</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Spinach & Cuke Smooth Start with 1 scoop vegan pea protein powder.	Thai Coconut, Avocado & Ginger Soup with Flax Crackers. <i>(Leftover)</i>	Hemp Patties with Marinated Cherry Tomato Salad.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 14</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional unsweetened almond, cashew, coconut milk)</i>	Keto Bagel with nut butter and sugar free strawberry jam.	Walnut Taco Bowl.	Speed Keto Sushi Rolls.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.

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Week 3	Breakfast	Lunch	Dinner	Beverage Choices
<b>Day 15</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Granola with 1/4 C coconut milk & mixed berries.	Olive Tahini Pate with Flax Crackers & Favorite Green Salad. (No avocado)	Portobello Mushroom & Nutty Stuffing with Roasted Brussels Sprouts.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 16</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Flax Crackers with nut butter & sugar free strawberry jam.	Leftover Olive Tahini Pate & Tomato slices on a Keto Bagel.	Vegetable Tagine with Cauliflower "Rice".	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 17</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Granola with berries & 1/4 C of coconut milk.	Crispy Avocado Wedges.	Cauliflower Steak with Roasted Red Pepper Sauce.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 18</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil.	Keto Bagel with nut butter & sugar free strawberry jam.	Mediterranean Avocado Boats.	Stir-fry Supreme.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 19</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Ketogenic Waffles with Choc Zero maple syrup.	Keto Style Pesto & "Noodles". (Save portion for lunch tomorrow)	Hummus & Salsa Rolls with Baked Asparagus.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 20</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Morning Coffee Smoothie.	Keto Style Pesto & "Noodles". (leftover)	Dolmades and Keto Couscous.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 21</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Cinnamon Breakfast Cereal with 1/4 C coconut milk & mixed berries.	Avocado & Tomato Waffle Sandwich.	Mushroom Ragout.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Week 4	Breakfast	Lunch	Dinner	Beverage Choices
<b>Day 22</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Waffles with Choc Zero maple syrup. (waffles leftover from yesterdays lunch)	Vegan Creamy Broccoli Soup with Flax Crackers. (Save enough for lunch tomorrow)	Cabbage Roll Casserole.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 23</b> — Bullet proof coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Granola with 1/4 C coconut milk & mixed berries.	Vegan Creamy Broccoli Soup with Flax Crackers. (Leftover from lunch yesterday)	Avocado, Walnut & Basil Pesto with Keto "Noodles".	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 24</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Bagel with nut butter & sugar free strawberry jam.	Roasted Red Pepper Hummus on Flax Seed Crackers with Favorite Green Salad. (Save some for lunch tomorrow)	Vegetable Tagine with Cauliflower "Rice".	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 25</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Granola with 1/4 C coconut milk & mixed berries if desired.	Red Pepper Hummus & Avocado Waffle Sandwich. (Use leftover hummus from yesterday)	Vegan Dinner Salad with Tahini Salad Dressing.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 26</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Cinnamon Breakfast Cereal with coconut milk & mixed berries.	Mediterranean Avocado Boat.	Thai Coconut, Avocado & Ginger Soup with Fettuccine Miracle "Noodles". (Save a portion for lunch tomorrow)	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 27</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Spinach & Cuke Smooth Start with 1 scoop Vegan pea protein substitute.	Thai Coconut, Avocado & Ginger Soup with Flax Crackers. (Leftover)	Hemp Patties with Marinated Cherry Tomato Salad.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 28</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Bagel with nut butter & sugar free strawberry jam.	Walnut Taco Bowl.	Speed Keto Sushi Rolls.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Week 5	Breakfast	Lunch	Dinner	Beverage Choices
<b>Day 29</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Granola with 1/4 C coconut milk & berries of choice.	Olive Tahini Pate on Flax Crackers. (Save some pate for lunch tomorrow)	Hummus & Salsa Rolls.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 30</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Morning Coffee Smoothie.	Leftover Olive Tahini Plate on a Toasted Keto Bengal	Stir-fry Supreme. (Make enough for tomorrow's lunch)	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
<b>Day 31</b> — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional unsweetened almond, cashew, coconut milk)	Keto Cinnamon Cereal with 1/4 C coconut milk & mixed berries.	Stir-fry Supreme. (Leftover)	Vegan Dinner Salad with Totally Keto Green Goddess Salad Dressing.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.