

VEGAN KETO 4 WEEK WEIGHT LOSS
DIET PLAN



KE
TO

LEAN

by *leanforlife*

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VEGAN KETO MEAL PLAN

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER	1 L before	1 L before	1 L before	1 L before	1 L before	1 L before	1 L before
MEAL 1 (10 am)	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Turmeric Scramble	Chia Breakfast Pudding
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
MEAL 2 (12 pm)	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
SNACK 1 (3.30 pm)	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
SNACK 2 (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
MEAL 3 (6 pm)	Pumpkin salad	Zucchini Pasta	Tofu Thai Salad	Pumpkin salad	Zucchini Pasta	Shake + Fat booster	Shake + Fat booster



- You have the option to **switch meals/shakes/snacks** around if you would prefer to eat a solid meal at different times or to fit in with your timetable (meals must be eaten in the 8hr window).
- For **Meal Replacement Shakes** - use recommended serving size as per back of KetoLean Shakes + 1tbsp/15ml of **KetoLean Keto-Enhancing MCT oil** (shakes can only be made with water)
- Snack 2 is not essential** unless you are finding yourself extremely hungry and drained

SHOPPING LIST

(excluding Keto Snacks - Keto Snacks can be prepared in bulk)

PROTEIN

- Pumpkin seeds **3 Tbsp**
- Sunflower seeds **8 Tbsp**
- Hard tofu, cubed **1 cup**
- Avocado **1 medium**
- Chia seeds **3 Tbsp**
- Vegan Keto Lean Protein **1 Tbsp**

VEGETABLE

- Pumpkin **1/3 cup**
- Broccoli/ broccolini **3/4 cup**
- Rocket **3/4 cup**
- Edamame beans **1/2 cup**
- Tomato **2 Tbsp**
- Zucchini noodles **1/2 cup**
- Cabbage **1/2 cup**
- Bean sprouts **1/2 cup**
- Lime **1 small**
- Spinach **1 cup**
- Cucumber **3/4 cup**

OTHERS

Make sure you have these ingredients in your pantry.

- Olive oil
- Himalayan pink salt
- Black pepper
- Sesame oil
- Apple cider vinegar
- Spices: Coriander, chili flakes, cumin, turmeric, oregano... (choose your own)
- Garlic
- Red/brown onion **1 small**
- Mayonnaise*

* Mayo can be homemade or store purchased. * Please see recipe for Mayo, Olive Oil and Dressing recommendations.

VEGAN KETO MEAL PLAN

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER	1 L before	1 L before	1 L before	1 L before	1 L before	1 L before	1 L before
MEAL 1 (10 am)	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	CoCo YoYo	Mexican breakfast
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
MEAL 2 (12 pm)	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
SNACK 1 (3.30 pm)	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
SNACK 2 (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
MEAL 3 (6 pm)	Hard Tofu Curry	Savory cakes	Vegan grill	Hard Tofu Curry	Savory cakes	Shake + Fat booster	Shake + Fat booster



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- For **Meal Replacement Shakes** - use recommended serving size as per back of KetoLean Shakes + 1tbsp/15ml of **KetoLean Keto-Enhancing MCT oil** (shakes can only be made with water)
- **Snack 2 is not essential** unless you are finding yourself extremely hungry and drained

SHOPPING LIST

(excluding Keto Snacks - Keto Snacks can be prepared in bulk)

PROTEIN

- Hard Tofu (Macro) **1/4 cup**
- Hemp flour **1 Tbsp**
- Pepitas (Pumpkin seeds) **2 Tbsp**
- Almonds **1/4 cup**
- Avocado **1 small**
- Tempeh **1/3 cup**

VEGETABLE

- Tomato **1 small**
- Baby spinach **1 & 1/2 cups**
- Cauliflower **1/3 cup**
- Zucchini noodles **1/2 cup**
- Zucchini **1/2 cup**
- Asparagus **1/2 cup**
- Mushrooms **1/2 cup**
- Lime **1 small**
-

OTHERS

Make sure you have these ingredients in your pantry.

- Coconut cream
- Coconut yogurt (natural)
- Olive oil
- Himalayan pink salt
- Black pepper
- Garlic
- Nutritional yeast
- Red/brown onion **1 small**
- Spices: Coriander, cumin, turmeric, oregano... (choose your own)
- Mayonnaise*
- Olive & Lemon Dressing*

* Mayo can be homemade or store purchased. * Please see recipe for Mayo and Dressing recommendations.

VEGAN KETO MEAL PLAN

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER	1 L before	1 L before	1 L before	1 L before	1 L before	1 L before	1 L before
MEAL 1 (10 am)	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Chia Breakfast Pudding	Turmeric Scramble
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
MEAL 2 (12 pm)	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
SNACK 1 (3.30 pm)	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
SNACK 2 (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
MEAL 3 (6 pm)	Edamame Clear Soup	Tofu tacos	Hemp Tabouli	Edamame Clear Soup	Tofu tacos	Shake + Fat booster	Shake + Fat booster



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- **Snack 2 is not essential** unless you are finding yourself extremely hungry and drained

SHOPPING LIST

(excluding Keto Snacks - Keto Snacks can be prepared in bulk)

PROTEIN

- Avocado **1 medium**
- Hard Tofu (Macro Brand) **1/2 cup**
- Hemp seeds, hulled **1/4 cup** (Macro brand)
- Sunflower seeds **5 Tbsp**
- Chia seeds **3 Tbsp**
- Vegan Keto Lean Protein **1 Tbsp**

VEGETABLE

- Edamame beans **1/3 cup**
- Baby spinach leaves **4 cup**
- Cherry tomatoes **6 small**
- Lime **1 small**
- Lettuce leaves **4 leaves**
- Tomato **1 small**
- Cucumber **1 cup**
- Parsley **1/4 cup**
- Mint **1/4 cup**

OTHERS

Make sure you have these ingredients in your pantry.

- Olive oil
- Himalayan pink salt
- Black pepper
- Spices: Turmeric, cumin, cajun paprika, oregano... (choose your own)
- Nutritional yeast
- Garlic
- Red/brown onion **1 small**

VEGAN KETO MEAL PLAN

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER	1 L before	1 L before	1 L before	1 L before	1 L before	1 L before	1 L before
MEAL 1 (10 am)	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Mexican breakfast	CoCo YoYo
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
MEAL 2 (12 pm)	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster	Shake + Fat booster
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
SNACK 1 (3.30 pm)	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack	Keto snack
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
SNACK 2 (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)	Keto snack (optional)
WATER	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before	600ml before
MEAL 3 (6 pm)	Walnut Salad	Zucchini Pasta	Vegan Grill	Walnut Salad	Zucchini Pasta	Shake + Fat booster	Shake + Fat booster



- You have the option to **switch meals/shakes/snacks** around if you would prefer to eat a solid meal at different times or to fit in with your timetable (meals must be eaten in the 8hr window).
- For **Meal Replacement Shakes** - use recommended serving size as per back of KetoLean Shakes + 1tbsp/15ml of **KetoLean Keto-Enhancing MCT oil** (shakes can only be made with water)
- **Snack 2 is not essential** unless you are finding yourself extremely hungry and drained

SHOPPING LIST

(excluding Keto Snacks - Keto Snacks can be prepared in bulk)

PROTEIN

- Walnuts **1/4 cup**
- Hemp seeds, hulled **1/4 cup** (Macro brand)
- Almonds **1/4 cup**
- Avocado **1 small**
- Tempeh **1/3 cup**

VEGETABLE

- Pumpkin **2 Tbsp**
- Asparagus **1 cup**
- Baby spinach leaves **3/4 cup**
- Rocket **3/4 cup**
- Lemon **1 small**
- Lime **1 small**
- Zucchini **1/2 cup**
- Zucchini noodles **1/2 cup**
- Mushrooms **1/2 cup**
- Broccoli/ broccolini **3/4 cup**
- Edamame beans **1/2 cup**
- Tomato **1 small**

OTHERS

Make sure you have these ingredients in your pantry.

- Olive oil
- Himalayan pink salt
- Black pepper
- Spices: Oregano, coriander... (choose your own)
- Garlic
- Red/brown onion **1 small**
- Mayonnaise*

* Mayo can be homemade or store purchased. * Please see recipe for Mayo and Dressing recommendations.

PUMPKIN SALAD



PREPARATION

2 min



COOKING

5 min



SERVES

1



INGREDIENTS

- Pumpkin seeds **3 Tbsp**
- Sunflower seeds **3 Tbsp**
- Pumpkin, cubed **1/3 cup**
- Rocket **3/4 cup**
- Olive oil **2 tsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)
- Cumin powder **1/4 tsp** (optional)

COOKING METHOD

1. Heat up pan, add 1 tsp olive oil, then lightly roast pepitas & sunflower seeds (season with salt).
2. Once lightly brown put aside to cool.
3. Cube pumpkin and fry until crispy.
4. (Option to add spice) then remove to cool.
5. Once pumpkin and seeds are cooled, mix with rocket, 1 tsp olive oil and season with salt and pepper.

T/FAT 28.00

S/FAT 4.30

PROTEIN 12.6

T/CARB 9

N/CARB 4.3

CALORIES 319

ZUCCHINI PASTA



PREPARATION

4 min



COOKING

7 min



SERVES

1

INGREDIENTS

- Broccoli/ broccolini, chopped **3/4 cup**
- Garlic, minced **1 Tbsp**
- Onion, diced **1 Tbsp**
- Edamame beans **1/2 cup**
- Tomato, diced or mashed **2 Tbsp**
- Zucchini, noddled **1/2 cup**
- Olive oil **3 tsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)
- Oregano **to taste** (optional)



COOKING METHOD

1. Add olive oil to pan, once at medium heat, add broccoli, garlic, onion, oregano and edamame beans.
2. Cook until onion are brown (around 3-5 min).
3. Then add tomato, zucchini noodles and season with salt, continue cooking until zucchini noodles are at desired texture (around 2-4 min) and serve.

T/FAT 28.00

S/FAT 3.60

PROTEIN 13.3

T/CARB 10.2

N/CARB 5.2

CALORIES 326

TOFU THAI SALAD



PREPARATION

3 min



COOKING

5 min



SERVES

1



INGREDIENTS

- Hard tofu, cubed **1/2 cup**
- Chili flakes **1/2 tsp** (optional)
- Garlic, minced **1 tsp**
- Cabbage, sliced **1/2 cup**
- Bean sprouts **1/2 cup**
- Sesame oil **1 tsp**
- Lime **1/2 tsp**
- Olive oil **1 tsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)
- Coriander, chopped **1 tsp** (optional)

COOKING METHOD

1. Marinate tofu in olive oil, chilli flakes, garlic, salt and pepper (can cook immediately or leave to marinate).
2. Heat up pan, once hot, add tofu and fry until cooked.
3. While tofu is cooking finely slice cabbage, then mix in a bowl with coriander and bean sprouts.
4. Place tofu on top of cabbage or mix it well.
5. Mix sesame oil, lime, salt, pepper and coriander together and drizzle over dish.

T/FAT 28.00

S/FAT 3.60

PROTEIN 13.3

T/CARB 10.2

N/CARB 5.2**CALORIES** 326

TURMERIC SCRAMBLE



PREPARATION

2 min



COOKING

5 min



SERVES

1



INGREDIENTS

- Hard tofu, cubed **1/4 cup**
- Turmeric **to taste**
- Spinach **1 cup**
- Avocado, cubed **1/4 cup**
- Cucumber, cubed **3/4 cup**
- Olive oil **4 tsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)

COOKING METHOD

1. Heat pan with 2 tsp of oil, add tofu, salt, pepper and turmeric.
2. Stir until tofu is slightly brown and it has the texture of scrambled eggs.
3. Place spinach on a plate, serve scrambled tofu onto spinach, add avocado and cucumber or mix it together.

* You have the option to add spinach to pan.

* Soak sliced cucumber in apple cider vinegar, salt & pepper the night before and drain for added flavour.

T/FAT 27.00

S/FAT 3.90

PROTEIN 15.4

T/CARB 14

N/CARB 5

CALORIES 324.6

CHIA PUDDING

**PREPARATION**

3 min

**COOKING**

Refrigerate 20 min

**SERVES**

1

INGREDIENTS

- Avocado **1/4 cup**
- Filtered water **1 cup**
- Chia seeds **3 Tbsp**
- Sunflower seeds, crushed **5 Tbsp**
- Vegan Keto Lean Protein **1 Tbsp**



COOKING METHOD

1. Blend avocado, water, & Vegan KetoLean Powder together.
2. Once blended place in a bowl, mix chia & sunflower seeds in.
3. Place in serving cup and let set in the fridge for 15-20 min.

* Depending on desired texture, feel free to add water before setting. The presetting texture should be runny.

T/FAT 31.2

S/FAT 2.0

PROTEIN 15.8

T/CARB 15.4

N/CARB 5.0**CALORIES** 367

HARD TOFU CURRY



PREPARATION

3 min



COOKING

6 min



SERVES

1

INGREDIENTS

- Hard tofu, cubed **1/4 cup**
- Onion, diced **1 Tbsp**
- Garlic, crushed **1 Tbsp**
- Spices (tumeric, cumin, salt & pepper) **1/4 tsp each**
- Tomato, diced **1/4 cup**
- Coconut cream **1/4 cup**
- Baby spinach **1/2 cups**
- Olive oli **1 tsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)



COOKING METHOD

1. Heat up oil in pan, then add diced onion.
2. Once onion is brown, add tofu and seal.
3. Once tofu is sealed/browned, add crushed garlic, all the spices and stir for 60 seconds.
4. Then add diced tomatoes, coconut cream and simmer. Add water if/as needed and cook for 10-15 min to allow flavours to mature, add spinach leaves just before serving.

T/FAT 32.30

S/FAT 13.70

PROTEIN 15.5

T/CARB 13.6

N/CARB 5**CALORIES** 372.7

SAVORY CAKES



PREPARATION

7 min



COOKING

5 min



SERVES

1

INGREDIENTS

- Cauliflower **1/3 cup**
- Nutritional yeast **2 Tbsp**
- Hemp flour **1 Tbsp**
- Zucchini, noodled **1/2 cup**
- Water **2 tsp**
- Baby spinach leaves **1 cup**
- Vegan mayo **2 Tbsp**
- Olive oil **2 tsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)



COOKING METHOD

1. Blend cauliflower until it resembles small rice crumbs or buy already prepared cauliflower rice.
2. Mix cauliflower rice, yeast, hemp flour, zucchini noodles, 1 tsp of olive oil, 2 tsp water, salt, and pepper in a bowl.
3. Shape into 2 patties firmly.
4. Heat non stick pan with 1 tsp of olive oil, once hot, cook cakes for 3 mins each side or until crispy (Turn once to avoid breaking).

T/FAT	31.50
S/FAT	2.00
PROTEIN	15.8
T/CARB	15.7
N/CARB	5
CALORIES	366.7

VEGAN GRILL



PREPARATION

3 min



COOKING

5 min



SERVES

1

INGREDIENTS

- Almonds **1/4 cup**
- Zucchini, diced **1/2 cup**
- Asparagus, diced **1/2 cup**
- Mushrooms, sliced **1/2 cup**
- Olive oli **1 Tbsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)



COOKING METHOD

1. Heat up a grill or heavy pan, mix asparagus, zucchini, mushrooms and almonds together with 1 Tbsp of olive oil & salt then grill.
2. Continue grilling until ingredients are charred, season with salt and pepper, served mixed together and enjoy.

* It's important to not over crowd the pan and to have it on high.

T/FAT 32.40

S/FAT 3.35

PROTEIN 11.4

T/CARB 11.8

N/CARB 5

CALORIES 357.2

COCO YOYO



PREPARATION

2 min



COOKING

0 min



SERVES

1

INGREDIENTS

- Coconut yogurt (natural) **1/4 cup**
- Pepitas (Pumpkin seeds) **2 Tbsp**
- Cinnamon **to taste** (optional)
- Vanilla extract **to taste** (optional)
- Stevia **to taste** (optional)



COOKING METHOD

1. Mix 1/4 cup of coconut yoghurt with 2 Tbsp of pepitas.
2. Add cinnamon, vanilla extract and stevia if desired.

T/FAT 29.00

S/FAT 6.50

PROTEIN 20

T/CARB 7.5

N/CARB 4.3**CALORIES** 358.2

MEXICAN BREAKFAST



PREPARATION

2 min



COOKING

5 min



SERVES

1



INGREDIENTS

- Tomato, diced **2 Tbsp**
- Red onion, diced **1 Tbsp**
- Coriander, diced **1 Tbsp**
- Avocado, diced **1/2 cup**
- Tempeh, cubed **1/3 cup**
- Lime **1 tsp**
- Home-made vegan mayo **2 Tbsp** (See dressing section)
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)

COOKING METHOD

1. Add tomatoes, red onion, avocado and coriander in a mixing bowl. Add lime juice with salt and pepper, mix together and then put aside.
2. Cube tempeh, then panfry until crispy.
3. Mix all ingredients together in a bowl and add mayo on top.

T/FAT	27.50
S/FAT	3.90
PROTEIN	11
T/CARB	14.16
N/CARB	5.21
CALORIES	312.34

CLEAR EDAMAME SOUP



PREPARATION

2 min



COOKING

10 min



SERVES

1



INGREDIENTS

- Brown onion, diced **2 Tbsp**
- Fresh garlic, crushed **1 Tbsp**
- Edamame beans **1/3 cup**
- Nutritional yeast **2 tsp**
- Baby spinach leaves **2 cup**
- Water **2 cups**
- Olive oil **2 Tbsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)
- Fresh chili, coriander, parsley **to taste** (optional)

COOKING METHOD

1. Heat up oil in a pan, brown diced onion and garlic for 2 min until brown.
2. Once brown, add edamame beans, nutritional yeast, 1 ½ cups of water, salt, pepper and cook for 10 min.
3. Add spinach, ½ cup of water & cook for a further 2 min then serve.

Optional garnish: Fresh Chili, Coriander, Parsley.

T/FAT 20.10

S/FAT 2.90

PROTEIN 12.9

T/CARB 14

N/CARB 3.7

CALORIES 247.3

VEGAN TACOS



PREPARATION

2 min



COOKING

8 min



SERVES

1



INGREDIENTS

- Avocado, diced **1/2 cup**
- Cherry tomatoes, diced **6 small**
- Red onion, diced **2 Tbsp**
- Lime juice **1 tsp**
- Hard tofu, cubed **1/4 cup**
- Fresh Garlic, minced **1 tsp**
- Paprika, cumin and Cajun spice **1/4 tsp**
- Lettuce leaves, washed **4 u.**
- Olive oil **1/2 Tbsp**
- Himalayan pink salt **to taste**
- Black Pepper **to taste** (optional)
- Fresh chili, coriander, mayo **to taste** (optional)

COOKING METHOD

1. **Salsa:** Combine the avocado, cherry tomatoes, red onion and lime juice together in a bowl, set aside for flavours to infuse.
2. Place frypan over medium heat, add oil and brown tofu, then add the garlic and spices. Cook for a couple of minutes, till fragrant (if dry, add a tbsp of water).
3. To serve, place cos lettuce leaves on a plate, spoon on the salsa and top with the tofu.

Optional garnish: fresh coriander, chilli, 1 Tbsp of mayo.

T/FAT 26.30

S/FAT 3.70

PROTEIN 14.5

T/CARB 13.2

N/CARB 4

CALORIES 310.7

HEMP TABOULI



PREPARATION

5 min



COOKING

0 min



SERVES

1



INGREDIENTS

- Hemp seeds, hulled **1/4 cup**
- Tomato, diced **2 Tbsp**
- Cucumber, diced **1/4 cup**
- Parsley, chopped **1/4 cup**
- Mint, chopped **1/4 cup**
- Spinach, chopped **1 cup**
- Red onion, diced **1 Tbsp**
- Olive oil & Lemon dressing **1 & 1/2 Tbsp** (See Dressing section)
- Himalayan pink salt **to taste**
- Black Pepper **to taste** (optional)

COOKING METHOD

1. Add parsley, spinach, tomato, onion, cucumber & hemp seeds into a bowl.
2. Drizzle with dressing, season with salt and pepper, mix all ingredients together.

T/FAT 30.00

S/FAT 4.60

PROTEIN 12.3

T/CARB 9.6

N/CARB 4.7**CALORIES** 338

WALNUT SALAD



PREPARATION

2 min



COOKING

5 min



SERVES

1



INGREDIENTS

- Pumpkin, diced **2 Tbsp**
- Asparagus, chopped **1/2 cup**
- Walnuts **1/4 cup**
- Baby spinach leaves **3/4 cup**
- Rocket **3/4 cup**
- Lemon **1 tsp**
- Hemp seeds, hulled **1/4 cup**
- Olive oil **1 tsp**
- Himalayan pink salt **to taste**
- Black Pepper **to taste** (optional)

COOKING METHOD

1. Heat up oil in a pan, add walnuts and pumpkin, grill until pumpkin is almost cooked then add asparagus. Cook until charred.
2. Put spinach and rocket into a bowl, then add cooked ingredients on top.
3. Drizzle with lemon & sprinkle with hemp seeds.
4. Add salt and pepper if desired.

T/FAT 33.00

S/FAT 2.60

PROTEIN 11.28

T/CARB 11.27

N/CARB 4.5

CALORIES 360.12

DRESSINGS



OLIVE OIL & LEMON



PREPARATION
2 min



COOKING
0 min



SERVES
1



INGREDIENTS

- Lemon **1 part**
- Olive oil **3 parts**
(e.g. 1 cup = 1/3 lemon, 2/3 olive oil)

COOKING METHOD

We suggest making a bulk amount, leaving it in the fridge and just shaking it up as needed)

1. Add 1 part fresh lemon juice.
2. Add 3 parts olive oil.
3. Add Himalayan pink salt and black pepper.
4. Shake all together until it turns into a creamier texture.

HOMEMADE MAYO

**PREPARATION**

5 min

**COOKING**

8 min

**SERVES**

1



INGREDIENTS

- Silken tofu **3/4 cup**
- Olive oil* **1/2 cup**
- Apple cider vinegar **3 tsp**
- Himalayan pink salt **1 tsp**
- Lemon juice **3 tsp**

Note:* Use either Avocado, Olive, Coconut or Grape seed oil, the key is to get an oil with low/ neutral flavour.

COOKING METHOD

1. Add tofu to a mixing bowl, allow to reach room temperature.
2. Whisk tofu, once mixed, slowly drizzle oil continuously while whisking until all oil is added (key is to drizzle slowly).
3. Then add 3 tsp of apple cider vinegar, 1/2 tsp of salt and whisk in.
4. Once whisked through, add 3 tsp of lemon juice, 1/2 tsp of salt, whisk again until it turns into a creamier texture.

SHOP PURCHASED MAYO



PREPARATION

0 min



COOKING

0 min



SERVES

1



SUGGESTED BRANDS

- **Biona Organic Egg Free Mayo.**
- **Melrose Organic Sunflower Mayonnaise.**

Note:* Choose a vegan mayonnaise that contains less than .5 to .7 g of carbs per 14 grams (including sugar).

PREPARATION IDEAS

You can add spices or herbs to your mayo to make your dish even more flavoursome - here are some suggestions:

- **Chipotle Mayo:** Chili flakes, chili powder, salt.
- **Mexican Mayo:** Cumin, paprika, chili powder, garlic powder, salt.
- **Indian Mayo:** Curry powder, turmeric, cumin, salt.
- **Moroccan Mayo:** Cumin, chili powder, pepper, cinnamon, five spice.
- **Herb Mayo:** Oregano, thyme, rosemary, salt.
- **Ranch:** Smoked paprika, dill, pepper, garlic powder, salt.
- **Dijon:** Mustard powder, mustard seeds, salt.

SNACKS



STAND-ALONE SNACK OPTIONS



NUTS & SEEDS

- Almonds **15 almonds.**
- Macadamia nuts **7 nuts.**
- Hemp seeds (hulled) **3 Tbs**
- Sunflower seeds **1/2 cup**
- Pumpkin seed **3 Tbsp**
- Brazil nuts **4 nuts.**

Choose one of the above to make a serve or mix and match to your liking making sure to keep the proper quantities eg 1/4 cup sunflower seeds plus 1.5 tbsp pumpkin seeds.

CELERY STICKS & BUTTER

- Celery sticks **3 x 15 cm**
- Organic Almond butter **3 Tbsp**



FROZEN KETO BOMBS

**PREPARATION**

5 min

**COOKING**

20 min

**SERVES**20 bombs
20 serves

INGREDIENTS

- Natural peanut butter (can swap with almond/cashew or macadamia butter) **1/2 cup**
- Coconut oil **1/2 cup**
- KetoLean Shake Powder **3 Scoops**

COOKING METHOD

1. Melt peanut butter and coconut oil in microwave or saucepan (don't overheat, just enough to melt them together), softly stir during the process.
2. Stir in the KetoLean Shake Powder.
3. Pour mix into a mini muffin tray or any shaped tray.
4. Place in fridge until hard (around 20 min).
5. Pop Keto Peanut Butter Cups out and place in a freezer bag/ container in freezer to enjoy anytime you like.

CHIA PUDDING SNACK



PREPARATION
5 min



COOKING
20 min



SERVES
3



INGREDIENTS

- Filtered water **1 cup**
- Sunflower seeds **4 Tbsp**
- Coconut yoghurt (Organic/or natural, sugar-free) **1/4 Cup**
- Coconut oil (hard) **1 tsp**
- Cinnamon **1 tsp**
- KetoLean Protein **1 Tbsp**
- Chia **3 Tbsp**

COOKING METHOD

1. Crush the sunflower seeds and mix all ingredients together (excluding the chia seeds).
2. Once thoroughly mixed, add chia seeds and mix through, then place in fridge for 15-20 min to set

EDAMAME CHIPS



PREPARATION
3 min



COOKING
40 min



SERVES
1



INGREDIENTS

- Edamame beans. **1 cup**
- Olive oil **1 Tbsp**
- Himalayan Pink Salt **1 tsp**

COOKING METHOD

1. Thaw Edamame beans & pat dry with paper towel.
2. Place Edamame in a bowl and add olive oil and salt. Mix thoroughly.
3. Pre-heat oven at 170 C and place beans on an oven tray, line with baking paper and spread them evenly to allow even cooking.
4. Cook for around 40 min or until golden & crispy.

KETO BALLS

**PREPARATION**

4 min

**COOKING**

0 min

**SERVES**11 balls
11 serves

INGREDIENTS

- Flaxseed meal (or Flaxseed blended) **1/4 cup**
- KetoLean protein powder (Vanilla or Chocolate) **2 Tbsp**
- Natural 100% Almond Butter (no added sugar) **1/2 cup**
- Almonds, silvered **1/4 cup**
- Desiccated coconut **1/2 cup**
- Vanilla extract **1/2 tsp**
- Cinnamon **1 tsp**

COOKING METHOD

1. Place all ingredients in a bowl and knead together.
2. If mixture appears dry, add ½ tsp of KetoLean MCT Oil
3. Roll into 11 balls, place on a tray lined with baking paper.
4. Refrigerate for 60-90 min to harden.

AVOCADO MOUSSE

**PREPARATION**

3 min

**COOKING**

10 min

**SERVES**

1



INGREDIENTS

- Avocado, diced **3/4 cup**
- Coconut cream **3 Tbsp**
- KetoLean Chocolate Powder **2 Tbsp**
- Vanilla extract (natural /sugar free) **1/2 tsp**
- Cinnamon **1 tsp**
- Nutmeg **1 tsp**

COOKING METHOD

1. Place all the ingredients in a food processor and blend together until smooth.
2. Scoop out, place in the fridge for 10-15min to set.

MAYDAY OPTIONS

Here are some suggestions if you have been caught off guard and don't have any snacks/meals on hand.

These options should be the last resort, as:

- Choice 1) should be prior planning. If you are having a mayday option more than once a week, then you need to question your commitment to this program.
- Choice 2) is don't eat, as while on a Keto diet you can go without your meal, as your body is using fat for energy.
- However, if you are at risk of eating carbs or sugar due to being famished then as Choice 3), the mayday options are perfect to prevent that from happening.

BREAKFAST CAFE

If you choose a breakfast that contains either avocado or spinach/rocket you will be safe as they are low in carbs. However if you add mushrooms to the dish then only have a 1/4 of a cup worth. * Avoid all items with sauce or dressing.

KFC McDonalds

Not available.

PUB RESTAURANT

Again this is hard, I would suggest looking at their menu on arrival or ahead and sticking to food items that are the same as our meals and try to stick to the same portion size. Never be afraid to push away a plate of half eaten food, or even better order an entree size.

SHOPPING CENTRE

This is a hard one for vegans, as meat is the easiest option to avoid carbs, so for this one I would say if you are in a food court, it means you're near a grocery so duck in there. However, if you're not, I would suggest getting a tabouli salad or alike. You might be fortunate enough to find a Sumo Salad or a food stall that will have a pre-made salad without dressing. Avoid all items with sauce or dressings and if in doubt ask the cashier if the items contain added sugar.

GROCER

It's very easy to swing past the local grocer and buy a single serve of the nuts recommended for a snack or grab a pre-made crispy salad bowl, make sure you keep the carbs below 2 g for a snack or 5 grams for a meal.

KE
TO

LEAN

by *leanforlife*