



# THE MICRONUTRIENT MIRACLE

*Today's Specials*

Monthly  
Menu Plan  
for  
Ketogenic  
Protocol

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Limited foods are *italicized* so that you can see where they fit into your program.

Feel free to choose from any of the Miracle Pesto, Miracle Butters, and SKINNYFat Infusions as they all fit into the Ketogenic protocol. You should also remember that with this protocol *more* fat is preferred, so don't be shy about adding 2 to 4 frozen butter or pesto cubes to any recipe you like!

**Day 1 (Sunday)**

9 a.m. Scrambled eggs (2 or 3) with cream cheese, Cheddar cheese, bacon or sausage, and 1/2 cup of mushrooms (jalapeño pepper optional)

1 p.m. Triple Threat Shake

5 p.m. Bacon cheeseburger (no bun) with Really Creamy SKINNYFat Blue Cheese Dressing (page 288)

9 p.m. Triple Threat Double Chocolate Pudding (page 278) made with heavy cream instead of coconut milk

**Day 2 (Monday)**

7:30 a.m. Triple Threat Shake

12 p.m. Egg salad made with Five-Minute SKINNYFat Mayonnaise (page 287) on a small bed of lettuce or in lettuce wraps

3:30 p.m. Triple Threat Shake

7:30 p.m. Salmon sautéed in choice of Miracle Pesto or Miracle Butter and a small side salad with SKINNYFat dressing

**Day 3 (Tuesday)**

7:30 a.m. Triple Threat Vanilla Pudding (page 279) made with heavy cream instead of coconut milk

12 p.m. Big salad with leftover salmon and choice of SKINNYFat dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Fabulous Fajitas (page 316); omit bell peppers and wrap and load up on all the toppings; add one tablespoon of SKINNYFat into the sour cream to make super-keto sour cream

**Day 4 (Wednesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover fajitas and all the toppings, including super-keto sour cream

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278) made with heavy cream instead of coconut milk

7:30 p.m. Quick Tandoori Shrimp (page 302) with Cooling Cucumber Raita (page 286) and Indian Garlic Butter Cheese Non-Naan (page 320); add 1 tablespoon of SKINNYFat to raita recipe, and swap the Greek yogurt out for full-fat sour cream

**Day 5 (Thursday)**

7:30 a.m. Triple Threat Shake

12 p.m. Big salad with leftover Quick Tandoori Shrimp and special keto-adapted Cooling Cucumber Raita

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278) made with heavy cream instead of coconut milk

7:30 p.m. Bacon and cheese baked onto two chicken thighs and served with Buffalo Wing Sauce aka Jayson's Red Hot (page 289) and celery sticks dipped in Really Creamy SKINNYFat Blue Cheese Dressing (page 288)

**Day 6 (Friday)**

7:30 a.m. Triple Threat Shake

12 p.m. Broccoli and Cheese Soup (page 293); lower broccoli content to 2 cups chopped

3:30 p.m. Triple Threat Shake

7:30 p.m. Rib eye (or your choice of higher-fat protein) and 1 cup sautéed mushrooms with choice of Four-Ingredient Blender Hollandaise (page 290) or Miracle Pesto or Miracle Butter

**Day 7 (Saturday)**

9 a.m. Speedy Salmon Cakes (page 295) with Four-Ingredient Blender Hollandaise (page 290) and eggs any style

1 p.m. Triple Threat Shake

5 p.m. Rotisserie or baked whole chicken with Buffalo Wing Sauce aka Jayson's Red Hot (page 289) and Really Creamy SKINNYFat Blue Cheese Dressing (page 288)

9 p.m. Chocolate Triple Threat Ice Cream (page 281) made with heavy cream instead of coconut milk

**Day 8 (Sunday)**

9 a.m. French Onion Egg Tart (page 294); only use 1/2 of the onions, adding an additional 2 tablespoons of cream cheese to the egg mixture

1 p.m. Triple Threat Vanilla Pudding (page 279) made with heavy cream instead of coconut milk

5 p.m. Chicken salad made with chopped celery, leftover rotisserie chicken, and lots of Five-Minute SKINNYFat Mayonnaise (page 287) or Really Creamy SKINNYFat Blue Cheese Dressing (page 288) served in lettuce wraps

9 p.m. Triple Threat shake

**Day 9 (Monday)**

7:30 a.m. Triple Threat Shake

12 p.m. Grilled or broiled chicken thighs, asparagus, and choice of Miracle Pesto or Miracle Butter

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278) made with heavy cream instead of coconut milk

7:30 p.m. Greek Lamb Kabobs (page 306) served with Tzatziki (page 286); for skewer vegetables, use 1 onion and 6 large portobello mushrooms, and swap the Greek yogurt for full-fat sour cream and add 1 TBSP SKINNYFat to make the tzatziki

**Day 10 (Tuesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Greek Lamb Kabobs over lettuce with keto-adapted tzatziki

3:30 p.m. Triple Threat Shake

7:30 p.m. Chicken Wings (page 300) with Really Creamy SKINNYFat Blue Cheese Dressing (page 288) and celery sticks

**Day 11 (Wednesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover chicken wings and dressing

3:30 p.m. Triple Threat Chocolate Double Pudding (page 278) made with heavy cream instead of coconut milk

7:30 p.m. Pork chops with sautéed mushroom and Four-Ingredient Blender Hollandaise (page 290)

**Day 12 (Thursday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover pork on a salad with choice of SKINNYFat dressing

3:30 p.m. Triple Threat shake

7:30 p.m. Scallops in Lemon Butter Sauce (page 300) with 1/2 cup mushrooms sautéed in butter

**Day 13 (Friday)**

7:30 a.m. Triple Threat Vanilla Pudding (page 279) made with heavy cream instead of coconut milk

12 p.m. Mexican Chicken Wrap (page 304); limit to 2 tablespoons of salsa

3:30 p.m. Triple Threat Shake

7:30 p.m. Chicken thigh and mushrooms sautéed in Rich and Creamy Alfredo Sauce (page 285)

**Day 14 (Saturday)**

9 a.m. Smoked Salmon Cream Cheese Roll Ups (page 297) with fried eggs

1 p.m. Triple Threat Shake

5 p.m. Micronutrient Packed "Offal-y" Tasty Meatloaf (page 314) dipped in Really Creamy SKINNYFat Blue Cheese Dressing (page 288)

9 p.m. Triple Threat Double Chocolate Pudding (page 278) made with heavy cream instead of coconut milk

**Day 15 (Sunday)**

9 a.m. Leftover meatloaf with melted cheese, cream cheese, and fried egg sandwiches

1 p.m. Triple Threat Shake

5 p.m. Asparagus and cheese soup (start with Broccoli and Cheese Soup recipe on page 293, but replace broccoli with 2 cups of asparagus)

9 p.m. Triple Threat Shake

**Day 16 (Monday)**

7:30 a.m. Triple Threat Shake

12 p.m. Tuna salad wrap made from 1/2 can of tuna fish and Five-Minute SKINNYFat Mayonnaise served with lettuce and choice of SKINNYFat dressing in a Ridiculously Simple Warp (page 319)

3:30 p.m. Triple Threat Shake

7:30 p.m. Chili con keto; in a pot, combine 1.5 pounds of cooked ground chuck, 1/2 cup Buffalo Wing Sauce aka Jayson's Red Hot (page 289) with the butter added in, an 8-ounce package of cream cheese and combine and top with shredded Cheddar cheese and sour cream (makes 4 servings)

**Day 17 (Tuesday)**

7:30 a.m. Triple Threat Vanilla Pudding (page 279) made with heavy cream instead of coconut milk

12 p.m. Leftover chili con keto

3:30 p.m. Triple Threat Shake

7:30 p.m. Salmon or another omega-3-rich fish sautéed with choice of Miracle Pesto or Miracle Butter

**Day 18 (Wednesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Cheeseburger (no bun) with Really Creamy SKINNYFat Blue Cheese Dressing (page 288) and sauerkraut

3:30 p.m. Triple Threat Shake

7:30 p.m. Rotisserie or baked whole chicken with Buffalo Wing Sauce aka Jayson's Red Hot (page 289) and Really Creamy SKINNYFat Blue Cheese Dressing (page 288)

**Day 19 (Thursday)**

7:30 a.m. Triple Threat Vanilla Pudding (page 27&) made with heavy cream instead of coconut milk

12 p.m. Chicken salad made with chopped celery, leftover rotisserie chicken, and SKINNYFat mayo served in lettuce wraps with choice of SKINNYFat dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Thai Shrimp Noodle Soup (page 292); omit the carrots and green beans

**Day 20 (Friday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Thai Shrimp Noodle Soup

3:30 p.m. Triple Threat Chocolate Shake

7:30 p.m. Chicken thigh and mushrooms sautéed in Rich and Creamy Alfredo Sauce (page 285)

**Day 21 (Saturday)**

9 a.m. Burger bites—mini burgers (no buns) (approximately 1/6 pound each) cooked in a frying pan and then topped with a slice of cream cheese and a fried egg; eat two

1 p.m. Triple Threat Shake

5 p.m. Lamb chops with asparagus and choice of Miracle Pesto or Miracle Butter

9 p.m. Triple Threat Shake

**Day 22 (Sunday)**

9 a.m. Smoked Salmon Cream Cheese Roll Ups (page 297) with fried eggs

1 p.m. Triple Threat Shake

5 p.m. Crab legs dripping in butter

9 p.m. Chocolate Triple Threat Ice Cream (page 281) made with heavy cream instead of coconut milk

**Day 23 (Monday)**

7:30 a.m. Triple Threat Shake

12 p.m. Rustic Portobello Pizza Caps (page 310)

3:30 p.m. Triple Threat shake

7:30 p.m. Salmon and 1/2 cup mushrooms sautéed in choice of Miracle Pesto or Miracle Butter

**Day 24 (Tuesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Cheddar bacon bunless burger served with Really Creamy SKINNYFat Blue Cheese Dressing (page 288) and sauerkraut

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278) made with heavy cream instead of coconut milk

7:30 p.m. Greek Lamb Kabobs (page 306) served with Tzatziki (page 286); for skewer vegetables, use 1 onion and 4 large portobello mushrooms, and swap the Greek yogurt for full-fat sour cream and add 1 TBSP SKINNYFat to make the tzatziki

**Day 25 (Wednesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Greek Lamb Kabobs on a salad with keto-adapted tzatziki

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278) made with heavy cream instead of coconut milk

7:30 p.m. Chicken Wings (page 300) with Really Creamy SKINNYFat Blue Cheese Dressing (page 288) and celery sticks

**Day 26 (Thursday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover chicken wings and blue cheese dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Chicken thigh personal pizzas; Take 2 chicken thighs, grilled or broiled, top with 2 tablespoons of your favorite tomato sauce and make sure to put pepperoni and extra cheese on top, and drizzle with SKINNYFat Pizza in a Bottle Italian-Infused Oil. Bake in oven till melted and delicious.

**Day 27 (Friday)**

7:30 a.m. Triple Threat Shake (page 278)

12 p.m. Grilled or broiled chicken thigh on a big salad with choice of SKINNYFat dressing

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278) made with heavy cream instead of coconut milk

7:30 p.m. Peppercorn-Crusted Beef Tenderloin (page 307) with Four-Ingredient Blender Hollandaise (page 290) and sautéed mushrooms

**Day 28 (Saturday)**

9 a.m. Scrambled eggs (2 or 3) with cream cheese, Cheddar cheese, bacon or sausage, and 1/2 cup of spinach chopped

1 p.m. Triple Threat Shake

5 p.m. Grilled Tandoori Skewers (page 308) with Cooling Cucumber Raita (page 286) and Indian Garlic Butter Cheese Non-Naan (page 320); omit broccoli, cauliflower, and tomatoes and use six portobello mushrooms instead; for the raita, use sour cream and an additional tablespoon of SKINNYFat in place of the Greek yogurt

9 p.m. Chocolate Triple Threat Ice Cream (page 281) made with heavy cream instead of coconut milk







