



7-Day Ketogenic Meal Plan

Created by sanoMidLife



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Overview:

This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

Evidence:

This meal plan was created with the following key considerations:

Low Carbohydrate:

A low carbohydrate diet is beneficial in improving features of metabolic syndrome, blood glucose management, and cardiovascular risk. This gluten-free, grain-free, low glycemic meal plan provides a net carbohydrate quantity of less than 30 grams per day. High-fibre, complex carbohydrates such as vegetables and nuts are paired with fats and protein to optimize insulin and energy levels. This plan is sugar-free and avoids artificial sweeteners as these can negatively alter gut microbiota.

Healthy Fats:

Following a ketogenic diet with good quality fats can improve cholesterol levels. Replacing carbohydrates with good fats such as avocado increases satiety and stabilizes blood sugars. This program incorporates omega-3 fats from walnuts and EPA and DHA from salmon. These types of fats are associated with improved cognitive function, cardiovascular benefits, and reduced inflammation.

Bone Building Nutrients:

Calcium, magnesium, and phosphorus are minerals essential for building and maintaining healthy bones. These minerals are also commonly lacking in the ketogenic diet and result in nutrient deficiencies. This meal plan uses calcium-rich ingredients like cheddar cheese, coconut milk, salmon, and kale. Magnesium and phosphorus are incorporated from food sources like spinach, avocado, eggs, and chicken. Protein is an essential nutrient for bone health and makes up over 20% of the daily calories in this plan.

Immune Support:

Zinc and selenium are critical to support immune function. These minerals are also commonly deficient in the ketogenic diet. You can find zinc sources in this meal plan from chicken and cheese. Selenium is incorporated daily from eggs, turkey, and spinach.

7-Day Ketogenic Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Scrambled Eggs with Peppers & Kale	Scrambled Eggs with Peppers & Kale	Cabbage, Bacon & Eggs	Bacon & Egg Cups	Bacon & Egg Cups	Bacon, Avocado & Cheddar Egg Wrap	Bacon, Eggs, Avocado & Sauerkraut
Snack 1	Macadamia Nuts	Turkey & Cheese Snack Box	Smoked Salmon Salad	Macadamia Nuts	Keto Snack Plate	Keto Mini Quick Bread	Keto Snack Plate
Lunch	Zucchini Noodles with Salmon	Avocado & Steak Salad	Sardine Stuffed Avocado	Parmesan Chicken & Kale Skillet	BLT Salad Bowls	Sun Dried Tomato & Olive Chicken with Spinach	Baba Ganoush with a Soft Boiled Egg
Snack 2	Turkey & Cheese Snack Box	Toasted Walnuts	Macadamia Nuts	Bacon Egglets with Greens	Toasted Walnuts	Keto Snack Plate	Goat Milk Yogurt & Peanut Butter
Dinner	Avocado & Steak Salad	Zucchini Noodles with Salmon	Parmesan Chicken & Kale Skillet	BLT Salad Bowls	Sun Dried Tomato & Olive Chicken with Spinach	Salmon with Herb Sauce	Sausage & Cauliflower Skillet

7-Day Ketogenic Meal Plan

58 items

Fruits

- ☐ 3 1/4 Avocado
- ☐ 2 3/4 tbsps Lemon Juice
- ☐ 1 tbsp Lime Juice

Breakfast

- ☐ 1 tbsp All Natural Peanut Butter

Seeds, Nuts & Spices

- ☐ 1/4 tsp Chili Flakes
- ☐ 2 cups Macadamia Nuts
- ☐ 1 1/2 tps Red Pepper Flakes
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Sesame Seeds
- ☐ 1 1/3 cups Walnuts

Frozen

- ☐ 2 cups Cauliflower Rice

Vegetables

- ☐ 7 cups Arugula
- ☐ 6 cups Baby Spinach
- ☐ 1 1/2 cups Basil Leaves
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 1/2 tps Chives
- ☐ 1/4 cup Cilantro
- ☐ 3/4 Cucumber
- ☐ 3 Garlic
- ☐ 1 cup Green Cabbage
- ☐ 11 cups Kale Leaves
- ☐ 3 cups Mixed Greens
- ☐ 2/3 cup Parsley
- ☐ 3 cups Purple Cabbage
- ☐ 1 1/2 Red Bell Pepper
- ☐ 1/4 cup Red Onion
- ☐ 10 leaves Romaine
- ☐ 1/4 cup Shallot
- ☐ 2 Tomato
- ☐ 1 1/2 Zucchini

Boxed & Canned

- ☐ 2 1/2 Anchovy
- ☐ 28 grams Sardines

Baking

- ☐ 1/3 cup Almond Flour
- ☐ 1 tsp Baking Powder

Bread, Fish, Meat & Cheese

- ☐ 17 slices Bacon
- ☐ 366 grams Cheddar Cheese
- ☐ 680 grams Chicken Breast
- ☐ 227 grams Flank Steak
- ☐ 1/4 cup Parmigiano Reggiano
- ☐ 170 grams Pork Sausage
- ☐ 63 grams Prosciutto
- ☐ 539 grams Salmon Fillet
- ☐ 361 grams Sliced Turkey Breast
- ☐ 100 grams Smoked Salmon

Condiments & Oils

- ☐ 1/4 cup Avocado Oil
- ☐ 1/2 tsp Dijon Mustard
- ☐ 1 1/2 cups Extra Virgin Olive Oil
- ☐ 3/4 cup Green Olives
- ☐ 1 1/2 tps Mayonnaise
- ☐ 1 1/8 cups Pitted Kalamata Olives
- ☐ 1/4 cup Sauerkraut
- ☐ 3/4 cup Sun Dried Tomatoes

Cold

- ☐ 1/3 cup Baba Ganoush
- ☐ 1 tsp Butter
- ☐ 26 Egg
- ☐ 1/2 cup Plain Goat Milk Yogurt

Other

- ☐ 1/3 cup Water

Scrambled Eggs with Peppers & Kale

5 ingredients · 15 minutes · 3 servings



Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free

Use mashed tofu instead of eggs.

Ingredients

- 2 1/4 **tsps** Extra Virgin Olive Oil
- 1 1/2 Red Bell Pepper (sliced)
- 3 **cups** Kale Leaves (chopped)
- 9 Egg
- Sea Salt & Black Pepper (to taste)

Cabbage, Bacon & Eggs

5 ingredients · 15 minutes · 1 serving



Directions

1. Heat a pan with a lid over medium heat and add the bacon. Cook until browned and crispy, about five to six minutes. Transfer the bacon to a paper towel lined plate and set aside.
2. Leave a small amount of the bacon grease in the pan then add the cabbage. Saute for two to three minutes then add the water and cover the pan with a lid. Let the cabbage steam for about two to three minutes or until the water has evaporated and the cabbage is tender. Add the cooked bacon back to the pan with the cabbage and stir to combine. Transfer to a plate.
3. Heat the butter in the pan and cook the eggs to your liking. Serve with cabbage and bacon. Enjoy!

Notes

Leftovers

Refrigerate the cabbage and bacon in an airtight container for up to three days. Cook eggs just before serving.

Dairy-Free

Use oil instead of butter.

More Flavor

Add onion or garlic with the cabbage. Season the eggs with salt and pepper.

Ingredients

- 3 slices Bacon (chopped)
- 1 cup Green Cabbage (thinly sliced)
- 1 tbsp Water
- 1 tsp Butter
- 2 Egg

Bacon & Egg Cups

4 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Cook the bacon in a large pan over medium heat for 4 to 6 minutes until cooked through but still bendable. You don't want it to be crispy. Transfer to a paper towel-lined plate and let cool slightly.
3. Lightly oil the cups of a muffin pan with the oil.
4. Line the muffins cups with a ring of the cooked bacon. Crack an egg into the center of the bacon ring. Season with sea salt and pepper.
5. Bake for 11 to 13 minutes or until the egg yolk has set.
6. Remove from the muffin tin and let cool slightly on a cooling rack. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two egg cups.

Additional Toppings

Fresh herbs, shredded cheese, red pepper flakes, hot sauce.

Ingredients

4 slices Bacon

1/3 tsp Avocado Oil

4 Egg

Sea Salt & Black Pepper (to taste)

Bacon, Avocado & Cheddar Egg Wrap

7 ingredients · 25 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Add the bacon and cook for 5 to 7 minutes each side or until it is cooked through and crispy. Remove and set aside.
2. Meanwhile, in a mixing bowl, whisk the eggs and salt together until well combined.
3. Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
4. Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan. Flip the egg and sprinkle 1/4 of the shredded cheese onto the top side of the egg and continue cooking for 60 to 90 seconds until the cheese begins to melt. Remove and repeat with remaining egg and cheese.
5. To serve, layer the lettuce, avocado and cooked bacon on top of the melted cheese and roll or fold altogether. Enjoy!

Notes

Leftovers

Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size

This recipe was tested in a 8-inch non-stick pan.

Dairy-Free

Omit the cheese.

More Flavor

Add garlic powder or dried herbs to the eggs.

No Cheddar Cheese

Use another semi-hard cheese instead, like gouda or havarti.

No Romaine

Use leaf lettuce, spring mix or baby spinach instead.

Ingredients

- 4 slices Bacon
- 2 Egg
- 1/8 tsp Sea Salt
- 1/2 tsp Avocado Oil (divided)
- 28 grams Cheddar Cheese (shredded)
- 2 leaves Romaine (large, whole)
- 1/4 Avocado (sliced)

Make it Meat-Free

Use tomato slices instead of bacon.

Bacon, Eggs, Avocado & Sauerkraut

4 ingredients · 15 minutes · 1 serving



Directions

1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

Ingredients

2 slices Bacon
2 Egg
1/2 Avocado
1/4 cup Sauerkraut

Macadamia Nuts

1 ingredient · 2 minutes · 2 servings



Directions

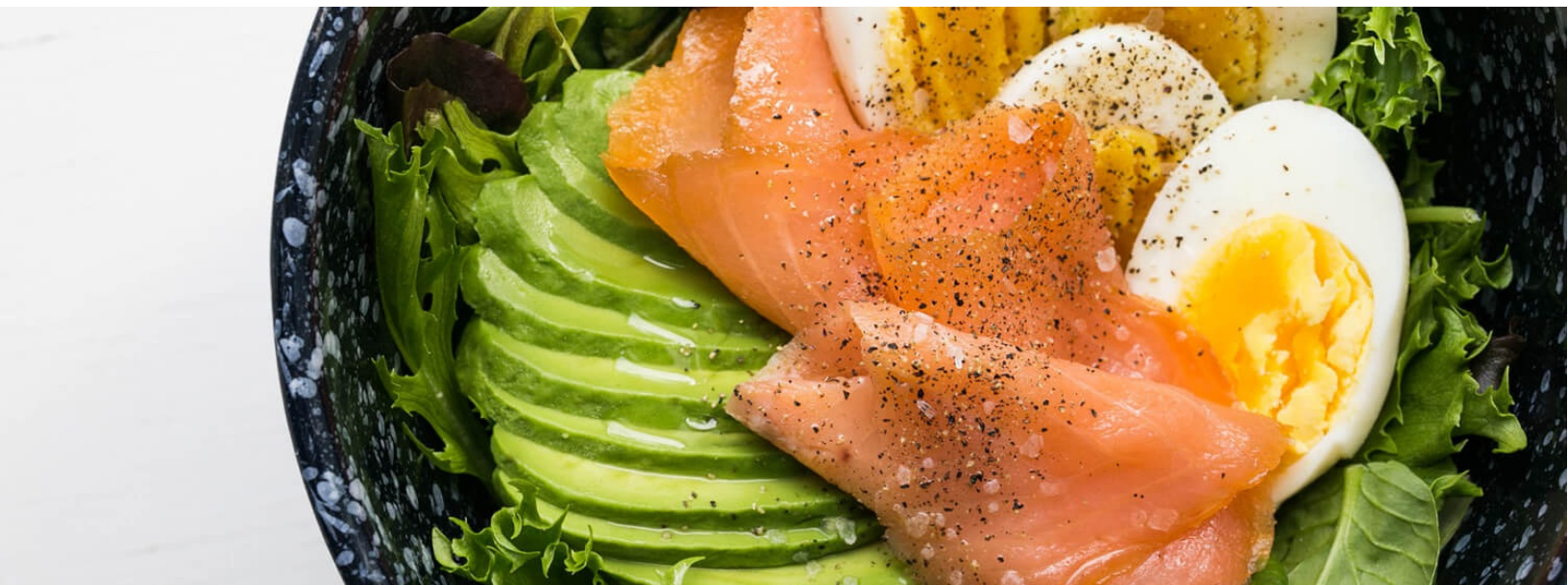
1. Divide between bowls and enjoy!

Ingredients

2/3 cup Macadamia Nuts

Smoked Salmon Salad

6 ingredients · 15 minutes · 2 servings



Directions

1. Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
2. Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions

Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon

Replace with the protein of your choice.

No Avocado Oil

Use Extra Virgin Olive Oil instead.

Ingredients

2 Egg
3 cups Mixed Greens
100 grams Smoked Salmon (sliced)
1/2 Avocado (sliced)
2 tbsps Avocado Oil
Sea Salt & Black Pepper (to taste)

Keto Snack Plate

4 ingredients · 5 minutes · 3 servings



Directions

1. Assemble all ingredients onto a plate. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Omit the cheese or use nuts and seeds instead.

No Prosciutto

Use another type of deli meat.

Ingredients

63 grams Prosciutto

168 grams Cheddar Cheese (sliced)

3/4 Cucumber (sliced)

3/4 cup Green Olives

Keto Mini Quick Bread

4 ingredients · 10 minutes · 2 servings



Directions

1. Add a couple drops of oil to a round ramekin to grease the bottom and sides.
2. In a small mixing bowl whisk the oil and egg together. Stir in the almond flour and baking powder until well combined.
3. Transfer the batter to the prepared ramekin and microwave on high for 90 seconds or until the bread is firm yet spongy to the touch.
4. Carefully remove the ramekin from the microwave and then turn the bread out onto a plate. Allow the bread to cool slightly before slicing.
5. Bread can be served as is or toasted. Enjoy!

Notes

Leftovers

Store in an airtight container for up to one day. Freeze for up to two months.

More Flavor

For a more savory bread, add salt, garlic powder, onion powder or dried herbs.

How to Serve

Use for sandwiches, burgers or as a side for breakfast, soups or salads. Top with your favourite bread or toast toppings.

Thinner Slices

Cut into 3 or 4 slices instead.

Ramekin

A 3- to 5-inch ramekin can be used. A smaller ramekin will yield a thicker bread.

Oven-Baked

Grease ramekin well and bake bread at 375°F (190°C) for 13 to 15 minutes or until spongy to the touch. Let the baked bread cool slightly before carefully removing from the ramekin.

Serving Size

One serving is equal to one piece of bread.

Ingredients

2 tbsps Avocado Oil (plus extra for greasing)

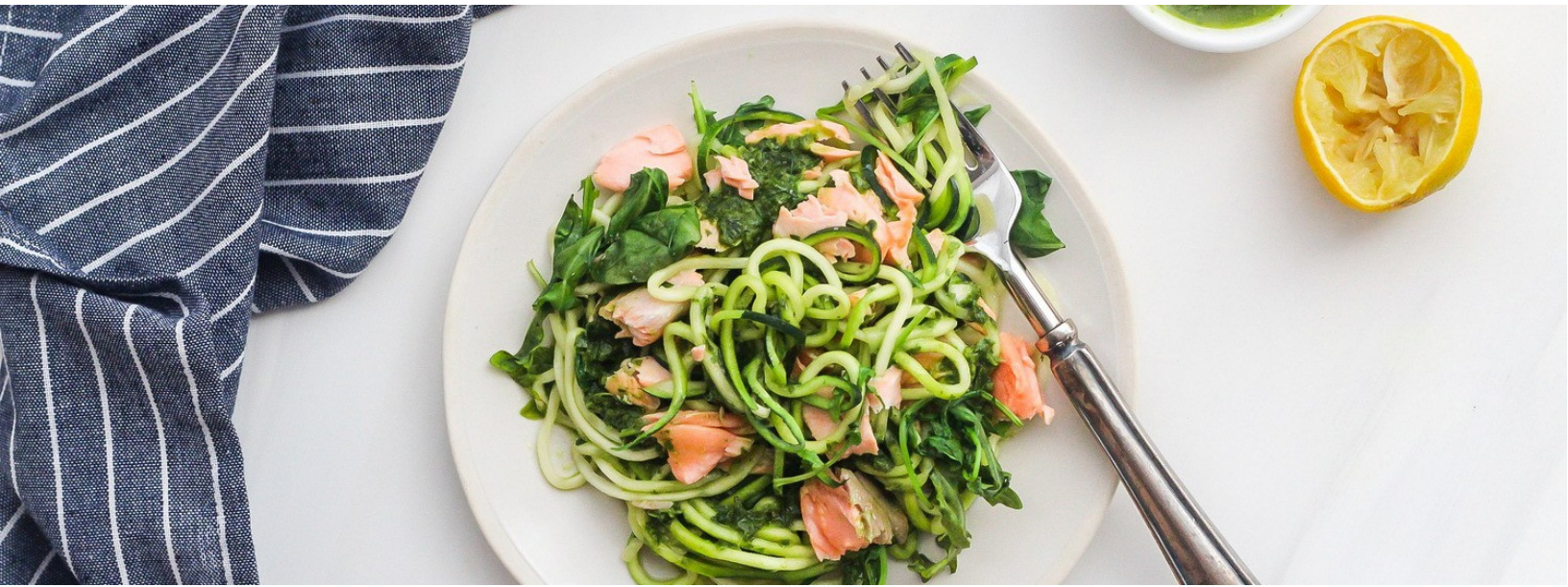
2 Egg

1/3 cup Almond Flour

1 tsp Baking Powder

Zucchini Noodles with Salmon

9 ingredients · 20 minutes · 3 servings



Directions

1. Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
2. In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
3. In a pan over medium heat, add the arugula and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

Serving Size

One serving is approximately one cup of zucchini noodles and three ounces of salmon fillet.

More Flavor

Add nutritional yeast or chili flakes.

Additional Toppings

Add extra sliced basil leaves on top.

No Anchovy

Omit.

Ingredients

- 255 grams** Salmon Fillet
- 1 1/2 cups** Basil Leaves
- 1/3 cup** Extra Virgin Olive Oil
- 1 1/2** Garlic (clove, minced)
- 1 1/2** Anchovy
- 3/4 tsp** Lemon Juice
- 1/8 tsp** Sea Salt
- 3 cups** Arugula
- 1 1/2** Zucchini (large, spiralized into noodles)

Sardine Stuffed Avocado

6 ingredients · 5 minutes · 1 serving



Directions

1. Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the sardines to go. Set aside in a small bowl.
2. In the same small bowl, mash together the avocado flesh, sardines, mayonnaise, lemon juice, sea salt and parsley.
3. Stuff the avocado with the sardine mixture. Serve immediately and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one half of a stuffed avocado.

More Flavor

Add additional spices, such as cayenne or chili flakes.

Ingredients

1/2 Avocado (large, cut in half)

28 grams Sardines

1 1/2 tps Mayonnaise

1 1/2 tps Lemon Juice

1/8 tsp Sea Salt

2 tbsps Parsley (chopped)

Baba Ganoush with a Soft Boiled Egg

5 ingredients · 15 minutes · 1 serving



Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg. Cook for six and a half minutes. Immediately remove the egg from the pot and transfer it to an ice-water bowl.
2. Spread the baba ganoush on a plate or in a bowl. Peel the egg and place it on top of the baba ganoush. Top with toasted sesame seeds, chili flakes, and sea salt. Enjoy!

Notes

Leftovers

Best served fresh. Prep the egg in advance by hard-boiling it and refrigerating it with the shell on for up to one week.

Serving Size

One serving equals 1/3 cup of baba ganoush and one egg.

Additional Toppings

Top with cilantro or green onion.

Ingredients

- 1 Egg
- 1/3 cup Baba Ganoush
- 1 tsp Sesame Seeds (toasted)
- 1/4 tsp Chili Flakes
- 1/4 tsp Sea Salt

Turkey & Cheese Snack Box

3 ingredients · 5 minutes · 3 servings



Directions

1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

Dairy-Free

Use a dairy-free cheese.

Nut-Free

Use pumpkin seeds instead of walnuts.

Ingredients

361 grams Sliced Turkey Breast

170 grams Cheddar Cheese (cubed)

3/4 cup Walnuts

Toasted Walnuts

1 ingredient · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

2/3 cup Walnuts (shelled)

Goat Milk Yogurt & Peanut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Add the yogurt to a bowl and swirl the peanut butter in the yogurt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container and consume within three days.

Serving Size

One serving is 1/2 cup of yogurt and one tablespoon of peanut butter.

More Flavor

Add fresh strawberries, blueberries, or bananas.

Additional Toppings

Cacao nibs, sunflower seeds, hemp seeds, or granola.

Ingredients

1/2 cup Plain Goat Milk Yogurt

1 tbsp All Natural Peanut Butter

Avocado & Steak Salad

10 ingredients · 30 minutes · 2 servings



Directions

1. Heat a cast-iron skillet over medium-high heat. Add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
2. In a large bowl, add the romaine, tomato, and red onion.
3. In a small bowl combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

Notes

Leftovers

Salad is best stored separate from the dressing. Keep in an airtight container for up to three days.

No Steak

Use chicken, bacon, tempeh, chickpeas, or lentils instead.

Serving Size

One serving is approximately 1 1/2 cups of salad with 4 ounces (113 grams) of steak.

Ingredients

3 tbsps Extra Virgin Olive Oil (divided)

227 grams Flank Steak

Sea Salt & Black Pepper (to taste)

8 leaves Romaine (chopped)

2 Tomato (quartered)

1/4 cup Red Onion (thinly sliced)

1 tbsp Lime Juice

1/2 tsp Dijon Mustard

1 Avocado (cubed)

1/4 cup Cilantro (roughly torn)

Parmesan Chicken & Kale Skillet

8 ingredients · 20 minutes · 2 servings



Directions

1. In a large skillet or pan, heat the oil over medium heat. Cook the chicken and season with salt and pepper to taste, until cooked through, about five to seven minutes. Transfer the chicken to a bowl.
2. To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice and parmigiano reggiano.
3. Divide onto plates and sprinkle the red pepper flakes overtop. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

Dairy-Free

Use nutritional yeast instead of parmesan or omit.

More Flavor

Add onions and garlic.

Additional Toppings

Add leftover vegetables or serve over rice, pasta, or quinoa.

Ingredients

1 tbsp Extra Virgin Olive Oil

340 grams Chicken Breast (skinless, boneless, cut into strips)

Sea Salt & Black Pepper (to taste)

8 cups Kale Leaves (stems removed, torn into pieces, packed)

1/4 cup Water

1 1/2 tsps Lemon Juice

1/4 cup Parmigiano Reggiano (finely grated)

1 1/2 tsps Red Pepper Flakes

BLT Salad Bowls

7 ingredients · 15 minutes · 2 servings



Directions

1. Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
2. While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
3. To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers

These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan

Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs

Serve with toast or quinoa.

Ingredients

2 Egg
4 slices Bacon
4 cups Arugula
1 cup Cherry Tomatoes (halved)
1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Sun Dried Tomato & Olive Chicken with Spinach

6 ingredients · 35 minutes · 3 servings



Directions

1. Preheat your oven to 350°F (177°) and line a baking dish with parchment. Place the chicken in the center of the dish.
2. Place the garlic, kalamata olives, sun dried tomatoes, and olive oil into a small blender or food processor. Process until mostly smooth.
3. Spoon the sun-dried tomato mixture over the chicken breasts and bake for 30 minutes, or until the chicken is cooked through.
4. In the last 10 minutes of cooking, place spinach in a large skillet with 1 to 2 tablespoons of water. Steam over medium heat until wilted.
5. To serve, divide the chicken and spinach between plates. Enjoy!

Notes

Add Carbs

Serve with pasta, potatoes, rice, or quinoa.

Leftovers

Keeps well for 2 to 3 days in the fridge.

Ingredients

- 1 1/2 Garlic (clove, peeled)
- 1 1/8 cups Pitted Kalamata Olives
- 3/4 cup Sun Dried Tomatoes (oil packed or rehydrated)
- 1/3 cup Extra Virgin Olive Oil
- 340 grams Chicken Breast
- 6 cups Baby Spinach

Salmon with Herb Sauce

7 ingredients · 20 minutes · 2 servings



Directions

1. In a small bowl, mash the anchovy with a fork and add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
2. Add the remaining oil to a skillet and place the salmon skin side down on a cold skillet. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the salmon.
3. Turn the salmon over and cook for one minute more. Remove and set aside. In the same skillet, add the cabbage and cook for about 2 to 3 minutes, until lightly browned.
4. Divide the cabbage onto plates, and top with the salmon. Drizzle the herb sauce over top. Enjoy!

Notes

Leftovers

For best results, store the salmon and sauce separately in sealed containers. Refrigerate the fish for up to three days. Refrigerate the sauce for up to five days.

More Flavor

Add minced garlic to the herb sauce.

No Anchovy

Leave it out and add more sea salt if needed.

Ingredients

- 1 Anchovy
- 1/2 cup Parsley (finely chopped)
- 1 1/2 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 cup Extra Virgin Olive Oil (divided)
- 283 grams Salmon Fillet
- 3 cups Purple Cabbage (sliced into thin wedges)

Sausage & Cauliflower Skillet

7 ingredients · 20 minutes · 1 serving



Directions

1. Heat the oil in a large non-stick pan over medium heat. Add the shallot, then the sausage. Cook for four to six minutes or until cooked through, breaking the meat up as it cooks. Set aside.
2. Increase the heat to medium-high. Add the cauliflower rice in an even layer, and cook without stirring. Leave for two to three minutes or until starting to turn golden on one side. Stir, add the water and season with salt and pepper. Cover and cook for two more minutes or until tender.
3. Add the sausage mixture back to the pan. Cook until heated through.
4. Garnish with chives, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

No Pork

Use turkey or chicken sausages instead of pork.

Additional Toppings

Chopped parsley, cilantro, green onions, and/or hot sauce.

Ingredients

1 1/2 tsps Extra Virgin Olive Oil

1/4 cup Shallot (finely chopped)

170 grams Pork Sausage (casings removed)

2 cups Cauliflower Rice

1 1/2 tsps Water

Sea Salt & Black Pepper (to taste)

1 1/2 tsps Chives (optional, chopped)