



meal plans

.....using



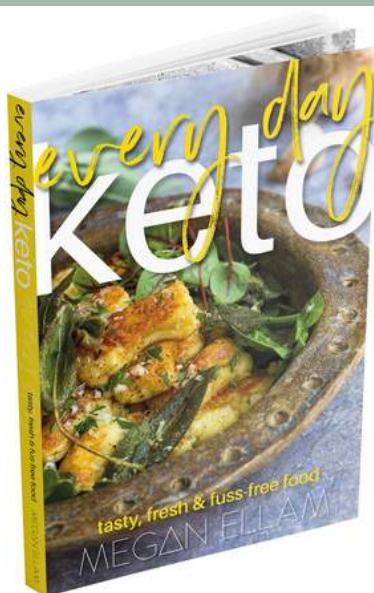
MEGAN ELLAM

Mad Creations

cookbooks



MEGAN ELLAM



EVERY DAY KETO

Plan ahead for success: my list of what to make in advance.

MEAL PREP

- Vanilla Speculaas Donuts
- Sour Cream & Chive Muffins

PLUS:

- Quick easy meal prep. Fast cook times. More savings in time and ingredients can be made by using the additional serves or batch cooking more serves.
- This is a budget-friendly meal plan that is perfect for the days off when following Egg Fast 3.0.

CHECKLIST

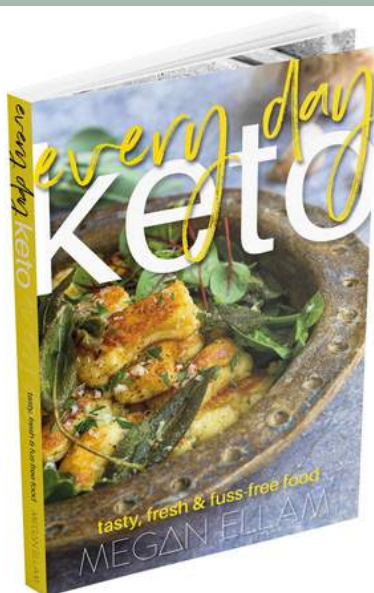
☐ MAKE AHEAD:

☐ MEASURE UP:

☐ SHOPPING:

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EVERY DAY KETO MINI PLAN



EVERY DAY KETO

Plan ahead for success: my list of what to make in advance.

MEAL PREP

- Chocolate Mousse
- Raspberry & Coconut Loaf

PLUS:

- Quick easy meal prep. Fast cook times. More savings in time and ingredients can be made by using the additional serves or batch cooking more serves.
- This is a budget-friendly meal plan that is perfect for the days off when following Egg Fast 3.0.

CHECKLIST

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EVERY DAY KETO MINI PLAN

MADCREATIONS®

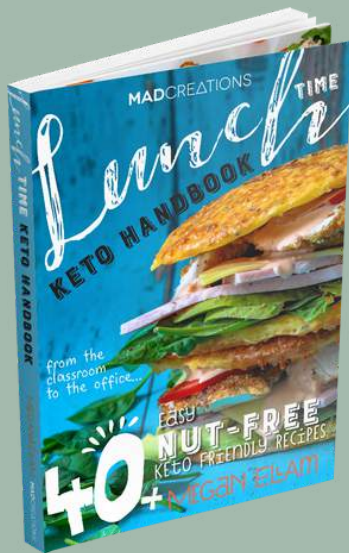
EVERY DAY KETO WEEKEND

DAY 1	DAY 2	DAY 3
TEA/COFFEE	TEA/COFFEE	TEA COFFEE
MONGOLIAN BEEF MEATBALLS (SERVES 4) 10 MIN PREP/ 15 MIN COOK	NONNA'S ZUCCHINI FRITTATA (SERVES 3) 5 MIN PREP/ 25 MIN COOK	SOUR CREAM CHEESE & CHIVES MUFFINS (MAKES 12) 5 MIN PREP/ 25 MIN COOK
CHICKEN LIME & AVOCADO SOUP (SERVES 2) 5 MIN PREP/ 15 MIN COOK	FIVE STAR CHEESEBURGERS (SERVES 2) 10 MIN PREP/ 15 MIN COOK	CHICKEN STROGANOFF (SERVES 2) 5 MIN PREP/ 15 MIN COOK
VANILLA SPECULAAS DONUTS (MAKES 12) 10 MIN PREP/ 15 MIN COOK	SOUR CREAM CHEESE & CHIVES MUFFINS (MAKES 12) ALREADY PREPPED	VANILLA SPECULAAS DONUTS (MAKES 12) ALREADY PREPPED

MADCREATIONS®

EVERY DAY KETO WEEKEND

DAY 1	DAY 2	DAY 3
TEA/COFFEE	TEA/COFFEE	TEA COFFEE
CAESAR ROLLED OMELETTE (SERVES 3) 10 MIN PREP/ 10 MIN COOK	MEDITERRANEAN ZUCCHINI PARMESAN (SERVES 4) 5 MIN PREP/ 15 MIN COOK	MEDITERRANEAN ZUCCHINI PARMESAN (SERVES 4) PREP ALREADY DONE
KETO GNOCCHI + SWEET & SOUR TOMATOES (SERVES 3) 20MIN PREP/ 10 MIN COOK	"WORLD CLASS" EASY FISH PIE (SERVES 4) 10 MIN PREP/ 20 MIN COOK	KOREAN BEEF BULGOGI (SERVES 2) 5 MIN PREP/ 15 MIN COOK
RASPBERRY & COCONUT LOAF (SERVES 13) 10 MIN PREP/ 50 MIN COOK	CLASSIC CHOCOLATE MOUSSE (SERVES 4) 15 MIN PREP / CHILL UNTIL SET	RASPBERRY & COCONUT LOAF (SERVES 13) 10 MIN PREP/ 50 MIN COOK



PLAN 3

LUNCH TIME KETO

Plan ahead for success: my list of what to make in advance.

MEAL PREP

- Nowheaten Biscuits
- Bacon & Egg Bruffins
- Bacon & Zucchini Slice

TIPS

- The meal choices are all relatively quick and easy to make.
- If making for 1-2 people. Save time and use the dough for the bruffins and golems for half the number of serves. OR select 2-3 recipes and have on rotation! All recipes, except popcorn chicken, can be made in advance and/or frozen!
- This budget-friendly meal plan is perfect for the days off when following Egg Fast 3.0.

ALTERNATIVE MEAL OPTIONS

Other great choices in LTK include, Bolognese Sausage Rolls, Western Omelette Quiche, Farmhouse Chicken Nuggets, Italian Meatball Pide, Cheese Steak Wraps + more.

CHECKLIST

☐ **MAKE AHEAD:**

☐ **MEASURE UP:**

☐ **SHOPPING:**

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LUNCH TIME KETO MINI PLAN

*FREE SHIPPING FOR LUNCH TIME KETO WITHIN AUSTRALIA ONLY.
SELECT FREE SHIPPING AT CHECKOUT

MADCREATIONS®

LUNCH TIME KETO WEEKEND

DAY 1	DAY 2	DAY 3
TEA/COFFEE	TEA/COFFEE	TEA COFFEE
BEEF & FETA GOZLEME (SERVES 4) 15 MIN PREP/ 15 MIN COOK	BACON & EGG BRUFFINS (SERVES 5) 12 MIN PREP/ 15 MIN COOK	BACON & ZUCCHINI SLICE (SERVES 8) 10 MIN PREP/ 50 MIN COOK
POSH FISH FINGERS (SERVES 4) 5 MIN PREP/ 15 MIN COOK	MEG'S CHILLI BEEF (SERVES 4) 10 MIN PREP/ 20 MIN COOK	POPCORN CHICKEN SALAD (MAKES 2 SERVES FOR MAIN) 10 MIN PREP/ 25 MIN COOK
CHOCOLATE NOWHEATEN BISCUITS (MAKES 30/ 3 PER SERVE) 5 MIN PREP + CHILLING/ 15 MIN COOK	VEGEMITE & CHEESE TRAIL MIX (MAKES 12) 5 MIN PREP / 10 MIN BAKE	CHOCOLATE NOWHEATEN BISCUITS (MAKES 30/ 3 PER SERVE) ALREADY PREPPED

SAMPLE PLAN

MEAL IDEAS



**BREAKFAST
BRUFFINS**



**MEGS CHILLI
BEEF**



**BEEF & FETA
GOZLEME**



**POPCORN
CHICKEN**



**POSH FISH
FINGERS**

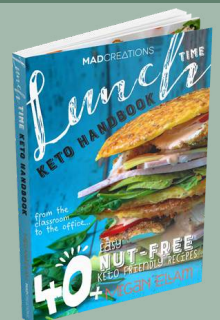


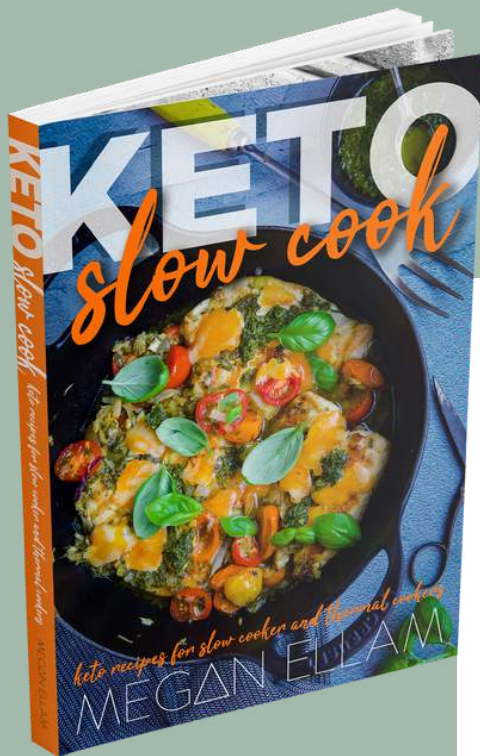
**VEGEMITE
TRAIL MIX**



**CHOCOLATE
NOWHEATEN**

MADCREATIONS[®]





PLAN

SLOW COOK KETO

Plan ahead for success: my list of what to make in advance.

MEAL PREP

- Everything in this plan can mostly be made ahead or the day before. The meals can be repeated and this plan could easily stretch to a 7-Day plan using the recipes included.
- I recommend making a double batch of the naan bread. Once you try it you will want more.

TIPS

- Meal preparation for the majority of the recipes in less than 15 minutes. Being a slow cook book the meals do take longer to be ready. Thermal cooking methods are also included for all recipes.

ALTERNATIVE MEAL OPTIONS

Other great choices include Crack Chicken, Vietnamese Beef Cheeks, Lamb Moussaka, Firecracker Chicken Meatballs and even slow cooked cheesecakes.

CHECKLIST

☐ **MAKE AHEAD:**

☐ **MEASURE UP:**

☐ **SHOPPING:**

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SLOW COOK KETO MINI PLAN

MADCREATIONS®

SLOW COOK KETO WEEKEND

DAY 1	DAY 2	DAY 3
TEA/COFFEE	TEA/COFFEE	TEA COFFEE
LUNCHBOX BARBECUE MEATBALLS (SERVES 4) 10 MIN PREP/ SLOW COOK	CHICKEN DELUXE CHEESESTEAK (SERVES 4) 10 MIN PREP/ 30 MIN COOK	CALIFORNIA PASTRAMI BAGELS (SERVES 2) 10 MIN PREP
CHINESE FIVE-SPICE LAMB SHANKS (SERVES 4) 15 MIN PREP/ SLOW COOK	PASTRAMI & CAULIFLOWER COLCANNON (SERVES 4) 15 MIN PREP/ SLOW COOK	BUTTER CHICKEN & KETO NAAN (MAKES 6 SERVES) 15 MIN PREP/ SLOW COOK
CHOCOLATE BUTTERCUP BROWNIE (SERVES 24) 10 MIN PREP / SLOW/COOK	WINTER COCONUT FRIST ICE CREAM (SERVES 12) 15 MIN PREP / + FREEZING	BROWNIES & WINTER ICE CREAM (INDIVIDUAL SERVING) ALREADY PREPPED

MEAL PLAN



BLACK COFFEE/TEA

MEAL 1

MEAL 2

FAST

S

**FIRECRACKER CHICKEN
MEATBALLS**
(SERVES 4)
10 MIN PREP / SLOW COOK

**HUNGARIAN GOULASH + CAULI
MASH & GREMOLATA**
(SERVES 4)
15 MIN PREP / SLOW COOK

M

MEATLOAF PARMIGIANA
(SERVES 6)
10 MIN PREP / SLOW COOK

**FIRECRACKER CHICKEN
MEATBALLS**
(LEFTOVERS)
MEAL PREP ALREADY DONE

T

**BARBECUE BUFFALO STICKY
WINGS**
(SERVES 4)
10 MIN PREP / SLOW COOK

**HUNGARIAN GOULASH + CAULI
MASH & GREMOLATA**
(LEFTOVERS)
MEAL PREP ALREADY DONE

W

LAMB MOUSSAKA
(SERVES 6)
15 MIN PREP / SLOW COOK

MEATLOAF PARMIGIANA
(LEFTOVERS)
MEAL PREP ALREADY DONE

T

**BARBECUE BUFFALO STICKY
WINGS**
(LEFTOVERS)
MEAL PREP ALREADY DONE

LAMB MOUSSAKA
(LEFTOVERS)
MEAL PREP ALREADY DONE

F

MEATLOAF PARMIGIANA
(LEFTOVERS)
MEAL PREP ALREADY DONE

SLOPPY JOE MEATBALLS
(SERVES 4)
10 MIN PREP / SLOW COOK

S

LAMB MOUSSAKA
(LEFTOVERS)
MEAL PREP ALREADY DONE

SLOPPY JOE MEATBALLS
(LEFTOVERS)
MEAL PREP ALREADY DONE



PLAN

KETO MOJO

Plan ahead for success: my list of what to make in advance.

MEAL PREP

- So many great recipes for all meal types. Prep a batch of tortillas before the weekly plan. This will save you time and they can be used in the tacos and peanut crunch wraps.

TIPS

- Most meals make enough for 4 serves. If cooking for two then the meal plan has been created with a repeat meal to save on cooking.

ALTERNATIVE MEAL OPTIONS

Other great choices include Zeus Street Chicken, Pork Souvlaki, Bloody Mary Fish for mains. Plus there are some incredible basics like making your own Electrolytes, Hazelnut Gelato, and sensationally easy sauces. An excellent book for any foodie looking for great low carb recipes.

CHECKLIST

☐ **MAKE AHEAD:**

☐ **MEASURE UP:**

☐ **SHOPPING:**

☐ **SHARE: USE #MADMOJO**
to post progress on Insta

Keto Mojo

MINI PLAN

MADCREATIONS®

KETO MOJO WEEKEND

DAY 1	DAY 2	DAY 3
TEA/COFFEE	TEA/COFFEE	TEA COFFEE
BACON & HALLOUMI FRITTERS (SERVES 6) 5 MIN PREP / 12 MIN COOK	RANCHEROS BREAKFAST DONUTS (MAKES 8) 5 MIN PREP / 20 MIN COOK	RASPBERRY RIPE CUPS (SERVES 3) 10 MIN PREP / 15 MIN - FINISH
DONER KEBABS (SERVES 10) 15 MIN PREP / 90 MIN COOK	CANCUN CHICKEN (SERVES 4) 10 MIN PREP / 10 MIN COOK	SINGAPORE NOODLES (MAKES 4 SERVES) 5 MIN PREP / 8 MIN COOK
CREAMY FROZEN YOGHURT (SERVES 10) 5 MIN PREP / 8 MIN COOK + FREEZE	CARROT CAKE MUG CAKE (SERVES 2) 5 MIN PREP / 2 MIN COOK	SALT AND VINEGAR CRISPS (MAKES 6 SERVES) 10 MIN PREP / 30 MIN COOK

MADCREATIONS®

ketoMojo

SAMPLE 7 - DAY

MEAL PLAN



BLACK COFFEE/TEA

MEAL 1

MEAL 2

FAST

S

COCONUT BLISS PORRIDGE
(SERVES 3)
2 MIN PREP / 7 MIN COOK

**CREAMY GARLIC PRAWN
TAGLIATELLE**
(SERVES 4)
25 MIN PREP / 15 MIN COOK

M

PEANUT SATAY CRUNCH WRAPS
(SERVES 4)
25 MIN PREP / 15 MIN COOK

**CREAMY GARLIC PRAWN
TAGLIATELLE**
(LEFTOVERS)
MEAL PREP ALREADY DONE

T

COCONUT BLISS PORRIDGE
(LEFTOVERS)
MEAL PREP ALREADY DONE

**PEANUT SATAY CRUNCH
WRAPS**
(LEFTOVERS)
MEAL PREP ALREADY DONE

W

LAZY LAMB KEBABS
(SERVES 4)
10 MIN PREP / 20 MIN COOK

SOPA DE LIMA
(SERVES 4)
10 MIN PREP / 20 MIN COOK

T

ROAST DINNER PORK CHOPS
(SERVES 4)
10 MIN PREP / 20 MIN COOK

BLACKENED SALMON TACOS
(SERVES 4)
10 MIN PREP / 10 MIN COOK

F

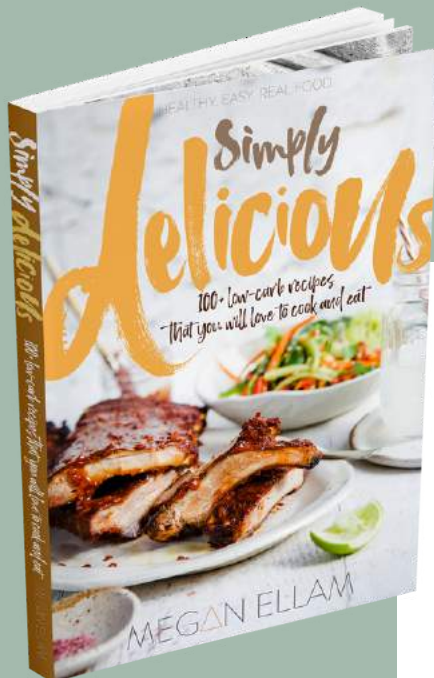
LAZY LAMB KEBABS
(LEFTOVERS)
MEAL PREP ALREADY DONE

SOPA DE LIMA
(LEFTOVERS)
MEAL PREP ALREADY DONE

S

BLACKENED SALMON TACOS
(LEFTOVERS)
MEAL PREP ALREADY DONE

ROAST DINNER PORK CHOPS
(LEFTOVERS)
MEAL PREP ALREADY DONE



SIMPLY DELICIOUS

Plan ahead for success: my list of what to make in advance.

MEAL PREP

- This book has a lot of my favourite recipes. The meals are quick and easy to prepare (with most) on the table in around 30 minutes.
- Every recipe is low in carbs and keto friendly. The recipes are gluten free and use supermarket ingredients. The recipes include methods for traditional methods as well as instructions for thermal cookers.

ALTERNATIVE MEAL OPTIONS

Other great choices include Tex Meg's Pork Ribs, Bourbon Brined Chicken Drumsticks, (and amazing) Banana Cake with Butterscotch Sauce (and yes it is sugar free), over 100 recipes I am sure you can put to good use!

CHECKLIST

☐ **MAKE AHEAD:**

☐ **MEASURE UP:**

☐ **SHOPPING:**

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MINI PLAN

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SIMPLY DELICIOUS WEEKEND

DAY 1	DAY 2	DAY 3
TEA/COFFEE	TEA/COFFEE	TEA COFFEE
CHICKEN GOD BOWLS (SERVES 4) 10 MIN PREP/ 5 MIN COOK	KOREAN FRIED CHICKEN (SERVES 4) 10 MIN PREP/ 25 MIN COOK	SALISBURY STEAKS (SERVES 4) 10 MIN PREP / 15 MIN COOK
WICKED SAUSAGE KORMA (SERVES 4) 10 MIN PREP/ 10 MIN COOK	CREAMY GARLIC SALMON (SERVES 4) 10 MIN PREP / 20 MIN COOK	PUNJABI CHICKEN (4 SERVES) 10 MIN PREP / 25 MIN COOK
FRENCH CUSTARD MUFFINS (MAKES 12) 10 MIN PREP / 30 MIN COOK	VANILLA COOKIE TRUFFLES (MAKES 20) 10 MIN PREP	FRENCH CUSTARD MUFFINS (LEFTOVERS) ALREADY PREPARED

MADCREATIONS[®]

SAMPLE 7 - DAY

Simply
Delicious
MADCREATIONS[®]

MEAL PLAN



BLACK COFFEE/TEA

MEAL 1

MEAL 2

FAST

S

**FRENCH ONION & BACON
FLATBREAD**
(SERVES 8)
20 MIN PREP / 20 MIN COOK

PORK & BRAISED CELERY
(SERVES 4)
10 MIN PREP / 5 MIN COOK

M

PORK & BRAISED CELERY
(LEFTOVERS)
MEAL PREP ALREADY DONE

**FRENCH ONION & BACON
FLATBREAD**
(LEFTOVERS)
MEAL PREP ALREADY DONE

T

**FRENCH ONION & BACON
FLATBREAD**
(LEFTOVERS)
MEAL PREP ALREADY DONE

**TRAYBAKE SPAGHETTI &
MEATBALLS**
(SERVES 4)
15 MIN PREP / 50 MIN COOK

W

LAZY LAMB KEBABS
(SERVES 4)
10 MIN PREP / 20 MIN COOK

NO 6g SIGNATURE CHICKEN
(SERVES 4)
15 MIN PREP / 30 MIN COOK

T

**TRAYBAKE SPAGHETTI &
MEATBALLS**
(LEFTOVERS)
MEAL PREP ALREADY DONE

GOAN CURRIED PRAWNS
(SERVES 4)
10 MIN PREP / 10 MIN COOK

F

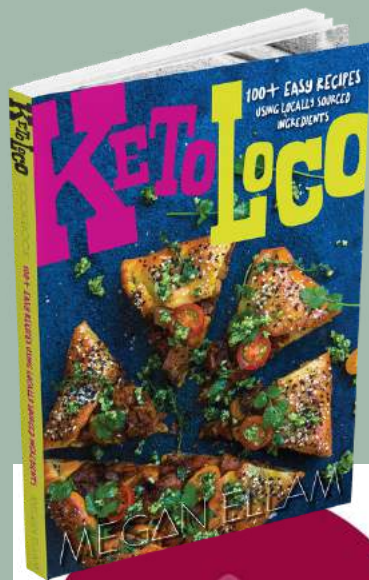
NO 6g SIGNATURE CHICKEN
(LEFTOVERS)
MEAL PREP ALREADY DONE

GOAN CURRIED PRAWNS
(LEFTOVERS)
MEAL PREP ALREADY DONE

S

**BACON MAC & CHEESE
WAFFLES**
(MAKES 12)
10 MIN PREP / 20 MIN COOK

**TRAYBAKE CHICKEN
PARMIGIANA**
(SERVES 4)
15 MIN PREP / 50 MIN COOK



PLAN

KETO LOCO

Plan ahead for success: my list of what to make in advance.

MEAL PREP

- Our best-selling, Best of The Best Award World Gourmand Cookbook 2022 winner, Keto Loco has a crave-worthy recipe line-up!
- Keto Loco is packed with wholesome and vibrant recipes for all seasons so you can utilise the cookbook throughout the year for all occasions and easy meal planning.
- Keto Loco is based on locally sourced ingredients... loco... loco-ly (locally).

ALTERNATIVE MEAL OPTIONS

Other great choices include Tex Meg's Pork Ribs, Bourbon You are sure to find inspiration with family favourites such as Lemon Crispy Chicken Schnitzel and Tartare Tempura Battered Fish; quick and easy meals such as Easy Chicken Quesadillas, or Italian Sausage Lasagne in a Mug.

CHECKLIST

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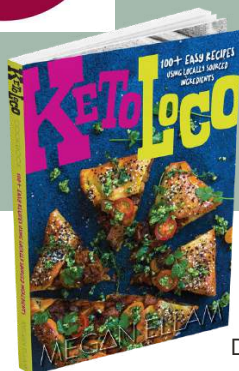
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KETO LOCO

MINI PLAN



MADCREATIONS®

KETO LOCO WEEKEND

DAY 1

DAY 2

DAY 3

TEA/COFFEE	TEA/COFFEE	TEA COFFEE
ITALIAN MUG LASAGNE (SERVES 1) 5 MIN PREP/ 5 MIN COOK	TEMPURA FISH FILLETS & (SERVES 2) 10 MIN PREP/ 10 MIN COOK	BREAKFAST SAUSAGE TACOS (SERVES 2) 10 MIN PREP / 15 MIN COOK
EASY LAMB TIKKA DINNER (SERVES 4) 20 MIN PREP/ 10 MIN COOK	STICKY GINGER PORK RIBS (SERVES 2) 10 MIN PREP / 50 MIN COOK	SWEDISH MEATBALLS (4 SERVES) 10 MIN PREP / 10 MIN COOK
STICKY GINGER NUT BREAD (MAKES 13 SLICES) 10 MIN PREP / 50 MIN COOK	JAM DROP COOKIES (MAKES 20) 10 MIN PREP / 60 MIN COOK	STICKY GINGER NUT BREAD (LEFTOVERS) ALREADY PREPARED

MADCREATIONS

SAMPLE 7 - DAY

MEAL PLAN



BLACK COFFEE/TEA

MEAL 1

MEAL 2



FAST

S

CAULIFLOWER BACON HASH BROWNS

(SERVES 4)

20 MIN PREP / 20 MIN COOK

CHILLI BEEF POT PIES

(SERVES 4)

10 MIN PREP / 35 MIN COOK

M

SPINACH & FETA DANISH LOG

(SERVES 6)

15 MIN PREP / 20 MIN COOK

CHILLI BEEF POT PIES

(LEFTOVERS)

MEAL PREP ALREADY DONE

T

CAULIFLOWER BACON HASH BROWNS

(LEFTOVERS)

MEAL PREP ALREADY DONE

SPINACH & FETA DANISH LOG

(LEFTOVERS)

MEAL PREP ALREADY DONE

W

MILE HIGH CHEESE & BACON SCONES

(MAKES 10)

15 MIN PREP / 20 MIN COOK

FARMHOUSE CHICKEN GALETTE

(SERVES 8)

15 MIN PREP / 20 MIN COOK

T

SPINACH & FETA DANISH LOG

(LEFTOVERS)

MEAL PREP ALREADY DONE

FARMHOUSE CHICKEN GALETTE

(LEFTOVERS)

MEAL PREP ALREADY DONE

F

FAST PHILLY CHEESE STEAK

(SERVES 2)

10 MIN PREP / 15 MIN COOK

MILE HIGH CHEESE & BACON SCONES

((LEFTOVERS)

MEAL PREP ALREADY DONE

S

ONE POT CLASSIC RISsoles & GRAVY

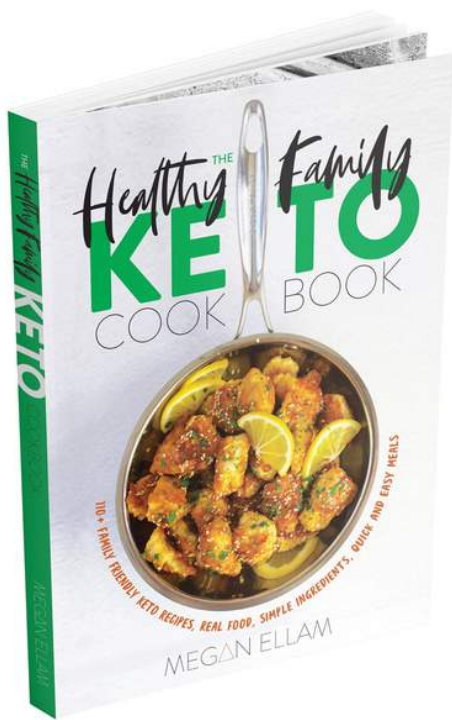
(SERVES 2)

10 MIN PREP / 15 MIN COOK

KERALA SALMON

(SERVES 2)

5 MIN PREP / 10 MIN COOK



THE HEALTHY FAMILY

Plan ahead for success: my list of what to make in advance.

MEAL PREP

- My focus for The Healthy Family Keto Cookbook, was to create recipes suitable for the whole family, without the need to be cooking separate meals.
- Using real food ingredients to make mealtimes easier and tastier for everyone regardless of dietary type.
- Whether it's a quick meal made of leftovers, a slow-cooked meal you can prepare ahead, or a healthy sweet bite for any time of day you should find lots of great recipes.

ALTERNATIVE MEAL OPTIONS

The Healthy Family is a great at incorporating many of the recipes within each other so there is minimal food wastage and makes the most of a tight family budget. The recipes include many "cleaner" versions of everything from pantry seasoning basics, and meals including low carb versions of rice, bread or pasta dishes.

CHECKLIST

☐ MAKE AHEAD:

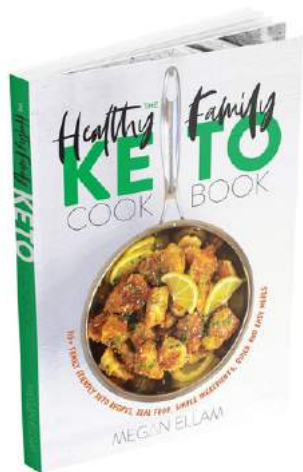
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HEALTHY FAMILY

MINI PLAN



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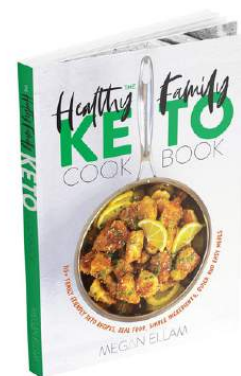
HEALTHY FAMILY WEEKEND

DAY 1	DAY 2	DAY 3
TEA/COFFEE	TEA/COFFEE	TEA COFFEE
LEBANESE LAMB PIZZA (SERVES 4) 15 MIN PREP/ 25 MIN COOK	SPINACH & CHEESE CANNELLONI (SERVES 4) 10 MIN PREP/ 10 MIN COOK	EGG FOO YOUNG (CHINESE PANCAKE) (SERVES 4) 5 MIN PREP / 15 MIN COOK
CHICKEN BACON RANCH CASSEROLE (SERVES 4) 15 MIN PREP/ 25 MIN COOK	CHINESE LEMON CHICKEN (SERVES 4) 10 MIN PREP / 15 MIN COOK	CORNER BEEF, COLCANNON & MUSTARD SAUCE (4 SERVES) 30 MIN PREP / 90 MIN COOK
COOKIE DOUGH ICE CREAM (10 SERVES) 15 MIN PREP / 10 MIN COOK + FREEZING	STORMY COOKIES (MAKES 16) 10 MIN PREP / 15 MIN COOK	COOKIE DOUGH ICE CREAM (LEFTOVERS) ALREADY PREPARED

MADCREATIONS[®]

SAMPLE 7-DAY

MEAL PLAN



BLACK COFFEE/TEA

MEAL 1

MEAL 2

FAST

S

BREAKFAST BERRY & HAZELNUT MUFFINS
(SERVES 6)
5 MIN PREP / 25 MIN COOK

CHAR SIU PORK & FRIED RICE
(SERVES 4)
20 MIN PREP / 80 MIN COOK

M

PERSIAN LOADED HALLOUMI FRIES
(SERVES 4)
10 MIN PREP / 10 MIN COOK

BANGERS WITH BACON & ONION GRAVY
(SERVES 4)
15 MIN PREP / 20 MIN COOK

T

BREAKFAST BERRY & HAZELNUT MUFFINS
(LEFTOVERS)
MEAL PREP ALREADY DONE

CHAR SIU PORK & FRIED RICE
(LEFTOVERS)
MEAL PREP ALREADY DONE

W

BANGERS WITH BACON & ONION GRAVY
(LEFTOVERS)
MEAL PREP ALREADY DONE

BROCCOLI & CHEESE SOUP
(SERVES 8)
5 MIN PREP / 20 MIN COOK

T

SLOW COOKED GREEK LAMB SHOULDER
(SERVES 6)
10 MIN PREP / 4 HR COOK

CHINESE LEMON CHICKEN
(SERVES 4)
10 MIN PREP / 15 MIN COOK

F

EASY SHEPHERDS PIE
(SERVES 2) USES LEFTOVERS
10 MIN PREP / 15 MIN COOK

CHINESE LEMON CHICKEN
(LEFTOVERS)
MEAL PREP ALREADY DONE

S

BROCCOLI & CHEESE SOUP
(LEFTOVERS)
MEAL PREP ALREADY DONE

BEEF BRISKET RAGU LASAGNE
(SERVES 9)
30 MIN PREP / SLOW COOK

MADCREATIONS*

MY MEAL PLAN

Create your own meal plan

	MEAL 1	MEAL 2	MEAL 3
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

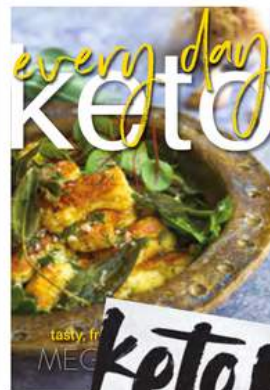
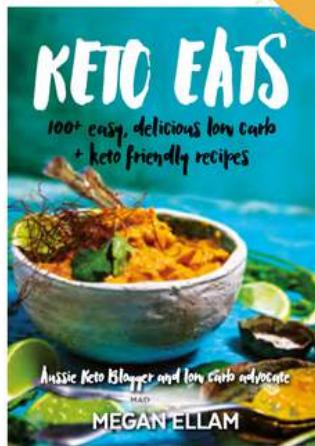
EGG FAST 3.0 MACROS

Which Came First Broth	PER SERVE 72 KCAL 0 NET CARBS 1 PROTEIN 7 FAT
Mexican Broth	PER SERVE 81 KCAL 0 NET CARBS 1 PROTEIN 7 FAT
Italian Broth	PER SERVE 76 KCAL 0 NET CARBS 1 PROTEIN 7 FAT
Asian Broth	PER SERVE 86 KCAL 1 NET CARBS 1 PROTEIN 8 FAT
Chicken Tortilla Soup	PER SERVE 178 KCAL 2 NET CARBS 16 PROTEIN 10 FAT
Thai Poached Egg Soup	PER SERVE 197 KCAL 2 NET CARBS 17 PROTEIN 13 FAT
Be'fast Shake	PER SERVE 404 KCAL 2 NET CARBS 15 PROTEIN 37 FAT
Lemon Sherbet Shake	PER SERVE 354 KCAL 3 NET CARBS 25 PROTEIN 26 FAT
Tiramisu Frappuccino	PER SERVE 285 KCAL 2 NET CARBS 20 PROTEIN 22 FAT
Dalgona Flip	PER SERVE 146 KCAL 1 NET CARBS 5 PROTEIN 14 FAT
Golden Caramylk Latte	PER SERVE 250 KCAL 1 NET CARBS 14 PROTEIN 24 FAT
Hemp Mylk	PER SERVE 88 KCAL 1 NET CARBS 6 PROTEIN 7 FAT
Omelette Roll Up	PER SERVE 191 KCAL 1 NET CARBS 17 PROTEIN 13 FAT
Curried Egg Wrap	PER SERVE 327 KCAL 2 NET CARBS 16 PROTEIN 28 FAT
Baked Green Eggs	PER SERVE 285 KCAL 3 NET CARBS 22 PROTEIN 20 FAT
Bacon & Munavoi Wrap	PER SERVE 475 KCAL 1 NET CARBS 18 PROTEIN 44 FAT
Pizza Bread	PER SERVE 192 KCAL 1 NET CARBS 14 PROTEIN 15 FAT
Momofuku Soy Eggs	PER SERVE 135 KCAL 1 NET CARBS 12 PROTEIN 8 FAT
Jalapeño Popper Eggs	PER SERVE 307 KCAL 2 NET CARBS 14 PROTEIN 27 FAT
Old-Fashioned Custard	PER SERVE 285 KCAL 2 NET CARBS 10 PROTEIN 27 FAT
Baked Custard	PER SERVE 285 KCAL 2 NET CARBS 10 PROTEIN 27 FAT
Layered Custard	PER SERVE 190 KCAL 1 NET CARBS 7 PROTEIN 18 FAT
Blank Slate Fast Ice Cream	PER SERVE 220 KCAL 2 NET CARBS 14 PROTEIN 18 FAT
Stick It Ice Cream Pops	PER SERVE 220 KCAL 2 NET CARBS 14 PROTEIN 18 FAT
Chocolate Cannoli Crepes	PER SERVE 135 KCAL 1 NET CARBS 11 PROTEIN 11 FAT
Chocolate Petit Fours	PER SERVE 81 KCAL 1 NET CARBS 3 PROTEIN 7 FAT
Thai Marbled Eggs	PER SERVE 322 KCAL 2 NET CARBS 17 PROTEIN 27 FAT
French Onion Frittata	PER SERVE 407 KCAL 3 NET CARBS 18 PROTEIN 36 FAT
Scrambled Quesadilla	PER SERVE 346 KCAL 2 NET CARBS 18 PROTEIN 28 FAT
Omuglette	PER SERVE 281 KCAL 3 NET CARBS 22 PROTEIN 20 FAT
Arabic Eggs	PER SERVE 235 KCAL 1 NET CARBS 11 PROTEIN 20 FAT
Fried Boiled Eggs	PER SERVE 303 KCAL 1 NET CARBS 11 PROTEIN 28 FAT
Mediterranean Eggs	PER SERVE 325 KCAL 3 NET CARBS 20 PROTEIN 39 FAT
Lemon Chili Fettuccine	PER SERVE 563 KCAL 4 NET CARBS 15 PROTEIN 54 FAT
Fried Eggs & Haloumi Hash	PER SERVE 448 KCAL 4 NET CARBS 25 PROTEIN 37 FAT
Impossible Pie	PER SERVE 358 KCAL 2 NET CARBS 22 PROTEIN 29 FAT
No-Potato Bake	PER SERVE 340 KCAL 1 NET CARBS 16 PROTEIN 30 FAT
Famous Bacon Pizza	PER SERVE 431 KCAL 2 NET CARBS 26 PROTEIN 35 FAT

Greens Mix	PER SERVE 6 KCAL 0.5 NET CARBS 0.3 PROTEIN 0 FAT
Cooked Egg Mayo	PER SERVE 85 KCAL 0 NET CARBS 0 PROTEIN 9 FAT
60-Second Hollandaise	PER SERVE 120 KCAL 0 NET CARBS 1 PROTEIN 13 FAT
Argentinian	PER SERVE 88 KCAL 1 NET CARBS 0 PROTEIN 9 FAT
Hemp Seed Pesto	PER SERVE 168 KCAL 1 NET CARBS 4 PROTEIN 17 FAT
Nam Jim	PER SERVE 9 KCAL 1 NET CARBS 0 PROTEIN 0 FAT
Mediterranean Butter	PER SERVE 162 KCAL 0.5 NET CARBS 1 PROTEIN 18 FAT
Curried Butter	PER SERVE 223 KCAL 0.5 NET CARBS 0.3 PROTEIN 25 FAT
Tomato & Chili Butter	PER SERVE 165 KCAL 1.5 NET CARBS 1 PROTEIN 18 FAT
Egg Butter - Munavoi	PER SERVE 327 KCAL 1 NET CARBS 11 PROTEIN 31 FAT
Egg Fasta	PER SERVE 100 KCAL 1 NET CARBS 5 PROTEIN 8 FAT
Crackebread	PER SERVE 232 KCAL 1 NET CARBS 15 PROTEIN 18 FAT
Chinese Scallion Pancake	PER SERVE 235 KCAL 1 NET CARBS 15 PROTEIN 18 FAT
Egg Wraps	PER SERVE 44 KCAL 0 NET CARBS 4 PROTEIN 3 FAT
Egg Yolk Wrap	PER SERVE 18 KCAL 0 NET CARBS 4 PROTEIN 0 FAT
Egg White Wrap	PER SERVE 44 KCAL 0 NET CARBS 4 PROTEIN 3 FAT
Curry Wrap	PER SERVE 44 KCAL 0 NET CARBS 4 PROTEIN 3 FAT

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