



*In Balance
Pilates*

Ketogenic Diet

Lisa Khera

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bulletproof Latte	 Eggvocado	 Bulletproof Latte	 Eggvocado	 Bulletproof Latte	 Bacon, Eggs, Avocado & Sauerkraut	 Bacon, Eggs, Avocado & Sauerkraut
Snack 1	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Olive Medley	 Olive Medley	 Olive Medley
Lunch	 Smoked Salmon Wrapped Avocado	 One Pan Mediterranean Trout	 Pesto Zoodles with Poached Egg	 Sausage, Broccoli & Cabbage Stir Fry	 Smoked Salmon Salad	 Roasted Chicken with Zucchini & Olives	 Roasted Chicken with Zucchini & Olives
Snack 2	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts
Dinner	 One Pan Mediterranean Trout	 Pesto Zoodles with Poached Egg	 Sausage, Broccoli & Cabbage Stir Fry	 Smoked Salmon Salad	 Roasted Chicken with Zucchini & Olives	 Cauliflower Shepherd's Pie	 Cauliflower Shepherd's Pie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  72%	Fat  71%	Fat  74%	Fat  70%	Fat  81%	Fat  71%	Fat  71%
Carbs  8%	Carbs  10%	Carbs  13%	Carbs  13%	Carbs  8%	Carbs  12%	Carbs  12%
Protein  20%	Protein  19%	Protein  13%	Protein  17%	Protein  11%	Protein  17%	Protein  17%
Calories 1305	Calories 1670	Calories 1193	Calories 1505	Calories 1429	Calories 1601	Calories 1601
Fat 107g	Fat 136g	Fat 102g	Fat 122g	Fat 132g	Fat 132g	Fat 132g
Carbs 27g	Carbs 44g	Carbs 39g	Carbs 53g	Carbs 29g	Carbs 49g	Carbs 49g
Fiber 17g	Fiber 27g	Fiber 12g	Fiber 27g	Fiber 12g	Fiber 21g	Fiber 21g
Sugar 7g	Sugar 14g	Sugar 18g	Sugar 15g	Sugar 7g	Sugar 16g	Sugar 16g
Protein 68g	Protein 83g	Protein 42g	Protein 65g	Protein 41g	Protein 70g	Protein 70g
Cholesterol 508mg	Cholesterol 1024mg	Cholesterol 673mg	Cholesterol 1027mg	Cholesterol 321mg	Cholesterol 567mg	Cholesterol 567mg
Sodium 1852mg	Sodium 1938mg	Sodium 2025mg	Sodium 2114mg	Sodium 2167mg	Sodium 2667mg	Sodium 2667mg
Vitamin A 4042IU	Vitamin A 5768IU	Vitamin A 4383IU	Vitamin A 3320IU	Vitamin A 1939IU	Vitamin A 6919IU	Vitamin A 6919IU
Vitamin C 45mg	Vitamin C 98mg	Vitamin C 179mg	Vitamin C 167mg	Vitamin C 44mg	Vitamin C 126mg	Vitamin C 126mg
Calcium 306mg	Calcium 449mg	Calcium 352mg	Calcium 409mg	Calcium 294mg	Calcium 387mg	Calcium 387mg
Iron 9mg	Iron 13mg	Iron 11mg	Iron 14mg	Iron 16mg	Iron 20mg	Iron 20mg

Fruits

- 4 1/2 Avocado
- 1 3/4 Lemon

Breakfast

- 3 cups Organic Coffee

Seeds, Nuts & Spices

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

Vegetables

- 1/2 cup Baby Spinach
- 1 1/2 cups Basil Leaves
- 2 cups Broccoli
- 1 Carrot
- 1/2 head Cauliflower
- 1 stalk Celery
- 2 1/2 Garlic
- 3 cups Mixed Greens
- 1 1/2 cups Mushrooms
- 2 cups Purple Cabbage
- 2 Tomato
- 1 Yellow Onion
- 4 Zucchini

Boxed & Canned

- 1/3 cup Organic Coconut Milk

Bread, Fish, Meat & Cheese

- 300 grams Chicken Leg, Boneless With Skin
- 1/2 lb Extra Lean Ground Turkey
- 4 slices Organic Bacon
- 5 ozs Organic Chicken Sausage
- 2 Rainbow Trout Fillet
- 200 grams Smoked Salmon

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 3/4 cup Artichoke Hearts
- 3 cups Assorted Olives
- 2 tbsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 cup Green Olives
- 1/4 cup Pitted Kalamata Olives
- 1/2 cup Sauerkraut

Cold

- 20 Egg
- 3 tbsps Ghee



Bulletproof Latte

1 serving

15 minutes

Ingredients

- 1 cup Organic Coffee (brewed)
- 1 tbsp Ghee
- 2 tbsps Organic Coconut Milk (canned, full-fat)

Nutrition

Calories	190
Fat	20g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	1g
Cholesterol	30mg
Sodium	115mg
Vitamin A	600IU
Vitamin C	0mg
Calcium	6mg
Iron	0mg

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.



Eggvocado

1 serving
15 minutes

Ingredients

- 1 Avocado
- 2 Egg

Nutrition

Calories	466
Fat	39g
Carbs	18g
Fiber	14g
Sugar	2g
Protein	17g
Cholesterol	372mg
Sodium	156mg
Vitamin A	833IU
Vitamin C	20mg
Calcium	80mg
Iron	3mg

Directions

- 1 Preheat oven to 350 degrees F.
- 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 10-15 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.



Bacon, Eggs, Avocado & Sauerkraut

2 servings

15 minutes

Ingredients

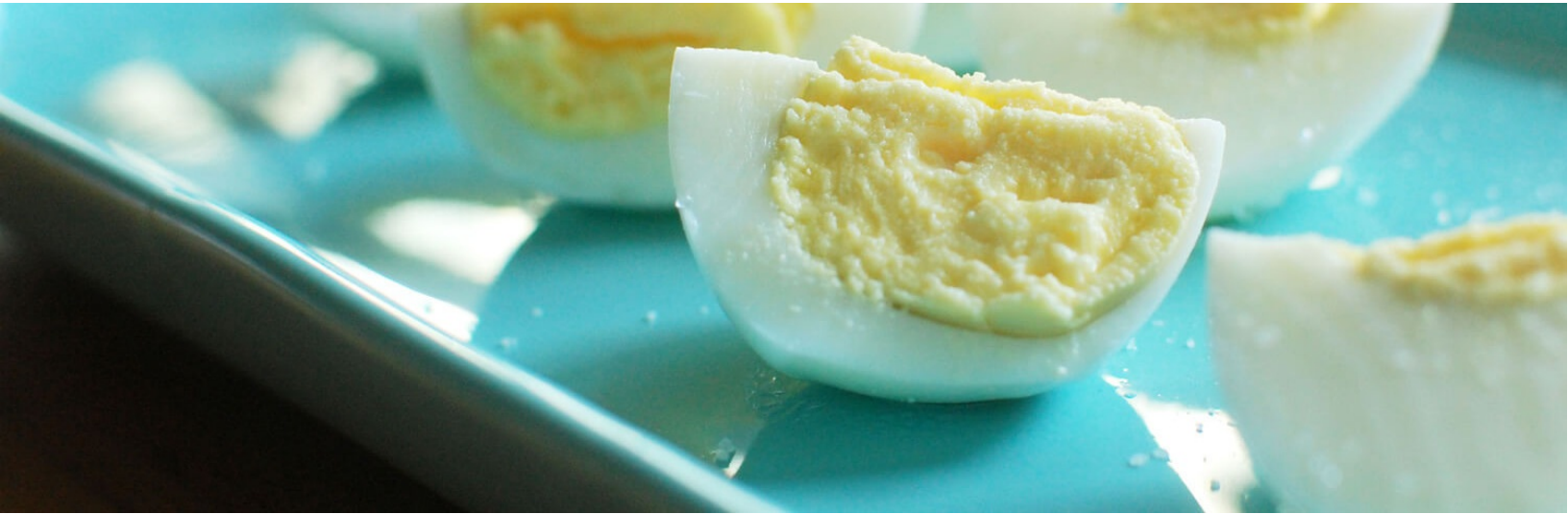
- 4 slices Organic Bacon
- 4 Egg
- 1 Avocado
- 1/2 cup Sauerkraut

Nutrition

Calories	400
Fat	31g
Carbs	11g
Fiber	8g
Sugar	2g
Protein	21g
Cholesterol	390mg
Sodium	740mg
Vitamin A	699IU
Vitamin C	15mg
Calcium	81mg
Iron	3mg

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!



Salt n' Vinegar Hard Boiled Eggs

4 servings

35 minutes

Ingredients

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

Nutrition

Calories	149
Fat	10g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	13g
Cholesterol	372mg
Sodium	732mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg

Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Olive Medley

3 servings

2 minutes

Ingredients

3 cups Assorted Olives

Nutrition

Calories	160
Fat	15g
Carbs	8g
Fiber	2g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	992mg
Vitamin A	448IU
Vitamin C	2mg
Calcium	112mg
Iron	8mg

Directions

- 1 Divide into bowls and enjoy!



Smoked Salmon Wrapped Avocado

2 servings

5 minutes

Ingredients

- 1 Avocado
- 100 grams Smoked Salmon (sliced)

Directions

- 1 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Nutrition

Calories	220
Fat	17g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Cholesterol	12mg
Sodium	343mg
Vitamin A	190IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg



Macadamia Nuts

1 serving

2 minutes

Ingredients

1/3 cup Macadamia Nuts

Nutrition

Calories	321
Fat	34g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg

Directions

- 1 Divide between bowls and enjoy!



One Pan Mediterranean Trout

2 servings

25 minutes

Ingredients

- 1 cup Basil Leaves
- 1/4 Lemon (juiced)
- 1/2 Garlic (clove)
- 1/8 tsp Sea Salt
- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet (about 5 oz. each)
- 3/4 cup Artichoke Hearts
- 1/4 cup Pitted Kalamata Olives
- 2 Tomato (large, quartered)

Nutrition

Calories	425
Fat	26g
Carbs	9g
Fiber	6g
Sugar	3g
Protein	39g
Cholesterol	94mg
Sodium	660mg
Vitamin A	2712IU
Vitamin C	34mg
Calcium	188mg
Iron	4mg

Directions

- 1 Preheat oven to 450F 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.



Pesto Zoodles with Poached Egg

2 servings

20 minutes

Ingredients

2 Zucchini (large)
 1/2 cup Basil Leaves
 1/2 cup Baby Spinach
 1/2 Garlic (clove, minced)
 2 tbsps Walnuts
 2 1/2 tbsps Extra Virgin Olive Oil
 1/2 Lemon (juiced)
 1/4 tsp Sea Salt
 2 Egg

Nutrition

Calories	309
Fat	27g
Carbs	9g
Fiber	3g
Sugar	6g
Protein	10g
Cholesterol	186mg
Sodium	388mg
Vitamin A	1683IU
Vitamin C	43mg
Calcium	87mg
Iron	2mg

Directions

- 1 Spiralize your zucchinis into noodles and set aside.
- 2 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 3 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 4 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

Notes

Nut-Free, Use sunflower or pumpkin seeds instead of walnuts.

More Carbs, Use brown rice pasta instead of zucchini noodles.

No Spinach, Use kale or any dark leafy green.

Meat Lover, Skip the poached egg and top with chicken, bacon or steak instead.

Vegan, Skip the poached egg and top with beans, lentils or chickpeas instead.



Sausage, Broccoli & Cabbage Stir Fry

2 servings

25 minutes

Ingredients

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

Nutrition

Calories	224
Fat	11g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g
Cholesterol	85mg
Sodium	788mg
Vitamin A	1560IU
Vitamin C	135mg
Calcium	165mg
Iron	5mg

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.



Smoked Salmon Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 3 cups Mixed Greens
- 100 grams Smoked Salmon (sliced)
- 1/2 Avocado (sliced)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	345
Fat	28g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	17g
Cholesterol	198mg
Sodium	436mg
Vitamin A	387IU
Vitamin C	11mg
Calcium	70mg
Iron	2mg

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.



Roasted Chicken with Zucchini & Olives

3 servings
1 hour 20 minutes

Ingredients

- 300 grams Chicken Leg, Boneless with Skin
- 1/4 tsp Sea Salt
- 2 Zucchini (medium, sliced)
- 1 cup Green Olives (sliced)
- 1 Lemon (juiced)
- 3 tbsps Extra Virgin Olive Oil

Nutrition

Calories	413
Fat	35g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	18g
Cholesterol	93mg
Sodium	622mg
Vitamin A	504IU
Vitamin C	30mg
Calcium	68mg
Iron	4mg

Directions

- 1 Preheat oven to 375F.
- 2 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 3 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 4 Remove from oven and let stand 15 minutes before serving. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 2 to 3 days.

More Carbs, Serve with rice, quinoa, or roasted potatoes.

Vegetarian/Vegan, Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.



Cauliflower Shepherd's Pie

2 servings

50 minutes

Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 1/2 lb Extra Lean Ground Turkey
- 1 1/2 cups Mushrooms (sliced)
- 1 Carrot (diced)
- 1 stalk Celery (diced)
- 1 1/2 tsps Italian Seasoning
- 1/8 tsp Sea Salt

Nutrition

Calories	307
Fat	17g
Carbs	16g
Fiber	5g
Sugar	8g
Protein	26g
Cholesterol	84mg
Sodium	311mg
Vitamin A	5268IU
Vitamin C	78mg
Calcium	88mg
Iron	3mg

Directions

- 1 Preheat oven to 350F.
- 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.