



When I was working on a [7-Day Keto/Paleo Diet Plan](http://KetoDietApp.com/Blog) last week, I was quite surprised how difficult it was to do.

Not only I had to make sure the macronutrient ratio and net carbs content are appropriate for the ketogenic diet, but also I had to include foods rich in electrolytes to minimise the effects of "keto-flu". I also planned the meals to avoid wasting ingredients and making it easy for you to prepare them in advance. I included a list of snacks you can add to your plan, as individual needs vary.

This weeks plan is driven by your feedback. Most of you wanted to see:

- Very simple meal ideas with very little or no cooking required
- Meals you can easily take to eat at work
- Net carbs per each meal, not just the daily overview

Last week, I created 2 meal plans - one for everybody and one for those who have [my apps](#) or [book](#). If you want to create your own plan from my recipes, you can sort them not just by net carbs, but also by overall time and choose from quick meals.

## My progress so far - How about you?

Some of you know that I've been on a low-carb ketogenic diet for the last 2 years, mostly for health reasons. Before this challenge, my net carbs intake was mostly between 40-60 grams per day, which is a level that helps me maintain my weight. After all the delicious festive meals I've had in December, I knew I need to shed a few pounds. That's how this challenge started!



Although [Ketostix](#) may not be the most accurate, I used them and measured medium to high level of ketones every single day since the challenge. Before this challenge, I had low readings (light pink colour). Keep in mind you won't see the high readings I did, as I was already in ketosis. If you want to get rid of glycogen in order to quickly get in ketosis, eat no more than 20-25 grams of net carbs a day. What also helps is to include moderate exercise during the initial phase to help your body release even more glycogen and start producing ketones.

Remember, if you've just recently started following the ketogenic diet, it is **very important** to have

sufficient intake of electrolytes, otherwise you may experience bad "keto-flu" symptoms. You can use [lite salt](#) for potassium, take magnesium supplements and drink bone broth to boost your sodium intake.



Now, back to my challenge... Many people ask me why I don't allow dairy and low-carb sweets in this diet plan. The reason is that **both of these may impair weight loss** and [if you are stuck at the same weight](#) for a long time, skipping dairy and avoiding all sorts of low-carb sweets will help you.

Initially, I thought it would be really difficult to remove dairy from my diet. Although I'm already keto-adapted, I've never given up dairy in the past. I use cream in my morning coffee and I love cheese and full-fat yogurt with berries. I was actually quite surprised to realise that it's not difficult at all! I still have my coffee but use coconut milk instead of cream. Instead of yogurt, I use "creamed" coconut milk.

Did I exercise? Exercise has a very small effect on long-term weight loss. In fact, 80-90% of your

efforts should come from the diet. If you have Hashimoto's like me, you have to be very careful with exercise - too much exercise will lead to high cortisol levels and worsen the symptoms even more. I walk every day for at least 30 minutes and do resistance training 3 times a week.



So, what are my results so far? December was quite stressful and I didn't eat as well as I would have liked to. Now, after less than 14 days, not only I've lost 4 pounds and 3 inches, but I feel a lot better. I don't wake up tired and I'm almost never hungry. Also, my calorie intake has naturally dropped. I'm aiming to lose another pound or two, but overall I'm happy with the results. I do take magnesium every day (400 mg = 100% RDA) to ensure I'm not deficient in it.



I'd love to hear about your progress and your results. How do you find the challenge so far?

What are your targets? :-)

## Tips before you get started

Apart from [tips from the previous week](#) (I recommend you read them), here are some additional tips for this week. Most of them apply to those of you that have busy lifestyles.

1. *Prepare 4 servings of slow-cooked meat (~ 900g / 2 lb).* Cook the meat until tender, best in a slow-cooker (pork or lamb with herbs such as rosemary, onion and garlic, pink Himalayan salt). Such simple ingredients will add a very small amount of carbs (~ 1 g net carbs per serving). Store 2 servings in the freezer and keep the remaining 2 servings in the fridge. You can get inspired by [some of my recipes here](#).

2. *Pre-cook 1 serving of chicken thighs or turkey (~ 150g / 3.5 oz).* Place in an air-tight

container and defrost each serving a day before needed by placing it in the fridge.

3. *Precook one of the salmon fillets or other fatty fish* (~ 150 - 200g / 5.3 - 7 oz) and place in an air-tight container in the fridge or freezer. Defrost a day before needed by placing it in the fridge.
4. *Crisp up some bacon* and keep refrigerated and ready to eat.
5. *Boil some eggs* to have them ready at hand when needed either in your recipes or as quick snacks.
6. Very low-carb diets (below 20 grams of net carbs) are **often deficient in magnesium**. I recommend you take magnesium supplements or add snacks high in magnesium such as nuts.
7. **This diet plan may not be suitable for everyone.** You'll have to make small adjustments. If you need to have less protein, reduce the portions of meat and eggs. Don't worry about small excess of protein, it will not kick you out of ketosis. In fact, protein will keep hunger at bay. If you need to add more fat (or less), focus on added oils and fatty foods when making your adjustments. You can find your ideal macros using [KetoDiet Buddy!](#)

You can download your [weekly SHOPPING LIST here](#).

## Super-Easy Grab & Go 7-Day Diet Plan

Note that **the nutrition facts of this meal plan do not include extra snacks**. As individual requirements vary, you can add healthy snacks [from this list](#) to sate your appetite. In simple words, if you feel hungry, add fat and protein-based meals or snacks!

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### Day 1

#### Breakfast

*Creamed coconut milk with nuts and berries*

- ¼ cup blackberries, raspberries or strawberries, fresh or frozen (36g / 1.3 oz)
- handful almonds (30g / 1 oz)
- ½ cup creamed coconut milk (120g / 4.2 oz)
- pinch cinnamon (avoid sweeteners)



To find out how to "cream" coconut milk, [have a look at my post here](#). Make sure you place the can in the fridge overnight before you use it.

*Total carbs: 18.1 g, Fiber: 8.3 g, **Net carbs: 9.8 g**, Protein: 11.2 g, Fat: 56.5 g, Calories: 584 kcal, Magnesium: 121 mg (30% RDA), Potassium: 660 mg (33% EMR)*

## Lunch

*Keto tuna salad* ([recipe is here](#))

- 1 tin tuna (180g / 6.3 oz) - alternatively, you can use cooked chicken
- 1 small head crunchy lettuce (100g / 3.5 oz)
- 2 hard-boiled pastured eggs
- 1 medium spring onion (15g / 0.5 oz)
- splash of lemon juice
- pink Himalayan salt
- 2 tbsp [home-made mayo](#)



*Total carbs: 5.4 g, Fiber: 1.5 g, **Net carbs: 3.9 g**, Protein: 59.7 g, Fat: 49.8 g, Calories: 713 kcal, Magnesium: 79 mg (20% RDA), Potassium: 828 mg (41% EMR)*

## Dinner

*2 x One-minute egg muffin* (divide everything in 2 cups and microwave for 1-2 minutes)

- 2 large pastured eggs
- ½ cup frozen spinach (75g / 2.8 oz)

- pink Himalayan salt to taste
- Optional: crispy pastured bacon, pastured ham or smoked salmon

with *two cups of Green salad*

- 2 cups crispy greens (60g / 2.1 oz)
- ½ avocado (100g / 3.5 oz)
- 1 tbsp olive oil
- pink Himalayan salt to taste
- splash of lemon juice

*Total carbs: 14.3 g, Fiber: 9.7 g, **Net carbs: 4.6 g**, Protein: 18.2 g, Fat: 38.3 g, Calories: 454 kcal, Magnesium: 109 mg (27% RDA), Potassium: 1067 mg (53.4% EMR)*

**Total daily values:** *Total carbs: 37.8 g, Fiber: 19.5 g, **Net carbs: 18.3 g**, Protein: 89.2 g, Fat: 144 g, Calories: 1752 kcal, Magnesium: 308 mg (77% RDA), Potassium: 2556 mg (127% EMR), Keto ratio (carbs : protein : fat) is 4 : 21 : 75*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

## Day 2

### Breakfast

*Omelet from 3 large pastured eggs, 1 tbsp ghee and pink Himalayan salt topped with the slow-cooked meat (100 g / 3.5 oz) you've prepared in advance (see [Tips before you get started](#)). Eat with ½ cup Sauerkraut (70g / 2.5 oz).*



*Total carbs: 4.1 g, Fiber: 2.1 g, **Net carbs: 2.1 g**, Protein: 38.7 g, Fat: 47.3 g, Calories: 608 kcal, Magnesium: 47.2 mg (12% RDA),*



Potassium: 635 mg (32% EMR)

## Lunch

*Quick avocado salad*

- ½ avocado (100g / 3.5 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)
- 2 hard-boiled pastured eggs
- 1 medium spring onion (15g / 0.5 oz)
- splash of lemon juice
- pink Himalayan salt
- 1 tbsp extra virgin olive oil

*Total carbs: 13.3 g, Fiber: 8.1 g, **Net carbs: 5.2 g**, Protein: 15.5 g, Fat: 38.2 g, Calories: 441 kcal, Magnesium: 58.3 mg (15% RDA), Potassium: 877 mg (44% EMR)*

## Dinner

*Pan-roasted pork chops with asparagus*

- 1 medium pork chop seasoned with pink Himalayan salt, pan-roasted in 1 tbsp lard or ghee (150g / 5.3 oz)
- 1 large bunch asparagus, seasoned with salt and a splash of fresh lemon juice, pan-roasted in 1 tbsp ghee (200 g / 7.1 oz)

*Total carbs: 8.4 g, Fiber: 4.4 g, **Net carbs: 4 g**, Protein: 35.2 g, Fat: 43.7 g, Calories: 566 kcal, Magnesium: 64 mg (16% RDA), Potassium: 938 mg (46.9% EMR)*

**Total daily values:** *Total carbs: 25.8 g, Fiber: 14.6 g, **Net carbs: 11.2 g**, Protein: 89.4 g, Fat: 129 g, Calories: 1615 kcal, Magnesium: 169 mg (43% RDA), Potassium: 2451 mg (122% EMR), Keto ratio (carbs : protein : fat) is 3 : 23 : 74*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds,

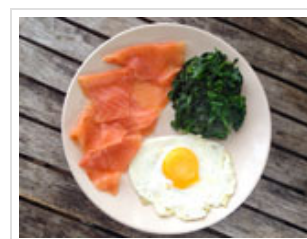
pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

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## Day 3

### Breakfast

1 large pastured egg (any style), 1 package smoked wild salmon or pastured ham (100g / 3.5 oz), 1 tbsp ghee, 1 cup braised spinach (150g / 5.3 oz), pink Himalayan salt, 1 cup berries, fresh or frozen (150g / 5.3 oz) - blackberries have the least amount of net carbs from all berries.



Total carbs: 19.6 g, Fiber: 10.9 g, **Net carbs: 8.7 g**, Protein: 30.9 g, Fat: 25.4 g, Calories: 421 kcal, Magnesium: 172 mg (43% RDA), Potassium: 1331 mg (67% EMR)

### Lunch

Quick prawn & spinach salad

- 1 package raw prawns (200g / 7.1 oz), pan-roasted on 1 tbsp ghee
- 2 cups fresh spinach or other greens such as chard, lettuce, rocket (60g / 2.1 oz)
- ¼ cup green or black olives (30g / 1 oz)
- 2 tbsp extra virgin olive oil
- cayenne pepper and pink Himalayan salt to taste

Total carbs: 4.3 g, Fiber: 2.4 g, **Net carbs: 1.9 g**, Protein: 30.9 g, Fat: 45.8 g, Calories: 564 kcal, Magnesium: 96 mg (24% RDA), Potassium: 596 mg (30% EMR)

### Dinner

Slow-cooked meat with lettuce cups

- 150g slow-cooked meat (5.3 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)

with *Simple tomato salad*



- 1 cup cherry tomatoes (150g / 5.3 oz)
- 1 medium spring onion (15g / 0.5 oz)
- 1 tbsp freshly chopped basil (or 1 tsp dried)
- 1 tbsp extra virgin olive oil
- pink Himalayan salt to taste

*Total carbs: 12 g, Fiber: 4 g, **Net carbs: 8 g**, Protein: 30.5 g, Fat: 34.7 g, Calories: 479 kcal, Magnesium: 60 mg (15% RDA), Potassium: 1057 mg (53% EMR)*

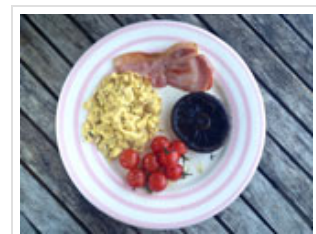
**Total daily values:** *Total carbs: 35.9 g, Fiber: 17.3 g, **Net carbs: 18.6 g**, Protein: 92.2 g, Fat: 108 g, Calories: 1465 kcal, Magnesium: 327 mg (82% RDA), Potassium: 2985 mg (149% EMR), Keto ratio (carbs : protein : fat) is 5 : 26 : 69*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

## Day 4

### Breakfast

*3 scrambled pastured eggs with bunch of chives (or 1 small spring onion), 1 thick slice pastured bacon or ham (30g / 1 oz), 1 tbsp ghee, 1 large portobello or other mushrooms (80 / 3 oz), ¼ cup cherry tomatoes (75g / 2.6 oz). Eat with ½ cup braised spinach for magnesium boost (75g / 2.8 oz).*



*Total carbs: 10.3 g, Fiber: 4.5 g, **Net carbs: 5.8 g**, Protein: 28.2 g, Fat:*

37.8 g, Calories: 490 kcal, Magnesium: 82 mg (21% RDA), Potassium: 1039 mg (52% EMR)

## Lunch

*Quick salad with slow-cooked meat*

- slow-cooked meat you've prepared in advance (see [Tips before you get started](#)) (150g / 5.3 oz)
- 2 cups crispy greens such as iceberg lettuce, chard, spinach, etc. (90g / 3.2 oz)
- 2 tbsp [home-made mayo](#)
- pink Himalayan salt to taste

*Total carbs: 6.9 g, Fiber: 2.5 g, **Net carbs: 4.3 g**, Protein: 29.8 g, Fat: 45.5 g, Calories: 555 kcal, Magnesium: 54 mg (14% RDA), Potassium: 695 mg (35% EMR)*

## Dinner

*Pan-roasted trout or salmon with green beans*

- 1 large trout or salmon fillet (200g / 7.1 oz) pan-roasted on 1 tbsp ghee
- 1 package green beans (200g / 7.1 oz) roasted on 1 tbsp ghee
- splash of lemon juice
- pink Himalayan salt to taste



*Total carbs: 14.3 g, Fiber: 5.4 g, **Net carbs: 8.9 g**, Protein: 46.5 g, Fat: 42.2 g, Calories: 624 kcal, Magnesium: 113 mg (28% RDA), Potassium: 1286 mg (64% EMR)*

**Total daily values:** Total carbs: 31.5 g, Fiber: 12.4 g, **Net carbs: 19.1 g**, Protein: 104 g, Fat: 125 g, Calories: 1670 kcal, Magnesium: 249 mg (48% RDA), Potassium: 3021 mg (151% EMR), Keto ratio (carbs : protein : fat) is 5 : 26 : 69

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds,

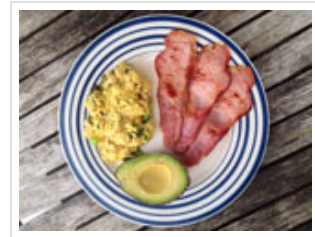
pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

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## Day 5

### Breakfast

2 scrambled pastured eggs with bunch of chives (or 1 small spring onion), 2 thick rashers pastured bacon or ham (60g / 2.1 oz), 1 tbsp ghee, ½ avocado with pink Himalayan salt (100g / 3.5 oz). Eat with ½ cup Sauerkraut (70g / 2.5 oz).



Total carbs: 12.7 g, Fiber: 8.9 g, **Net carbs: 3.8 g**, Protein: 23.5 g, Fat: 54.4 g, Calories: 623 kcal, Magnesium: 61 mg (15% RDA), Potassium: 889 mg (45% EMR)

### Lunch

Quick avocado salad

- ½ avocado (100g / 3.5 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)
- 2 hard-boiled pastured eggs
- 1 medium spring onion (15g / 0.5 oz)
- splash of lemon juice
- pink Himalayan salt
- 1 tbsp extra virgin olive oil

Total carbs: 13.3 g, Fiber: 8.1 g, **Net carbs: 5.2 g**, Protein: 15.5 g, Fat: 38.2 g, Calories: 441 kcal, Magnesium: 58.3 mg (15% RDA), Potassium: 877 mg (44% EMR)

### Dinner

### *Slow-cooked meat with lettuce cups*

- 150g slow-cooked meat (5.3 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)



### *with Simple tomato salad*

- 1 cup cherry tomatoes (150g / 5.3 oz)
- 1 medium spring onion (15g / 0.5 oz)
- 1 tbsp freshly chopped basil (or 1 tsp dried)
- 1 tbsp extra virgin olive oil
- pink Himalayan salt to taste

*Total carbs: 12 g, Fiber: 4 g, **Net carbs: 8 g**, Protein: 30.5 g, Fat: 34.7 g, Calories: 479 kcal, Magnesium: 60 mg (15% RDA), Potassium: 1057 mg (53% EMR)*

**Total daily values:** *Total carbs: 38 g, Fiber: 21 g, **Net carbs: 17 g**, Protein: 69.4 g, Fat: 127 g, Calories: 1544 kcal, Magnesium: 178 mg (74% RDA), Potassium: 2823 mg (141% EMR), Keto ratio (carbs : protein : fat) is 5 : 19 : 77*

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

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## Day 6

### **Breakfast**

#### *Creamed coconut milk with nuts and berries*

- ¼ cup blackberries, raspberries or strawberries, fresh or frozen (36g / 1.3 oz)
- handful almonds (30g / 1 oz)
- ½ cup creamed coconut milk (120g / 4.2 oz)

- pinch cinnamon (avoid sweeteners)

To find out how to "cream" coconut milk, [have a look at my post here](#). Make sure you place the can in the fridge overnight before you use it.



*Total carbs: 18.1 g, Fiber: 8.3 g, **Net carbs: 9.8 g**, Protein: 11.2 g, Fat: 56.5 g, Calories: 584 kcal, Magnesium: 121 mg (30% RDA), Potassium: 660 mg (33% EMR)*

## Lunch

*Quick chicken salad*

- 1 serving cooked chicken thighs (150g / 5.3 oz)
- 1 small head crunchy lettuce (100g / 3.5 oz)
- 2 hard-boiled eggs
- 1 spring onion
- pink Himalayan salt
- 2 tbsp [home-made mayo](#)

*Total carbs: 4.5 g, Fiber: 1.4 g, **Net carbs: 3.1 g**, Protein: 42.7 g, Fat: 41 g, Calories: 560 kcal, Magnesium: 64 mg (16% RDA), Potassium: 756 mg (38% EMR)*

## Dinner

*Pan-roasted salmon or trout with braised broccoli*

- 1 medium fillet salmon or trout (150g / 3.5) roasted on 1 tbsp ghee
- pink Himalayan salt and pepper (black or cayenne) to taste
- 2 cups steamed / boiled broccoli, seasoned with a splash of lemon juice and 1 tbsp extra virgin olive oil (180g / 6.4 oz)



Total carbs: 12.5 g, Fiber: 4.7 g, **Net carbs: 7.7 g**, Protein: 37.6 g, Fat: 38.1 g, Calories: 537 kcal, Magnesium: 86 mg (22% RDA), Potassium: 1233 mg (62% EMR)

**Total daily values:** Total carbs: 35.2 g, Fiber: 14.5 g, **Net carbs: 20.7 g**, Protein: 91.5 g, Fat: 135 g, Calories: 1683 kcal, Magnesium: 271 mg (68% RDA), Potassium: 2651 mg (132% EMR), Keto ratio (carbs : protein : fat) is 5 : 22 : 73

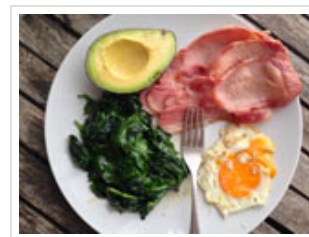
Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

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## Day 7

### Breakfast

2 large eggs (any style), 1 thick slice pastured bacon or ham (30g / 1 oz), ½ avocado (100g / 3.5 oz), 1 cup braised spinach (150g / 5.5 oz), 1 tbsp ghee, pink Himalayan salt. Eat with ½ cup of berries, fresh or frozen (75g / 2.5 oz) - blackberries have the least amount of net carbs from all berries.



Total carbs: 22.8 g, Fiber: 15.1 g, **Net carbs: 7.7 g**, Protein: 25.3 g, Fat: 48 g, Calories: 600 kcal, Magnesium: 177 mg (44% RDA), Potassium: 1348 mg (67% EMR)

### Lunch

Avocado, bacon & spinach salad

- 2 thick pastured bacon slices (60g / 2.1 oz)
- 2 cups fresh spinach or other greens such as chard, lettuce, rocket (90g / 3.2 oz)
- 1 avocado with pink Himalayan salt (200g / 7.1 oz)
- 1 tsp Dijon mustard
- 1 tbsp [home-made mayo](#)



Total carbs: 20.9 g, Fiber: 15.1 g, **Net carbs: 5.8 g**, Protein: 14.2 g, Fat: 57.4 g, Calories: 621 kcal, Magnesium: 142 mg (36% RDA), Potassium: 1451 mg (73% EMR)

## Dinner

*Pan-roasted pork chops with asparagus*

- 1 medium pork chop seasoned with pink Himalayan salt, pan-roasted in 1 tbsp lard or ghee (150g / 5.3 oz)
- 1 large bunch asparagus, seasoned with salt and a splash of fresh lemon juice, pan-roasted in 1 tbsp ghee (200 g / 7.1)

Total carbs: 8.4 g, Fiber: 4.4 g, **Net carbs: 4 g**, Protein: 35.2 g, Fat: 43.7 g, Calories: 566 kcal, Magnesium: 64 mg (16% RDA), Potassium: 938 mg (47% EMR)

**Total daily values:** Total carbs: 52.1 g, Fiber: 34.6 g, **Net carbs: 17.5 g**, Protein: 74.8 g, Fat: 149 g, Calories: 1788 kcal, Magnesium: 384 mg (67% RDA), Potassium: 3739 mg (187% EMR), Keto ratio (carbs : protein : fat) is 5 : 22 : 73

Recommended snacks: 1-2 handfuls of nuts (macadamia nuts, walnuts, almonds, pecans) to boost magnesium or take magnesium supplement. Keep in mind that these values are average and may slightly vary based on the ingredients you use.

## Healthy Low-carb Snacks and Extras:

- Coffee with coconut milk or almond milk or [Low-Carb Cappuccino](#) or [Ultimate Keto Coffee](#)
- 1 cup [bone broth](#) (best home-made)
- ½ avocado with pink Himalayan salt
- 1 hard-boiled egg with pink Himalayan salt (always have some ready in the fridge!)
- Crispy bacon rashers (make in advance and keep in the fridge)
- Ham roll-ups (ham filled with cucumber, avocado or pepper)
- 2-3 celery sticks with 2 tbsp [Home-made Coconut & Pecan Butter](#) or any other nut butter

(avoid peanut butter)

- Fermented foods: sauerkraut, kimchi (add to your breakfast), kombucha
- Pork rinds / cracklings instead of chips (avoid products with additives)
- Nuts and seeds, handful, raw or roasted with sea salt (net carbs per serving: almonds - 2.8 g, pecans - 1.3 g, walnuts - 2.1 g, macadamias - 1.6 g, hazelnuts - 2.1 g, brazil nuts - 1.4 g, pine nuts - 2.8 g, sunflower seeds - 3.4 g, pumpkin seeds - 1.3 g) - soaking nuts is highly recommended, I've written more about [soaking nuts here](#)
- Berries, fresh or frozen (net carbs per serving: ½ cup blackberries - 3.1 g, ½ cup raspberries - 3.3 g, ½ cup strawberries - 4.1 g or ¼ cup blueberries - 4.5 g)
- Coconut oil (pour a tablespoon of coconut oil into silicon ice trays and keep in the fridge for a quick fat-burning snack)
- Very occasionally, a serving of [Mushroom Chips](#), [Spicy Zucchini Chips](#), [Rosemary & Garlic Eggplant Chips](#) (avoid soured cream) or [Orange-scented Celeriac Chips](#)
- 1 piece of [Chocolate Coconut Candies](#) with NO sweetener