

KETOGENIC CHEF · HONOLULU

7-Day Hawaii Keto Plan

Late breakfast. Early dinner. Food you can shop at Costco, Foodland, Times, and Don Quijote.

Jay Miller · Home cook, not a clinic · Kitchen-estimate macros
How I eat — not a medical protocol, not a weight-loss guarantee

Nothing in this plan diagnoses, treats, or cures any condition. If you take medication or have a medical question, talk to a clinician who knows your chart. Recipes are the ones on KetogenicChef.com. Macros are kitchen estimates, labeled as estimates.

A note from my kitchen

I'm Jay. I live in Honolulu. I have cooked and eaten this way for about five years.

This is not a protocol. It is a week of food I actually make — the same plates you'll find on KetogenicChef.com — plus a grocery list that assumes Costco, Foodland or Times, and Don Quijote, because that is where I shop.

I eat in an 8–10 hour window most days: a late breakfast and an early dinner. That schedule fits my day. It is not a medical treatment. It does not “repair cells,” manage insulin, or guarantee weight loss. If you take medication, if you have a condition, or if skipping morning food makes you feel awful, talk to your clinician and eat on a schedule that is safe for you. The recipes still work with three meals. The window is optional.

Macros in this plan are **kitchen estimates**. I calculated them from labels and typical USDA numbers for the portions I wrote down. Your Portuguese sausage brand, your pork shoulder's fat cap, and whether you eat the extra butter will move the numbers. Treat them as a compass, not a lab report. Most plates stay around or under 10 g net carbs unless I note otherwise.

If a sauce in Hawaii has hidden sugar, I say so. SPAM Classic, not Teriyaki. Homemade spicy ahi sauce, not the poke-bar tub. No flour on the shrimp. No pineapple-teriyaki “Hawaiian” food. No keto poi. No butter mochi.

Cook the kalua pig early. That one pot is how the rest of the week stays easy.

— Jay

How I eat (the window, in plain language)

Most days I stop eating in the evening and I do not start again until late morning. The eating window lands around **10:30 a.m. to 6:30 p.m.**, give or take. Some days it is closer to 8 hours. Some days it stretches toward 10. I am not running a stopwatch.

Late breakfast is the first real meal. Eggs, sausage, leftover kalua, musubi without rice. Coffee before that is black or with a splash of cream if I want it. I do not build a “fasting stack” of supplements.

Early dinner is the second meal. Ahi, shrimp, mixed plate, salmon. I like being done eating while there is still light. If you get home at 8 p.m., eat dinner at 8 p.m. Do not skip food to protect a window you read in a PDF.

Water, unsweetened tea, and black coffee live outside the meals. I do not drink juice, soda, or anything with maltodextrin in the “zero” label without reading it.

Two meals is how this particular week is written, matching the older plan on the site. If you want a small third plate inside the window — leftover shrimp, cheese, an avocado — that is your call. I would rather you eat enough at the two meals.

How to use this week

1. **Shop once, cook the pork once.** The sample shopping trip is one Costco run plus one fill-in at Foodland/Times or Don Q. Start the kalua pig on Day 1 or the night before.
2. **Read the sausage and sauce labels.** Island Portuguese sausage and chili sauces are where sugar hides.
3. **Salt, water, sleep.** Not magic. A pinch of salt in water on a muggy Honolulu day is something I actually do. I do not sell electrolytes.
4. **Repeat meals on purpose.** Eggs and leftover pork are the point, not a failure of meal prep.
5. **Use the week grid** at the end. Shop from the store lists, not from memory at the Costco sample tables.

The plan is written for **one adult who eats like I eat** — two solid plates a day. If you are feeding two, double the eggs, the shrimp, and the ahi, and still make one 4½–5 lb kalua pork. That pot stretches.

Island sugar traps (read this before you shop)

I lost more keto weeks to “local flavor” bottles than to poi or bread.

Looks harmless	What I do instead
SPAM Teriyaki, Hot Honey, or glazed shop musubi	SPAM Classic only; egg-slab musubi at home
Poke-bar “spicy ahi” and bottled poke sauce	Plain ahi + mayo + chili garlic you already tasted
Portuguese sausage with sugar high on the label	Switch brands, or use less sausage and more eggs
Shrimp-truck flour dredge and sugary garlic butter	Dry shrimp, no flour, butter and garlic in the pan
Teriyaki, unagi, “Hawaiian BBQ,” sweet chili	Salt, smoke, shoyu by the teaspoon, chili pepper water
Store mac salad and bottled island dressing	Mayo, vinegar, cabbage
Furikake with sugar in the first five ingredients	Sesame + salt, or unsweetened nori komi
Rotisserie chicken that tastes sweet	Costco bird, or roast your own

Shoyu has a little sugar. A teaspoon in a pan for four people is not the same as a teriyaki bath. Kewpie mayo has a little sugar; Best Foods Real does not. I use both, on purpose, and I do not pretend they are identical.

One sample shopping trip

This is a Saturday loop I have actually driven.

Stop 1 — Costco (Iwilei, Hawaii Kai, or Kapolei)

Go early. You are buying bulk protein and the boring fat.

- Boneless pork shoulder, 4½–5 lb (kalua pig)

- Rotisserie chicken
- Frozen large shrimp, ~2 lb
- Eggs, 24-count · Butter, 1 lb · Avocados
- Green cabbage, 2 large heads (one for kalua, one for slaw/skillet)
- Won bok / napa if they have it; otherwise Foodland
- Spinach or mixed greens, big box · Mayonnaise · Avocado or olive oil
- Frozen salmon fillets (backup dinner)

If ahi steaks are priced like ahi steaks and not like jewelry, grab a pack. If not, Foodland is Stop 2.

Stop 2 — Foodland or Times (whichever is on the way home)

- Portuguese sausage (read the label)
- Ahi steaks or poke-grade ahi, 1–1½ lb, **plain**
- Alaea Hawaiian salt · Lemons or limes · Green onions, garlic, ginger
- Broccoli or asparagus · Chili pepper water without sugar

Stop 3 — Don Quijote (only if you still need the Japanese pantry)

- Nori sheets · Toasted sesame oil · Chili garlic sauce (read sugar)
- Liquid smoke if you do not have it · Unsweetened furikake or sesame seeds
- Shoyu or tamari · Kewpie (optional)

Skip the sample tables. That is how you eat three ounces of mystery glaze before you get to the car.

Go home. Start the kalua pork if Day 1 is tomorrow, or start it now on low if you want pork tonight.

Oahu grocery list

Quantities are for **one person, this 7-day plan**, with leftover pork and chicken on purpose. Costco packs run large. That is how Honolulu shopping works.

Costco

- ☐ Pork shoulder, boneless, 4½–5 lb
- ☐ Rotisserie chicken, 1
- ☐ Frozen shrimp, 2 lb (you will use ~1½ lb)
- ☐ Eggs, 18–24 · Butter, 1 lb · Avocados, 4–6
- ☐ Green cabbage, 2 heads · Won bok / napa, 1–2 (or Foodland)
- ☐ Spinach or salad greens, 1 large box · Mayonnaise · Oil
- ☐ Frozen salmon, 2 fillets (backup)
- ☐ Optional: bacon, cheese, sparkling water

Foodland / Times

- ☐ Portuguese sausage, 12 oz, lowest-sugar brand you can find
- ☐ Ahi, 1½–2 lb total (spicy ahi one night, pan-seared another — or buy twice)
- ☐ Alaea salt · Garlic, 2 heads (shrimp uses a whole head) · Fresh ginger
- ☐ Green onions · Lemons or limes, 4 · Broccoli or asparagus
- ☐ Chili pepper water (no sugar) · Optional banana leaf for the kalua pot

Don Quijote

- ☐ SPAM **Classic**, 12 oz (Costco 8-pack if you will use it)
- ☐ Nori sheets · Sesame oil · Sesame seeds
- ☐ Chili garlic sauce (check sugar) · Liquid smoke · Shoyu or tamari
- ☐ Kewpie (optional) · Rice vinegar · Optional pork rinds for musubi crunch

Pantry you probably have: black pepper, paprika, cayenne, chili flakes, coffee or unsweetened tea.

Leftover strategy (this is the plan)

Kalua pig is not one dinner. A 4½–5 lb shoulder gives you roughly eight servings of meat.

When	What happens to the pork
Day 1 dinner	Fresh kalua pig + cabbage
Day 2 breakfast	Eggs + reheated kalua
Day 3–4	Fridge. Do not nibble it into nothing.
Day 5 dinner	Mixed plate: kalua + rotisserie + slaw
Day 6–7	Hash, lettuce wraps, or freeze 2 servings

Rotisserie chicken is stripped the night you buy it. Meat in a container. Breast dries out in the microwave — eat it cold on greens or warm it in a skillet with butter.

Shrimp does not love day 3. Cook Kahuku shrimp and eat it that night. Leftover garlic shrimp is a fine next-day breakfast if you reheat gently.

Ahi is not meal prep. Buy it close to the day you will eat it. Spicy ahi gets mixed right before the plate. Seared leftovers are better cold than recooked.

Cabbage is the starch replacement all week: in the kalua pot, in the sausage skillet, in the mixed-plate slaw. Two heads is not too much.

Repeatable backup meals

Use these if fish looks tired, if you do not want to cook, or if you already ate the planned plate.

1. **Eggs, spinach, avocado.** 3 eggs scrambled in butter, handful of spinach, half an avocado. The old plan on the site started here for a reason.
2. **Tuna + avocado.** Can of tuna, mayo, pepper, avocado. Tuna and salt on the label, not a sweet flavor cup.
3. **Rotisserie on greens.** Chicken, olive oil, lemon, salt. A plate, not a personality.
4. **Cauliflower stir-fry.** Frozen riced cauliflower (Costco), leftover pork or beef, garlic, splash of shoyu, bagged coleslaw mix. Cook the cauli dry.
5. **Baked salmon, asparagus, butter.** 400°F, 12–15 minutes, lemon. From the original site plan. I kept it because it shops here.

The 7 days

Times are **examples** of an 8–10 hour window: first meal around 10:30–11:00 a.m., second meal around 5:30–6:30 p.m. Move both. Keep them in the same neighborhood if you are using the window.

Kitchen-estimate macros are for the two meals as written, without extra avocado or extra butter at the table. They will not match your body. They exist so you can see that the day is still a keto-shaped day.

Day 1 — Start the pot

LATE BREAKFAST

Eggs with spinach and avocado. Scramble 3 eggs in butter with a handful of spinach. Salt, pepper. Half an avocado. You can cook this while the pork is already in the slow cooker.

EARLY DINNER

Slow-Cooker Kalua Pig with Cabbage. Full recipe on the site. Start the cooker in the morning (or last night). Cabbage goes in at the end.

Kitchen-estimate, whole day: ~720 calories · ~54 g fat · ~47 g protein · ~8 g net carbs

Shred more pork than tonight's plate. Cool it. That is Days 2 and 5.

Day 2 — Pork for breakfast, ahi at night

LATE BREAKFAST

Leftover kalua pig with 2 fried eggs. Reheat a cup of pork in a skillet. Eggs on top. Optional leftover cabbage.

EARLY DINNER

Pan-Seared Ahi with Ginger-Garlic Butter, greens or broccoli on the side. If ahi is expensive today: baked salmon from the backup list.

Kitchen-estimate, whole day: ~820 calories · ~52 g fat · ~78 g protein · ~6 g net carbs

Day 3 — Sausage skillet, garlic shrimp

LATE BREAKFAST

Portuguese Sausage Breakfast Skillet. Label-check the sausage. Four servings in the pan — eat one, refrigerate the cabbage-sausage mix.

EARLY DINNER

Kahuku-Style Garlic Shrimp (No Flour) over won bok or salad. Eat the garlic. Your kitchen will smell like a shrimp truck. That is correct.

Kitchen-estimate, whole day: ~900 calories · ~67 g fat · ~61 g protein · ~10 g net carbs

Day 4 — Musubi and spicy ahi

LATE BREAKFAST

SPAM Musubi Without Rice (2 pieces). Classic only. Cucumber or leftover greens on the side.

EARLY DINNER

Spicy Ahi on Won Bok (Not a Rice Bowl). Mix the sauce yourself. Do not buy the sweet tub. If you do not eat raw fish: sear the cubes 20 seconds and toss off heat, or repeat pan-seared steaks.

Kitchen-estimate, whole day: ~920 calories · ~70 g fat · ~55 g protein · ~9 g net carbs

Day 5 — Mixed plate night

LATE BREAKFAST

Cheese-and-spinach omelet (2–3 eggs) + leftover sausage-cabbage if you have it. Avocado if you are hungry. This is the omelet from the original site plan, with island groceries.

EARLY DINNER

Weeknight Mixed Plate: rotisserie chicken, leftover kalua, chili-cabbage slaw. If you did not buy the rotisserie on Saturday, grab one at Costco on the way home. Do not use teriyaki chicken from a grab-and-go case.

Kitchen-estimate, whole day: ~900 calories · ~62 g fat · ~62 g protein · ~9 g net carbs

Day 6 — Easy fish, easy salad

LATE BREAKFAST

Cobb-ish plate. Chopped leftover chicken or shrimp, 2 hard-boiled eggs, avocado, greens, olive oil, salt. Blue cheese if you have it. No sweet dressing.

EARLY DINNER

Baked salmon, asparagus, butter. 400°F, salmon 12–15 minutes, asparagus alongside, lemon. Creamed spinach if you want (spinach, cream, parmesan, pinch of nutmeg — no flour).

Kitchen-estimate, whole day: ~780 calories · ~58 g fat · ~55 g protein · ~8 g net carbs

This day is here on purpose. You already cooked the project recipes. Salmon and eggs are how the week stays sustainable.

Day 7 — Stir-fry the rest

LATE BREAKFAST

Eggs however you want them + last of the avocado. Or a leftover musubi. I usually just scramble eggs and

move on.

EARLY DINNER

Cauliflower stir-fry with leftover kalua or rotisserie. Dry-fry riced cauliflower, garlic, leftover pork or chicken, a handful of cabbage, splash of shoyu, sesame oil. Chili pepper water at the table. This is the stir-fry from the original site plan, rewritten for the meat already in your fridge.

Kitchen-estimate, whole day: ~700 calories · ~48 g fat · ~50 g protein · ~10 g net carbs

If the cauliflower is wet, you crowded the pan. Cook it longer. It will never be rice. It does not have to be. It has to be hot and salty and mixed with pork.

Fridge map (midweek)

- Shredded kalua pig in a clear container, juices in a jar
- Pulled rotisserie meat
- Half a cabbage or a bag of shreds · Eggs · Butter
- Chili pepper water, mayo, one chili sauce you already vetted
- Ahi bought close to the day you will eat it — not “in case”

If the fridge is only condiments and a Costco cheese slice, you skipped the pork. Start the slow cooker tonight and slide the days.

Printable week grid

Day	Late breakfast	Early dinner	Cook / leftover move
1	Eggs, spinach, avocado	Kalua pig + cabbage	Start pork in the morning
2	Kalua + eggs	Pan-seared ahi, ginger-garlic butter	Freeze extra pork if the pot is huge
3	Portuguese sausage skillet	Kahuku garlic shrimp, no flour	Save extra sausage-cabbage
4	SPAM musubi, no rice (×2)	Spicy ahi on won bok	Mix ahi sauce at the last minute
5	Spinach omelet	Mixed plate: rotisserie + kalua + slaw	Strip the Costco chicken
6	Cobb-ish leftovers	Salmon + asparagus	Backup night on purpose
7	Eggs + avocado	Cauli stir-fry with leftover pork	Freeze remaining kalua in 1-cup bags

Window example: first meal ~11:00 a.m., second meal ~6:00 p.m. Move both together.

After this week

Make the kalua pig again. It is the one recipe that pays rent.

If a plate from this week is the one you keep cooking in month two, that is the whole idea. I still make the garlic shrimp and the mixed plate on ordinary Tuesdays. I do not still follow a numbered Day 4.

The long-form recipes live on [KetogenicChef.com](https://ketogenicchef.com):

- Slow-Cooker Kalua Pig with Cabbage
- Kahuku-Style Garlic Shrimp (No Flour)
- Spicy Ahi on Won Bok (Not a Rice Bowl)
- SPAM Musubi Without Rice
- Portuguese Sausage Breakfast Skillet
- Pan-Seared Ahi with Ginger-Garlic Butter
- Weeknight Mixed Plate: Rotisserie + Kalua Leftovers + Chili-Cabbage Slaw

Disclaimers

Not medical advice. I am a home cook in Honolulu. This plan is food I eat, written down. It is not a diagnosis, a treatment, or a promise that you will lose weight, control a disease, or “optimize” anything. If you are pregnant, if you take insulin or other medication, or if you have a medical condition, ask a clinician who knows your chart before you change your meals or your meal timing.

Kitchen-estimate macros. Calories, fat, protein, and net carbs are estimates from typical labels and standard references for the portions in this file. They are not laboratory analyses and they will not match every brand on an Oahu shelf.

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