



THE FRESH WEEK

The Keto Starter

Five keto dinners with the grocery list — a free taste of the keto plan.

Five dinners

Grocery list

Free

A4

Educational information, not medical advice. This plan describes a way of structuring a week of meals. It is not medical, nutritional or dietetic advice, and it is not a substitute for care from a qualified professional.

Talk to a qualified professional before changing how you eat if you have a medical condition, are pregnant or breastfeeding, take medication, or have a history of disordered eating. Named eating patterns are not suitable for everyone.

Check every ingredient against your own needs, including allergies and intolerances. Where a recipe offers a gentler variation, it is a cooking suggestion, not a clinical one.

Questions or corrections: hello@thefreshweek.com

	Dinner
Day 1	Creamy Chicken Skillet with Spinach and Sun-Dried Tomatoes
Day 2	Sesame-Ginger Salmon with Charred Bok Choy
Day 3	Garlic Butter Shrimp with Zucchini Noodles
Day 4	Searred Steak with Chimichurri and Charred Broccolini
Day 5	Slow-Cooker Mojo Pork with Lime Cabbage Slaw

The full weekly plans — breakfast to dinner, with the prep hour — are at thefreshweek.com.

MEAT & FISH

- ☐ 1.5 lb / 700 g boneless chicken thighs
- ☐ 2 salmon fillets (about 6 oz / 170 g each)

PANTRY

- ☐ 2 tbsp olive oil
- ☐ 2 tbsp olive oil, for the pan
- ☐ 1/3 cup / 40 g sun-dried tomatoes in oil, drained and sliced
- ☐ 2 tbsp red wine vinegar
- ☐ 3 tbsp tamari
- ☐ 1/3 cup / 80 ml extra-virgin olive oil
- ☐ 2 tsp toasted sesame oil
- ☐ 4 tbsp olive oil
- ☐ 1 tbsp sesame seeds

SPICES

- ☐ 1 tsp dried oregano
- ☐ 1 tsp ground cumin
- ☐ 1/2 tsp chili flakes
- ☐ 1 tbsp dried oregano
- ☐ 1/2 tsp dried oregano

PRODUCE

- ☐ 3 cloves garlic, sliced
- ☐ 4 cloves garlic, sliced
- ☐ 5 oz / 140 g baby spinach
- ☐ juice and zest of 1 lemon
- ☐ salt and black pepper
- ☐ small bunch parsley, chopped
- ☐ 2 tbsp avocado or olive oil
- ☐ 1/2 cup packed parsley, finely chopped
- ☐ 1 thumb fresh ginger, grated
- ☐ 2 cloves garlic, grated
- ☐ 6 cloves garlic, smashed
- ☐ 1 clove garlic, grated
- ☐ 2 tsp salt, 1 tsp black pepper
- ☐ 3 medium zucchini, spiralized (or 1 lb / 450 g ready-made zucchini noodles)

OTHER

- ☐ 1 cup / 250 ml heavy cream
- ☐ 1 lb / 450 g broccolini, trimmed (broccoli florets work too)
- ☐ 3 heads baby bok choy, halved lengthways
- ☐ 3 lb / 1.4 kg boneless pork shoulder, cut into 3 chunks
- ☐ 2 scallions, sliced
- ☐ juice and zest of 2 limes, plus 1 more lime for the slaw
- ☐ 1 lb / 450 g large shrimp, peeled and deveined
- ☐ 1/2 head green cabbage, finely sliced
- ☐ 2 sirloin or ribeye steaks (about 8 oz / 225 g each)
- ☐ big bunch cilantro, chopped

DAIRY & EGGS

- ☐ 1/2 cup / 50 g grated parmesan
- ☐ 3 tbsp butter



THE FRESH WEEK

KETO · LOW-CARB · HIGH-PROTEIN

Creamy Chicken Skillet with Spinach and Sun-Dried Tomatoes

Searched chicken thighs in a parmesan cream sauce with sun-dried tomatoes and a mountain of spinach that cooks down to nothing. One skillet, thirty minutes, and it looks like a restaurant did it.

SERVES 4 **30 MIN** **560** kcal **41** g protein **7** g carbs **42** g fat **2** g fiber

estimated · computed from the ingredients

INGREDIENTS

1.5 lb / 700 g boneless chicken thighs

2 tbsp olive oil

1 tsp dried oregano

3 cloves garlic, sliced

1/3 cup / 40 g sun-dried tomatoes in oil,
drained and sliced

1 cup / 250 ml heavy cream

1/2 cup / 50 g grated parmesan

5 oz / 140 g baby spinach

salt and black pepper

METHOD

- 1 Pat the chicken dry; season with oregano, salt and pepper. Sear in the oil in a wide skillet, 5–6 minutes a side, until browned and cooked through. Set aside.
- 2 Drop the heat to medium. Garlic and sun-dried tomatoes into the fat for one minute.
- 3 Pour in the cream and simmer 2–3 minutes until it coats a spoon, then stir in the parmesan.
- 4 Add the spinach in big handfuls, stirring each one down before the next.
- 5 Return the chicken and its juices; spoon the sauce over and serve straight from the pan.

COOK'S NOTE Keeps three days; reheat gently with a splash of water so the sauce does not split.

✓ Chicken thighs are a rich everyday source of protein. ✓ Spinach is a leafy green with folate, vitamin K and iron. ✓ Sun-dried tomatoes are a concentrated source of lycopene. ✓ The sauce is just cream, parmesan and the pan juices — no flour, no thickeners.



THE FRESH WEEK

KETO · LOW-CARB · HIGH-PROTEIN

Sesame-Ginger Salmon with Charred Bok Choy

Salmon fillets glazed with tamari, fresh ginger and toasted sesame, next to bok choy charred in the same skillet. Twenty minutes, one pan to wash.

SERVES 2 **20 MIN** **460** kcal **41** g protein **12** g carbs **27** g fat **4** g fiber

estimated · computed from the ingredients

INGREDIENTS

2 salmon fillets (about 6 oz / 170 g each)

3 heads baby bok choy, halved lengthways

2 tbsp avocado or olive oil

3 tbsp tamari

1 thumb fresh ginger, grated

1 clove garlic, grated

2 tsp toasted sesame oil

1 tbsp sesame seeds

2 scallions, sliced

METHOD

- 1 Stir the tamari, ginger, garlic and sesame oil into a quick glaze.
- 2 Pat the salmon dry. Sear skin-side down in half the oil over medium-high, 4 minutes without moving it, then flip for 2.
- 3 Spoon in half the glaze — it bubbles and coats the fish in about 30 seconds. Lift the salmon out.
- 4 Same pan: bok choy cut-side down in the rest of the oil, 2–3 minutes until charred, then the remaining glaze and a splash of water, lid on for 1 minute.
- 5 Plate with the sesame seeds and scallions over the top.

COOK'S NOTE Best eaten fresh; if prepping ahead, mix the glaze in advance and the whole dinner comes together in ten minutes.

✓ Salmon is one of the richest everyday sources of omega-3 fats. ✓ Bok choy is a leafy green with vitamin C and calcium. ✓ Fresh ginger, garlic and toasted sesame do all the seasoning — there is no sugar in the glaze.



THE FRESH WEEK

KETO · LOW-CARB · HIGH-PROTEIN

Garlic Butter Shrimp with Zucchini Noodles

Shrimp seared in garlic butter with lemon and chili, tossed with zucchini noodles for just long enough to warm them. The whole thing is on the table faster than delivery.

SERVES 2 **20 MIN** **1190** kcal **75** g protein **173** g carbs **22** g fat **8** g fiber

estimated · computed from the ingredients

INGREDIENTS

- 1 lb / 450 g large shrimp, peeled and deveined
- 3 medium zucchini, spiralized (or 1 lb / 450 g ready-made zucchini noodles)
- 3 tbsp butter
- 4 cloves garlic, sliced
- ½ tsp chili flakes
- juice and zest of 1 lemon
- small bunch parsley, chopped
- salt and black pepper

METHOD

- 1 Pat the shrimp very dry; season with salt and pepper.
- 2 Melt 2 tbsp of the butter in a wide skillet over medium-high. Shrimp in a single layer, 1–2 minutes a side until just pink. Remove.
- 3 The rest of the butter, the garlic and chili flakes into the pan for one minute — do not let the garlic brown.
- 4 Zucchini noodles in for 2 minutes only: warmed and glossy, not soft. They water out fast, so stop early.
- 5 Shrimp back in with the lemon juice, zest and parsley. Toss once and serve immediately.

COOK'S NOTE Zucchini noodles do not reheat well — for leftovers, store shrimp and raw noodles separately and give them the same two minutes tomorrow.

✓ Shrimp is a lean, quick-cooking source of protein and selenium. ✓ Zucchini stands in for pasta and carries the garlic butter just as well. ✓ Finished with fresh lemon juice and zest, not a jarred sauce.



THE FRESH WEEK

KETO · LOW-CARB · HIGH-PROTEIN

Seared Steak with Chimichurri and Charred Broccolini

A hard-crust steak, rested and sliced, under a sharp green chimichurri you stir together while the pan heats. The broccolini chars in the same skillet and picks up everything the steak left behind.

SERVES 2 **25 MIN** **610 kcal** **53 g protein** **19 g carbs** **36 g fat** **9 g fiber**

estimated · computed from the ingredients

INGREDIENTS

2 sirloin or ribeye steaks (about 8 oz / 225 g each)

1 lb / 450 g broccolini, trimmed (broccoli florets work too)

2 tbsp olive oil, for the pan

½ cup packed parsley, finely chopped

2 cloves garlic, grated

2 tbsp red wine vinegar

⅓ cup / 80 ml extra-virgin olive oil

½ tsp chili flakes

½ tsp dried oregano

salt and black pepper

METHOD

- 1 Stir the chimichurri: parsley, garlic, vinegar, extra-virgin olive oil, chili flakes, oregano and a good pinch of salt. Let it sit — it improves by the minute.
- 2 Pat the steaks very dry; season hard with salt and pepper. Sear in 1 tbsp oil in a screaming-hot skillet, 3–4 minutes a side for medium-rare. Rest on a board.
- 3 Same pan: broccolini, the last of the oil and a splash of water. Lid on 2 minutes, lid off until the edges char, about 4 more. Salt it.
- 4 Slice the steak against the grain and spoon chimichurri over everything, resting juices included.

COOK'S NOTE The chimichurri keeps a week in the fridge and wakes up eggs, chicken and roasted vegetables.

✓ Steak is one of the most concentrated everyday sources of protein, iron and zinc. ✓ Broccolini brings fiber and vitamin C to the plate. ✓ The chimichurri is built on extra-virgin olive oil, parsley and garlic — nothing else hiding in it.



THE FRESH WEEK

KETO · LOW-CARB · HIGH-PROTEIN

Slow-Cooker Mojo Pork with Lime Cabbage Slaw

Pork shoulder cooked slow with garlic, cumin and a lot of lime until it shreds itself, piled next to a crunchy cilantro-lime slaw. One batch quietly feeds most of the week.

SERVES 6 **250 MIN** **585** kcal **42** g protein **6** g carbs **43** g fat **2** g fiber

estimated · computed from the ingredients

INGREDIENTS

3 lb / 1.4 kg boneless pork shoulder, cut into 3 chunks

6 cloves garlic, smashed

juice and zest of 2 limes, plus 1 more lime for the slaw

1 tbsp ground cumin

1 tbsp dried oregano

2 tsp salt, 1 tsp black pepper

4 tbsp olive oil

½ head green cabbage, finely sliced

big bunch cilantro, chopped

METHOD

- 1 Rub the pork with cumin, oregano, salt and pepper. Into the slow cooker with the garlic, lime juice and zest, and 2 tbsp of the oil. High for 4 hours (or low for 7–8).
- 2 Shred in the pot with two forks and stir back through the juices. Taste — it usually wants more salt and another squeeze of lime.
- 3 Toss the cabbage with cilantro, the last lime's juice, the remaining oil and a pinch of salt just before serving.
- 4 Optional but excellent: crisp the portion you are eating tonight in a hot dry skillet for 3–4 minutes before plating.

COOK'S NOTE The pork freezes flat in bags for three months; make the slaw fresh — it takes three minutes.

✓ Pork shoulder is a rich source of protein and B vitamins. ✓ Cabbage brings fiber, crunch and vitamin C. ✓ Seasoned with fresh lime juice, zest and whole garlic cloves — no bottled marinade.



IF THIS WEEK FED YOU WELL

The Keto Plan: a full month, none of it published anywhere.

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