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KETO ZONE

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# 7-DAY MEAL PLAN FOR WOMEN

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*Recipes +  
Shopping List*

— Divine Health —  
Dr. Don Colbert, M.D.

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MEAL PLAN  
FOR WOMEN**

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BY  
DR. DON COLBERT, M.D.

— Divine Health —

— Divine Health —

# Welcome!

I'm Dr. Don Colbert, and I'm so excited to share this 7-day keto meal plan designed especially for women.

In the following pages, you'll find delicious recipes, a done-for-you shopping list, and a clear path to kickstart your Keto Zone journey.



*Dr. Colbert*

## What is Dr. Colbert's Keto Zone Diet?

The Keto Zone Diet is a high-fat, low-carb, moderate-protein lifestyle focused on burning fat, boosting energy, and enhancing mental clarity through nutritional ketosis. By switching your body's main fuel source from sugar to healthy fats, you'll enter the "Keto Zone"—an optimal state of metabolic health and fat burning.

As you follow this plan, you'll:

- ✓ Burn fat for fuel quickly and effectively
- ✓ Enjoy steady, all-day energy
- ✓ Reduce cravings and sugar addiction
- ✓ Balance hormones and support weight loss
- ✓ Improve focus, memory, and mood
- ✓ Feel revitalized, clear-headed, and in control of your health

*Let's get started on this journey together towards vibrant health and sustainable weight loss!*

– Dr. Don Colbert, M.D.

DR. COLBERT'S  
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# HOW TO GET STARTED

Welcome to the Keto Zone 7-Day Meal Plan for Women!

Jump-start your journey to a healthier, balanced life with this easy-to-follow Keto Zone meal plan designed specifically for women. Here's how to get started.

**1 Understand the Keto Zone:**  
Familiarize yourself with the basics of the Keto Zone Diet. Focus on healthy fats, moderate proteins, and low carbs to get your body into ketosis and promote fat loss.

**2 Prepare Your Kitchen:**  
Stock up on delicious, keto-friendly foods like avocados, eggs, leafy greens, salmon, olive oil, nuts, seeds, and a variety of low-carb vegetables. Get rid of high-carb foods to avoid temptation.

**3 Follow the Meal Plan:**  
Begin with Day 1 and follow the meal plan each day. Use the shopping list provided to make your grocery shopping easy and efficient.



Start your Keto Zone journey today, and embrace a healthier, more energetic you!

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# Spinach & Feta Egg Muffins

Meal-prep breakfast • Grab-and-go • High satiety



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# RECIPE

## Spinach & Feta Egg Muffins

Meal-prep breakfast • Grab-and-go • High satiety



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### INGREDIENTS :

- 10 eggs
- 2 cups spinach, chopped
- ½ cup feta, crumbled
- 2 tbsp olive oil (or avocado oil)
- ½ cup onion, diced (optional)
- Sea salt + black pepper
- Garlic powder (optional)

### KETO ZONE ANGLE

Eggs + olive oil + greens = high satiety, steady energy, low carb.

### DIRECTIONS :

1. Preheat oven to 350°F. Grease a 12-cup muffin tin.
2. Sauté spinach 1–2 minutes; squeeze out excess liquid.
3. Whisk eggs with salt/pepper (and garlic if using).
4. Add spinach + feta to cups, pour egg mixture ¾ full.
5. Bake 18–22 minutes until set. Cool 5 minutes.

### Per Serving (1/4 of the Recipe)

Calories = <b>105 kcal</b>	Sugars = <b>0.5 g</b>
Total Fat = <b>8 g</b>	Fiber = <b>0.7 g</b>
Total Carbs = <b>1.8 g</b>	Protein = <b>7.5 g</b>
Net Carbs = <b>1.2 g</b>	

**MEAL PREP:** Fridge 4–5 days • Freezer up to 2 months • Reheat 20–30 sec

# Salmon + Avocado POWER BOWL

Healthy fats · Omega-3s · Energizing greens



# RECIPE

## Salmon + Avocado Power Bowl

Healthy fats • Omega-3s • Energizing greens



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### INGREDIENTS :

- 6 oz salmon, cooked and flaked
- 1 avocado, sliced
- 2 cups mixed greens (spinach, arugula, etc.)
- ½ cup cucumber, sliced
- ½ cup cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tbsp lemon juice (about ½ lemon)
- 1 tsp sesame seeds
- Salt, pepper, parsley (to taste)

### KETO ZONE ANGLE:

Omega-3-rich salmon + creamy avocado + energizing greens = satisfying, nutrient-packed Keto Zone bowl.

### DIRECTIONS :

1. Season salmon with salt & pepper.
2. Pan-sear salmon in 1 tbsp olive oil over medium-high heat 2-3 min per side, then flake.
3. In a bowl, add mixed greens, sliced avocado, flaked salmon, cucumber, and cherry tomatoes.
4. Drizzle with olive oil + lemon juice, sprinkle with sesame seeds, salt, pepper, and chopped parsley. Toss gently.

### Per Serving (1/4 of the Recipe)

Calories = <b>975 kcal</b>	Sugars = <b>5 g</b>
Total Fat = <b>82 g</b>	Fiber = <b>21 g</b>
Total Carbs = <b>32 g</b>	Protein = <b>48 g</b>
Net Carbs = <b>11 g</b>	

**MEAL PREP:** Double or triple this recipe for easy-to-pack keto lunches!

# RECIPE

## Garlic Butter Steak Bites

Low-carb weeknight dinner • Quick • Filling + Satisfying

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### INSTRUCTIONS:

- 1½ lbs beef (grass-fed sirloin, ribeye, or tenderloin for best nutrient profile, or chuck roast cubes for affordability; avoid processed/low-quality meats)
- 1 large head broccoli, cut into florets
- 3 tbsp butter (or ghee; optional: stir in +1 tbsp for richer fat content and satiety)
- 1½ tbsp olive oil
- Optional fat boost: drizzle on an extra 1-2 tsp after cooking
- 3-4 cloves garlic, minced
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp crushed red pepper flakes (optional)
- 1 tbsp chopped fresh parsley (for garnish)
- Lemon wedges (optional)

### KETO ZONE ANGLE:

Beef + healthy fats + broccoli = a nutrient-dense, energy-balancing Keto Zone dinner.

- Grass-fed beef = more omega-3s, antioxidants, and healthy fats. Colbert often praises nutrient-rich, pasture-raised beef.
- Broccoli = gut-healthy fiber + vitamin C.
- Quick, meal-prep friendly = ideal for busy Keto Zone lifestyle (serves 4)

### Per Serving (1/4 of the Recipe):

Calories = **470**      Fiber = **4.5 g**  
Fat = **36g**      Fiber = **4.5 g**  
Total Carbs = **12.5 g**      Protein = **35 g**  
(Serves 4, nutrition assumes 1/4 recipe)

### MEAL PREP:

- Fridge: 3-4 days
- Freezer: up to 2 months (freeze separately)

### MEAL PREP:

- Fridge: 3-4 days
- Freezer: up to 2 months (freeze separately)

Optional Sides: Fermented veggies (sauerkraut, kimchi) for gut support.  
Bone broth (or soup with bone broth base) if expanding the meal.

# RECIPE

## Egg Roll in a Bowl

Keto takeout fix • Fast • Satisfying

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### INGREDIENTS :

- 1 lb ground pork (or turkey)
- 6 cups shredded cabbage (or coleslaw mix)
- ½ cup julienned carrots (optional)
- 1 tbsp sesame oil
- ½ cup soy sauce or coconut aminos
- 1 tbsp rice vinegar
- 3 cloves garlic, minced
- 1 tbsp ginger, grated or minced
- ½ tsp crushed red pepper flakes
- ½ cup green onions, sliced
- 1 tbsp sesame seeds (+ more for garnish)

### KETO ZONE ANGLE:

Ground pork + cruciferous cabbage + sesame oil = fast, one-pan Keto zone dinner.

### DIRECTIONS :

1. Heat a large skillet over medium-high heat. Add sesame oil and ground pork. Cook until browned, breaking up meat as it cooks.
2. Add garlic and ginger. Sauté 1 minute.
3. Add cabbage, carrots, soy sauce, and rice vinegar, and pepper flakes. Stir-fry 5-7 minutes, until cabbage is tender.
4. Top with green onions and sesame seeds. Enjoy with lime, more flakes, and a few drops of extra sesame oil.

### Per Serving (1/4 of the Recipe)

Calories = **465 kcal**    Net Carbs = **7-8 g**

Fat = **35-37 g**                      Sugars = **2-3 g**

Total Carbs = **12-13 g**    Protein = **34-37 g**

Fiber = **4-5 g**

**MEAL PREP:** Fridge 3-4 days • Reheat in microwave or pan

# RECIPE

## Turkey Taco Bowl

Healthy • Comfort-food taste • Family-friendly



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### INGREDIENTS :

- 1 lb ground turkey
- 4 cups cauliflower rice (fresh or frozen)
- 2 tbsp olive oil (or avocado oil)
- 2 tbsp taco seasoning (low-carb)
- ½ cup salsa (sugar-free)
- 1 avocado, diced or mashed
- ½ cup cherry tomatoes, halved
- ½ cup shredded cheddar cheese
- Guacamole, sour cream, lime wedges, cilantro

### KETO ZONE ANGLE:

Ground turkey + taco spices + cauliflower rice + guacamole = satisfying, low-carb Taco Bowl.

### DIRECTIONS :

1. Cook cauliflower rice in olive oil. Season with salt & pepper.
2. In a pan, warm 1 tbsp olive oil, brown turkey until no longer pink.
3. Add taco seasoning + salsa, cook 2-3 minutes.
4. Divide cauliflower rice + turkey into bowls. Top with guacamole, tomatoes, cheddar, sour cream, and squeeze lime.
5. Sprinkle with chopped cilantro; enjoy!

### Per Serving (1/4 of the Recipe)

Calories = **490**      Sugars = **3.5 g**  
Fat = **35 g**      Fiber = **6.5 g**  
Total Carbs = **14.5 g**      Protein = **34 g**  
Net Carbs = **8 g**

**MEAL PREP:** Fridge 3-4 days • Reheat in microwave or pan

# RECIPE

## Buffalo Chicken Lettuce Wraps

Zesty + satisfying • High-protein • Low-carb

### PER SERVING (1/4 of the Recipe):

- Calories = 279
- Fat = 18g
- Total Carbs = 9g
- Net Carbs = 8g
- Sugars = 3g
- Fiber = 1g
- Protein = 23g

### Optional Keto Zone Upgrades:

- Drizzle 1-2 tsp **olive oil** after cooking (fat boost)
- Add **fresh herbs**: rosemary or thyme
- Pinch of **red pepper flakes** (to taste)

### INGREDIENTS:

- 2 cups cooked, shredded chicken (prefer pasture-raised if possible)
- ½ cup buffalo sauce (sugar-free)
- 1 tbsp butter (or ghee)
- 1 head iceberg or butter lettuce
- ¼ cup ranch (or blue cheese dressing)
- ¼ cup blue cheese, crumbled
- ¼ cup celery, finely diced
- 2 green onions, sliced
- Sea salt & black pepper

### KETO ZONE ANGLE:

High-protein + healthy fats + crunchy veg = a zesty, filling Keto Zone meal.

**Upgrade it** with a touch more healthy fat & a fermented side for gut support.

### DIRECTIONS:

1. Melt butter (or ghee) + buffalo sauce over medium heat. Add shredded chicken, stir to coat. Simmer 2-3 minutes.
2. Season with salt & pepper. Spoon mixture into lettuce leaves.
3. Top with celery, blue cheese, and green onions. Drizzle with ranch.
4. **Optional:** Finish with a drizzle of olive oil & fresh herbs.

### >> MEAL PREP TIPS: <<

- Roast broccoli with olive oil or ghee
- Serve with **lemon wedges** on the side.
- **Add a small side of sauerkraut** (or other fermented veg).

### OPTIONAL TOPPINGS / UPGRADES (Keto Zone optimized)

- Fresh **lemon squeeze** over the wraps (bright flavor + vitamin C; aligns with (tolbert's "detax support" vbs)
- Fresh **herbs**: chopped parsley or dill
- **Avocado slices** (especially if omitting cheese for dairy sensitivity)

# RECIPE

## Keto Zone Lemon Bar Fat-Bombs

Refreshing fat-fueled snack • No-bake • Low-carb

### PER SERVING (1/8 of the recipe):

- Calories = **92**
- Fat = **10g**
- Total Carbs = **4g**
- Net Carbs = **2g**
- Sugars = **1g**
- Fiber = **1g**
- Protein = **1g**

### Optional Keto Zone Upgrades:

- Lemon zest (1 lemon) for brighter flavor.
- Dust extra keto sweetener for a "powdered" finish.
- Chopped almonds for crunch + extra fats.



### Keto Zone Lemon Bar Fat-Bombs

— Refreshing Fat-Fueled Snack — Low-Carb —

### INGREDIENTS:

- 1 oz coconut butter (softened)
- 1 oz coconut oil
- 1 scoop Divine Health Vanilla MCT Oil Powder
- 1 oz unsalted butter (grass-fed preferred)
- 1 tbsp keto sweetener (stevia or erythritol)
- 1/2 cup fresh lemon juice

### KETO ZONE ANGLE:

**High-fat bombs + MCTs** = an easy fat-fueled swap that supports ketones and helps curb cravings. Bright lemon keeps it refreshing and satisfying-perfect during busy days when you want zero prep.

### DIRECTIONS:

#### (best no-bake method)

1. **Mix coconut butter**, coconut oil, MCT Oil Powder, unsalted butter, keto sweetener, and lemon juice in a bowl.
2. **Pour** the mixture into a small saucepan over low heat.
3. **Heat** until just melted (1-2 minutes), stirring constantly, then remove from heat.
4. **Pour** into an **8x8 baking pan** (or silicone molds for easy portions).
5. **Chill** in the fridge for 1 hour until set.
6. **Cut** into 8 bars and sprinkle with extra sweetener if desired.

### >> MEAL PREP TIPS: <<

- Store in an airtight container in the fridge up to 5 days; freeze up to 1 month.
- During a challenge phase: eat 1-2 as a mid-afternoon snack to boost fats and stay on track.
- For mini bombs: use ice cube trays or silicone molds for easy portion control.

# BONUS SMOOTHIE RECIPE

## Lemon-Lime Keto Refresher (Fiber Zone)

Bright • Hydrating • Low-carb



### Per Serving (1/4 of the Recipe)

Calories = <b>437 kcal</b>	Sugars = <b>4 g</b>
Total Fat = <b>31 g</b>	Fiber = <b>5.5 g</b>
Total Carbs = <b>13 g</b>	Protein = <b>30 g</b>
Net Carbs = <b>7.5 g</b>	

### Why it's great

This is the easiest way to use *Fiber Zone Lemon-Lime* daily—refreshing, filling, and perfect when you want something light but still Keto Zone-friendly.

### Keto Zone angle

- Fiber + healthy fats + electrolytes = steady energy and fewer cravings without adding sugar.

### INGREDIENTS (1 SERVING)

- 1 scoop Divine Health Fiber Zone (Lemon-Lime)
- 12-16 oz cold water (or sparkling water)
- 1-2 tbsp fresh lemon or lime juice
- 1-2 tbsp heavy cream OR 2 tbsp coconut cream optional, for 'cream soda' v.
- 1 scoop Collagen Powder (unflavored) (optional bonus) 🍋
- ¼ tsp sea salt (optional, for electrolyte support)
- ice (1-2 cups)
- Stevia/monkfruit to taste (optional)
- Optional add on ¼ scoop MCT Oil Powder for extra keto-friendly fats

### ➤ Optional 'No Blender' Version

- Shake in your Keto Zone shaker bottle:
- Water + Fiber Zone + lemon/lime juice + collagen
- Shake hard 20 seconds, then pour over ice.



# BONUS SMOOTHIE RECIPE

## Green Supremefood Keto Cream Smoothie

— Creamy • Low-carb • High satiety • Great daily “greens + fats” —



### INGREDIENTS (1 SERVING)

- 1 scoop Divine Health Fermented Green Supremefood
- 1 cup unsweetened almond milk (or coconut milk beverage)
- ¼ avocado (this makes it creamy + keto)
- 1 tbsp lemon juice (brightens flavor)
- ¼ tsp vanilla extract (optional but makes it taste way better)
- Ice (1–1½ cups)
- Optional: 1 scoop Keto Zone unflavored collagen
- **Optional: 1 scoop unflavored MCT Oil Powder** for extra fats
- Optional: pinch of sea salt (enhances flavor)

### KETO ZONE ANGLE:

Fermented greens + healthy fats (avocado/MCT) = better absorption + better satiety<sup>®</sup> without loading sugar.



### TASTE UPGRADES (pick one)

- Green Lemonade" vibe: add a few fresh mint leaves + extra lemon.
- **Ginger kick: add 1 tsp ginger (or small fresh ginger piece.**
- Creamier: use 1 scoop coconut Keto zone **MCT Oil Powder** instead of more milk or cream.

### Use Red Supremefood IF YOU WANT A BERRY VERSION (still keto)

Use this only if you want a little fruit flavor without going off the rails: **Add 1 cup frozen raspberries (small amount)** Keep stays much more keto-friendly than banana/mango.

# BONUS DRINK RECIPE

## Vanilla Keto Zone Cappuccino

(MCT Oil Powder “Creamer”)

— Creamy • Frothy • Low-carb • Coffeehouse vibes —



### KETO ZONE ANGLE:

Coffee + MCT fats = a simple fat-fueled “creamer” swap that keeps it low-carb and satisfying.

**KETO ZONE ANGLE** (same recipe; different vibe):

- Coconut MCT Oil Powder: add a tiny splash of vanilla extract for “coconut latte”
- Hazelnut MCT Oil Powder: top with cinnamon for a “hazelnut cappuccino” feel
- Chocotate MCT Oil Powder: dust with cocoa + pinch of salt for a mocha style cappuccino

### INGREDIENTS (1 SERVING)

- 8-10 oz hot brewed coffee or 2 espresso shots + hot water
- 1 scoop Divine Health French Vanilla MCT Oil Powder
- 4-6 oz hot water or unsweetened almond milk (for extra creaminess)
- Optional: cinnamon or cocoa dusting.
- Optional: stevia/monk fruit to taste
- Optional: pinch of sea salt (*makes it taste richer*)

### DIRECTIONS (*best froth method*)

1. Brew coffee/espresso.
2. Add hot water or warmed almond milk to a blender (or use a milk frother).
3. Add 1 scoop Vanilla MCT Oil Powder (+ sweetener if using).
4. Blend/froth 10-15 seconds until thick and foamy.
5. Pour coffee into a mug, then top with the foamed “MCT creamer.”
6. Finish with cinnamon (or cocoa) on top.

### »» *No-blender “Shaker Bottle” method*

- Add hot water (or warmed almond milk) + MCT powder to your shaker bottle.
- Shake hard 20-30 seconds, then pour into coffee.

### »» *Flavor swaps (same recipe, different vibe)*

- Coconut MCT Oil Powder: top with cinnamon for a “hazelnut cappuccino” feel
- Chocolate MCT Oil Powder: dust with cocoa + pinch of salt for a mocha style cappuccino

# KETO ZONE

## SHOPPING LIST

Load up your grocery cart with these Keto Zone essentials—  
low-carb, satisfying, and ideal for a healthy lifestyle.

### FOODS

#### VEGETABLES (LOW-CARB)

- Broccoli
- Cauliflower
- Zucchini
- Asparagus
- Cabbage
- Leafy greens (spinach, arugula, kale)
- Brussels sprouts
- Celery
- Cucumber
- Mushrooms
- Onions (small amounts)
- Tomatoes (small amounts)

#### PROTEINS (QUALITY FIRST)

- Pasture-raised eggs
- Grass-fed beef, lamb, or bison
- Organic poultry (chicken, turkey)
- Wild-caught seafood (salmon, cod, shrimp)
- Nitrate-free bacon and deli meat

#### DAIRY (FULL-FAT)

- Heavy cream or coconut cream
- Full-fat cheese (cheddar, parmesan, mozzarella, etc.)
- Grass-fed butter
- Greek yogurt (unsweetened)

#### FRUITS (LOW-GLYCEMIC)

- Avocado
- Lemon
- Lime
- Raspberries
- Strawberries
- Blackberries
- Blueberries

#### LOW-CARB BREAD & TREATS

- Keto bread (gluten-free, low-carb)
- Keto tortillas (Mission Zero Carb, Egglife)
- Keto crackers (HighKey, Quest)
- Monk fruit sweeteners
- Stevia
- Keto bars (Quest, Keto Krisp)

#### SNACKS & BEVERAGES

- Pork rinds
- Cheese crisps
- Pepperoni slices
- Electrolyte drinks
- Nuts or olives
- Seaweed snacks
- 85–90% dark chocolate
- Pickles/dill relish

#### HEALTHY FATS

- Extra-virgin olive oil
- Avocado oil
- MCT oil / MCT powder
- Coconut oil
- Butter or Ghee
- Nuts and nut butters (almond, macadamia, pecans, etc.)
- Garlic or avocado mayonnaise

#### DAIRY (FULL-FAT)

- Heavy cream or coconut cream
- Full-fat cheese (cheddar, parmesan, mozzarella, etc.)
- Grass-fed butter
- Greek yogurt (unsweetened)

#### ONLINE-ONLY (OPTIONAL)

- Keto-friendly MCT oil (liquid)
- Keto pasta noodles (Miracle Noodles, Palmini)
- Keto pancake mix (Birch-Benders, Keto and Co (CGW))

Eat clean fats, quality proteins, and stay gluten free to keep your Keto Zone diet effective—even after



# TAKE THE NEXT STEP...

## JOIN THE **21-DAY** **KETO ZONE** **CHALLENGE!**



### BENEFITS YOU CAN EXPERIENCE:

- ✦ Quickly enter the Keto Zone (Burn Fat for Fuel)
- ✦ Lose weight and reduce belly fat
- ✦ Enjoy carb-crushing recipes + weekly meal plans
- ✦ Gain energy + improve mental clarity
- ✦ Get daily expert guidance & tips
- ✦ Connect with a supportive Keto Zone community

### IT'S FREE TO JOIN!

Just go to [divinehealth.com/challenge](https://divinehealth.com/challenge)

To order the Keto Zone Starter Pack or any of the supplements listed in the Bonus Recipes, Call **407-732-6952** or Email us @ [info@divinehealth.com](mailto:info@divinehealth.com)

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