



COREBURN365

7- DAY NUTRITION

RECIPE RESET PLAN

Breakfast Recipes



Lunch Recipes



Entrees



Egg Burrito Pancake

Keto Egg Burrito with Almond-Flour Pancake Wrap

Servings: 1

Prep: 5 min | **Cook:** 8 min | **Total:** 13 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Low-Carb

Ingredients

Pancake Wrap

- 2 large eggs, beaten
- 2 tbsp almond flour
- 1 tbsp baking powder
- ¼ tsp salt
- 1 tbsp butter or olive oil, melted

Filling

- 2 large eggs
 - ½ cup shredded cheddar cheese
 - 2 tbsp chopped spinach
 - 1 tbsp olive oil (for cooking)
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Instructions

1. **Make the pancake wrap:**
Whisk beaten eggs, almond flour, baking powder, salt, and melted butter until smooth.
2. **Cook the wrap:**
Heat olive oil in a skillet over medium heat. Pour batter and spread into a thin ~8-inch circle. Cook 2–3 minutes per side until lightly golden. Remove and set aside.
3. **Prepare the filling:**
In the same skillet, add a small amount of oil. Scramble eggs with spinach and cheddar until just set, about 2 minutes.
4. **Assemble:**
Spoon egg mixture into the center of the pancake. Fold sides inward like a burrito.
5. **Serve:**
Enjoy immediately. Optional garnish with black pepper or fresh herbs.

Nutrition Per Serving

Calories: 280 kcal | Protein: 18 g | Net Carbs: 4 g | Fat: 22 g

Breakfast Meat and “Potatoes”

Classic Breakfast Skillet with Mashed Cauliflower (Keto Swap)

Servings: 1

Prep: 5 min | **Cook:** 10 min | **Total:** 15 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Low-Carb

Ingredients

- 100 g ground turkey (or breakfast sausage)
- 1 cup rice cauliflower (frozen, thawed)
- 2 tbsp butter
- ¼ tsp garlic powder
- Salt & pepper, to taste
- 1 tbsp olive oil

Notes:

Substitute pork sausage for higher fat if desired

Drain excess moisture from cauliflower for better texture

Instructions

1. Cook the meat:

Heat olive oil in a skillet over medium heat. Add ground turkey, garlic powder, salt, and pepper. Cook 4–5 minutes, breaking it apart, until browned. Remove and set aside.

2. Make the “potatoes”:

In the same skillet, melt butter. Add cauliflower rice, season lightly, and sauté 5–7 minutes until tender and slightly mashed.

3. Combine & serve:

Return meat to the skillet. Stir to combine and heat through. Serve warm.

Make-Ahead & Storage (Optional)

- Refrigerate in an airtight container up to 3 days
- Reheat in skillet or microwave until hot

Nutrition Per Serving

Calories: 320 kcal | Protein: 22 g | Net Carbs: 5 g | Fat: 24 g

Breakfast Meat and Veggie Skewers

Savory Bacon & Vegetable Breakfast Skewers

Servings: 1

Prep: 5 min | **Cook:** 8 min | **Total:** 13 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Low-Carb

Ingredients

- 100 g ground bacon (or ground pork)
- ½ bell pepper, sliced
- ¼ zucchini, sliced
- 1 tbsp olive oil
- 1 tsp smoked paprika

Notes:

- Use-soaked wooden skewers or metal skewers
- Bell peppers can be swapped for mushrooms or onions (use sparingly for keto)

Instructions

1. **Prep the skewers:**

In a bowl, mix ground bacon with smoked paprika. Shape small portions around the skewer, alternating with bell pepper and zucchini slices.

2. **Cook:**

Brush skewers lightly with olive oil. Grill or pan-fry over medium heat for 6–8 minutes, turning occasionally, until meat is fully cooked and vegetables are tender.

Make-Ahead & Storage (Optional)

- Assemble skewers up to 24 hours ahead and refrigerate
- Store cooked skewers up to 3 days in the refrigerator
- Reheat in a skillet or oven at 350°F (175°C) for 6–8 minutes

Nutrition Per Serving

Calories: 290 kcal | Protein: 20 g | Net Carbs: 3 g | Fat: 21 g

Peppered Pork “Potatoes”

Black-Pepper Pork with Roasted Radish “Potatoes” (Keto Swap)

Servings: 1

Prep: 5 min | **Cook:** 15 min | **Total:** 20 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Low-Carb

Ingredients

- 150 g pork tenderloin, cubed
- 1 cup daikon radish, sliced
- 1 tbsp cracked black pepper
- ½ tsp garlic salt
- 2 tbsp coconut oil

Notes:

- Radishes soften and mellow as they cook, mimicking potatoes
- Substitute turnips or rutabaga for variety (track carbs)

Instructions

1. **Season the pork:**
Toss pork cubes with cracked black pepper and garlic salt until evenly coated.
2. **Sear:**
Heat coconut oil in a skillet over medium-high heat. Add pork and brown for about 5 minutes, turning to sear all sides.
3. **Roast the “potatoes”:**
Add radish slices to the skillet. Cover and cook for 10 minutes, stirring occasionally, until radishes are tender and lightly caramelized.

Make-Ahead & Storage (Optional)

- Refrigerate leftovers up to 3 days
- Reheat in a skillet over medium heat for best texture

Nutrition Per Serving

Calories: 350 kcal | Protein: 25 g | Net Carbs: 4 g | Fat: 24 g

Mini Chicken Wrap

Lettuce-Wrapped Chicken with Avocado Mayo

Servings: 1

Prep: 5 min | **Cook:** 0 min | **Total:** 5 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Low-Carb, Dairy-Free

Ingredients

- 100 g grilled chicken breast, shredded
- 2 butter lettuce leaves
- 1 tbsp avocado mayo
- ¼ avocado, sliced
- Salt & pepper, to taste

Notes:

- Romaine or iceberg can be used for extra crunch
- Add a squeeze of lemon or dash of hot sauce if desired

Instructions

1. **Assemble:**

Spread avocado mayo evenly onto lettuce leaves. Add shredded chicken and avocado slices, season with salt and pepper, then fold into wraps.

Make-Ahead & Storage (Optional)

- Chicken can be pre-cooked and refrigerated up to 3 days
- Assemble wraps just before eating for best texture

Nutrition Per Serving

Calories: 260 kcal | Protein: 20 g | Net Carbs: 3 g | Fat: 18 g

Easy Chili Verde

Simple Pork Chili Verde (No Beans, Keto)

Servings: 1

Prep: 5 min | **Cook:** 20 min | **Total:** 25 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Dairy-Free

Ingredients

- 150 g pork shoulder, cubed
 - ½ cup green salsa
 - ½ tsp cumin
 - ¼ tsp chili powder
 - 1 tbsp olive oil
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Instructions

1. **Brown pork:** Heat olive oil in a skillet over medium heat. Brown pork on all sides.
 2. **Simmer:** Add salsa and spices. Reduce heat and simmer uncovered for 20 minutes until tender.
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Make-Ahead & Storage

- Refrigerate up to 4 days
 - Freezes well up to 2 months
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Nutrition Per Serving

Calories: 180 kcal | Protein: 15 g | Net Carbs: 4 g | Fat: 10 g

Bucatini with Sausage & Kale

Italian Sausage with Zucchini Noodles (Keto Swap)

Servings: 1

Prep: 5 min | **Cook:** 8 min | **Total:** 13 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Low-Carb

Ingredients

- 100 g Italian sausage, crumbled
 - 2 cups zucchini noodles
 - 1 cup chopped kale
 - 1 tbsp olive oil
 - 1 tsp garlic powder
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Instructions

1. **Cook sausage:** Sauté sausage in olive oil until fully cooked.
 2. **Add vegetables:** Stir in kale and zucchini noodles. Cook 3 minutes until just tender. Toss and serve.
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Nutrition Per Serving

Calories: 310 kcal | **Protein:** 18 g | **Net Carbs:** 5 g | **Fat:** 24 g

Chicken Veggie Kabobs

Herbed Chicken & Broccoli Skewers

Servings: 1

Prep: 5 min | **Cook:** 12 min | **Total:** 17 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Low-Carb

Ingredients

- 120 g chicken breast, cubed
 - ½ cup broccoli florets
 - ½ red onion (optional)
 - 1 tbsp olive oil
 - ½ tsp rosemary
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Instructions

1. **Assemble:** Thread chicken, broccoli, and onion onto skewer.

2. **Grill:** Brush with olive oil and rosemary. Grill 10–12 minutes, turning occasionally.
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Nutrition Per Serving

Calories: 270 kcal | Protein: 25 g | Net Carbs: 4 g | Fat: 15 g

Java Roast Beef

Coffee-Rubbed Roast Beef

Servings: 2

Prep: 10 min | **Marinate:** 4 hr. | **Cook:** 25 min

Difficulty: Moderate

Diet Tags: Keto, Gluten-Free

Ingredients

- 300 g beef knuckle
 - 2 tbsp black coffee, cooled
 - 1 tbsp garlic powder
 - 1 tsp smoked paprika
 - 1 tbsp olive oil
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Instructions

1. **Marinate:** Mix coffee, garlic powder, and paprika. Coat beef and refrigerate 4 hours.
 2. **Sear:** Heat olive oil in skillet; brown beef on all sides.
 3. **Roast:** Transfer to oven at 350°F (175°C). Roast 25 minutes (medium). Rest and slice.
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Nutrition Per Serving

Calories: 320 kcal | Protein: 28 g | Net Carbs: 2 g | Fat: 22 g

Smothered Chicken or Beef Burrito

Lettuce-Wrapped Smothered Meat Burrito

Servings: 1

Prep: 5 min | **Cook:** 10 min | **Total:** 15 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free

Ingredients

- 100 g ground turkey or beef
 - ½ cup low-carb tomato sauce
 - 1 tbsp onion powder
 - Butter lettuce leaves
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Instructions

1. **Cook meat:** Brown meat with onion powder.
 2. **Simmer:** Add sauce and simmer 10 minutes.
 3. **Wrap:** Spoon into lettuce leaves and fold.
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Nutrition Per Serving

Calories: 290 kcal | Protein: 22 g | Net Carbs: 5 g | Fat: 18 g

Honey Pecan Pork Roast

Sweet & Savory Pork Loin (Keto-Friendly)

Servings: 3

Prep: 10 min | **Cook:** 45 min | **Total:** 55 min

Difficulty: Moderate

Diet Tags: Keto, Gluten-Free

Ingredients

- 400 g pork loin
 - 2 tbsp pecan pieces
 - 1 tbsp sugar-free maple syrup
 - 1 tsp cinnamon
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Instructions

1. **Rub:** Mix syrup, cinnamon, and pecans. Coat pork evenly.
 2. **Roast:** Bake at 375°F (190°C) for 45 minutes. Rest before slicing.
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Nutrition Per Serving

Calories: 310 kcal | Protein: 26 g | Net Carbs: 3 g | Fat: 20 g

Super Quick Chicken Fried Rice

Cauliflower Chicken Fried Rice (Keto)

Servings: 1

Prep: 5 min | **Cook:** 6 min | **Total:** 11 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free, Dairy-Free

Ingredients

- 100 g chicken breast, diced
 - 1 cup rice cauliflower
 - 1 egg, scrambled
 - 1 tbsp coconut aminos
 - 1 tsp sesame oil
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Instructions

1. **Scramble egg:** Cook egg in sesame oil; remove.
 2. **Stir-fry:** Add chicken, cauliflower, and aminos. Stir-fry 5 minutes. Return egg and toss.
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Nutrition Per Serving

Calories: 280 kcal | Protein: 20 g | Net Carbs: 4 g | Fat: 18 g

Garlic Herbed Salmon with “Sides”

Pan-Seared Salmon with Roasted Asparagus

Servings: 1

Prep: 5 min | **Cook:** 15 min | **Total:** 20 min

Difficulty: Simple

Diet Tags: Keto, Gluten-Free

Ingredients

- 150 g salmon fillet
 - 1 cup asparagus spears
 - 1 tbsp olive oil
 - 1 tsp garlic powder
 - ½ tsp dill
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Instructions

1. **Season salmon:** Coat with olive oil, garlic powder, and dill.
 2. **Pan-sear:** Cook salmon 4–5 minutes per side.
 3. **Roast asparagus:** Toss with oil and roast at 400°F (200°C) for 12 minutes.
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Nutrition Per Serving

Calories: 340 kcal | Protein: 25 g | Net Carbs: 3 g | Fat: 24 g