

kiwilimón
RECIPES



7-Day KETO Meal Plan

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Kick-start 2022 healthier than ever with this 14-day **#KetoChallenge** approved by **professional nutritionists**. This keto meal plan will help you get rid of refined carbs, enjoy an **omega-3 and omega-6** rich diet that will **reduce cell inflammation, improve your digestion and cardiovascular health, have more energy, and lose weight**. You'll feel amazing!

Our challenge includes recipes for all day long. You will find recipes for **breakfast, lunch, snacks, and dinner**. Follow this keto menu for 7 days and **repeat it for 7 more days**. Complement the challenge with **physical activity** and drink at least **0.5 gallons of water**. You'll start noticing results in just 5 days!

Keep in mind that before starting this diet you must **seek expert advice**. Habits are built every day. Eating wholesome and delicious food is possible with healthy recipes.



day 1

breakfast

BREAKFAST ASPARAGUS
Egg Cups

snack

KALE CHIPS
with Guacamole

lunch

CABBAGE & BACON
Soup

dinner

CHICKEN MEATBALLS
in Morita Chile Sauce

Daily calorie intake: 1,050

BREAKFAST ASPARAGUS Egg Cups

SERVINGS: 8 | CALORIES/SERVING: 81

INGREDIENTS

- cooking spray
- 12 egg whites
- ½ cup onion
- ½ cup bell pepper
- ½ cup asparagus
- salt
- pepper
- ¼ tsp. garlic powder

PREPARATION

1. Preheat oven to 347 °F.
2. Grease cupcake pan with cooking spray.
3. In a mixer bowl, combine egg whites, onion, bell peppers, asparagus, salt, pepper, and garlic powder and mix for 5 minutes.
4. Fill each cup of the cupcake pan $\frac{3}{4}$ full with batter. Bake for 20 minutes or until cooked through. Unmold.
5. Serve breakfast asparagus egg cups.

INGREDIENTS

for the chips

- 1 bunch kale
- 2 tbsp. olive oil
- salt
- chile powder

for the guacamole

- 1 avocado
- 2 tbsp. white onion
(finely chopped)
- 1 tbsp. fresh cilantro
(finely chopped)
- 1 tbsp. lime juice
- salt & pepper

PREPARATION

1. Preheat oven to 356 °F.
2. In a baking sheet, place kale leaves and drizzle with olive oil. Sprinkle with salt and chile powder. Bake for about 25 minutes or until crispy. Flip kale leaves occasionally while baking. Set aside and let cool.
3. For the guacamole: Mash avocado with a fork until chunky. Add onion, cilantro, lime juice, and mix. Adjust seasoning.
4. Serve kale chips with guacamole.

KALE CHIPS with Guacamole

SERVINGS: 4 | CALORIES/SERVING: 116



CABBAGE & BACON Soup

SERVINGS: 4 | CALORIES/SERVING: 58

INGREDIENTS

- 3 strips bacon
(*finely chopped*)
- 1 tbsp. garlic
(*finely chopped*)
- 2 cups white cabbage
(shredded)
- 5 cups chicken broth
- 2 sprigs fresh cilantro
- salt & white pepper
for serving
- lime

PREPARATION

1. In a pot, fry bacon over medium heat until golden brown. Add garlic and cabbage. Cook for 5 more minutes or until translucent.
2. Pour chicken broth into the pot and bring to a boil. Cover and cook for 10 minutes. Season with salt and pepper. Add cilantro and cook for 1 more minute.
3. Serve cabbage and bacon soup hot with lime on the side.

INGREDIENTS

for the meatballs

- 1.1 lb ground chicken
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1 tbsp. parsley (*finely chopped*)
- 1 tbsp. fresh cilantro
(*finely chopped*)
- salt & pepper

for garnish

- chervil

for the sauce

- 1 tbsp. olive oil
- 2 cups tomatillo
(*cut into quarters*)
- 2 cloves garlic
- 2 morita chiles
(*trimmed and seeded*)
- 1 cup chicken broth
- 1 sprig fresh cilantro
- ¼ tbsp. cumin

PREPARATION

1. Mix ground chicken, garlic powder, onion powder, parsley, and cilantro. Season with salt and pepper.
2. Using your hands, form meatballs and set aside.
3. In a pot, heat olive oil over medium heat and char tomatillos, garlic, and chiles for 5 minutes. Add chicken broth, cilantro, and cumin. Cook for 5 minutes. Cool slightly.
4. Transfer previous preparation to a blender and blend to a smooth sauce.
5. Fry sauce with a bit more olive oil and cook for 10 more minutes over medium heat. Add meatballs, cover, and cook until meatballs are cooked through.
6. Serve chicken meatballs in morita chile sauce and garnish with chervil.

CHICKEN MEATBALLS in Morita Chile Sauce

SERVINGS: 2 | CALORIES/SERVING: 500



day 2

breakfast

AVOCADO **Cauliflower Toast**

snack

ROASTED ASPARAGUS **Wrapped in Serrano Ham**

lunch

CHIMICHURRI **Steak**

dinner

ZOODLES WITH **Avocado Sauce**

Daily calorie intake: 1,535

AVOCADO Cauliflower Toast

SERVINGS: 4 | CALORIES/SERVING: 180



INGREDIENTS

- 1 cauliflower
- 1 tbsp. olive oil
- ¼ cup Parmesan cheese
- 2 tbsp. garlic powder
- 1 tbsp. salt
- 1 tbsp. pepper
- 4 eggs
- 1 avocado (*cut into wedges*)
- fresh oregano

PREPARATION

1. Preheat oven to 392 °F.
2. Cut cauliflower into 1 to 2-finger thick slices. Arrange cauliflower slices on a baking sheet. Drizzle olive oil on top of cauliflower slices. Sprinkle Parmesan cheese, garlic powder, salt, and pepper on top.
3. Bake for 15 minutes or until cauliflower is cooked through and turns golden brown. Remove from oven and set aside.
4. Heat a skillet over medium heat and spray a bit of cooking spray. Crack an egg and cook to desired doneness. Season.
5. Serve cauliflower slices on a plate topped with avocado and a fried egg. Garnish avocado cauliflower toast with oregano.

INGREDIENTS

- 16 asparagus (*trimmed*)
- 7 ounces serrano ham
- 2 tbsp. balsamic vinegar
- 1 lemon
- 1 tbsp. thyme, fresh
- salt
- white pepper
- 4 tbsp. olive oil

PREPARATION

1. Wrap asparagus in serrano ham.
2. In a skillet, roast serrano ham-wrapped asparagus over medium heat until asparagus are cooked through and serrano ham turns golden brown. Set aside.
3. In a bowl, add vinegar, lemon juice, thyme, salt, pepper, and olive oil. Mix until perfectly incorporated. Serve roasted asparagus wrapped in serrano ham with vinaigrette on the side.

ROASTED ASPARAGUS Wrapped in Serrano Ham

SERVINGS: 4 | CALORIES/SERVING: 311



CHIMICHURRI Steak

SERVINGS: 4 | CALORIES/SERVING: 422



INGREDIENTS

for the chimichurri sauce

- 2 cloves garlic
- ¼ bunch fresh cilantro
- ¼ bunch parsley
- 1 green bell pepper
- ¼ cup olive oil
- 2 árbol chiles

- 1 tbsp. salt
- 1 tbsp. black peppercorns
- 3 tbsp. vinegar

for the marinade

- ¼ cup olive oil
- 1 tbsp. pimentón
- 1.3 lb skirt steak

PREPARATION

1. Finely chop garlic, cilantro, parsley, green bell pepper, and árbol chiles.
2. In a bowl, mix previous ingredients, olive oil, salt, pepper, and vinegar. Set aside.
3. In another bowl, marinate skirt steak with olive oil and pimentón. Keep in the fridge for 30 minutes.
4. Heat a skillet over medium heat and cook skirt steak to the desired level of doneness. Season with a little bit of salt and slice skirt steak. Serve skirt steak with chimichurri sauce.

INGREDIENTS

for the avocado sauce

- 2 avocados
- ¼ cup cilantro (cooked)
- 1 tbsp. lime juice
- 1 pinch salt
- 1 pinch pepper
- ½ tbsp. onion powder
- 1 clove garlic

for the zoodles

- 1 tbsp. olive oil
- 4 cup zucchini noodles
- 1 tbsp. salt
- 1 tbsp. pepper
- ¼ cup Parmesan cheese

PREPARATION

1. For the avocado sauce: Combine avocado, cilantro, lime juice, salt, pepper, onion powder, and garlic in a food processor and grind to a smooth purée.
2. In a skillet over medium heat, heat oil and cook zucchini noodles. Season with salt and pepper. Add avocado sauce, stir, and cook for 3 minutes. Serve zoodles with avocado sauce with a bit of Parmesan cheese.

ZOODLES WITH Avocado Sauce

SERVINGS: 4 | CALORIES/SERVING: 145



day 3

breakfast

STUFFED PORTOBELLO MUSHROOMS
with Salsa Macha

snack

GREEN SMOOTHIE
with Chia Seeds

lunch

MEXICAN-STYLE
Fish en Papillote

dinner

CUCUMBER
Tuna Rolls

Daily calorie intake: 992



STUFFED PORTOBELLO MUSHROOMS with Salsa Macha

SERVINGS: 4 | CALORIES/SERVING: 146

INGREDIENTS

- ¼ cup oil
- 3 cloves garlic
(finely chopped)
- 10 árbol chiles
(trimmed and seeded)
- 1 tbsp. salt
- 1 tbsp. pepper
- 4 eggs
- 4 portobello mushrooms
(stemmed)
- 3 tbsp. Parmesan cheese
powder
- fresh chives (finely chopped)

PREPARATION

1. Preheat oven to 392 °F.
2. In a skillet, heat oil over low heat and cook garlic and chiles until golden brown and softened. Remove and let cool.
3. Transfer ingredients to a blender, add salt and pepper, and blend to a sauce. Set aside.
4. Arrange portobellos on a baking sheet. Spoon salsa macha over portobellos and crack an egg inside each portobello carefully. Top with Parmesan cheese powder.
5. Bake for 15 minutes or until eggs are cooked through. Remove from oven and sprinkle with chives. Serve stuffed portobello mushrooms with salsa macha.

INGREDIENTS

- ½ cup coconut milk (unsweetened)
- 1 avocado
- 1 cup coconut water (unsweetened)
- 2 frozen stalks celery
- 1 cup kale
- 1 cup cucumber
- 5 tbsp. chia seeds

PREPARATION

1. In an ice cube tray, pour coconut milk and freeze.
2. In a blender, combine coconut ice cubes, avocado, coconut water, celery, kale, cucumber, and chia seeds and blend until smooth. Serve green smoothie with chia seeds.



GREEN SMOOTHIE with Chia Seeds

SERVINGS: 2 | CALORIES/SERVING: 288



MEXICAN-STYLE Fish en Papillote

SERVINGS: 4 | CALORIES/SERVING: 393

INGREDIENTS

- 4 fillets red snapper (9.8 oz each)
 - garlic powder
 - salt & pepper
 - roasted banana leaves
 - 2 bell peppers (cut into thin strips)
 - 2 cuaresmeño chiles (finely chopped)
 - epazote leaves
- for the guacamole*
- 2 avocados
 - 3 tbsp. lime juice
 - ¼ cup onion (finely chopped)
 - 2 tbsp. cilantro (finely chopped)

PREPARATION

1. Season red snapper fillets with garlic powder, salt and pepper.
2. Place red snapper fillets on banana leaves. Add bell pepper, cuaresmeño chile, and epazote leaves.
3. Cover fish with banana leaves and wrap like a tamal. Arrange in a steamer and cook for 15 minutes over low heat.
4. For the guacamole, in a bowl, mash avocado with a fork. Add lime juice and onion. Season with salt and pepper. Add cilantro and mix.
5. Serve Mexican-style fish en papillote on a plate with guacamole on the side.

INGREDIENTS

- 1 cucumber

for the tuna salad

- 1 cup canned tuna (drained)
- 1 avocado (cut into small-sized cubes)
- ¼ cup mayonnaise
- 1 tbsp. lime juice
- ¼ cup celery
- 2 tbsp. ground chipotle chile
- 1 cuaresmeño chile (finely chopped)
- salt & pepper

PREPARATION

1. Peel cucumber with a peeler and cut into thin slices.
2. In a bowl, mix tuna, avocado, mayonnaise, lime juice, celery, ground chipotle chile, and cuaresmeño chile. Season with salt and pepper.
3. Place a little bit of tuna over each cucumber slice. Roll cucumber slice and repeat until all the ingredients are used up. Serve cucumber tuna rolls and garnish with cuaresmeño chile.



CUCUMBER Tuna Rolls

SERVINGS: 4 | CALORIES/SERVING: 165

day 4

breakfast

KETO
Tacos

snack

SPICY CUCUMBER
& Cilantro Salad

lunch

KETO GREEN CHILE
Chicken Enchiladas

dinner

CUCUMBER
with Shrimp

Daily calorie intake: 1,120

KETO Tacos

SERVINGS: 4 | CALORIES/SERVING: 347



*eat up to 2 servings

INGREDIENTS

- 1 tbsp. olive oil
- 1 clove garlic (*finely chopped*)
- 1 cup button mushrooms (*sliced*)
- ½ cup oyster mushrooms (*sliced*)
- 2 portobello mushrooms (*sliced*)
- 1 zucchini (*cut into small-sized cubes*)
- 1 cup spinach
- salt & pepper
- 8 eggs
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- cooking spray
- 1 avocado (*sliced*)

PREPARATION

1. In a skillet over medium heat, heat olive oil and cook garlic and mushrooms until they release their juice. Add zucchini and spinach and season with salt and pepper. Cook until vegetables are cooked through. Remove and set aside.
2. In a bowl, beat egg with pepper, garlic powder, and onion powder.
3. Spray a nonstick skillet with a bit of cooking spray and cook some of the egg mixture over medium-low heat making a tortilla. Cook until cooked through, remove, and repeat to make 4 tortillas.
4. Stuff egg tortillas with mushrooms and serve keto tacos with avocado.

INGREDIENTS

- 4 cucumbers
- 4 limes
- 4 tbsp. ponzu sauce
- 1 tbsp. chile flakes
- fresh cilantro (*finely chopped*)

PREPARATION

1. Cut cucumbers into thin round slices.
2. In a bowl, combine cucumbers, lime juice, ponzu sauce, chile flakes, and chopped cilantro.
3. Serve spicy cucumber & cilantro salad.

SPICY CUCUMBER & Cilantro Salad

SERVINGS: 4 | CALORIES/SERVING: 109



*puedes comer hasta 3 Servings

KETO GREEN CHILE Chicken Enchiladas

SERVINGS: 4 | CALORIES/SERVING: 320



INGREDIENTS

for the cauliflower tortilla

- 4 cups cauliflower (*shredded*)
- ½ cup low-fat Chihuahua cheese (*shredded*)
- 2 eggs

for the green sauce

- 5 cups water
- 10 tomatillos
- 4 serrano chiles
- ¼ onion
- 1 clove garlic
- salt & pepper
- 1 tbsp. olive oil

for assembling

- 2 cups chicken breast (*cooked and shredded*)
- Manchego cheese (*for broiling*)

for garnish

- low-fat sour cream
- avocado
- onion

PREPARATION

1. In a bowl, place cauliflower and cover with plastic wrap. Microwave for 4 minutes. Drain and set aside.
2. Mix cauliflower, cheese, and eggs. Season with salt and pepper and mix thoroughly.
3. Place little portions of the cauliflower mixture on a parchment paper-lined baking sheet and spread to form tortillas. Bake for 15 minutes at 356 °F.
4. Stuff cauliflower tortillas with shredded chicken and set aside.
5. In a small pot with water, cook tomatillos, serrano chiles, onion, and garlic over medium heat. Let cool. Transfer to a blender, blend until smooth, and set aside.
6. In a small pot over low heat, heat olive oil. Pour in green sauce, season with salt and pepper, and cook for 10 minutes or until thickened.
7. Serve enchiladas on a plate. Spoon hot green sauce over. Sprinkle Manchego cheese on top. Microwave for 30 seconds for broiling the cheese. Garnish keto green chile chicken enchiladas with cream, avocado, and onion.

GREEN SALAD with Shrimp

SERVINGS: 4 | CALORIES/SERVING: 296



INGREDIENTS

- ½ cup lime juice
- 1 serrano chile
- ¼ cucumber (*peeled and seeded*)
- salt
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1.1 lb shrimp (*cleaned and deveined*)
- ¼ cup celery (*finely chopped*)
- 2 cups lettuce
- 1 cup spinach
- ½ cup arugula
- ¼ red onion (*sliced*)
- 1 avocado, cut into cubes
- ½ cup cherry tomatoes (*cut into halves*)
- 2 tbsp. extra virgin olive oil

PREPARATION

1. In a blender, combine lime juice, serrano chile, cucumber, salt, garlic, and onion powder and blend until smooth.
2. Marinate shrimp with previous mixture for 20 minutes and keep in the fridge until shrimp turn color.
3. In a bowl, combine all the ingredients. Add celery, lettuce, spinach, arugula, red onion, avocado, and cherry tomatoes and mix until perfectly incorporated. Drizzle salad with extra virgin olive oil. Season green salad with shrimp with salt and pepper.

day 5

breakfast

GREEN TOMATILLO SHAKSHUKA
with Nopales

snack

BAKED ARTICHOKE
with Spicy Mayo

lunch

GUAJILLO
Roast Chicken

MASHED CAULIFLOWER
with Herb Oil

dinner

CHAYOTES
Stuffed with Salpicón

Daily calorie intake: 1,133

GREEN TOMATILLO SHAKSHUKA with Nopales

SERVINGS: 4 | CALORIES/SERVING: 228



INGREDIENTS

- 1 tbsp. baking soda
- 1 pinch salt
- 4 nopales (*cut into thin strips*)

for the sauce

- 2 cloves garlic (*unpeeled*)
- 6 tomatillos
- 2 serrano chiles (*trimmed and seeded*)
- 3 allspice berries
- 1 tbsp. cumin
- ¼ cup chicken broth (*fat skimmed off*)

- 1 tbsp. fresh cilantro
- 1 tbsp. epazote
- 1 hoja santa
- 1 tbsp. onion powder
- 1 tbsp. canola oil

for garnish

- ½ avocado (*cut into wedges*)
- 1 serrano chile (*cut into round slices*)
- 2 tbsp. Cotija cheese (*shredded*)
- fresh cilantro

PREPARATION

1. In a pot, add water, baking powder, and salt. Cook nopales until soft. Drain and set aside.
2. For the sauce: On a griddle over high heat, char unpeeled garlic cloves, tomatillos, chiles, allspice berries, and cumin. Remove and peel garlic cloves.
3. Transfer charred vegetables to a blender. Add chicken broth, cilantro, epazote, hoja santa, onion powder, and salt. Blend to a smooth sauce.
4. In a pot with a bit of canola oil, fry sauce for about 20 minutes. Add nopales and eggs one by one without breaking the yolks. Cover and cook for 12 to 15 minutes or until eggs are cooked through but the egg yolk is still runny. Adjust seasoning.
5. Serve two eggs per portion on a soup plate with sauce and nopales. Garnish green tomatillo shakshuka with nopales with avocado, serrano chile, Cotija cheese, and cilantro.

INGREDIENTS

- 4 artichokes (*trimmed and stemmed*)
- 2 tbsp. olive oil
- 1 lemon
- 1 tbsp. salt
- ½ tbsp. ground black peppercorn

for the spicy mayo

- ½ cup mayonnaise
- 2 tbsp. Dijon mustard
- 1 tbsp. chile powder
- 1 tbsp. lime juice
- ½ tbsp. onion powder
- ¼ tbsp. garlic powder

PREPARATION

1. Preheat oven to 356 °F.
2. Gently spread open the artichoke petals and place artichokes on an aluminum foil-lined baking sheet. Drizzle with olive oil and lemon juice. Season with salt and pepper. Wrap artichokes in aluminum foil and bake for about 50 minutes or until softened. Remove from oven and cool slightly.
3. For the spicy mayo: Mix mayonnaise, mustard, chile powder, lime juice, onion, and garlic powder. Season with salt and pepper.
4. Serve baked artichokes with spicy mayo.

BAKED ARTICHOKEs with Spicy Mayo

SERVINGS: 4 | CALORIES/SERVING: 151





GUAJILLO Roast Chicken

SERVINGS: 4 | CALORIES/SERVING: 408

INGREDIENTS

- 2 garlic cloves
- 7 guajillo chiles
(trimmed and seeded)
- 1 cup butter
(at room temperature)
- 1 cup onion powder
- 1 cup dried oregano
- 1 tbsp. salt
- ½ tbsp. pepper
- 1 whole chicken
(3 lb, skin-on, butterflied)

PREPARATION

1. Preheat oven to 428 °F.
2. In a griddle, roast garlic and guajillo chiles. Transfer ingredients to blender and blend until a fine powder is obtained.
3. In a bowl, mix butter with chile and garlic powder, onion powder, oregano, salt, and pepper.
4. Baste chicken with butter mixture. Make sure to reach between skin and meat. Place chicken on a baking sheet. Bake for 45 minutes.
5. Remove chicken from the oven. Baste again with butter mixture. Lower temperature to 356 °F.
6. Bake for 15 more minutes or until chicken is cooked through. Remove and serve guajillo roast chicken with green salad on the side.

INGREDIENTS

- salt
- water
- 1 cauliflower
(cut into small-sized chunks)
- 2 tbsp. butter
- salt & ground black pepper
- ¼ tbsp. olive oil
- 1 tbsp. lemon zest
- 1 tbsp. parsley (finely chopped)
- 1 tbsp. dill
(finely chopped)
- 1 sprig parsley (for garnish)

PREPARATION

1. In a pot with salted boiling water, cook cauliflower for 35 minutes or until soft. Drain and cool slightly.
2. Transfer cauliflower and butter to a food processor and grind to a purée. Season with salt and pepper. Set aside.
3. In a pot, heat olive oil over medium heat. Remove once hot. Add lemon zest and let infuse for a few minutes. Let cool.
4. In a bowl, combine infused oil, cilantro, and dill.
5. Serve mashed cauliflower drizzled with herb oil.
6. Garnish mashed cauliflower with herb oil with a parsley sprig.



MASHED CAULIFLOWER with Herb Oil

SERVINGS: 4 | CALORIES/SERVING: 77

CHAYOTES

Stuffed with Salpicón

SERVINGS: 4 | CALORIES/SERVING: 269



INGREDIENTS

- 1 pinch salt
- water
- 2 chayotes (*peeled, cut into halves*)
- 1 ½ cups (*skirt steak, (cooked, shredded)*)
- ¼ cup red onion (*finely chopped*)
- 2 tomatillos (*cut into small-sized cubes*)
- 2 pickled serrano chiles (*cut into round slices*)
- 1 cup lettuce (*shredded*)
- 1 tbsp. oregano (*dried*)
- ¼ cup lime juice
- 2 tbsp. olive oil
- 1 tbsp. white vinegar
- 1 pinch salt
- pepper
- ½ avocado (*sliced*)

PREPARATION

1. In a pot with salted boiling water, cook chayotes until soft for about 15 minutes. Remove, drain, and set aside.
2. On a chopping board, hollow out chayote with a spoon. Finely chop chayote flesh.
3. For the salpicón: In a bowl, mix shredded skirt steak, red onion, tomatillos, serrano chile, lettuce, cilantro, dried oregano, lime juice, olive oil, vinegar, finely chopped chayote flesh, salt, and pepper.
4. Stuff chayotes with salpicón. Serve chayotes stuffed with salpicón and garnish with avocado.

day 6

breakfast

PUEBLA-STYLE **Omelet**

snack

CHAYOTE **Carpaccio**

lunch

STEAK AND SHRIMP **Kabobs**

dinner

CABBAGE & CHICKEN **Salad**

Daily calorie intake: 886

PUEBLA-STYLE Omelet

SERVINGS: 4 | CALORIES/SERVING: 195



INGREDIENTS

for the sauce

- 1 cup Poblano chiles
(charred and cut into strips)
- ¼ onion
- 1 clove garlic
- ½ cup jocoque
- 1 cup low-fat milk
- salt & pepper
- 1 tbsp. olive oil

for the omelet

- 4 eggs
- 2 tbsp. low-fat milk
- 1 tsp. onion powder
- cooking spray

for stuffing

- panela cheese (cut into cubes)

for garnish

- red onion (cut into round slices)

PREPARATION

1. Combine Poblano chile strips, onion, garlic, jocoque and low-fat milk in a blender. Season with salt and pepper and blend until smooth.
2. In a small pot, heat oil over medium heat and pour sauce. Cook for 10 minutes or until the sauce thickens.
3. For the omelet: In a bowl, mix eggs, milk, onion powder, salt, and pepper. Set aside.
4. Spray a nonstick skillet with a bit of olive oil cooking spray and add previous preparation. Cook over low heat for 5 minutes on each side. Remove from heat and set aside.
5. Stuff omelet with panela cheese. Serve on a plate and spoon Poblano chile sauce over. Garnish Puebla-style omelet with red onion.

INGREDIENTS

- 4 chayotes
- salt
- ½ cup zucchini
(thinly sliced)
- 1 tbsp. chile powder
- alfalfa sprouts
- edible flowers

for the dressing

- ½ cup basil
- ½ cup mint
- ¼ cup lemon juice
- ¼ cup olive oil

PREPARATION

1. On a chopping board, peel chayotes and cut them into 0.1 inch-thick slices. Set aside.
2. In a pot with water, cook chayotes for 5 minutes. Remove from heat and drain. Set aside.
3. Combine basil, mint, lemon juice, and olive oil in a food processor and grind to a purée for 3 minutes. Set aside.
4. On a plate, arrange a bed of chayote slices and season with salt. Add basil, mint, and a bed of zucchini slices. Season with chile powder and garnish chayote carpaccio with alfalfa sprouts and edible flowers.

CHAYOTE Carpaccio

SERVINGS: 4 | CALORIES/SERVING: 161



STEAK AND SHRIMP Kabobs

SERVINGS: 4 | CALORIES/SERVING: 252



INGREDIENTS

- 1 cup zucchini
- 1 cup red bell pepper
- 1 cup fresh shrimp (*medium-sized*)
- 1 cup yellow bell pepper
- 1 cup beef tenderloin (*cut into medium-sized cubes*)
- 1 cup green bell pepper
- cooking spray
- for the dressing*
- 1 cup light mayonnaise
- ¼ cup cilantro
- ¼ cup parsley
- 1 tbsp. lime juice
- 1 tbsp. garlic powder
- salt

PREPARATION

1. On a chopping board slice zucchini into round slices. Cut bell peppers into medium-sized cubes. Set aside.
2. Thread zucchini, red bell pepper, shrimp, yellow bell pepper, beef tenderloin, and green bell pepper onto a wooden skewer. Keep threading ingredients until skewer is full.
3. In a grill, cook skewer with a bit of cooking spray over medium-high heat for 15 minutes.
4. For the cilantro dressing: Combine mayonnaise, cilantro, parsley, lime juice, garlic powder, and salt in a blender and blend until smooth.
5. Serve beef and shrimp kabobs with cilantro dressing.

INGREDIENTS

- 1 chicken breast (*cooked and shredded*)
- 1 cup white cabbage (*shredded*)
- 1 cup mayonnaise
- 2 cups mustard
- 1 tbsp. white vinegar
- salt & pepper

PREPARATION

1. In a bowl, mix chicken, cabbage, mayonnaise, mustard, and vinegar. Season with salt and pepper.
2. Serve cabbage & chicken salad.

CABBAGE & CHICKEN Salad

SERVINGS: 4 | CALORIES/SERVING: 278



day 7

breakfast

MUSHROOM OMELET
with Tomatillo Sauce

snack

ZUCCHINI & CUCUMBER
Carpaccio

lunch

KETO
Sushi Rolls

dinner

CHICKEN AND NOPALES-STUFFED
Ancho Chile

Daily calorie intake: 1,076

MUSHROOM OMELET with Tomatillo Sauce

SERVINGS: 4 | CALORIES/SERVING: 204



INGREDIENTS

for the sauce

- 8 tomatillos
- 4 árbol chiles *fresh and trimmed*)
- 1 clove garlic
- 1 tbsp. fresh cilantro
- 2 allspice berries
- 1 tbsp. onion powder
- ¼ cup chicken broth
- salt

for the stuffing

- 2 tsp. vegetable oil
- 1 clove garlic (*finely chopped*)
- 2 cups fresh button mushrooms (*sliced*)
- 2 cups Poblano chile strips

for garnish

- epazote (*finely chopped*)

PREPARATION

1. For the sauce: In a pot with water, cook tomatillos and chiles until they turn color. Drain and transfer to a blender. Add garlic, cilantro, allspice berries, onion powder, chicken broth, and salt and blend until smooth.
2. In a pot over medium heat, heat one teaspoon of oil and fry sauce for 10 minutes. Set aside.
3. For the stuffing: In a skillet over medium heat, cook chopped garlic with a teaspoon of oil until translucent. Add button mushrooms and cook for some minutes. Add Poblano chile, and epazote. Season with salt and pepper. Set aside.
4. For the omelet: In a bowl, mix eggs, salt, and pepper. Spray a skillet with cooking spray. Pour a bit of egg mixture and cook over medium heat for 5 minutes or until cooked through. Repeat the process to prepare 4 omelets.
5. Stuff each omelet with mushrooms. Serve on a plate with sauce spooned over. Garnish mushroom omelet with tomatillo sauce with fresh epazote.

INGREDIENTS

- 2 cucumbers
- 2 zucchinis
- salt & pepper
- ¼ cup olive oil

for the vinaigrette

- 3 tbsp. lime juice
- 1 clove garlic
- 2 tbsp. fresh cilantro
- 1 serrano chile

for serving

- 1 cup arugula
- 4 tbsp. Parmesan cheese (*shredded*)
- 1 tbsp. lemon zest

PREPARATION

1. Using a sharp knife, cut cucumber and zucchini into thin round slices. Set aside.
2. For the vinaigrette: In a blender, combine lime juice, garlic, cilantro, serrano chile, salt, and pepper and blend until smooth. While blending, add oil in an even stream and blend until emulsified.
1. On a plate, arrange a bed of cucumber and zucchini slices making a circle. Place a little bit of arugula, Parmesan cheese, and lemon zest in the center. Drizzle zucchini & cucumber carpaccio with vinaigrette.

ZUCCHINI & CUCUMBER Carpaccio

SERVINGS: 4 | CALORIES/SERVING: 196



*eat up to 2 servings

KETO Sushi Rolls

SERVINGS: 8 | CALORIES/SERVING: 356



INGREDIENTS

- 1 cauliflower (*cut into florets*)
- 1 tbsp. olive oil
- salt & pepper
- 1 cup light cream cheese
- ¼ cup sesame seeds
- 4 nori sheets
- 1 cup red bell pepper (*cut into thin strips*)
- 1 cup cucumber (*cut into thin strips*)
- 1 cup avocado (*cut into small-sized cubes*)
- soy sauce

PREPARATION

1. For the cauliflower rice: In a food processor, add cauliflower and grind for 1 minute. Set aside.
2. In a skillet over medium heat, heat oil and cook cauliflower for 5 minutes. Season with salt and pepper. Let cool and set aside.
3. In a bowl, mix cauliflower, cream cheese, and sesame seeds thoroughly. Set aside.
4. In a bamboo sushi rolling mat, place nori sheets and spread a bed of cauliflower rice on top. Top with bell pepper, cucumber, and avocado. Roll sushi mat pressing gently.
5. On a chopping board, slice keto sushi rolls. Serve keto sushi rolls on a plate with soy sauce on the side.



CHICKEN AND NOPALES-STUFFED Ancho Chile

SERVINGS: 4 | CALORIES/SERVING: 320

INGREDIENTS

- 1 tbsp. olive oil
- 1 clove garlic (*finely chopped*)
- 2 cups nopales (*cut into small-sized cubes*)
- 1 cup chicken (*cooked and shredded*)
- 1 tbsp. oregano
- ¼ tbsp. ground cumin
- garlic salt
- pepper
- 4 ancho chiles
- avocado

for the sauce

- 2 avocados
- ½ cup chicken broth
- 1 clove garlic
- 1 tbsp. onion powder
- 1 tbsp. fresh cilantro
- 1 tbsp. lime juice
- fresh cilantro (*for garnish*)

PREPARATION

1. For the stuffing: In a skillet over medium heat, heat olive oil and fry garlic. Add nopales and cook until nopal sap is released. Add chicken and season with oregano, cumin, salt, and pepper. Set aside.
2. Cut chiles in half lengthwise without cutting all the way through. Trim and seed chiles.
3. In a pot with boiling water, soak chiles for some minutes until softened. Drain and set aside.
4. For the sauce: Combine avocado, chicken broth, garlic, onion powder, cilantro, lime juice, salt, and pepper in a blender and blend to a smooth sauce.
5. Stuff chiles with chicken and nopales stew. Ladle sauce on a plate. Place a stuffed chile on top. Garnish chicken and nopales-stuffed ancho chile with a sprig of fresh cilantro.

Repeat the MENU
the following week!

