



YOU ONLY LIVE KETO

Thanks for downloading a free
You Only Live Keto meal plan!

This meal plan was designed for a:
Standard Ketogenic Diet

If you like this plan, please leave a review on our Facebook page or send your feedback/questions via email to contact@youonlyliveketo.ca

For help with your meal plan please contact support@youonlyliveketo.ca

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WEEK 1



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast Egg Muffins x2 Calories 176 Net Carbs 2 Protein 10 Fat 14	Breakfast Egg Muffins x2 Calories 176 Net Carbs 2 Protein 10 Fat 14	Breakfast Egg Muffins x2 Calories 176 Net Carbs 2 Protein 10 Fat 14	Breakfast Egg Muffins x2 Calories 176 Net Carbs 2 Protein 10 Fat 14	Breakfast Egg Muffins x2 Calories 176 Net Carbs 2 Protein 10 Fat 14	Breakfast Egg Muffins x2 Calories 176 Net Carbs 2 Protein 10 Fat 14	Bulletproof Coffee Calories 110 Net Carbs 1 Protein 8 Fat 10
Buffalo Chicken Zucchini Boat Calories 138 Net Carbs 3 Protein 7 Fat 11	Buffalo Chicken Zucchini Boat Calories 138 Net Carbs 3 Protein 7 Fat 11	Buffalo Chicken Zucchini Boat Calories 138 Net Carbs 3 Protein 7 Fat 11	Buffalo Chicken Zucchini Boat Calories 138 Net Carbs 3 Protein 7 Fat 11	Buffalo Chicken Zucchini Boat Calories 138 Net Carbs 3 Protein 7 Fat 11	Buffalo Chicken Zucchini Boat Calories 138 Net Carbs 3 Protein 7 Fat 11	Pizza Quesadilla Calories 237.5 Net Carbs 2.25 Protein 14.25 Fat 18.5
Pork with Mustard Sauce x2 Bacon Wrapped Asparagus x2 Calories 1114 Net Carbs 8 Protein 64 Fat 88	Pork with Mustard Sauce x2 Bacon Wrapped Asparagus x2 Calories 1114 Net Carbs 8 Protein 64 Fat 88	Pork with Mustard Sauce x2 Bacon Wrapped Asparagus x2 Calories 1114 Net Carbs 8 Protein 64 Fat 88	Garlic Herb Filet Mignon x2 Bacon Broccoli Salad x2 Calories 1148 Net Carbs 8.32 Protein 52 Fat 98	Garlic Herb Filet Mignon x2 Bacon Broccoli Salad x2 Calories 1148 Net Carbs 8.32 Protein 52 Fat 98	Garlic Herb Filet Mignon x2 Bacon Broccoli Salad x2 Calories 1148 Net Carbs 8.32 Protein 52 Fat 98	Garlic Herb Filet Mignon x2 Bacon Broccoli Salad x2 Calories 1148 Net Carbs 8.32 Protein 52 Fat 98
Total Calories 1428 Net Carbs 13 Protein 81 Fat 113	Total Calories 1428 Net Carbs 13 Protein 81 Fat 113	Total Calories 1428 Net Carbs 13 Protein 81 Fat 113	Total Calories 1462 Net Carbs 13.32 Protein 69 Fat 123	Total Calories 1462 Net Carbs 13.32 Protein 69 Fat 123	Total Calories 1462 Net Carbs 13.32 Protein 69 Fat 123	Total Calories 1495.5 Net Carbs 11.57 Protein 74.25 Fat 126.5

RECIPES

Your meal plan includes recipes from our partners at the following blogs or a YOLK original.
Follow the links below for preparation instructions!

Meal Plan by You Only Live Keto
youonlyliveketo.ca | contact@youonlyliveketo.ca



NATURAL GLUTEN-FREE LOW CARB RECIPES

WHOLE  LESOME
10 INGREDIENTS OR LESS
yum

- [Breakfast Egg Muffins](#)
- [Bulletproof Coffee](#)
- [Buffalo Chicken Zucchini Boats](#)
- [Bacon Wrapped Asparagus](#)
- [Garlic Herb Filet Mignon](#)
- [Bacon Avocado Broccoli Salad](#)



Tasty Low Carb



- [Pork Tenderloin in Creamy Mustard Sauce](#)



PIZZA QUESADILLA

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Ingredients

- 30g cheddar cheese, shredded
- 15g mozzarella cheese, shredded
- 5 slices pepperoni
- 1 tbsp pizza sauce

Preparation

1. Turn stovetop to high heat; using a small to medium frying pan.
2. Sprinkle the cheddar cheese in the middle of the pan; try to make a circle.
3. Fry cheddar cheese until melted.
4. Sprinkle mozzarella cheese on top.
5. Place the pepperoni slices on one half of the melted cheese circle.
6. Spread the pizza sauce over the pepperoni slices.
7. Wait for the cheddar cheese edges to brown, then flip the side onto itself to cover the other toppings.
8. Fry for a few more seconds before transferring to a plate.



Servings 1 | 237.5 CALORIES | 14.25 PROTEIN | 2.25 NET
CARBS | 18.5 FAT

SHOPPING LIST

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BEVERAGE

- Coffee 1 tin/bag

CONDIMENTS

- Buffalo sauce ¼ cup
- Dijon mustard 3 tbsp
- Horseradish 1 tbsp
- Mayonnaise ¾ cup
- Tomato sauce 1 tbsp

COOKING

- Olive oil 4 tbsp + 1 tsp
- White vinegar 1 tsp

DAIRY

- Almond milk, unsweetened ½ cup
- Blue cheese ¼ cup
- Butter 4 tbsp + 1 tsp
- Cheddar cheese, shredded ½ cup + 2 tbsp
- Egg 8 large
- Heavy cream 1 ¼ cup
- Mozzarella cheese, shredded 1 tbsp
- Parmesan cheese, grated ¼ cup

MEAT

- Bacon 12 slices
- Bacon bits ½ cup
- Chicken breast 1 whole
- Filet mignon 4 whole
- Pepperoni, slice 5
- Pork tenderloin 1 ½ lb

PACKAGED

- MCT oil 1 tsp
- Collagen peptides 1 tbsp

PRODUCE

- Asparagus 24 stalks
- Avocado 1 whole
- Broccoli 1 cup + 1 head
- Cauliflower 1 cup
- Garlic 6 cloves
- Parsley, fresh 1 tbsp
- Red onion 1 whole + 1 cup (chopped)
- Roma tomato ½ whole
- Rosemary, fresh ½ tbsp
- Thyme, fresh ½ tbsp
- Zucchini 3 whole


SPICES

- Garlic powder 2 tsp
- Garlic salt 1 ¼ tsp
- Oregano ½ tsp
- Pepper 8 tsp
- Salt 3 ½ tsp
- Stone ground mustard 1 tbsp

LOOKING FOR A CUSTOM MEAL PLAN?

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 1 WEEK Meal Plan	\$10
 2 WEEK Meal Plan	\$15
 3 WEEK Meal Plan	\$20
 1 MONTH Meal Plan	\$25

- Receive a **fully personalized meal plan** delivered in PDF format via email (no meal plan we make will ever be the same - it's made for YOU).
- The plan has **everything you need to get started** with keto/low-carb:
 - Daily meals with macros tailored for you (no tracking required - just follow the plan!).
 - Delicious recipes created by Holly and more from our partners.
 - Weekly shopping lists so there's no guessing in the store.
- Gain access to our **client-only Facebook community** to network with fellow ketoers.
- Get a **free keto resource package** (\$10 CAD value) delivered right away! This will teach you about the diet, how it works, get you ready to start, and keep you going long after your meal plan is done - includes printables for tracking your progress!

[Order Now](#)

NEED HELP WITH KETO?

 MONTHLY Meal Plan + Coaching 	\$100 1 Month
	\$220 3 Months
	More Info
<p>You Only Live Keto</p> RESOURCE PACK 	\$10 Buy

KEEP YOUR KETO GOING!

Looking for more meal plans? Want a new plan delivered to you each week? We've partnered with Wholesome Yum to bring you even more!

Try a **WHOLE SOME YUM** subscription-based meal plan. Available in monthly, quarterly, or annual subscriptions.

FREE 7-DAY TRIAL AVAILABLE!

You will not be charged anything during the free trial. You can cancel before the trial ends and pay nothing.

With Wholesome Yum Meal Plans, you get to...

- Eat delicious low carb & keto friendly meals
- Make easy dinner recipes that the whole family will eat, most under 30 minutes
- Meal prep your lunches quickly
- Choose to eat breakfast or not, depending on your preference
- Efficiently make use of leftovers - or choose to go out if you like
- Have your grocery list written for you, saving time and money
- Learn all the BEST tips and tricks for meal prep, planning, storage, and more
- Choose to eat low carb or keto with ability to adjust for your macros
- Eat your favorite foods even on a low carb or keto diet
- Choose between a plan for a family of 4 OR a single person



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