



BALANCE 2020 Keto options

Choose a TRE (time restricted eating) plan. The times you are going to eat all your food.

Make sure you have plenty fat.

Make sure you have plenty butter, cream, MCT Oil and coconut oil, get it on amazon or local health food shop, if dairy is out for you use coconut or olive oil

Breakfasts

- Sausages (find the lowest carb highest fat sausages you can)
- Avocado
- Sour Cream
- Fried Eggs
- Grated Cheese

- Berries – strawberries, blueberries or raspberries
- Low Carb Yoghurt that's high in fat
- Cream
- Chia Seeds

Crispy cheese eggs

To make crispy cheese fried eggs, you simply crack a couple of eggs into a frying pan which is hot and has heaps of melted butter in it.

As soon as you've cracked the eggs, sprinkle over a generous couple of handfuls of grated cheese.

Then, you watch and wait as the eggs cook and the cheese becomes crispy. And, you have the most AMAZING crispy edged, cheesy eggs.

Buy a keto protein shake, always a good option for those on the run.

Lunch

Thai soup

Courgette, cabbage, broccoli and cauliflower covered in water and boil till soft. Add in 2 cans of coconut milk and some thai curry paste and seasoning to taste. Add a splash of MCT oil. (triple fat available on amazon)

Keep in fridge and use to snack on.

Boil eggs mix with chives and cream cheese add in some MCT oil and butter

Cauliflower cheese with cheddar, cream cheese and a protein of choice, makarel, bacon, lamb or whatever you enjoy.

More recipes go here <https://perfectketo.com/keto-lunch-recipes/>

Dinner for more recipes go here <https://fitnesscrest.com/keto-dinner-recipes/>

Pad thai chicken

Ingredients

- 1 tbsp [olive oil](#)

- 1 white onion (chopped)
- 2 cloves garlic (minced)
- 16 oz. boneless skinless chicken thighs
- 2 large zucchini
- 1 large egg
- 2 tbsp [soy sauce](#)
- 1 lime
- 1/2 tsp chili flakes (optional)
- 1 oz. peanuts

Instructions

1. In a wok or a large pan on medium heat, cook the chopped onion in olive oil until translucent. Then cook the garlic until fragrant, about 3 minutes.
 2. Season the the boneless skinless chicken thighs with salt and pepper and place them in the wok. Let them cook for about 5-7 minutes on each side or until fully cooked.
 3. Take the chicken thighs out of the wok and shred them using two forks.
 4. Trim the ends off the zucchini and spiralize them into thin noodles. Set the noodles aside for step 6.
 5. Create a well in the center of the wok or pan and crack an egg into it. Allow it to cook for a few seconds and then scramble it into large chunks.
 6. Once the egg is cooked, toss the zucchini noodles into the pan. Let your noodles cook for just about 2 minutes, tossing continuously.
 7. Add the shredded chicken thighs and finish it all off with a splash of soy sauce, lime juice and chili flakes, if using.
 8. Serve the Chicken Pad Thai with crushed or whole peanuts and lime for garnish. Salt and pepper the dish as needed.
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Fish or mince pie

A selection of fatty fish, mackerel, trout, salmon, herring, or use mince or diced lamb. Put in dish with cream and butter and have mashed cauliflower and broccoli over the top. Crumble cheddar on top and bake.

Bake at 200c

Roast chicken, pork beef or lamb

Cabbage melted in butter and cauliflower and cheese.