

Speed Keto Vegetarian Program

CompletelyKeto



Week 1	Breakfast	Lunch	Dinner	Beverage Choices
Day 1	Mini Quiche.	Ricotta Stuffed Tomato with Favorite Green Salad.	Portobello Mushroom & Nutty Stuffing with Roasted Brussels.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 2 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Mini Quiche. (Leftover from yesterday)	Olive Tahini Pate with tomato slices on toasted Keto Bagel.	Vegetable Tagine.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 3 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Keto Granola with ¼ C plain, full fat yogurt (or nut milk) & berries (optional)	Curried Egg Salad on Cloud Bread Sandwich.	Cauliflower Steak with Roasted Red Pepper Sauce.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 4 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Garlicky Scrambled Eggs with toasted Keto Bagels.	Mediterranean Avocado Boats with goat cheese crumbles.	Stir-fry Supreme.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 5 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Ketogenic Waffles with Choc Zero maple syrup.	Keto Style Pesto & "Noodles" with Arugula, Avocado & Tomato Side Salad.	Hummus & Salsa Rolls with Baked Asparagus.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 6 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Morning Coffee Smoothie. (With 1 scoop weigh protein isolate)	Avocado Havarti Rolls with Marinated Tomato Salad.	Dolmades and Keto Couscous.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 7 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Spinach and Cuke Smooth Start with 1 scoop whey protein isolate powder.	Halloumi Cheese Salad with Hazelnuts.	Mushroom Ragout. (With soft poached egg)	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Week 2	Breakfast	Lunch	Dinner	Beverage Choices
Day 8 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Keto Waffles with Choc Zero maple syrup.	Toasted Keto Bagel Sandwich with Harlan's Decadent Macadamia Nut Hummus, tomato slice, lettuce & mayo.	Cabbage Roll Casserole.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 9 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Crispy Avocado Wedges.	Olive Tahini Plate with Flax Crackers.	Keto Pizza with Favorite Green Salad. (Without avocado)	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 10 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Keto Granola with ¼ C full fat yogurt or nut milk & berries. (Optional)	Keto Pizza. (Leftover)	Stir-fry Supreme.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 11 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Perfectly Boiled Eggs with Toasted Keto Bagel.	Olive Pate (leftover) with Flax Crackers. (Leftover)	Hemp Patties with Arugula, Avocado & Tomato Side Salad.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 12 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Coconut, Ginger & Avocado Smoothie with 1 scoop whey isolate protein powder.	Creamy Broccoli Soup with Parmesan Poppy Seed Crackers. (Save some for lunch tomorrow)	Vegetarian Dinner Salad with Green Goddess Salad Dressing.	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 13 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Keto Granola with ¼ plain full fat yogurt (or nut milk) and berries. (Optional)	Creamy Broccoli Soup (leftover) with Parmesan Poppy Seed Crackers. (Leftover)	Walnut, Avocado & Basil Pesto with Zucchini "Noodles".	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.
Day 14 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. (Optional 2 tsp heavy cream)	Mini Quiche with toasted Keto Bagel. (Save some quiche for tomorrow)	Avocado Havarti Roll Ups & Flax Seed Crackers.	Keto Vegetarian Lasagna with salad of choice. (Save some for lunch tomorrow)	Electrolyte drink, water (8 C daily), tea, herbal tea, coffee.

Speed Keto Vegetarian Program

CompletelyKeto

Week 3	Breakfast	Lunch	Dinner	Beverage Choices
Day 15 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Mini Quiche <i>(leftover)</i> with toasted Keto Bagel.	Vegetarian Lasagna <i>(leftover)</i> & salad of choice.	Portobello Mushroom & Nutty Stuffing with Roasted Brussels Sprouts.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 16 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Keto Granola with ¼ C full fat, plain yogurt or nut milk & berries.	Creamy Roasted Pepper Soup <i>(save some for lunch tomorrow)</i> with Parmesan Poppy seed Bagel)	Vegetable Tagine.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 17 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Morning Coffee Smoothie with 1 scoop of whey protein powder isolate.	Creamy Roasted Pepper Soup <i>(leftover)</i> with Parmesan Poppy Seed Crackers. <i>(Leftover)</i>	Hummus & Salsa Rolls with Favorite Green Salad.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 18 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Garlicky Scrambled Eggs with Keto Bagel.	Ricotta Stuffed Tomato.	Mushroom Ragout with Marinated cherry Tomato Salad.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 19 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Ketogenic Waffles with Choc Zero maple syrup.	Deviled Eggs with Arugula, Avocado & Tomato Side Salad.	Pesto with Zucchini "Noodles".	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 20 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Spinach & Cuke Smooth Start Smoothie	Curried Egg Salad Sandwich.	Cabbage Casserole.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 21 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Keto Bagel with it butter & sugar free strawberry jam.	Mediterranean Avocado Boats.	Keto Dolmades with Keto Couscous.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Week 4	Breakfast	Lunch	Dinner	Beverage Choices
Day 22 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Keto Granola with ¼ C full fat yogurt <i>(or nut milk)</i> & mixed berries.	Walnut Taco Bowl.	Cauliflower Steak.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 23 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Coconut, Ginger & Avocado Smoothie with 1 scoop whey protein isolate powder.	Olive Tahini Spread with Flax Seed Crackers.	Avocado Walnut Pesto with Keto "Noodles".	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 24 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Garlicky Scrambled Eggs with Parmesan Poppy Seed Crackers.	Keto Zucchini Boats with Favorite Green Goddess Salad.	Portobello Mushroom & Nutty Stuffing with Baked Asparagus.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 25 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Mini Quiche with tomato slices.	Creamy Roasted Pepper Soup. <i>(Save some for lunch tomorrow)</i>	Keto Vegetarian Pizza with Favorite Green Salad. <i>(No avocado)</i>	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 26 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Mini Quiche. <i>(Leftover)</i>	Creamy Roasted Pepper Soup <i>(leftover)</i> with Flax Crackers.	Vegetarian Dinner Salad.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 27 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Morning Coffee Smoothie with 1 Scoop whey protein isolate powder.	Toasted Keto Bagel with Primal Kitchens mayonnaise, tomato slice, avocado & lettuce leaf.	Mushroom Ragout with Favorite Green Salad.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 28 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Keto Waffles with Choc Zero maple syrup.	Olive Tahini Pate with Flax Crackers.	Walnut Taco Bowl.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Week 5	Breakfast	Lunch	Dinner	Beverage Choices
Day 29 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Keto Granola with full fat yogurt & berries.	Deviled Eggs with Marinated Cherry Tomato Salad.	Stir-fry Supreme.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 30 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Garlicky Scrambled Eggs with toasted Keto Bagel.	Olive Tahini Pate <i>(leftover)</i> with Flax Crackers. <i>(Leftover)</i>	Pesto with Zucchini "Noodles".	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.
Day 31 — Bullet Proof Coffee with 1 tsp Brain Octane MCT oil. <i>(Optional 2 tsp heavy cream)</i>	Coconut Ginger & Avocado Smoothie with 1 scoop whey isolate powder.	Curried Egg Salad Sandwich.	Hemp Patties with Stir Fried Cabbage.	Electrolyte drink, water <i>(8 C daily)</i> , tea, herbal tea, coffee.