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28 Days Keto



A complete guide to living
the keto lifestyle easily





**EGGS IN AVOCADO
WITH GOAT'S CHEESE**



**CHICKEN &
EGGPLANT
BOWL**

**ROASTED SPAGHETTI
SQUASH WITH HERB PESTO**



DAY

06

WEEK 1

SATURDAY

Savoury breakfasts are more keto-friendly than sweet ones, but often more labour-intensive, so great for weekend eating, when you have more time.

BREAKFAST

*Eggs in avocado
with goat's cheese*

SERVINGS: 1
PREP / COOK TIME

10 minutes / 15–20 minutes

1 avocado, sliced in half and stoned
2 large eggs
2 tablespoons crumbled goat's cheese
½ teaspoon smoked paprika
1 tablespoon finely diced red onion
2 tablespoons chopped coriander (cilantro) leaves
salt and pepper

01 Preheat oven to 220°C (430°F). Place avocado halves on a baking tray. Break an egg into each avocado half. Sprinkle with goat's cheese and paprika and bake for 15–20 minutes, until yolk consistency is to your liking. Top with onion and coriander and season with salt and pepper.

Nutrition per serving:

687 cals / 56 g fat / 14.1 g carbs /
9.5 g fibre / 4.6 g net carbs / 36 g protein

LUNCH

*Chicken &
eggplant bowl*

SERVINGS: 1
PREP / COOK TIME

15 minutes / 20–30 minutes

85 g (3 oz) eggplant (aubergine), chopped
salt and pepper
3 tablespoons extra virgin olive oil
2 tablespoons lemon juice
3½ teaspoons Mediterranean
Seasoning (p. 80)
1 garlic clove, very finely chopped
180 g (6½ oz) skinless chicken thigh fillets
35 g (1¼ oz) shredded cabbage
¼ red onion, thinly sliced
2 tablespoons chopped parsley leaves
2 tablespoons coriander (cilantro) leaves
30 ml (1 fl oz) Tzatziki (p. 78), to serve

01 Preheat oven to 190°C (375°F). Sprinkle eggplant with ½ teaspoon salt. Combine 2 tablespoons oil, lemon, seasoning and garlic, then add chicken. Toss eggplant with rest of oil. Bake chicken and eggplant for 25 minutes or until cooked. Cut chicken into slices. Put everything in a bowl. Season and serve with tzatziki.

Nutrition per serving:

665 cals / 51 g fat / 13 g carbs / 5.8 g fibre /
26 g net carbs / 38 g protein

DINNER

*Roasted spaghetti
squash with herb pesto*

SERVINGS: 1
PREP / COOK TIME

10 minutes / 45 minutes

2 tablespoons extra virgin olive oil
75 g (2¾ oz) spaghetti squash, roasted
and shredded
40 g (1½ oz) Herb Pesto (p. 82)
2 tablespoons grated pecorino
salt and pepper

01 Mix oil, spaghetti squash and pesto in a bowl until squash is coated. Top with cheese and season with salt and pepper. Serve.

Nutrition per serving:

506 cals / 50 g fat / 8.9 g carbs /
1.6 g fibre / 7.3 g net carbs / 7.5 g protein