



Keto for Cancer

Healing Recipes to
Nourish & Thrive

A 21-Day Meal Plan from
Courage Against Cancer



Healing is
possible

Keto for Cancer: Healing Recipes to Nourish & Thrive

A 21-Day Meal Plan from Courage Against Cancer

A transformative 21-day ketogenic meal plan designed to support cancer patients and those seeking healing through low-carb, high-fat recipes infused with cancer-fighting ingredients like medicinal mushrooms, anti-inflammatory spices, and nutrient-dense vegetables. This cookbook offers 84 unique recipes across Breakfast, Lunch, Dinner, and Snacks, complete with shopping lists, holistic healing tips, and resources for a premium value.

Presented by **Courage Against Cancer**



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Introduction: Your Healing Journey

Why Keto for Cancer?

The **ketogenic diet** reduces glucose, potentially starving cancer cells and lowering inflammation, while Courage Against Cancer's holistic approach integrates **repurposed compounds** (Fenbendazole, Ivermectin), **antiparasitic detox** (soursop, DMSO), and **mind-body practices** (affirmations, deep breathing). This cookbook, featuring 84 recipes with **cancer-fighting ingredients** (turmeric, chaga), pairs with our free **21-Day Protocol Guide and Detox Recovery Toolkit** (QR code, Page 122) to empower your healing. Consult your doctor before using experimental therapies.

Courage Against Cancer: Our Mission

Courage Against Cancer empowers cancer patients with holistic tools—keto nutrition, Ivermectin, Fenbendazole, antiparasitic detox, and mind-body wellness—to fight cancer and thrive beyond conventional care.

Courage Against Cancer: Our Goal


Courage Against Cancer aims to transform cancer care by funding research into holistic therapies, ensuring equitable access, educating future doctors, and building community clinics to deliver integrative, patient-centered solutions across the U.S.

- **Key Message:** This is your starting point for a healing journey, blending science and nature.
- **Healing Tip:** As you read, take a deep breath and set an intention for your transformation.

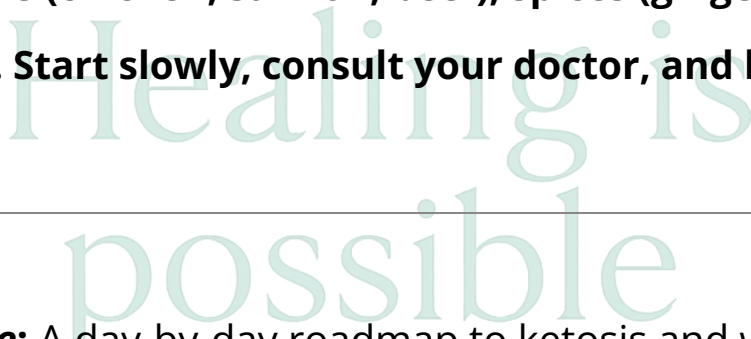
The 21-Day Protocol

The [Courageous Transformation 21-Day Protocol](#) (FREE download on page 125) is a structured plan to ease you into a keto lifestyle while supporting your healing. Each day includes:

- **Breakfast:** A nutrient-packed start (e.g., Turmeric Scrambled Eggs with Spinach).
- **Lunch:** A midday boost (e.g., Turmeric Chicken Salad with Spinach).
- **Dinner:** An evening restoration (e.g., Beef & Spinach Stir-Fry with Turmeric).
- **Snack:** A quick, healing bite (e.g., Almond & Chia Seed Mix with Cinnamon).



This 84-recipe plan (21 per category) spans 21 days, offering variety with proteins (chicken, salmon, beef), spices (ginger, rosemary), and superfoods. Start slowly, consult your doctor, and listen to your body.

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- **Key Message:** A day-by-day roadmap to ketosis and wellness.
 - **Healing Tip:** Visualize each meal as a step toward strength as you begin.

Daily Healing Affirmations & Tips (Day 1-5)

- Day 1: "I am open to healing." | Tip - Sip water with a slice of lemon to start hydrating.
- Day 2: "My body is strong." | Tip - Take 5 minutes to stretch gently.
- Day 3: "I nourish my cells." | Tip - Practice gratitude for one food item.
- Day 4: "I release what no longer serves me." | Tip - Journal a worry to let it go.
- Day 5: "I am resilient." | Tip - Breathe deeply (inhale 4, exhale 8) while cooking

Key Message: Small daily practices build a foundation for healing.

Healing Tip: Repeat your affirmation aloud each morning.

Daily Healing Affirmations & Tips (Day 6-10)

- Day 6: "I am filled with energy." | Tip - Add a pinch of cinnamon to your snack for warmth.
- Day 7: "My immune system thrives." | Tip - Visualize reishi boosting your defenses.
- Day 8: "I am at peace." | Tip - Meditate for 3 minutes after lunch.
- Day 9: "I trust my journey." | Tip - Reflect on a positive change you've noticed.
- Day 10: "I am healing every day." | Tip - Walk slowly for 5 minutes to connect with nature.

Key Message: Consistency deepens your healing process.

Healing Tip: Write down one affirmation to carry with you.

Daily Healing Affirmations & Tips (Day 11-15)

- Day 11: "I am surrounded by love." | Tip - Call a friend to share your progress.
- Day 12: "My body is balanced." | Tip - Stretch your arms and legs gently.
- Day 13: "I embrace change." | Tip - Try a new recipe with curiosity.
- Day 14: "I am growing stronger." | Tip - Visualize ginger reducing inflammation.
- Day 15: "I am aligned with health." | Tip - Sit quietly for 5 minutes to center yourself.

Key Message: Halfway through, celebrate your commitment.

Healing Tip: Share a meal moment with someone supportive.

Daily Healing Affirmations & Tips (Day 16-20)

- Day 16: "I am full of vitality." | Tip - Add kale to your snack for an antioxidant boost.
- Day 17: "I honor my body." | Tip - Practice deep breathing before dinner.
- Day 18: "I am in harmony." | Tip - Reflect on your favorite recipe.
- Day 19: "I am protected." | Tip - Visualize turkey tail strengthening you.
- Day 20: "I am ready to thrive." | Tip - Celebrate with a gentle walk or stretch.
- Day 21: "I am **transformed**." | Tip - Reflect on your journey and plan your next step.

Key Message: You're nearing the end—embrace your progress.

Healing Tip: Take a moment to thank yourself for 20 days of effort.

How to Use This Cookbook:

- Follow the 21-day plan, starting with one meal category if needed.
- Use shopping lists (Pages 35, 63, 88, 113) to source organic ingredients.
- Adjust portion sizes or swap proteins (e.g., chicken for turkey) with doctor approval.
- Incorporate healing tips daily for mind-body balance.
- Share recipes with your community using the "Share" button or QR codes.
- Incorporate Our **"21-Day Cancer Protocol - Courageous Transformations"** into your ***Keto for Cancer*** diet plan

"Using CAC's keto recipes and daily affirmations, I felt energized and hopeful during my breast cancer journey. The protocol's audio messages kept me motivated!" — Sarah, survivor

"The antiparasitic detox smoothies gave me a sense of control. CAC's holistic approach is unique." — Mark, caregiver

Share your story at CourageAgainstCancer.org/testimonials.

Key Message: This is your tool for ongoing healing—use it flexibly.

Healing Tip: Celebrate your completion with a favorite recipe.

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Quick Reference Guide

Purpose: A one-page overview to support your 21-day healing journey with keto basics, ingredient swaps, cooking tips, and a visual meal plan calendar.

☐ Keto Basics

- ☐ What is Keto?: A high-fat, low-carb diet (70–75% fat, 20–25% protein, 5% carbs) that shifts your body into ketosis, burning fat for fuel instead of sugar.
- ☐ Goal for Cancer Support: Reduce glucose to limit cancer cell growth, lower inflammation, and enhance energy.
- ☐ Daily Targets: Aim for 20–30g net carbs, 70–100g fat, 50–70g protein (adjust with your doctor).
- ☐ Stay Hydrated: Drink 8–10 cups of water daily; add a pinch of sea salt for electrolytes.

☐ Ingredient Substitutions

- ☐ Proteins: Swap chicken for turkey, salmon for shrimp, or beef for lamb (same quantities).
- ☐ Veggies: Replace zucchini with cucumber, kale with spinach, or broccoli with cauliflower (same carb count).
- ☐ Spices: Use ginger instead of turmeric, or thyme for rosemary (same measurements).
- ☐ Fats: Substitute coconut oil with olive oil, or almond butter with macadamia nut butter (same amounts).
- ☐ *Note:* Always check carb counts when swapping.

☐ Cooking Tips for Success

- ☐ Batch Prep: Cook proteins (e.g., chicken, beef) in bulk for 3–4 days; store in airtight containers.
- ☐ Keep It Simple: Use a single pan for stir-fries or bakes to save time (e.g., Day 1 Dinner: Beef & Spinach Stir-Fry).
- ☐ Enhance Flavors: Add a squeeze of lemon or a pinch of sea salt to bring out natural flavors without extra carbs.
- ☐ Monitor Ketosis: Use urine strips or a blood ketone meter to confirm you're in ketosis (0.5–3.0 mmol/L).

Healing Focus: As you cook, visualize each ingredient (e.g., turmeric, reishi) nourishing your cells.

21-Day Meal Plan Calendar

A visual guide to your daily meals and snacks. Follow the recipes on the corresponding pages - Ex. Day - Meal - (corresponding page) - meal - (corresponding page) - meal - (corresponding page). Feel free to pull the 3 corresponding daily recipe pages for ease of daily meal planning while using the **Shopping Lists** to gather recommended ingredients or substitutions.

☐ Week 1

- ☐ Day 1: [Breakfast](#) (12), [Lunch](#) (34), [Dinner](#) (56), [Snack](#) (78)
- ☐ Day 2: [Breakfast](#) (13), [Lunch](#) (35), [Dinner](#) (57), [Snack](#) (79)
- ☐ Day 3: [Breakfast](#) (14), [Lunch](#) (36), [Dinner](#) (58), [Snack](#) (80)
- ☐ Day 4: [Breakfast](#) (15), [Lunch](#) (37), [Dinner](#) (59), [Snack](#) (81)
- ☐ Day 5: [Breakfast](#) (16), [Lunch](#) (38), [Dinner](#) (60), [Snack](#) (82)
- ☐ Day 6: [Breakfast](#) (17), [Lunch](#) (39), [Dinner](#) (61), [Snack](#) (83)
- ☐ Day 7: [Breakfast](#) (18), [Lunch](#) (40), [Dinner](#) (62), [Snack](#) (84)

☐ Week 2

- ☐ Day 8: [Breakfast](#) (19), [Lunch](#) (41), [Dinner](#) (63), [Snack](#) (85)
- ☐ Day 9: [Breakfast](#) (20), [Lunch](#) (42), [Dinner](#) (64), [Snack](#) (86)
- ☐ Day 10: [Breakfast](#) (21), [Lunch](#) (43), [Dinner](#) (65), [Snack](#) (87)
- ☐ Day 11: [Breakfast](#) (22), [Lunch](#) (44), [Dinner](#) (66), [Snack](#) (88)
- ☐ Day 12: [Breakfast](#) (23), [Lunch](#) (45), [Dinner](#) (67), [Snack](#) (89)
- ☐ Day 13: [Breakfast](#) (24), [Lunch](#) (46), [Dinner](#) (68), [Snack](#) (90)
- ☐ Day 14: [Breakfast](#) (25), [Lunch](#) (47), [Dinner](#) (69), [Snack](#) (91)

☐ Week 3

- ☐ Day 15: [Breakfast](#) (26), [Lunch](#) (48), [Dinner](#) (70), [Snack](#) (92)
- ☐ Day 16: [Breakfast](#) (27), [Lunch](#) (49), [Dinner](#) (71), [Snack](#) (93)
- ☐ Day 17: [Breakfast](#) (28), [Lunch](#) (50), [Dinner](#) (72), [Snack](#) (94)
- ☐ Day 18: [Breakfast](#) (29), [Lunch](#) (51), [Dinner](#) (73), [Snack](#) (95)
- ☐ Day 19: [Breakfast](#) (30), [Lunch](#) (52), [Dinner](#) (74), [Snack](#) (96)
- ☐ Day 20: [Breakfast](#) (31), [Lunch](#) (53), [Dinner](#) (75), [Snack](#) (97)
- ☐ Day 21: [Breakfast](#) (32), [Lunch](#) (54), [Dinner](#) (76), [Snack](#) (98)

21-Day Keto Meal Plan: Breakfast Overview

- Day 1: [Turmeric Egg Scramble with Kale](#)
- Day 2: [Smoked Salmon & Cream Cheese Roll-Ups](#)
- Day 3: [Mushroom & Spinach Omelet](#)
- Day 4: [Bacon-Wrapped Asparagus with Poached Egg](#)
- Day 5: [Zucchini & Feta Frittata Bites](#)
- Day 6: [Sausage & Cauliflower Breakfast Hash](#)
- Day 7: [Mushroom Keto Smoothie](#)
- Day 8: [Broccoli & Cheddar Egg Muffins](#)
- Day 9: [Turkey Tail Mushroom & Egg Scramble with Arugula](#)
- Day 10: [Almond Flour Porridge with Cinnamon](#)
- Day 11: [Chaga Mushroom & Avocado Breakfast Bowl](#)
- Day 12: [Bacon & Egg Breakfast Salad](#)
- Day 13: [Keto Egg Drop Soup with Ginger](#)
- Day 14: [Coconut Flour Pancakes with Blueberries](#)
- Day 15: [Egg & Avocado Breakfast Tacos](#)
- Day 16: [Sausage & Spinach Breakfast Skewers](#)
- Day 17: [Egg & Bacon Breakfast Cups](#)
- Day 18: [Kale & Feta Egg Scramble with Rosemary](#)
- Day 19: [Smoked Salmon & Spinach Breakfast Bowl](#)
- Day 20: [Cauliflower & Egg Breakfast Casserole](#)
- Day 21: [Egg & Sausage Breakfast Pizza](#)

21-Day Keto Meal Plan: Breakfast (Unique Recipes for Days 1–21)

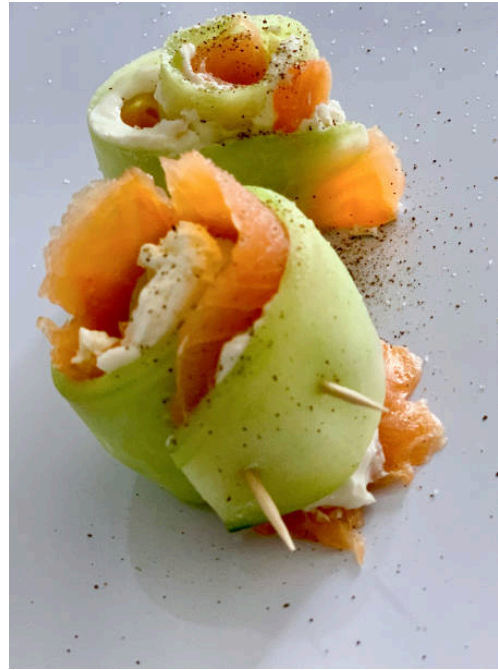
Day 1: Turmeric Egg Scramble with Kale (Page 14)

- **Ingredients** (Serves 1):
 - 2 large eggs
 - 1/2 cup kale, chopped
 - 1 tbsp butter (grass-fed)
 - 1/2 tsp turmeric powder
 - 1/4 tsp sea salt
 - 1/4 tsp black pepper
- **Time Involved:**
 - Prep Time: 5 minutes
 - Cook Time: 5 minutes
 - Total Time: 10 minutes
- **Nutritional Values** (Approximate):
 - Calories: 200
 - Fat: 16g
 - Protein: 12g
 - Carbs: 3g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Heat butter in a skillet over medium heat. Add kale and sauté for 2 minutes until slightly wilted.
 - In a bowl, whisk eggs with turmeric, salt, and pepper.
 - Pour the egg mixture into the skillet with the kale, stirring gently for 2–3 minutes until the eggs are just set.
 - Serve warm.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (16g from butter and eggs), supporting ketosis.
 - Minimal carbs keep glucose levels low, aligning with the Keto goal of reducing cancer cell fuel..
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Turmeric contains curcumin, a potent anti-inflammatory and antioxidant. Kale provides vitamin K and antioxidants, reducing inflammation.
 - **Everyday Healing Tip:** While stirring the eggs, practice gratitude by reflecting on one thing you're thankful for today, setting a positive tone.
 - **Serving Suggestion:** Serve with a slice of avocado (adds 1g net carbs) for extra healthy fats.



Day 2: Smoked Salmon & Cream Cheese Roll-Ups (Page 15)

- **Ingredients** (Serves 1):
 - 2 oz smoked salmon (wild-caught)
 - 2 tbsp cream cheese (full-fat)
 - 1/4 cup cucumber, thinly sliced
 - 1 tsp dill, chopped
 - 1/4 tsp black pepper
- **Time Involved:**
 - Prep Time: 5 minutes
 - Total Time: 5 minutes
- **Nutritional Values** (Approximate):
 - Calories: 180
 - Fat: 14g
 - Protein: 12g
 - Carbs: 2g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Lay the smoked salmon slices flat on a clean surface.
 - Spread cream cheese evenly over each slice.
 - Place cucumber slices on top, sprinkle with dill and black pepper.
 - Roll up the salmon slices tightly and slice into bite-sized pieces if desired.
 - Serve immediately.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (14g from cream cheese), supporting ketosis.
 - Salmon provides healthy fats to maintain ketosis while keeping carb intake minimal.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Salmon is rich in omega-3 fatty acids, reducing inflammation and supporting immune function. Cucumber adds hydration and antioxidants.
 - **Everyday Healing Tip:** As you roll the salmon, visualize wrapping yourself in a blanket of calm, setting a soothing intention for the day.
 - **Serving Suggestion:** Serve on a small plate with a lemon wedge for a fresh touch (adds negligible carbs).



Day 3: Mushroom & Spinach Omelet (Page 16)

- **Ingredients** (Serves 1):

- 2 large eggs
- 1/2 cup fresh spinach leaves
- 1/4 cup reishi mushroom powder
- 1 tbsp butter (grass-fed)
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 5 minutes
- Total Time: 10 minutes

- **Nutritional Values** (Approximate):

- Calories: 180
- Fat: 14g
- Protein: 12g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

- In a bowl, whisk eggs with reishi powder, salt, and pepper until well combined.
- Heat butter in a non-stick skillet over medium heat. Add spinach and sauté for 1–2 minutes until wilted.
- Pour the egg mixture over the spinach, swirling to spread evenly.
- Cook for 2–3 minutes until the edges lift, then fold in half and cook for another 1 minute until set.
- Serve warm.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (14g from butter and eggs), supporting ketosis.
- Eggs provide a high-fat, moderate-protein base, ideal for maintaining ketosis.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Reishi mushrooms contain beta-glucans that enhance immune response and reduce inflammation. Spinach provides flavonoids and vitamin K, supporting anti-inflammatory effects.
- **Everyday Healing Tip:** While cooking, imagine the reishi boosting your immune system, creating a protective barrier around you.
- **Serving Suggestion:** Serve with a side of sliced cucumber for a refreshing crunch (adds minimal carbs).



Day 4: Bacon-Wrapped Asparagus with Poached Egg (Page 17)

- **Ingredients** (Serves 1):

- 4 asparagus spears, trimmed
- 2 slices bacon (sugar-free)
- 1 large egg
- 1 tsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 15 minutes
- Total Time: 20 minutes

- **Nutritional Values** (Approximate):

- Calories: 240
- Fat: 18g
- Protein: 14g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

- Preheat oven to 400°F (200°C).
- Wrap each asparagus spear with 1/2 slice of bacon, securing the ends. Place on a baking sheet, drizzle with olive oil, and season with salt and pepper.
- Bake for 12–15 minutes until the bacon is crispy and asparagus is tender.
- Meanwhile, poach the egg: Bring a small pot of water to a gentle simmer. Crack the egg into a small bowl, then gently slide it into the water. Cook for 3–4 minutes until the white is set but the yolk is runny. Remove with a slotted spoon. Place the bacon-wrapped asparagus on a plate, top with the poached egg, and serve.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (18g from bacon, egg, olive oil), supporting ketosis.
- Asparagus keeps carbs minimal while adding fiber for satiety.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Asparagus contains glutathione, an antioxidant that supports detoxification. Bacon provides healthy fats (sugar-free to avoid feeding cancer cells).
- **Everyday Healing Tip:** As you wrap the asparagus, visualize wrapping your body in strength, preparing for a resilient day
- **Serving Suggestion:** Sprinkle with a pinch of smoked paprika for a flavor boost (adds negligible carbs).



Day 5: Zucchini & Feta Frittata Bites (Page 18)

- **Ingredients** (Serves 1, Makes 2 Bites):

- 2 large eggs
- 1/4 cup zucchini, grated
- 2 tbsp feta cheese (crumbled)
- 1 tsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp dried oregano

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 15 minutes
- Total Time: 20 minutes

- **Nutritional Values** (Approximate):

- Calories: 180
- Fat: 14g
- Protein: 10g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

- Preheat oven to 375°F (190°C). Grease 2 slots of a muffin tin with olive oil.
- Squeeze excess moisture from the grated zucchini using a clean kitchen towel.
- In a bowl, whisk eggs with salt, pepper, and oregano. Stir in zucchini and feta.
- Pour the mixture evenly into the 2 muffin slots.
- Bake for 12–15 minutes until set and slightly golden.
- Let cool for 2 minutes, then remove from the tin and serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (14g from eggs, feta, olive oil), supporting ketosis.
- Zucchini replaces high-carb ingredients, keeping glucose levels low.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Zucchini provides antioxidants like vitamin C, supporting immune health. Feta adds calcium and protein for satiety.
- **Everyday Healing Tip:** While baking, practice deep breathing (inhale for 4, hold for 7, exhale for 8) to start your day with calm energy.
- **Serving Suggestion:** Serve with a few fresh dill sprigs for a herby touch (adds negligible carbs).



Day 6: Sausage & Cauliflower Breakfast Hash (Page 19)

- **Ingredients** (Serves 1):

- 2 oz sausage (sugar-free, crumbled)
- 1/2 cup cauliflower rice
- 1 tbsp butter (grass-fed)
- 1/4 tsp smoked paprika
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp chopped parsley (for garnish)

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 12 minutes
- Total Time: 17 minutes

- **Nutritional Values** (Approximate):

- Calories: 260
- Fat: 22g
- Protein: 12g
- Carbs: 4g (Net Carbs: 3g)

- **Preparation Techniques:**

- Heat butter in a skillet over medium heat. Add sausage and cook for 5 minutes until browned, breaking it into small pieces.
- Add cauliflower rice, smoked paprika, salt, and pepper. Stir to combine and cook for 5–7 minutes until the cauliflower is tender and slightly crispy.
- Transfer to a plate, garnish with parsley, and serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (22g from sausage, butter), supporting ketosis.
- Cauliflower rice replaces potatoes, keeping carbs minimal while adding fiber.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Cauliflower provides vitamin C and antioxidants, supporting immune health. Smoked paprika contains capsaicin, which may have anti-inflammatory effects.
- **Everyday Healing Tip:** As you stir the hash, reflect on a small win from yesterday, tying gratitude into your cooking process.
- **Serving Suggestion:** Top with a fried egg (adds 1g net carbs) for extra protein and richness.



Day 7: Mushroom Keto Smoothie (Page 20)

- **Ingredients** (Serves 1):

- 1 cup unsweetened almond milk
- 1/2 avocado
- 1 cup spinach
- 1 tsp reishi mushroom powder
- 1 tbsp MCT oil
- 1 tsp stevia (optional)
- 4 ice cubes

- **Time Involved:**

- Prep Time: 5 minutes
- Total Time: 5 minutes

- **Nutritional Values** (Approximate):

- Calories: 250
- Fat: 22g
- Protein: 3g
- Carbs: 6g (Net Carbs: 3g)

- **Preparation Techniques:**

- Add almond milk, avocado, spinach, reishi powder, MCT oil, stevia (if using), and ice to a blender.
- Blend on high for 1 minute until smooth and creamy.
- Pour into a glass and enjoy immediately.

- **Keto Qualities:**

- High-fat (22g from avocado, MCT oil) and low net carbs (3g), promoting ketosis.
- MCT oil provides quick energy through ketone production.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Reishi mushrooms enhance immune response with beta-glucans [Web ID: 4]. Spinach offers antioxidants to reduce inflammation.
- **Everyday Healing Tip:** As you blend, visualize your body healing with each sip, picturing a warm light spreading through you.
- **Serving Suggestion:** Drink slowly to aid digestion, and pair with a few almonds (adds 1g net carbs) for a balanced start.



Day 8: Broccoli & Cheddar Egg Muffins (Page 21)

- **Ingredients** (Serves 1, Makes 2 Muffins):

- 2 large eggs
- 1/4 cup broccoli florets, finely chopped
- 2 tbsp cheddar cheese (shredded)
- 1 tsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 15 minutes
- Total Time: 20 minutes

- **Nutritional Values** (Approximate):

- Calories: 190
- Fat: 15g
- Protein: 12g
- Carbs: 3g (Net Carbs: 2g)



- **Preparation Techniques:**

- Preheat oven to 375°F (190°C). Grease 2 slots of a muffin tin with olive oil.
- In a bowl, whisk eggs with salt and pepper. Stir in broccoli and cheddar cheese.
- Pour the mixture evenly into the 2 muffin slots.
- Bake for 12–15 minutes until set and slightly golden.
- Let cool for 2 minutes, then remove from the tin and serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (15g from eggs, cheese, olive oil), supporting ketosis.
- Broccoli adds fiber while keeping carbs low, ensuring stable blood sugar.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Broccoli contains sulforaphane, an antioxidant that supports detoxification. Cheddar provides calcium and healthy fats.
- **Everyday Healing Tip:** While baking, reflect on one thing you're proud of this week, celebrating your progress.
- **Serving Suggestion:** Serve with a dollop of full-fat sour cream (adds 1g net carbs) for extra creaminess..

Day 9: Turkey Tail Mushroom & Egg Scramble with Arugula (Page 22)

- **Ingredients** (Serves 1):

- 2 large eggs
- 1/2 cup arugula
- 1 tsp turkey tail mushroom powder
- 1 tbsp butter (grass-fed)
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 5 minutes
- Total Time: 10 minutes

- **Nutritional Values** (Approximate):

- Calories: 190
- Fat: 15g
- Protein: 12g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

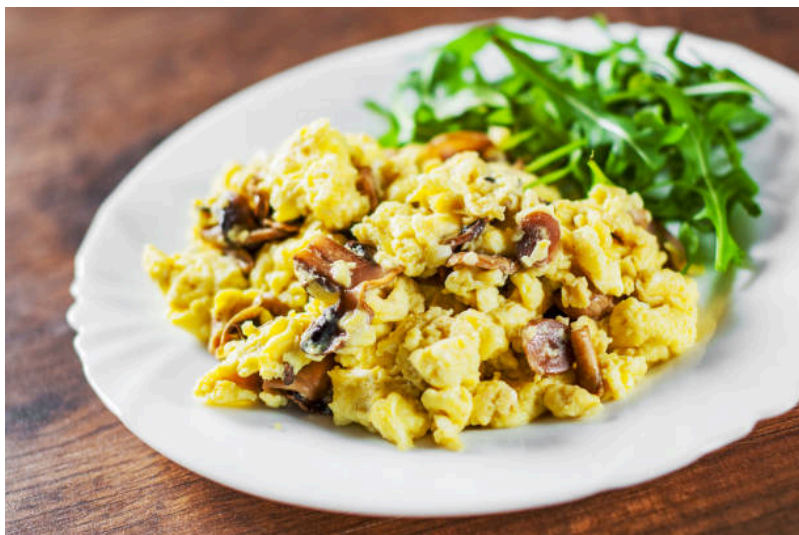
- Heat butter in a skillet over medium heat. Add arugula and sauté for 1–2 minutes until slightly wilted.
- In a bowl, whisk eggs with turkey tail powder, salt, pepper, and garlic powder.
- Pour the egg mixture into the skillet with the arugula, stirring gently for 2–3 minutes until the eggs are just set.
- Serve warm.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (15g from butter and eggs), supporting ketosis.
- Arugula keeps carbs minimal while adding fiber and nutrients.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Turkey tail mushrooms contain polysaccharopeptides (PSP), which may boost immune function.. Arugula provides nitrates and antioxidants, supporting circulation and reducing inflammation.
- **Everyday Healing Tip:** While stirring, visualize the turkey tail mushrooms strengthening your immune system, creating a protective shield.
- **Serving Suggestion:** Serve with a few slices of radish for a peppery crunch (adds 1g net carbs).



Day 10: Almond Flour Porridge with Cinnamon (Page 23)

- **Ingredients** (Serves 1):
 - 2 tbsp almond flour
 - 1/2 cup unsweetened almond milk
 - 1 tbsp heavy cream
 - 1 tsp stevia (or to taste)
 - 1/4 tsp cinnamon
 - 1 tbsp chopped almonds (for topping)
- **Time Involved:**
 - Prep Time: 2 minutes
 - Cook Time: 5 minutes
 - Total Time: 7 minutes
- **Nutritional Values** (Approximate):
 - Calories: 220
 - Fat: 18g
 - Protein: 6g
 - Carbs: 5g (Net Carbs: 3g)
- **Preparation Techniques:**
 - In a small saucepan, combine almond flour, almond milk, heavy cream, stevia, and cinnamon.
 - Cook over medium heat, stirring constantly, for 3–5 minutes until the mixture thickens into a porridge-like consistency.
 - Transfer to a bowl, top with chopped almonds, and serve warm.
- **Keto Qualities:**
 - Low-carb (3g net carbs) and high-fat (18g from almond flour, heavy cream), supporting ketosis.
 - Almond flour replaces high-carb grains, keeping glucose levels low.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Cinnamon has anti-inflammatory properties and may help regulate blood sugar. Almonds provide vitamin E, an antioxidant for immune health.
 - **Everyday Healing Tip:** As you stir the porridge, practice a gratitude affirmation: “I am grateful for the nourishment this meal provides.”
 - **Serving Suggestion:** Add a few raspberries (adds 1g net carbs) for a pop of color and flavor.



Day 11: Chaga Mushroom & Avocado Breakfast Bowl (Page 24)

- **Ingredients** (Serves 1):

- 1/2 avocado, mashed
- 1 large egg (hard-boiled)
- 1 tsp chaga mushroom powder
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp pumpkin seeds (for topping)

- **Time Involved:**

- Prep Time: 5 minutes (egg is pre-boiled)
- Total Time: 5 minutes

- **Nutritional Values** (Approximate):

- Calories: 260
- Fat: 22g
- Protein: 8g
- Carbs: 6g (Net Carbs: 3g)

- **Preparation Techniques:**

- In a small bowl, mix mashed avocado with chaga powder, olive oil, salt, and pepper until smooth.
- Slice the hard-boiled egg and place it on top of the avocado mixture.
- Sprinkle with pumpkin seeds and serve immediately.

- **Keto Qualities:**

- High-fat (22g from avocado, olive oil) and low net carbs (3g), promoting ketosis.
- Avocado provides healthy fats to sustain ketosis and energy levels.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Chaga mushrooms contain antioxidants that reduce inflammation and support immune function. Avocado offers monounsaturated fats, which are anti-inflammatory.
- **Everyday Healing Tip:** While mashing the avocado, visualize the chaga nourishing your body, strengthening your resilience.
- **Serving Suggestion:** Serve with a sprinkle of smoked sea salt for a flavor boost (adds negligible carbs).



Day 12: Bacon & Egg Breakfast Salad (Page 25)

- **Ingredients** (Serves 1):

- 1 cup baby spinach
- 2 slices bacon (sugar-free)
- 1 large egg (fried)
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 8 minutes
- Total Time: 13 minutes

- **Nutritional Values** (Approximate):

- Calories: 280
- Fat: 24g
- Protein: 14g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

- Cook bacon in a skillet over medium heat until crispy, about 5 minutes. Crumble into pieces and set aside.
- In the same skillet, fry the egg in the bacon fat for 2–3 minutes until the white is set but the yolk is runny.
- In a bowl, toss spinach with olive oil, lemon juice, salt, and pepper.
- Top the spinach with the fried egg and crumbled bacon. Serve immediately.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (24g from bacon, egg, olive oil), supporting ketosis.
- Spinach adds fiber while keeping carbs minimal.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Spinach contains flavonoids and vitamin K, reducing inflammation. Bacon provides healthy fats (sugar-free to avoid feeding cancer cells).
- **Everyday Healing Tip:** As you assemble the salad, reflect on one thing you're looking forward to today, infusing your meal with hope.
- **Serving Suggestion:** Add a few slices of avocado (adds 1g net carbs) for extra creaminess.



Day 13: Keto Egg Drop Soup with Ginger (Page 26)

- **Ingredients** (Serves 1):

- 1 cup bone broth (chicken, no added sugar)
- 1 large egg
- 1/2 tsp ginger, grated
- 1 tbsp coconut aminos
- 1/4 tsp sea salt
- 1 tbsp chopped scallions (for garnish)

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 5 minutes
- Total Time: 10 minutes

- **Nutritional Values** (Approximate):

- Calories: 140
- Fat: 8g
- Protein: 12g
- Carbs: 2g (Net Carbs: 2g)

- **Preparation Techniques:**

- In a small pot, bring bone broth to a gentle simmer over medium heat. Add ginger, coconut aminos, and salt, stirring to combine.
- In a bowl, whisk the egg.
- Slowly pour the egg into the simmering broth while stirring gently to create thin ribbons. Cook for 1 minute.
- Pour into a bowl, garnish with scallions, and serve hot.

- **Keto Qualities:**

- Low-carb (2g net carbs) and moderate-fat (8g from egg, broth), supporting ketosis.
- Bone broth provides collagen and amino acids, supporting gut health without adding carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Ginger has anti-inflammatory properties and may reduce nausea, common in cancer patients. Bone broth supports gut health, which is crucial for immunity.
- **Everyday Healing Tip:** As you stir the egg, visualize the warmth of the soup healing your body from the inside out.
- **Serving Suggestion:** Serve in a warm bowl to enhance the comforting effect, with a sprinkle of chili flakes (adds negligible carbs) for a kick.



Day 14: Coconut Flour Pancakes with Blueberries (Page 27)

- **Ingredients** (Serves 1, Makes 2 Small Pancakes):

- 1 large egg
- 2 tbsp coconut flour
- 1 tbsp heavy cream
- 1/4 tsp baking powder
- 1 tsp stevia (optional)
- 1 tsp butter (grass-fed, for cooking)
- 1/4 cup blueberries (fresh or frozen)

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 6 minutes
- Total Time: 11 minutes

- **Nutritional Values** (Approximate):

- Calories: 240
- Fat: 16g
- Protein: 8g
- Carbs: 10g (Net Carbs: 6g)



- **Preparation Techniques:** In a bowl, whisk egg, coconut flour, heavy cream, baking powder, and stevia until smooth. Let the batter sit for 2 minutes to thicken.

- Heat butter in a non-stick skillet over medium heat.
- Pour half the batter into the skillet to form a small pancake (about 3 inches wide). Repeat with the remaining batter to make a second pancake.
- Cook for 2–3 minutes per side until golden brown and cooked through.
- Top with blueberries and serve warm.

- **Keto Qualities:**

- Moderate net carbs (6g, with blueberries kept minimal) and high-fat (16g from heavy cream, butter), supporting ketosis.
- Coconut flour replaces high-carb wheat flour, keeping glucose levels low.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Blueberries contain anthocyanins, antioxidants that may reduce cancer cell growth. Coconut flour provides fiber and MCTs for ketosis.
- **Everyday Healing Tip:** While flipping the pancakes, visualize flipping away any negative thoughts, focusing on positivity.
- **Serving Suggestion:** Serve with a drizzle of melted butter (adds 1g fat) for extra richness.

Day 15: Egg & Avocado Breakfast Tacos (Page 28)

- **Ingredients** (Serves 1, Makes 2 Tacos):

- 2 large eggs
- 1/4 avocado, sliced
- 2 slices cheddar cheese (melted into “taco shells”)
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp chopped cilantro (for garnish)



- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 5 minutes
- Total Time: 10 minutes

- **Nutritional Values** (Approximate):

- Calories: 280
- Fat: 24g
- Protein: 14g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

- Heat a non-stick skillet over medium heat. Place 1 slice of cheddar cheese in the skillet, spreading it into a thin circle. Cook for 1–2 minutes until it starts to bubble and the edges are crispy. Carefully remove with a spatula and fold into a taco shape while still warm. Repeat with the second slice.
- In the same skillet, heat olive oil and scramble the eggs with salt and pepper for 2–3 minutes until just set.
- Divide the scrambled eggs between the two cheese “taco shells.” Top with avocado slices and cilantro.
- Serve immediately.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high...
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (24g from cheese, avocado, olive oil), supporting ketosis.
 - Cheese “taco shells” replace high-carb tortillas, keeping glucose levels low [Web ID: 24].
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Avocado provides monounsaturated fats, which are anti-inflammatory. Eggs offer choline for cell health.
 - **Everyday Healing Tip:** As you assemble the tacos, reflect on one thing you’re proud of this week, celebrating your progress.
 - **Serving Suggestion:** Add a dollop of sour cream (adds 1g net carbs) for extra creaminess.

Day 16: Sausage & Spinach Breakfast Skewers (Page 29)

- **Ingredients** (Serves 1, Makes 2 Skewers):

- 2 oz sausage (sugar-free, sliced into 4 pieces)
- 1/2 cup spinach leaves
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 12 minutes
- Total Time: 17 minutes

- **Nutritional Values** (Approximate):

- Calories: 220
- Fat: 18g
- Protein: 12g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

- Preheat oven to 400°F (200°C).
- Thread sausage slices and spinach leaves alternately onto 2 small skewers.
- Brush with olive oil and season with salt, pepper, and smoked paprika.
- Place skewers on a baking sheet and bake for 10–12 minutes until the sausage is cooked through and slightly crispy.
- Serve warm.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (18g from sausage, olive oil), supporting ketosis.
- Spinach adds fiber while keeping carbs minimal.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Spinach contains flavonoids and vitamin K, reducing inflammation [Web ID: 4]. Smoked paprika provides capsaicin, which may have anti-inflammatory effects.
- **Everyday Healing Tip:** While threading the skewers, visualize each piece as a step toward healing, building strength with every bite.
- **Serving Suggestion:** Serve with a side of sliced cucumber (adds 1g net carbs) for a refreshing contrast.



Day 17: Egg & Bacon Breakfast Cups (Page 30)

- **Ingredients** (Serves 1, Makes 2 Cups):

- 2 slices bacon (sugar-free)
- 2 large eggs
- 1 tbsp heavy cream
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp chopped chives (for garnish)

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 18 minutes
- Total Time: 23 minutes

- **Nutritional Values** (Approximate):

- Calories: 260
- Fat: 20g
- Protein: 16g
- Carbs: 1g (Net Carbs: 1g)

- **Preparation Techniques:**

- Preheat oven to 375°F (190°C). Grease 2 slots of a muffin tin.
- Line each muffin slot with a slice of bacon, wrapping it around the edges to form a cup.
- In a bowl, whisk eggs with heavy cream, salt, and pepper.
- Pour the egg mixture into the bacon cups.
- Bake for 15–18 minutes until the eggs are set.
- Let cool for 2 minutes, then remove from the tin, garnish with chives, and serve warm.

- **Keto Qualities:**

- Extremely low-carb (1g net carbs) and high-fat (20g from bacon, eggs, heavy cream), supporting ketosis.
- High protein (16g) helps maintain muscle mass, important for cancer patients.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Eggs provide choline, supporting cell health. Bacon is sugar-free to avoid feeding cancer cells.
- **Everyday Healing Tip:** While baking, reflect on one thing you're grateful for today, tying gratitude into your meal prep.
- **Serving Suggestion:** Serve with a few slices of avocado (adds 1g net carbs) for extra healthy fats.



Day 18: Kale & Feta Egg Scramble with Rosemary (Page 31)

- **Ingredients** (Serves 1):

- 2 large eggs
- 1/2 cup kale, chopped
- 2 tbsp feta cheese (crumbled)
- 1 tbsp butter (grass-fed)
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp dried rosemary

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 5 minutes
- Total Time: 10 minutes

- **Nutritional Values** (Approximate):

- Calories: 210
- Fat: 16g
- Protein: 12g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

- Heat butter in a skillet over medium heat. Add kale and sauté for 2 minutes until slightly wilted.
- In a bowl, whisk eggs with salt, pepper, and rosemary.
- Pour the egg mixture into the skillet with the kale, stirring gently for 2–3 minutes until the eggs are just set.
- Stir in feta cheese and serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (16g from butter, feta, eggs), supporting ketosis.
- Kale keeps carbs minimal while adding fiber and nutrients.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Kale provides vitamin K and antioxidants, reducing inflammation. Rosemary has anti-inflammatory properties and may support detoxification.
- **Everyday Healing Tip:** While stirring, visualize the rosemary and kale nourishing your body, supporting your healing journey.
- **Serving Suggestion:** Serve with a few slices of radish (adds 1g net carbs) for a peppery crunch.



Day 19: Smoked Salmon & Spinach Breakfast Bowl (Page 32)

- **Ingredients** (Serves 1):

- 2 oz smoked salmon (wild-caught)
- 1 cup spinach, sautéed
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp sunflower seeds (for topping)

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 2 minutes
- Total Time: 7 minutes

- **Nutritional Values** (Approximate):

- Calories: 220
- Fat: 18g
- Protein: 14g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

- Heat 1/2 tbsp olive oil in a skillet over medium heat. Add spinach and sauté for 1–2 minutes until wilted. Season with salt and pepper.
- In a bowl, combine the sautéed spinach with smoked salmon.
- Drizzle with remaining olive oil and lemon juice, then top with sunflower seeds.
- Serve immediately.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (18g from salmon, olive oil, seeds), supporting ketosis.
- Spinach keeps carbs minimal while adding fiber and nutrients.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Salmon provides omega-3 fatty acids, reducing inflammation. Sunflower seeds offer vitamin E, an antioxidant for immune health.
- **Everyday Healing Tip:** As you assemble the bowl, reflect on one thing you're looking forward to today, infusing your meal with hope.
- **Serving Suggestion:** Add a boiled egg (adds 1g net carbs) for extra protein and richness.



Day 20: Cauliflower & Egg Breakfast Casserole (Page 33)

- **Ingredients** (Serves 1):

- 1/2 cup cauliflower florets, finely chopped
- 2 large eggs
- 2 tbsp heavy cream
- 1/4 cup cheddar cheese (shredded)
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 25 minutes
- Total Time: 30 minutes

- **Nutritional Values** (Approximate):

- Calories: 280
- Fat: 22g
- Protein: 16g
- Carbs: 5g (Net Carbs: 4g)

- **Preparation Techniques:**

- Preheat oven to 375°F (190°C). Grease a small oven-safe dish (e.g., a 6-inch ramekin).
- In a bowl, whisk eggs with heavy cream, salt, pepper, and smoked paprika. Stir in cauliflower and cheddar cheese.
- Pour the mixture into the prepared dish.
- Bake for 20–25 minutes until set and golden on top.
- Let cool for 2 minutes, then serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and high-fat (22g from eggs, heavy cream, cheese), supporting ketosis.
- Cauliflower replaces high-carb ingredients, keeping glucose levels low [Web ID: 24].

- **Additional Details:**

- **Cancer-Fighting Benefits:** Cauliflower provides vitamin C and antioxidants, supporting immune health. Smoked paprika adds capsaicin, which may reduce inflammation.
- **Everyday Healing Tip:** While baking, reflect on how far you've come in 20 days, celebrating your resilience.
- **Serving Suggestion:** Serve with a dollop of full-fat sour cream (adds 1g net carbs) for extra creaminess.



Day 21: Egg & Sausage Breakfast Pizza (Page 34)

- **Ingredients** (Serves 1):

- 2 large eggs (for crust)
- 1 oz sausage (sugar-free, crumbled)
- 1/4 cup mozzarella cheese (shredded)
- 1/4 cup spinach leaves
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp Italian seasoning

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 10 minutes
- Total Time: 15 minutes

- **Nutritional Values** (Approximate):

- Calories: 300
- Fat: 24g
- Protein: 18g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- In a bowl, whisk eggs with salt and pepper. Pour onto the baking sheet, spreading into a thin 6-inch circle.
- Bake the egg “crust” for 5 minutes until set.
- Remove from the oven, top with mozzarella, sausage, spinach, and Italian seasoning. Drizzle with olive oil.
- Bake for another 5 minutes until the cheese is melted and bubbly.
- Slice and serve warm.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (24g from eggs, sausage, cheese, olive oil), supporting ketosis.
- Egg-based crust replaces high-carb dough, keeping glucose levels low.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Spinach contains flavonoids and vitamin K, reducing inflammation. Sausage provides healthy fats (sugar-free to avoid feeding cancer cells).
- **Everyday Healing Tip:** On this final day, as you bake, celebrate your 21-day journey—reflect on your growth and strength.
- **Serving Suggestion:** Serve with a sprinkle of fresh basil (adds negligible carbs) for a herby finish.



Shopping List for Breakfast Recipes (Days 1–21)

This shopping list includes all ingredients needed for the 21 unique breakfast recipes in the Courageous Transformation 21-Day Protocol. Quantities are approximate for one person over 21 days. Source ingredients from local grocery stores, health food stores, or online retailers as noted below. Always choose high-quality, organic options when possible to support your healing journey.

Proteins

- **Eggs:** 36 large eggs (buy 3 dozen; used in 17 recipes, 2 eggs per serving on average).
 - *Sourcing:* Available at most local grocery stores (e.g., Walmart, Kroger, Safeway). Look for organic, pasture-raised eggs for better nutrient density (brands like Vital Farms or Pete and Gerry's). Online: Thrive Market or Amazon Fresh.
- **Smoked Salmon (wild-caught):** 4 oz (2 recipes: Days 2 and 19, 2 oz each).
 - *Sourcing:* Find wild-caught, sugar-free smoked salmon at grocery stores like Whole Foods or Trader Joe's in the seafood section. Online: Vital Choice (vitalchoice.com) or Wild Alaskan Company (wildalaskancompany.com) for premium, sustainably sourced options. Check labels for no added sugars.
- **Bacon (sugar-free):** 6 slices (3 recipes: Days 4, 12, 17, 2 slices each).
 - *Sourcing:* Look for sugar-free bacon at local grocery stores like Whole Foods or Sprouts (brands like Applegate or Pederson's). Online: ButcherBox (butcherbox.com) offers high-quality, sugar-free bacon subscriptions. Ensure the label specifies "no added sugar" to avoid feeding cancer cells.
- **Sausage (sugar-free):** 5 oz (3 recipes: Days 6, 16, 21, 2 oz on Days 6 and 16, 1 oz on Day 21).
 - *Sourcing:* Available at Whole Foods, Sprouts, or local butchers (brands like Jones Dairy Farm or Pederson's). Online: ButcherBox (butcherbox.com) or US Wellness Meats (grasslandbeef.com) for sugar-free, pasture-raised options. Verify "no added sugar" on the label [Web ID: 24].

Vegetables

- **Kale:** 1 bunch (about 2 cups chopped; 2 recipes: Days 1 and 18, 1/2 cup each).
 - *Sourcing:* Found in the produce section of most grocery stores (e.g., Walmart, Publix, Whole Foods). Opt for organic to reduce pesticide exposure. Online: Misfits Market (misfitsmarket.com) for organic produce delivery.
- **Cucumber:** 1 small (1 recipe: Day 2, 1/4 cup sliced).
 - *Sourcing:* Available at any grocery store (e.g., Kroger, Safeway) in the produce section. Choose organic if possible. Online: Amazon Fresh or Instacart for delivery.
- **Spinach:** 5 cups (5 recipes: Days 3, 7, 12, 16, 19, 1 cup each).
 - *Sourcing:* Buy fresh spinach in bulk (e.g., a 10 oz bag) at grocery stores like Target, Whole Foods, or Costco. Pre-washed baby spinach is convenient. Online: Thrive Market or FreshDirect (freshdirect.com).
- **Asparagus:** 4 spears (1 recipe: Day 4).
 - *Sourcing:* Found in the produce section of grocery stores like Walmart or Sprouts. Look for organic, thin spears for tenderness. Online: Misfits Market or Amazon Fresh.
- **Zucchini:** 1 small (1 recipe: Day 5, 1/4 cup grated).
 - *Sourcing:* Available at any grocery store (e.g., Publix, Trader Joe's) in the produce section. Organic preferred. Online: Instacart or Thrive Market.
- **Cauliflower:** 1 small head (2 recipes: Days 6 and 20, 1/2 cup each).
 - *Sourcing:* Found in the produce section of grocery stores like Kroger or Whole Foods. Buy pre-riced cauliflower (fresh or frozen) to save time at stores like Trader Joe's or Costco. Online: Amazon Fresh or Thrive Market.
- **Broccoli:** 1 small head (1 recipe: Day 8, 1/4 cup chopped).
 - *Sourcing:* Available at grocery stores like Safeway or Sprouts in the produce section. Organic recommended. Online: Misfits Market or FreshDirect.

- **Arugula:** 1/2 cup (1 recipe: Day 9).
 - *Sourcing:* Found in the produce section of grocery stores like Whole Foods or Trader Joe's (often pre-washed in bags). Online: Thrive Market or Instacart.
- **Avocado:** 3 medium (3 recipes: Days 7, 11, 15, 1/2 avocado each).
 - *Sourcing:* Available at most grocery stores (e.g., Walmart, Costco) in the produce section. Look for organic Hass avocados. Online: Amazon Fresh or Misfits Market.
- **Radish:** 1 small (optional garnish for Days 9 and 18, a few slices).
 - *Sourcing:* Found in the produce section of grocery stores like Publix or Whole Foods. Organic preferred. Online: Thrive Market or Instacart.

Dairy

- **Butter (grass-fed):** 6 tbsp (1 stick; 5 recipes: Days 1, 3, 9, 14, 18, 1 tbsp each).
 - *Sourcing:* Available at grocery stores like Whole Foods or Trader Joe's (brands like Kerrygold or Organic Valley). Online: Thrive Market or Amazon Fresh for grass-fed options.
- **Cream Cheese (full-fat):** 2 tbsp (1 recipe: Day 2).
 - *Sourcing:* Found in the dairy section of grocery stores like Walmart or Kroger (brands like Philadelphia or Organic Valley). Opt for organic, full-fat. Online: Instacart or Thrive Market.
- **Feta Cheese (crumbled):** 4 tbsp (2 recipes: Days 5 and 18, 2 tbsp each).
 - *Sourcing:* Available at grocery stores like Whole Foods or Safeway in the cheese section (brands like Athenos or Dodoni). Organic recommended. Online: Amazon Fresh or Thrive Market.
- **Cheddar Cheese (shredded):** 1/2 cup (2 recipes: Days 8 and 20, 1/4 cup each).
 - *Sourcing:* Found in the dairy section of grocery stores like Target or Costco (brands like Organic Valley or Tillamook). Organic, grass-fed preferred. Online: Thrive Market or FreshDirect.
- **Heavy Cream:** 5 tbsp (3 recipes: Days 10, 14, 17, 1–2 tbsp each).
 - *Sourcing:* Buy a small pint (about 1 cup) at grocery stores like Walmart or Whole Foods (brands like Organic Valley or Horizon). Organic recommended. Online: Instacart or Amazon Fresh.
- **Mozzarella Cheese (shredded):** 1/4 cup (1 recipe: Day 21).
 - *Sourcing:* Available in the dairy section of grocery stores like Kroger or Trader Joe's (brands like BelGioioso or Organic Valley). Organic preferred. Online: Thrive Market or FreshDirect.
- **Sour Cream (full-fat):** 2 tbsp (optional for Days 8 and 20, 1 tbsp each).
 - *Sourcing:* Found in the dairy section of grocery stores like Safeway or Whole Foods (brands like Daisy or Organic Valley). Organic, full-fat recommended. Online: Amazon Fresh or Instacart.

Pantry Items

- **Unsweetened Almond Milk:** 1.5 cups (2 recipes: Days 7 and 10, 1 cup and 1/2 cup).
 - *Sourcing:* Available at grocery stores like Walmart or Target (brands like Califia Farms or Almond Breeze). Ensure "unsweetened" on the label. Online: Thrive Market or Amazon (e.g., Califia Farms Unsweetened Almond Milk).
- **Almond Flour:** 2 tbsp (1 recipe: Day 10).
 - *Sourcing:* Found in the baking aisle of grocery stores like Whole Foods or Sprouts (brands like Bob's Red Mill or Anthony's). Online: Amazon (e.g., Anthony's Almond Flour) or Thrive Market.
- **Coconut Flour:** 2 tbsp (1 recipe: Day 14).
 - *Sourcing:* Available in the baking aisle of grocery stores like Trader Joe's or Whole Foods (brands like Bob's Red Mill or Nutiva). Online: Amazon (e.g., Nutiva Coconut Flour) or Thrive Market.
- **Coconut Aminos:** 1 tbsp (1 recipe: Day 13).
 - *Sourcing:* Found in the health food aisle of grocery stores like Whole Foods or Sprouts (brands like Coconut Secret or Thrive Market's own). Online: Amazon (e.g., Coconut Secret Coconut Aminos) or Thrive Market.
- **Bone Broth (chicken, no added sugar):** 1 cup (1 recipe: Day 13).

- *Sourcing:* Available at grocery stores like Whole Foods or Costco (brands like Kettle & Fire or Pacific Foods). Check for “no added sugar” on the label. Online: Amazon (e.g., Kettle & Fire Chicken Bone Broth) or Thrive Market.
- **MCT Oil:** 1 tbsp (1 recipe: Day 7).
 - *Sourcing:* Found in the supplement or health food aisle of grocery stores like Whole Foods or GNC (brands like Bulletproof or Sports Research). Online: Amazon (e.g., Bulletproof MCT Oil) or Thrive Market. Look for C8/C10 blends for better absorption.
- **Blueberries (fresh or frozen):** 1/4 cup (1 recipe: Day 14).
 - *Sourcing:* Available in the produce or frozen section of grocery stores like Walmart or Trader Joe’s. Organic, wild blueberries are ideal for higher antioxidants. Online: Amazon Fresh or Misfits Market.

Spices & Seasonings

- **Sea Salt:** 5 tsp (used in all 21 recipes, about 1/4 tsp each).
 - *Sourcing:* Found in the spice aisle of any grocery store (e.g., Walmart, Kroger). Look for unrefined sea salt (brands like Celtic Sea Salt or Redmond Real Salt). Online: Amazon or Thrive Market.
- **Black Pepper:** 5 tsp (used in all 21 recipes, about 1/4 tsp each).
 - *Sourcing:* Available in the spice aisle of grocery stores like Target or Whole Foods (brands like McCormick or Simply Organic). Online: Amazon or Thrive Market.
- **Turmeric Powder:** 1/2 tsp (1 recipe: Day 1).
 - *Sourcing:* Found in the spice aisle of grocery stores like Safeway or Sprouts (brands like Simply Organic or Frontier Co-op). Online: Amazon or Thrive Market.
- **Dill (fresh, chopped):** 1 tsp (1 recipe: Day 2).
 - *Sourcing:* Available in the produce section of grocery stores like Whole Foods or Publix. Online: Instacart or Amazon Fresh.
- **Oregano (dried):** 1/4 tsp (1 recipe: Day 5).
 - *Sourcing:* Found in the spice aisle of grocery stores like Walmart or Trader Joe’s (brands like McCormick or Simply Organic). Online: Amazon or Thrive Market.
- **Smoked Paprika:** 3/4 tsp (3 recipes: Days 6, 16, 20, 1/4 tsp each).
 - *Sourcing:* Available in the spice aisle of grocery stores like Whole Foods or Kroger (brands like Simply Organic or McCormick). Online: Amazon or Thrive Market.
- **Ginger (fresh, grated):** 1/2 tsp (1 recipe: Day 13).
 - *Sourcing:* Found in the produce section of grocery stores like Safeway or Trader Joe’s. Organic preferred. Online: Amazon Fresh or Instacart.
- **Cinnamon:** 1/4 tsp (1 recipe: Day 10).
 - *Sourcing:* Available in the spice aisle of grocery stores like Walmart or Whole Foods (brands like Simply Organic or Frontier Co-op). Online: Amazon or Thrive Market.
- **Rosemary (dried):** 1/4 tsp (1 recipe: Day 18).
 - *Sourcing:* Found in the spice aisle of grocery stores like Target or Sprouts (brands like McCormick or Simply Organic). Online: Amazon or Thrive Market.
- **Italian Seasoning:** 1/4 tsp (1 recipe: Day 21).
 - *Sourcing:* Available in the spice aisle of grocery stores like Kroger or Whole Foods (brands like McCormick or Simply Organic). Online: Amazon or Thrive Market.
- **Chili Flakes:** Pinch (optional for Day 13).
 - *Sourcing:* Found in the spice aisle of grocery stores like Walmart or Trader Joe’s (brands like McCormick or Simply Organic). Online: Amazon or Thrive Market.
- **Smoked Sea Salt:** Pinch (optional for Day 11).
 - *Sourcing:* Available in the spice aisle of specialty stores like Whole Foods or online at Amazon (e.g., Maldon Smoked Sea Salt) or Thrive Market.

Oils & Fats (No Seed Oils)

- **Olive Oil:** 6 tbsp (6 recipes: Days 4, 5, 9, 15, 16, 19, 1 tbsp each).
 - *Sourcing:* Buy a small bottle (about 8 oz) at grocery stores like Whole Foods or Costco (brands like California Olive Ranch or Bragg). Opt for extra virgin, organic. Online: Amazon or Thrive Market.
- **Butter (grass-fed):** Already listed under Dairy.
- **MCT Oil:** Already listed under Pantry Items.

Toppings & Garnishes

- **Chives (fresh, chopped):** 2 tbsp (2 recipes: Days 17 and optional for others).
 - *Sourcing:* Found in the produce section of grocery stores like Whole Foods or Safeway. Online: Instacart or Amazon Fresh.
- **Parsley (fresh, chopped):** 1 tbsp (1 recipe: Day 6).
 - *Sourcing:* Available in the produce section of grocery stores like Walmart or Trader Joe's. Online: Amazon Fresh or Instacart.
- **Scallions (chopped):** 1 tbsp (1 recipe: Day 13).
 - *Sourcing:* Found in the produce section of grocery stores like Publix or Whole Foods. Online: Amazon Fresh or Instacart.
- **Pumpkin Seeds:** 1 tbsp (1 recipe: Day 11).
 - *Sourcing:* Available in the bulk bins or snack aisle of grocery stores like Sprouts or Whole Foods (brands like Eden Foods or Terrasoul). Online: Amazon (e.g., Terrasoul Superfoods Pumpkin Seeds) or Thrive Market.
- **Sunflower Seeds:** 1 tbsp (1 recipe: Day 19).
 - *Sourcing:* Found in the bulk bins or snack aisle of grocery stores like Trader Joe's or Whole Foods (brands like Eden Foods or Terrasoul). Online: Amazon (e.g., Terrasoul Superfoods Sunflower Seeds) or Thrive Market.
- **Almonds (chopped):** 1 tbsp (1 recipe: Day 10).
 - *Sourcing:* Available in the bulk bins or snack aisle of grocery stores like Costco or Sprouts (brands like Blue Diamond or Terrasoul). Online: Amazon (e.g., Terrasoul Superfoods Almonds) or Thrive Market.
- **Cilantro (fresh, chopped):** 1 tbsp (1 recipe: Day 15).
 - *Sourcing:* Found in the produce section of grocery stores like Walmart or Whole Foods. Online: Amazon Fresh or Instacart.
- **Basil (fresh):** A few leaves (optional for Day 21).
 - *Sourcing:* Available in the produce section of grocery stores like Trader Joe's or Safeway. Online: Amazon Fresh or Instacart.
- **Lemon Juice:** 2 tsp (2 recipes: Days 12 and 19, 1 tsp each).
 - *Sourcing:* Buy 1 lemon in the produce section of grocery stores like Walmart or Kroger, or a small bottle of organic lemon juice (e.g., Lakewood) in the juice aisle. Online: Amazon or Thrive Market.
- **Stevia:** 3 tsp (3 recipes: Days 7, 10, 14, 1 tsp each).
 - *Sourcing:* Found in the baking or sweetener aisle of grocery stores like Whole Foods or Target (brands like SweetLeaf or Pyure). Online: Amazon (e.g., SweetLeaf Stevia) or Thrive Market.

Medicinal Mushrooms

- **Reishi Mushroom Powder:** 2 tsp (2 recipes: Days 3 and 7, 1 tsp each).
 - *Sourcing:* Available at health food stores like Sprouts or online at Real Mushrooms (realmushrooms.com), Four Sigmatic (foursigmatic.com), or Amazon (e.g., Real Mushrooms Reishi Powder). Look for organic, dual-extracted Ganoderma lucidum (the most researched species) with at least 15% beta-glucans for potency.
- **Turkey Tail Mushroom Powder:** 1 tsp (1 recipe: Day 9).

- *Sourcing:* Found at health food stores like GNC or online at Real Mushrooms (realmushrooms.com), Host Defense (hostdefense.com), or Amazon (e.g., Host Defense Turkey Tail Powder). Ensure it's organic, fruiting body extract with verified beta-glucans.
 - **Chaga Mushroom Powder:** 1 tsp (1 recipe: Day 11).
 - *Sourcing:* Available at health food stores like Whole Foods or online at Real Mushrooms (realmushrooms.com), Four Sigmatic (foursigmatic.com), or Amazon (e.g., Real Mushrooms Chaga Powder). Opt for organic, wild-harvested chaga with third-party testing for purity.
 - **General Note:** Medicinal mushroom powders should be organic, fruiting body extracts (not mycelium on grain) to ensure high beta-glucan content. Check for third-party testing to avoid contaminants like heavy metals, especially with chaga, which can absorb pollutants if not sourced carefully. If powders are unavailable, dried mushrooms can be ground into a fine powder using a coffee grinder, but ensure they're sourced from reputable suppliers like those listed.
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Healing is
possible

21-Day Keto Meal Plan: Lunch Overview

- Day 1: Turmeric Chicken Salad with Spinach
- Day 2: Salmon & Avocado Lettuce Wraps
- Day 3: Chaga Mushroom Chicken Soup
- Day 4: Shrimp & Zucchini Noodle Bowl with Ginger
- Day 5: Turkey & Kale Stir-Fry with Rosemary
- Day 6: Pork & Cauliflower Fried Rice with Turmeric
- Day 7: Turkey Tail Mushroom Shrimp Stir-Fry
- Day 8: Chicken & Asparagus Skillet with Oregano
- Day 9: Pork & Arugula Salad with Lemon
- Day 10: Shrimp & Broccoli Alfredo Zoodles
- Day 11: Chicken & Mushroom Soup with Thyme
- Day 12: Pork & Spinach Stuffed Avocado
- Day 13: Salmon & Cauliflower Mash with Dill
- Day 14: Chicken & Broccoli Casserole with Cheddar
- Day 15: Pork & Zucchini Boats with Smoked Paprika
- Day 16: Shrimp & Spinach Salad with Lemon
- Day 17: Chicken & Cauliflower Rice Bowl with Thyme
- Day 18: Pork & Broccoli Stir-Fry with Ginger
- Day 19: Salmon & Asparagus Bake with Dill
- Day 20: Chicken & Zucchini Skillet with Rosemary
- Day 21: Shrimp & Broccoli Bowl with Turmeric

Day 1: Turmeric Chicken Salad with Spinach (Page 41)

- **Ingredients (Serves 1):**

- 3 oz cooked chicken breast, shredded
- 1 cup spinach leaves
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/2 tsp turmeric powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Total Time: 5 minutes (chicken is pre-cooked)

- **Nutritional Values (Approximate):**

- Calories: 240
- Fat: 16g
- Protein: 22g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

- In a bowl, toss spinach with olive oil, lemon juice, turmeric, salt, and pepper.
- Add shredded chicken and mix well to coat.
- Serve immediately.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (16g from olive oil), supporting ketosis.
- Chicken provides protein without carbs, maintaining ketosis.

- **Additional Details:**

- Cancer-Fighting Benefits: Turmeric's curcumin reduces inflammation. Spinach offers flavonoids and vitamin K, supporting anti-inflammatory effects.
- Everyday Healing Tip: As you toss the salad, practice gratitude by reflecting on one thing you're thankful for today.
- Serving Suggestion: Add a few sliced almonds (1 tbsp, adds 1g net carbs) for crunch.



Day 2: Salmon & Avocado Lettuce Wraps (Page 42)

- **Ingredients (Serves 1):**

- 3 oz smoked salmon (wild-caught)
- 1/4 avocado, mashed
- 2 large lettuce leaves (e.g., romaine or butter)
- 1 tsp dill, chopped
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Total Time: 5 minutes

- **Nutritional Values (Approximate):**

- Calories: 220
- Fat: 16g
- Protein: 18g
- Carbs: 4g (Net Carbs: 2g)

- **Preparation Techniques:**

- Spread mashed avocado evenly inside each lettuce leaf.
- Layer smoked salmon on top, sprinkle with dill, salt, and pepper.
- Roll up the lettuce leaves tightly and serve immediately.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (16g from salmon, avocado), supporting ketosis.
- Lettuce replaces high-carb wraps, keeping glucose low.

- **Additional Details:**

- Cancer-Fighting Benefits: Salmon provides omega-3s, reducing inflammation. Avocado offers monounsaturated fats.
- Everyday Healing Tip: As you roll the wraps, visualize wrapping yourself in calm energy for the day.
- Serving Suggestion: Serve with a lemon wedge (adds negligible carbs) for freshness.



Healing is possible

Day 3: Chaga Mushroom Chicken Soup (Page 43)

- **Ingredients (Serves 1):**

- 3 oz cooked chicken breast, shredded
- 1 cup bone broth (chicken, no added sugar)
- 1 tsp chaga mushroom powder
- 1/4 cup cauliflower florets
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 9 minutes
- Total Time: 14 minutes

- **Nutritional Values (Approximate):**

- Calories: 200
- Fat: 6g
- Protein: 28g
- Carbs: 5g (Net Carbs: 4g)

- **Preparation Techniques:**

- In a small pot, bring bone broth to a simmer over medium heat.
- Add cauliflower, chaga powder, salt, and pepper, cooking for 5–7 minutes until cauliflower is tender.
- Stir in shredded chicken and heat for 2 minutes.
- Serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and moderate-fat (6g from broth), supporting ketosis.
- Bone broth adds collagen without carbs.

- **Additional Details:**

- Cancer-Fighting Benefits: Chaga offers antioxidants, reducing inflammation. Cauliflower provides vitamin C.
- Everyday Healing Tip: As you stir, visualize the chaga nourishing your cells, strengthening your resilience.
- Serving Suggestion: Garnish with chopped parsley (adds negligible carbs).



Day 4: Shrimp & Zucchini Noodle Bowl with Ginger (Page 44)

- **Ingredients (Serves 1):**

- 4 oz shrimp (peeled, deveined)
- 1/2 cup zucchini noodles (zoodles)
- 1 tbsp olive oil
- 1/2 tsp ginger, grated
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 6 minutes
- Total Time: 11 minutes

- **Nutritional Values (Approximate):**

- Calories: 230
- Fat: 14g
- Protein: 22g
- Carbs: 4g (Net Carbs: 3g)

- **Preparation Techniques:**

- Heat olive oil in a skillet over medium heat. Add shrimp, ginger, salt, and pepper, cooking for 3–4 minutes until shrimp are pink.
- Add zucchini noodles and sauté for 2 minutes until tender.
- Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (14g from olive oil), supporting ketosis.
- Zoodles replace high-carb pasta [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Ginger reduces inflammation. Shrimp offers selenium, supporting immunity.
- Everyday Healing Tip: As you cook, practice deep breathing (inhale 4, exhale 8) to infuse calm.
- Serving Suggestion: Add a sprinkle of sesame seeds (1 tsp, adds 1g net carbs) for flavor.



Day 5: Turkey & Kale Stir-Fry with Rosemary (Page 45)

- **Ingredients (Serves 1):**

- 3 oz ground turkey
- 1/2 cup kale, chopped
- 1 tbsp coconut oil
- 1/4 tsp dried rosemary
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 9 minutes
- Total Time: 14 minutes

- **Nutritional Values (Approximate):**

- Calories: 250
- Fat: 18g
- Protein: 20g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

- Heat coconut oil in a skillet over medium heat. Add ground turkey, salt, pepper, and rosemary, cooking for 5–6 minutes until browned.
- Add kale and stir-fry for 2–3 minutes until wilted.
- Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (18g from coconut oil), supporting ketosis.
- Turkey provides protein without carbs.

- **Additional Details:**

- Cancer-Fighting Benefits: Kale offers vitamin K and antioxidants. Rosemary has anti-inflammatory properties.
- Everyday Healing Tip: As you stir, visualize rosemary supporting your detoxification process.
- Serving Suggestion: Top with a few crushed walnuts (1 tbsp, adds 1g net carbs) for texture.



Day 6: Pork & Cauliflower Fried Rice with Turmeric (Page 46)

- **Ingredients (Serves 1):**

- 3 oz pork tenderloin, diced
- 1/2 cup cauliflower rice
- 1 tbsp butter (grass-fed)
- 1/2 tsp turmeric powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 11 minutes
- Total Time: 16 minutes

- **Nutritional Values (Approximate):**

- Calories: 260
- Fat: 16g
- Protein: 22g
- Carbs: 5g (Net Carbs: 4g)

- **Preparation Techniques:**

- Heat butter in a skillet over medium heat. Add pork, salt, pepper, and turmeric, cooking for 5–6 minutes until browned.
- Add cauliflower rice and stir-fry for 4–5 minutes until tender.
- Serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and high-fat (16g from butter), supporting ketosis.
- Cauliflower rice replaces high-carb rice.

- **Additional Details:**

- Cancer-Fighting Benefits: Turmeric's curcumin reduces inflammation. Cauliflower provides vitamin C.
- Everyday Healing Tip: As you stir-fry, reflect on a small win from the week, celebrating your progress.
- Serving Suggestion: Garnish with chopped chives (adds negligible carbs).



Day 7: Turkey Tail Mushroom Shrimp Stir-Fry (Page 47)

- **Ingredients (Serves 1):**

- 4 oz shrimp (peeled, deveined)
- 1/2 cup broccoli florets
- 1 tsp turkey tail mushroom powder
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 9 minutes
- Total Time: 14 minutes

- **Nutritional Values (Approximate):**

- Calories: 240
- Fat: 14g
- Protein: 24g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

- Heat olive oil in a skillet over medium heat. Add shrimp, salt, and pepper, cooking for 3–4 minutes until pink.
- Add broccoli and turkey tail powder, stir-frying for 4–5 minutes until broccoli is tender.
- Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (14g from olive oil), supporting ketosis.
- Shrimp provides protein without carbs [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Turkey tail boosts immune function with polysaccharopeptides [Web ID: 4]. Broccoli offers sulforaphane [Web ID: 17].
- Everyday Healing Tip: As you cook, visualize the turkey tail strengthening your immunity, creating a protective shield.
- Serving Suggestion: Add a sprinkle of sesame seeds (1 tsp, adds 1g net carbs) for flavor.



Day 8: Chicken & Asparagus Skillet with Oregano (Page 48)

- **Ingredients (Serves 1):**

- 3 oz chicken breast, cubed
- 4 asparagus spears, trimmed
- 1 tbsp olive oil
- 1/4 tsp dried oregano
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 11 minutes
- Total Time: 16 minutes

- **Nutritional Values (Approximate):**

- Calories: 250
- Fat: 16g
- Protein: 24g
- Carbs: 4g (Net Carbs: 2g)

- **Preparation Techniques:**

- Heat olive oil in a skillet over medium heat. Add chicken, salt, pepper, and oregano, cooking for 5–6 minutes until browned.
- Add asparagus and cook for 4–5 minutes until tender.
- Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (16g from olive oil), supporting ketosis.
- Asparagus adds fiber with minimal carbs [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Asparagus contains glutathione, aiding detoxification. Oregano has anti-inflammatory properties.
- Everyday Healing Tip: As you stir, reflect on one thing you're proud of this week.
- Serving Suggestion: Top with a dollop of sour cream (1 tbsp, adds 1g net carbs) for richness.



Day 9: Pork & Arugula Salad with Lemon (Page 49)

- **Ingredients (Serves 1):**

- 3 oz pork tenderloin, sliced
- 1 cup arugula
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 6 minutes
- Total Time: 11 minutes

- **Nutritional Values (Approximate):**

- Calories: 260
- Fat: 18g
- Protein: 22g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

- Heat 1/2 tbsp olive oil in a skillet over medium heat. Cook pork slices with salt and pepper for 5–6 minutes until browned.
- In a bowl, toss arugula with remaining olive oil and lemon juice.
- Top with pork slices and serve.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (18g from olive oil), supporting ketosis.
- Arugula adds nutrients with minimal carbs [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Arugula provides nitrates and antioxidants. Lemon juice offers vitamin C.
- Everyday Healing Tip: As you toss the salad, visualize a healing light spreading through your body.
- Serving Suggestion: Add a few sunflower seeds (1 tbsp, adds 1g net carbs) for crunch.



Day 10: Shrimp & Broccoli Alfredo Zoodles (Page 50)

- **Ingredients (Serves 1):**

- 4 oz shrimp (peeled, deveined)
- 1/2 cup broccoli florets
- 1/2 cup zucchini noodles (zoodles)
- 2 tbsp heavy cream
- 1 tbsp butter (grass-fed)
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 7 minutes
- Total Time: 12 minutes

- **Nutritional Values (Approximate):**

- Calories: 280
- Fat: 20g
- Protein: 22g
- Carbs: 6g (Net Carbs: 4g)

- **Preparation Techniques:**

- Heat butter in a skillet over medium heat. Add shrimp, salt, and pepper, cooking for 3–4 minutes until pink.
- Add broccoli and zoodles, cooking for 2 minutes. Stir in heavy cream and heat for 1–2 minutes until thickened.
- Serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and high-fat (20g from butter, cream), supporting ketosis.
- Zoodles replace high-carb pasta [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Broccoli offers sulforaphane. Heavy cream provides fats for ketosis.
- Everyday Healing Tip: As you stir the cream, reflect on a moment of joy, infusing positivity.
- Serving Suggestion: Sprinkle with Parmesan (1 tbsp, adds 1g net carbs) for flavor.



Day 11: Chicken & Mushroom Soup with Thyme (Page 51)

- **Ingredients (Serves 1):**

1. 3 oz cooked chicken breast, shredded
2. 1 cup bone broth (chicken, no added sugar)
3. 1/4 cup reishi mushroom powder (or finely ground dried reishi)
4. 1/4 tsp dried thyme
5. 1/4 tsp sea salt
6. 1/4 tsp black pepper

- **Time Involved:**

1. Prep Time: 5 minutes
2. Cook Time: 9 minutes
3. Total Time: 14 minutes

- **Nutritional Values (Approximate):**

1. Calories: 210
2. Fat: 6g
3. Protein: 30g
4. Carbs: 4g (Net Carbs: 3g)

- **Preparation Techniques:**

1. In a small pot, bring bone broth to a simmer over medium heat.
2. Add reishi powder, thyme, salt, and pepper
3. Add reishi powder, thyme, salt, and pepper, stirring for 2 minutes to blend flavors.
4. Stir in shredded chicken and simmer for 3–4 minutes until heated through.
5. Serve warm.

- **Keto Qualities:**

1. Low-carb (3g net carbs) and moderate-fat (6g from broth), supporting ketosis.
2. Bone broth adds collagen without carbs [Web ID: 16].

- **Additional Details:**

1. Cancer-Fighting Benefits: Reishi enhances immune response with beta-glucans. Thyme has antimicrobial properties.
2. Everyday Healing Tip: As you simmer, visualize the reishi boosting your immunity, creating a protective shield.
3. Serving Suggestion: Garnish with a sprinkle of fresh parsley (adds negligible carbs).



Day 12: Pork & Spinach Stuffed Avocado (Page 52)

- **Ingredients (Serves 1):**

- 3 oz cooked pork tenderloin, diced
- 1/2 avocado, halved and pitted
- 1/2 cup spinach, sautéed
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 3 minutes
- Total Time: 8 minutes

- **Nutritional Values (Approximate):**

- Calories: 280
- Fat: 22g
- Protein: 18g
- Carbs: 6g (Net Carbs: 3g)

- **Preparation Techniques:**

- Heat olive oil in a skillet over medium heat. Sauté spinach with salt and pepper for 2–3 minutes until wilted.
- Scoop the sautéed spinach into the avocado halves.
- Top with diced pork and serve.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (22g from avocado, olive oil), supporting ketosis.
- Avocado provides healthy fats for ketosis [Web ID: 16].

- **Additional Details:**

- Cancer-Fighting Benefits: Spinach offers flavonoids. Avocado provides monounsaturated fats.
- Everyday Healing Tip: As you fill the avocado, reflect on a healing milestone, celebrating your progress.
- Serving Suggestion: Drizzle with lemon juice (1 tsp, adds negligible carbs) for freshness.



Day 13: Salmon & Cauliflower Mash with Dill (Page 53)

- **Ingredients (Serves 1):**

- 3 oz cooked salmon (wild-caught)
- 1/2 cup cauliflower, mashed
- 1 tbsp butter (grass-fed)
- 1 tsp dill, chopped
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 7 minutes
- Total Time: 12 minutes

- **Nutritional Values (Approximate):**

- Calories: 260
- Fat: 18g
- Protein: 20g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

- Steam cauliflower for 5–7 minutes until tender, then mash with butter, salt, and pepper.
- Flake salmon and mix with mashed cauliflower.
- Sprinkle with dill and serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (18g from butter, salmon), supporting ketosis.
- Cauliflower replaces high-carb potatoes [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Salmon provides omega-3s [Web ID: 3]. Cauliflower offers antioxidants [Web ID: 4].
- Everyday Healing Tip: As you mash, visualize the salmon nourishing your body with strength.
- Serving Suggestion: Add a sprinkle of pumpkin seeds (1 tsp, adds 1g net carbs) for texture.



Day 14: Chicken & Broccoli Casserole with Cheddar (Page 54)

- **Ingredients (Serves 1):**

- 3 oz cooked chicken breast, cubed
- 1/2 cup broccoli florets
- 2 tbsp heavy cream
- 1/4 cup cheddar cheese (shredded)
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Total Time: 25 minutes

- **Nutritional Values (Approximate):**

- Calories: 300
- Fat: 22g
- Protein: 24g
- Carbs: 5g (Net Carbs: 4g)

- **Preparation Techniques:**

- Preheat oven to 375°F (190°C). Grease a small oven-safe dish.
- Mix chicken, broccoli, heavy cream, salt, and pepper in the dish. Top with cheddar cheese.
- Bake for 15–20 minutes until cheese is melted and bubbly.
- Serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and high-fat (22g from cream, cheese), supporting ketosis.
- Broccoli adds fiber with minimal carbs [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Broccoli contains sulforaphane [Web ID: 17]. Cheddar provides calcium [Web ID: 4].
- Everyday Healing Tip: As you bake, reflect on how far you've come in 14 days, celebrating resilience.
- Serving Suggestion: Top with a dollop of sour cream (1 tbsp, adds 1g net carbs) for richness.



Day 15: Pork & Zucchini Boats with Smoked Paprika (Page 55)

- **Ingredients (Serves 1):**

- 3 oz ground pork
- 1 small zucchini, halved and scooped out
- 1 tbsp olive oil
- 1/4 tsp smoked paprika
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 21 minutes
- Total Time: 26 minutes

- **Nutritional Values (Approximate):**

- Calories: 280
- Fat: 20g
- Protein: 20g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

- Preheat oven to 375°F (190°C). Brush zucchini halves with olive oil, salt, and pepper, and place on a baking sheet.
- In a skillet, cook ground pork with smoked paprika, salt, and pepper for 5–6 minutes until browned.
- Stuff pork into zucchini halves and bake for 15 minutes.
- Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (20g from olive oil), supporting ketosis.
- Zucchini keeps carbs minimal.

- **Additional Details:**

- Cancer-Fighting Benefits: Smoked paprika offers capsaicin [Web ID: 4]. Zucchini provides antioxidants [Web ID: 4].
- Everyday Healing Tip: As you stuff the zucchini, visualize filling your body with strength and healing.
- Serving Suggestion: Top with a sprinkle of parsley (adds negligible carbs).



Day 16: Shrimp & Spinach Salad with Lemon (Page 56)

- **Ingredients (Serves 1):**

- 4 oz shrimp (peeled, deveined)
- 1 cup spinach leaves
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 4 minutes
- Total Time: 9 minutes

- **Nutritional Values (Approximate):**

- Calories: 240
- Fat: 16g
- Protein: 22g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

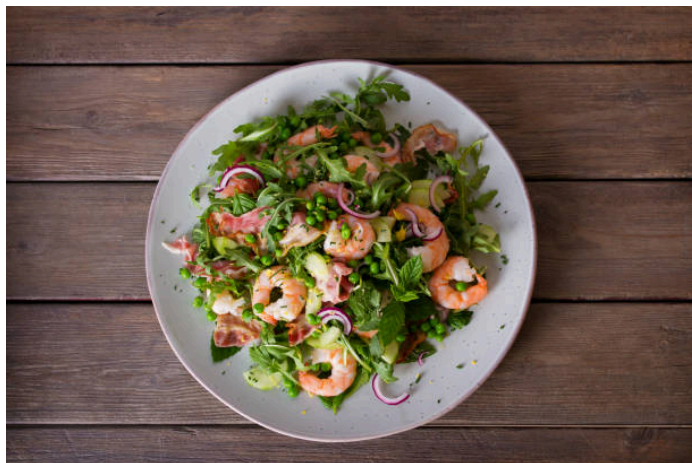
- Heat 1/2 tbsp olive oil in a skillet over medium heat. Cook shrimp with salt and pepper for 3–4 minutes until pink.
- In a bowl, toss spinach with remaining olive oil and lemon juice.
- Top with shrimp and serve.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (16g from olive oil), supporting ketosis.
- Spinach adds nutrients with minimal carbs [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Shrimp provides selenium [Web ID: 3]. Spinach offers flavonoids [Web ID: 4].
- Everyday Healing Tip: As you toss the salad, reflect on a moment of hope for the day ahead.
- Serving Suggestion: Add a few almonds (1 tbsp, adds 1g net carbs) for crunch.



Day 17: Chicken & Cauliflower Rice Bowl with Thyme (Page 57)

- **Ingredients (Serves 1):**

- 3 oz cooked chicken breast, cubed
- 1/2 cup cauliflower rice
- 1 tbsp butter (grass-fed)
- 1/4 tsp dried thyme
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 8 minutes
- Total Time: 13 minutes

- **Nutritional Values (Approximate):**

- Calories: 260
- Fat: 16g
- Protein: 24g
- Carbs: 5g (Net Carbs: 4g)

- **Preparation Techniques:**

- Heat butter in a skillet over medium heat. Add cauliflower rice, thyme, salt, and pepper, cooking for 5–6 minutes until tender.
- Stir in chicken and heat for 2 minutes.
- Serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and high-fat (16g from butter), supporting ketosis.
- Cauliflower rice replaces high-carb rice [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Thyme has antimicrobial properties [Web ID: 4]. Cauliflower offers vitamin C [Web ID: 4].
- Everyday Healing Tip: As you stir, visualize the thyme supporting your body's natural defenses.
- Serving Suggestion: Top with a sprinkle of sunflower seeds (1 tsp, adds 1g net carbs) for texture.



Day 18: Pork & Broccoli Stir-Fry with Ginger (Page 58)

- **Ingredients (Serves 1):**

- 3 oz pork tenderloin, sliced
- 1/2 cup broccoli florets
- 1 tbsp coconut oil
- 1/2 tsp ginger, grated
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 11 minutes
- Total Time: 16 minutes

- **Nutritional Values (Approximate):**

- Calories: 280
- Fat: 20g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

- Heat coconut oil in a skillet over medium heat. Add pork, ginger, salt, and pepper, cooking for 5–6 minutes until browned.
- Add broccoli and stir-fry for 4–5 minutes until tender.
- Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (20g from coconut oil), supporting ketosis.
- Broccoli adds fiber with minimal carbs [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Ginger reduces inflammation [Web ID: 4]. Broccoli offers sulforaphane [Web ID: 17].
- Everyday Healing Tip: As you stir-fry, practice gratitude for one thing in your life today.
- Serving Suggestion: Garnish with chopped scallions (adds negligible carbs).



Day 19: Salmon & Asparagus Bake with Dill (Page 59)

- **Ingredients (Serves 1):**
 - 3 oz salmon fillet (wild-caught)
 - 4 asparagus spears, trimmed
 - 1 tbsp olive oil
 - 1 tsp dill, chopped
 - 1/4 tsp sea salt
 - 1/4 tsp black pepper
- **Time Involved:**
 - Prep Time: 5 minutes
 - Cook Time: 11 minutes
 - Total Time: 16 minutes
- **Nutritional Values (Approximate):**
 - Calories: 280
 - Fat: 20g
 - Protein: 22g
 - Carbs: 5g (Net Carbs: 3g)
- **Preparation Techniques:**
 - Preheat oven to 400°F (200°C). Place salmon and asparagus on a baking sheet.
 - Drizzle with olive oil, then season with salt, pepper, and dill.
 - Bake for 12–15 minutes until salmon flakes easily.
 - Serve warm.
- **Keto Qualities:**
 - Low-carb (3g net carbs) and high-fat (20g from coconut oil), supporting ketosis.
 - Broccoli adds fiber with minimal carbs [Web ID: 24].
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Ginger reduces inflammation [Web ID: 4]. Broccoli offers sulforaphane [Web ID: 17].
 - **Everyday Healing Tip:** As you stir-fry, practice gratitude for one thing in your life today.
- **Serving Suggestion:** Garnish with chopped scallions (adds negligible carbs).



Healing is possible

Day 20: Chicken & Zucchini Skillet with Rosemary (Page 60)

- **Ingredients (Serves 1):**

- 3 oz chicken breast, cubed
- 1/2 cup zucchini, sliced
- 1 tbsp coconut oil
- 1/4 tsp dried rosemary
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 11 minutes
- Total Time: 16 minutes

- **Nutritional Values (Approximate):**

- Calories: 260
- Fat: 18g
- Protein: 24g
- Carbs: 4g (Net Carbs: 2g)

- **Preparation Techniques:**

- Heat coconut oil in a skillet over medium heat. Add chicken, rosemary, salt, and pepper, cooking for 5–6 minutes until browned.
- Add zucchini and cook for 4–5 minutes until tender.
- Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (18g from coconut oil), supporting ketosis.
- Zucchini keeps carbs minimal while adding fiber.

- **Additional Details:**

- Cancer-Fighting Benefits: Rosemary has anti-inflammatory properties. Zucchini provides antioxidants.
- Everyday Healing Tip: As you stir, reflect on a healing intention, infusing positivity into your meal.
- Serving Suggestion: Top with a sprinkle of chopped almonds (1 tbsp, adds 1g net carbs) for crunch.



Day 21: Shrimp & Broccoli Bowl with Turmeric (Page 61)

- **Ingredients (Serves 1):**

- 4 oz shrimp (peeled, deveined)
- 1/2 cup broccoli florets
- 1 tbsp olive oil
- 1/2 tsp turmeric powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 9 minutes
- Total Time: 14 minutes

- **Nutritional Values (Approximate):**

- Calories: 240
- Fat: 14g
- Protein: 24g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

- Heat olive oil in a skillet over medium heat. Add shrimp, turmeric, salt, and pepper, cooking for 3–4 minutes until pink.
- Add broccoli and stir-fry for 4–5 minutes until tender.
- Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (14g from olive oil), supporting ketosis.
- Broccoli adds fiber with minimal carbs.

- **Additional Details:**

- Cancer-Fighting Benefits: Turmeric's curcumin reduces inflammation. Broccoli offers sulforaphane.
- Everyday Healing Tip: On this final day, celebrate your 21-day journey as you cook, reflecting on your growth.
- Serving Suggestion: Garnish with a sprinkle of sesame seeds (1 tsp, adds 1g net carbs) for flavor.



Lunch Shopping List with Specific Sourcing (Page 62)

This shopping list includes all ingredients needed for the 21 unique lunch recipes in the Courageous Transformation 21-Day Protocol. Quantities are approximate for one person over 21 days. Source ingredients from local grocery stores, health food stores, or online retailers as noted below. Always choose high-quality, organic options when possible to support your healing journey.

Proteins

- **Chicken Breast (cooked):** 18 oz (6 recipes: Days 1, 3, 8, 11, 14, 17, 3 oz each).
 - *Sourcing:* Available at grocery stores like Walmart or Whole Foods (organic, free-range brands like Perdue or Organic Valley). Online: ButcherBox (butcherbox.com) or Thrive Market.
- **Smoked Salmon (wild-caught):** 6 oz (2 recipes: Days 2 and 13, 3 oz each).
 - *Sourcing:* Find at Whole Foods or Trader Joe's (brands like Vital Choice or Wild Alaskan Company). Online: vitalchoice.com or wildalaskancompany.com. Check for no added sugar.
- **Shrimp (peeled, deveined):** 24 oz (6 recipes: Days 4, 7, 10, 16, 21, 4 oz each).
 - *Sourcing:* Available at grocery stores like Kroger or Sprouts (wild-caught, brands like Aqua Star). Online: Thrive Market or Amazon Fresh.
- **Pork Tenderloin:** 12 oz (5 recipes: Days 6, 9, 12, 15, 18, 3 oz each).
 - *Sourcing:* Found at Whole Foods or local butchers (organic, brands like Niman Ranch). Online: ButcherBox (butcherbox.com).
- **Ground Turkey:** 3 oz (1 recipe: Day 5).
 - *Sourcing:* Available at grocery stores like Target or Safeway (organic, brands like Jennie-O or Butterball). Online: Thrive Market or Instacart.
- **Salmon Fillet (wild-caught):** 3 oz (1 recipe: Day 19).
 - *Sourcing:* Found at Whole Foods or Costco (brands like Alaskan Salmon Company). Online: vitalchoice.com.

Vegetables

- **Spinach:** 2.5 cups (3 recipes: Days 1, 12, 16, 1 cup each; Day 12 uses 1/2 cup sautéed).
 - *Sourcing:* Buy a 10 oz bag at Walmart or Trader Joe's. Online: Amazon Fresh or Thrive Market.
- **Lettuce Leaves (romaine or butter):** 2 large leaves (1 recipe: Day 2).
 - *Sourcing:* Available in the produce section of grocery stores like Publix or Whole Foods. Online: Instacart.
- **Cauliflower:** 2 small heads (3 recipes: Days 3, 6, 13, 1/2 cup each; Day 17 uses 1/2 cup rice).
 - *Sourcing:* Found at Kroger or Sprouts; buy pre-riced at Trader Joe's. Online: Amazon Fresh or Thrive Market.
- **Zucchini:** 2 small (2 recipes: Days 4 and 15, 1/2 cup noodles; Day 20 uses 1/2 cup sliced).
 - *Sourcing:* Available at Walmart or Whole Foods. Online: Misfits Market or Instacart.
- **Broccoli:** 2.5 cups (4 recipes: Days 7, 10, 14, 18, 1/2 cup each; Day 21 uses 1/2 cup).
 - *Sourcing:* Found at Safeway or Sprouts. Online: Amazon Fresh or Thrive Market.
- **Asparagus:** 12 spears (2 recipes: Days 8 and 19, 4 spears each).
 - *Sourcing:* Available at Costco or Whole Foods. Online: Misfits Market.
- **Arugula:** 1 cup (1 recipe: Day 9).
 - *Sourcing:* Found at Trader Joe's or Whole Foods (pre-washed bags). Online: Thrive Market.
- **Avocado:** 1 medium (1 recipe: Day 12, 1/2 avocado).
 - *Sourcing:* Available at Walmart or Costco (Hass variety). Online: Amazon Fresh.

Dairy

- **Butter (grass-fed):** 4 tbsp (2 recipes: Days 6 and 13, 1 tbsp each; Day 10 uses 1 tbsp).
 - *Sourcing:* Found at Whole Foods or Trader Joe's (brands like Kerrygold). Online: Thrive Market.
- **Heavy Cream:** 2 tbsp (1 recipe: Day 10).
 - *Sourcing:* Buy a pint at Walmart or Whole Foods (brands like Organic Valley). Online: Amazon Fresh.
- **Cheddar Cheese (shredded):** 1/4 cup (1 recipe: Day 14).
 - *Sourcing:* Available at Target or Costco (brands like Tillamook). Online: Thrive Market.
- **Sour Cream (full-fat):** 1 tbsp (optional for Day 8).
 - *Sourcing:* Found at Kroger or Whole Foods (brands like Daisy). Online: Instacart.

Pantry Items

- **Bone Broth (chicken, no added sugar):** 2 cups (2 recipes: Days 3 and 11, 1 cup each).
 - *Sourcing:* Available at Whole Foods or Costco (brands like Kettle & Fire). Online: Amazon (e.g., Kettle & Fire) or Thrive Market.
- **Olive Oil:** 7 tbsp (7 recipes: Days 1, 2, 4, 7, 9, 16, 19, 1 tbsp each; Day 15 uses 1 tbsp).
 - *Sourcing:* Buy 8 oz at Whole Foods or Costco (brands like California Olive Ranch). Online: Amazon.
- **Coconut Oil:** 2 tbsp (2 recipes: Days 5 and 18, 1 tbsp each).
 - *Sourcing:* Found at Sprouts or Whole Foods (brands like Nutiva). Online: Thrive Market.

Spices & Seasonings

- **Sea Salt:** 4.25 tsp (used in all 21 recipes, about 1/4 tsp each).
 - *Sourcing:* Available at Walmart or Whole Foods (brands like Celtic Sea Salt). Online: Amazon.
- **Black Pepper:** 4.25 tsp (used in all 21 recipes, about 1/4 tsp each).
 - *Sourcing:* Found at Target or Kroger (brands like McCormick). Online: Thrive Market.
- **Turmeric Powder:** 1 tsp (2 recipes: Days 1 and 21, 1/2 tsp each; Day 6 uses 1/2 tsp).
 - *Sourcing:* Available at Safeway or Sprouts (brands like Simply Organic). Online: Amazon.
- **Dill (fresh, chopped):** 2 tsp (2 recipes: Days 2 and 13, 1 tsp each; Day 19 uses 1 tsp).
 - *Sourcing:* Found in produce at Whole Foods or Publix. Online: Instacart.
- **Chaga Mushroom Powder:** 1 tsp (1 recipe: Day 3).
 - *Sourcing:* Available at GNC or online at Real Mushrooms (realmushrooms.com).
- **Turkey Tail Mushroom Powder:** 1 tsp (1 recipe: Day 7).
 - *Sourcing:* Found at health stores or online at Host Defense (hostdefense.com).
- **Reishi Mushroom Powder:** 1/4 cup (1 recipe: Day 11).
 - *Sourcing:* Available online at Four Sigmatic (foursigmatic.com) or Amazon.
- **Ginger (fresh, grated):** 1 tsp (2 recipes: Days 4 and 18, 1/2 tsp each).
 - *Sourcing:* Found in produce at Trader Joe's or Safeway. Online: Amazon Fresh.
- **Rosemary (dried):** 1/2 tsp (2 recipes: Days 5 and 20, 1/4 tsp each).
 - *Sourcing:* Available at Walmart or Whole Foods (brands like McCormick). Online: Amazon.
- **Oregano (dried):** 1/4 tsp (1 recipe: Day 8).
 - *Sourcing:* Found at Kroger or Sprouts (brands like Simply Organic). Online: Thrive Market.
- **Smoked Paprika:** 1/4 tsp (1 recipe: Day 15).
 - *Sourcing:* Available at Whole Foods or Target (brands like Simply Organic). Online: Amazon.
- **Thyme (dried):** 1/2 tsp (2 recipes: Days 11 and 17, 1/4 tsp each).
 - *Sourcing:* Found at Safeway or Trader Joe's (brands like McCormick). Online: Thrive Market.
- **Lemon Juice:** 2 tsp (2 recipes: Days 1 and 9, 1 tsp each; Day 16 uses 1 tsp; Day 19 optional).
 - *Sourcing:* Buy 1 lemon at Walmart or a bottle at Whole Foods (e.g., Lakewood). Online: Amazon.

Toppings & Garnishes

- **Parsley (fresh, chopped):** 1 tbsp (2 recipes: Days 3 and 15, optional).
 - *Sourcing:* Found in produce at Publix or Whole Foods. Online: Instacart.
- **Sesame Seeds:** 2 tsp (2 recipes: Days 4 and 21, 1 tsp each).
 - *Sourcing:* Available in bulk at Sprouts or Whole Foods (brands like Eden Foods). Online: Amazon.
- **Walnuts (crushed):** 1 tbsp (1 recipe: Day 5).
 - *Sourcing:* Found in bulk at Costco or Whole Foods. Online: Thrive Market.
- **Chives (chopped):** 1 tbsp (1 recipe: Day 6).
 - *Sourcing:* Available in produce at Safeway or Trader Joe's. Online: Amazon Fresh.
- **Sunflower Seeds:** 1 tbsp (1 recipe: Day 9).
 - *Sourcing:* Found in bulk at Trader Joe's or Sprouts. Online: Amazon.
- **Parmesan (grated):** 1 tbsp (1 recipe: Day 10).
 - *Sourcing:* Available at Walmart or Whole Foods (brands like BelGioioso). Online: Thrive Market.
- **Pumpkin Seeds:** 1 tsp (1 recipe: Day 13).
 - *Sourcing:* Found in bulk at Whole Foods or Costco. Online: Amazon.
- **Scallions (chopped):** 1 tbsp (1 recipe: Day 18).
 - *Sourcing:* Available in produce at Kroger or Whole Foods. Online: Instacart.
- **Almonds (chopped):** 2 tbsp (2 recipes: Days 1 and 20, 1 tbsp each).
 - *Sourcing:* Found in bulk at Sprouts or Target. Online: Thrive Market.



21-Day Keto Meal Plan: Dinner Overview

- Day 1: Beef & Spinach Stir-Fry with Turmeric
- Day 2: Lamb & Zucchini Skillet with Rosemary
- Day 3: Turkey & Cauliflower Mash with Thyme
- Day 4: Beef & Broccoli Bowl with Ginger
- Day 5: Lamb & Asparagus Skillet with Oregano
- Day 6: Turkey & Zucchini Casserole with Cheddar
- Day 7: Beef & Mushroom Soup with Reishi
- Day 8: Lamb & Kale Skillet with Smoked Paprika
- Day 9: Turkey & Broccoli Bake with Parmesan
- Day 10: Beef & Cauliflower Rice with Dill
- Day 11: Lamb & Spinach Salad with Lemon
- Day 12: Turkey & Asparagus Bake with Thyme
- Day 13: Beef & Zucchini Boats with Smoked Paprika
- Day 14: Lamb & Broccoli Stir-Fry with Ginger
- Day 15: Turkey & Cauliflower Soup with Chaga
- Day 16: Beef & Kale Salad with Lemon
- Day 17: Lamb & Broccoli Casserole with Cheddar
- Day 18: Turkey & Zucchini Stir-Fry with Oregano
- Day 19: Beef & Asparagus Soup with Turkey Tail
- Day 20: Lamb & Cauliflower Roast with Rosemary
- Day 21: Turkey & Broccoli Skillet with Turmeric

Day 1: Beef & Spinach Stir-Fry with Turmeric (Page 66)

- **Ingredients (Serves 1):**

- 3 oz beef sirloin, sliced
- 1 cup spinach
- 1 tbsp olive oil
- 1/2 tsp turmeric powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 9 minutes
- Total Time: 14 minutes

- **Nutritional Values (Approximate):**

- Calories: 300
- Fat: 22g
- Protein: 24g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

- Heat olive oil in a skillet over medium heat. Add beef, turmeric, salt, and pepper, cooking for 5–6 minutes until browned.
- Add spinach and stir-fry for 2–3 minutes until wilted.
- Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (22g from olive oil), supporting ketosis.
- Beef provides protein without carbs [Web ID: 24].

- **Additional Details:**

- Cancer-Fighting Benefits: Turmeric's curcumin reduces inflammation [Web ID: 3]. Spinach offers flavonoids [Web ID: 4].
- Everyday Healing Tip: As you stir, visualize turmeric soothing inflammation in your body.
- Serving Suggestion: Top with a sprinkle of sesame seeds (1 tsp, adds 1g net carbs).



Day 2: Lamb & Zucchini Skillet with Rosemary (Page 67)

- **Ingredients (Serves 1):**

- 3 oz lamb chop, cubed
- 1/2 cup zucchini, sliced
- 1 tbsp coconut oil
- 1/4 tsp dried rosemary
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 12 minutes
- Total Time: 17 minutes

- **Nutritional Values (Approximate):**

- Calories: 320
- Fat: 24g
- Protein: 22g
- Carbs: 4g (Net Carbs: 2g)

- **Preparation Techniques:**

1. Heat coconut oil in a skillet over medium heat. Add lamb, rosemary, salt, and pepper, cooking for 6–7 minutes until browned.
2. Add zucchini and cook for 4–5 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (24g from coconut oil), supporting ketosis.
- Zucchini keeps carbs minimal [Web ID: 24].

- **Additional Details:**

- **Cancer-Fighting Benefits:** Rosemary has anti-inflammatory properties [Web ID: 4]. Zucchini provides antioxidants [Web ID: 4].
- **Everyday Healing Tip:** As you cook, reflect on a moment of peace, infusing calm into your meal.
- **Serving Suggestion:** Garnish with chopped parsley (adds negligible carbs).



Day 3: Turkey & Cauliflower Mash with Thyme (Page 68)

- **Ingredients (Serves 1):**

- 3 oz ground turkey
- 1/2 cup cauliflower, mashed
- 1 tbsp butter (grass-fed)
- 1/4 tsp dried thyme
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 13 minutes
- Total Time: 18 minutes

- **Nutritional Values (Approximate):**

- Calories: 280
- Fat: 20g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Heat butter in a skillet over medium heat. Add turkey, thyme, salt, and pepper, cooking for 5–6 minutes until browned.
2. Steam cauliflower for 5–7 minutes, then mash with remaining butter, salt, and pepper.
3. Serve turkey over cauliflower mash.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (20g from butter), supporting ketosis.
- Cauliflower replaces high-carb potatoes.

- **Additional Details:**

- Cancer-Fighting Benefits: Thyme has antimicrobial properties. Cauliflower offers vitamin C.
- Everyday Healing Tip: As you mash, visualize thyme strengthening your resilience.
- Serving Suggestion: Top with a sprinkle of pumpkin seeds (1 tsp, adds 1g net carbs).



Day 4: Beef & Broccoli Bowl with Ginger (Page 69)

- **Ingredients (Serves 1):**

- 3 oz beef sirloin, sliced
- 1/2 cup broccoli florets
- 1 tbsp olive oil
- 1/2 tsp ginger, grated
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 11 minutes
- Total Time: 16 minutes

- **Nutritional Values (Approximate):**

- Calories: 290
- Fat: 20g
- Protein: 24g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Heat olive oil in a skillet over medium heat. Add beef, ginger, salt, and pepper, cooking for 5–6 minutes until browned.
2. Add broccoli and stir-fry for 4–5 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (20g from olive oil), supporting ketosis.
- Broccoli adds fiber with minimal carbs [Web ID: 24].

- **Additional Details:**

- **Cancer-Fighting Benefits:** Ginger reduces inflammation. Broccoli offers sulforaphane.
- **Everyday Healing Tip:** As you stir-fry, practice deep breathing (inhale 4, exhale 8) to calm your mind.
- **Serving Suggestion:** Add a sprinkle of sesame seeds (1 tsp, adds 1g net carbs).



Day 5: Lamb & Asparagus Skillet with Oregano (Page 70)

- **Ingredients (Serves 1):**

- 3 oz lamb chop, cubed
- 4 asparagus spears, trimmed
- 1 tbsp coconut oil
- 1/4 tsp dried oregano
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 12 minutes
- Total Time: 17 minutes

- **Nutritional Values (Approximate):**

- Calories: 310
- Fat: 24g
- Protein: 22g
- Carbs: 4g (Net Carbs: 2g)

- **Preparation Techniques:**

1. Heat coconut oil in a skillet over medium heat. Add lamb, oregano, salt, and pepper, cooking for 6–7 minutes until browned.
2. Add asparagus and cook for 4–5 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (24g from coconut oil), supporting ketosis.
- Asparagus keeps carbs minimal [Web ID: 24].

- **Additional Details:**

- **Cancer-Fighting Benefits:** Oregano has anti-inflammatory properties. Asparagus contains glutathione.
- **Everyday Healing Tip:** As you cook, visualize oregano supporting your body's healing process.
- **Serving Suggestion:** Top with a dollop of sour cream (1 tbsp, adds 1g net carbs).



Day 6: Turkey & Zucchini Casserole with Cheddar (Page 71)

- **Ingredients (Serves 1):**

- 3 oz ground turkey
- 1/2 cup zucchini, diced
- 2 tbsp heavy cream
- 1/4 cup cheddar cheese (shredded)
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Total Time: 25 minutes

- **Nutritional Values (Approximate):**

- Calories: 300
- Fat: 22g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Preheat oven to 375°F (190°C). Grease a small oven-safe dish.
2. Mix turkey, zucchini, heavy cream, salt, and pepper in the dish. Top with cheddar cheese.
3. Bake for 20 minutes until cheese is melted and bubbly.
4. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (22g from cream, cheese), supporting ketosis.
- Zucchini adds fiber with minimal carbs [Web ID: 24].

- **Additional Details:**

- **Cancer-Fighting Benefits:** Cheddar provides calcium. Zucchini offers antioxidants.
- **Everyday Healing Tip:** As you bake, reflect on a healing intention for the week ahead.
- **Serving Suggestion:** Garnish with chopped chives (adds negligible carbs).



Day 7: Beef & Mushroom Soup with Reishi (Page 72)

- **Ingredients (Serves 1):**

- 3 oz beef sirloin, cubed
- 1 cup bone broth (beef, no added sugar)
- 1 tsp reishi mushroom powder
- 1/4 cup cauliflower florets
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 10 minutes
- Total Time: 15 minutes

- **Nutritional Values (Approximate):**

- Calories: 250
- Fat: 12g
- Protein: 28g
- Carbs: 5g (Net Carbs: 4g)

- **Preparation Techniques:**

1. In a small pot, bring bone broth to a simmer over medium heat.
2. Add beef, reishi powder, cauliflower, salt, and pepper, cooking for 8–10 minutes until beef is tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and moderate-fat (12g from broth), supporting ketosis.
- Bone broth adds collagen without carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Reishi enhances immune function. Cauliflower provides vitamin C.
- **Everyday Healing Tip:** As you simmer, visualize reishi strengthening your body's defenses.
- **Serving Suggestion:** Top with a sprinkle of parsley (adds negligible carbs).



Day 8: Lamb & Kale Skillet with Smoked Paprika (Page 73)

- **Ingredients (Serves 1):**

- 3 oz lamb chop, cubed
- 1/2 cup kale, chopped
- 1 tbsp olive oil
- 1/4 tsp smoked paprika
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 10 minutes
- Total Time: 15 minutes

- **Nutritional Values (Approximate):**

- Calories: 310
- Fat: 24g
- Protein: 22g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

1. Heat olive oil in a skillet over medium heat. Add lamb, smoked paprika, salt, and pepper, cooking for 6–7 minutes until browned.
2. Add kale and stir-fry for 2–3 minutes until wilted.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (24g from olive oil), supporting ketosis.
- Kale adds nutrients with minimal carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Kale offers vitamin K. Smoked paprika provides capsaicin.
- **Everyday Healing Tip:** As you stir, reflect on a small victory from your day.
- **Serving Suggestion:** Add a sprinkle of sunflower seeds (1 tbsp, adds 1g net carbs).



Day 9: Turkey & Broccoli Bake with Parmesan (Page 74)

- **Ingredients (Serves 1):**

- 3 oz ground turkey
- 1/2 cup broccoli florets
- 1 tbsp heavy cream
- 1 tbsp Parmesan cheese (grated)
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Total Time: 25 minutes

- **Nutritional Values (Approximate):**

- Calories: 280
- Fat: 20g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Preheat oven to 375°F (190°C). Grease a small oven-safe dish.
2. Mix turkey, broccoli, heavy cream, salt, and pepper in the dish. Top with Parmesan.
3. Bake for 20 minutes until golden.
4. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (20g from cream), supporting ketosis.
- Broccoli adds fiber with minimal carbs [Web ID: 24].

- **Additional Details:**

- **Cancer-Fighting Benefits:** Broccoli offers sulforaphane. Parmesan provides calcium.
- **Everyday Healing Tip:** As you bake, visualize broccoli detoxifying your body.
- **Serving Suggestion:** Top with a dollop of sour cream (1 tbsp, adds 1g net carbs).



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Day 10: Beef & Cauliflower Rice with Dill (Page 75)

- **Ingredients (Serves 1):**

- 3 oz beef sirloin, cubed
- 1/2 cup cauliflower rice
- 1 tbsp butter (grass-fed)
- 1 tsp dill, chopped
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 11 minutes
- Total Time: 16 minutes

- **Nutritional Values (Approximate):**

- Calories: 290
- Fat: 20g
- Protein: 24g
- Carbs: 5g (Net Carbs: 4g)

- **Preparation Techniques:**

1. Heat butter in a skillet over medium heat. Add beef, salt, and pepper, cooking for 5–6 minutes until browned.
2. Add cauliflower rice and dill, stir-frying for 4–5 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and high-fat (20g from butter), supporting ketosis.
- Cauliflower rice replaces high-carb rice [Web ID: 24].

- **Additional Details:**

- **Cancer-Fighting Benefits:** Dill has antioxidant properties. Cauliflower offers vitamin C.
- **Everyday Healing Tip:** As you stir, reflect on a healing intention for the day.
- **Serving Suggestion:** Add a sprinkle of almonds (1 tbsp, adds 1g net carbs).



Day 11: Lamb & Spinach Salad with Lemon (Page 76)

- **Ingredients (Serves 1):**

- 3 oz lamb chop, sliced
- 1 cup spinach
- 1 sliced avocado
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 7 minutes
- Total Time: 12 minutes

- **Nutritional Values (Approximate):**

- Calories: 300
- Fat: 24g
- Protein: 22g
- Carbs: 2g (Net Carbs: 1g)

- **Preparation Techniques:**

1. Heat 1/2 tbsp olive oil in a skillet over medium heat. Cook lamb with salt and pepper for 6–7 minutes until browned.
2. In a bowl, toss spinach with remaining olive oil and lemon juice.
3. Top with lamb slices and serve.

- **Keto Qualities:**

- Low-carb (1g net carbs) and high-fat (24g from olive oil), supporting ketosis.
- Spinach adds nutrients with minimal carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Spinach offers flavonoids. Lemon juice provides vitamin C.
- **Everyday Healing Tip:** As you toss the salad, visualize a healing light spreading through your body.
- **Serving Suggestion:** Add a few sunflower seeds (1 tbsp, adds 1g net carbs).



Day 12: Turkey & Asparagus Bake with Thyme (Page 77)

- **Ingredients (Serves 1):**

- 3 oz ground turkey
- 4 asparagus spears, trimmed
- 1 tbsp butter (grass-fed)
- 1/4 tsp dried thyme
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Total Time: 25 minutes

- **Nutritional Values (Approximate):**

- Calories: 280
- Fat: 20g
- Protein: 22g
- Carbs: 4g (Net Carbs: 2g)

- **Preparation Techniques:**

1. Preheat oven to 400°F (200°C). Place turkey and asparagus on a baking sheet.
2. Dot with butter, then season with thyme, salt, and pepper.
3. Bake for 15–20 minutes until turkey is cooked.
4. Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (20g from butter), supporting ketosis.
- Asparagus keeps carbs minimal.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Thyme has antimicrobial properties. Asparagus contains glutathione.
- **Everyday Healing Tip:** As you bake, reflect on a moment of gratitude for your journey.
- **Serving Suggestion:** Top with a sprinkle of Parmesan (1 tbsp, adds 1 g net carbs).



Day 13: Beef & Zucchini Boats with Smoked Paprika (Page 78)

- **Ingredients (Serves 1):**

- 3 oz ground beef
- 1 small zucchini, halved and scooped out
- 1 tbsp olive oil
- 1/4 tsp smoked paprika
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 21 minutes
- Total Time: 26 minutes

- **Nutritional Values (Approximate):**

- Calories: 290
- Fat: 20g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Preheat oven to 375°F (190°C). Brush zucchini halves with olive oil, salt, and pepper, and place on a baking sheet.
2. In a skillet, cook beef with smoked paprika, salt, and pepper for 5–6 minutes until browned.
3. Stuff beef into zucchini halves and bake for 15 minutes.
4. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (20g from olive oil), supporting ketosis.
- Zucchini keeps carbs minimal.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Smoked paprika offers capsaicin. Zucchini provides antioxidants.
- **Everyday Healing Tip:** As you stuff the zucchini, visualize filling your body with strength.
- **Serving Suggestion:** Garnish with chopped scallions (adds negligible carbs).



Day 14: Lamb & Broccoli Stir-Fry with Ginger (Page 79)

- **Ingredients (Serves 1):**

- 3 oz lamb chop, sliced
- 1/2 cup broccoli florets
- 1 tbsp coconut oil
- 1/2 tsp ginger, grated
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 12 minutes
- Total Time: 17 minutes

- **Nutritional Values (Approximate):**

- Calories: 310
- Fat: 24g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Heat coconut oil in a skillet over medium heat. Add lamb, ginger, salt, and pepper, cooking for 6–7 minutes until browned.
2. Add broccoli and stir-fry for 4–5 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (24g from coconut oil), supporting ketosis.
- Broccoli adds fiber with minimal carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Ginger reduces inflammation. Broccoli offers sulforaphane.
- **Everyday Healing Tip:** As you stir-fry, practice gratitude for one thing in your life.
- **Serving Suggestion:** Top with a sprinkle of sesame seeds (1 tsp, adds 1g net carbs).



Day 15: Turkey & Cauliflower Soup with Chaga (Page 80)

- **Ingredients (Serves 1):**

- 3 oz ground turkey
- 1 cup bone broth (chicken, no added sugar)
- 1 tsp chaga mushroom powder
- 1/4 cup cauliflower florets
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 10 minutes
- Total Time: 15 minutes

- **Nutritional Values (Approximate):**

- Calories: 260
- Fat: 12g
- Protein: 28g
- Carbs: 5g (Net Carbs: 4g)

- **Preparation Techniques:**

1. In a small pot, bring bone broth to a simmer over medium heat.
2. Add turkey, chaga powder, cauliflower, salt, and pepper, cooking for 8–10 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (4g net carbs) and moderate-fat (12g from broth), supporting ketosis.
- Bone broth adds collagen without carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Chaga offers antioxidants. Cauliflower provides vitamin C.
- **Everyday Healing Tip:** As you simmer, visualize chaga boosting your immunity.
- **Serving Suggestion:** Garnish with chopped parsley (adds negligible carbs).



Day 16: Beef & Kale Salad with Lemon (Page 81)

- **Ingredients (Serves 1):**

- 3 oz beef sirloin, sliced
- 1 cup kale, chopped
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 6 minutes
- Total Time: 11 minutes

- **Nutritional Values (Approximate):**

- Calories: 290
- Fat: 22g
- Protein: 24g
- Carbs: 3g (Net Carbs: 2g)

- **Preparation Techniques:**

1. Heat 1/2 tbsp olive oil in a skillet over medium heat. Cook beef with salt and pepper for 5–6 minutes until browned.
2. In a bowl, toss kale with remaining olive oil and lemon juice.
3. Top with beef slices and serve.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (22g from olive oil), supporting ketosis.
- Kale adds nutrients with minimal carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Kale offers vitamin K. Lemon juice provides vitamin C.
- **Everyday Healing Tip:** As you toss the salad, reflect on a moment of hope.
- **Serving Suggestion:** Add a few almonds (1 tbsp, adds 1g net carbs).



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Day 17: Lamb & Broccoli Casserole with Cheddar (Page 82)

- **Ingredients (Serves 1):**

- 3 oz lamb chop, cubed
- 1/2 cup broccoli florets
- 2 tbsp heavy cream
- 1/4 cup cheddar cheese (shredded)
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Total Time: 25 minutes

- **Nutritional Values (Approximate):**

- Calories: 320
- Fat: 24g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Preheat oven to 375°F (190°C). Grease a small oven-safe dish.
2. Mix lamb, broccoli, heavy cream, salt, and pepper in the dish. Top with cheddar cheese.
3. Bake for 20 minutes until cheese is melted.
4. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (24g from cream, cheese), supporting ketosis.
- Broccoli adds fiber with minimal carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Broccoli offers sulforaphane. Cheddar provides calcium.
- **Everyday Healing Tip:** As you bake, celebrate your progress through 17 days.
- **Serving Suggestion:** Top with a dollop of sour cream (1 tbsp, adds 1g net carbs).



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Day 18: Turkey & Zucchini Stir-Fry with Oregano (Page 83)

- **Ingredients (Serves 1):**

- 3 oz ground turkey
- 1/2 cup zucchini, sliced
- 1 tbsp olive oil
- 1/4 tsp dried oregano
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 11 minutes
- Total Time: 16 minutes

- **Nutritional Values (Approximate):**

- Calories: 270
- Fat: 20g
- Protein: 22g
- Carbs: 4g (Net Carbs: 2g)

- **Preparation Techniques:**

1. Heat olive oil in a skillet over medium heat. Add turkey, oregano, salt, and pepper, cooking for 5–6 minutes until browned.
2. Add zucchini and stir-fry for 4–5 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (2g net carbs) and high-fat (20g from olive oil), supporting ketosis.
- Zucchini keeps carbs minimal.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Oregano has anti-inflammatory properties. Zucchini provides antioxidants.
- **Everyday Healing Tip:** As you stir, visualize oregano supporting your healing.
- **Serving Suggestion:** Garnish with chopped parsley (adds negligible carbs).



Day 19: Beef & Asparagus Soup with Turkey Tail (Page 84)

- **Ingredients (Serves 1):**

- 3 oz beef sirloin, cubed
- 4 asparagus spears, chopped
- 1 cup bone broth (beef, no added sugar)
- 1 tsp turkey tail mushroom powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 10 minutes
- Total Time: 15 minutes

- **Nutritional Values (Approximate):**

- Calories: 260
- Fat: 12g
- Protein: 28g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. In a small pot, bring bone broth to a simmer over medium heat.
2. Add beef, turkey tail powder, asparagus, salt, and pepper, cooking for 8–10 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and moderate-fat (12g from broth), supporting ketosis.
- Bone broth adds collagen without carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Turkey tail boosts immunity. Asparagus contains glutathione.
- **Everyday Healing Tip:** As you simmer, visualize turkey tail strengthening your defenses.
- **Serving Suggestion:** Top with a sprinkle of dill (adds negligible carbs).



Day 20: Lamb & Cauliflower Roast with Rosemary (Page 85)

- **Ingredients (Serves 1):**

- 3 oz lamb chop
- 1/2 cup cauliflower florets
- 1 tbsp olive oil
- 1/4 tsp dried rosemary
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 25 minutes
- Total Time: 30 minutes

- **Nutritional Values (Approximate):**

- Calories: 320
- Fat: 24g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Preheat oven to 400°F (200°C). Place lamb and cauliflower on a baking sheet.
2. Drizzle with olive oil, then season with rosemary, salt, and pepper.
3. Roast for 20–25 minutes until lamb is cooked.
4. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (24g from olive oil), supporting ketosis.
- Cauliflower adds fiber with minimal carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Rosemary has anti-inflammatory properties. Cauliflower offers antioxidants.
- **Everyday Healing Tip:** As you roast, reflect on your growth through 20 days.
- **Serving Suggestion:** Top with a sprinkle of almonds (1 tbsp, adds 1g net carbs).



Day 21: Turkey & Broccoli Skillet with Turmeric (Page 86)

- **Ingredients (Serves 1):**

- 3 oz ground turkey
- 1/2 cup broccoli florets
- 1 tbsp coconut oil
- 1/2 tsp turmeric powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper

- **Time Involved:**

- Prep Time: 5 minutes
- Cook Time: 11 minutes
- Total Time: 16 minutes

- **Nutritional Values (Approximate):**

- Calories: 270
- Fat: 20g
- Protein: 22g
- Carbs: 5g (Net Carbs: 3g)

- **Preparation Techniques:**

1. Heat coconut oil in a skillet over medium heat. Add turkey, turmeric, salt, and pepper, cooking for 5–6 minutes until browned.
2. Add broccoli and stir-fry for 4–5 minutes until tender.
3. Serve warm.

- **Keto Qualities:**

- Low-carb (3g net carbs) and high-fat (20g from coconut oil), supporting ketosis.
- Broccoli adds fiber with minimal carbs.

- **Additional Details:**

- **Cancer-Fighting Benefits:** Turmeric's curcumin reduces inflammation. Broccoli offers sulforaphane.
- **Everyday Healing Tip:** On this final day, celebrate your 21-day journey as you cook.
- **Serving Suggestion:** Garnish with a sprinkle of sesame seeds (1 tsp, adds 1g net carbs).



Dinner Shopping List (Page 87)

This shopping list includes all ingredients needed for the 21 unique dinner recipes in the Courageous Transformation 21-Day Protocol. Quantities are approximate for one person over 21 days. Source ingredients from local grocery stores, health food stores, or online retailers as noted below. Always choose high-quality, organic options when possible to support your healing journey.

Proteins

- **Beef Sirloin:** 18 oz (6 recipes: Days 1, 4, 7, 10, 13, 16, 3 oz each; Day 19 uses 3 oz).
 - *Sourcing:* Available at Walmart or Whole Foods (organic, grass-fed brands like Grassland Beef). Online: ButcherBox (butcherbox.com) or Thrive Market.
- **Lamb Chop:** 18 oz (6 recipes: Days 2, 5, 8, 11, 14, 17, 3 oz each; Day 20 uses 3 oz).
 - *Sourcing:* Found at Whole Foods or local butchers (organic, brands like American Lamb). Online: ButcherBox or US Wellness Meats (grasslandbeef.com).
- **Ground Turkey:** 18 oz (6 recipes: Days 3, 6, 9, 12, 15, 18, 3 oz each; Day 21 uses 3 oz).
 - *Sourcing:* Available at Target or Safeway (organic, brands like Butterball or Jennie-O). Online: Thrive Market or Instacart.
- **Ground Beef:** 3 oz (1 recipe: Day 13).
 - *Sourcing*:* Found at Kroger or Sprouts (organic, grass-fed brands like Laura's Lean). Online: ButcherBox.

Vegetables

- **Spinach:** 2 cups (2 recipes: Days 1 and 11, 1 cup each).
 - *Sourcing:* Buy a 10 oz bag at Walmart or Trader Joe's. Online: Amazon Fresh or Thrive Market.
- **Zucchini:** 3 small (3 recipes: Days 2, 6, 18, 1/2 cup each; Day 13 uses 1 small).
 - *Sourcing:* Available at Publix or Whole Foods. Online: Misfits Market or Instacart.
- **Cauliflower:** 2.5 cups (4 recipes: Days 3, 7, 10, 15, 1/2 cup each; Day 20 uses 1/2 cup).
 - *Sourcing:* Found at Kroger or Sprouts; buy pre-riced at Trader Joe's. Online: Amazon Fresh.
- **Broccoli:** 3 cups (5 recipes: Days 4, 9, 14, 17, 21, 1/2 cup each).
 - *Sourcing:* Available at Safeway or Costco. Online: Thrive Market or FreshDirect.
- **Asparagus:** 20 spears (4 recipes: Days 5, 12, 19, 4 spears each).
 - *Sourcing:* Found at Whole Foods or Walmart. Online: Misfits Market.
- **Kale:** 1.5 cups (2 recipes: Days 8 and 16, 1/2 cup and 1 cup).
 - *Sourcing:* Buy a bunch at Trader Joe's or Sprouts. Online: Amazon Fresh.

Dairy

- **Butter (grass-fed):** 4 tbsp (4 recipes: Days 3, 10, 12, 1 tbsp each).
 - *Sourcing:* Found at Whole Foods or Trader Joe's (brands like Kerrygold). Online: Thrive Market.
- **Heavy Cream:** 5 tbsp (3 recipes: Days 6, 9, 17, 2 tbsp each; Day 14 uses 1 tbsp).
 - *Sourcing:* Buy a pint at Walmart or Whole Foods (brands like Organic Valley). Online: Amazon Fresh.

- **Cheddar Cheese (shredded):** 1/2 cup (2 recipes: Days 6 and 17, 1/4 cup each).
 - *Sourcing:* Available at Target or Costco (brands like Tillamook). Online: Thrive Market.
- **Parmesan Cheese (grated):** 1 tbsp (1 recipe: Day 9).
 - *Sourcing:* Found at Kroger or Whole Foods (brands like BelGioioso). Online: Instacart.
- **Sour Cream (full-fat):** 2 tbsp (2 recipes: Days 5 and 9, 1 tbsp each).
 - *Sourcing:* Available at Safeway or Whole Foods (brands like Daisy). Online: Amazon Fresh.

Pantry Items

- **Bone Broth (beef or chicken, no added sugar):** 2 cups (2 recipes: Days 7 and 19, 1 cup each; Day 15 uses 1 cup chicken).
 - *Sourcing:* Found at Whole Foods or Costco (brands like Kettle & Fire). Online: Amazon or Thrive Market.
- **Olive Oil:** 6 tbsp (6 recipes: Days 1, 4, 8, 11, 13, 20, 1 tbsp each).
 - *Sourcing:* Buy 8 oz at Whole Foods or Costco (brands like California Olive Ranch). Online: Amazon.
- **Coconut Oil:** 4 tbsp (4 recipes: Days 2, 5, 14, 21, 1 tbsp each).
 - *Sourcing:* Available at Sprouts or Whole Foods (brands like Nutiva). Online: Thrive Market.

Spices & Seasonings

- **Sea Salt:** 4.25 tsp (used in all 21 recipes, about 1/4 tsp each).
 - *Sourcing:* Available at Walmart or Whole Foods (brands like Celtic Sea Salt). Online: Amazon.
- **Black Pepper:** 4.25 tsp (used in all 21 recipes, about 1/4 tsp each).
 - *Sourcing:* Found at Target or Kroger (brands like McCormick). Online: Thrive Market.
- **Turmeric Powder:** 1 tsp (2 recipes: Days 1 and 21, 1/2 tsp each).
 - *Sourcing:* Available at Safeway or Sprouts (brands like Simply Organic). Online: Amazon.
- **Rosemary (dried):** 1/2 tsp (2 recipes: Days 2 and 20, 1/4 tsp each).
 - *Sourcing:* Found at Walmart or Whole Foods (brands like McCormick). Online: Amazon.
- **Thyme (dried):** 1/2 tsp (2 recipes: Days 3 and 12, 1/4 tsp each).
 - *Sourcing:* Available at Trader Joe's or Sprouts (brands like Simply Organic). Online: Thrive Market.
- **Ginger (fresh, grated):** 1 tsp (2 recipes: Days 4 and 14, 1/2 tsp each).
 - *Sourcing:* Found in produce at Publix or Whole Foods. Online: Amazon Fresh.
- **Oregano (dried):** 1/2 tsp (2 recipes: Days 5 and 18, 1/4 tsp each).
 - *Sourcing:* Available at Kroger or Target (brands like McCormick). Online: Amazon.
- **Smoked Paprika:** 1/2 tsp (2 recipes: Days 8 and 13, 1/4 tsp each).
 - *Sourcing:* Found at Whole Foods or Sprouts (brands like Simply Organic). Online: Thrive Market.
- **Dill (fresh, chopped):** 1 tsp (1 recipe: Day 10).
 - *Sourcing:* Available in produce at Safeway or Whole Foods. Online: Instacart.
- **Lemon Juice:** 1 tsp (1 recipe: Day 11).
 - *Sourcing:* Buy 1 lemon at Walmart or a bottle at Whole Foods (e.g., Lakewood). Online: Amazon.
- **Reishi Mushroom Powder:** 1 tsp (1 recipe: Day 7).
 - *Sourcing:* Available online at Real Mushrooms (realmushrooms.com) or Four Sigmatic (foursigmatic.com).

- **Chaga Mushroom Powder:** 1 tsp (1 recipe: Day 15).
 - *Sourcing:* Found at health stores or online at Host Defense (hostdefense.com).
- **Turkey Tail Mushroom Powder:** 1 tsp (1 recipe: Day 19).
 - *Sourcing:* Available online at Real Mushrooms or Amazon (e.g., Host Defense Turkey Tail).

Toppings & Garnishes

- **Parsley (fresh, chopped):** 2 tbsp (3 recipes: Days 2, 7, 15, optional).
 - *Sourcing:* Found in produce at Publix or Whole Foods. Online: Instacart.
- **Sesame Seeds:** 3 tsp (3 recipes: Days 1, 4, 14, 1 tsp each).
 - *Sourcing:* Available in bulk at Sprouts or Whole Foods (brands like Eden Foods). Online: Amazon.
- **Pumpkin Seeds:** 1 tsp (1 recipe: Day 3).
 - *Sourcing:* Found in bulk at Costco or Whole Foods. Online: Thrive Market.
- **Sunflower Seeds:** 2 tbsp (2 recipes: Days 8 and 11, 1 tbsp each).
 - *Sourcing:* Available at Trader Joe's or Sprouts. Online: Amazon.
- **Chives (chopped):** 1 tbsp (1 recipe: Day 6).
 - *Sourcing:* Found in produce at Safeway or Whole Foods. Online: Amazon Fresh.
- **Scallions (chopped):** 1 tbsp (1 recipe: Day 13).
 - *Sourcing:* Available at Kroger or Whole Foods. Online: Instacart.
- **Almonds (chopped):** 2 tbsp (2 recipes: Days 10 and 20, 1 tbsp each).
 - *Sourcing:* Found in bulk at Target or Sprouts. Online: Thrive Market.



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21-Day Keto Meal Plan: Snack Overview (Page 90)

- Day 1: Almond & Chia Seed Mix with Cinnamon
- Day 2: Cucumber Slices with Cream Cheese
- Day 3: Pumpkin Seed & Flax Crackers
- Day 4: Celery with Almond Butter
- Day 5: Sunflower Seed & Coconut Bites
- Day 6: Avocado & Radish Slices
- Day 7: Walnuts & Reishi Sprinkle
- Day 8: Bell Pepper Strips with Guacamole
- Day 9: Pecan & Flaxseed Clusters
- Day 10: Olives & Cheese Cubes
- Day 11: Chia & Coconut Pudding
- Day 12: Radish & Herb Dip
- Day 13: Macadamia Nuts with Turmeric
- Day 14: Zucchini Chips with Olive Oil
- Day 15: Hazelnut & Chaga Mix
- Day 16: Kale Chips with Olive Oil
- Day 17: Brazil Nut & Turmeric Bites
- Day 18: Spinach & Feta Roll-Ups
- Day 19: Pistachio & Turkey Tail Mix
- Day 20: Broccoli Bites with Sour Cream Dip
- Day 21: Cashew & Chaga Energy Balls

Day 1: Almond & Chia Seed Mix with Cinnamon (Page 91)

- **Ingredients** (Serves 1):
 - 2 tbsp almonds, chopped
 - 1 tsp chia seeds
 - 1/4 tsp cinnamon
 - 1 tsp stevia (optional)
- **Time Involved:**
 - Prep Time: 2 minutes
 - Total Time: 2 minutes
- **Nutritional Values** (Approximate):
 - Calories: 150
 - Fat: 12g
 - Protein: 5g
 - Carbs: 6g (Net Carbs: 2g)
- **Preparation Techniques:**
 - In a small bowl, combine almonds, chia seeds, cinnamon, and stevia (if using).
 - Mix well and serve as a quick snack.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (12g from almonds), supporting ketosis.
 - Chia seeds add fiber to reduce net carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Almonds provide vitamin E. Cinnamon has anti-inflammatory properties.
 - **Everyday Healing Tip:** As you mix, visualize cinnamon soothing your body.
 - **Serving Suggestion:** Pair with a cup of herbal tea (adds negligible carbs).



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Day 2: Cucumber Slices with Cream Cheese (Page 92)

- **Ingredients** (Serves 1):
 - 1/2 cup cucumber, sliced
 - 1 tbsp cream cheese (full-fat)
 - 1/2 cup crab meat
 - 1/4 tsp dill, chopped
 - Pinch of sea salt
- **Time Involved:**
 - Prep Time: 3 minutes
 - Total Time: 3 minutes
- **Nutritional Values** (Approximate):
 - Calories: 90
 - Fat: 8g
 - Protein: 2g
 - Carbs: 3g (Net Carbs: 2g)
- **Preparation Techniques**
 - Mix cream cheese and crab meat
 - Spread cream cheese mixture evenly over cucumber slices.
 - Sprinkle with dill and a pinch of salt.
 - Serve immediately.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and moderate-fat (8g from cream cheese), supporting ketosis.
 - Cucumber adds hydration with minimal carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Cucumber offers antioxidants. Dill has anti-inflammatory properties.
 - **Everyday Healing Tip:** As you spread, reflect on a calm moment from your day.
 - **Serving Suggestion:** Add a sprinkle of black pepper (adds negligible carbs).



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Day 3: Pumpkin Seed & Flax Crackers (Page 93)

- **Ingredients** (Serves 1):
 - 2 tbsp pumpkin seeds, ground
 - 1 tsp flaxseeds, ground
 - 1 tbsp water
 - 1/4 tsp sea salt
- **Time Involved:**
 - Prep Time: 5 minutes
 - Cook Time: 12 minutes
 - Total Time: 17 minutes
- **Nutritional Values** (Approximate):
 - Calories: 140
 - Fat: 12g
 - Protein: 6g
 - Carbs: 4g (Net Carbs: 1g)
- **Preparation Techniques:**
 - Preheat oven to 350°F (175°C). Mix ground pumpkin seeds, flaxseeds, water, and salt to form a dough.
 - Roll into a thin layer on a baking sheet and bake for 10–12 minutes until crisp.
 - Break into pieces and serve.
- **Keto Qualities:**
 - Low-carb (1g net carbs) and high-fat (12g from seeds), supporting ketosis.
 - Flaxseeds add omega-3s and fiber.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Pumpkin seeds offer zinc. Flaxseeds provide lignans.
 - **Everyday Healing Tip:** As you bake, visualize the seeds nourishing your cells.
 - **Serving Suggestion:** Pair with a slice of avocado (adds 1g net carbs).



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Day 4: Celery with Almond Butter (Page 94)

- **Ingredients** (Serves 1):
 - 2 celery stalks
 - 1 tbsp almond butter (unsweetened)
 - Pinch of sea salt
- **Time Involved:**
 - Prep Time: 2 minutes
 - Total Time: 2 minutes
- **Nutritional Values** (Approximate):
 - Calories: 120
 - Fat: 10g
 - Protein: 3g
 - Carbs: 5g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Spread almond butter evenly along the celery.
 - Sprinkle with a pinch of salt.
 - Serve immediately.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (10g from almond butter), supporting ketosis.
 - Celery adds crunch with minimal carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Almond butter provides vitamin E. Celery offers antioxidants.
 - **Everyday Healing Tip:** As you spread, reflect on a positive thought for the day.
 - **Serving Suggestion:** Sprinkle with cinnamon (adds negligible carbs).



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Day 5: Sunflower Seed & Coconut Bites (Page 95)

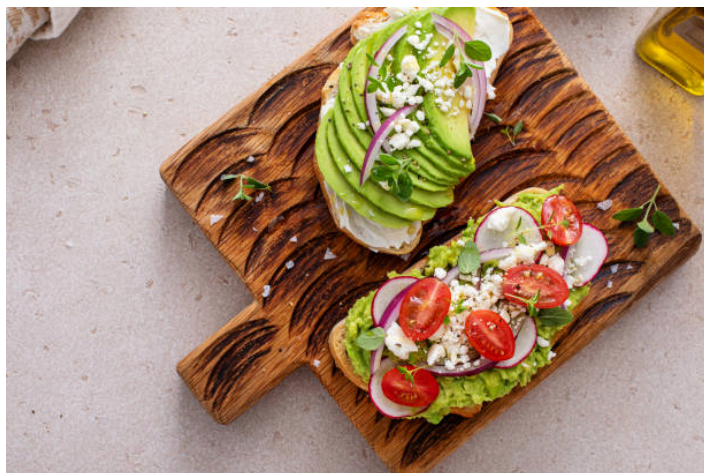
- **Ingredients** (Serves 1):
 - 2 tbsp sunflower seeds, ground
 - 1 tsp unsweetened shredded coconut
 - 1 tsp coconut oil
 - 1/4 tsp stevia (optional)
- **Time Involved:**
 - Prep Time: 5 minutes
 - Chill Time: 10 minutes
 - Total Time: 15 minutes
- **Nutritional Values** (Approximate):
 - Calories: 160
 - Fat: 14g
 - Protein: 4g
 - Carbs: 5g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Mix ground sunflower seeds, coconut, coconut oil, and stevia.
 - Form into small bites and refrigerate for 10 minutes to set.
 - Serve chilled.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (14g from coconut oil), supporting ketosis.
 - Coconut adds healthy fats.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Sunflower seeds offer vitamin E. Coconut has antimicrobial properties.
 - **Everyday Healing Tip:** As you form bites, visualize coconut boosting your energy.
 - **Serving Suggestion:** Add a pinch of cinnamon (adds negligible carbs).



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Day 6: Avocado & Radish Slices (Page 96)

- **Ingredients** (Serves 1):
 - 1/4 avocado, sliced
 - 2 radishes, thinly sliced
 - 1/4 tsp lemon juice
 - Pinch of sea salt
- **Time Involved:**
 - Prep Time: 3 minutes
 - Total Time: 3 minutes
- **Nutritional Values** (Approximate):
 - Calories: 100
 - Fat: 9g
 - Protein: 1g
 - Carbs: 4g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Arrange avocado and radish slices on a plate.
 - Drizzle with lemon juice and sprinkle with salt.
 - Serve immediately.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (9g from avocado), supporting ketosis.
 - Radish adds crunch with minimal carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Avocado provides monounsaturated fats. Radish offers antioxidants.
 - **Everyday Healing Tip:** As you arrange, reflect on a healing intention.
 - **Serving Suggestion:** Sprinkle with black pepper (adds negligible carbs).



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Day 7: Walnuts & Reishi Sprinkle (Page 97)

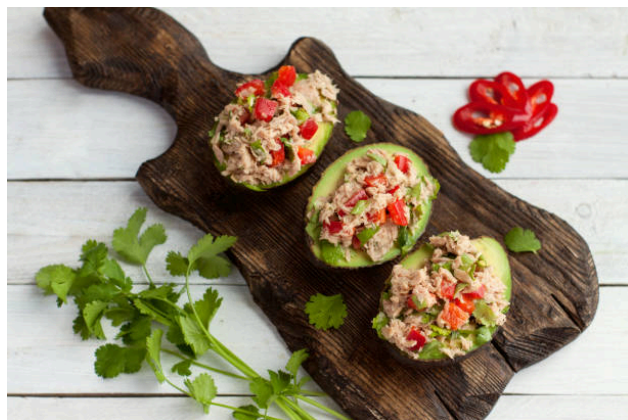
- **Ingredients** (Serves 1):
 - 2 tbsp walnuts, chopped
 - 1/2 tsp reishi mushroom powder
 - 1/4 tsp stevia (optional)
- **Time Involved:**
 - Prep Time: 2 minutes
 - Total Time: 2 minutes
- **Nutritional Values** (Approximate):
 - Calories: 140
 - Fat: 13g
 - Protein: 3g
 - Carbs: 4g (Net Carbs: 1g)
- **Preparation Techniques:**
 - In a small bowl, mix walnuts, reishi powder, and stevia (if using).
 - Stir well and serve as a snack.
- **Keto Qualities:**
 - Low-carb (1g net carbs) and high-fat (13g from walnuts), supporting ketosis.
 - Reishi adds medicinal benefits without carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Walnuts offer omega-3s. Reishi enhances immunity.
 - **Everyday Healing Tip:** As you mix, visualize reishi strengthening your body.
 - **Serving Suggestion:** Pair with herbal tea (adds negligible carbs).



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Day 8: Bell Pepper Strips with Guacamole (Page 98)

- **Ingredients** (Serves 1):
 - 1/2 cup bell pepper (any color), sliced
 - 2 tbsp guacamole (avocado-based, no sugar)
 - Pinch of sea salt
- **Time Involved:**
 - Prep Time: 3 minutes
 - Total Time: 3 minutes
- **Nutritional Values** (Approximate):
 - Calories: 120
 - Fat: 10g
 - Protein: 2g
 - Carbs: 7g (Net Carbs: 4g)
- **Preparation Techniques:**
 - Arrange bell pepper strips on a plate.
 - Serve with guacamole for dipping, sprinkled with salt.
- **Keto Qualities:**
 - Low-carb (4g net carbs) and high-fat (10g from guacamole), supporting ketosis.
 - Bell pepper adds vitamins with moderate carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Guacamole provides monounsaturated fats. Bell pepper offers vitamin C.
 - **Everyday Healing Tip:** As you dip, reflect on a moment of joy.
 - **Serving Suggestion:** Add a dash of chili flakes (adds negligible carbs).



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Day 9: Pecan & Flaxseed Clusters (Page 99)

- **Ingredients** (Serves 1):
 - 2 tbsp pecans, chopped
 - 1 tsp flaxseeds
 - 1 tsp coconut oil
 - 1/4 tsp stevia (optional)
- **Time Involved:**
 - Prep Time: 5 minutes
 - Chill Time: 10 minutes
 - Total Time: 15 minutes
- **Nutritional Values** (Approximate):
 - Calories: 160
 - Fat: 15g
 - Protein: 3g
 - Carbs: 4g (Net Carbs: 1g)
- **Preparation Techniques:**
 - Mix pecans, flaxseeds, coconut oil, and stevia (if using) in a bowl.
 - Form into small clusters and refrigerate for 10 minutes to set.
 - Serve chilled.
- **Keto Qualities:**
 - Low-carb (1g net carbs) and high-fat (15g from coconut oil), supporting ketosis.
 - Flaxseeds add omega-3s and fiber.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Pecans provide antioxidants. Flaxseeds offer lignans.
 - **Everyday Healing Tip:** As you form clusters, visualize flaxseeds supporting your health.
 - **Serving Suggestion:** Sprinkle with cinnamon (adds negligible carbs).



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Day 10: Olives & Cheese Cubes (Page 100)

- **Ingredients** (Serves 1):
 - 10 black olives (pitted)
 - 1 oz cheddar cheese, cubed
 - Pinch of black pepper
- **Time Involved:**
 - Prep Time: 2 minutes
 - Total Time: 2 minutes
- **Nutritional Values** (Approximate):
 - Calories: 150
 - Fat: 13g
 - Protein: 6g
 - Carbs: 2g (Net Carbs: 1g)
- **Preparation Techniques:**
 - Arrange olives and cheese cubes on a plate.
 - Sprinkle with black pepper.
 - Serve immediately.
- **Keto Qualities:**
 - Low-carb (1g net carbs) and high-fat (13g from olives, cheese), supporting ketosis.
 - Olives add healthy fats.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Olives provide antioxidants. Cheddar offers calcium.
 - **Everyday Healing Tip:** As you arrange, reflect on a healing milestone.
 - **Serving Suggestion:** Add a basil leaf (adds negligible carbs).



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Day 11: Chia & Coconut Pudding (Page 101)

- **Ingredients** (Serves 1):
 - 1 tbsp chia seeds
 - 1/4 cup unsweetened coconut milk
 - 1/2 tsp unsweetened shredded coconut
 - 1/4 tsp stevia (optional)
- **Time Involved:**
 - Prep Time: 2 minutes
 - Chill Time: 1 hour
 - Total Time: 1 hour 2 minutes
- **Nutritional Values** (Approximate):
 - Calories: 120
 - Fat: 10g
 - Protein: 3g
 - Carbs: 6g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Mix chia seeds, coconut milk, shredded coconut, and stevia (if using) in a bowl.
 - Refrigerate for 1 hour or until set.
 - Serve chilled.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (10g from coconut), supporting ketosis.
 - Chia seeds add fiber.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Coconut offers antimicrobial properties. Chia seeds provide omega-3s.
 - **Everyday Healing Tip:** As you mix, visualize chia nourishing your body.
 - **Serving Suggestion:** Top with a few blueberries (1 tsp, adds 1g net carbs).



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Day 12: Radish & Herb Dip (Page 102)

- **Ingredients** (Serves 1):
 - 3 radishes, sliced
 - 1 tbsp sour cream (full-fat)
 - 1/4 tsp fresh parsley, chopped
 - Pinch of sea salt
- **Time Involved:**
 - Prep Time: 3 minutes
 - Total Time: 3 minutes
- **Nutritional Values** (Approximate):
 - Calories: 70
 - Fat: 6g
 - Protein: 1g
 - Carbs: 3g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Mix sour cream, parsley, and salt in a small bowl to make dip.
 - Serve with radish slices for dipping.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and moderate-fat (6g from sour cream), supporting ketosis.
 - Radish adds crunch with minimal carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Radish offers antioxidants. Parsley provides vitamin C.
 - **Everyday Healing Tip:** As you mix, reflect on a moment of peace.
 - **Serving Suggestion:** Add a pinch of chili flakes (adds negligible carbs).



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Day 13: Macadamia Nuts with Turmeric (Page 103)

- **Ingredients** (Serves 1):
 - 2 tbsp macadamia nuts
 - 1/4 tsp turmeric powder
 - Pinch of sea salt
- **Time Involved:**
 - Prep Time: 2 minutes
 - Total Time: 2 minutes
- **Nutritional Values** (Approximate):
 - Calories: 160
 - Fat: 17g
 - Protein: 2g
 - Carbs: 3g (Net Carbs: 1g)
- **Preparation Techniques:**
 - In a small bowl, toss macadamia nuts with turmeric and salt.
 - Serve as a snack.
- **Keto Qualities:**
 - Low-carb (1g net carbs) and high-fat (17g from macadamias), supporting ketosis.
 - Turmeric adds flavor without carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Macadamias provide monounsaturated fats. Turmeric reduces inflammation.
 - **Everyday Healing Tip:** As you toss, visualize turmeric soothing your body.
 - **Serving Suggestion:** Pair with herbal tea (adds negligible carbs).



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Day 14: Zucchini Chips with Olive Oil (Page 104)

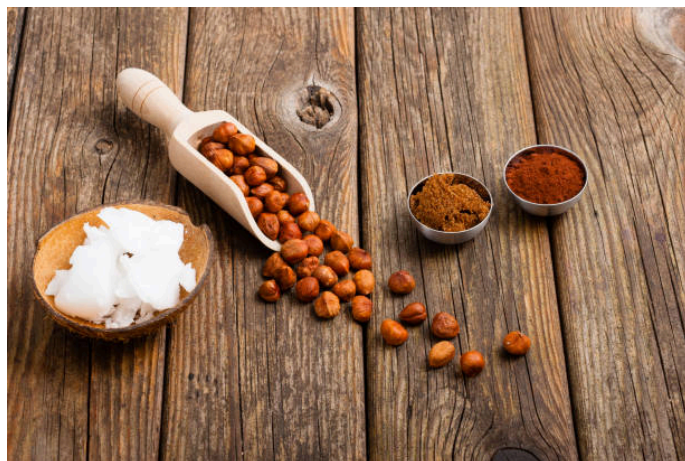
- **Ingredients** (Serves 1):
 - 1/2 cup zucchini, thinly sliced
 - 1 tsp olive oil
 - 1/4 tsp sea salt
- **Time Involved:**
 - Prep Time: 5 minutes
 - Cook Time: 20 minutes
 - Total Time: 25 minutes
- **Nutritional Values** (Approximate):
 - Calories: 60
 - Fat: 5g
 - Protein: 1g
 - Carbs: 3g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Preheat oven to 400°F (200°C). Toss zucchini slices with olive oil and salt.
 - Arrange on a baking sheet and bake for 15–20 minutes until crisp.
 - Serve warm.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and moderate-fat (5g from olive oil), supporting ketosis.
 - Zucchini replaces high-carb chips.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Zucchini provides antioxidants. Olive oil offers monounsaturated fats.
 - **Everyday Healing Tip:** As you bake, reflect on a healing intention.
 - **Serving Suggestion:** Sprinkle with paprika (adds negligible carbs).



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Day 15: Hazelnut & Chaga Mix (Page 105)

- **Ingredients** (Serves 1):
 - 2 tbsp hazelnuts, chopped
 - 1/2 tsp chaga mushroom powder
 - 1/4 tsp stevia (optional)
- **Time Involved:**
 - Prep Time: 2 minutes
 - Total Time: 2 minutes
- **Nutritional Values** (Approximate):
 - Calories: 150
 - Fat: 14g
 - Protein: 3g
 - Carbs: 4g (Net Carbs: 1g)
- **Preparation Techniques:**
 - In a small bowl, mix hazelnuts, chaga powder, and stevia (if using).
 - Stir well and serve.
- **Keto Qualities:**
 - Low-carb (1g net carbs) and high-fat (14g from hazelnuts), supporting ketosis.
 - Chaga adds medicinal benefits without carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Hazelnuts provide antioxidants. Chaga offers immune support.
 - **Everyday Healing Tip:** As you mix, visualize chaga boosting your vitality.
 - **Serving Suggestion:** Pair with water (adds negligible carbs).



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Day 16: Kale Chips with Olive Oil (Page 106)

- **Ingredients** (Serves 1):
 - 1 cup kale leaves, torn
 - 1 tsp olive oil
 - 1/4 tsp sea salt
- **Time Involved:**
 - Prep Time: 5 minutes
 - Cook Time: 15 minutes
 - Total Time: 20 minutes
- **Nutritional Values** (Approximate):
 - Calories: 70
 - Fat: 5g
 - Protein: 2g
 - Carbs: 5g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Preheat oven to 300°F (150°C). Toss kale with olive oil and salt.
 - Spread on a baking sheet and bake for 10–15 minutes until crisp.
 - Serve warm.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and moderate-fat (5g from olive oil), supporting ketosis.
 - Kale adds nutrients with minimal carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Kale offers vitamin K. Olive oil provides monounsaturated fats.
 - **Everyday Healing Tip:** As you bake, reflect on a moment of gratitude.
 - **Serving Suggestion:** Sprinkle with chili flakes (adds negligible carbs).



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Day 17: Brazil Nut & Turmeric Bites (Page 107)

- **Ingredients** (Serves 1):
 - 2 tbsp Brazil nuts, chopped
 - 1/4 tsp turmeric powder
 - 1 tsp coconut oil
- **Time Involved:**
 - Prep Time: 5 minutes
 - Chill Time: 10 minutes
 - Total Time: 15 minutes
- **Nutritional Values** (Approximate):
 - Calories: 170
 - Fat: 17g
 - Protein: 4g
 - Carbs: 3g (Net Carbs: 1g)
- **Preparation Techniques:**
 - Mix Brazil nuts, turmeric, and coconut oil in a bowl.
 - Form into small bites and refrigerate for 10 minutes to set.
 - Serve chilled.
- **Keto Qualities:**
 - Low-carb (1g net carbs) and high-fat (17g from nuts), supporting ketosis.
 - Turmeric adds flavor without carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Brazil nuts provide selenium. Turmeric reduces inflammation.
 - **Everyday Healing Tip:** As you form bites, visualize turmeric healing your body.
 - **Serving Suggestion:** Add a pinch of black pepper (adds negligible carbs).



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Day 18: Spinach & Feta Roll-Ups (Page 108)

- **Ingredients** (Serves 1):
 - 1/2 cup spinach, chopped
 - 1 tbsp feta cheese, crumbled
 - 1 tsp olive oil
- **Time Involved:**
 - Prep Time: 3 minutes
 - Cook Time: 3 minutes
 - Total Time: 6 minutes
- **Nutritional Values** (Approximate):
 - Calories: 90
 - Fat: 8g
 - Protein: 3g
 - Carbs: 2g (Net Carbs: 1g)
 - Pinch of sea salt
- **Preparation Techniques:**
 - Sauté spinach in olive oil with salt for 2–3 minutes until wilted.
 - Remove from heat, mix in feta, and roll into a small bundle.
 - Serve warm or cold.
- **Keto Qualities:**
 - Low-carb (1g net carbs) and moderate-fat (8g from oil, feta), supporting ketosis.
 - Spinach adds nutrients with minimal carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Spinach offers flavonoids. Feta provides calcium.
 - **Everyday Healing Tip:** As you roll, reflect on a moment of strength.
 - **Serving Suggestion:** Add a sprinkle of oregano (adds negligible carbs).



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Day 19: Pistachio & Turkey Tail Mix (Page 109)

- **Ingredients** (Serves 1):
 - 2 tbsp pistachios, shelled
 - 1/2 tsp turkey tail mushroom powder
 - 1/4 tsp stevia (optional)
- **Time Involved:**
 - Prep Time: 2 minutes
 - Total Time: 2 minutes
- **Nutritional Values** (Approximate):
 - Calories: 140
 - Fat: 12g
 - Protein: 5g
 - Carbs: 6g (Net Carbs: 2g)
- **Preparation Techniques:**
 - In a small bowl, mix pistachios, turkey tail powder, and stevia (if using).
 - Stir well and serve.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (12g from pistachios), supporting ketosis.
 - Turkey tail adds medicinal benefits without carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Pistachios provide antioxidants. Turkey tail boosts immunity.
 - **Everyday Healing Tip:** As you mix, visualize turkey tail supporting your health.
 - **Serving Suggestion:** Pair with water (adds negligible carbs).



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Day 20: Broccoli Bites with Sour Cream Dip (Page 110)

- **Ingredients** (Serves 1):
 - 1/2 cup broccoli florets, steamed
 - 1 tbsp sour cream (full-fat)
 - 1/4 tsp lemon juice
 - Pinch of sea salt
- **Time Involved:**
 - Prep Time: 3 minutes
 - Cook Time: 4 minutes
 - Total Time: 7 minutes
- **Nutritional Values** (Approximate):
 - Calories: 80
 - Fat: 6g
 - Protein: 2g
 - Carbs: 5g (Net Carbs: 3g)
- **Preparation Techniques:**
 - Steam broccoli for 3–4 minutes until tender.
 - Mix sour cream with lemon juice and salt for dip.
 - Serve broccoli with dip.
- **Keto Qualities:**
 - Low-carb (3g net carbs) and moderate-fat (6g from sour cream), supporting ketosis.
 - Broccoli adds fiber with minimal carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Broccoli offers sulforaphane. Lemon juice provides vitamin C.
 - **Everyday Healing Tip:** As you dip, reflect on your progress through 20 days.
 - **Serving Suggestion:** Add a pinch of paprika (adds negligible carbs).



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Day 21: Cashew & Chaga Energy Balls (Page 111)

- **Ingredients** (Serves 1):
 - 2 tbsp cashews, ground
 - 1/2 tsp chaga mushroom powder
 - 1 tsp coconut oil
 - 1/4 tsp stevia (optional)
- **Time Involved:**
 - Prep Time: 5 minutes
 - Chill Time: 10 minutes
 - Total Time: 15 minutes
- **Nutritional Values** (Approximate):
 - Calories: 160
 - Fat: 14g
 - Protein: 4g
 - Carbs: 6g (Net Carbs: 2g)
- **Preparation Techniques:**
 - Mix ground cashews, chaga powder, coconut oil, and stevia (if using) in a bowl.
 - Form into small balls and refrigerate for 10 minutes to set.
 - Serve chilled.
- **Keto Qualities:**
 - Low-carb (2g net carbs) and high-fat (14g from coconut oil), supporting ketosis.
 - Chaga adds medicinal benefits without carbs.
- **Additional Details:**
 - **Cancer-Fighting Benefits:** Cashews provide copper. Chaga offers antioxidants.
 - **Everyday Healing Tip:** On this final day, celebrate your journey as you form balls.
 - **Serving Suggestion:** Roll in shredded coconut (adds 1g net carbs).



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Snack Shopping List with Specific Sourcing (Page 112)

Snack Shopping List

This shopping list includes all ingredients needed for the 21 unique snack recipes in the Courageous Transformation 21-Day Protocol. Quantities are approximate for one person over 21 days. Source ingredients from local grocery stores, health food stores, or online retailers as noted below. Always choose high-quality, organic options when possible to support your healing journey.

Nuts & Seeds

- **Almonds (chopped):** 2 tbsp (1 recipe: Day 1).
 - *Sourcing:* Available in bulk at Walmart or Whole Foods (brands like Blue Diamond). Online: Thrive Market or Amazon.
- **Chia Seeds:** 2 tbsp (2 recipes: Days 1 and 11, 1 tsp and 1 tbsp).
 - *Sourcing:* Found in the health food aisle at Sprouts or Trader Joe's (brands like Bob's Red Mill). Online: Amazon.
- **Pumpkin Seeds (ground):** 2 tbsp (1 recipe: Day 3).
 - *Sourcing:* Available in bulk at Costco or Whole Foods (brands like Eden Foods). Online: Thrive Market.
- **Flaxseeds (ground):** 2 tsp (2 recipes: Days 3 and 9, 1 tsp each).
 - *Sourcing:* Found at Safeway or GNC (brands like Bob's Red Mill). Online: Amazon.
- **Sunflower Seeds (ground):** 2 tbsp (1 recipe: Day 5).
 - *Sourcing:* Available in bulk at Trader Joe's or Sprouts. Online: Amazon.
- **Walnuts (chopped):** 2 tbsp (1 recipe: Day 7).
 - *Sourcing:* Found in bulk at Target or Whole Foods. Online: Thrive Market.
- **Pecans (chopped):** 2 tbsp (1 recipe: Day 9).
 - *Sourcing:* Available at Walmart or Costco. Online: Amazon Fresh.
- **Macadamia Nuts:** 2 tbsp (1 recipe: Day 13).
 - *Sourcing:* Found at Whole Foods or Trader Joe's. Online: Thrive Market.
- **Hazelnuts (chopped):** 2 tbsp (1 recipe: Day 15).
 - *Sourcing:* Available at Safeway or Sprouts. Online: Amazon.
- **Brazil Nuts (chopped):** 2 tbsp (1 recipe: Day 17).
 - *Sourcing:* Found at Whole Foods or Costco. Online: Thrive Market.
- **Pistachios (shelled):** 2 tbsp (1 recipe: Day 19).
 - *Sourcing:* Available at Target or Trader Joe's. Online: Amazon Fresh.
- **Cashews (ground):** 2 tbsp (1 recipe: Day 21).
 - *Sourcing:* Found in bulk at Sprouts or Whole Foods. Online: Thrive Market.

Vegetables

- **Cucumber:** 1/2 cup (1 recipe: Day 2).
 - *Sourcing:* Available at Walmart or Publix. Online: Amazon Fresh or Instacart.
- **Celery:** 2 stalks (1 recipe: Day 4).
 - *Sourcing:* Found in produce at Kroger or Whole Foods. Online: Thrive Market.

- **Radishes:** 5 (2 recipes: Days 6 and 12, 2 and 3 each).
 - *Sourcing:* Available at Safeway or Trader Joe's. Online: Misfits Market.
- **Bell Pepper (any color):** 1/2 cup (1 recipe: Day 8).
 - *Sourcing:* Found at Costco or Whole Foods. Online: Amazon Fresh.
- **Zucchini:** 1/2 cup (1 recipe: Day 14).
 - *Sourcing:* Available at Publix or Sprouts. Online: Instacart.
- **Kale:** 1 cup (1 recipe: Day 16).
 - *Sourcing:* Buy a bunch at Walmart or Trader Joe's. Online: Thrive Market.
- **Spinach:** 1/2 cup (1 recipe: Day 18).
 - *Sourcing:* Found in a 10 oz bag at Target or Whole Foods. Online: Amazon Fresh.
- **Broccoli:** 1/2 cup (1 recipe: Day 20).
 - *Sourcing:* Available at Safeway or Costco. Online: FreshDirect.

Dairy

- **Cream Cheese (full-fat):** 1 tbsp (1 recipe: Day 2).
 - *Sourcing:* Found at Kroger or Whole Foods (brands like Philadelphia). Online: Thrive Market.
- **Feta Cheese (crumbled):** 1 tbsp (1 recipe: Day 18).
 - *Sourcing:* Available at Target or Safeway (brands like Athenos). Online: Amazon Fresh.
- **Cheddar Cheese (cubed):** 1 oz (1 recipe: Day 10).
 - *Sourcing:* Found at Costco or Whole Foods (brands like Tillamook). Online: Thrive Market.
- **Sour Cream (full-fat):** 1 tbsp (1 recipe: Day 20).
 - *Sourcing:* Available at Walmart or Whole Foods (brands like Daisy). Online: Instacart.

Pantry Items

- **Unsweetened Shredded Coconut:** 1.5 tsp (2 recipes: Days 5 and 11, 1 tsp and 1/2 tsp).
 - *Sourcing:* Found at Sprouts or Whole Foods (brands like Let's Do Organic). Online: Amazon.
- **Coconut Oil:** 4 tsp (4 recipes: Days 5, 9, 17, 21, 1 tsp each).
 - *Sourcing:* Available at Trader Joe's or Whole Foods (brands like Nutiva). Online: Thrive Market.
- **Olive Oil:** 2 tsp (2 recipes: Days 8 and 16, 1 tsp each; Day 14 uses 1 tsp).
 - *Sourcing:* Buy 8 oz at Whole Foods or Costco (brands like California Olive Ranch). Online: Amazon.
- **Unsweetened Almond Butter:** 1 tbsp (1 recipe: Day 4).
 - *Sourcing:* Found at Target or Whole Foods (brands like Barney Butter). Online: Thrive Market.
- **Guacamole (avocado-based, no sugar):** 2 tbsp (1 recipe: Day 8).
 - *Sourcing:* Available at Walmart or Trader Joe's (brands like Wholly Guacamole). Online: Amazon Fresh.
- **Unsweetened Coconut Milk:** 1/4 cup (1 recipe: Day 11).
 - *Sourcing:* Found at Safeway or Whole Foods (brands like Thai Kitchen). Online: Thrive Market.

Spices & Seasonings

- **Sea Salt:** 2.75 tsp (used in all 21 recipes, about 1/8–1/4 tsp each).
 - *Sourcing:* Available at Walmart or Whole Foods (brands like Celtic Sea Salt). Online: Amazon.
- **Black Pepper:** 0.75 tsp (used in 3 recipes: Days 4, 6, 10, pinch each).
 - *Sourcing:* Found at Target or Kroger (brands like McCormick). Online: Thrive Market.
- **Cinnamon:** 1/4 tsp (1 recipe: Day 1).
 - *Sourcing:* Available at Safeway or Sprouts (brands like Simply Organic). Online: Amazon.
- **Dill (fresh, chopped):** 1/4 tsp (1 recipe: Day 2).
 - *Sourcing:* Found in produce at Publix or Whole Foods. Online: Instacart.
- **Parsley (fresh, chopped):** 1/4 tsp (1 recipe: Day 12).
 - *Sourcing:* Available in produce at Kroger or Whole Foods. Online: Amazon Fresh.
- **Turmeric Powder:** 1/2 tsp (2 recipes: Days 13 and 17, 1/4 tsp each).
 - *Sourcing:* Found at Trader Joe's or Sprouts (brands like Frontier Co-op). Online: Amazon.
- **Lemon Juice:** 1/4 tsp (1 recipe: Day 6; Day 20 uses 1/4 tsp).
 - *Sourcing:* Buy 1 lemon at Walmart or a bottle at Whole Foods (e.g., Lakewood). Online: Amazon.
- **Chili Flakes:** Pinch (2 recipes: Days 8 and 12, optional).
 - *Sourcing:* Available at Target or Whole Foods (brands like McCormick). Online: Thrive Market.
- **Reishi Mushroom Powder:** 1/2 tsp (1 recipe: Day 7).
 - *Sourcing:* Available online at Real Mushrooms (realmushrooms.com).
- **Chaga Mushroom Powder:** 1 tsp (2 recipes: Days 15 and 21, 1/2 tsp each).
 - *Sourcing:* Found at health stores or online at Host Defense (hostdefense.com).
- **Turkey Tail Mushroom Powder:** 1/2 tsp (1 recipe: Day 19).
 - *Sourcing:* Available online at Four Sigmatic (foursigmatic.com).
- **Stevia:** 1 tsp (5 recipes: Days 1, 5, 7, 9, 11, 13, 15, 17, 19, 21, 1/4 tsp each).
 - *Sourcing:* Found at Whole Foods or Target (brands like SweetLeaf). Online: Amazon.

Toppings & Garnishes

- **Blueberries (fresh):** 1 tsp (1 recipe: Day 11).
 - *Sourcing:* Available at Costco or Trader Joe's (organic). Online: Misfits Market.
- **Basil Leaf:** 1 (1 recipe: Day 10).
 - *Sourcing:* Found in produce at Safeway or Whole Foods. Online: Instacart.
- **Paprika:** Pinch (2 recipes: Days 14 and 20, optional).
 - *Sourcing:* Available at Kroger or Sprouts (brands like Simply Organic). Online: Amazon.
- **Oregano (dried):** Pinch (1 recipe: Day 18).
 - *Sourcing:* Found at Target or Whole Foods (brands like McCormick). Online: Thrive Market.

Antiparasitic Detox for Cancer Support

Research links parasites (e.g., liver flukes) to cancer via inflammation. CAC's detox strategies use soursop (anticancer acetogenins), wormwood (artemisinin), and DMSO to support cleansing. Try these recipes from our 21-Day Protocol Guide, consulting your doctor:

🥝 **Soursop Smoothie:** Blend 1 cup soursop pulp, ½ avocado, 1 tbsp MCT oil, 1 cup almond milk. Serves 1, 5g net carbs.

🍵 **Wormwood Tea:** Steep 1 tsp dried wormwood in 1 cup hot water for 5 min. Limit to 1 cup daily; consult physician.

🥬 **Keto Green Detox Smoothie:** Blend 1 cup kale, ½ cucumber, 1 tbsp MCT oil, 1 cup coconut milk, lemon squeeze. Serves 1, 4g net carbs.

🧴 **DMSO Tip:** Mix 1 tsp DMSO with 1 tbsp water, take orally 2–3x/week (e.g., Days 1, 4, 7). Use 99.9% pure grade; stop if irritation occurs.

Visit CourageAgainstCancer.org/detox for research updates.

Meditation & Visualization - Calming the Mind for Healing

Meditation and visualization are powerful tools to reduce stress, which can lower inflammation and support your body's healing process. These practices help you connect with your inner strength, aligning your mind with the nourishment from the keto recipes.

Simple Practice: 5-Minute Healing Meditation

- ☐ 🧘 Find a quiet space and sit comfortably (chair or floor).

- ☐ 🙏 Close your eyes and take 5 deep breaths (inhale for 4 seconds, exhale for 8 seconds).
- ☐ ❤️ Picture a warm, golden light spreading from your heart to every cell, healing and strengthening your body.
- ☐ 💖 Silently repeat: "I am healing, I am whole."
- ☐ 🌈 Open your eyes and carry this calm into your day.

Healing Benefits: Reduces cortisol levels, enhances focus, and fosters hope, which may support cancer recovery. Use CAC's daily affirmation cards (from the 21-Day Protocol Guide, QR code on Page 122) to inspire healing. Example: "My body is strong and capable of healing." Watch our Guided Visualization Video (10 min) to imagine soursop and DMSO cleansing your body. Practice daily for 5–10 min.

Integration with Meal Plan: Practice this meditation before preparing your Day 1 Breakfast (Turmeric Scrambled Eggs with Spinach, Page 12) to set a positive tone. Visualize turmeric's anti-inflammatory power as you cook.

Daily Tip: Try this after a snack (e.g., Almond & Chia Seed Mix with Cinnamon, Page 78) for a moment of gratitude.

Gentle Movement for Healing - Nurturing Your Body

Gentle movement, like stretching or walking, boosts circulation, reduces fatigue, and supports your body's resilience without overexertion. These low-impact activities pair perfectly with the energy provided by keto meals, helping you stay active during your healing journey.

Simple Practice: 10-Minute Healing Stretch

- ☐ 🌸 Stand or sit in a quiet space with room to move.
- ☐ 🌸 Neck Stretch: Gently tilt your head to one side, hold for 15 seconds, then switch sides (repeat twice).
- ☐ 🌸 Arm Reach: Raise both arms overhead, stretch upward for 10 seconds, then lower (repeat 3 times).
- ☐ 🌸 Seated Twist: Sit cross-legged or in a chair, twist your torso gently to one side, hold for 15 seconds, then switch (repeat twice).
- ☐ 🌸 Leg Stretch: Extend one leg forward, point and flex your toes for 15 seconds, then switch (repeat twice).

Healing Benefits: Improves blood flow, eases muscle tension, and enhances mood, which may aid recovery. Do 15–20 min of light activity (e.g., yoga, walking). At night, use our Sleep Sanctuary Audio (15 min, QR code on Page 122) for restful sleep.

Integration with Meal Plan: Do this stretch after your Day 7 Dinner (Beef & Mushroom Soup with Reishi, Page 62) to relax and visualize reishi boosting immunity. Pair with a glass of water to stay hydrated.

Daily Tip: Take a 5-minute walk after your Day 14 Snack (Zucchini Chips with Olive Oil, Page 91) to feel refreshed.

Emotional Wellness Support - Soothing Your Soul

Emotional wellness is key to healing, as stress and fear can impact your body's balance. Journaling and connecting with loved ones help you process emotions, fostering hope and resilience alongside the nourishment from your keto meals.

Simple Practice: 3-Minute Gratitude Journal

- ☐ 🌈 Grab a notebook or a piece of paper and a pen
- ☐ ⌚ Set a timer for 3 minutes and write down 3 things you're grateful for today (e.g., a tasty meal, a kind word, or a moment of peace).
- ☐ ❤️ Reflect on one entry: Why does it matter to you?
- ☐ 👥 If comfortable, share one gratitude with a friend or family member (in person or via a phone call).
- ☐ 🙌 End by saying to yourself. "I am enough."

Healing Benefits: Boosts positive emotions, reduces anxiety, and strengthens social bonds, which may support mental health during cancer treatment.

Integration with Meal Plan: Try this after your Day 21 Lunch (Shrimp & Broccoli Bowl with Turmeric, Page 54) to celebrate completing the protocol. Reflect on how a recipe made you feel nourished.

Daily Tip: After your Day 11 Snack (Chia & Coconut Pudding, Page 88), call a loved one to share a moment of connection.

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Resources & Next Steps

Purpose: Equip you with trusted resources and practical steps to sustain your healing journey beyond the 21-day protocol, integrating keto and holistic practices for long-term wellness.

- **Cancer Support Resources**

These organizations offer reliable information and support for cancer patients. Always consult your healthcare team before making changes.

- **American Cancer Society:** Learn about nutrition and cancer care. Visit cancer.org or call 1-800-227-2345.
- **National Cancer Institute:** Explore diet and treatment options. Visit cancer.gov or call 1-800-422-6237.
- **CancerCare:** Access free counseling and support groups. Visit cancercare.org or call 1-800-813-4673.
- **Healing Tip:** Bookmark one site to explore this week, focusing on a topic that feels supportive (e.g., nutrition tips).

- **Keto Resources**

Deepen your understanding of the ketogenic diet to maintain ketosis and adapt recipes.

- **Diet Doctor:** Free keto guides and recipes tailored for health. Visit dietdoctor.com.
- **Ruled.me:** Carb counters and meal plans for beginners. Visit ruled.me.
- **The Charlie Foundation:** Keto for medical conditions, including cancer. Visit charliefoundation.org.
- **Healing Tip:** Try one new keto recipe from a site after Day 21 to keep variety (e.g., a keto dessert with stevia).

- **Next Steps for Your Journey**

Congratulations on completing the 21-day protocol! Here's how to keep thriving:

- **Repeat or Rotate:** Restart the 21-day plan or mix and match recipes (Pages 12–98) to maintain ketosis. Adjust portions with your doctor's guidance.
- **Scale Up:** Double recipes (e.g., Day 7 Dinner: Beef & Mushroom Soup with Reishi, Page 62) for family meals. Use shopping lists (Pages 33, 55, 77, 99) to plan.
- **Stay Holistic:** Continue daily practices from Pages 100–102 (e.g., 5-Minute Healing Meditation, Page 100) to nurture mind, body, and soul.
- **Join a Community:** Share your journey with others. Look for local or online keto/cancer support groups via CancerCare or social platforms like X (search “keto cancer support”).
- **Reflect & Celebrate:** Journal about your progress (see Page 102 for tips) and treat yourself to a favorite recipe (e.g., Day 21 Snack: Cashew & Chaga Energy Balls, Page 98).
- **Healing Tip:** Set a small goal for the next week (e.g., try a new stretch from Page 101) to keep momentum.

- **Stay Connected**

For updates, recipe ideas, or to share your story, visit [Courage Against Cancer](https://courageagainstcancer.org) or scan the QR code below. Your journey inspires others!

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Purpose: Quickly locate recipes, ingredients, and topics to support your healing journey.

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Keto for Cancer: Healing Recipes to Nourish & Thrive

Empower your healing journey with **84 keto recipes** designed for **cancer patients**. From anti-inflammatory breakfasts to soothing snacks, this cookbook combines the power of keto with holistic healing tips to support your body, mind, and soul. Created by **Courage Against Cancer**, we're here to help you thrive.

Join Our Community

- Visit CourageAgainstCancer.org for more resources and support.
- Explore our Courageous Tiers to continue your healing with personalized plans, coaching, and inspiration.

Healing Affirmation

"I am strong, nourished, and supported on my healing journey."

Scan the QR code

or visit [Courage Against Cancer](#) to share digitally.



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