



3 Day Ketogenic Diet WLMD

Created by Weighless MD and Wellness



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A fat-packed, ultra low-carb meal plan to kick the body from glucose dependency to ketosis.

Our 3-day Ketogenic Diet is a healthy twist on a 'typical' keto diet which is usually packed with dairy products and lacking in vegetables.

This meal plan is completely dairy-free. Instead of relying on cheese as a staple ingredient for low-carb recipes, we've included a wide range of more nutrient-dense, high-fiber ingredients.

This Ketogenic meal plan is designed for the purpose of promoting general health and wellness through ketosis. It is not intended to treat epilepsy or any other type of seizure disorder.

ANTICANDIDA
GLUTENFREE
GRAINFREE
KETOGENIC
LOWGLYCEMIC
PALEO
SOYFREE
SUGARFREE

3 Day Ketogenic Diet WLMD

3 days

	Mon	Tue	Wed
Breakfast	Bulletproof Latte	Eggvocado	Bacon, Eggs, Avocado & Sauerkraut
Lunch	Smoked Salmon Salad	Smoked Salmon Salad	One Pan Mediterranean Trout
Snack 2	Macadamia Nuts	Macadamia Nuts	
Dinner	One Pan Mediterranean Trout	Sausage, Broccoli & Cabbage Stir Fry	Cauliflower Shepherd's Pie

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32 items

Fruits

- 5 Avocado
- 1/2 Lemon

Breakfast

- 2 cups Organic Coffee

Seeds, Nuts & Spices

- 1/4 cup Hemp Seeds
- 1 2/3 tbsps Italian Seasoning
- 1 1/3 cups Macadamia Nuts
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 2 cups Basil Leaves
- 4 cups Broccoli
- 2 Carrot
- 1 head Cauliflower
- 2 stalks Celery
- 4 Garlic
- 6 cups Mixed Greens
- 3 cups Mushrooms
- 4 cups Purple Cabbage
- 4 Tomato
- 2 Yellow Onion

Boxed & Canned

- 1/4 cup Organic Coconut Milk

Bread, Fish, Meat & Cheese

- 1 lb Extra Lean Ground Turkey
- 8 slices Organic Bacon
- 10 ozs Organic Chicken Sausage
- 4 Rainbow Trout Fillet
- 7 1/16 ozs Smoked Salmon

Condiments & Oils

- 1 1/2 cups Artichoke Hearts
- 1/4 cup Avocado Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives
- 1 cup Sauerkraut

Cold

- 16 Egg
- 2 tbsps Ghee

Bulletproof Latte

3 ingredients · 15 minutes · 2 servings



Directions

1. Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

Notes

No Ghee

Use coconut oil or butter.

More Fuel

Add 1 tablespoon MCT oil per cup.

No Coffee

Use your favourite tea instead.

Ingredients

2 cups Organic Coffee (brewed)

2 tbsps Ghee

1/4 cup Organic Coconut Milk (canned, full-fat)

Eggvocado

2 ingredients · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
3. Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go

Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

Ingredients

- 2 Avocado
- 4 Egg

Bacon, Eggs, Avocado & Sauerkraut

4 ingredients · 15 minutes · 4 servings



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

- 8 slices** Organic Bacon
- 8** Egg
- 2** Avocado
- 1 cup** Sauerkraut

Smoked Salmon Salad

6 ingredients · 15 minutes · 4 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

- 4 Egg
- 6 cups Mixed Greens
- 7 1/16 ozs Smoked Salmon (sliced)
- 1 Avocado (sliced)
- 1/4 cup Avocado Oil
- Sea Salt & Black Pepper (to taste)

Macadamia Nuts

1 ingredient · 2 minutes · 2 servings



Directions

1. Divide between bowls and enjoy!

Ingredients

2/3 cup Macadamia Nuts

One Pan Mediterranean Trout

10 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
2. Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
3. Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
4. Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout

Use salmon fillets instead.

More Carbs

Serve with rice or quinoa.

Ingredients

- 2 cups Basil Leaves
- 1/2 Lemon (juiced)
- 1 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/4 cup Hemp Seeds
- 1/4 cup Extra Virgin Olive Oil
- 4 Rainbow Trout Fillet (about 5 oz. each)
- 1 1/2 cups Artichoke Hearts
- 1/2 cup Pitted Kalamata Olives
- 4 Tomato (large, quartered)

Sausage, Broccoli & Cabbage Stir Fry

6 ingredients · 25 minutes · 4 servings



Directions

1. Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
2. Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

No Sausage

Use ground meat instead.

Make it Quick

Use bagged coleslaw mix to save time on slicing cabbage.

Ingredients

- 10 ozs** Organic Chicken Sausage
- 1** Yellow Onion (small, diced)
- 1** Garlic (clove, minced)
- 4 cups** Broccoli (chopped into small florets)
- 4 cups** Purple Cabbage (finely sliced)
- 2 tsp**s Italian Seasoning

Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt