



# 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 (Dairy Free)**

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

For help with your meal plan please contact [support@youonlyliveketo.ca](mailto:support@youonlyliveketo.ca)

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# WEEK 1



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Boiled Eggs x2</b> Calories 140 Net Carbs 0 Protein 12 Fat 10	<b>Boiled Eggs x2</b> Calories 140 Net Carbs 0 Protein 12 Fat 10	<b>Cinnamon Flax Mug Muffin</b> Calories 262 Net Carbs 3 Protein 4 Fat 25	<b>Cinnamon Flax Mug Muffin</b> Calories 262 Net Carbs 3 Protein 4 Fat 25	<b>Boiled Eggs x2</b> Calories 140 Net Carbs 0 Protein 12 Fat 10	<b>Boiled Eggs x2</b> Calories 140 Net Carbs 0 Protein 12 Fat 10	<b>FASTING</b>
<b>Ham Green Beans</b> Calories 250 Net Carbs 6.45 Protein 11.6 Fat 18.27	<b>Ham Green Beans</b> Calories 250 Net Carbs 6.45 Protein 11.6 Fat 18.27	<b>Ham Roll-Ups x2</b> Calories 342 Net Carbs 4 Protein 18 Fat 28	<b>Ham Roll-Ups x2</b> Calories 342 Net Carbs 4 Protein 18 Fat 28	<b>Ham Green Beans</b> Calories 250 Net Carbs 6.45 Protein 11.6 Fat 18.27	<b>Ham Green Beans</b> Calories 250 Net Carbs 6.45 Protein 11.6 Fat 18.27	<b>Oatmeal</b> Calories 592 Net Carbs 4 Protein 31 Fat 47
<b>Baked Chicken Thighs x2 Bacon Brussels Sprouts</b> Calories 1064 Net Carbs 7 Protein 64 Fat 81	<b>Baked Chicken Thighs x2 Bacon Brussels Sprouts</b> Calories 1064 Net Carbs 7 Protein 64 Fat 81	<b>Egg Roll in a Bowl x2 Bacon Wrapped Asparagus x2</b> Calories 866 Net Carbs 12 Protein 42 Fat 66	<b>Egg Roll in a Bowl x2 Bacon Wrapped Asparagus x2</b> Calories 866 Net Carbs 12 Protein 42 Fat 66	<b>Baked Chicken Thighs x2 Bacon Brussels Sprouts</b> Calories 1064 Net Carbs 7 Protein 64 Fat 81	<b>Baked Chicken Thighs x2 Bacon Brussels Sprouts</b> Calories 1064 Net Carbs 7 Protein 64 Fat 81	<b>Egg Roll in a Bowl x2 Bacon Wrapped Asparagus x2</b> Calories 866 Net Carbs 12 Protein 42 Fat 66
<b>Total</b> Calories 1454 Net Carbs 13.45 Protein 87.6 Fat 109.27	<b>Total</b> Calories 1454 Net Carbs 13.45 Protein 87.6 Fat 109.27	<b>Total</b> Calories 1470 Net Carbs 19 Protein 64 Fat 119	<b>Total</b> Calories 1470 Net Carbs 19 Protein 64 Fat 119	<b>Total</b> Calories 1454 Net Carbs 13.45 Protein 87.6 Fat 109.27	<b>Total</b> Calories 1454 Net Carbs 13.45 Protein 87.6 Fat 109.27	<b>Total</b> Calories 1458 Net Carbs 16 Protein 73 Fat 113

# 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

**WHOLESOME**  
10 INGREDIENTS OR LESS  
*yum*

- [Boiled Eggs](#)
- [Cinnamon Flax Mug Muffin](#)
- [Oatmeal](#)
- [Ham Roll-Ups](#)
- [Oven-Baked Chicken Thighs](#)
- [Bacon Wrapped Asparagus](#)
- [Egg Roll in a Bowl](#)
- [Balsamic Bacon Brussels Sprouts](#)



## HAM GREEN BEANS

### Ingredients

- 385 g cooked ham (cubed)
- 750 g bag frozen green beans
- 8 tsp butter (or ghee/coconut oil)
- 2 tsp garlic, minced
- Salt & pepper to taste

### Preparation

1. Set stovetop to med-high.
2. Melt butter and stir in garlic until fragrant.
3. Add frozen green beans, salt, and pepper; saute until green beans are thawed and most of the liquid is cooked off.
4. Add the ham and saute until no liquid remain.
5. Enjoy!



**Servings 4 | 250 CALORIES | 18.27 PROTEIN |  
6.45 NET CARBS | 11.6 FAT**

# SHOPPING LIST

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## BAKING

- Baking powder ¼ tsp
- Chia seeds ½ tbsp
- Coconut flour 2 tbsp
- Erythritol 2 tbsp
- Flax meal 2 tbsp
- Hemp hearts ¼ cup

## CANNED

- Coconut milk, full fat ½ cup
- Dill pickles ½ cup

## CONDIMENTS

- Coconut aminos ¼ cup (or soy sauce)
- Sesame oil 2 tsp

## MEAT

- Bacon 16 slices
- Chicken thighs (bone-in) 3 lbs
- Ground beef 1 lb
- Ham, cooked 1 cup

## DAIRY

- Vegan cream cheese 4 oz\*
  - Eggs 9 large
- \*or other non-dairy cream cheese equivalent

## PRODUCE

- Asparagus 24 stalks
- Brussels sprouts 1 lb
- Coleslaw mix 1 lb
- Garlic 5 cloves
- Ginger, minced 9 tsp
- Green onions 2 bunches

## SPICES

- Cinnamon 1 ½ tbsp
- Garlic powder 1 tsp
- Garlic salt 1 tsp
- Pepper 7 tsp
- Salt 7 tsp
- Smoked paprika 1 tsp

## PACKAGED

- Collagen peptides 1 tbsp

## DELI

- Ham, sliced 6 oz

## FROZEN

- Green beans 750 g

## COOKING

- Apple cider vinegar 1 tbsp
- Avocado oil 1 tbsp
- Balsamic vinegar 1 tbsp
- Coconut oil 3 tbsp
- Olive oil 1 tbsp 1 tsp
- Ghee 1 cup + 8 tsp

\*replace butter with ghee in recipes as it is lactose-free

# LOOKING FOR A CUSTOM MEAL PLAN?

Meal Plan by You Only Live Keto  
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 <b>1 WEEK</b> Meal Plan	<b>\$10</b>
 <b>2 WEEK</b> Meal Plan	<b>\$15</b>
 <b>3 WEEK</b> Meal Plan	<b>\$20</b>
 <b>1 MONTH</b> Meal Plan	<b>\$25</b>

- 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?

 <b>MONTHLY</b> Meal Plan + Coaching	<b>\$100</b> 1 Month
	<b>\$220</b> 3 Months
	<a href="#">More Info</a>
 You Only Live Keto <b>RESOURCE PACK</b>	<b>\$10</b> <a href="#">Buy</a>

# 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



**Buy Now**

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