



GemeyLovesKeto.com
**Two Week Carb Cleanse &
Grocery List**
Gemey@GemeyLovesKeto.com

Breakfast

(Can drink the same drink for breakfast daily, or change it up per your desire)

Bulletproof Coffee

- 2 cups freshly brewed hot coffee
- 1 Tbsp grass-fed butter
- 1 Tbsp MCT oil
- 1 scoop collagen protein powder (optional, but recommended. Do NOT add collagen protein on Days 6 & 13!)

Blend all ingredients together in a blender until creamy and a foam forms on top. If adding collagen, add in the last 10 seconds of the blending process.

Makes 1 serving

Vanilla Latte (coffee and caffeine-free)

- 2 cups hot water
- 1 Tbsp grass-fed butter
- 1 tsp vanilla powder OR vanilla collagen powder (I use Dr. Axe's vanilla bone broth collagen powder)
- 1 Tbsp coconut or MCT oil
- 2-3 drops liquid stevia

Add all ingredients to a blender and blend at high speed until creamy with a foam top.

Makes 1 serving



Lunch

Days 1, 3, 5: Taco Salad

Taco Mix

- 1lb grass-fed organic ground beef (or free-range organic chicken)
- 2 Tbsp grass-fed butter or ghee
- ½ fresh lime, squeezed
- 1-2 Tbsp cayenne powder (omit if you're sensitive)
- 1 tsp dried oregano
- Sea salt to taste

In a medium pan, sauté the beef on medium-low until cooked gently but thoroughly. Your goal is not to brown the meat but to heat it enough that it's cooked through. Drain the excess liquid. Add the butter or ghee, lime juice, cayenne powder, oregano, sea salt. Add more seasoning if you wish. Makes 3-4 servings of Taco Mix.

Salad

- 1 cup organic spring lettuce
- ¼ cup shredded green cabbage
- 1/2 carrot, shredded
- 1 cucumber, cut into slices
- ½ avocado, sliced

Lay a bed with all of the salad ingredients, starting with the lettuce. Add about ¼ portion of Taco Mix on top and then drizzle with dressing. Makes 1 serving of salad.



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Creamy avocado dressing

- ½ avocado
- 1-2 Tbsp MCT oil
- 1 Tbsp apple cider vinegar
- 1 Tbsp fresh lemon juice
- 1 cup sliced cucumber
- ¼ cup chopped fresh cilantro
- 1 spring onion (optional)
- Sea salt to taste

Combine all ingredients in a blender and blend until creamy. Makes about 4 servings.

Days 2, 4: Meatballs

- 1 pastured whole egg
- ¼ cup ground almonds or almond butter
- Sea salt
- 1 Tbsp MCT oil
- 1 tsp ground turmeric
- 1 tsp chili powder
- 1-pound grass-fed organic beef, bison, lamb, or organic free-range chicken

Preheat the oven to 320.

Combine the eggs, nuts, ½ tsp salt, oil, turmeric, and chili powder and mix into the meat by hand to thoroughly combine. Form the meat into small balls the size of a ping-pong ball and place them on a rimmed baking sheet lined with foil. Sprinkle salt on the meatballs before placing them in the oven. Bake for 20-25 minutes, depending on the size of the meatball. Makes about 4 servings.



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Day 6: Guacamole with cucumber and/or celery slices

- 1-2 large, ripe Hass avocados, peeled
- 2-4 Tbsp MCT oil
- 2 tsp of sea salt
- 1-3 tsp apple cider vinegar or lime

Blend everything with a hand blender until it's very creamy. Stir in chopped cilantro or other herbs of your choice. Makes 1-2 servings (1 avocado = 1 serving).

Days 7, 9, 11: One-Pot Soup

- 4 cups washed and loosely chopped veggies: celery, fennel, cauliflower, broccoli, and/or spinach
- 8 cups filtered water or bone broth
- 1 inch fresh ginger, peeled and chopped
- Sea salt to taste
- Fresh oregano and/or thyme
- 1 lb grass-fed organic ground meat (beef, bison, lamb or chicken)

Wash and chop your assortment of veggies and boil it in the water or broth with the ginger, ½ tsp salt, oregano/thyme. Once the water comes to a boil, add the ground meat directly to the water. When the veggies are tender and the meat is cooked thoroughly, remove from the heat, season with salt, and serve. Makes up to 6 servings.



Days 8, 10, 12: Un-Omelet

- 1 cup broccoli broken up into florets or 1 cup chopped fennel or 3 cups raw spinach (or any combination of these)
- 1 or 2 raw pastured egg yolks
- 1 Tbsp MCT oil
- 1 Tbsp lemon juice or apple cider vinegar
- Fresh rosemary, oregano, and/or thyme, to taste
- Sea salt

Stem the vegetables and drain well. In the meantime, pour hot tap water into your blender to preheat it. Empty the hot water from the blender when the vegetables are ready. Add 2/3 of the vegetables, still piping hot, into the preheated blender along with the oil and vinegar. Blend into a creamy sauce.

Cook the eggs to your liking (fried or scrambled in a little butter/ghee/MCT oil, poached, hard boiled, etc.)

Top the remaining vegetables with eggs, then pour the veggie sauce over top. Sprinkle with herbs and salt to taste. Makes 1 serving.

Day 13: Chocolate Pudding

- 1 Tbsp MCT oil
- 1 small Hass avocado
- ½ cup coconut cream
- 1 Tbsp unsweetened cocoa powder
- ½-1 Tbsp xylitol, lightly pulsed in a food processor to a more powdered texture
- 1 Tbsp psyllium husk + 1 Tbsp water (optional, but makes it more filling)

Blend all ingredients to a nice, creamy texture. Enjoy! Makes 1 serving.



Dinner

Days 1, 3, 5: BP Stew

- 1-2 lbs grass-fed organic beef chuck OR free-range chicken thighs, cut into 1-inch cubes
- 3 Tbsp ghee, divided
- 1 inch fresh ginger, peeled & thinly sliced
- 1 Tbsp ground turmeric
- 3 cups bone broth OR 3 cups water + 3 Tbsp collagen powder
- 2 cups chopped broccoli florets
- 2 cups diced radishes
- 1 large zucchini, cut in half moons
- 2 cups unsweetened coconut milk (cashew milk would also work)
- 1 Tbsp high-quality olive oil
- Fresh cilantro, chopped (optional)

Lightly sprinkle salt on the meat cubes/chicken. Heat 1-2 Tbsp of the ghee in a pan on medium-high heat. When it starts to bubble slightly, brown on all sides of the meat in single-layer batches. Be careful not to burn. Add the remaining ghee and the ginger and stir until fragrant, about 2 minutes. Add the turmeric and stir frequently for 1 minute. Add the broth or water with collagen and the meat and bring to a boil, stirring the sides and bottom of the pan to ensure nothing is stuck to the bottom. Reduce the heat to medium-low, cover, and simmer, stirring occasionally, for 45 minutes-1 hour or until the meat/chicken is tender. Add the radishes and simmer for 15 minutes. Add the zucchini and simmer for 5-10 minutes. Stir in the coconut milk and olive oil. Garnish with cilantro and serve. Makes up to 8 servings (depending on how much protein is used)



Days 2, 4: Pulled Chicken or Pork with cauliflower-bacon mash

Pulled Chicken or Pork

- 6 strips uncooked, uncured bacon
 - 4lbs organic pork shoulder or bone-in/skin-on chicken thighs
 - Sea salt to taste
 - 2 Tbsp dried oregano
 - 1 Tbsp ground turmeric
1. Place the bacon strips at the base of the slow cooker or Instant Pot. Salt the meat, rub in the oregano and turmeric, and add to the base of the slow cooker/Instant Pot.
 - a. Slow cooker: cook on low 14-16 hours for pork and 5 hours for chicken, depending on desired crispiness.
 - b. Instant Pot: set on Meat, high pressure, for 50 minutes for pork shoulder; 25 minutes for chicken
 2. Shred the meat (and remove bones if necessary).
 3. You can eat plain OR combine the juice from the meat with ½ cup xylitol and ½ cup apple cider vinegar and use as a sauce. Makes about 10 servings.

Cauliflower-Bacon Mash

- 1 large head cauliflower, cut into florets
 - 4 Tbsp grass-fed unsalted butter
 - 2 Tbsp MCT oil
 - ½ Tbsp apple cider vinegar
 - Sea salt to taste
 - ½ lb uncured bacon, lightly cooked (not crispy), diced
1. Steam the cauliflower until tender, drain, and blend ¾ of the cauliflower with all other ingredients except the bacon in a high-powered blender. Stir in the bacon. Pulse until chunky. Makes 4-5 servings.



Days 6 & 13: Iceberg Salad with Shirataki Noodles

Salad

- 1 head iceberg lettuce, chopped
- 1 small bunch radishes, thinly sliced
- ½ avocado, sliced
- ½ cup olives, pitted and chopped
- ½ cucumber, thinly sliced

Add as many or as few of these ingredients as you like and top with the Creamy Avocado Salad dressing. Makes 1 large serving.

Shirataki Noodles

- 1 package Shirataki Noodles (produce section of your grocery store should have them!)
- 1 egg yolk
- ½ cup unsweetened almond milk (or canned full fat coconut milk)
- ¼ tsp garlic powder
- Sea salt to taste
- ½ Tbsp psyllium husk (optional, but adds a lot of texture)
- ¼ tsp xanthan gum or Cream of Tartar
- 1 Tbsp olive oil (if you can get a flavor-infused oil such as truffle, rosemary or garlic – even better!!)
- ½ Tbsp ghee

Drain and rinse the Shirataki noodles; set aside on paper towels to air-dry. (You could even put these in the oven at 200 degrees to assist in drying.)

Heat a large saucepan over medium-high heat and add the ghee. Fry the noodles, allowing all of the steam to release. Remove the noodles from heat and place on a plate or in a bowl.

Blend together all remaining ingredients in a high-speed blender, then pour immediately over the hot noodles. Makes 2 servings.



Days 7, 9, 11: Oven Burgers wrapped in Bacon with Creamed Vegetables

Oven Burgers

- 2 lbs ground grass-fed beef or free-range chicken
- 2 Tbsp dried oregano
- 1 Tbsp dried rosemary
- 2 tsp ground turmeric
- Sea salt
- 4 large slices uncured bacon

Preheat the oven to 325.

Form the meat into 8 burgers. Rub the herbs and salt on the meat directly. Place ½ strip of bacon on each burger. Bake for 15-20 minutes or until the bacon is golden on the outside and the burger is cooked thoroughly. Makes 8 servings.

Creamed Vegetables

- 1 bunch asparagus, broccoli and/or zucchini
- 3 Tbsp grass-fed unsalted butter
- 2 Tbsp MCT oil
- ½ Tbsp apple cider vinegar
- Bunch fresh herbs of your choice: parsley, cilantro, oregano, dill, sage, and/or thyme
- Sea salt to taste

Steam the veggies until just tender. Remove 1/3 of the veggies while hot and put them in the blender. Add the rest of the ingredients (except the remaining veggies) and blend until smooth and creamy. Drizzle this mixture over the remaining vegetables. Makes 4 servings.



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Days 8, 10, 12: BP Hash

- 1-3 Tbsp pastured lard, tallow, bacon grease, or coconut oil
- ½ cup radishes, diced
- 1 tsp ground turmeric
- ½ tsp sea salt
- ½ tsp ground ginger or grated fresh ginger
- 1-2 Tbsp grass-fed butter or ghee
- 2-3 free-range eggs

In a skillet, heat the fat over medium heat and add the radishes, turmeric, salt and ginger. Continue to cook until the radishes are soft. Melt the butter in another skillet over medium heat. In the second skillet, fry the eggs over easy or sunny side up. Serve the eggs on top of the hash and let the yolk drain into the hash. Makes 1 serving.



Dessert – eat this right after dinner

Days 1, 3, 5: Almond Truffle Cups

- 1 recipe Chocolate Truffle Pudding (see below)
- ½ cup raw almond butter
- 2 Tbsp grass-fed unsalted butter
- 2 Tbsp xylitol
- Dash sea salt

1. Prepare the pudding. Before pouring the contents into muffin tins or ramekins, mix the almond butter, butter, xylitol, and salt together. Line the muffin cups with a layer of the almond butter mixture. Pour the pudding on top and let it set in the fridge for an hour. Makes 12 servings.

Days 2, 4: BP Cupcakes

- 12 Tbsp erythritol or xylitol (or a 50/50 mix)
- 12oz Lily's sugar-free dark chocolate, chopped or chips
- ¾ cup grass-fed unsalted butter, at room temperature
- Tiny pinch sea salt
- 6 eggs at room temperature, separated
- 2 tsp vanilla extract
- 1 tsp unsweetened raw cacao or cocoa powder

Preheat oven to 350.

Line 18 muffin tin cups with paper liners. If you'd like to make a dozen, reduce the recipe by 1/3. Powder the erythritol/xylitol in a blender. Make sure to pulse it so friction doesn't melt the xylitol into a sticky mess! Set aside. Melt the chocolate and butter in a heavy, medium saucepan over low heat, stirring constantly, until smooth. Remove from the heat and stir often as it cools a little. Set aside. Mix 6 Tbsp of the powdered sweetener, salt, and all 6 egg yolks and beat on medium speed for about 3 minutes until thick and pale. Using a spatula, fold the egg-sweetener blend into the still-warm chocolate and add the vanilla, cocoa powder. Use a separate bowl to beat the egg whites on high speed until soft peaks form. Then slowly add the remaining 6 Tbsp of sweetener and beat until medium-firm peaks form. Fold the egg whites into the chocolate-egg yolk mixture little by little, in 3-4 batches.



Fill the cupcake liners $\frac{3}{4}$ full and bake for 11 minutes. Rotate the pan and bake for 11 more minutes. Use a wire rack to let them cool completely. If you want to make a frosting, use the sweetener mixed with grass-fed butter, cocoa powder and vanilla. Makes 18 servings.

Days 6 & 13: Berry Parfait

- $\frac{1}{2}$ cup strawberries, stems removed and chopped
- 2 Tbsp coconut cream
- 1-2 drops liquid stevia (optional)
- 1-2 drops pure vanilla extract (optional)

1. Mix together the coconut cream, stevia and vanilla. Pour over the chopped strawberries and stir to combine. Makes 1 serving.

Days 7, 9, 11: Chocolate Truffle Pudding

- 4 cups full-fat coconut milk, divided
- Up to 4 Tbsp xylitol or erythritol, to taste
- 1 Tbsp gelatin
- 2 tsp vanilla powder
- $\frac{3}{4}$ cup unsweetened cacao or cocoa powder
- 4 Tbsp grass-fed unsalted butter
- 1 Tbsp coconut or MCT oil
- $\frac{1}{4}$ cup macadamia nuts

Heat 1 cup coconut milk, xylitol, and gelatin in a saucepan over medium heat until dissolved. Place the remaining 3 cups of coconut milk in a blender with vanilla, cocoa powder, butter and oil. Blend thoroughly. Add the hot coconut milk mixture to the blender and pulse until mixed, with or without the macadamia nuts. Pour the entire blender contents into muffin tins or ramekins and place in the fridge for at least an hour to set. Makes 10 servings.

Days 8, 10, 12: BP Cupcakes

Recipe above



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Cleanse-Approved Snacks:

- More BP coffee (as long as it's before 2pm)
- 1 Tbsp grass-fed butter mixed with cocoa powder
- Guacamole with celery and/or cucumber slices
- A square of Lily's sugar-free dark chocolate
- Natural almond butter on celery sticks
- Equal parts natural almond butter & grass-fed butter mixed with cocoa powder.



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Grocery List

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| <ul style="list-style-type: none"><input type="checkbox"/> Coffee<input type="checkbox"/> Grass-fed butter (I prefer Kerrygold)<input type="checkbox"/> Ghee <input type="checkbox"/> 4 cups washed and loosely chopped veggies: celery, fennel, cauliflower, broccoli, and/or spinach<input type="checkbox"/> 1 cup broccoli broken up into florets or 1 cup chopped fennel or 3 cups raw spinach (or any combination of these)<input type="checkbox"/> 2 cups chopped broccoli florets<input type="checkbox"/> 1 bunch asparagus, broccoli and/or zucchini<input type="checkbox"/> 3 small bunches radishes<input type="checkbox"/> 1 head iceberg lettuce<input type="checkbox"/> 1 large zucchini<input type="checkbox"/> 1 large head cauliflower<input type="checkbox"/> 2 Lime<input type="checkbox"/> 2 lemon<input type="checkbox"/> 1 cup strawberries<input type="checkbox"/> 3+ cups organic spring lettuce<input type="checkbox"/> Green cabbage<input type="checkbox"/> 2 carrots<input type="checkbox"/> 6 cucumber<input type="checkbox"/> 6 avocados<input type="checkbox"/> Cilantro<input type="checkbox"/> 1 spring onion (optional)<input type="checkbox"/> 2 ½ inches fresh ginger<input type="checkbox"/> ½ cup olives<input type="checkbox"/> Fresh oregano and/or thyme<input type="checkbox"/> Bunch fresh herbs of your choice: parsley, cilantro, oregano, dill, sage, and/or thyme<input type="checkbox"/> 1 package Shirataki Noodles<input type="checkbox"/> Unsweetened coconut or cashew milk (from the carton) | <ul style="list-style-type: none"><input type="checkbox"/> 5 pounds grass-fed organic beef, bison, lamb, or organic free-range chicken<input type="checkbox"/> 1-2 lbs grass-fed organic beef chuck OR free-range chicken thighs<input type="checkbox"/> 1 ½ lb uncured bacon<input type="checkbox"/> 4lbs organic pork shoulder or bone-in/skin-on chicken thighs<input type="checkbox"/> 2 dozen large pastured eggs <input type="checkbox"/> MCT oil<input type="checkbox"/> Apple cider vinegar<input type="checkbox"/> Olive oil<input type="checkbox"/> 1-3 Tbsp pastured lard, tallow, bacon grease, or coconut oil<input type="checkbox"/> Collagen protein/peptides (optional)<input type="checkbox"/> Vanilla powder OR vanilla collagen powder <input type="checkbox"/> Cayenne powder<input type="checkbox"/> Dried oregano<input type="checkbox"/> Ground turmeric<input type="checkbox"/> Chili powder<input type="checkbox"/> Dried rosemary<input type="checkbox"/> Himalayan sea salt<input type="checkbox"/> Garlic powder<input type="checkbox"/> Xanthan gum or cream of tartar <input type="checkbox"/> 11 cups bone broth (optional)<input type="checkbox"/> Coconut cream<input type="checkbox"/> 4 cups full-fat coconut milk<input type="checkbox"/> Psyllium husk (optional)<input type="checkbox"/> Raw almond butter<input type="checkbox"/> Macadamia nuts<input type="checkbox"/> Unsweetened cocoa powder<input type="checkbox"/> Xylitol<input type="checkbox"/> Liquid stevia<input type="checkbox"/> 12 oz Lily's sugar-free dark chocolate, chopped or chips<input type="checkbox"/> Pure vanilla extract<input type="checkbox"/> Gelatin |
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