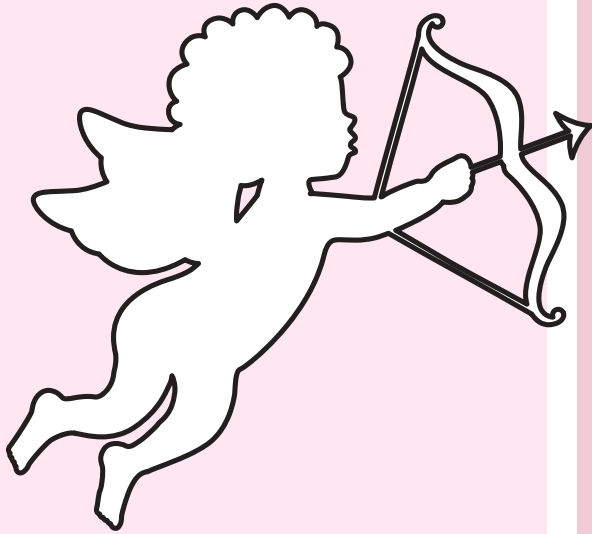


7-DAY KETO MENU PLAN

WITH COACH KATIE, BS, IIN



DAY 1

SAUSAGE + KALE
SHRIMP + AVOCADO SALAD
STEAK + CAULIFLOWER MASH

DAY 2

BAKED AVOCADO + EGGS
KALE CAESAR SALAD
SEARED AHI WITH CILANTRO VINAIGRETTE

DAY 3

COCONUT CHIA PUDDING
MIX + MATCH SALAD
MACADAMIA NUT CRUSTED MAHI-MAHI

DAY 4

EGGS + ARUGULA
COBB SALAD
FATHEAD PIZZA

DAY 5

FATHEAD FRITTATA
TUNA SALAD SANDWICH
BUNLESS BURGER + VEGGIE KEBABS

DAY 6

GREEK YOGURT CRUNCH BOWL
SEARED SCALLOPS + ASPARAGUS
CRAB STUFFED MUSHROOMS

DAY 7

GO-TO GREEN SMOOTHIE
CHICKEN SALAD WITH CELERY
BUFFALO CHICKEN TENDERS

7-DAY KETO MENU PLAN

This menu plan has been calculated based on a 150 pound, sedentary woman with a caloric requirement (for weight loss) of 1286 per day. I've done my best to keep the daily macro counts as close to the target number as possible (a few grams give or take isn't going to kick you out of ketosis), and remember, fat is a lever until you hit your target weight/feel. I've designed some of the meals as individual portions and some as family-style— that way you can pick and choose which meals to share with your family.

Daily Macros Breakdown

Calories: 1286

Fat: 75% = 95g

Protein: 15% = 77g

Carb: 10% = 30g



For a personalized menu plan, contact me at: info@museandme.com



Any recipe marked with an asterisk can be found inside Keto Crush (within the recipes tab of the menu bar).

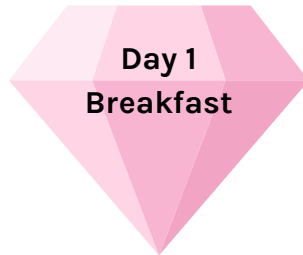
Best of luck to you! I can't wait to share in the glory of your results!

xo, Katie

SAUSAGE + KALE

Makes 4 servings

Calories: 276 | Fat: 21g | Protein: 21g | Carbs: 5g



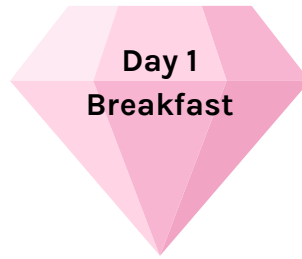
Ingredients

1 bunch kale, any variety	8 button mushrooms, sliced
1/2 medium onion, diced	1 cup chicken broth
1 package choice sausage	Salt and pepper to taste
2 Tbsp coconut or avocado oil	1/4 tsp red pepper flakes
2 Tbsp butter	(optional)

Instructions

- 1** Remove the kale stems from the leafy portions. Keep stems and leaves separate. Chop the stems approximately the same size as the diced onion. Cut the kale leaves into thin strips and set aside.
- 2** Cut the sausages into 1/2 inch slices. Heat oil in a large skillet (over medium heat). Add sausages, cooking on either side for approximately 2-3 minutes until browned. Once cooked, remove from heat and set aside.
- 3** In a separate skillet melt butter. Add onion, mushroom, and kale stems and cook until softened (about 5-7 minutes). Once sautéed, add kale leaves and stir to combine, cook until leaves are wilted (another 3-5 minutes).

SAUSAGE + KALE



Instructions continued...

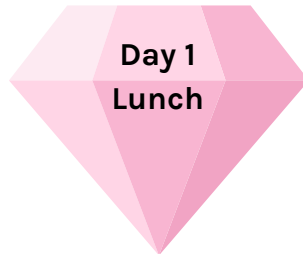
- 4 Add the sausage to the veggie sauté along with the chicken broth and red pepper flakes. Turn the heat to medium-high. When the liquid begins to boil, reduce the heat to low and simmer until the liquid is mostly evaporated. Remove from heat. Salt and pepper to taste.

If your kids won't eat kale, start them with this dish! This recipe is totally customizable— you can add any vegetables you like, and any type of sausage works. Play around with different combos to see what you like. However, make sure to choose sausage that contains only clean ingredients— no added sugars, nitrates, or the like.

SHRIMP + AVOCADO SALAD

Super fast!

Calories: 285 | Fat: 17g | Protein: 16g | Carbs: 18g



Ingredients

8 shrimp (cold, cooked, peeled)

1/2 avocado, chopped

1 Tbsp cilantro, diced

5 cherry tomatoes, halved

1 Tbsp crumbled feta

2 Tbsp Primal Kitchen Lemon

Turmeric Vinaigrette

Primal Kitchen salad dressing is AMAZING! The entire line is keto-friendly. However, if you don't like the flavor you're welcome to use olive oil and choice vinegar. Also, as far as the shrimp go, I generally purchase mine from the cold cocktail bar at Whole Foods, that way the work is done for you. Plus, shrimp cocktail makes an excellent snack.

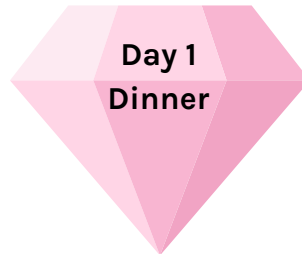
Instructions

- 1** Pull tails off shrimp and place in a large bowl.
- 2** Chop avocado, dice cilantro, and half tomatoes. Add to shrimp bowl.
- 3** Top with feta and Primal Kitchen dressing.

Steak + Cauliflower Mash*

Makes 4 servings

Calories: 533 | Fat: 38g | Protein: 46g | Carbs: 7g

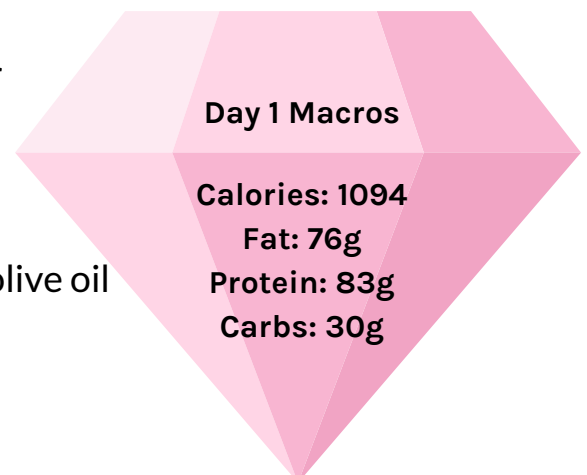


Ingredients

4, 6oz choice grass-fed steaks	Drizzle olive oil
1 head organic cauliflower	Fresh cracked pepper
1/2 stick grass-fed butter	Himalayan sea salt
1/4 cup grass-fed heavy whipping cream	Sprig fresh dill
	1 Tbsp fresh Italian parsley

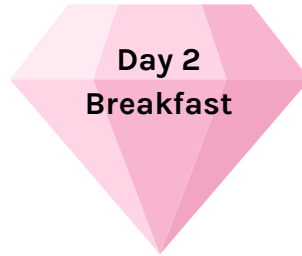
Instructions

- 1 Cut cauliflower into florets and place in steamer basket.
- 2 Cover pan and steam for 20-30 minutes (until cauliflower is soft).
- 3 Place cooked cauliflower in food processor with butter and cream. Blend on high until nice and smooth.
- 4 Add salt and pepper to taste. Drizzle with olive oil and garnish with herbs.
- 5 Cook steaks as desired.



BAKED AVOCADO + EGGS

Calories: 194 | Fat: 16g | Protein: 8g | Carbs: 6g



Ingredients

1 large, ripe avocado

2 medium eggs

Option to add shredded cheese

Dash Himalayan sea salt

Fresh cracked pepper

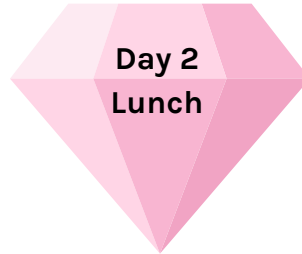
Option to add hot sauce

Instructions

- 1** Preheat the oven to 425 degrees. Cut the avocado in half lengthwise and remove the pits. Use a spoon to scoop approximately 1 Tbsp out of each half to create a bowl.
- 2** Place the avocados in a baking dish. If they won't stay without rolling, roll up pieces of aluminum foil to create little holders for them to rest in.
- 3** Carefully crack one egg into each half, trying not to break the yolk. Sprinkle with salt and pepper. Bake 15-20 minutes, or until the eggs are cooked to your liking. Serve hot.

KALE CAESAR SALAD*

Calories: 456 | Fat: 32g | Protein: 37g | Carbs: 17g



Ingredients

2 cups curly kale, massaged
1, 6oz chicken breast
1 Tbsp pine nuts, toasted
1 Tbsp Parmigiano Reggiano
cheese, grated

Juice of ½ lemon
1 Tbsp extra virgin olive oil
Salt and pepper to taste
2 Tbsp Primal Kitchen Caesar
Dressing

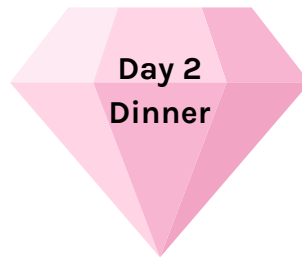
Instructions

- 1 Wash and massage kale with olive oil. Piece off in a large bowl. Add dressing and toss.
- 2 Place pine nuts in a dry saucepan and toast lightly. Sprinkle over massaged kale.
- 3 Top with cheese and chicken breast.
- 4 Season with salt and pepper and a squeeze of lemon juice.

I like to cook chicken in bulk and save the leftovers for quick grab-n-go protein. The other (even easier) option is to buy a rotisserie chicken and piece off the meat for this salad and others.

SEARED AHI TUNA WITH CILANTRO LIME DRESSING

Calories: 480 | Fat: 40g | Protein: 32g | Carbs: 7g



Ingredients

5oz sushi-grade ahi tuna steak

Himalayan sea salt

2 Tbsp avocado oil, ghee or grass-fed butter

2 cups spring mix or baby arugula

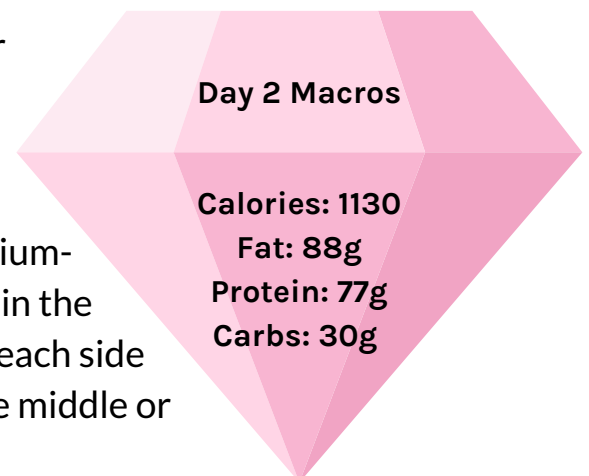
Fresh cracked pepper

2 Tbsp Primal Kitchen Cilantro Lime dressing

Option to add additional avocado or cheese to the side salad.

Instructions

- 1 Slice the tuna steak into 2 or 3 long rectangular portions. Season each side generously with salt and pepper.
- 2 In a large skillet, heat the avocado oil over medium-high heat until quite hot. Gently place the tuna in the oil and sear for 1 minute without moving. Sear each side in the same manner. The tuna will be pink in the middle or cook slightly longer for more well-done fish.
- 3 Remove from heat, slice, and serve with side salad.

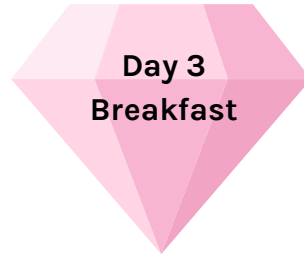


COCONUT KETO CHIA PUDDING*

The easiest!

Yield: 2 cups | Serving Size: 1/4 cup

Calories: 120 | Fat: 11g | Protein: 2g | Carbs: 6g



Ingredients

- | | |
|--------------------------------------|---------------------------------------|
| 1 can (13.5oz) full-fat coconut milk | 1 Tbsp Swerve confectioners sweetener |
| 4 Tbsp chia seeds | 2 Tbsp choice berries (optional) |
| 1/2 tsp vanilla extract | 1 Tbsp slivered almonds (optional) |

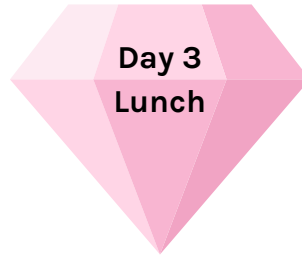
Instructions

- 1 Pour coconut milk, chia seeds, and vanilla into a mason jar and shake vigorously for 60 seconds.
- 2 Whisk in Swerve, and shake for another 60 seconds.
- 3 Place in the fridge for 30 minutes.
- 4 Top with berries and slivered almonds.

MIX + MATCH SALAD

Excellent option when feeling creative!

Calories: 505 | Fat: 25g | Protein: 40g | Carbs: 15g



Ingredients

2 cups mixed greens

2 cups choice veggies

1 Tbsp nuts or seeds

6oz choice protein

2 Tbsp choice Primal Kitchen dressing

Veggie/fruit ideas: sprouts, avocado, tomato, berries, bell pepper, artichoke, asparagus

Nut/Seed ideas: walnuts, pecans, pumpkin seeds, sunflower seeds, hemp seeds

Protein ideas: crab meat, chicken, sausage, fish, shrimp

Option to add cheese.

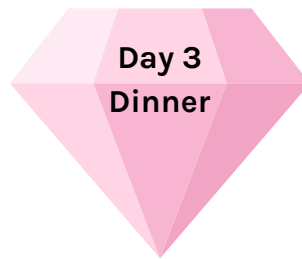
Instructions

- 1 Prep the veggies.
- 2 Prep the protein.
- 3 Construct your salad.

MAC NUT CRUSTED MAHI-MAHI

Makes 4 Servings

Calories: 652 | Fat: 60g | Protein: 38g | Carbs: 8g



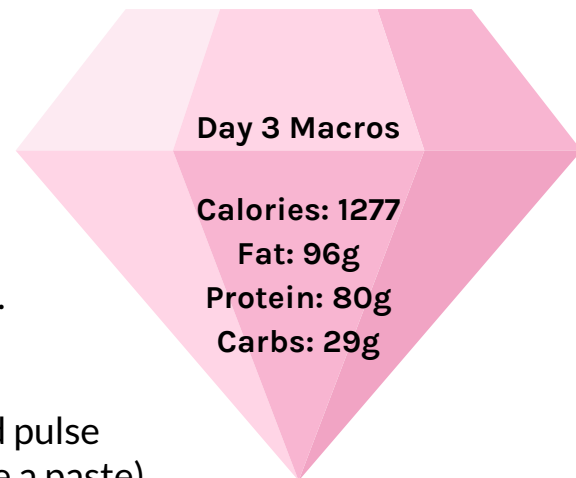
Ingredients

1 cup raw macadamia nuts
3 Tbsp coconut flour
1/2 tsp Himalayan sea salt
1/2 tsp fresh ground pepper
1/2 tsp garlic powder

1/2 cup Primal Kitchen Mayo or coconut mayo
4 mahi-mahi fillets, 6 ounces each
1/2 cup salted grass-fed butter
1/2 Tbsp coconut or avocado oil

Instructions

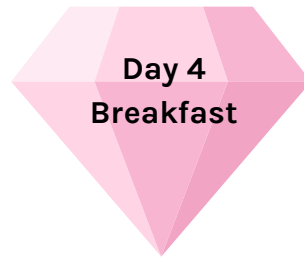
- 1 Preheat the oven to 425 degrees. Lightly grease a glass casserole dish with coconut or avocado oil. Place the fish in the dish.
- 2 Place the macadamia nuts in a food processor and pulse until finely chopped (do not allow them to become a paste). Add the coconut flour, salt, pepper, and garlic powder and pulse a few times.
- 3 Spread the mayo evenly on the fish. Carefully coat each with nut mixture. Bake for 25 minutes.
- 4 While baking, brown butter in a small saucepan over medium heat.
- 5 Once fish has cooled, pour the browned butter over the top and serve it up!



EGGS + ARUGULA

Super speedy!

Calories: 295 | Fat: 25g | Protein: 16g | Carbs: 7g



Ingredients

2 pasture raised eggs

2 cups baby arugula

1 Tbsp olive oil

Handful cherry tomatoes

Himalayan sea salt

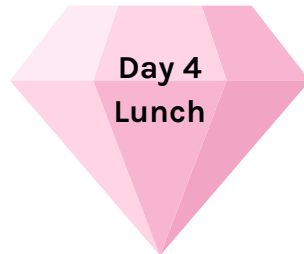
Fresh cracked pepper

Instructions

- 1** Cook the eggs as desired. I like to boil a dozen eggs and keep them in the fridge for 5-minute meal prep.
- 2** While eggs are cooking, toss arugula and tomatoes in olive oil.
- 3** Place eggs on top of the greens and season with salt and pepper.

COBB SALAD

Calories: 419 | Fat: 29g | Protein: 34g | Carbs: 9g



Ingredients

1 egg, boiled and sliced
4oz chicken breast, chopped
1/2 avocado, sliced
5 cherry tomatoes, halved
2 cups mixed greens

2 Tbsp blue cheese crumbles
2 Tbsp Primal Kitchen Ranch dressing or
(even better) Homemade Blue Cheese
Dressing*

**Recipe on following page*

Instructions

- 1 Boil the egg (or eggs and have leftovers).
- 2 Prepare the chicken breast.
- 3 Slice the avocado and tomato and place on a bed of greens.
- 4 Top with egg, chicken, cheese, and dressing.

HOMEMADE BLUE CHEESE DRESSING*

Makes approximately 1 cup; serving size = 2 Tbsp

Calories: 141 | Fat: 15g | Protein: 2g | Carbs: 1g



Ingredients

1/2 cup coconut mayo
Juice of 1/2 lemon
1/4 cup heavy cream

1/2 cup crumbled blue cheese
fresh cracked pepper
Himalayan sea salt (optional)

Instructions

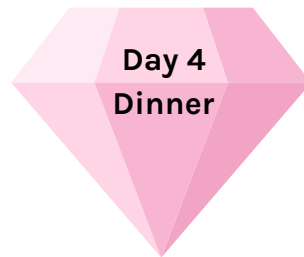
- 1 Whisk together the mayo, lemon juice, and heavy cream.
- 2 Add blue cheese and fresh cracked pepper. Stir well.
- 3 Add salt if desired.

FATHEAD PIZZA

Makes 3 servings (2 slices per serving)

Choose toppings you desire!

Calories: 512 | Fat: 40g | Protein: 21g | Carbs: 16g



Ingredients

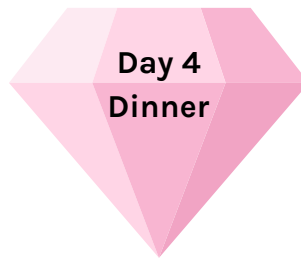
6 ounces pre-shredded part-skim mozzarella cheese (I prefer Organic Valley)
5 Tbsp unsalted grass-fed butter
1/2 cup blanched almond flour
1 heirloom tomato

1/4 cup coconut flour
2 tsp. baking powder
1/2 tsp. garlic powder
1/4 tsp. Himalayan sea salt
1 large free-range egg
Handful fresh basil

Instructions

- 1 In a large saucepan, melt the cheese and butter over low heat until they can be stirred together.
- 2 Remove from heat and add almond flour, coconut flour, baking powder, garlic powder, and salt. Add the egg and stir until a cohesive dough forms.
- 3 Turn the dough onto a floured work surface and knead until uniform (about 1 minute), if the dough is still quite sticky sprinkle in a bit more almond flour.

FATHEAD PIZZA



Instructions continued...

- 4 Preheat oven to 350 degrees.
- 5 Roll out dough directly onto a pizza stone. (This is by far the easiest method – however, if you don't have a stone, you can roll on a silicone baking mat or between parchment paper and transfer to a pan— just be sure to dust the baking mat or parchment paper with almond flour prior to rolling dough).
- 6 Slice tomato and place on dough. Sprinkle tomato lightly with fresh ground pepper. Add fresh basil.
- 7 Bake at 350 degrees for 20-25 minutes.

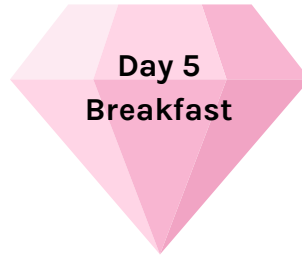
Option to add a drizzle of olive oil.

Again, you can take any variation on this you desire. Select toppings that appeal to you. Tomato sauce is an option as well, just be sure to select a keto-friendly variety that's low-carb and doesn't contain added sugar.



FATHEAD FRITTATA*

Calories: 314 | Fat: 23g | Protein: 16g | Carbs: 10g



Ingredients

1 handful kale (any variety)	Salt and pepper to taste
1 Tbsp grass-fed butter	1/2 clove garlic, minced
4 fresh sage leaves, minced	2 large eggs
1/4 sweet onion, finely chopped	1 Tbsp grass-fed heavy cream
2 sprigs fresh thyme	1 Tbsp goat cheese (optional)
Dash red pepper flakes	

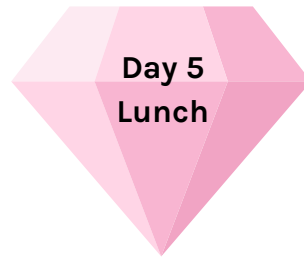
Instructions

- 1 Place cast iron on low-med heat and drop in the butter. Toss in onion, red pepper, and herbs. Sauté until lightly browned.
- 2 Add kale and garlic to sauté, and cook until kale is lightly wilted.
- 3 Beat eggs with heavy cream and pour over sauté.
- 4 Add cheese, salt, and pepper.
- 5 Cover and cook on low-med heat for 5-10 minutes (until egg is desired consistency).

TUNA SALAD SANDWICH

Great on keto bread or with celery sticks!

Calories: 436 | Fat: 47g | Protein: 21g | Carbs: 8g



Ingredients

1 can white albacore tuna, drained
3 Tbsp Primal Kitchen or
coconut mayo
1 Tbsp capers, drained
1 celery stalk, diced
2 radishes, diced

1/4 cup slivered almonds
1 Tbsp sunflower seeds
Himalayan sea salt
Fresh ground pepper
Keto Bread (recipe on
following page)

Instructions

- 1 Drain the tuna and place in a bowl. Stir in mayo, capers, celery, and radish.
- 2 Add sunflower seeds and almonds. Mix together.
- 3 Season with salt and pepper.
- 4 Prepare celery sticks or Keto Bread.

KETO BREAD

Calories: 352 | Fat: 14g | Protein: 12g | Carbs: 6g



Ingredients

4 Tbsp almond flour	Pinch salt
1/2 tsp baking powder	1 egg
1 Tbsp avocado or coconut oil	

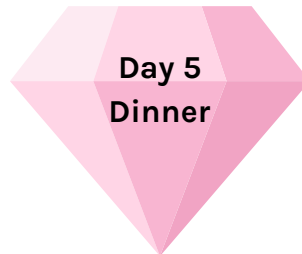
Instructions

- 1 Place all ingredients in a bowl and mix until well combined.
- 2 Pour ingredients into a square glass dish.
- 3 Microwave on high for at least a minute.
- 4 Shimmy bread out of the dish (should slide out easily when upside down). Allow to cool and cut in half lengthwise for two slices of bread.

The great thing about this recipe is its versatility. This can be used for sweet or savory dishes and will take on the shape of anything you bake it in.

BUTTER LETTUCE BURGER WITH VEGGIE KEBABS

Calories: 451 | Fat: 28g | Protein: 39g | Carbs: 9g



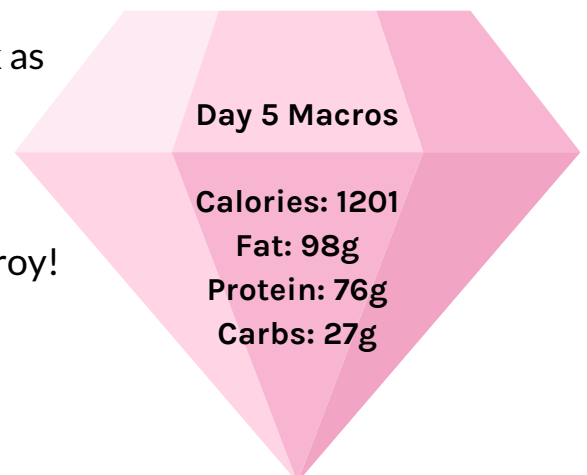
Ingredients

6oz grass-fed burger patty
Choice cheese
Butter lettuce
Dash Himalayan sea salt
Fresh cracked pepper
2 Tbsp avocado oil

Choice veggies such as:
Mushrooms
Onions
Bell pepper
Zucchini
Handful fresh thyme

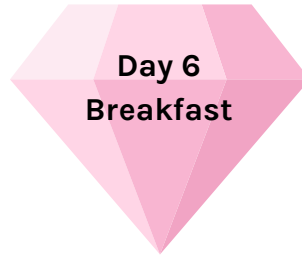
Instructions

- 1 Prep veggies for kebabs by cleaning, chopping, and tossing with thyme, salt, pepper, and avocado oil.
- 2 Season beef with salt and pepper and cook as desired. Option to add cheese and keto-friendly condiments.
- 3 Place between two butter leaves and destroy!



GREEK YOGURT CRUNCH BOWL

Calories: 481 | Fat: 37g | Protein: 19g | Carbs: 18g



Ingredients

2 Tbsp unsweetened coconut flakes
1 Tbsp sliced almonds
1/4 cup plain full-fat Greek yogurt
1/4 cup full-fat coconut milk

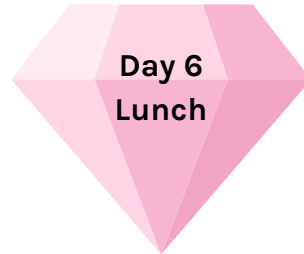
1 Tbsp cacao nibs
Sprinkle ground cinnamon
1 Tbsp raw almond butter (no sugar added)
Keto-friendly sweetener to taste (optional)

Instructions

- 1 In a small, dry skillet set over medium-low heat, toast the coconut flakes and sliced almonds until lightly brown.
- 2 Stir together the yogurt, coconut milk, and sweetener.
- 3 Swirl in almond butter (don't worry about combining entirely).
- 4 Top yogurt mixture with toasted coconut, sliced almonds, and cacao nibs.
- 5 Sprinkle with cinnamon.

SEARED SCALLOPS + ASPARAGUS*

Calories: 265 | Fat: 23g | Protein: 27g | Carbs: 3g



Ingredients

4 jumbo sea scallops
2 Tbsp ghee or grass-fed butter
1 cup (4-5 stalks) asparagus

Squeeze of fresh lemon
Dash Himalayan sea salt
Fresh cracked pepper

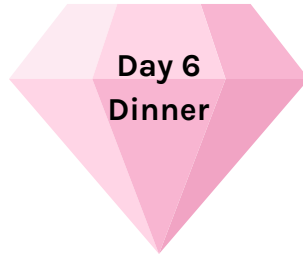
Instructions

- 1 Preheat oven to 475 degrees. Dress scallops with salt and pepper.
- 2 Add 1 Tbsp butter to a skillet and bring to high heat. Once the pan is nice and hot, set scallops in the pan. Sear until golden brown (2-3 minutes on each side). Beware, the pan may smoke considerably, be sure to turn on the overhead fan to minimize smoke.
- 3 Once nicely seared, transfer to baking dish. Add a bit of water to the dish (in order to keep the scallops from drying out). Bake at 475 degrees for 3-6 minutes (depending on size and desired temp).
- 4 While scallops are baking, lightly sauté asparagus in remaining butter. Season generously with salt and pepper.

CRAB STUFFED MUSHROOMS

Makes 2 servings

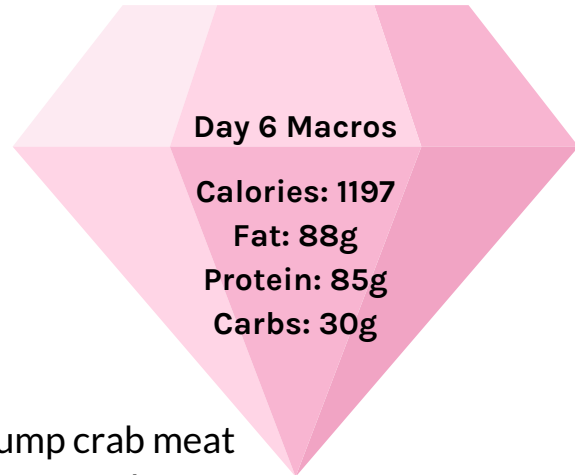
Calories: 451 | Fat: 28g | Protein: 39g | Carbs: 9g



Ingredients

2 Tbsp plus 1 tsp avocado oil
10 white mushrooms
Himalayan sea salt
Fresh ground pepper
2 Tbsp butter
1 shallot, thinly sliced

1/2 pound lump crab meat
8oz organic cream cheese
1/4 cup Primal Kitchen or coconut mayo
Juice of 1 lemon
2/3 cup grated Parmesan cheese
2 Tbsp fresh minced chives

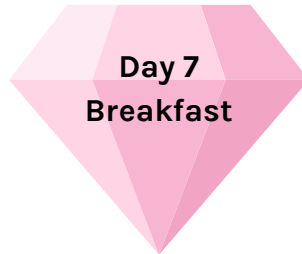


Instructions

- 1 Preheat the oven to 400 degrees. Grease a small casserole dish with 1 tsp of avocado oil. Place the mushrooms gill side down into the dish. Brush the caps with the remaining avocado oil and sprinkle with salt and pepper. Roast for 12 minutes.
- 2 Meanwhile, melt the butter in a small skillet, and sauté the shallot until soft (about 3 minutes).
- 3 In a medium bowl, combine the crabmeat, cream cheese, mayo, lemon juice, half the Parmesan cheese, shallot, chives, salt, and pepper.
- 4 Remove the mushroom caps from the oven and flip gill side up. Fill with crab mixture, sprinkle with remaining cheese, and bake for 10 more minutes.

GO-TO GREEN SMOOTHIE

Calories: 314 | Fat: 33g | Protein: 14g | Carbs: 13g



Ingredients

1/4 can full-fat coconut milk
1/2 tsp vanilla extract
1 cup greens, such as kale or
swiss chard
1/2 Tbsp MCT or coconut oil

1/3 cup crushed ice
1 scoop Primal Fuel meal replacement
(Vanilla Coconut or Chocolate Coconut)
or other clean protein powder
Splash cold water (optional)

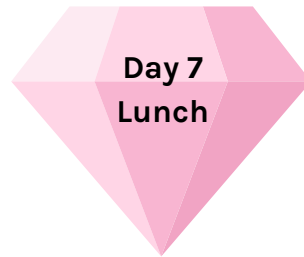
Instructions

- 1 Blend the coconut milk, vanilla, greens, oil, and ice in a high-powered blender.
- 2 Add the protein powder and blend on low into incorporated.
- 3 Add cold water if you prefer a thinner consistency.

CHICKEN SALAD WITH CELERY

Serve with celery sticks, cucumber slices or parmesan crisps.

Calories: 547 | Fat: 45g | Protein: 32g | Carbs: 4g



Ingredients

1 cup chicken, chopped
8-10 pecans
1 Tbsp chopped red onion
2 Tbsp coconut mayo*

1/4 stalk celery, sliced
1 Tbsp fresh thyme
Himalayan sea salt
Fresh ground pepper

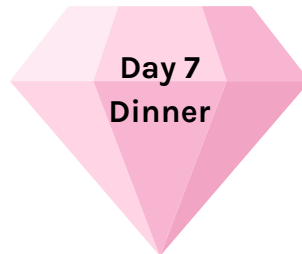
Instructions

- 1 Toss chopped chicken in a large mixing bowl.
- 2 Add pecans, onion, and celery.
- 3 Fold in mayo.
- 4 Add salt, pepper, and fresh thyme to taste.

BUFFALO CHICKEN TENDERS*

Makes 3 servings | Serving size: 3 tenders

Calories: 347 | Fat: 17g | Protein: 37g | Carbs: 10g



Ingredients

1/4 cup coconut flour
2 Tbsp fresh Parmesan cheese, grated
1 egg, beaten
1/2 tsp Himalayan sea salt
1/2 tsp ground cumin
1/2 tsp smoked ground paprika

1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp white or black pepper
9 pasture-raised chicken tenders
New Primal Buffalo dipping sauce
Celery sticks

Instructions

- 1 Preheat oven to 400 degrees (unless you have an air fryer— in which case, use that).
- 2 In a shallow container, mix coconut flour, Parmesan, and spices with a fork.
- 3 In a separate container, beat egg. Drench each tenderloin in egg mixture and then coat with dry mixture.
- 4 Bake at 400 degrees for 10-12 minutes. Serve with The New Primal Buffalo sauce and celery sticks.

