



Since 2013

Keto Grocery Shopping



COMFORT KETO
By MyKetoPal 



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By **MyKetoPal** 

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Benefits Of Comfort Keto Weekly Prepared Meals Program Participation

The task of leading a ketogenic lifestyle is surely challenging. There's no better and convenient place to start than enrolling into the *Comfort Keto weekly prepared meals program* to please everyone around the table. This program provides you with 10 nourishing meals for 5 days (2 meals a day intermittent fasting).

Benefits are beyond convenience. When you are on this program you do not need to...

- Manage your carb count.
- Hunt for keto recipes.
- Plan your meals.
- Prepare shopping lists.
- Gather your spices, herbs, keto friendly condiments.
- Waste time shopping in multiple conventional and specialty grocery stores.
- Manage the macros to fit ketogenic guidelines.
- Learn to cook with new keto-friendly ingredients.

Comfort Keto Weekly Prepared Meals Program Provides 5 Days Of 2 Keto Meals. What To Eat On The Remaining Two Days Of The Week?

In the following sections, we will share with you a number of keto-friendly products which you can find in conventional grocery stores. We will also find three (3) simple-to-fix ketogenic recipes which will help you put together simple meals that can cover your 6th and 7th days while you are on the *Comfort Keto weekly prepared meals program*. Also added are six (6) simple recipes for snack/sweets and drinks. Alternatively of course, if you chose to eat out on days 6 and 7, you can always refer to our E-Book titled "MyKetoPal E-Book 8 - Eating Out on Keto."



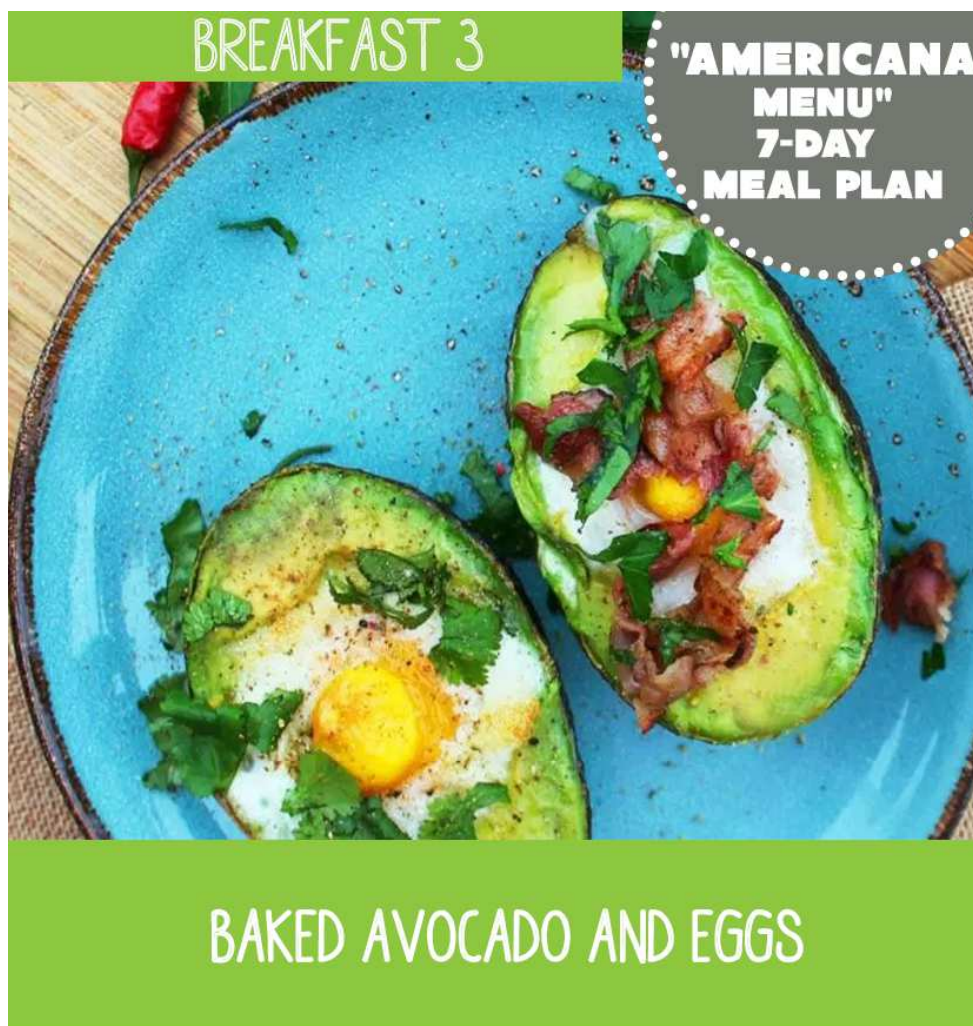
Place your orders for your *Comfort Keto weekly prepared meal package* at

<https://www.myketopal.com/comfort-keto-meals>



Simple Keto Recipes for Days 6 and 7

Recipe 1



INGREDIENTS

- 2 EGGS
- 2 TBSP REAL BACON BITS
- 1 MEDIUM AVOCADO
- 1/2 TSP CILANTRO
- SALT & PEPPER

458 CALS 4 NET CARBS



Simple Keto Recipes for Days 6 and 7

Recipe 1 Continued

INSTRUCTIONS



Heat the oven to 425 degrees F

- 1** Slice the avocado in half, lengthwise and twist to separate. Remove the pit and scoop out 1-1.5 tablespoons of avocado, creating a larger cavity.
- 2** Place the avocado halves in a baking dish, to keep them upright, and gently crack one egg on top of each half. Add herbs and 1 tbsp bacon bits per each avocado half.
- 3** Bake for 15-20 minutes. Remove from oven. Sprinkle with salt and pepper and enjoy!

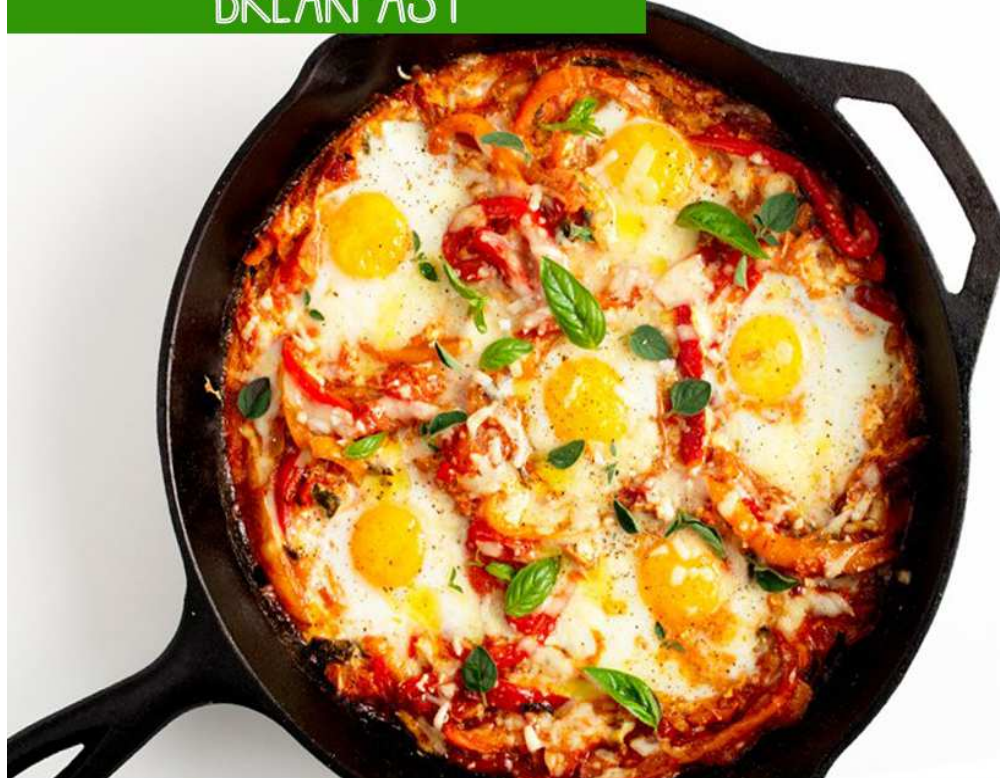




Simple Keto Recipes for Days 6 and 7

Recipe 2

BREAKFAST



BAKED EGGS

INGREDIENTS

- 2 TSP OLIVE OIL
- 1 SMALL RED ONION
- 3 CLOVES GARLIC
- 8 OZ CAN TOMATOES
- 1 TSP DRIED OREGANO
- 1 TSP SALT
- 1/4 TSP RED PEPPER FLAKES
- 5 OZ BABY SPINACH
- 4 EGGS
- 1/2 CUP GRATED PARMESAN
- 8 LEAVES FRESH BASIL

304 CALS 9 NET CARBS



Simple Keto Recipes for Days 6 and 7

Recipe 2 Continued

INSTRUCTIONS

- 1** Place a rack in the center of your oven and preheat the oven to 375 degrees F.
- 2** Heat the olive oil in a large, ovenproof, nonstick skillet over medium-high. Add the onion and cook, stirring often, until the onion is translucent, about 3 minutes. Add the garlic and cook just until fragrant, about 30 seconds. Stir in tomato sauce, oregano, salt, and red pepper flakes. Bring to a simmer and let cook until slightly thickened, about 3 minutes.
- 3** Stir in the spinach a few handfuls at a time, letting it wilt. With the back of a spoon, make 4 indentations in the sauce. Crack one egg inside of each, then sprinkle the Parmesan cheese over the whole dish.
- 4** Carefully transfer the pan to the oven. Bake until the egg whites are set but the yolks are still soft, 10 to 12 minutes. Remove from the oven and sprinkle with fresh basil. Serve hot and enjoy!





Simple Keto Recipes for Days 6 and 7

Recipe 3



- 3 EGGS
- 3 OZ FETA CHEESE
- 12 CHERRY TOMATOES
- 12 LEAF BASIL
- 3/4 BUNCH OF PARSLEY
- COCONUT OIL SPRAY
- 15 KALAMATA OLIVES
- A LEMON
- 15 GREEN OLIVES
- 3 PERSIAN CUCUMBERS
- 6 OZ GREEK YOGURT
- 3 BEEF SAUSAGES

445 CALS 4 NET CARBS



Simple Keto Recipes for Days 6 and 7

Recipe 3 Continued

INSTRUCTIONS



This is a 3 serving prep meal - one meal for now and two meals for later. Can be stored, refrigerated for 5 days.

- 1** Place 3 eggs in a saucepan; add enough cold water to cover by 1 in. Cover and bring to a boil. Remove from the heat. Let stand for 12 minutes.
- 2** Rinse eggs in cold water and place in ice water until completely cooled. peel and set aside
- 3** **Make healing breakfast greens**
Chop parsley, basil, and cherry tomatoes. Add salt, pepper & lemon juice. divide into 3 portions and set aside.
- 4** Fry sausage, divide into 3 portions set aside.
- 5** Divide feta into 3 portions, 1 oz each and set aside.
- 6** **Assembly:**
In each storage container, place 1 boiled egg, sliced in half, breakfast salad, 1 sausage, 1 oz of feta, 5 kalamata olives, 5 green olives, 1 persian cucumber (slice when ready to eat) and 2 oz of greek yogurt. Eat right away or store for later.



SERVINGS
3



PREP TIME
20 MINS



COOK TIME
20 MINS



Simple Keto Recipes for Days 6 and 7

Bonus Recipes for Everyday

BONUS RECIPES

SWEET TREATS

KETO CHOCOLATE FUDGE

16 SERVINGS 74 CALORIES 1 NET CARB



Ingredients

1/2 CUP Unsweetened cocoa powder
1/2 CUP Softened coconut oil
1/4 CUP unsweetened flaked coconut
1/3 cup of almond milk
10 packets Stevia
1 tablespoon vanilla extract

Directions

Combine all ingredients in a food processor.
Process until smooth.
Now spread the mixture into a 9 inch pan lined with parchment paper.
Refrigerate until hardened.
Remove from fridge. Fudge will easily peel off the parchment paper.
Cut into 9 pieces and indulge.

KETO SALTED MAPLE PECAN BARS

16 SERVINGS 144 CALORIES 1 NET CARB



INGREDIENTS for the Shortbread

2 cups almond flour
1/3 cup coconut oil – melted
1 tbsp keto friendly sweetener (Erythritol, Swerve or Lakanto Monkfruit)
1 tsp vanilla

INGREDIENTS for the Pecan Topping

3/4 cup Heavy Whipping Cream
1/2 cup Keto friendly sweetener (I used Lakanto Gold but Swerve/Erythritol or Lakanto Maple syrup would also work.)
1.5 tbsp butter
1/2 tsp Xanthan Gum (the thickener)
3/4 tsp sea salt
2 tsp maple extract
1/2 cup chopped pecans

Directions 1 (the Shortbread)

Melt coconut oil and get you a piece of parchment paper for your backing dish.
Mix all ingredients for shortbread in a bowl.
Mixture will appear fluffy and almost flour like.
Using your fingers and a utensil, press the shortbread crust into a 9x9 or an 8x10 baking dish for perfection in the thickness of the topping.
Using your spoon or ladle, flatten the crust into the dish and spread it pretty thin.
Bake 15 minutes. Take out and set aside to cool.

Directions 2 (the filling)

Mix all ingredients with the exception of your pecans in a sauce pan.
Bring to a simmer over medium heat.
Stir continuously with a whisk to completely combine all ingredients.
Simmer for approximately 7-10 minutes until mixture begins to bubble up and darken and thicken.
Remove from heat and allow to sit a minute.
Add chopped pecans and stir into the mixture.
Pour mixture onto the shortbread crust.
Place pecan halves strategically so you can cut 12 bars



Simple Keto Recipes for Days 6 and 7

Bonus Recipes for Everyday

BONUS RECIPES

SWEET TREATS

KETO CHOCOLATE CHIP ICE CREAM 8 HALF CUP SERVINGS 254 CALORIES 4 NET CARBS



Ingredients

- 2 tsp Vanilla
- 2 cups Heavy Cream
- 10 packets Stevia
- 16 Pieces, Unsweetened Baking Chocolate Bar

Directions:

Chop chocolates finely and set aside.

In a cold bowl, pour heavy whipping cream, vanilla and add sweetener packets. Whip with a mixer until soft peaks form. Add chopped chocolate and gently mix in .

Pour cream into a plastic covered container and freeze for 2 hours before serving. **Enjoy!**

SALTED MAPLE DONUTS

12 SERVINGS 144 CALORIES 1 NET CARB



Ingredients for donut:

- 1 cup Almond Flour
- 1/3 cup erythritol
- 2 tsp, Clabber Girl
- 1 tbsp Cinnamon
- 1/8 tsp Sea Salt
- 1/4 cup Butter - Salted
- 1/4 cup Almond Milk - Vanilla - Unsweetened
- 2 large eggs
- 1/2 tsp Vanilla extract

Ingredients for frosting:

- 4 tbsp coconut oil
- 4 tbsp sugar free maple syrup
- Dash of salt

Directions 1 (the Shortbread)

Preheat the oven to 350 degrees F (177 degrees C). Grease a donut pan well.

In a large bowl, stir together the almond flour, erythritol, baking powder, cinnamon, and sea salt.

In a small bowl, whisk together the melted butter, almond milk, egg, and vanilla extract. Whisk the wet mixture into the dry mixture.

Transfer the batter evenly into the donut cavities, filling them 3/4 of the way. Bake for about 15-18 minutes, until golden. Cool until donuts are easy to remove from the pan.

Meanwhile, in a small bowl, stir together melted coconut oil and sugar free maple syrup until a frosting forms.

When the donuts have cooled enough to easily remove from the molds, transfer them to a cutting board. Brush top of one donut with frosting to coat. Repeat with the remaining donuts.



Simple Keto Recipes for Days 6 and 7

Bonus Recipes for Everyday

BONUS RECIPES

BEVERAGES

KETO COCONUT COFFEE

1 SERVINGS 220 CALS 12 OZ SERVING 0 NET CARBS



Ingredients:

12 oz of brewed coffee
1 tbsp coconut oil
1 tbsp butter
Stevia if desired

Directions:

Place hot brewed coffee in a blender with coconut oil and butter then blend.

Pour into cup and enjoy.

HEALING HIBISCUS ICE TEA

32 OZ / 4 SERVINGS 5 CALORIES 0 NET CARB



Ingredients:

Dried hibiscus flowers (can be purchased at latin markets under the name, "Jamaica")
32 oz water
6-10 stevia packets
Juice of 1 lemon
1/2 tsp cinnamon

Directions:

Bring water to a boil, then fill a pitcher with 1/4 cup hibiscus flowers. Squeeze in entire lemon, zest the lemon and toss that in. Add cinnamon and stevia. Stir and chill. Serve over ice.

What can you drink on the keto diet?

Here are some carb- and sugar-free additions:

Diet tonic water
Seltzer water
Erythritol or stevia instead of sugar
Sugar-free or diet drinks (preferably those sweetened with natural sugar-free options like erythritol or stevia)

Ingredients:

8 oz unsweetened vanilla coconut milk
1/4 cup blueberries
1/2 cup Fage 5% Total Greek yogurt
1 cup spinach
2 stevia packets
1 tbsp chia seeds
1/2 cup ice

LOW CARB SMOOTHIES



Directions:

Add all ingredients to blender and blend until smooth.



A Typical Keto Food Haul For Home Chefs; Stock In Your Pantry And/Or Refrigerator





Recommended Store Products (Random Selection)

ALDI



COSTCO





Recommended Store Products (Random Selection)

SPROUTS



TRADER JOE'S





Recommended Store Products (Random Selection)

WALMART



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